



RELAXNOMIKS

**CHRISTMAS
EDITION**

*Jingle bells, Jingle bells, Relax
all the way...*

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Letter to my new self

NOTE FROM PUBLISHER

Dear Reader,

Merry Christmas!

After two turbulent years (COVID-19), it's that season to temporarily stay off work, visit loved ones and just bask in the joy of the festive period. Not to be the bearer.... but Nigerian policy makers are stuck between a rock and a hard place. Time is running out to make the tough decisions that will make the country the preferred destination for investment, in the medium term...at least; better late than never! Economic conditions are deteriorating with no social safety nets for the majority living below the poverty line.

In 2022, there could be a flicker of hope at the end of the tunnel. The way forward is to ensure that the necessary reforms (fuel subsidy removal, floating exchange rate & cost reflective electricity tariffs) are urgently implemented. If successful, these will lead to an increase in fiscal and export revenues.

As we look forward to a world without the Omicron variant of the COVID-19 in 2022 and beyond (fingers crossed), we must not forget the health and business lessons learned. More noteworthy is to stay on track with your goals - a vision board will help. Eat clean, meditate, exercise regularly and importantly, always take out time to relax. A good way to start is being open minded and fluid to changes that are inevitable.

So, dive deep into our pages, have a laugh with Santa, learn how to save money during festive periods, and find out what movies to see in our latest Christmas edition of the FDC Relaxnomiks...

May the new year bring good tidings and more joy...

Do enjoy your read!



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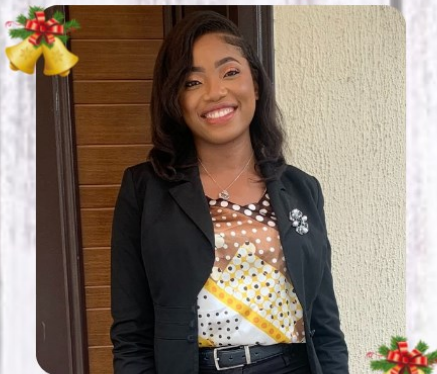
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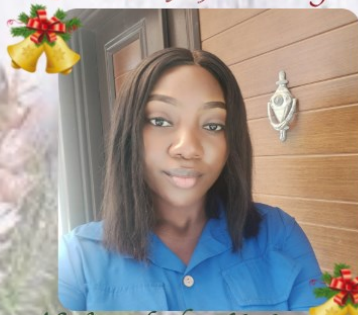
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*Santa's
good list*

Be Santa for a day

Christmas is all about giving. It is a time to express love, gratitude and affection to one another, and what better way to do it than giving gifts to your loved ones. Here are some gift suggestions for your friends, family and even work colleagues.

Concert tickets

The holiday season brings with it a plethora of events, and with the easing of coronavirus restrictions in Nigeria, concerts and shows are back on. So, buy your friend that concert ticket or even an art festival ticket that they have been looking forward to.



Gadgets

Gifts like headphones, airpods, consoles or even that new iPhone would be perfect gifts for your young tech-savvy nephew, niece or child.



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Journal or a Notebook

A journal is a gift that keeps on giving, with the potential to inspire creativity. Keeping a journal can help you improve your focus, reflectiveness and gratitude. So, pick out a beautiful notebook with enough paper for every thought, idea or adventure to come.



Jewelry/Accessories

If you are looking for a gift that'll make your loved ones stand out, an accessory is one of the best options for you. They could be earrings, bracelets, chains, and pendants. Not all jewelry has to be expensive to be appreciated. There is always an accessory to suit everyone's taste, style and pocket.



A weekend getaway

There is no better way to surprise that special person than a weekend trip to a place that they have always dreamed to visit. It would be a perfect avenue to reconnect and spend your holiday alone with someone you deeply care for.






SANTA'S SAFETY TIPS FOR THIS CHRISTMAS

Christmas, oh Christmas! The holiday season where we get to be care-free, jolly and merry. We hope this Christmas brings good tidings, the first on our wish list is that the invisible monster (COVID-19) be gone gone gone! In the meantime, its important we do not forget the important safety tips we have learned from the invisible monster. So, we present to you some of Santa's safety tips for this yuletide season.

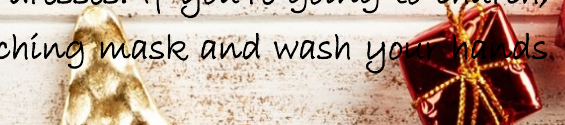
Santa says "Shop Safely"

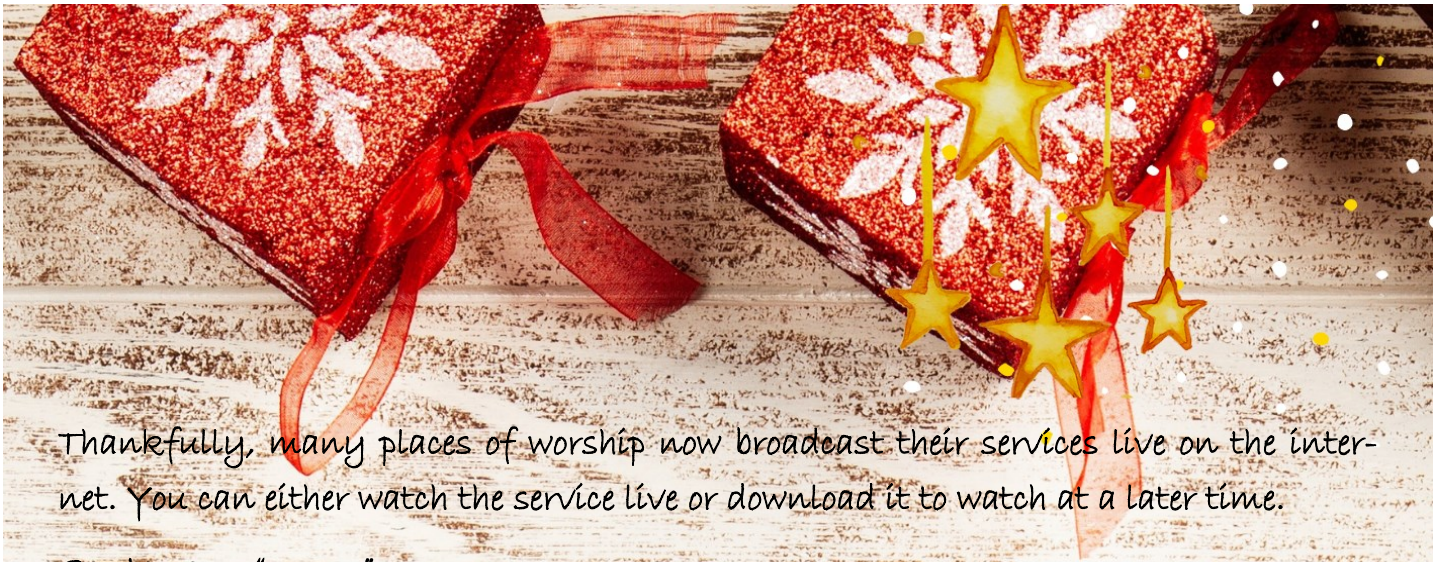


It is safer, however not fun, to do the majority of your shopping online from the comfort of your own home. If you prefer to go to the store yourself, try as much as you can to minimize contact with other people. You want to spend as little time in public as possible, so write a list before you go out to aid efficiency. Make the most of off-peak hours. While you are at it, wash your hands frequently or use hand sanitizer. Keep a physical space of at least six feet between yourself and other shoppers. Focus, get what you need, and get out of there.

Santa says "Worship with fewer people"

Christmas is a time when even those who do not normally attend church decide to do so because it is a time to show off beautiful dresses. If you're going to church, wear your best cloth, complement it with a matching mask and wash your hands frequently.





Thankfully, many places of worship now broadcast their services live on the internet. You can either watch the service live or download it to watch at a later time.

Santa says "mmm"

The gift exchange is a Christmas party classic – whether it's a gathering of family, friends, or coworkers. Gifts are distributed, and then the opened objects are passed around the room for everyone to inspect. Be cautious. A mask should be worn at all times and wash your hands before and after the gift exchange.

Santa says "Keep it short and sweet"

If you can't avoid having individuals from outside your household over for dinner – or if you have to travel to someone else's home – take extra measures. Limit the number of people in your party and the amount of time they spend together. The less time you spend together, the lower the risk. Open doors and windows to help circulate the air if possible. Instead of a shared serving bowl, consider individual plates for food.



CHRISTMAS JOKES



It's the jolliest time of the year again and an even better time to roll out some funny Santa and elf jokes. Moreover, there's nothing like celebrating the festive season without sharing

a laugh or more with family and friends. These cheesy Christmas jokes and puns are sure to bring about some holiday cheer and humor over Christmas dinner.

1. Why does Santa have three gardens? *Ans: So he can ho-ho-ho*

2. Who is Santa's favorite musician? *Ans: Elf- is Presley*


3. What do snowmen eat for breakfast? *Ans: Snowflakes*

4. What carol is sung in the desert? *Ans: "O camel ye faithful"*

5. What did Adam say to his wife the night before Christmas? *Ans: It's Christmas Eve*

6. Why is everyone thirsty at the North Pole? *Ans: Because there was "No well, no well"*

7. Where does Santa like to swim? *Ans: In the North Pool*



8. What do you call someone who claps at Christmas?

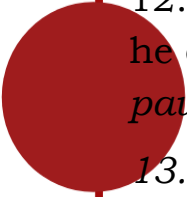
Ans: *Santapplause*

9. What was Santa's favorite subject in school? **Ans:**
Chemistree

10. What king is the people's favorite during Christmas?

Ans: A Stocking

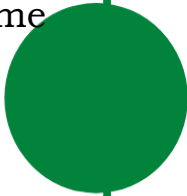
11. What do you call people who are afraid of Santa? **Ans:**
Claustrophobic



12. What do you tell Santa so he doesn't move? **Ans:** *Santa pause*

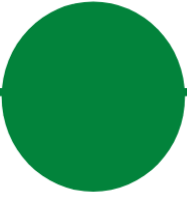
13. What did Santa say when he looked up in the sky?
Ans: *Looks like rain, dear*

15. How do you know Santa is a man? **Ans:** Because no woman would wear the same outfit every year

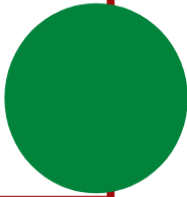


16. What do monkeys sing on Christmas?

Ans: *"Jungle bells, jungle bells..."*



17. What is Father Christmas wife called? **Ans:**
Mary Christmas!





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*A Christmas
Lifestyle*

MOVIES TO RE-WATCH THIS CHRISTMAS

It is that time of the year again! Christmas!! And for those who work white collar jobs, its stay-home o'clock!! It is the season we get to stay at home and spend time with our loved ones. Angels are dancing, bells are ringing, candle lights are burning, décor is up, and everyone is seated. So, go get the remote and ho ho ho your way to Hollywood! Here are some Christmas classic movies that really get you in the holly-jolly mood!

◇ **Home Alone 2: Lost In New York**

Traveling around the holidays may be exhausting. But you'll be doing better than the McCallister's, whose Christmas vacation to Miami is ruined when 10-year-old Kevin (Macaulay Culkin) accidentally flies to New York and checks himself into the renowned Plaza Hotel in Central Park (we've all done it). Home Alone 2 is less sugary than many holiday flicks, with Culkin outwitting bungling robbers Joe Pesci and Daniel Stern. Christmas comedy doesn't get much more addicting than this.

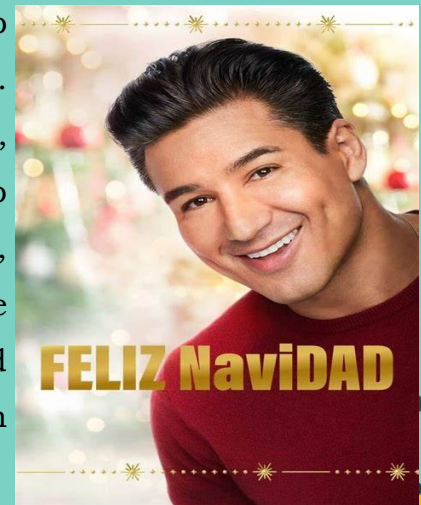


Dolly Parton's Christmas on the Square

This is a fun Netflix musical. Dolly Parton plays an angel who attempts to persuade a hard-hearted real estate agent to change her ways. Regina, the lady, is attempting to evict everyone in a tiny town in order to sell it to a developer who wants to build America's largest mall. The preacher rallies the residents of the community to oppose Regina. Surprising events occur, and everyone winds up at church on Christmas Eve.

Feliz NaviDAD

David Morales, an Arizona high school principal and single father, has lost his holiday spirit after losing his wife over the holiday season a few years ago. Now, David will go to any length to escape Christmas, so he works as a delivery driver during the season. This year, however, David's 14-year-old daughter, Noel, and his sister, Marissa, are determined to restore the yuletide joy to the family and, with luck, assist David in finding love again through online dating. So, when Sophie, a clever musician and delivery client on David's route, swipes right on him, something magical transpires between them.



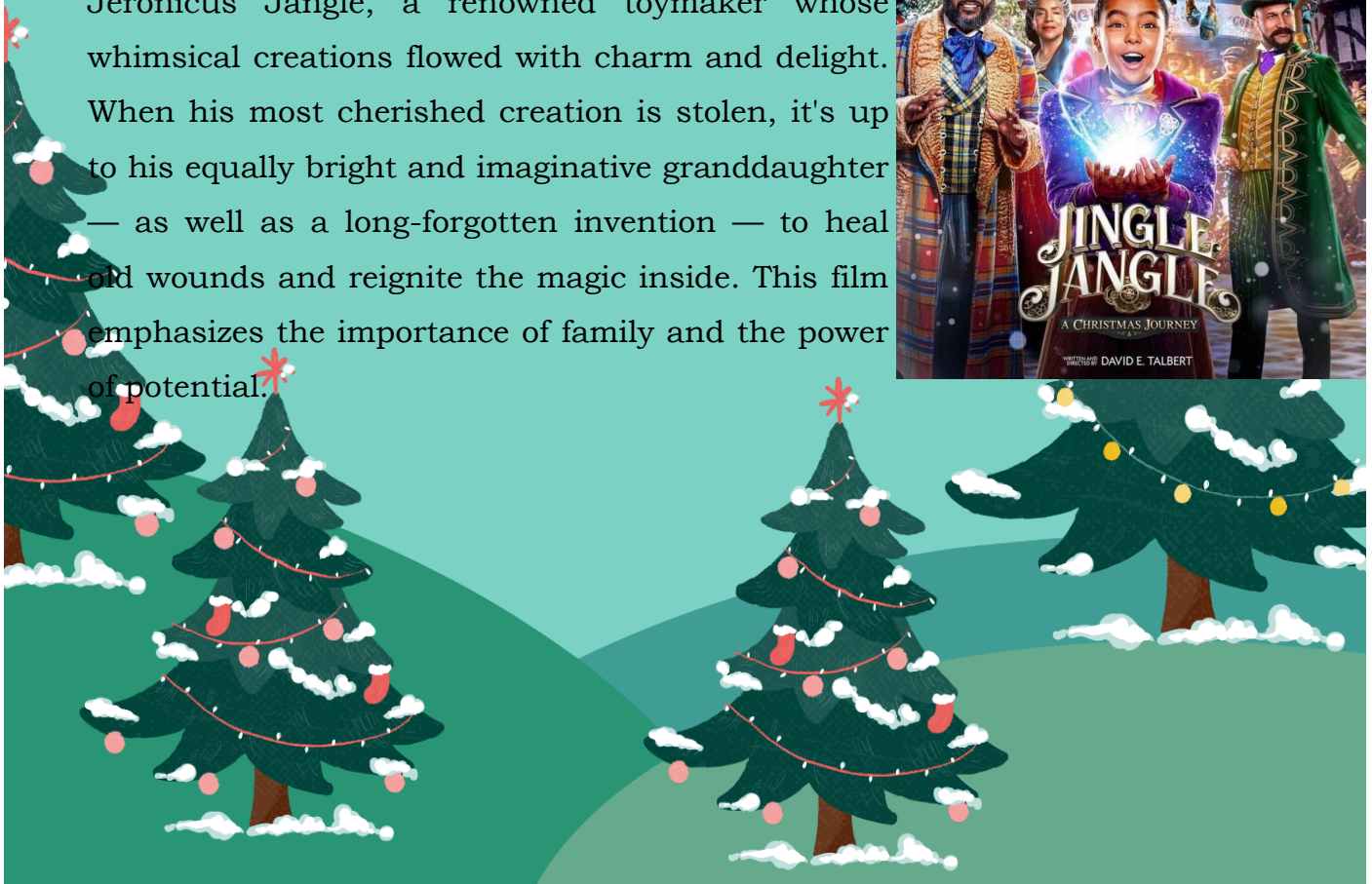
Miracles on 34th Street

A bright little girl, who was taught not to believe in Santa Claus, meets Kris Kringle, an old guy employed to portray Santa. She finally begins to believe he is the real Santa until he gets sent to a mental institution when a jealous coworker falsely accuses him of assault. Kringle and his lawyers seek to show that he is Santa Claus at the subsequent sanity hearing.



Jingle Jangle: A Christmas Journey

Jingle Jangle is an exciting and spirited Christmas movie for the whole family. The film follows Jeronicus Jangle, a renowned toymaker whose whimsical creations flowed with charm and delight. When his most cherished creation is stolen, it's up to his equally bright and imaginative granddaughter — as well as a long-forgotten invention — to heal old wounds and reignite the magic inside. This film emphasizes the importance of family and the power of potential.



TWO DRAWS

ONE GOAT

NO AWAY GOALS

The round of 16 in the UEFA Champions League has seen a couple of tasty ties thrown up by the luck of the 're-draw'. In events that were nothing short of bizarre, the initial draw was fumbled due to an extraordinary error which was prompted by "a technical problem". The first draw threw up one mouth-watering fixture – at least on paper and the sub-plot wasn't lost on us. It was PSG vs Manchester United, Messi vs Ronaldo...yet again. Fate, it seemed, hadn't grown weary of perhaps the most polarizing debate of our time and decided one last dance was due. Why UEFA would let a glitch-free draw get in the way of a great story is beyond me. But alas, Sergio Ramos will be protecting Lionel Messi against Real Madrid over two legs. Who woulda thunk it?

Messi, Neymar and Mbappe also seemingly unwilling or unable to track back. Madrid's midfield, though aging, could be the difference.



Atletico v Man United sounds exciting. United topped their group and the "Ole Out" bandwagon got what they wanted. A hammering at Watford was Ole's death knell. How do you add CR7 to a team that finished 2nd last season and manage to make it worse? Ole's best simply fell short. New coach, new tactics and new impetus. How long will it last? How does a 36-year-old CR7 fit in with a high-pressing game? Against the trickery of old El Cholo, will he re-ignite the form that has seen him consistently smash Atletico out of Europe? My guess is YES!

PSG are yet to click. Three world class forwards and what appears to be a gaping hole in midfield, one which City exploited in devastating fashion in Manchester. For all their attacking talent, the Parisians lack a creative spark in the center, sometimes fielding three defensive midfielders with

After letting CR7 go and finishing ahead of defending champions Chelsea, the Old Lady is expected to see off struggling Villarreal. Chelsea's reputation as being really good at defending has come under intense



scrutiny after shipping 8 goals in 3 games within a week. Teams now genuinely feel they can have a go at them. Once 4 points clear, they are now 3rd in the EPL and finished 2nd in their UCL group. However, February will be enough time to see a few injured midfield stalwarts return, and allow them rediscover the defensive solidity that has characterized them since Tuchel took over. The reigning champions should overcome Lille regardless. Man City, without a centre-forward, are looking pretty good. You sense only Pep's penchant for overcomplicating matters occasionally could get in the way. Sorry Sporting! But only City can stop City at this stage.



Liverpool vs Inter is tricky. It depends on which Liverpool turns up to be honest. Inter haven't quite looked the same since losing Lukaku and Conte. LFC should have Salah, Mane and Keita back from AFCON exertions. Relentless pace and the high-press with renewed stability in defense. Gegenpressing at its finest. It's hard to bet against the Reds in full flight. At Anfield, just recently, a city's favourite son returned. His is a story written to perfection – or at least almost. One of belonging, growth and glory. One, you sense, with yet another chapter to be written. Unforgotten and unforgettable. Steven Gerrard, the local lad who became a floor general. Valiant and gallant in his leadership. Wore his heart on his sleeve and left it all on the pitch. That slip at Stamford Bridge, you suspect still haunts him. He was back to conspire against those who, even now, adore him. A standing ovation by the Kop. Banners across the stands. Chants in the eighth minute (he wore 8). Eternally and changelessly theirs, the Kop, and even the rest

of us know it's not if but when Stevie G takes over at the helm in the red half of Merseyside. Villa now embody the tenacity and desire that typified their gaffer's 17-year career.



The machine that is Bayern Munich! Ruthless and rampaging! You watch them and you marvel. Not just at the quality at every position, but how they fit together so flawlessly. You consciously search for weaknesses and only one comes to mind. I make bold to say that barring any injuries, Bayern wins the competition. Apologies to Salzburg. Oh, and not trying to take away anything from Lewandowski (I couldn't if I tried), but as terrifying as Bayern appear, you do get the feeling they could be an even more petrifying proposition with Haaland up front. The kid (he was born in the year 2000) is a freak of nature. His ability to move that quickly given his size, to hold-off defenders and finish with either foot and that uncanny knack of being in the right place at the right time. Bayern is a well-oiled V12 firing on all cylinders. But as with innovation, efficiency remains a moving target, yet a constant goal. A next generation upgrade to the engine



might be due. One that elevates performance whilst optimizing cost and fuel consumption is the objective – on the pitch and on the balance sheet. That upgrade may come as soon as the summer.

Ajax is reminding us that there is life beyond the big five leagues, winning six of six and scoring 20 goals on the way. Sébastien Haller scored half of that tally but will be up against a stingy Benfica side who kept four clean sheets in the group stages, was good enough to score twice against Bayern and also make a proper mess of Barcelona.

For Barcelona, you suspect the inquest, if any, will be brief. The delusions of grandeur have been laid to rest and the years of the feast are long gone. Being consigned to Europa league ignominy merely confirmed what we already knew. The famine is here. The hiding at the hands of Bayern was only a stark reminder of the gulf in class between them and what is considered elite. They are currently closer to Levante at the bottom than to Real Madrid at the top. Neck deep in debt, they aren't just short of cash, but of talent and sheer footballing instinct.



More than a club. That's how they view themselves. But it feels like something, once had, is now lost. Once known, is now forgotten. But really, letting arguably the Greatest player Of All Time leave for free and replacing him with Luuk De Jong didn't help. While the less alluring lights of Thursday night football would be strange to the Camp Nou faithful, it is cold validation of their plunge into mediocrity. The road back will be horrid and harsh, and anything but short. An injury-induced depletion to the attackers

complicates short-term plans. A heart condition meant it was time for Sergio Agüero to hang up his boots. Manchester City's record goal-scorer and key actor in the most iconic moment in English Football history. Xavi cannot believe his luck.

Oh, and the uproar about Messi picking up his 7th Ballon d'or is much ado about nothing. Opinions are a dime a dozen. And the award, at best, is a reflection of the opinions of voters (football journalists). So, while we all agree that numbers do not lie, do Messi's numbers pale in comparison and significance to anybody else's? Was Lewandowski really robbed? Does voting not reduce the award to a popularity contest? Apparently, Portugal's representative failed to name Ronaldo in his top five. I wonder if he can walk the streets of Lisbon without looking over his shoulder. Is there a better and less controversial way to decide who is most deserving? Are trophies not team achievements? Is the emphasis on goals & assists not taking away from the more defensive players? Do players like Ngolo Kante not get shortchanged by the obsession with attacking stats? Are man of the match (MOTM) awards not more reflective of players' performances? If we used that stat, Messi wins, and it's not even close. He has more MOTM awards than CR7 and Lewandowski combined in the past year. But are his supposedly less than stellar showings at PSG not evidence that he thrived in a system? Time will tell.

The away goals rule has been scrapped. While it takes away from the intrigue, it does throw some fixtures wide open.

Let's sit back and enjoy!





Oprah's List of Favorite Things (2021)

Oprah Winfrey is back with her list of favorite things - and it's her largest one yet since her 107 picks in 2018, 79 in 2019 and 72 items in 2020. Oprah said "After this past year, I think we all deserve some surprises and delights for the holiday season, that's why we worked hard to find these truly delightful items."

USA Today rounded up these 11 essential items from the list:



SnappyScreen Snap Clean Hands hands-free sanitizer

\$80



Jessica Alba's Honest Baby Clothing organic cotton pajamas

\$15 to \$40



Little People Big Dreams Book Sets

\$40 each



Hydrow's Live Outdoor Reality Rower

\$2,295 (plus \$38 monthly for membership)



PurseN the Ultra Jewelry Case

\$54



Foot Nanny Pedicure Collection

\$149



Oprah Daily's The Life You Want Planner

\$25



Big Smile Baby Body Suit Set

\$38 for a three-piece set



The Crayon Case Note Pad Shadow Palette

\$12



Compendium Life Notes kit

\$17



The Model Bakery jam and English muffins set

\$59



Christmas myths you thought were true



As children, we probably grew up with many myths stuck in our heads. Some to teach us a lesson, others to instill fear and the rest a mere way of keeping us distracted. We were told that if we swallowed a fruit seed, the tree would start growing from our heads or if we ate a lot of beans, we would be tall. For every aspect of life there is at least one myth attached to it. Christmas is not an exception. Here are a few shocking myths as pertaining to the Christmas time.

Jesus was born on the 25th of December

This is one of the most popular myths about Christmas season. There is no proof that Jesus was indeed born on this day. Some sources believe that the reason for the celebration of the birth of Jesus on that day was to take over a pagan feast, Saturnalia, held on that day. This festival was to celebrate the god Saturn, who according to Roman tradition, taught humans how to partake in agricultural practices. It involved merry making and gift giving, quite similar to the Christmas tradition. Other sources believe that the church set the date based on scientific beliefs as an estimation of the birth of Christ. According to the Bible, Elizabeth conceived on the day that Zachariah went to perform the rights for the Day for atonement a celebration now held late September or early October.



The Bible also mentioned that Mary visited her cousin during her 6th month of being pregnant, meaning sometime in March when she had just conceived Jesus after the angel's visit (which the church placed on the 25th of March). Nine months after that is December.

Santa Claus and St. Nicholas are the same:

It is quite easy to believe that these two figures are the same but this is not so. St. Nicholas was a Christian bishop of Greek descent from a wealthy family. He helped a poor family man to get his three daughters married by throwing in gold coins in a bag down



their chimney. The man was then able to afford dowries for his daughters and get them married. Santa Claus is a fictional character that brings Christmas gifts for children. There is, however, no doubt that the idea of Santa Claus is derived from the person of St. Nicholas as 'Santa' stands for 'Saint' and 'Claus' is an abbreviated form of Nicholas..

The three wise men from the east:

The three wise men from orient times were indeed not three. This is because there was no mention that only three wise men were present at the nativity of Jesus. The Bible only states that some wise men came from the east bearing gifts of gold, frankincense and myrrh. The myth of the three wise men comes from the three gifts. It was assumed that since they were three gifts then they were only three wise men.



Candy canes a symbol of Christianity:

Some people believe that the candy cane, which is a sweet for little children, was used as a symbol of Christianity in the times when Christians were persecuted. It is believed that the shape of the candy 'J' is a representation of Jesus, the red color stands for His blood and the salvation of Christians while the stripes connote "by His stripes we are healed". This is not true as candy canes are in fact... JUST CANDY. It was first introduced as a white candy stick with no hook and its stripes only came about in the 1900s.

Coca Cola introduced the modern face of Santa Claus:

There is a myth which believes that the Coca Cola company introduced the concept of Santa Claus. Although this is not true, the advertising of Coca Cola using the character Santa Claus did influence the depiction of Santa. Before this advertisement, Santa was depicted in various ways: as an elf, a tall grumpy man and many more. In 1931, Coca Cola instructed Haddon Sundblom, an illustrator, to help paint a picture of Santa for its advertisement. He drew his inspiration from the popular poem 'Twas the night before Christmas'.



CHRISTMAS PLAYLIST

Music is an integral part of the Christmas holiday culture. But have you ever thought of having a Christmas playlist? Most times playlists are for every other day but festive periods. So, this Christmas, try creating a playlist with some classics and cheery songs unique to the yuletide season. We have some recommendations to get you started!

Baby it's cold outside - Frank Loesser

Frank Loesser is an American songwriter who wrote this Christmas classic in the year 1944. The lyrics are entirely focused on a dialogue between a guy and a lady who is romantically interested in him. The scene takes place inside the man's house. She is adamant that she must return home for the most part. He, on the other hand, is attempting to encourage her to stay. One of his key points is that "it's cold outside," so she should be hesitant to leave the house and his company. In fact, the whole second stanza is centered on him arguing that she should not travel because of a raging "blizzard."

At the end of the day, they can all agree that it is certainly "cold outside." Despite the fact that the lyrics do not mention any holidays, the song is often recognized as a Christmas song due to its winter mood.

Santa tell me - Ariana Grande

This song is for everyone who is single and ready to mingle. Ariana Grande's Christmas song "Santa Tell Me" was composed by Grande, Ilya Salmanzadeh, and Savan Kotecha. The song is a joyful one in which Grande begs Santa Claus not to let her fall in love if the relationship isn't going to endure more than a year. Ariana's wish list for Santa is simple, since she feels she has been nice all year and deserves a present from Nicklaus.



White Christmas- Michael Buble

Bing Crosby initially played "White Christmas" on his NBC radio show "The Kraft Music Hall" on December 25, 1941. He created the first studio version of it for the soundtrack of the 1942 musical picture "Holiday Inn." Michael Bublé re-recorded this song in 2019, and on November 1st, 2019, an animated music video for this version was released. This song is a great one to listen to during this period. It talks about snow and the joy Christmas brings. What's the best way to spread Christmas joy this year if not by adding this song to your playlist.

All I want for Christmas is you - Mariah Carey

Twenty-five years after its release, Mariah Carey's ultimate holiday bop is still the go-to tune to get any party started during Christmas. Mariah Carey's 1994 Christmas classic "All I Want for Christmas Is You" is the most-viewed holiday song in the United States and globally throughout December according to YouTube. Could you picture the holidays without Mariah Carey's timeless hit "All I Want for Christmas Is You"? Not possible. The song conveys her desire to be in the loving intimate presence of those she loves.

Snowman- Sia

Sia wrote "Snowman" with Greg Kurstin, her creative partner on the all-original Everyday Is Christmas. After its release in 2019 she revealed In an interview with Zane Lowe that she wanted her album to address the "shortage of good Christmas music." "There's obviously the classics and stuff, but anything new, I wasn't vibing that much on it," she said. The song attempts to describe the Christmas season through the eyes of a child. What better time to be a child than now, around Christmas? If you're seeking for music to help you relax and have fun, this is the song for you.





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CHRISTMAS TRADITIONS IN OTHER PARTS OF THE WORLD

Christmas is quite the same in all parts of the world. It is a time to spread love, give to the poor and avoid being on Santa's naughty list. In almost all parts of the world this celebration is accompanied by delicious delicacies almost enough to make us forget the true essence of the festival. But here are a few Christmas traditions that are not common but practiced in some parts of the world.

- *Shoes at the windowsill (Iceland)*

You know how Santa had his elves to help him out in his workshop? Well, the yule lads are somewhat a representation of the elves in Iceland. The yule lads are children of Gryla who is an evil ogress. Just like



their mother they are known for causing mischief in the society but unlike her they give rewards to the good children. There are known to be 13 yule lads who visit during the 13 days of Christmas. One each night and each as mischievous as the other. The children would leave their shoes on the windowsill and when the yule lads arrive, they would put rewards in them if they were good but if they were bad the yule lads would place rotten potatoes in them. Due to their shenanigans, the yule lads are not invited into the homes, and this is why the shoes are placed in the wind still.

- *Christmas clothes (Iceland)*

You know how everyone is like “who told African mothers that you have to buy new clothes every Christmas”? Well, I have the answer to that question. The yule cat was initially introduced by those who own farms in order to encourage the farmers to work harder. The yule cat, which was the pet of the yule lads, was taller than a building and it used its height to its advantage. The cat is known to instill fear especially to those who do not work as hard as others. The yule cat comes in the night and peeps through the window for those who have worked hard enough to get new clothes from others as gifts. Those who have new clothes would be spared while those who are lazy and haven't been spared would be eaten by the yule cat. In some sort of way, the cat encouraged generosity in the heart of those who lived in Iceland. For this reason, during the Christmas period, giving is encouraged so as prevent the hardworking being eaten by the yule cat. A thirteen feet tall yule cat is then erected in the center of the capital and is lit while Christmas songs are being sung.



- *Spider webs as decorations (Ukraine)*

For one who hates spiders, Ukraine is not the place you want to be during Christmas. The Christmas tree tradition is one that we are very familiar with. Every Christmas, the trees are decorated with ornaments and lights to spread the Christmas spirit and cheer, but this is not so in Ukraine. In this country, the Christmas trees are decorated with spider webs. Why, you may ask? Well, the answer is simple.

They believe that the webs would bring about luck in the coming year. Who doesn't want luck? The tradition began because of a story of a widow and her children. Even though they had a pine tree, they were too poor to decorate it with ornaments. While they went to bed on the night of Christmas Eve, the children started crying. The spiders heard their cries and decided to have pity on them, so they used their webs to decorate the trees. When morning came and the sun shone on the tree, the sunlight made the webs look like gold and they sparkled. After that day the widow did not feel poor again rather, she was appreciative of what she had.

- **No broom in sight (Norway):**

In Nigeria, there's a myth that if you sweep in the night, you would be sweeping away your riches.

For this reason, it is advised not to. Similarly, in Norway citizens believed that during Christmas time witches would come out and sort mischief.

Their preferred mode of transportation, as often depicted, is flying. For this reason, every broom in the house is to be hidden to prevent the witches from flying around and causing mischief.



- **Candle lights (Ireland):**

There is a Christmas tradition in Ireland in which everyone puts a lit candle by the largest window still. This is done to serve as a way to guide Mary and Joseph to their homes as during the night of Jesus's birth there was no way for them to stay except the inn. This special candle is lit at sunset of Christmas eve and is to stay lit throughout the night.





*To Wine and
Dine this
Christmas*

NEW RECIPES TO TRY

To be adventurous with food is sometimes inborn but most times a cultivated habit, which often pays off in festive periods like Christmas. With everything happening in the Nigerian economy, no one is expecting you to break the bank to have an exquisite and expensive meal this Christmas. But you should at least make it special. I mean, you could cut on outings and cook or do away with ice cream (except its free) to make a home made smoothie...just saying! Or you could do both...As the popular vernacular saying goes...Wahala no dey finish, so chop life before life chop you. So, here are a few basic meals you can make new this Christmas.

Rice and Turkey stew with steamed vegetables or garden salad

It looks a lot but its not.



What you need

- Turkey
- Green bell pepper
- Rice

NEW RECIPES TO TRY

- Tomatoes, Pepper (other stew things)
- Vegetables (if you are going with the steamed veg option, you just need: carrots, cabbage and green beans)
- Garden Salad (Lettuce, cucumbers and carrots)

Basic Prep

Just to make it special, you could boil the rice in coconut milk (tin) and basil, Or turmeric and oregano or Soy sauce and coriander. Add salt for taste.

For the turkey stew, chop some green bell peppers in for additional flavour. Honestly it doesn't have to be turkey. Chicken or beef works also.

Yamarita & Yaji

Pretty simple and straight forward.



What you need

- Yam
- Eggs
- Corn flour
- Spices
- Yaji

Basic Prep

Deep fried yam in egg and corn flour batter mix. You can spice as desired. To make it more unique, you could add some spring onions to your eggs. Yaji is the common suya spice.

NEW RECIPES TO TRY

Having that with your yamari-ta is ...for lack of a better word... muah! If you don't like spicy food, you could make a creamy dip.

Oven baked plantain frittata

Simple and delicious!



What you need

- Plantain
- Eggs
- Bell peppers (red, green, yellow)

Basic Prep

First fry/oven bake your plantain. Prepare your egg mix with your bell peppers and any other spice you like. Salt is important.

Then bake! Just in case you can't bake, you can use your frying pan, just a drizzle of oil, put on low heat and cover the pan. You can put a tin foil over the pan before using the cover to retain the heat more.

Sweet potato slaw

Rich and fine!



NEW RECIPES TO TRY

What you need

- Sweet potatoes
- Oil
- Cabbage
- Carrot
- Green beans
- Sweet corn (maybe)
- Onions
- Pepper (optional)

Basic Prep

You parboil the potatoes (with the back to retain the nutrients) after cutting them in cubes or small chunks. Then allow to cool and remove the skin. Stir fry your vegetables and season as desired. Put a little water, then add your potatoes. Steam for a few minutes and enjoy!

Left over proteins come in handy here! Or fresh ones, if you have any.

Soy Pasta & Smoked chicken

Basic but nice!



What you need

- Pasta (macaroni, twist, any one of your choice)
- Coconut oil
- Cabbage

NEW RECIPES TO TRY

- Carrot
- Onions, tomatoes, pepper
- Spinach

Basic Prep

Parboil the pasta, stir fry your vegetables in coconut oil. Make sure to sauté the cabbage and onions first. Then add other ingredients and enough dark soy sauce.

Pour your pasta in the mix and steam.

Any protein works here as well. Plus if you have leftovers you can chop them in the vegetable mix

These are a few meals you can try this Christmas. A little more are yam pepper soup and Gizdodo. You can also make some fruit cake and a nice zobo drink. The most important thing is to make the holiday special in a pocket friendly manner. One more thing, if you have herbal spices they will really make a difference, a little oregano here, coriander there and basil everywhere...Lol! I hope you enjoy the meals!



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Restaurants to visit

Fine dining and exquisite restaurants have become a big part of the festive season. Whether it's with family or friends, eating out is gradually becoming essential to the culture of celebration. In Lagos, the commercial hub of Nigeria, ultramodern and classic restaurants are springing up with top notch interior, fine cuisines and flamboyant menus with food names that are flabbergasting. There are a lot more, but here are five restaurants you could visit this Christmas, to get a taste of Lagos' rich cultural and culinary diversity.

Sky Restaurant & Lounge

Sky Restaurant & Lounge, the highest restaurant in the city, is located in the penthouse of Eko Hotel. With unbeatable views of the Atlantic Ocean and Eko Atlantic, Sky restaurant takes diners across the world with Nigerian, European, Asian and American cuisine all available. This combined with the restaurants relaxing atmosphere means any visitor's itinerary should include a stop at the Sky Restaurant and Lounge.



Orchid Bistro

Orchid Bistro, located in Ikeja GRA, is a small restaurant that provides a welcome respite from the rush and bustle of Lagos. If you want to take a stretch or hang out after eating your food, there is a garden full of tulips just outside the restaurant.



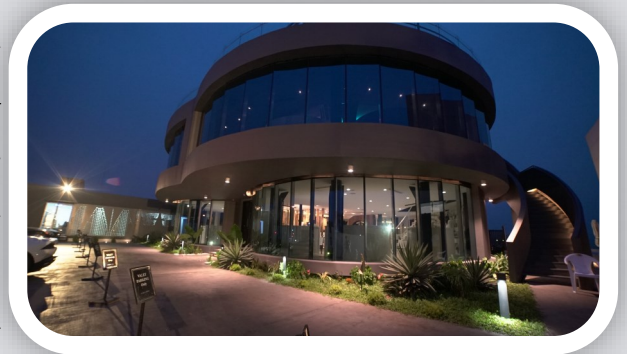
Danfo Bistro

At Danfo Bistro, finger foods like chicken wings and fries are served up in newspaper-like pack material, mimicking how street vendors pack them. The décor consists of tables made out of Lagos' yellow buses, Danfo, exhibiting the buses' trademark black-and-yellow stamp as well as other prominent Lagos elements.



Circa Lagos

If you want your date to marvel over your impeccable taste, Circa is the place to go. The restaurant serves a local and continental menu, which includes fresh Greek vegetable salads made with produce cultivated in the restaurant's hydroponics garden. However, don't forget to order the specialty cocktail, Okoloko, a delicious peach concoction served with a wedge of lemon.



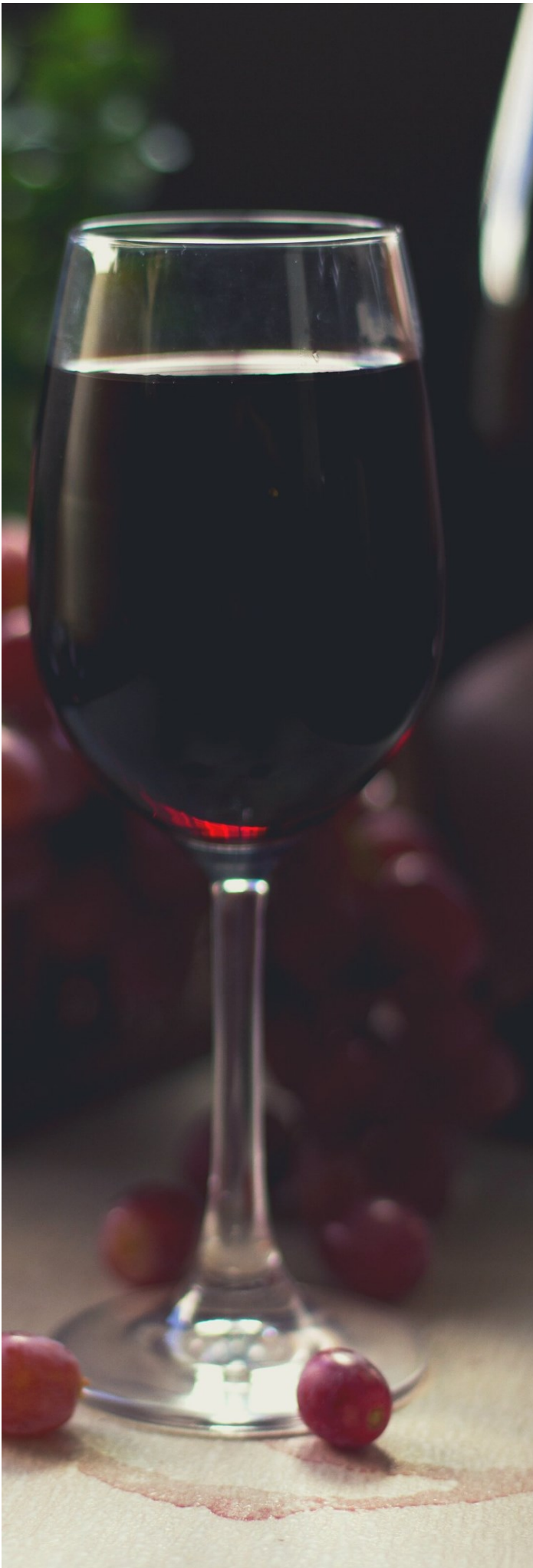
Seven Eagles Spur

If you're craving a proper meaty meal with a selection of condiments and assortments, look no further than Seven Eagle Spurs. Everything on their menu is reasonably priced and their chefs outdo themselves every time. They serve a variety of milkshakes, turkey, pizza and their signature beef burger served with a side of fries or salad.



Raise Your Glasses!

Imagine this scene, you and your loved ones gathered around the table for Christmas dinner and just before you enjoy the sumptuous meal, everyone clinks their wine glasses with each other, making a toast to more life and years together. Wine is customary for gatherings with friends and family, and honestly, a good wine raises the bar for fine dining. Over the years, the feeling of clinking wine glasses together and shouting 'cheers', 'kanpai' as they say in Japan, 'salud' in Spain, 'prost' in Germany, and 'santé' in France, has continued to build a sense of camaraderie and unity amongst people. So here are our picks for some of the best wines to toast with over the Christmas season.



Red Wine

Four Cousins sweet red wine:

This South African wine is a good option for those who want something affordable and nice. Four Cousins is quite fragrant, with scented rose petal undertones. It has a buoyant ruby red color and tastes like a mix of strawberries, plums and exotic spices that will leave you with a soft lingering finish. It pairs well with desserts, fruit salads and spicy foods.

Lamothe Parrot Classic Red:

Made in the Bordeaux region of France, this sweet fruity red wine is a must have. Comprising of a bouquet of tastes, including berries, olive, cheese and overtones of grapes, its exquisite and refreshing taste is enough to leave you thirsty for more.



Avalon Cabernet Sauvignon:

Fashioned from grapes grown in the Lodi region of California, this wine offers unique value and taste that is often described as sneaking up and holding you by the tongue. It tastes expensive but it is very affordable. The wine is rich and tastes of a cornucopia of red berries, vanilla and sweet oak spices.

White Wine

Santa Margherita Pinot Grigio DOC:

This wine hails from Italy and offers exquisite sensitivities capable of fulfilling most palates. Its intense scent and luscious taste of citrus and apples makes it extremely delectable. Its versatility must not be understated as it pairs well with most dishes from chicken to fish to salads.



La Crema Sonoma Coast Chardonnay:

This is a well rounded and light chardonnay from the Sonoma coast in California. This wine has a rich texture that gives off a superb finish. It has a large palate comprising honeydew melon, white stone fruit, lemon, apple, apricot, and yellow plum among others.



Kim Crawford Sauvignon Blanc:

Made from grapes carefully selected from Marlborough's Wairau Valley and the neighboring Awatere Valley in New Zealand, this is regarded as one of the best white wines. It has a fresh taste bursting with tropical flavor from melon, stone fruit and passion fruit.

Non-Alcoholic

Donelli grape juice:

Made from Italian grapes, this is a popular choice for parties and special occasions. It is a drink everyone can enjoy. Its ruby red color is enticing, and it has a delicate fruity taste with a well-balanced aroma.

Pure heaven sparkling red wine:

This South African made wine is a versatile choice for all occasions. Its sweet fruity taste and bubbly texture makes it a true crowd pleaser. It is made from grapes and an assortment of fresh fruit.



Chateau de Fleur Non-Alcoholic Champagne:

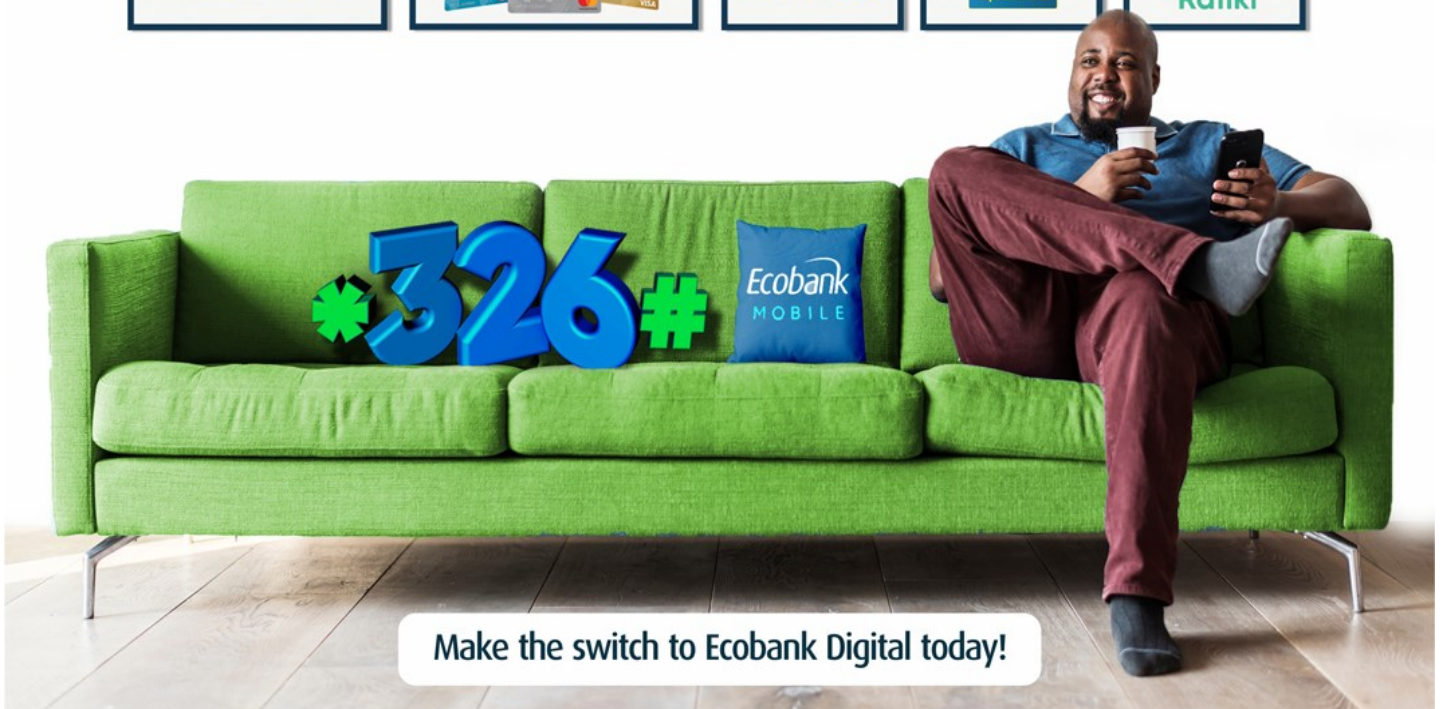
From the famous wine making region of France, Champagne, this particular drink is quite unique. It provides the high quality taste and experience of drinking champagne without the alcohol. It mixes flavors of apple and peach in a superb and effervescent manner to produce a beautifully serendipitous taste and aroma.



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5 JOLLY SMOOTHIES FOR CHRISTMAS

Smoothies during Christmas is pretty unique and jolly. They will not only help you detox after eating all sorts during the festive season but also keep your holiday menu bougee. You can have really light smoothies just before your Christmas special jollof rice with Turkey. Let's go straight into it! Here are five juicy smoothies you can make this Christmas.

Banana with yogurt smoothie

It is as simple as it sounds, and it would take less than five minutes to prepare.

Ingredients

- Banana
- Greek/plain yogurt
- Half an orange/mango/pineapple
- Water/milk
- Ice (optional)



Banana with yogurt smoothie

Directions

Pour the banana, yogurt, any other fruit of your choice and milk/water into a blender and blend. To make it special, you can add vanilla as you blend to give it a rich taste.



Mango smoothie

This is more like mango ice cream than a smoothie.



Ingredients

- Mango
- Banana
- Water and milk
- Fresh lemon juice
- Ice

Directions

Pour all the ingredients into a blender and stir after blending. You can also substitute the banana for pineapple or coconut.

Orange smoothie

Very easy to make!



Ingredients

- Oranges
- Orange zest
- Greek yogurt
- Banana
- Ice
- Maple syrup/honey (optional)

Directions

Pour all the ingredients into a blender and stir after blending.

Mixed fruit smoothie

This is the perfect smoothie as it has a lot of fruit.



Ingredients

- Green apple
- Banana
- Mango/pineapple
- Ice
- Lemon juice
- Frozen mixed berries
- Maple syrup/honey (optional)

Directions

Pour all the ingredients into a blender and stir after blending.

Watermelon smoothie

Watermelon contains a lot of water thereby making this smoothie very hydrating.



Ingredients

- Watermelon
- Yogurt (to make it thick)
- Strawberries/banana

Directions

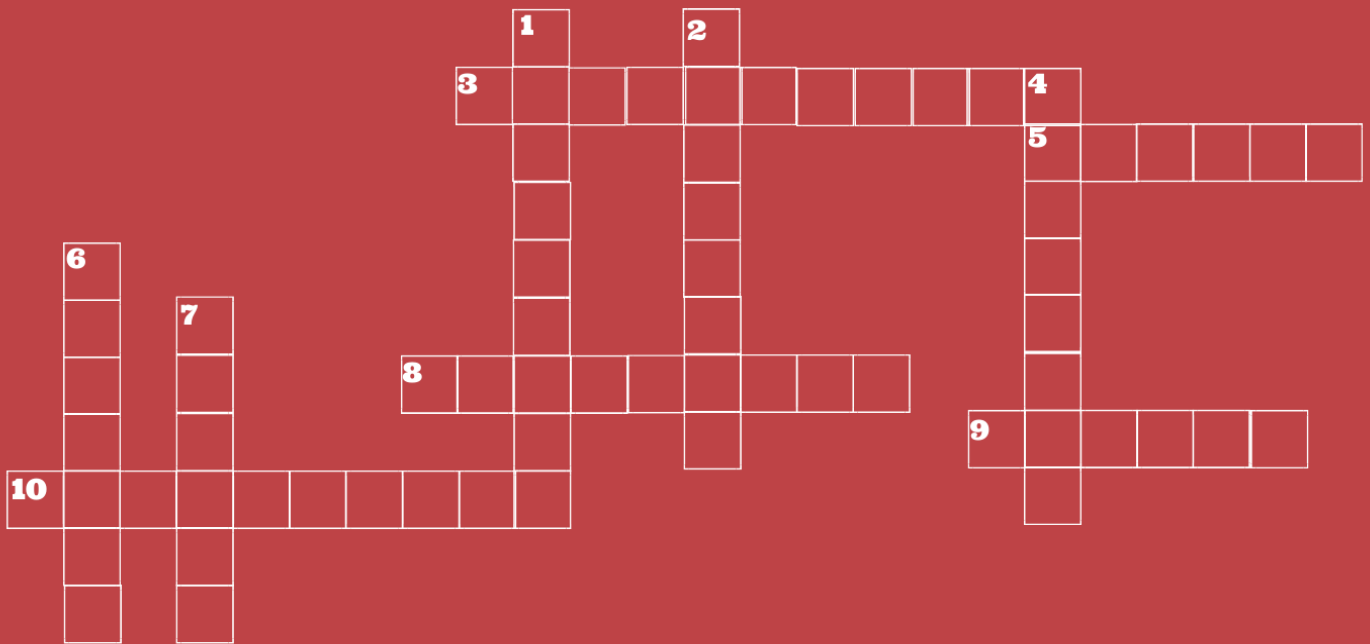
Add 3 cups of cubed watermelon with 1 banana and half spoon of yogurt into a blender and stir after blending.



Fun Time



CHRISTMAS CROSSWORD



Across

- 3. Santa in Dutch
- 5. ___ days of christmas
- 8. The birthplace of Jesus
- 9. Frosty the ___
- 10. The home of Santa Claus

Down

- 1. A plant used for decorations during christmas
- 2. The time of the year we celebrate birth of Christ
- 4. An article of clothing that is similar to a sock
- 6. Who is the red nose reindeer?
- 7. Frosty's nose is a ____





LET'S PLAY!

Games are fun! Sometimes its okay to ditch the seriousness, return to your child like state and just enjoy yourself. So, lets play this Christmas! When friends and family come around or you go visit, play. Have so much fun, let the games tickle you so hard that when you remember this Christmas, all you do is laugh/smile. To create the sweet and happy memories, we have some games to help you kick start your Christmas of Fun!

***Charades:** This is such a funny and interesting game. It involves someone acting out a word(s) and others trying to guess what the word is. The charades game app is one way to start. To spice it up, you could split into teams, make a list of either movies, songs, or really funny things, put them in a bowl/basket and let each team pick and watch everyone go crazy in a good way...Lol.*

***Karaoke:** There are apps available to play this game as well. It just involves you/people singing songs they know while following the lyrics on the screen. The fun is when someone who isn't exactly a talented singer gets the microphone...haha!*

***Tik Tok Challenges:** This isn't really a game but its fun. A lot of "serious adults" are not tik tokers and its always exciting to watch them loosen up. So, just for the fun of it, get everyone dancing to a recent tik tok challenge. The rehearsal to getting it right, is where you'd probably rotfl...*

***Dancing round the chairs:** This is for children, I KNOW! But hey, we are going back to our child like state remember?! So, gather round those chairs. If you*

can, get the real oldies to participate first, you know...just to get the ball rolling, before the semi-youngies and the youngies get on board the dancing train. It'll be fun, I promise! Oh! by the way, don't get too caught up in the moment, that you forget to record a video...it will be too hilarious to miss!

Guess the song: Another musical game to try! You could use Africariyoki.com for Afrobeat songs or YouTube to access some oldies. Just play the intro and watch everyone else scratch their heads to figure out what song it is.

Complete the lyrics: Yet another musical game! To make it interesting, break everyone into teams and you be the DJ with a really nice playlist. The goal is to play a song for a few seconds and tell a member of the team to finish the song. The team with the highest number of completed songs, wins. Now, depending on your crowd, you could go for recent songs or oldies.

Make a sentence: I saw this game sometime ago on YouTube. Everyone is seated in a circle and the game starts off with someone saying a word, the next person has to say another word that flows, or in this case makes a sentence. It continues till someone breaks the cycle, if there are only adults playing this game, you could add a twist of shots or a full bottle of water/juice as a penalty to whoever breaks the cycle. Honestly, anything of your choice works as a penalty; it makes it more fun.



5 second rule: This is a popular game on the Ellen show, where you are asked to name a few things within five seconds. Its really interesting how simple things you do everyday become hard to remember when you are under pressure.

20 questions: This is a parlor game that encourages deductive reasoning and helps you to get to know someone better. The questions have to be deep and interesting. You could google questions to ask. Also, a nice way to decide who answers what, would be rolling the dice or spinning the bottle...just for a little extra fun.

Name name name (Conversation): When you are together with friends, this is a game that everyone can be involved in. It's really simple. For example, someone leads by saying "name of schools, name of schools, name of schools that you know." Then one after the other, everyone else says the names of schools that they know, You are not allowed to hesitate or repeat what someone else has said. Quite a number of us (Nigerians) played this game in high school, it was really fun. You'd be surprised how many people forget things that start with the letter C or the school they attended while they're under pressure.

Oh! An important thing is to document everything, take videos and pictures. It'll definitely be something worth remembering.



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*For the
new year*



Your Oral Hygiene Is too Important

The curtains are closing on 2021 and for some reason, a big part of our cliché new year resolution is to spread the word about banging breath. By banging breath, we mean: clean and fresh breath. Oral health is sometimes overlooked, and we say this because it goes beyond brushing twice a day. It's about being intentional to always have fresh breath, the right toothbrush and toothpaste, the best time to floss, hydration etc. To be honest, by observation, many people do not consider their oral health a very important part of their overall wellbeing. But we promise you that maintaining oral hygiene in every sense of the word is a more fun activity than getting a root canal done! So here are five ways we totally recommend to maintain great oral hygiene.

Brush your teeth, twice daily

Oral hygiene habits like brushing twice daily are necessary to keep your teeth and gums healthy. Brushing your teeth regularly will help remove plaque and keep your teeth clean. It will also help remove bacteria that can cause cavities. Research shows that people tend to focus on having white sparkling teeth. While this may be a head-turner, a clean bacteria free mouth is a life saver.

Use a good toothbrush

Dentists generally recommend soft-to-medium-bristled toothbrush for brushing your teeth. Although your teeth may appear hard, using the wrong toothbrush (read hard) can damage tooth enamel and your gums. If left unaddressed, it can result in irreversible damage to the protective enamel on the teeth and gum erosion. We want you to keep your great smile, use a good toothbrush *wink*.

Use a toothpaste that contains fluoride

Imagine putting in the work of brushing your teeth twice daily, with a good toothbrush, and end up having cavities? Yeah, no, thank you. We thought so too. This is why you must use toothpaste that contains fluoride. Fluoride is a common ingredient in toothpaste and mouthwash that helps prevent cavities. We recommend that you do not forget this on your next grocery shopping.



Floss once daily

Do you ever feel like there's something trapped in between your teeth that your toothbrush just can't seem to reach, no matter how hard you try? We know this and the solution is to floss. Effective flossing can remove plaque and bacteria from between the teeth, where a toothbrush is usually unable to reach. It can also help prevent bad breath by removing debris and food that has become trapped between the teeth. We believe this to be beneficial for your oral health.



Keep your dental appointments, regularly

Like experts, we also advise that you see a dentist at least twice a year. Regular dental checkups can save you from unnecessary expenses in the long term and, of course, pain. A routine dental examination should include cleaning your teeth, removing any plaque and hardened tartar. More importantly, your dentist will check for visual signs of cavities, gum disease or any other oral health issues. Don't wait till you have to get a root canal done or even a tooth extraction to see your dentist.

We wanted to share a bonus tip with you, so here it goes. An often overlooked secret to a healthy oral life is water. Yes, water. Drinking water instead of sugar-sweetened beverages can help improve your oral wellbeing and help keep cavities at bay.

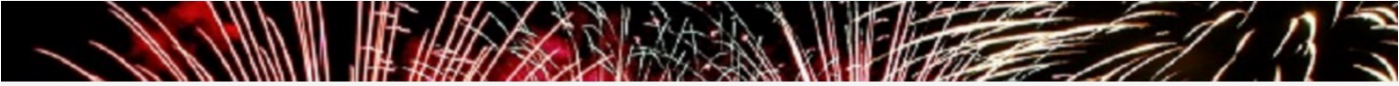
Brushing too hard or using a hard-bristled toothbrush can damage tooth enamel and the gums. The effects of this may include tooth sensitivity, permanent damage to the protective enamel on the teeth, and gum erosion.





HERE'S HOW TO MAKE A VISION BOARD THAT WORKS

Culled from Oprah Daily



Some of the world's most influential thought leaders—Deepak Chopra, Gabrielle Bernstein, and Oprah, for starters—all agree: It's wholly possible to turn your dreams into reality. It's called manifestation. Well, that and hard work.

It's not total magic, though. And it's not something that happens overnight. For success with manifestation, you have to set your intention, believe that it will become a reality, then take active steps towards making that abstract idea come to fruition. No matter what your goals are—to learn how to relax, to be more patient, to improve your relationship, to travel more, to find a job you adore, or to simply be kinder to yourself—a vision board is a great tool to have during your journey.

But what exactly is a vision board? Put simply: It's a visual representation of your goals, says media and life coach Zakiya Larry. These typically poster-sized visuals, contain all kinds of images and text that represent something you're trying to accomplish.


Don't confuse it with a mood board, though. While similar, they are not the same. A mood board is more of a planning tool used for aesthetics—decorating a room or planning a party scheme. A vision board, on the other hand, relates to your life direction, says Larry.

There are really no rules when it comes to vision boards, since it's about crafting something that will inspire you to realize your dreams and goals on a daily basis. Some vision boards hone in on a singular idea, while others look at the bigger picture of what you might want the future to look like.

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Does a vision board really work?

It turns out putting your goals on paper in this type of visual format can actually help you achieve them. It's a notion that Oprah and other celebrities, like Reese Witherspoon, have touted before (though Oprah says she doesn't use a vision board anymore because she's a "powerful manifestor.") And there is plenty of research to back it up.





According to Psychology Today, mental practices (like visualization) can increase motivation, confidence, and even motor performance. In fact, in one study, researchers found that, in athletes, visualization was almost as effective as physical practice.

It's also a fun arts and crafts project that allows you to see what your goals would look like once you achieve them, says Larry. So, if, for example, you're hoping to be more comfortable with your body, you might put pictures of happy, healthy women coupled with empowering words like "confidence" on your vision board.

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Okay, ready? First, consider what matters most to you.

Take a moment of self-reflection and figure out what's most important to you, says Larry. Think about the one or two segments of your life you really want to change and focus on the words those sectors bring to mind. Then, decide if your vision board should represent short-term or long-term change. Larry says using yearly benchmarks is most digestible and easiest to track progress.

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Then, get out your magazines.

It's time to hunt through your old stashes for visual representations of your goal. Or, you can always print images you see on Pinterest and Instagram.


If you want to make improvements to your kitchen, for example, you can clip a picture of a home that inspires you. Or, perhaps you'd like to finally take a vacation. In that case, find yourself a palm tree pic and some glue.

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Or, use online images.

If you prefer to go the digital route, there are plenty of free online programs to help you make your vision board. For simplicity, you could create a board on Pinterest. But if you want your digital vision board to more closely resemble a physical one, use an app like Canva, which





can be used on your phone, tablet, or computer. You don't need to be a graphic design expert—this program is free (you can pay a premium for added functionality and graphics) and is extremely beginner-friendly. Simply import your inspiration photos and arrange them into a collage on your blank digital canvas.

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To make your vision board work, put it somewhere you can see it.

The trick is to make sure any words you use are short and the images you choose are vivid, attractive, and glossy, so your vision board regularly catches your eye, says Larry.

Once you're done, put your vision board in a place that's within your regular line of sight—your nightstand, your home office, or even by your television—because the key is to look at it as often as possible, says Larry.

If you're not comfortable making such a statement with your vision board, Larry suggests creating a smaller version. You can cut your poster board in half, or use the largest photo frame you have on hand.

Alternatively, you can use your digital vision board as your laptop's backdrop or your phone's home screen.

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And don't be afraid to make updates...

Though a vision board is a wonderful tool to help you achieve your goals, you can't just sit back and expect it to magically make things a reality.

Think of your vision board as a living thing—rip things off, add things, or start from scratch if you're so inclined, says Larry. And be open to variations of what you want to achieve. For example, if your goal is to go vegan, don't beat yourself up if you're more of a vegetarian after six months or so.

"Sometimes we miss the fact that we've achieved something great, because it doesn't look exactly like we thought," says Larry.

Letter to Myself

Dear Me,

I know you are still the same, but this is another opportunity to be the best version of you. Review your goals, make them realistic, less cliché and most importantly achieve them. You will probably have setbacks, cry even but stay strong and optimistic even as the contrary winds blow. Do not downplay meditation, it's the fastest way to manifest your new and improved self. Remember that you are your only competition, comparison is a NO NO. Cut distractions, stay focused and remember that you are in charge. Your joy, happiness, self worth, peace and value comes from no one else but you. Be grateful for your small wins in life, do not be extravagant but buy what is necessary to look good all the time. Think big, let your imaginations blossom. Eat healthy and constantly check on family. As the year goes by, don't be too caught up with work and making money that you lose sight of yourself. Take a break once in awhile to relax, experience the beauty of life.

Go out! Have fun! Remember, YOLO!

Always love yourself and stay happy!

Love Always,

Yourself.