



RELAXNOMIKS

INDEPENDANCE DAY EDITION

NOTE FROM PUBLISHER

Dear Readers,

Welcome to the 2021 Independence Day edition of the FDC Relaxnomiks!

Happy Independence Day to us all! Nigeria would be turning 61 in a few days.

Although 2021 started a bit rough with news of the delta variant affecting the global economy and in particular, Nigeria's top trading partners like China, India, and the US, there is some respite with the Q2'21 GDP numbers (5.01%). Inflation has also maintained a declining trend for five consecutive months (17.01%), global oil price has now crossed \$80pb and the vaccination rate is rising in the country.

The economy is recovering! But when compared to 61 years ago and where we should be, Nigeria is far from glory. We can't overlook insecurity that has now become omnipresent in Northern Nigeria and deteriorating living conditions. Nigeria's misery index has climbed to 50.31%.

However, it is time to relax and this Independence Day edition of the FDC Relaxnomiks is fully packed with interesting pieces that will help you de-stress from all the mind bungling news. From spicing up your breakfast menu to open-mindedness and simple life hacks, we have you covered!

It promises to be fun-filled and inspiring.

Enjoy your read!

Bismarck J. Rewane

CONTENTS

6

Saving the Earth

11

When in Lagos do as the Lagosians do

22

Football is back! So are the fans... and boy did we miss them

33

What's your skincare routine?

54

Some facts about the United Arab Emirate

56

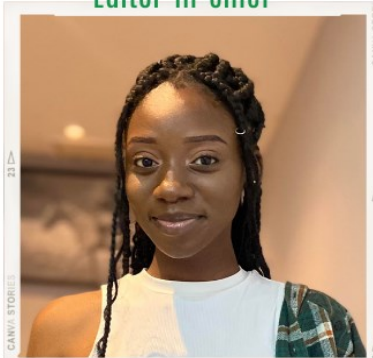
How well do you know your country?



MEET THE TEAM



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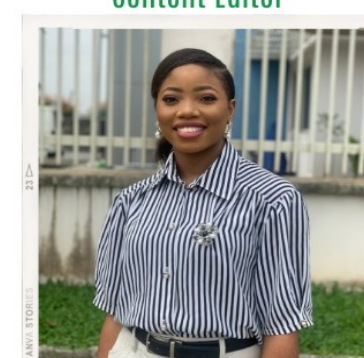
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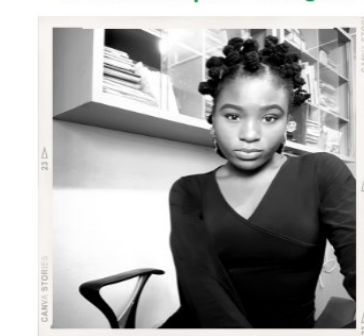
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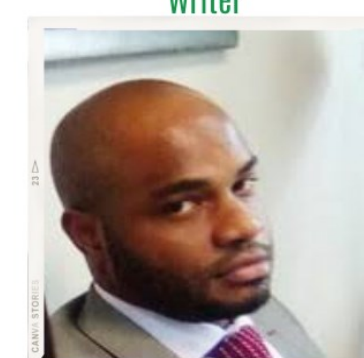
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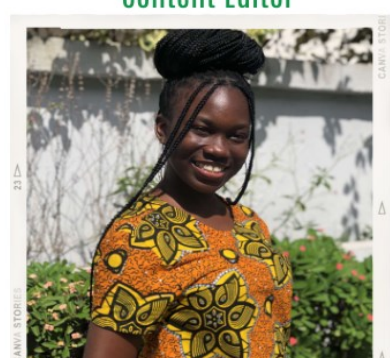
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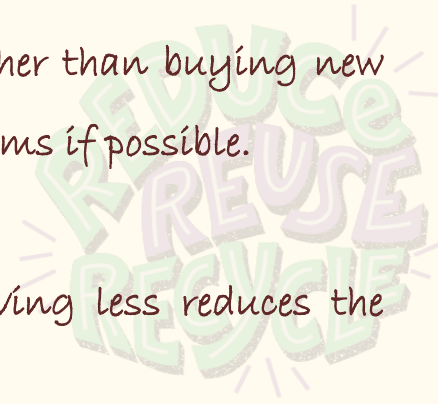
A young couple is walking a small, fluffy dog on a leash in a park. The woman is on the left, wearing a dark blue polka-dot dress, sunglasses, and brown sandals. The man is on the right, wearing a grey t-shirt, dark blue pants, and white sneakers. They are walking on a grassy path with trees in the background. The word "lifestyle" is written in a large, white, cursive font across the center of the image. The entire scene is framed by a green border with diamond-shaped corners.

lifestyle

SAVING THE EARTH

Recently, global warming has been a salient issue of concern. Some of our actions as well as that of industries emit greenhouse gases that trap heat and eventually lead to ozone layer depletion, rising temperatures, rising seas, extreme weather changes, etc. Below are the little things we can start doing in our everyday life to save energy and clean the air

- ♦ Reduce, reuse and recycle goods as much as possible. Rather than buying new stuff, we should cultivate the habit of fixing or repairing items if possible.
- ♦ Walk, ride a bike or car pool as much as you can. Driving less reduces the amount of carbon dioxide emitted in the atmosphere.
- ♦ Replace regular light bulbs with compact fluorescent bulbs as they are more efficient, last longer, and use less energy.
- ♦ Wear warm clothes rather than turning on the heater and use a fan instead of an air conditioner.



- Rather than always using washing machines and dryers, consider manually washing and air drying our clothes.
- Turn off lights, devices and appliances when not in use to help conserve energy and reduce costs as they all rely on energy sources.
- Use less water as much as possible; turning off the tap while brushing your teeth lessens the energy used in processing water.
- Help to cleanup your surroundings and dispose of waste properly.
- Plant a tree; trees help to combat climate change by absorbing carbon dioxide. You could even grow your own fruits and vegetables.

Combating climate change cannot be done in one day, but remember, the journey of a thousand miles starts with a single step. We all have a role in making our world a better place. Saving the earth starts with YOU.!





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ACCOMODATING CHANGE



Are you about to make a life changing decision? Are you worried about coping with the change? I know your biggest fear is you don't know what to expect. There's no need to worry about that; we all have to go through transitions at some point in our lives. These changes could be in our personal development or even major life events such as a job change, marriage, graduation, relocation, loss of a loved one, etc. Yes, some people just go with the flow and adjust easily to change, whereas others are deeply rooted in their lives and may have difficulty adapting. If you fall in this category, then here are some helpful tips for you.

♦ **Acknowledge the reality of the change:** *The one thing constant in life is change. Change is unavoidable and*

is often beyond our control. Things may not always go the way you want so you need to be prepared to step out of your comfort zone.

♦ **Be proactive:** *Reframe your thinking and be optimistic about the situation. Whether positive or negative, view the change as a chance for new opportunities and not necessarily as a problem. I mean what's the worst that could happen?*

♦ **Test new forms of behavior:** *Doing this alongside your routine activities can help to create and maintain a healthy schedule to achieve some form of normalcy and find comfort in the situation*

- ♦ *Internalize the change:* Search for meaning and identify positive opportunities from the change. For example, a change can enable you to become more assertive or even build your social skills.
- ♦ *Come to terms with the change:* Identifying your personal coping mechanism is necessary as it would help you to live in the present and deal with the change one step at a time, rather than over stressing on the past or the future.
- ♦ *Setting goals or a personal mission statement:* This will guide your thoughts and actions so as to make the best out of the situation and help you stay focused regardless of any future changes.
- ♦ *Lastly, keep an open mind and do not expect permanent stability.*



WHEN IN LAGOS DO AS THE LAGOSIANS DO

Lagos is the most populous city in Nigeria with over 14,862,000 people, but most of its residents are not from Lagos. This has led Nigerians to adopt the saying "all roads lead to Lagos". The reason for this high level of migration could be as a result of the number of employment opportunities, tourist sites, and urbanization in Lagos. So, if you are visiting Lagos anytime soon here are a few Yoruba phrases you might need to know in order to blend with the 'Lagosians'.



* *E ma binu*. This Yoruba phrase is the Lagos anthem as it is not possible to go a day without offending someone. The phrase means 'don't be angry' in English and can get you out of almost any tight situation, with the exception of hitting someone's car. If this happens to you in this Lagos hmmm...it has finished.



O wa is also another key Yoruba phrase that you need to know before stepping your foot on Lagos soil. It is usually used by those who use the public transport system (mostly danfo) when they want to alight from the bus as it reaches their destination. In

Lagos, if you say anything else to indicate your interest to alight you might escort the driver till the last bus stop.



* *Níbo ní...wà?* This is a Yoruba phrase used to ask for the directions to a particular place. This phrase is really important as it helps you to find your way around Lagos. The state may look small on the map but in reality, it is quite big. So, the next time you find yourself lost in Lagos just say 'Níbo ní (state where you want to go to) wà' and follow the directions given. Doesn't that make life a whole lot easier?

* *Mo fẹ...* This Yoruba phrase is used to ask for something. It helps the person you are communicating with know what you want (You don't even need to say what you want in Yoruba). For example, if you want bread, you can easily say '*Mo fẹ bread*' and the other person will understand that you want bread.

* *So tí gbo?* This is a Yoruba question that is used to ascertain feedback from the person you are talking with. It helps you know whether the person understood what you said. In English '*So tí gbo*' simply means 'do you understand'. This question could also be directed to you so if someone asks you '*So tí gbo?*' you either reply yes (*boṣení*) or no (*rara*). *So tí gbo?*



ZODIAC SIGNS AND TEMPERAMENTS

You've probably seen this heading many times. Could be from TikTok, adverts on the internet or even a book, but what these sources don't tell you is how your zodiac sign affects your temperament. Temperaments are formed from infancy ('Na so them born me') and unlike character, do not change as zodiac signs are star signs based on the date of birth of a person. Do you see the relationship yet? If no, you need to keep on reading.

FIRE SIGNS



The zodiac signs, though unique, have similarities with other signs and are based on these similarities. They are grouped into four (fire, water, earth, and air signs). The fire signs have a 'fiery' spirit and this goes hand in hand with the choleric temperament. Those who are choleric in nature tend to be extroverted, independent and strong willed. They can be domineering in a relationship and get bored easily. Just like fire, they do not stay still...ever!

WATER SIGNS

The water signs are calmer but are strong willed. They easily adapt to change and go with the flow. The water signs also enjoy deep and emotional conversations. For this reason, they are able to see people 'beneath their beautiful'. This characteristic can also be found among the phlegmatic. Those with the phlegmatic temperament are slow to warm up to others and this may be because it takes them time to truly understand the 'friend'. They are usually indecisive and do not mind people making decisions for them.



EARTH SIGNS

The earth signs are...tough. Tell me you get it. Anyhow, the earth signs are practical, stable and their love for material objects as rewards is beyond imagination. They are not overly sensitive or too strict; one can easily identify them as firm. Most earth signs are melancholic in nature. This means that they are more detailed about everything (every single grain of sand matter to them). They are more concerned about the future than the present and worry a lot about what people think. This makes them very organized even though it may be in clutters. The true definition of an organized mess!



AIR SIGNS

Last but not the least are the air signs. These signs are easy going and, with them everything is breezy. They are very affectionate and cheerful just like the sanguines. They find it easy to make new friends as they are very adaptable; they can be whoever you need at that point in time. Basically, if you have a friend who is a sanguine/air sign you are in luck.



The fire and air signs (usually referred to as yang) are the more expressive signs. They are usually extroverted and do as they please. They are willing to be friends with you as long as there is that spark. The zodiac signs that fall under this category are Aries, Leo, Sagittarius, Gemini, Libra, and Aquarius (air signs). On the other hand, water and earth signs which are usually referred to as yin, are more introverted making it easier for them to notice things and proving Stephen Hawking right when he said "Quiet people are those who have the loudest minds". The Zodiac signs that fall under this category are Taurus, Cancer, Virgo, Scorpio, Capricorn, and Pisces.

SIMPLE LIFE HACKS



Life hacks have become super handy for everyone (male and female). If your zipper is worn out, or you're stuck on what to wear, some simple hacks can come to your rescue. The good news is that, these simple DIY hacks are easy and cost effective.

- ◆ When you're packing a suitcase for a trip, roll your clothes instead of folding them.

Rolling your clothes helps you to fit more into your luggage or bag, and they also serve as cushioning for any fragile goods you might wish to carry.

- ◆ Smelly shoes

If you struggle with smelly shoes, you can put a few dry tea bags inside each shoe to absorb the odor. Perhaps, your shoes are also moist, a mixture of rice and baking soda can help, all you need to do is leave them for a few days.

- ◆ Learn the "sometimes, always, never" rule of jacket buttons.

Jacket/blazer/suit buttons are stylish. They seem like nothing, but they say something...and interestingly, there's a rule for buttons. Here it goes! The top button should be buttoned on occasion (stylistic decision), the middle button must

always be buttoned (it holds the jacket together and is attractive), and the last button must never be buttoned (it messes up the tailoring and flare of the jacket).

- ◆ Dry your clothes faster

Here's a life-saving tip if you don't have a dryer and need to dry your clothing fast for an unanticipated outing. Place the wet cloth on a dry towel. To squeeze out the extra water, roll the towel with the cloth inside and twist as firmly as possible. After that, hang the cloth to dry completely.

- ◆ Put socks over a vacuum cleaner to locate small items

If you lost a button of a coat or a small piece of anything important, just grab a vacuum cleaner and a sock. Stretch part of the sock over the vacuum, turn the vacuum on, and then search for the item. It will stick to the stocking if you put the vacuum over it!

- ◆ Use binder clips to stay organized

If you have a lot of cables at your desk and aren't sure which is which, use binder clips to organize them. The cables will be kept in place by the binder clips, which will prevent them from becoming tangled.

- ♦ Plan for a good snooze

Getting out of bed in the morning is not anyone's favorite activity. Here's a quick and easy hack... Set your alarm for a few minutes before you need to get out of bed. This will allow you to hit the snooze button while still having enough time to get your makeup done, talk to yourself in the mirror and get dressed in the morning.

- ♦ Keep makeup removers with you at all times

Some beauty products could be hard to remove. Keeping makeup removers in your purse or by your bedside may save you a lot of time. Your pillow will undoubtedly appreciate it as well. If you didn't get all of the eyeliner off the night before, go over it again. Today's eyeshadow is last night's eyeliner.

- ♦ Braid your hair before you go to sleep

Want to have flowing beach waves but don't like putting too much effort? Braid your hair into a plait before you go to sleep and you will wake up with beautiful loose curls. This hack can also save you precious time in the morning, so you can hit snooze a few more times.

- ♦ Use your hair straightener as an iron

This hack is an absolute life-saver and time-saver. Using your hair straightener as an iron will allow you to get your hair done and get rid of the creases in your outfits without taking up too much time.



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MAKING THE BEST OF YOUR HOLIDAY WITHOUT BREAKING THE BANK

*T*here is usually a dilemma about living your best life and saving during the holidays. This is particularly difficult for a millennial who recently learned about savings and investments and wants the best of both worlds. Sometimes, we just have to pump the breaks and be pocket-friendly with our spending. There are some ways you can have fun with friends and family without breaking the bank. Luckily, some of them can even be done from the comfort of your home.

- **Try out new food and recipes:** Yes, dressing up and going to eat out at restaurants (especially in Lagos), feels superb. But sometimes, you end up having overpriced quality meals in small quantities. You could easily go online to find recipes and necessary ingredients for these meals. All you

need is an internet connection and a market or store (if you don't have the needed ingredients at home). At the end of the day, you not only get to improve your cooking skills but also enjoy these 'classy' meals in larger quantities and at a reduced cost.

• **Movie night:** To save money, time and the stress of going to the cinema only to find out that tickets for the movie you want to watch have been sold out or that the timing does not work in your favor, you could have a movie night at home, even with homemade



popcorn. In this era when almost

- *anything can be accessed on the internet, you can find shows on Netflix, Showmax, etc, or you could even do a Netflix party with your family and friends in different locations. You only need some snacks, dim lighting (or even no light) and you're good to go.*
- ***Having a games night:*** *It's not every night that you want to splurge on alcohol and drinks at clubs or parties and come home hung over.*



Organizing a games night with friends to play charades, trivia, cards karaoke, etc, sounds fun. You end up spending less on drinks and snack and again, the more the merrier.

- ***Picnic:*** *For someone seeking to enjoy the outdoor scenery with fresh air*

and a great view, a picnic will do just fine. You can play dress up and head out with a basket filled with fruits, snacks, or even homemade food. Aside from bonding with others, just dawdling in the sunlight helps to alleviate stress from home or work.



- ***Learn a skill:*** *You could use your break or holiday to expand your arsenal of skills. Depending on your passion and interests, there's a variety of skills to choose from such as learning a new language, bead making, editing, coding, graphic design, crocheting, etc. Some of them can be learned online and even for free.*



Sports

Football Is Back!

So are the fans...and boy did we miss them!!!

Football has returned, and properly this time. It was 18 long and painful months but the stands are full again. Home advantage fully restored - fortresses re-fortified. The crowd-generated noise, the hope and the expectations, the wild cheers, the boos, the heckling and the taunts. It's all part of what makes "the beautiful game" beautiful...and why we love it.

Case in point: Matchday one at Anfield on a Champions League night. The frenzied pre-match bellows of "You'll Never Walk Alone" from the Kop faithful echoed across the arena. The atmosphere and soul that is crucial to why most who come leave with nothing. It was clear and it was present and was

also just as profound as it was palpable. A stark reminder, in case we ever forgot. Fittingly, the opposition was AC Milan - football royalty, even if in transition, as form is temporary but pedigree is permanent. The Reds were rampant and relentless from the kick-off. The Rossoneri had



a couple of tricks up their sleeves too. While the Milan sides of old were grim and unforgiving in their portrayals of defending as an artform, this one...not so much. In the end, two grand old footballing aristocrats produced a thrilling game of football - a come-back win for the Kop to savor.



Arguably the most incredible transfer window ever, and at the end, you couldn't help but wonder - perhaps if Messi's exit from Barcelona was just a little earlier, maybe the Manchester derby would have become the biggest fixture in all of football - albeit temporarily. With Cristiano Ronaldo back to his old stomping ground, and Messi very possibly heading to City on a free transfer, the English Premier League (EPL) would have offered a new platform for a reinvigorated GOAT debate. One with added dimensions of the Manchester derby and the scrutiny of the

English press. We also could have finally answered the "cold rainy night in Stoke" question hanging rather burdensomely over Messi and casting a shadow on his greatness.

Enough of what could have been and back to what is and what could be. English football and the press appear to be, and quite embarrassingly, sucked into the circus that is the CR7 fanfare. Ronaldo's return is seemingly allowing them make up for the time (2009 - 2021) when they had "no horse in the race" in perhaps the most heated debate of our time. The lanky winger that arrived from Lisbon in the summer of 2003 has evolved into possibly the greatest poacher in all of history. A transformation ostensibly fueled by an obsessive and ultra-competitive nature and of course...that machine-like work ethic.

Easily the fittest 36-year-old footballer ever, he marked his return to the premiership with a brace. His awareness of space and time off-the-ball and his ability to maximize them (even vertically) are possibly his greatest strengths. United, like Juventus and Madrid before them, are guaranteed goals.

On the 17th of September, 2000, a 13-year-old Lionel Messi left his homeland in Argentina to begin his journey with Barcelona. What followed was incredible to say the least - 772 games, 672 goals, 266 assists, 34 trophies, 6 Ballon d'ors, 6 European golden shoes and 1 golden ball. Somehow these stats still fail to aptly capture his other worldly brilliance. Widely seen as the world's finest footballer, his "less than stellar" seasons are mostly exceptional and he is simply the only footballer held to his standards. If I'm honest, the

only reason we still have a GOAT debate is because...Higuain did a "Higuain" in the 2014 World Cup Final. Over the summer and after two finals defeats and even a retirement, Messi led the Argentine national football team to continental glory - at long last. The Copa America isn't exactly the World Cup but it's one less chip on his shoulder. Barcelona's financial misfortunes mean they are unable to afford him any longer. His farewell press conference was surreal. I for one could never quite picture Messi playing anywhere else. But alas, new beginnings in Paris.



The shock waves from Messi's surprise exit from Barcelona are still reverberating across La Liga. While the Catalan giants are making the worst start to a season since 1987/88 season, their arch-rivals from the capital are off to a flyer, scoring freely and getting better with each passing game. Will El Clasico retain its tag as the biggest fixture in club football? I will be surprised if it does. It'll definitely need some rejuvenation if it is to be anywhere in the spotlight. Real's cross-town rivals and defending champions, Atletico, look jaded. Fatigued from the exploits of last season. But you sense it's only a matter of time before El Cholo fixes that.

PSG's signing of Messi, Ramos, Hakimi, Wijnaldum and Donnarumma is reflective of their continental ambitions. They even got Mbappe to stay. Pochettino is now tasked with fusing the new

talent with the old and finding perfect balance. Win or bust? It's hard to say. They should at



least reclaim their league title. Anything less would be seen as catastrophic. The Serie A is looking far more competitive with Jose Mourinho's entry. The "special one" is already making Roma punch above their weight and look like genuine contenders. While the Milan sides look like the teams to beat, Juve's post-Ronaldo stuttering start mean the door could be wide open to Roma to solidify a top-4 spot. Six games in and you get the sense that for the first time we genuinely could have a four-horse race on our hands in the English Premier League. Six games in and you get the sense that for the first time we genuinely could have a four-horse race on



our hands in the English Premier League. Manchester City have only strengthened their squad with the addition of Jack Grealish and look menacing even without a poacher. Man Utd added Ronaldo, so they are bang in there with a chance. Chelsea added a battering ram in the form of old boy Romelu Lukaku to spearhead its misfiring attack (that managed to somehow win the champions league by the way). But their defensive performances continue to be more eye-catching. Are they a defensive team or are they excellent in defending? We'll get to know as the season unfolds.

Liverpool FC are looking like their old selves again - frothing out of

their traps, pressing high and romping fearlessly down the flanks. The return of center-halves, Virgil Van Dijk, Joe Gomez and Joel Matip, offering their team mates a defensive solidity that inspires confidence.

The type that was absent last season and saw the defending champions set records for the worst title defense in history. Arsenal had their worst start to a season, losing three on the bounce and leaving many of us wondering why they even consider themselves a top club anymore if not delusions of grandeur. Wallowing in mid-table mediocrity for a few seasons now and an inability to attract top players, an emphatic win in the North London derby meant three wins in a row and renewed optimism - Arteta heaving sighs of relief.

Tottenham, on the other hand, should have just sold Kane.

In Germany, it's been a goal-fest of sorts to start the season. Bayern looks like Bayern, only more menacing. Roundly romping through their opponents and rounding up games with an effortlessness that is scary.

Twenty-three goals in their first six games. You also get the sense that they could crank it up a couple of

gears if the need presents itself - frightening stuff. As the rest of the league fight for second spot, Lewandowski continues to score with terrifying consistency and stake his claim for a Balon D'or.

In all, an exciting season awaits, with the full complement of filled stadiums. You really don't know what you have until its gone.





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Health

NOT EVERYTIME BREAD AND TEA

If you grew up in a typical Nigerian home, bread is probably your breakfast staple more often than not. It's what's in-between the slices or buns that make the difference each time you have it. Some popular ones at my finger tips are bread & tea, bread & egg, bread & moin moin, bread & akara, bread & beans, bread & custard, toast bread, French toast etc.

Moving on, this piece is not just about bread and its many eating styles, it's about adding some flavor and additional meals to your generic and recurring breakfast menu. Why is this important? Breakfast is a very crucial part of your day...some say it's the most important meal of the day! The point is that, if you eat wrong in the morning, it could alter a chunk of your day. You want to be vibrant, active and ready for the day's work...so, here are some add-ons to your breakfast menu. Remember, being intentional about what you put in your body is KEY!

***Nuts:** A healthy breakfast bowl or snack can include nuts, preferably almonds, pecan and cashew. You can add them to your breakfast parfait, oats, or home baked granola bars.*

- *Oats: Whole groats or steel cuts are very healthy as they are high in fiber, low in gluten and cholesterol. You can make overnight oats with berries (strawberries, blue berries, cranberries) and date syrup/sugar to sweeten. You can also use the oats to bake some breakfast cookies that can be paired with coffee. Oatmeal is also a good breakfast choice for people who like cereals*
- *Smoothies: Breakfast menu doesn't have to be solid meals all the time. Fruit smoothies are good options too. A healthy smoothie with bananas, apples, Greek yoghurt and your preferred nuts will keep you filled and at the same time active for the day's work. Any fruit smoothie of your choice works perfect here!*
- *Salads: A vegetable-chicken salad is a really good breakfast option. A bowl of spiced shredded chicken breasts with lettuce, red cabbage, carrots, sweet baby corn, diced cucumbers and red kidney beans would be nice. Homemade vegan mayonnaise would be the icing on the cake.*
- *Boiled plantain, yams, sweet potatoes: Having boiled plantain/yams/sweet potatoes with a mildly spiced vegetable tomato sauce for breakfast is a nice addition to the menu. Ginger and garlic would add more flavors to the sauce. Most importantly, you have to boil the yams, potatoes or plantains with the peel to retain the nutrients.*

- *Greek yoghurt: You can use this for a simple breakfast parfait. Chop some berries, apples, bananas and even granola to increase the fiber and vitamins in your breakfast. Greek yoghurt has less sugar, it's creamy, nourishing and delicious. It is also very rich in protein and would help strengthen your immune system.*
- *Green tea: This is one of the healthiest beverages to consume for breakfast. You can also take it after dinner before bed. Green tea is said to improve brain activity, alertness and mood. It also increases metabolism and prevents diabetes.*
- *Seeds: A number of seeds you can add to your breakfast menu are flax, chia and fennel. All have their respective benefits and can be taken in different forms. For example, you can add chia and flax seeds to your oats (either overnight or freshly cooked). They can be included in smoothies, puddings, muffins and breakfast cookies. Most seeds are good antioxidants, high in fiber and they also aid digestion.*



WHAT'S YOUR SKINCARE ROUTINE



People are different when it comes to skincare. There are those who are buyers (every product is a must have), those who are indifferent (they probably have good skin) and those who just don't care. Be it products or routine, everyone needs to know what works for their skin and stick to it. It doesn't have to be the most expensive, it just has to be what works for you. With the ocean of skin care products springing up everyday, maintaining a skincare routine has become difficult for many people. But worry not, we have done all the work for you and are happy to let you know that developing and maintaining a skincare routine is as easy as ABC! Let's go.

- **A gentle daily cleanser keeps the grime away**

Whatever you do or not, the first step of your skincare routine is washing your face. It is the baseline for the rest of what becomes your skincare routine. Using a gentle cleanser will protect your skin from over-drying whilst ensuring that you get the grime off your face.

- **Apply a toner because balance is key**

A toner helps to restore the skin's pH balance and should be used immediately after washing the face. For toners, hydrating formulas are best and can be used twice daily, after washing the face. Remember, the toner is just as important as the cleanser.

- Antioxidant serums, the gospel in a bottle

Serums with antioxidants such as vitamin C make up an important part of your skincare routine. Antioxidants protect the skin from free radicals encountered during the course of the day.



- Hydrating serums keep the skin happy

Like water is to the digestive system so is a hydrating serum to your skincare routine. While bedtime may be the best time to wear a hydrating serum, the fact that it keeps the skin from drying out, especially if you frequently find yourself treating acne (a typical side effect is dryness of the skin). For what its worth, acne is a major reason to incorporate hydrating serums in both your day and night skincare regimen. Hydrating serums with hyaluronic acid are a great fit here.



- *Use exfoliants sparingly*

Exfoliants rid the skin of the build up from grime and dead skin that can cause irritation, dullness and acne. However, it should not be done more than twice a week. Too much of something can quickly turn awry including good things like exfoliating. Alpha-hydroxy acids (AHA) and lactic acid are great options for exfoliating the skin.

- *Wear sunscreen, always*

A sunscreen is usually the final step of your daily regimen and it is by far the most important part. UV rays are present all year long and can have damaging effects on your skin, which is why your routine must include a sun protection factor (SPF). Broad-spectrum SPF, sunscreen that offers protection from both UVA and UVB radiation, is the perfect choice when it comes to choosing a sunscreen.



Take care of your skin, its too important. If you are unsure about the best products to get, google and a dermatologist are your starting point. Finally, just in case you feel overwhelmed about all the products you have to get or maybe you will be too lazy to stick to a routine, I'd recommend you take baby steps. One step at a time and you will get used to the process. Not only that, I am certain that the outcome of doing this religiously will be the motivation to keep going.

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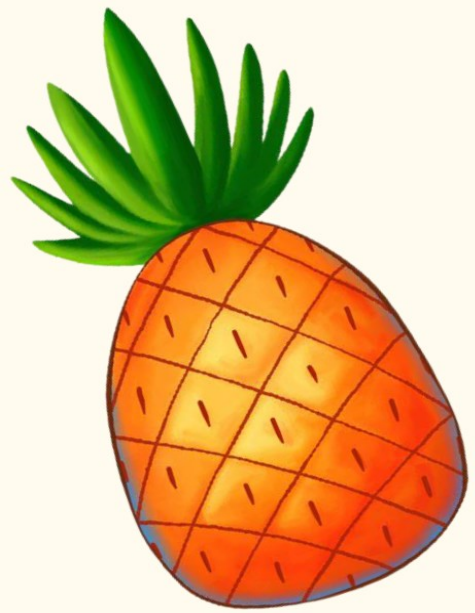


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KEEPING UP A FRUITY LIFESTYLE



Fall is the season of chilly breeze, warm sweaters, and returning to school for so many people. But it's also harvest season, which means a plethora of fresh crops that have been growing all summer and are now ripe and ready to eat. Fall fruits aren't just tasty, they're also high in nutrients that your body needs to keep your immune system robust as the weather gets colder.

Fruits and vegetables eaten in season are more nutrient dense (which is good for your health and your local economy). Now, speaking of the economy, fruits and vegetables will possibly be at their best (cheapest) price in that period, so by sticking to what's in season, you will save money. Now, we are about to find out the benefits of keeping to a fruit-filled lifestyle.

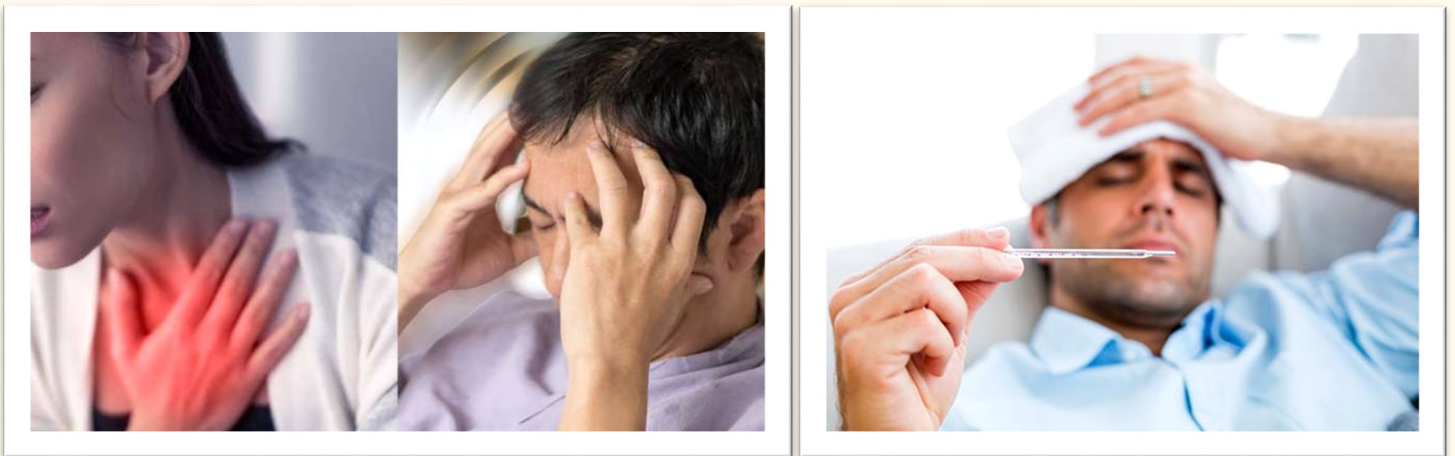


* Enhance Energy Levels

Fruits provide you with an immediate energy boost. This is one of the most essential health benefits of eating fruits on a regular basis, especially if you have a busy schedule. This is why sportsmen consume fruits prior to, during, and after physical activity, and pregnant women should consume fruits as well.



* Prevent Diseases



The combination of several powerful nutrients like vitamins, minerals, and antioxidants make fruits healthy. Daily fruit intake keeps the body from some health conditions like heart problems, cancer, indigestion, diabetes, etc. Daily fruit consumption eliminates deficiencies in vitamins and minerals. Furthermore, fruits have plenty of water and fiber to keep your digestive system clean and controlled.

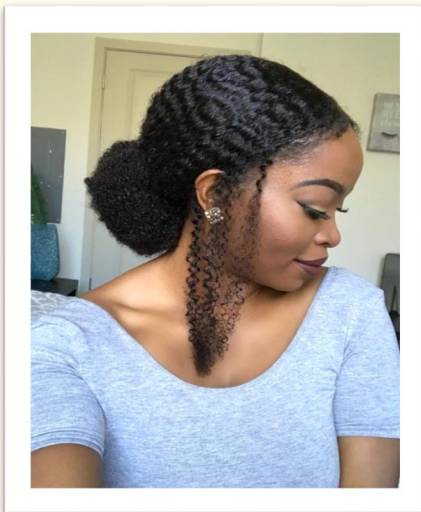
* Helps In Weight Management

A lot of people struggle with weight loss as it seems easier to gain than to shed. You will see that your weight gets controlled once you begin to add the fruit. Eating fruit every day encourages a healthy loss of weight. This can, however, be supported with exercises to make the weight loss process relatively seamless.



Most fruits do not contain any saturated fats or cholesterol, and have a low-calorie content. So, the excess body fat can be reduced. Coconuts, avocados and olives are also free of fat.

* Healthy Hair



Yes, you read right! Fruits play an important role in maintaining long and healthy hair. Fruits include vitamin A, which keeps your hair luster and softens its texture. Eating fruits first thing in the morning can help prevent hair loss and premature greying. Citrus fruits are great for stimulating hair growth. Citrus fruits include vitamin C, which helps to prevent hair loss

while also keeping your hair bright and healthy. Strawberry, kiwifruit, and pineapple are also believed to promote hair growth. Fruits promote hair growth and keep tresses glossy and silky.



Fun Time

ARTISTS TO WATCH OUT FOR 2021/22



The Nigerian music industry is currently bursting with rhythmical flavor as an array of young, vibrant and fresh talents emerge. In 2020, we saw the rise of artistes like Buju, Tems, Omah Lay, Bella Schmurda and Bad boy Timz. Perennial superstars like Davido, Burna Boy, Wizkid and Tiwa Savage keep changing the game in the international scene with serenading collaborations and globally recognized albums. Fast forward to today, we are talking Billboard charts, Grammy Awards and a new line up of Afro pop artists hitting the airwaves. Here are some to watch out for in the Nigerian music scene.

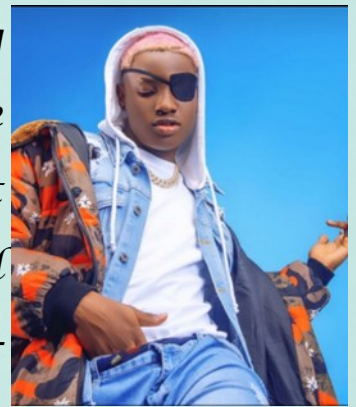
***Ayra Starr:** Oyinkansola Sarah Aderibigbe, professionally known as Ayra Starr, is a 19 year-old singer, songwriter and model. She started her music career at age 17, by posting cover songs (videos) on Instagram. Two years later, after she posted her first original song, Starr joined Rema, Crayon and Korede Bello in the Don Jazzy owned Mavins records. Before long, she released her self-titled EP, Ayra Starr. The project's hit single, "Away" soared to the top of the charts on Apple Music and Spotify, beating out heavyweights like*



Olamide and Burna Boy. Starr, who was born in Cotonou and raised in Nigeria, perfectly blends R & B, Soul and Afropop in her songs.

*Her strong voice and daring style show the influences of both cultures. Starr recently released her debut album, *19 & Dangerous*, which is already making waves. Under the guidance of Don Jazzy, she is set to become one of the shining lights in the Nigerian music industry.*

Ruger: *Michael Adebayo, popularly known as Ruger, is a Nigerian singer and songwriter. Ruger has been working behind the scenes for nearly a year and was finally unveiled by Jonzing World in February 2021. Jonzing World is the same label that introduced Rema in 2019. In his debut project, *Pandemic EP*, Ruger blends Pidgin, slang and Yoruba in a twist of lyrics that form high- and low-pitched melodies. Ruger paves his path and establishes himself as another star to emerge from the pandemic, with his songs heralding the second coming of Rema.*



Blaqbonez:

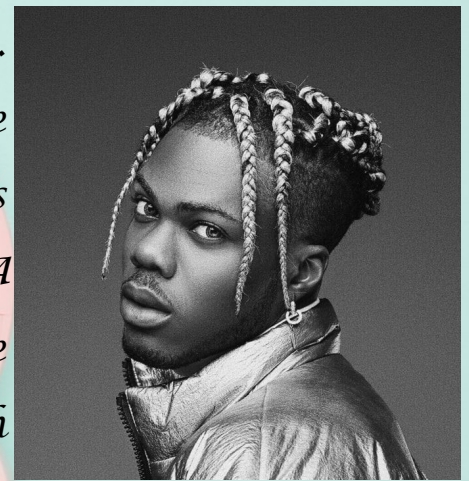
Emeka Akumefule, commonly known by his stage name, Blaqbonez, is a rapper who promotes his music through hilarious social media antics. From winning Terry Tha Rapman's Zombie competition in 2012, to emerging as runner up in Vector's King Kong rap competition and



becoming Hennessy VS Class Captain in the same year, Blaqbonez is an epitome of enthusiasm, passion and energy. He came into the limelight in 2020, with the release of his hit single, "Haba". His uncanny and comical method of advertising himself sets him out from his peers and truly makes him one to watch.

Ckay:

Chukwuka Ekeani, also known as Ckay, is a producer and artist currently signed to Warner Music South Africa. Although he has been in the music scene for quite some time, he broke out in 2020 when he was included as a featured artist in Davido's album *A Better Time*. He used this momentum and exposure to release his sophomore album, *Boyfriend*, which contained notable tracks like 'Felony' and 'Isabella'. Ckay has evolved over the years and it is clear to see that he will keep the same energy going forward.



Ajebo Hustlers:

The duo, consisting of Knowledge (Isaiah Precious) and Piego (George Dandeson), form Ajebo Hustlers. The Port Harcourt born artists' music style consists of a mix of afrobeats and highlife music.



They released their first song “Bole and Fish: in 2015, but their big break came in 2020 with the release of ‘Barawo’, which was one of the prominent anthems of the EndSARS movement. The success of the song earned them a collaboration with Davido. With the release of their album, Kpos Lifestyle Vol 1, Ajebo Hustlers are set to burst into the international scene and reach the heights of former duo P-Square.

The Cavemen

The Cavemen are a highlife band consisting of sibling duo Kingsley Okorie and Benjamin James. They channel the nostalgic highlife sound that was popular in Nigeria during the 50s and 60s. They create their own version of futuristic highlife by combining pieces of past and present perspectives and by fusing elements of jazz and soul music. In 2020, they released their debut album, Roots, which is a heartfelt tribute to the backdrop of Nigeria’s horrific past and political instability, with an epic journey through the rich sound of highlife. Their sound carries on the musical history of their forefathers, delving into the richness of this pillar of Nigerian and African culture.





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SONGS YOU PROBABLY DIDN'T KNOW THE TRUE MEANING OF



Music, although used for entertainment, is also a way to express oneself and get things off your mind. Although there are songs whose lyrics explicitly convey the songwriter's thoughts, there are some whose meaning are not so obvious or are ambiguous. We all know that 'Assurance' by Davido was sung to tell the world the love he had for Chioma and 'Duduke' by Simi was sung on behalf of her baby. The list is endless but here are a few songs you probably didn't know the true meaning of.

"Save your tears" by The Weeknd at first hearing seems like just a random breakup song but what you may not know is that this song talks about his exes (the famous Selena Gomez and Bella Hadid). The R&B song written by The Weeknd, DaHeala, Max Martin and Oscar Holter was released in 2020 on the *After Hours* album. In the first two lines of the song when he said, "I saw you dancing in a crowded room / You look so happy when I'm not with you / But then you saw me, caught you by surprise / A single teardrop falling from your eye", he



was probably referring to Bella Hadid. After their breakup they met in a club and when she saw him she left. Some fans believed that these lines were referring to Selena Gomez as she released a song named "Crowded" some months before. All in all, it is quite obvious this is not just an ordinary breakup song.

We have probably all listened to the song "Chandelier" by Sia if not from some Project Fame contestant, then on the radio or television. "Chandelier" was written by the Australian singer Sia and her co-writer Jesse Shatkin. This song was featured on her sixth album called 1000 forms of fear in 2014 and gained her four Grammy nominations.



This song makes you want to sing at the top of your lungs and move your body to its rhythm, but if you resist that urge, you will find out that it actually talks about Sia's alcohol addiction. Lines like 'One, two, three, one, two, three, drink' and 'Keep my glass full until morning light' depict this. If you didn't know, now you do.

"High" by Lighthouse Family, is also another song which on close inspection has more meaning to it. "High," which is the second single of the pop genre written by the British duo Lighthouse Family for their second album *Postcards from Heaven* was released in



1998. The song was produced by Mike Peden. The song gained international recognition as it achieved No. 1 spot in Australia as well as being in the top 10 in Switzerland, Austria, the United Kingdom, the Netherlands, New Zealand and Europe. Like most song writers, the Lighthouse Family wrote the song 'High' based on their current situation. According to the duo, there was a lot of pressure on them to make sure that the song was a hit. A day before the recording of the song, the duo sat down to write the lyrics. The line, 'When you're close to tears remember / Someday it'll all be over' shows the pressure they were going through during the recording of the song. The song tries to encourage those who have been going through a rough phase by telling them that it will soon be over and that they can overcome any obstacle on their way.

'Hello' by Adele, is one of the eleven songs in her '25' album. It has won three Grammy awards out of four nominations after its release in 2015. The song was also nominated multiple times for the MTV video music awards and the Billboard Music Awards. Like her other album, 25 reveals her state of mind and the events going on in her life. The song was written by Adele and a famous songwriter, Greg Kurstin, who is also its producer. The song is rich with emotion and many assume it to be a conversation



with an ex-boyfriend. The song 'Hello' is more than that as it doesn't only talk about reconnecting with an ex-boyfriend but reconnecting in general.

The song was supposed to start with 'Hello, misery' but her co composer Greg Kurstin said it sounded weird and for this reason they went with the line 'Hello, it's me'. 'Hello' is a song about reconnecting with oneself and those around you. For Adele it was about recognizing herself again, accepting her past mistakes and moving on from them. This is evident in the lines 'I'm in California dreaming about who we used to be / When we were younger and free / I've forgotten how it felt before the world fell at our feet.'

"Oppan Gangnam style"!!!! Yes, 'Gangnam style' by Psy is probably one song you thought had no meaning. The video climbed to 100 million views in 51 days, faster than Justin Bieber's "Baby" on YouTube. This record-breaking song was released in the year 2012 and is the 18th single k-pop genre of



PSY. The song 'Gangnam style' is known to have broken 10 world records and was composed by PSY and Yoo Gun-hyung. Shockingly, Gangnam style is a satire to ridicule those who claim to be who they are not (trying to live the Gangnam style). Gangnam is a wealthy district in Seoul, South Korea, where young people party. In this song he talks about his likes and the kind of girl he likes. He also describes himself as 'oppa' which is a term used for older brothers or boyfriends in Korea. So 'Oppan Gangnam style' can be loosely translated to 'your man has Gangnam style'. The popular dance move is also a mockery of those in Gangnam as it is meant to depict people riding on a high horse.



MOVIES TO WATCH THIS FALL



*F*rom Hollywood to Nollywood, 2021 is a big year for blockbuster movies. Big flicks like *Suicide Squad*, *Black Widow* and *Fast & Furious 9* are already in cinemas; meanwhile one of the most anticipated Nollywood movies, *King of Boys* is also available on Netflix. As the year runs down, there are a few more enticing and alluring movies for us to anticipate.

Shang-Chi and the Legend of the Ten Rings (September 3):



This is the first Marvel cinematic universe movie with a primarily Asian and Asian-American cast. The storyline follows Shang-Chi, as he confronts the past he left behind when he is drawn back into the Ten Rings organization. The movie features Simu Liu, Fala Chen, Ronny Cheng, Michelle Yeoh and Ben Kingsley.



Venom: Let There Be Carnage (September 24):

Tom Hardy returns to the big screen as the anti-hero, Venom, who faces off against the super-powered serial killer Carnage. The movie also stars Michelle Williams, J.K. Simmons, Stephen Graham and Woody Harrelson.



Hotel Transylvania 4 (October 1):

This the fourth chapter in the Sony pictures animation blockbuster movie series. The film casts Brian Hull as Dracula and Andy Samberg as his son-in-law, who is accidentally transformed into a monster just as all his monster cohorts are turned into humans. It also casts Selena Gomez, Kathryn Hann, David Spade and Sadie Sandler.



Eternals (November 5th):

Eternals are a race of immortal beings that have been secretly living on Earth. The beings helped shape humanity and the history of Earth. The cast includes big names like Angelina Jolie, Salma Hayek and Kit Harrington.

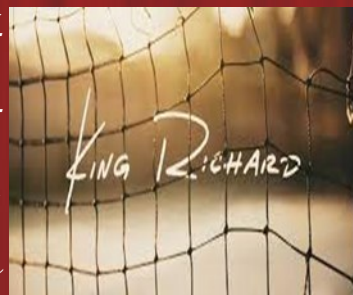


King Richard (November 19)

A true life story, documenting how Richard Williams coached his two daughters Venus and Serena Williams to become world tennis champions.

The movie is directed by Reinaldo Marcus Green

and the cast features Will Smith, John Bernthal, Demi Singleton, Saniyya Sidney and Tony Goldwyn.



Spider-Man: No Way Home (December 17):

The third sequel in the Marvel cinematic universe's version of Spiderman follows the adventures of the young Peter Parker after the loss of his mentor and father figure Tony Stark. Tom

Holland, Zendaya and Marisa Tomei all return to resume their roles in the MCU, along with Jamie Foxx who plays the villain, Electro.



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SOME FACTS ABOUT THE UNITED ARAB EMIRATE

It is easy to say that there are obvious misconceptions about the United Arab Emirates, with the most popular being that the UAE is just Dubai. The UAE is actually a country in Western Asia comprising of seven emirates including Abu Dhabi, Dubai, Sharjah, Ajman, Umm Al-Quwain, Fujairah and Ras Al Khaimah.

UAE which was formed in 1971, currently has a total population of approximately 10 million people, that is 50% of the total population of only Lagos state in Nigeria (20 million). The capital of the UAE is Abu Dhabi, while Dubai is the most populous and visited of all the countries. Let's delve in deeper to see more facts about the UAE:

1. Its official language is Arabic
2. The form of government is an absolute monarchy. Each emirate of the UAE is ruled by a separate royal family, but the emir of Abu Dhabi is the country's president and head of state, while the emir of Dubai serves as the nation's prime minister



3. The falcon is the UAE's national symbol while the Arabian Oryx, a medium-sized antelope, is the country's national animal.

4. More than 80% of UAE residents are expats, originating from more than 200 countries around the world.

5. The UAE has a literacy rate of 93 %, with women having a literacy rate of 95.8 %.



6. The discovery of oil in the 1960s was the key reasons behind the country's economic development and growth. Oil exports account for about 30% of the country's Gross Domestic Product.

7. More than 12 million tourists visit the UAE every year! Tourism accounts for about 10% of the nation's GDP



8. The UAE created the world's first government ministry for artificial intelligence, according to the World Economic Forum

9. The UAE is the 14th freest economy in the world with a freedom score of 76.9 points, according to the World Economic Freedom Index. Financial freedom is described as the ability of people of a society to take economic actions

10. Abu Dhabi, is of the safest cities in the world and boasts of a near-zero crime rate.

11. There are no permanent rivers in the UAE.

12. As at 2020 the country had 425 Guinness World Records titles, making it the biggest record-breaking country in the Middle East and North Africa (MENA) region.



13. The week starts on a Sunday! It is like any other day, kids go to school and people go to work.

14. Ajman is the smallest emirate in the UAE. It is a beautiful place with white sand beaches, museums and locations with historical importance.

15. Camels are an integral part of the tradition and culture.



HOW WELL DO YOU KNOW YOUR COUNTRY?

1. Who was the first prime minister of Nigeria?
2. When was Nigeria amalgamated?
3. Who is the richest woman in Nigeria?
4. Who is the only Nigerian to win the Miss World pageant?
5. Who is the first and only Nigerian to win the Nobel Prize?
6. In what year did Nigeria win its first gold in an Olympic event?

7. The world's first supercomputer was designed by whom?

8. How many AFCON tournaments has the men's football team of Nigeria won?

9. Where is the highest geographical point in Nigeria?

10. When did the Nigerian civil war start and end?

11. What is the longest bridge in Nigeria?

12. Who is Nigeria's current speaker of the House of Representatives?

13. Who is the only Nigerian to win an NBA Most Valuable Player award?

14. Who was Nigeria's first military head of state?

15. Where is the food basket of the nation?

ANS: 8. 3 (1980,1994 AND 2015) 9. CHAPPAL WADDI, TARABA STATE 10. 1967 TO 1970 11. THIRD MAINLAND BRIDGE 12. FEMI GBAJAMIAMI 13. HAKEEM OLAJUWON 14. GENERAL YAKUBU GOWON 15. BENUE STATE