



RELAXNOMIKS

Trick or Treat

October 31, 2022

Dear Reader,

Happy Halloween!

We are two months away from the end of the year and the world has been on the longest roller coaster ride in the decade. From the lingering Ukraine war to the energy crisis and stubbornly high inflation, 2022 has been a hard pill to swallow. And Nigeria is not exempt.

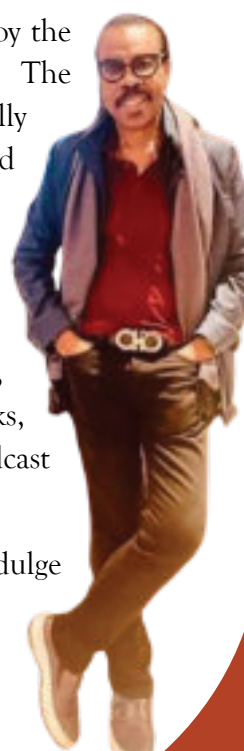
Nigerians have been bruised and battered. Floods in several states in the country have had a devastating impact on lives, property, and food supplies. Food prices have soared, quickening a renewed rally in food inflation (23%). The Naira which has lost over 40% against the dollar (N800/\$) in the past 10 months is even set to tank further as the CBN's initiative to mop up cash through redesigning the currency is pushing people to go long in the dollar.

With just 117 days to the 2023 election, Nigerians are gearing up to vote for their preferred candidates.

As we approach the end of the year, we bring you a new edition of the FDC Relaxnomiks "The Halloween Edition" to help you enjoy the great moments. The Halloween edition is fully packed with exciting and intriguing stories that will keep you glued throughout your read. Some top picks are the stories on movies, fascinating history, books, and podcast recommendations.

While you are at it, I indulge you to stay healthy!

Enjoy your read!



Note from the Publisher



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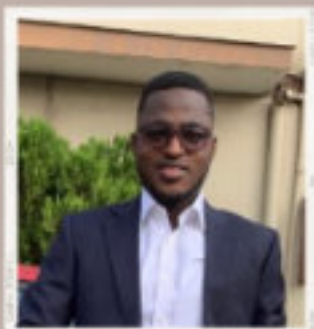
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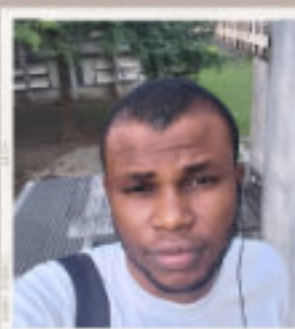
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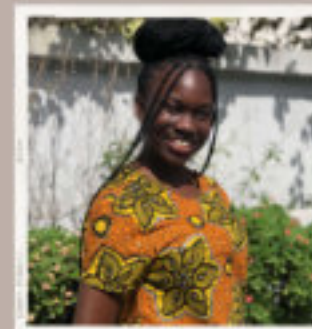
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Tw was a halloween night

When is Halloween?

Halloween, also known as All Hallows' Eve, is a celebration that is observed on October 31st, the evening before All Saints' Day (also known as All Hallows' Day). The event kicks off the three-day All Hallowtide season, which ends on November 2nd(All Souls' Day), and occurs the day before the Western Christian feast of All Saints. The majority of North America and much of Europe observe Halloween without regard to religion.

History of Halloween

Middle Ages

The pagan festival Samhain, which was observed in early medieval Ireland around November 1 as the start of a new year, may have influenced Halloween in some small way. However, it appears to have evolved mostly from Christian feasts of the dead from the later Middle Ages, such as All Saints' Day on November 1 and All Souls' Day on November 2.

9th century

During this period, All Hallows' eve which was later shortened to Halloween was celebrated on the 31st of October rather than on the 1st of November.

19th Century

In the 19th century, immigrants from Europe helped promote Halloween by bringing their traditions to the United States.

20th Century

Halloween had evolved into one of the major holidays in the United States by the 20th century, particularly among kids and UNICEF started making an effort to incorporate the donation drive for its programs into Halloween.

What's the meaning of Halloween?

This day signified the end of summer and the harvest, as well as the start of the dark,

Celts attempted to tell one other's fortunes while dressing up in costumes made typically of animal heads and skins. People would build bonfires on hilltops to scare away evil spirits and relight their hearth fires for the winter. They would also occasionally dress differently to avoid being identified by the ghosts they believed to be around. These practices led to the association of witches, hobgoblins, fairies, and demons with the day.

After the celebration, they re-lit their hearth fires from the sacred bonfire, which they had extinguished earlier that evening,

frigid winter, a season traditionally connected with human death. The night before the new year, according to the Celts, the line separating the living from the dead becomes hazy. On this day, they celebrated Samhain, when the ghosts of the dead were said to return to earth.

How was Halloween celebrated?

Druids, members of a high-ranking class in ancient Celtic cultures, constructed enormous sacred bonfires to serve as a reminder of the occasion, and people gathered around them to burn crops and animals as sacrifices to the Celtic gods. The

to help safeguard them during the coming winter.

Street parades with criers dressed in black asking people to remember the deceased were a part of the celebrations by the 1100s. Homes distributed soul cakes marked with crosses as payment for prayers (Shakespeare's play "The Two Gentlemen of Verona" made reference to this custom).

During the Middle Ages, Christians would go around homes carrying carved turnips transformed into lanterns for traditional souling. These lanterns are said to represent the souls of the dead and the fires, such as

those used to light the lanterns, were thought to keep demons at bay and guide wandering souls back to their families. During the Samhain festival, it was believed that the souls of those who had died would return to their homes, and those who had died during the year would travel to the otherworld.

How is Halloween now celebrated?

Halloween, as a secular holiday, has become associated with a variety of activities. One example is the practice of engaging in usually harmless pranks. Celebrities dress up in masks and

enduring image of the holiday which serves as a reminder of death and the fragility of life.

costumes for parties and trick-or-treating, which is thought to have originated from the British practice of allowing the poor to beg for food, known as "soul cakes." Trick-or-treaters go from house to house, threatening to pull a trick if they do not receive a treat, typically candy. Halloween parties frequently include games like bobbing for apples, which may have originated with the Roman celebration of Pomona. Along with skeletons and black cats, the holiday has incorporated frightening beings such as ghosts, witches, and vampires. The skull is another

FUN Facts about Halloween

- ★ One-quarter of all the candy sold annually in the U.S. is purchased for Halloween.
- ★ The fear of Halloween is called "samhainophobia."
- ★ 20 million Halloween cards are sent out each year.
- ★ October is by far the most popular month to release a horror movie.
- ★ Halloween is the second largest commercial holiday in the United States of America.



Food and recipes



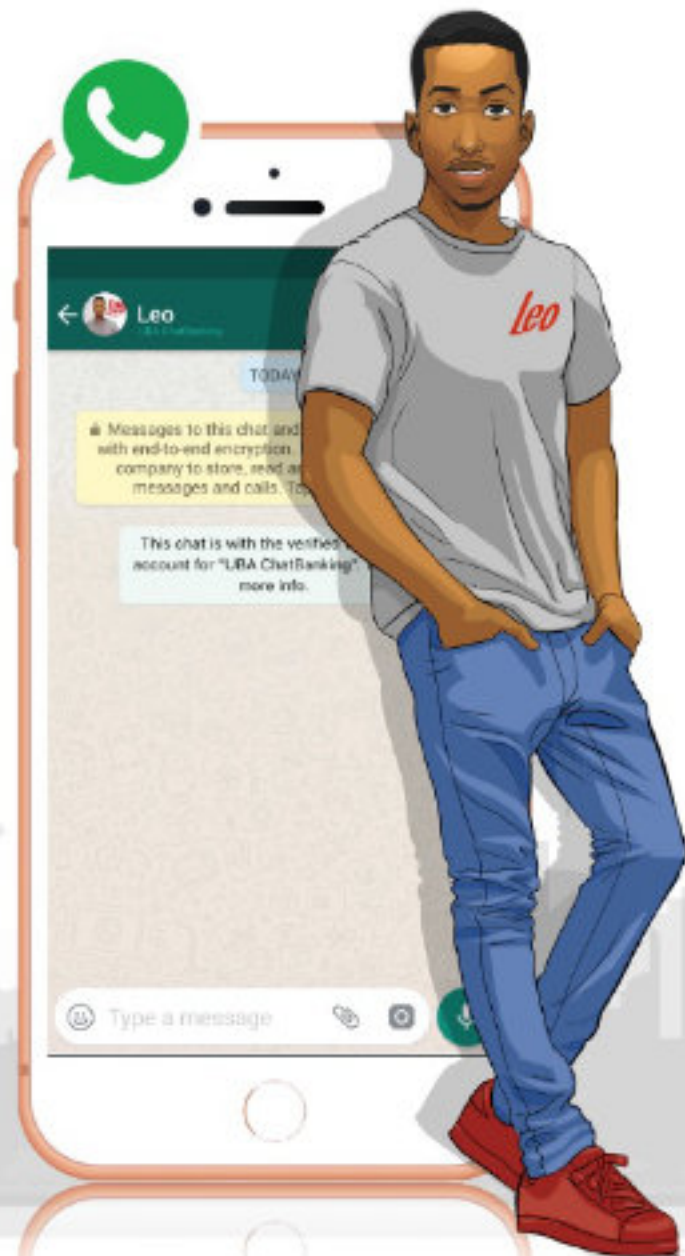
Food and recipes to try this Halloween

"Halloween is not celebrated in Nigeria, at least not in times past. But if we are to import this holiday (fingers crossed on the Nigerian version) I suggest we keep it Nigerian. By Nigerian I mean, our food, culture, style, etc. Let's just own it. With that said, a few of us are actually celebrating the holiday, and if you'd like to join us, here are some must-have meals and detailed steps to making them." Happy Nigerian Halloween!!!

Leo

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JOLLOF RICE (National dish?)

Rice and other carbohydrates are staple foods among Nigerians. One dish that is enjoyed by people of all states and tribes is the infamous dish, jollof rice. This dish, packed with flavor and a kick of heat (depending on your taste), is arguably the best thing to serve at a party/social gathering. Have you ever been to a Nigerian party, and they didn't have party jollof? No? I thought so. It's like our national food. It is relatively easy to make, and its ingredients are cost effective. It is best served with a side of plantain and protein of your choice.

You will need:

- 5 medium sized Roma tomatoes, roughly chopped
- 1 red bell pepper, roughly chopped
- 1 medium sized onion, roughly chopped, set aside
- 2 scotch bonnet peppers (habanero peppers as they are sometimes called)
- 1/4 cup of groundnut oil
- 3 tbsp tomato paste
- 2 cups of parboiled rice
- 2 1/2 cups of chicken stock
- 1 tsp salt to taste
- 1/2 tsp curry powder
- 1/2 tsp thyme
- 1 tsp All-purpose seasoning
- 1 Knorr stock cube
- 3 bay leaves
- Water, as needed



DIRECTIONS:

- I. Blend your tomatoes, red pepper, scotch bonnet peppers in a food processor or blender for about 45 seconds; make sure that everything is blended well.
- II. Tomato paste and fry for 2-3 minutes. Then add the blended tomato mixture (reserve about 1/4 cup and set aside) and fry the mixture with the onions and tomato paste for about 30 minutes. Make sure you stir consistently so that the tomato mixture does not burn.
- III. After 30 minutes, turn the heat down to medium, and add the chicken stock. Mix and add your seasonings (salt, curry powder, thyme, all purpose seasoning, and the Knorr stock cube). Continue to boil for 10 minutes.
- IV. Add the parboiled rice to the pot. Mix it very well with the tomato stew. At this point if you need to add water so that



the rice is level with the tomato mixture/chicken stock go ahead and do so. Add the bay leaves, cover the pot, and cook on medium to low heat for 15-30 minutes.

V. When the liquid has almost dried up add the remaining tomato stew, cover, and let it cook for another 5-10 minutes' heat until the liquid has completely dried up. Turn off the heat, mix thoroughly, and your jollof rice is ready to be eaten!

CAT FISH PEPPER SOUP INGREDIENTS:

- Catfish steaks
- Cayenne pepper
- Vegetable oil
- Pepper soup spice mix (home-made/shop bought)
- Seasoning cubes or powder (I used Nigerian Knorr cubes) substitute with beef bouillon or chicken powder
- Salt (use according to preference) start with ½ tsp and adjust to preference
- Fresh garlic, peeled and sliced
- Fresh ginger, peeled and chopped
- Onion, chopped
- Fresh tomato, sliced
- Lime or lemon juice
- Chopped basil or scent leaves (efirin)
- Large potatoes, peeled and cut in chunks (substitute with yam or plantain)
- Water



DIRECTIONS:

I. Wash, clean and gut fish with lime/lemon juice to get rid of the sliminess. Sprinkle with some salt to season and set aside. Also prep the other ingredients too

II. Place a pan on medium heat, add about 1 liter of water, pepper soup mix, cayenne pepper, garlic, ginger, onions, seasoning, vegetable oil and bring to boil, this should be around 5 minutes. Add potato chunks or yam and continue to boil till potato/yam is about 70% done.

III. If you are using plantain, add it when you add the fish as it cooks in under 10 minutes. You don't want it to be overcooked

IV. Add catfish pieces to the sauce and cook for another 5 minutes. Check for salt and seasoning.

V. Add sliced tomatoes and chopped basil and cook for another 5 minutes. Do not overcook the fish and stir gently to avoid breaking the fish.

VI. Serve hot or warm and enjoy.





Breakfast is important: Eat !!!



Is breakfast really the most important meal of the day? Do we really harm our health when we skip breakfast? We wake up in the morning in a hurry to get ready for work or school, with different things on our minds while doing more than two things at once. We do everything except having breakfast and we move on with our day on an empty stomach, waiting to devour a large lunch or snack on several cookies and soda. Breakfast is important and necessary, especially when it's a healthy meal, the following are reasons why breakfast is the most important meal;

HELPS BOOST METABOLISM

Eating breakfast helps provide power for your body, to perform tasks effectively. It also gets your body



working in the early hours of the morning and burns more calories during the day. Not eating breakfast signals your body to retain energy rather than burning it.

STABILIZES BLOOD SUGAR LEVEL

Breakfasts aids the body to breakdown glucose, which is called blood sugar. Eating a healthy breakfast like lean protein, fruits, fibre, grains within two hours of waking up stabilizes the blood sugar and reduces the risk of type 2 diabetes.

PRODUCTIVITY

The brain needs fuel to function, and this fuel comes in form of healthy food and water. Having a healthy breakfast reduces brain fog, keeps you more alert and focused. It increases academic performance of kids because it helps them focus more in classes. Studies have shown that people who skip breakfast are more unproductive and less interested in daily activities. A stable blood sugar increases productivity and efficiency.

HEALTHY HEART

In the morning, the human body is more insulin-sensitive, meaning there is increased use of blood sugar. So, it is essential to eat healthy grain or lean meat breakfast to keep your cholesterol level and blood





pressure in check. People who skip breakfast tend to eat unhealthy foods during the day, which causes them to be overweight and leads to health problems.

MOOD SWINGS

Skipping breakfast usually causes mood swings, because the body is still almost inactive and without energy to indulge in activities. Also, skipping breakfast causes you to have a poorer memory.

HEALTHY DIETS

People who have healthy breakfasts tend to eat healthy during the day. They take in more calcium, vitamins, fiber and protein.

HEALTHY BREAKFAST IDEAS:

- Greek yogurt
- Peanut butter/ avocado and bread
- Oatmeal
- Omelets
- Fruits
- Breakfast shakes
- Bacon
- Pancakes
- Waffles
- Oat cereals
- Sandwiches
- Whole hard eggs
- Chia foods
- Coffee
- Berries

Bottom Line

Ensure to start your day with a nutritious breakfast to keep you healthy, fortified and ready for your day. Just try it out and enjoy the process!



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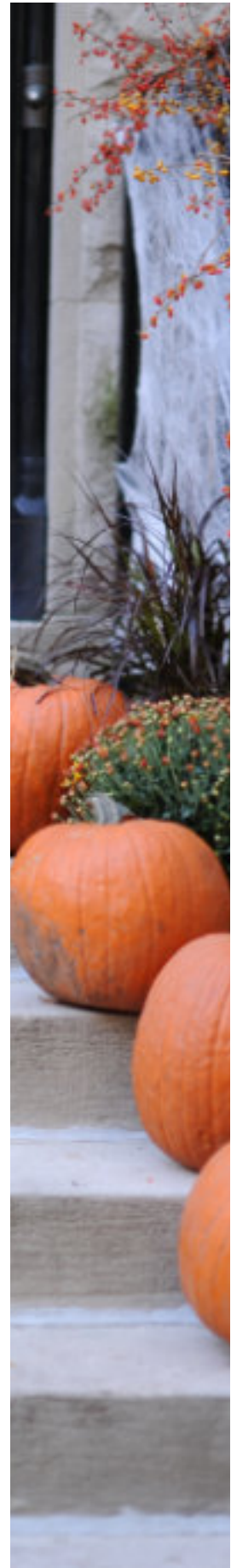


FOCUS ON THE POSITIVES FOR GOOD HEALTH

- Regardless of what may be going on externally, we may all "focus on perfect health" within ourselves.
- Don't believe what society tells you about getting older and getting sick. Negative criticism is not beneficial to you.
- Disease is preserved in the body by contemplating, watching, and paying attention to a condition.

We all have preconceived notions about aging. Negative thoughts about age is restricted thinking. Let go of such ideas and remember that, despite how many birthdays you have mentally tallied, your body. Do yourself a favour and treat your next birthday like it's your first. If you don't want to focus on aging, don't decorate your cake with fifty candles.

When someone has a disease, one of the things they frequently do is talk about it constantly. They are simply verbalizing their thoughts since they are always thinking about it. Avoid talking about how you are feeling if you don't want it to overtake your thoughts. Instead say, "I feel amazing," "I feel terrific," as often as you can. If someone asks you how





you are when you are not feeling well, just be thankful that they have reminded you to think positive thoughts. Speak only the words you desire.

If you listen to someone talk about their illnesses, you are also inviting illness to yourself. You are focusing all your attention on the sickness while you listen. Moreover, you are not in any way aiding them, rather, you are giving their illness more momentum. If you truly want to assist that person, try to steer the conversation in a positive direction.

You have the power to transform your body, inside and out, regardless of how it has appeared. Start being happy and start thinking happy thoughts. You've got your finger on the joy button. Whatever is going on around you, press it now and keep your finger firmly pressed on it.

It is not necessary to battle sickness. Simply getting rid of negative ideas will allow your natural state of health to arise within you, allowing your body to cure itself.

Finally, make sure you eat the appropriate food and exercise regularly in addition to having a positive outlook on life!



FITNESS: A SIMPLE HABIT TO STAY ALIVE

I've thought of comparing how we feel when we are confined in bed due to sickness and when we are healthy to live in freedom. This is an analogy of someone who is about to go the way of all flesh from a terminal disease and someone who wishes to live happily for more than a century. Indeed, health is life and vice versa. But do you ever think this statement is undervalued? Then, if not, why can't we imbibe in activities that will keep us kicking and alive like eating wholesome foods, staying in a hygienic environment, and to crown it all, engaging ourselves with daily exercises and fitness activities. We can stay healthy by taking wholesome foods and living in an uncluttered environment, but we can stay healthier, more energetic and live a prolonged life than we can ever imagine by engaging in regular physical exercise.

One of the best absolute habits to cultivate in life

is to engage in regular physical exercise as it plays a vital role in preventing health diseases, reducing stress and anxiety, reducing depression by boosting self-confidence, increasing the brain capacity for effective functioning, boosting happy chemicals, sharpening the memory and increasing our muscles and bone strength. This is not about doing track event activities such as 100,200 or 400m races, relays and marathons or carrying heavy weight loads, but doing light strenuous activities to keep our blood oxygenated, boost our body's resistance to diseases(immunity) and increase the endorphins in our body.

Doing regular exercises in a specified routine will make us more alive by being agile all day.

As usual, we spend most of our time sitting in our cars, at our offices or reposing on our couches. It is easy to counter these sedentary habits which are





unhealthy and inimical to our physical and emotional well-being by taking physical exercise. If you are interested in boosting your health, you can take more strolls, stand up at work, cook at home, sneak in exercises during TV time and clean your house or engage yourself with more chores. These activities should not be considered monotonous and stressful, but rewarding.

A study published in February 2022, in the Journal of American Medical Association found that moderate to intense physical activities in sedentary children improved their waist circumference, stabilized blood sugar fluctuations, and more across the board. In adults, research has found that being agile due to regular exercise can reduce your risk of colon cancer by 35 percent, cardiovascular diseases, and obesity, and it is never too late to create your healthy lifestyle.

Apart from getting stronger, bigger and fitter, there are other benefits of doing regular exercise like reducing the risk of cancers, burning of cholesterol and increasing your life span by having the potential to live longer. Burning calories and changing poor habits are ways to cultivate a healthy lifestyle which does not require an expensive gym membership or some clubs for daily fitness activities. Just do some physical activity no matter how and where.

It should be known that exercise benefits our body in numerous ways which include:

- I. Removal of metabolic activities
- II. Ability to maintain a healthy weight
- III. Prevention of all forms of diseases
- IV. Improvement of self-confidence and self-image

These benefits increase the chances of staying alive longer. Researchers are carrying out studies on a whole bunch of other things that happen in our bodies when we take regular physical exercise such as the creation of new heart cells and a boost in bone strength. It is just surprising that people don't do regular exercises when as little as 15 minutes a day of moderate and consistent physical activities can slow down the aging process.

How massive a benefit will be doing regular physical exercise impact our lives? More studies will show that we need regular exercise to live healthier, happier and longer lives than those who play down the benefits of exercise. Indeed, engaging in regular physical exercise makes us stay active and alive. It will be difficult to see a medical practitioner who would tell us not to adapt to a fascinating habit like this!



Caring for your mental health

Culled from National Institute of mental health

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and helps support your treatment and recovery if you have a mental illness.

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of

self-care in your daily life can have a big impact.

Here are some tips to help you get started with self-care:

Get regular exercise

Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

Eat healthy, maintain regular meals and stay hydrated

A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.

Make sleep a priority

Stick to a schedule, and make



sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

Try a relaxing activity

Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.

Set goals and priorities

Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

Practice gratitude

Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.

Focus on positivity

Identify and challenge your negative and unhelpful thoughts.

Stay connected

Reach out to your friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

When to Seek Professional Help

Seek professional help if you are experiencing severe or distressing symptoms that have lasted two weeks or more, such as:

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to perform usual daily functions and responsibilities

FIVE SMART SHOPPING TIPS THAT WILL SAVE YOU MONEY



Halloween is expensive. From costumes to the grim décor to food and candy, you will spend. But you don't have to break the bank, especially with how the cost of living has increased significantly this year. Honestly, I know most people might not be too excited about spending this holiday. But hey, anything to keep you smiling despite the hard times, right? So, here are some tips to help you shop smart. Thank us later! For now, dive in!

Create a shopping list

Make a list of the things you wish to buy, keeping in mind your necessities rather than your wants. The "economist" approach would be to rank them in order of preference. Ranking your wants relieves you the stress of wandering around aimlessly trying to figure out what to buy. Stick to your list and resist the urge to make impulsive purchases. Making a list before you go shopping is a smart move to manage your finances and stay organized.

Have a budget

Set a budget for each item you intend to purchase and be realistic about it. It helps you know when you've reached your spending limit. Your budget is closely tied to your shopping list. Having a plan in place will help you avoid temptations of "buy two, get one free".

Bargain when possible

Many roadside stores often sell at prices they decide on based on how they perceive you. If you think the price is too high, try bargaining with the store and see how low they can get. If the prices are still too high, search for other stores around you and compare the prices, till its within your budget.

Make use of promo codes/take advantage of discount sales

Look out for the sales period, especially in stores closer to you to reduce transport costs. Most stores place the goods on discount sales either at the entrance or at the end of the aisles. It may be worth buying in bulk to save money, but don't overlook the risks of owning too many of one item, especially perishables, that can expire.

Find a substitute

Most times, you necessarily do not have to buy that product with a high price.

There might be other alternatives with lower prices and also good quality.

It would not hurt to try them out as well; who knows, you could like them better.





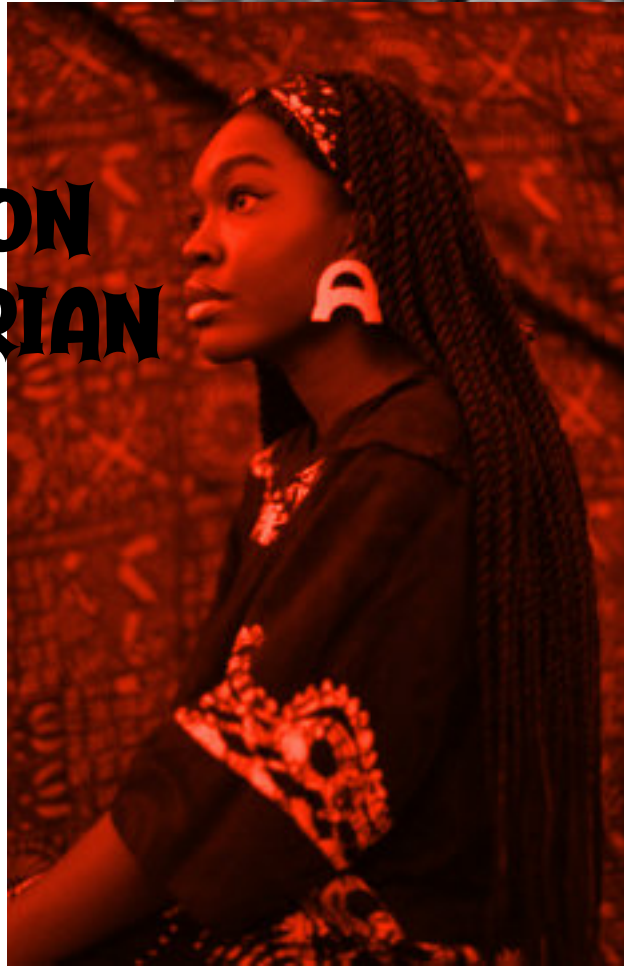
Fashion



THE EVOLUTION OF NIGERIAN FASHION

African fashion as a whole is extremely rich and influenced by the culture and history of its people. Nigeria, being the 'Giant of Africa' holds the title of being the fashion capital of Africa, though it is only one of the many arts we Nigerians excel at. The origin of fashion in Nigeria simply comes from the native clothes of our predecessors. In life everything evolves, and following the trend, fashion in Nigeria has made a massive leap to secure its identity in the global fashion world.

The evolution of fashion truly has come full circle in some ways. From the men's wide boot-cut jeans from the sixties to



the women's iro (wrappers) never passing their knees, now in more modern times, we see blatant similarities to the old fashion styles. At this time flared jeans are all the rage and every woman has at least one miniskirt hiding in the back of her



closet. Ankara and Adire fabrics are a staple in the Nigerian fashion world. Many fashion designers and tailors alike incorporate these olden-day techniques and styles into their current apparel to personalize it and give their culture a new breath of life. Ankara fabric is made from a textile called African wax prints or Dutch wax, this technique (batik) is most suitable as it prevents 'washing out' and fading of the colours of the fabrics, prolonging the life of clothing such fabrics are used to make. Adire is a textile fabric predominantly belonging to the people of the Yoruba tribes of South-western Nigeria. The word 'Adire' meaning tie and dye implies the method in which Adire fabrics are created. At the time of its origin, it was strictly done and worn by the people of the Yoruba tribe but fashion has evolved since then and it is now worn by a number of different tribes in various creative styles.

The textile fabrics are unique and each tells its own distinctive story. Folashade (Shade) Thomas-Fahm, hailed the first Nigerian fashion designer, used these traditional textile fabrics to create a pathway for people, not confined to designers, across Africa to embrace their culture and feel pride in their heritage. Luckily her entrance to the world of fashion coincided with many independence movements across Africa. Now she is being celebrated by London's Victoria and Albert Museum's Africa Fashion exhibition due to her undying faith in Nigerian fabrics.

In current times, designers like Ade Bakare, Duro Olowu, and Lisa Folawiyo are at the forefront of Nigerian designers being awarded

international recognition for their work, Lisa in particular is recognized for her fusion of traditional West African fabrics with modern



tailoring styles and embellishments. Her collections can be found all over the world in the United States, United Kingdom, South Africa, and Nigeria (of course). She has many awards to her name including the winner of the African Fashion Awards in 2012. Lisa Folawiyo as a brand

has shown collections across the globe and has also been included in publications of international editorials.

From Shade Thomas-Fahm to Lisa Folawiyo and other Nigerian fashion designers their similarities are far and wide but the one thing they have in common is the way they inculcate traditional fabrics and textiles to support modern fashion styles. They create a fresh perspective on the many cultures of Nigeria.



MALE GROOMING



For so long, men have been associated with the “two-minute dress up” title, based on how easy it is for them to shower and get ready for an event, while women, “the time wasters” spend so much time in the bathroom from cleansing, oiling, trimming and a whole lot. The times are changing and most men are starting to see that there is nothing that associates skin care to only women. Men can now have shelves loaded with skin care and hair products for grooming. Using cosmetic products does not make any man less of himself, it

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only shows how mindful you are about your body.

Male grooming has evolved, from the earlier methods of one block soap to men owning cosmetic brands, the likes of David Beckham, Pharrell Williams and Karamo Brown. According to IMARC, revenue from male beauty



brands is expected to reach \$78 billion by 2023. So, have you been pondering on how to take the first leap into male grooming? Look no further. This section provides everything you need to start your male grooming lifestyle.

Cleansing at least once a day is necessary for pH balance, and to prevent dry, rough skin. Various male products provide cleansers for various skin types and colours. You can start by visiting a dermatologist to know more about your skin type and what suits you best. Also, moisturizers are important to protect the skin against environmental aggressors like pollution and sun rays. Adjusting to the weather and using formulas loaded with SPF and antioxidants for better efficiency is a good idea.

In addition to these, is **exfoliating**. Humans shed about 0.03g of skin per hour and 50 million per day, to keep us fresh and smooth. However, this process slows with age, so we need to assist nature by using products for the same purpose. Try exfoliating once a week for results. The effects of regular haircuts are underestimated. Regular haircuts have the power to keep your face in shape and make a good impression, be it for an interview, in school or



an event. Wear a style that look good on you and speaks good of you.

Furthermore, **face masks** can help soften the face and smooth those rashes. Clay and charcoal face masks are the best for congested skins and clogged pores, since they have formulas that absorb impurity.



Fashion is not quite understood for some men, as they could wear a shirt and pants all day of the year. Spicing up your wardrobe with a touch of trendy outfits could help your daily style. Also, social media has made it easy to fix up good looking clothes faster. Follow your favourite celebrities online and see if you like their style, if you do, why not see how it looks on you?

Do all these and see how you enjoy them and commit to them. It would not hurt to try grooming yourself and wear things other than armpit juice.



Simple halloween costumes to try

Halloween, a hitherto Western observance, is fast gaining currency in Nigeria. Some people, most especially celebrities, social media influencers and fashion enthusiasts are usually seen dressed in elaborate costumes every October 31st in major cities like Lagos

With the surprisingly growing interest in the holiday, there are usually a lot of Halloween related events and costume themed parties hosted during that period. There are even some stores that specialize in Halloween costumes and props.

For one celebrating Halloween in Nigeria, it would be nice to have an indigenous costume or dress up as one of your TV favorites.

Sabinus

Almost every Gen z must know or have heard of Sabinus, the popular comedian and skit maker, and his usual attire. To pull this look off, all you need is a blue long sleeve shirt, black pants, a pair of black worn out shoes and a short black tie with a bulky knot and you're good to go.



Nollywood/ Y2K

Asides sharing memes from old movies and the recreation of iconic scenes, there has also been a resurgence of the y2k aesthetic as it seems like the fashion trend then was the original altz which inspired the altz we have today. For Halloween, going as Rita Dominic, Genevive Nnaji, Jim Lyke, etc will never be a bad idea as it is sure to create a nostalgic feeling. These looks can easily be gotten with loud neck pieces, mini bags, vintage shades, bandanas, short wigs, short denim or leather skirts, bell bottom pants and most importantly, thin eyebrows and glossy lined lips or nothing. Whereas boys can sport Fish nets or sleeveless shirts, baggy pants and oversized blazers. You can also watch a movie scene to help you own the persona.





Lagbaja

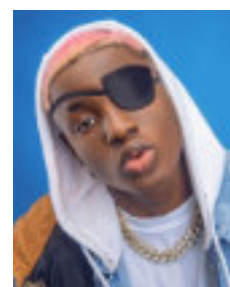


For one going for a mysterious look or wanting to give off a “you can’t see me” vibe, going as Lagbaja with his signature use of a mask is your best bet. You do not even need to have a full fit, just the mask showing your eyes and lips alone will do the trick. However, the mask alone requires some yards of material and proper measurement

of the face. Still, it’s worth it as it allows you to interact with others without them knowing who you are.

Ruger

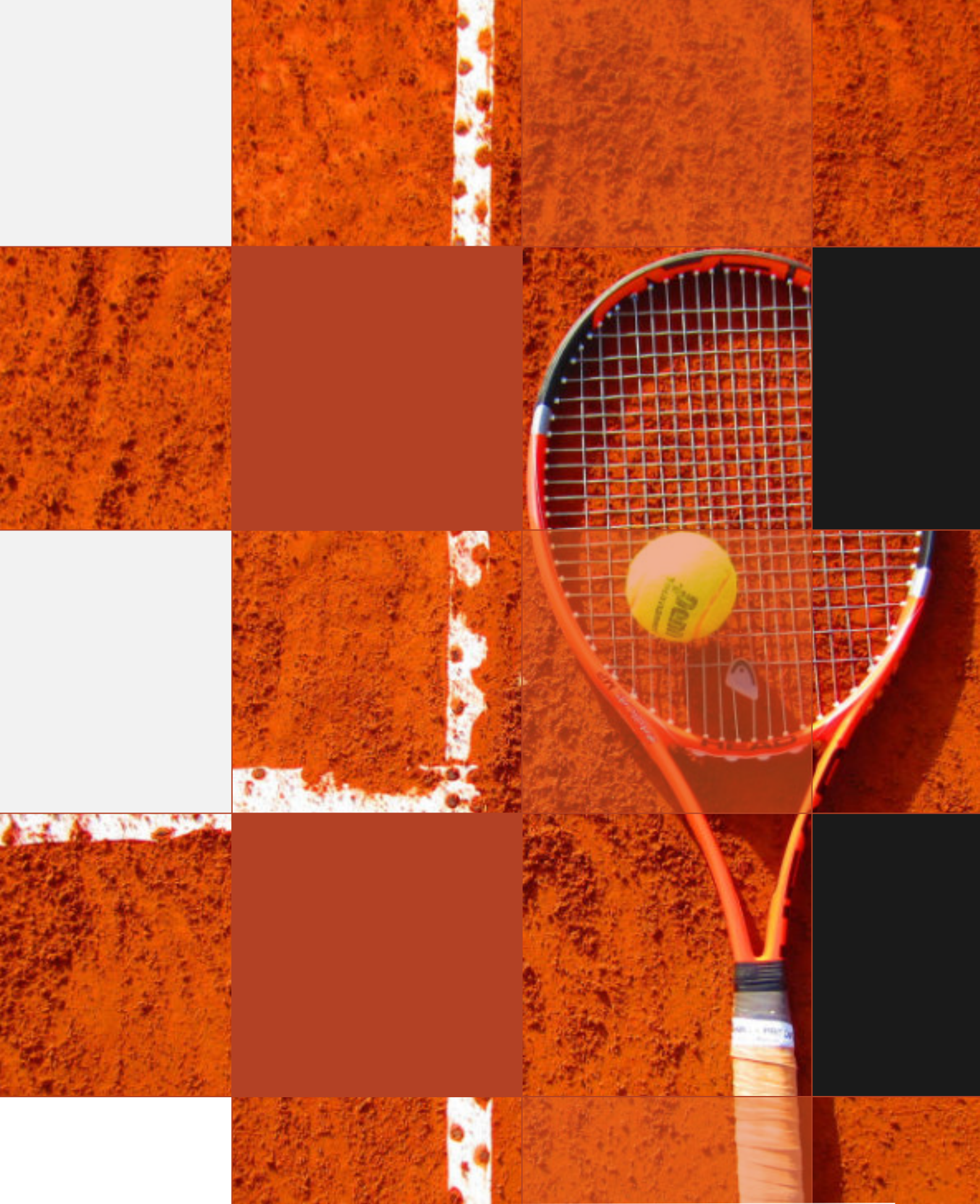
By dyeing your hair light pink and covering your left eye, no one is going to second guess your impersonation as Ruger, the popular afrobeat artist who uses an eye patch as his brand identity.



Asake

Aside from being a fast rising popular musician, the South Western artist also has a unique fashion style. Ranging from the various big suits he wore in some of his music videos to the fitted black long-sleeved shirt and oversized denim pants he wore in the viral Joha dance video, one can have multiple costume options using Asake as a reference.





Sports



Benzema fulfils childhood dream, wins “Ballon d’or Award for 2022



It was a dream come true for the Real Madrid forward, Karim Benzema, when he was announced the world best soccer player of the year on Monday, 17th October, 2022. Having played a pivotal role in UEFA Champions league, Spanish LaLiga, and other club and national tournaments which result to 44 goals in 46 appearances during the 2021/2022 season, Benzema’s award was seen as desirable and meritorious. This achievement makes him the second-oldest recipient of the prize at 34 years old and the first French player to bag the trophy after Zinedine Zidane got it in 1998.

For the women category, Alexia Putellas of FC Barcelona won

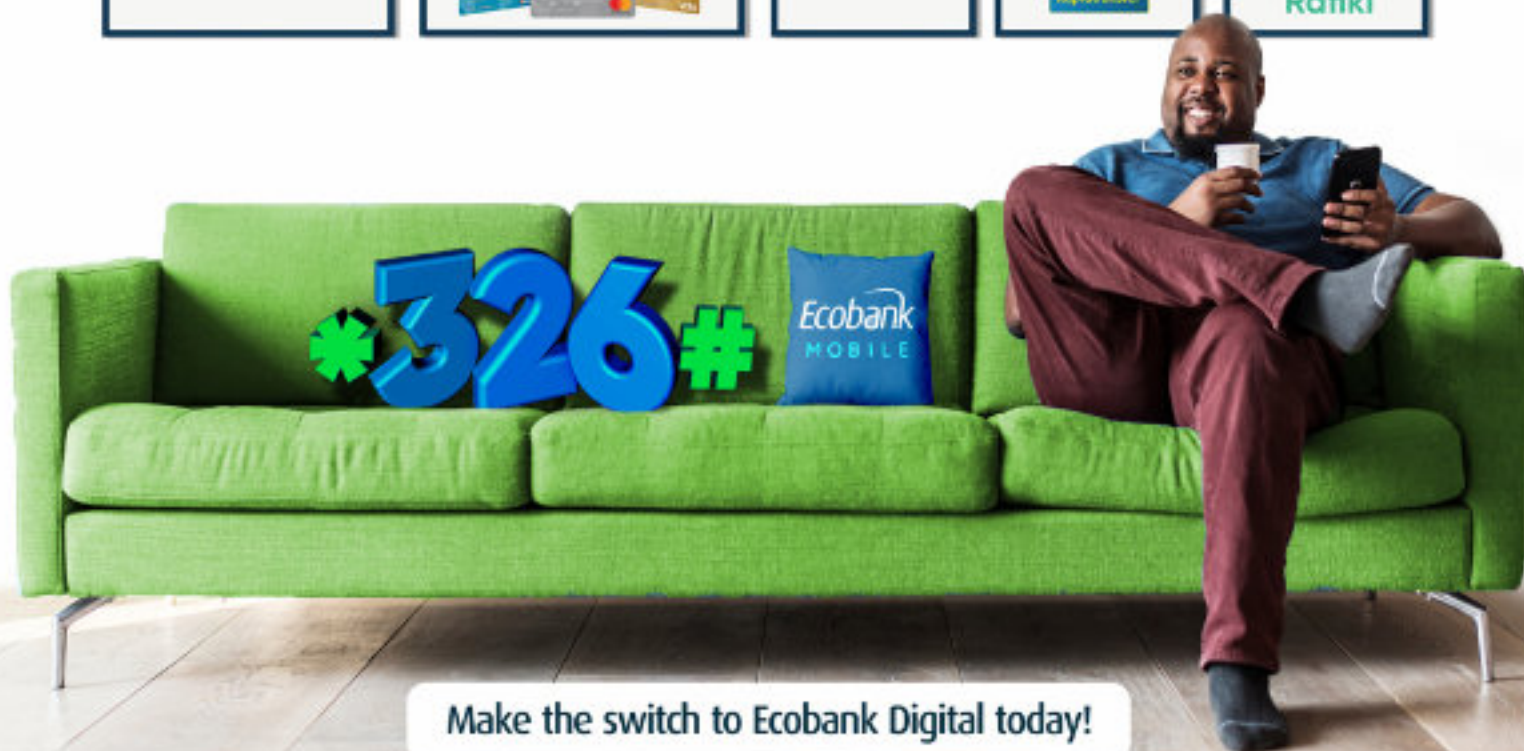
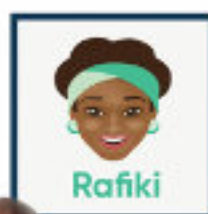
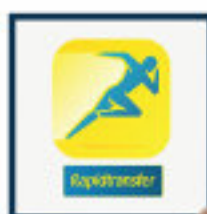
the best female footballer of the year. Thibaut Courtois bagged the Yashin Trophy (Belgium, Real Madrid) while the Kopa award was given to Gavi (Spain, FC Barcelona). Also, Robert Lewandowski of Poland and ex-Bayern Munich striker received the Gerd Muller award. The Senegalese forward, Sadio Mane (Liverpool/Bayern Munich) won the Socrates award and lastly Pep Guardiola’s team, Manchester City, was crowned the best team of the year. All the award presentation depicts that there is always a happy end to hard work. The build-up might be difficult but with huge sacrifice and perseverance will always pay off.



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After Messi's victory in the last two seasons, another selection method was adopted by the Ballon d'or organizers for determining the winner of the coveted award, ballon d'or. The new method included a reduction in the pool of media voters and modifications to the criteria used to evaluate players. These approaches emphasize the use of European club season (August to July of the prior season) rather than the normal calendar year in assessing the success of clubs and the performance of players. It also includes assessment of players conduct.

However, this year's most famous football award was without the two major elephants- Ronaldo and Messi who have dominated the world of soccer for the past 14 years. Men's ranking was also

unveiled and the final ranking showed the top ten best players in the world which included Karim Benzema (Real Madrid), Sadio Mane (Liverpool/Bayer Munich), Kevin De Bruyne (Manchester City), Robert Lewandowski (Bayern Munich/Barcelona), Mohamed Salah (Liverpool), Kylian Mbappe(PSG), Thibaut Courtois(Real Madrid), Vinicius Jr(Real Madrid), Luka Modric(Real Madrid) and Erling Haaland(Man City).



EUROPEAN TRANSFER SUM- UP: NIGERIAN PLAYERS IN THE TRANSFER WINDOW

Following the wrap of European football last season, all clubs across Europe waited with bated breath for the official opening of the transfer window. The market was opened officially on July 1st, 2022 and football business began in earnest.

Scouts were sent out to monitor the performances of every player and presented their reports, and their agents were contacted to get necessary transactions done with the respective clubs before the closure of the transfer market. It is common knowledge for every club that wishes to entertain its fans with excellent football and to stay competitive both in domestic and foreign tournaments, to reinforce its squad. The desire to achieve this end makes clubs go to great lengths to get the required players at all costs; thereby making the transfer market which was economical some years back suddenly become exorbitant nowadays with stiff competition between club's owners to get the most sensational players of the time, luring them with mouthwatering offers and add-ons. However, decisions for players to part ways

with their former clubs bank on players' interest in the bidding clubs, their current deals with the clubs and mutual consent between them, their current clubs and the bidding clubs. This kind of competition involves only big and reputable football clubs like Real Madrid, Barcelona, Chelsea, Bayern Munich, Manchester clubs, Arsenal and Juventus to mention but a few. Football clubs with vague reputations would prefer using huge money which the former clubs would use in buying one or two outstanding players to get many average players, and such is the case of Nottingham Forest, a newly-promoted club in the Premier League who introduced

T W E N T Y -
T W O
different
n e w

players to its squad on promotion around N64.66b (€150m), a sum which costs only new additional three players for



the likes of Chelsea and Manchester clubs. Fulham, Southampton, Wolves and Aston Villa are on the same page with Nottingham Forest. That's a bit of drama that usually takes place in every transfer window.

Before the closure of the transfer market on Thursday, September 1st, 2022, football clubs had completed their deals with a view to competing actively with one another. According to Sky Sports transfer news, Antony N37.07b(€86m) who moved from Ajax to Manchester United was confirmed to be the most valuable player of the summer 2022 transfer window. Usually, most managers of clubs in Europe prefer spending huge money on white players than their black counterparts except in some cases where they seem to play exceptional football. This may be due to their creativity and active involvement in football. Nevertheless, we still have some black players in Europe actively performing well in their respective clubs.

The above below shows some of the Nigerian players who are involved in the transfer market of summer 2022 as some players have switched sides making their yearnings move to the top flight leagues. With Nottingham Forest spending the highest on Nigerian players, a sum of N16.16b (€37.5m) and the Scottish side recovered N14.22b (€33m) from the sales of Nigerian players, other clubs across Europe joined the trend.

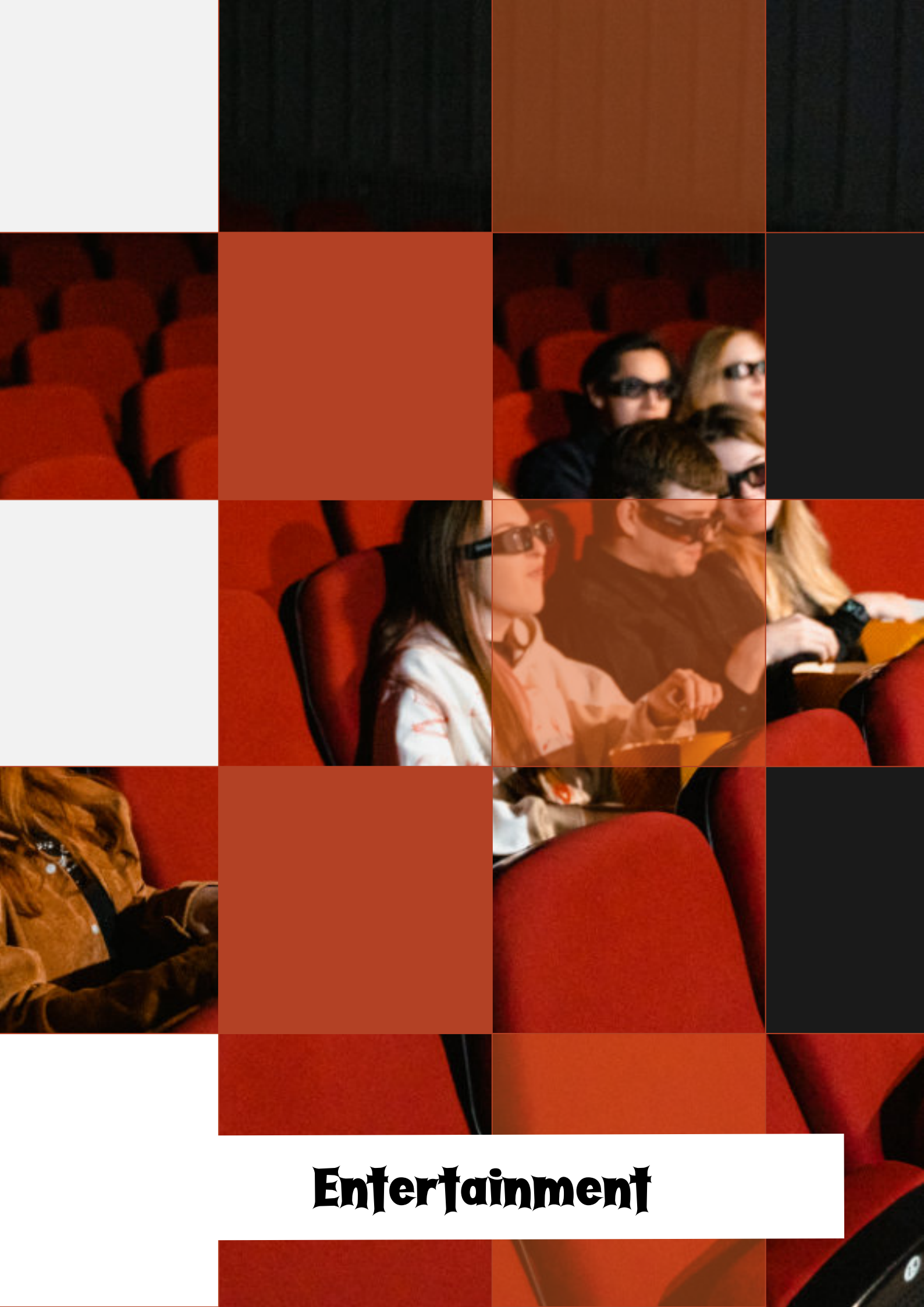
From Table 1, Taiwo Awoniyi (24), a striker who moved from Union Berlin in Germany to Nottingham Forest in England for a fee of €17.50m was partnered with a twenty-four (24) year

old striker, Emmanuel Dennis from Watford to the same club. Also, Joe Aribo (25), a midfielder moved from Rangers in Scotland to Southampton in England for a fee of €10m with Calvin Bassey (22) a defender moved from the same club to Ajax in the Netherlands for a fee of €23 million. Umar Sodiq (25), a striker moved from Almeria(Spain) to Real Sociedad and Ademola Lookman (24), a striker moved from Leicester City(England) to Atlanta(Italy) for the fees of €26m, €15m respectively. The departure of aged defender Leon Balogun (34) from Rangers in Scotland to Queen Park Rangers in England and aged winger Sone Aluko (33) from Ipswich in England to Reading in the same country on free transfers made the total of Nigerian players in Europe to be eight in all. This seems to be an impressive feat for them, though we hope to see more of them playing for great clubs in Europe.



Source: Sky Sports News, 2022.

Name of player	Age	Previous Club (country)	New Club (country)	Transfer fees N(€)
1.Taiwo Awoniyi	24	Union Berlin(Germany)	Nottingham Forest(England)	N7.54b (17.50m)
2. Emmanuel Dennis	24	Watford(England)	Nottingham Forest(England)	N8.62b (20m)
3. Joe Aribo	25	Rangers(Scotland)	Southampton(England)	N4.31b(10m)
4. Calvin Bassey	22	Rangers(Scotland)	Ajax (Netherland)	N9.91b(23m)
5.Umar Sodiq	25	Almeria FC (Spain)	Real Sociedad FC (Spain)	N11.21b(26m)
6.Ademola Lookman	24	Leicester City (England)	Atlanta(Italy)	N6.47b(15m)
7.Leon Balogun	34	Rangers(Scotland)	Queen Park Rangers(England)	Free transfer
8. Sone Aluko	33	Ipswich(England)	Reading(England)	Free transfer



Entertainment

NETFLIX

CHARGES FOR PASSWORD SHARING

Culled from shutterstovk

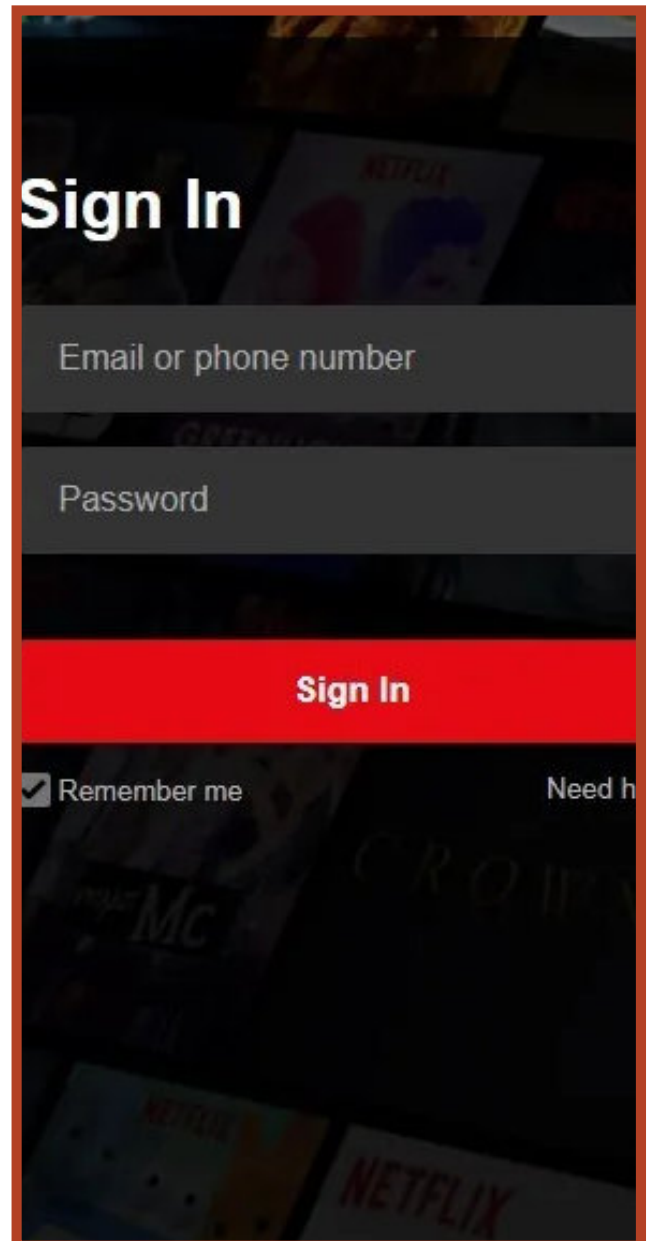
Netflix will soon start charging a fee for sharing an account with someone outside your household, the company said Oct.

18. Users who have been borrowing credentials can either sign up for their own account (and Netflix will transfer viewing preferences) or the account holder can pay for a "sub-account." The new rules begin in early 2023, and it's not yet clear how much the change will cost or how it will be enforced.

Netflix first began experimenting with charging for password sharing in Costa Rica, Chile, and Peru earlier this year after the company lost subscribers for the first time in over a decade. It said last spring that cracking down on password sharing would be a "big opportunity" for revenue growth.

This is Netflix's latest attempt to maintain the top spot in the streaming wars. The company said in its third-quarter earnings report that it had added 2.4 million subscribers, and it forecast a gain of 4.5 million subscribers as it rolls out a new, cheaper subscription plan, which will cost \$6.99 in the US.

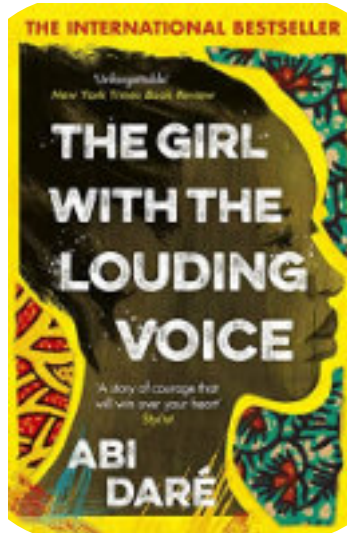
The catch? You'll be interrupted by an average of five minutes of ads per hour that will play before and during films and series. Netflix said it expects this new subscription with ads to be "especially popular" among those who have been sharing passwords. - Megan McCluskey





All work and no play make jack a dull boy. Let's shine bright and indulge in leisure activities that can provide a good time involving relaxation, freedom of expression and positivity in our emotions. One of the best ways to achieve a complete period of utmost relaxation is through the entertainment industry. There are innumerable ways to experience a good time by reading a book, watching a movie, looking at art or simply listening to music. If you don't know where to start, don't fret, this will guide you.

Here are Nigeria authors whose books will provide an adventure you will never forget.



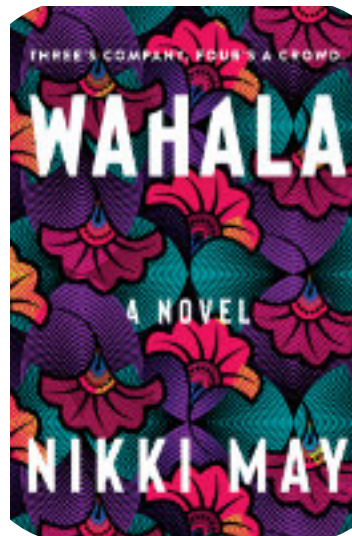
ABI DARE- *The Girl with The Louding Voice*

This is a coming-of-age book centered around the main character 'Adunni' who becomes a maid and struggles with many things as she grows older, including poverty, her limited education and ability to speak up for herself.

BOOKS TO READ

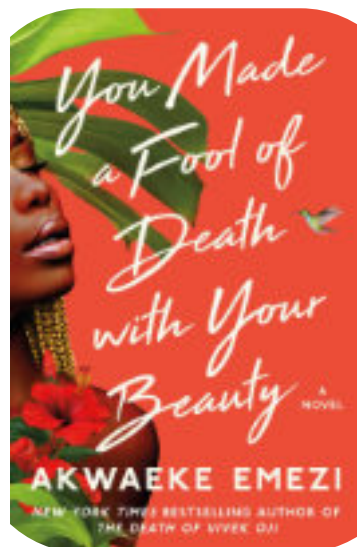


Some people think reading is not for them; they believe it is a boring and time-consuming activity. That is wholly untrue as there IS a genre for everyone. Books provide materials that are essential for living a knowledgeable and sophisticated life. They subconsciously improve your vocabulary and educate you on matters of the society. They're also full of comedic and romantic moments that will warm your heart. Who doesn't love a good romcom? If you're ever feeling stressed, get comfortable, pick up a good book and be prepared to take your mind on an adventure.



NIKKI MAY- *Wahala*

Don't you just love this book by the title alone? Wahala is a book of female friendships between three best-friends and a glamorous new woman who squeezes her way into their group.



AKWAEKE EMEZI-*You Made a Fool of Death with Your Beauty*

If you love scandalous plot twists and drama this book is for you! This book is about a young woman named Feyi who has chosen to live life after a tragic incident. Over the summer she must make decisions that would change her life for better or worse.



MOVIES/ SERIES RECOMMENDATION



Do you want to stay home and binge watch amazing movies? We've got you. A more common form of relaxation is relaxing and watching interesting movies and shows. Did you know that watching a movie with someone is one of the most pivotal ways to form a bond with them? Ever heard of Netflix and chill? A movie is a perfect way to unwind and release all stress encountered from a tough day. They can also be incredibly educative and inspiring. Why not get some snacks, relax, and watch one of these popular Nigerian movies/series?

THRILLERS



DIICHE

Diiche must take it upon herself and race against the clock to find out who killed her fiancé and exonerate herself. However, there is more to the case than meets the eye



KING OF BOYS I & II

When a powerful businesswoman's political ambitions are threatened by her underworld connections, the ensuing power struggle could cost her everything.



BLOOD SISTERS

Bound by a dangerous secret, best friends Sarah and Kemi are forced to go on the run after a wealthy groom disappears during his engagement party.

COMEDY



Movies/ series recommendation



SOOLE

A group of travellers on a bus journey home for Christmas find themselves entangled in a cat-and-mouse game with dangerous criminals.



THE WEDDING PARTY

An elaborate wedding is being planned, but as the family gets ready, intertribal tensions cause chaos.



WOMAN KING

A historical epic inspired by true events that took place in The Kingdom of Dahomey, one of the most powerful states of Africa in the 18th and 19th centuries.

BROTHERHOOD

After years of fighting to survive on the streets of Lagos, two brothers fall on opposite sides of the law.



ANIKULAPO

The narrative centers on Saro, a guy in search of a greener pasture.

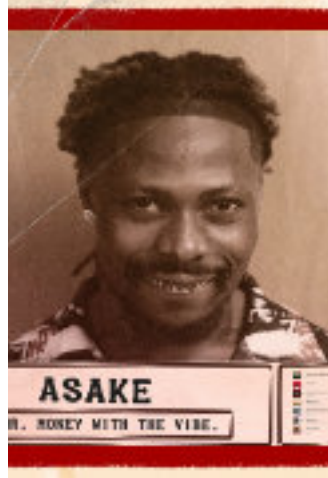


MUSIC



Arthur Schopenhauer once described music as the food of the soul. He is 100% correct. Music joins people of all cultures values and ideals together as one simply to enjoy the pleasures of sound. It has become a method of expression and a solution to problems of pain and stress. In some cases, music can be therapeutic. It is a prime need when it comes to having fun; a party isn't a party without music. Here are some recent tunes to vibe to;

ALBUMS



Work hard, but not too hard, remember to wind down after a stressful day and take time for yourself!

SONGS

Machala - Carterefe ft Berri-Tiga

Its Plenty- Burnaboy

Common Person- Burnaboy

Peace Be Unto You (PBUY)- Asake

Girlfriend- Ruger

Certified Loner- Mayorkun

Buga- Kizz Daniel

Last Last- Burnaboy

Palazzo- DJSpinal, Asake

Bandana- Asake & Fireboy Dml

PODCASTS



HALLOWEEN WORD SEARCH

W H D R S U V H F L H H N D Q J U A P C H R I U
C D X W P C T A K S F Q X B F L O W E R E W E K
I W U N G G Q L Z U F C D S E L K Z P A S Q R Z
Q X L R U Q F L V F N A V L V W N G G C O N I T
J H C E N O T O S R J P J T I D B B O N E I P R
C L B T K S X W C E U M J K L I W B H S T K M F
N R B N K W K E R B V W C M Q W Q E S Y X P A L
A W L A K K Q E E O M O Y S J A N C C B H M V R
X R A L N P H N A T Z M Y P S P I R I T P U E A
S T C O D Z U S M C P Q C B F B R C O P E P Z E
S C K K M F W C T O E F Y S C A R E L S V S G F
Q U C C N N S I Z C L U E M U T S O C R P P D E
V C A A I S Z M R G H O S T Z X V H T U O O F W
L J T J G E G R A V E P E R H M W A R P Y O K Q
L A V A H I Z E Q Z Q P C H J Z I X I H Z K O U
S N O P T B O V Z Z V I T J K K K Y C A C Y F A
K D H X M M K P S Z C P U D E I G U K N Y G W Q
E H U Y A O K M Q F J D R T B U B N O T K T V V
L R I O R Z C A N D Y M U M M Y Q V R O Q L W P
E O F V E E I I W Z B W E A X D Y O T M O Y L S
T E W I T C H S H J K D E T N U A H R Q O X F I
O K B T G A N E T H G I R F Z C P F E T B J J A
N B V M I F T F N N W O L C G U L L A E G Z F R
J Y O H C G T I R O R R O H P F F H T R S M R M

BOO

MUMMY

BLACKCAT

BONE

CANDY

CLOWN

HAUNTED

GHOST

GRAVE

HALLOWEEN

HORROR

JACKOLANTERN

SCREAM

PHANTOM

PUMPKIN

SCARE

SKELETON

SPIRIT

EVIL

VAMPIRE

WITCH

ZOMBIE

TRICKORTREAT

SPOOKY

OCTOBER

WEREWOLF

FRIGHTEN

FEAR

NIGHTMARE

COSTUME



Lifestyle



Ambition can feel like a dirty word in the era of quiet quitting and the Great Resignation. Many Americans have realized that an always-striving mindset can come at a cost to mental wellness; in an October report, the U.S. Surgeon General even named workplace mental health a new public-health priority in the wake of the pandemic. Research has also linked chasing extrinsic goals, like power, to anxiety and depression.

But is abandoning your ambition outright the secret to inner peace? Not necessarily.

Instead, research suggests, the key is harnessing your ambition for a goal that serves your well-being.

"We want to make sure that our ambition is being directed in ways that we care about," says clinical psychologist Richard Ryan, a leading motivation researcher.

Striving is healthy only if "we do it in ways that don't spoil the rest of our lives."

Ambition isn't inherently good or bad for mental health. One famous 2012 study, based on data from hundreds of people who were tracked for seven decades, found that ambition strongly predicted career success, but was only weakly related to life satisfaction. Ambitious people weren't drastically happier or unhappier than people who weren't as driven.

The target of your ambition may have a stronger impact on mental health. Studies show that people who are motivated by extrinsic markers of success, such as wealth and status, aren't as psychologically fulfilled as people fueled by intrinsic motivators, like personal growth or knowledge. Reaching an extrinsic goal may briefly satisfy you, "but it's not long-lasting," says Tim Kasser, a professor emeritus of psychology at Knox College.

Here are five research-backed ways to do just that.

Focus on the Task, Not the Rewards

Research suggests you'll feel more fulfilled if you focus on achievement for achievement's sake—mastering a task, learning something, or creating positive change for your clients or community—rather than striving only for the next promotion

How to be both ambitious and fulfilled

Culled from Time

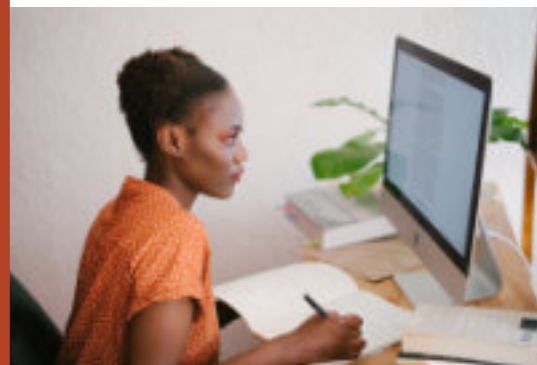
or pay raise. (Some research even suggests that people who follow these internal motivators end up achieving more in the end.) "You can have ambition and be intrinsically motivated at the same time," Ryan says. "You can love your work ... but it's in harmony with the rest of who you are."

Prioritize Your Relationships

Ambition can become harmful when it "crowds out" other important parts of life, Ryan says. "Ambition is effortful, he says.

"If you're going to be successful and ambitious, you have to put a lot into it." If that drive comes at the expense of psychologically fulfilling things like strong relationships or autonomy over your time, it can take a toll on mental health.

With some practice and introspection, you can retrain your ambition to feed, rather than harm, your mental health.





Strive for Growth

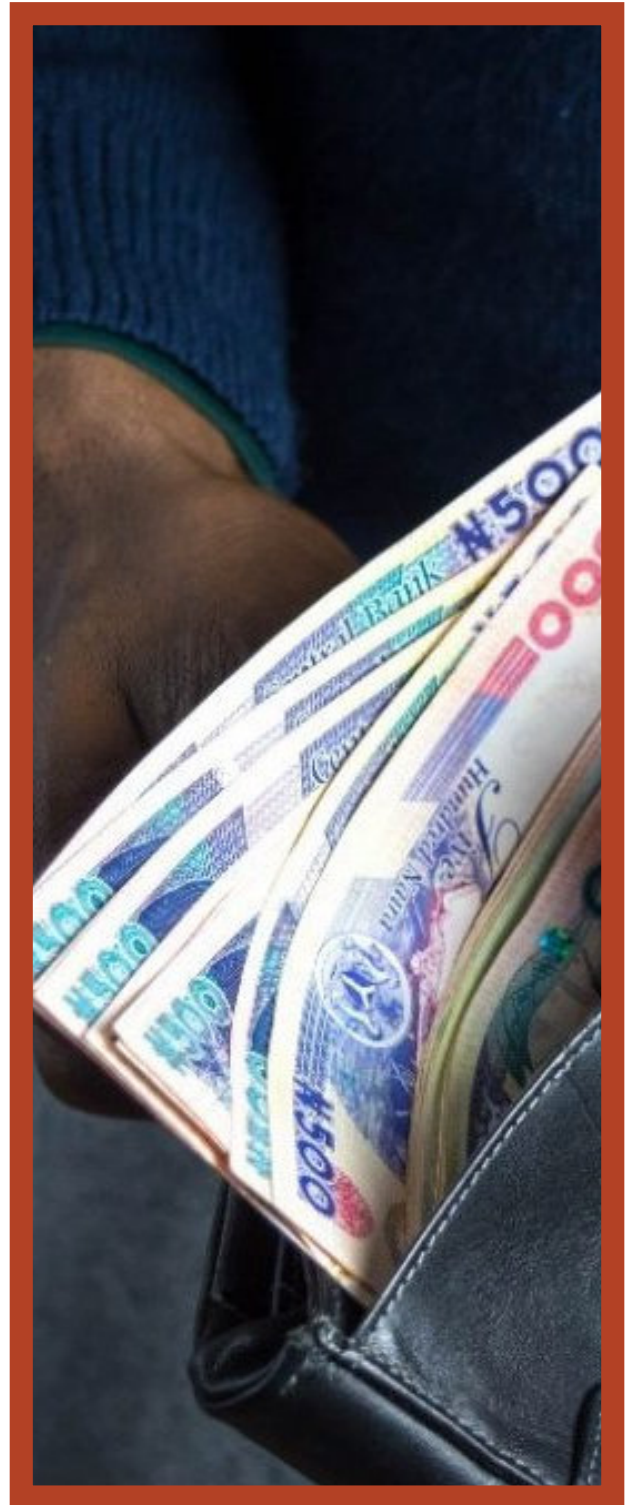
Instead of letting ambition rule your life, you can adopt a "growth mindset" which refers to the belief that intelligence is not fixed and can be fostered. Tim Judge, coauthor of the 2012 ambition study and a professor at the Ohio State University's Fisher College of Business, says it may be healthier to strive for growth-learning or honing a skill, or cultivating a trait you admire in others-rather than concrete goals like getting a certain job title or salary.

Don't Try to Monetize Everything

Have you ever lost interest in a beloved hobby after turning it into a side hustle? There's a science-backed explanation. Decades ago, researchers found that attaching extrinsic motivators (like money) to activities that people enjoyed decreased their internal motivation to keep doing them. If psychological satisfaction is your goal, you may be better off without the extra cash.

Practice Gratitude

People naturally have some materialistic tendencies, especially in capitalist societies. But Kasser's research suggests that suppressing those desires can yield mental-health gains. Mindfulness and gratitude can help. In one study, people who meditated daily were more satisfied with their financial status and had greater well-being. Regular reflections on gratitude, relationships, or mortality have also been shown to reduce materialism, which can in turn improve mental wellness.





Coping with climate change

Guess what's knocking on the door? Global warming? Yes, that's right. The Earth's temperature has risen between 0.4° C and 0.8° C, in the last 100 years. Global warming is the term used to describe gradual increases in the average temperature of the earth's atmosphere and oceans. This climate change is a result of variations in human activities. We can feel these effects in our daily activities. However, according to empirical research, worse consequences are yet to come- altered rainfall patterns, increased





temperatures and humidity. You are probably wondering, “what little things can I do to mitigate these effects? What habits can I learn or stop to change the course of events?”. The good news is everyone can limit climate change. With the following steps, we can make a difference.

SAVE ENERGY AT HOME

We can save energy by reducing heating and cooling, switching to LED light bulbs and energy-efficient electric appliances. In Nigeria it’s almost impossible to adopt this due to some infrastructural problems, but we should still try when the opportunity arises. Turn off and unplug devices you are not using or when you are done using them.

EAT MORE VEGETABLES

Including vegetables, fruits, whole grains, legumes, nuts, and seeds in our diets can help reduce environmental impact of climate



change. “Producing plant-based foods generally results in fewer greenhouse gas emissions and requires less energy, land, and water.” These foods also strengthen our immune systems, to help fight against illnesses caused by pollutions or harsh weather.

REUSE, REPAIR AND RECYCLE

Manufacturing emits a large number of greenhouse gases per year. However, with Nigeria being a developing nation, manufacturing is necessary to meet its development objectives, but recycling can be done. It is a cost-effective and eco-friendly approach that does not emit



greenhouse gases to the atmosphere. You can do this by collecting your plastic, glass and paper wastes and taking them to your local recycling centre.

CHOOSE ECO FRIENDLY PRODUCTS

Everything we do contributes to climate change, but it's our choice to either contribute positively or negatively. Support companies that prioritise climate change and buying products that are produced in line with the appropriate protocol. When and if you have the financial means to invest, invest in solar power as a source of energy and electric vehicles, as they are eco-friendly.

WASTE LESS

When foods go to waste in a land fill, it releases methane, which is a powerful greenhouse gas. Instead of wasting, consume all that you buy and even if there is need for disposal, ensure you compost to help improve soil

health and reduce greenhouse gas emissions. Also, saving water reduces carbon pollution, because it takes a lot of energy to pump, heat and treat your water. So, take shorter showers and turn off the tap when brushing your teeth.

SPEAK UP

Speak up, talk to your families and friends, so they can join in taking action. It is the fastest and most effective way to make a difference. Use several social media platforms to educate others about climate change, and recommend the little steps that could reduce the impact.





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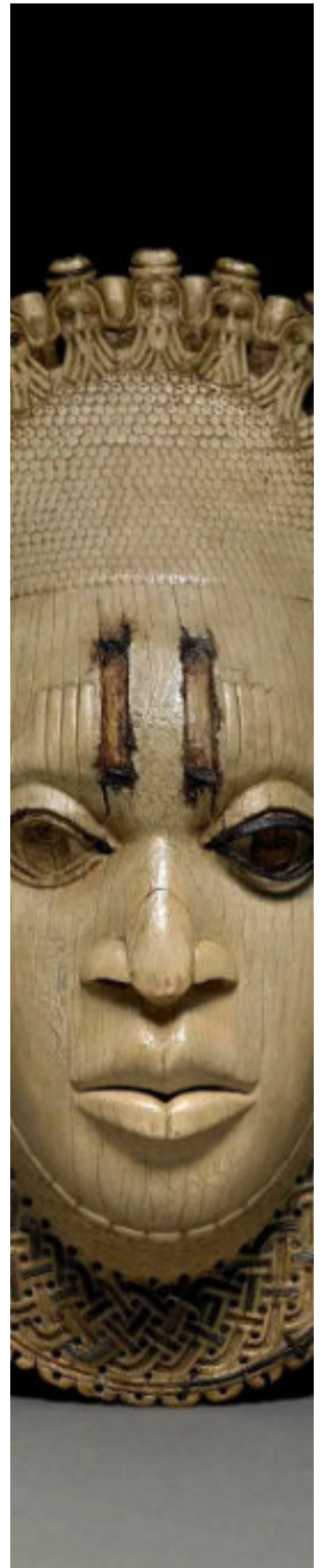
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CULTURAL HERITAGE: UK MUSEUM AGREES TO RETURN LOOTED BENIN BRONZES TO NIGERIA

On February 19, two out of thousands of artefacts initially looted from Benin in 1897 during the British Force invasion of the Benin Kingdom, were returned to Oba Ewuare II of Benin, through Amb. Sarafa Ishola, High Commissioner of the United Kingdom. The Cockerel sculpture and Oba Uhilano's bronze bust, otherwise known as Oba's head, were previously housed in Jesus College at Cambridge University and Aberdeen University, Scotland. The Oba of Benin, confirmed that these artefacts will be leased to any interested museums, saying that most Nigerians have only read and heard about these sculptures, but have never seen or touched them, so with this they have more to know about their history. The High Commissioner revealed the prices for the Cockerel sculpture and the Oba's head as £2 million (with insurance) and £500,000 respectively.

Also, The Horniman Museum in London, has agreed to return 72 items to the Nigerian government saying "it is clear that the objects had been "acquired through force" by the British Colonial troops in 1897 during the





colonial era. This is the first government-funded institution to agree to this request. This decision was made following the formal request from Nigeria's National Commission for Museums and Monuments (NCMM) to western museums to repatriate looted artefacts.

In addition to this, Germany has agreed to return 512 Benin artefacts, following a transfer agreement, signed by The Foundation of Prussian Cultural Heritage in Germany and the National Commission for Museums and Monuments in Nigeria. The agreement held that while some of the artefacts will be officially transferred to Nigeria, one-third will remain in Berlin on loan, for an initial period of ten years, renewable by mutual consent and will be exhibited in the Humboldt Forum. This is the most extensive transfer of stolen artefacts in history, and holds a future for collaboration among museums on the basis of legitimate requests.

This development will not only foster citizenship and knowledge, it will also help improve the tourism sector in Nigeria. With more artefacts to place in the museums to tell the history of the Benin kingdom, tourism will increase and therefore generate more revenue for the sector, as well as the government for investment and development. Furthermore, diversification from crude oil as the major source of revenue to other sectors, including the culture and tourism sector would be a beneficial transition for Nigeria. Finally, being able to use what we have to grow our economy will be a dream come true for Nigerians, like the Egyptian tourism sector which is one of the largest earners of foreign exchange, contributing up to 15% to its economic output. Egypt represents arts of Northern Africa with its pyramids, sculptures and other cultural heritages, so let Nigeria represent the arts of West Africa.

According to Reuters, about 90% of African artefacts are held in foreign museums for exhibition, and like Nigeria, many African nations have been fighting to reclaim their artefacts, that had been looted during the 1800s.





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PLACES TO TRAVEL TO HAVE FUN IN NIGERIA

Nigeria has a lot of budget friendly tourist attractions, and the funny thing is most Nigerians do not even know this. There are over 101 places to delight anyone, whatever their interests. This section offers a couple of attractions you could consider visiting, if you can take the time.

- **OLUMIRIN WATERFALLS
(OSUN STATE)**

The first thing you will most likely meet on your way here is the local drummers welcoming you with songs and dancing. The location is characterized by rocky cliffs, tall trees, soothing ground level and cascading falls. The waterfalls are a sanctuary of purity and beauty, with its unique and therapeutic seven cascades. For food, the Erin-ijesha community which is about 12 minutes' drive, is known for its delicious pounded Yam with Egusi

soup and Eran-igbe (bush meat) and amazing cultural history.

- **OBUDU CATTLE RANCH
(Cross River)**

This attraction centre is named after the town Obudu, which is 60 km away. You can expect to touch the clouds here, with its elegant hills which are 5,200 feet above sea level. All year round temperature range from 7°-20°C. It is an unbelievable experience to get in Nigeria.

- **ADO AWAYE LAKE (Oyo
State)**

This suspended aquamarine lake is one of its kind in Nigeria only one of two in the world. The suspense while hiking the hills to see the view from the top is one to hold on to. The view provides a glimpse of the lifestyle of the society that lived there centuries ago. It is an adventure to look forward to.

- **MAMBILLA PLATEAU (Taraba State)**

The Mambilla plateau is a mountain adventurer's dream, as its peak is 6,000 feet above sea level, and its residents are loving and welcoming. This beautiful environment assures you that the stress of arriving there was worth it all. It is arguably the most amazing location in Nigeria.

- **YANKARI GAMES RESERVE (Bauchi State)**

This is one of the greatest tourist attractions in Nigeria. It is the most sought after game reserve for wildlife and safari in Nigeria. It has the Wikki Warm Spring, the Marshal cave, Gwana spring and others.

- **GASHAKA-GUNTI NATIONAL PARK (Taraba/Adamawa State)**

The biggest park in Nigeria, with diverse species of wildlife including crocodile ponds and hippopotamus ponds. The park spreads across Taraba and Adamawa States. It also has multiple ecological zones - from scrub and savannas to forest and montane.

- **AHWUM WATERFALLS/CAVE (Enugu State)**

This is almost every traveler's favorite. Its precious walls beautifully sculpted in limestone, the attractive waterfalls dropping from an opening at the roof of the walls, along with the sacred statues of the Virgin Mary and the three children of Fatima.

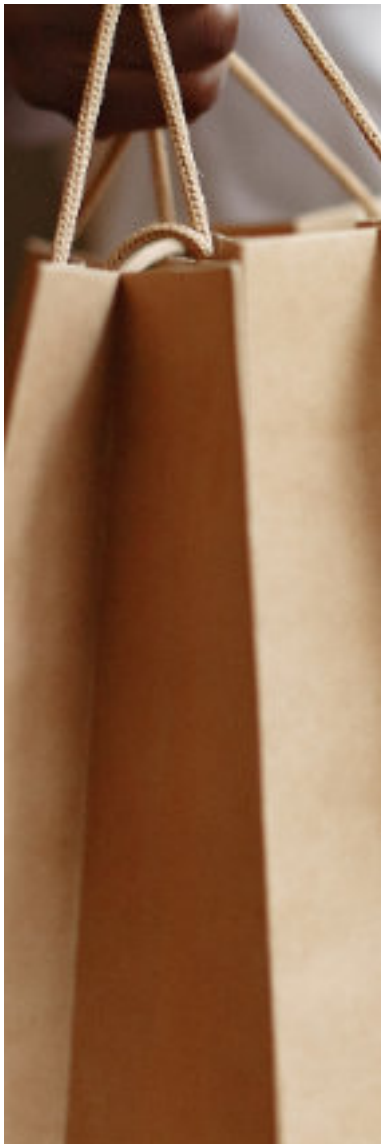
- **OGBA UKWU CAVES/WATERFALLS (Anambra)**

This cave looks like make-believe. It's unreal with its rock sizes and monumental proportion. The landscape is compared to no other in West Africa; a turbulent cascade spilling over a humongous rock that forms a half-dome as large as half a cocker field. It is an amazing experience, like one of those in blockbuster movies.





Recent trends in AI are autonomous cars, creative AI, software applications, fintech, healthcare AI, cybercrime and security AI



Robots can now do your personal shopping

Artificial Intelligence may be the most explorative technology to be developed. Sectors and businesses are adopting various advancements, from manufacturing and robotics to pharmaceuticals, and supply chain management.

The AI technology has continued to evolve from minor features like internet integration to major features like augmented reality. Autonomous cars are slowly overtaking the automobile market, with products like Tesla having the self-drive AI feature. Over 310,000 units of Tesla have been sold worldwide, after the self-drive mode was fully demonstrated in 2022. Other brands like Ford and General Motors plan to take big steps in this direction. On May 13, 2022, the “world’s first” autonomous ship voyaged 40-hours and 500-miles in the congested water of Tokyo Bay, with nearly no human intervention. These experiments and advancements bode well for the future of AI.

In line with these developments, robots which were unable to smell and create have become integrated with such features. Some robots can now smell almost like human beings



and indulge in creative tasks like designing infographics, writing songs, designing 3D wall papers and writing blog posts. This would help relieve humans of these tasks and narrow their focus to emotional intelligence and sensitive projects. Also, software applications are not just the regular basics, they have been programmed with more intriguing software, like Siri and Google assistants that can be assigned tasks like hands-free messaging, playing music, checking appointments, solving mathematical problems by taking a picture of the equation. 80% of smartphones have these features that make life easy for the everyday user.

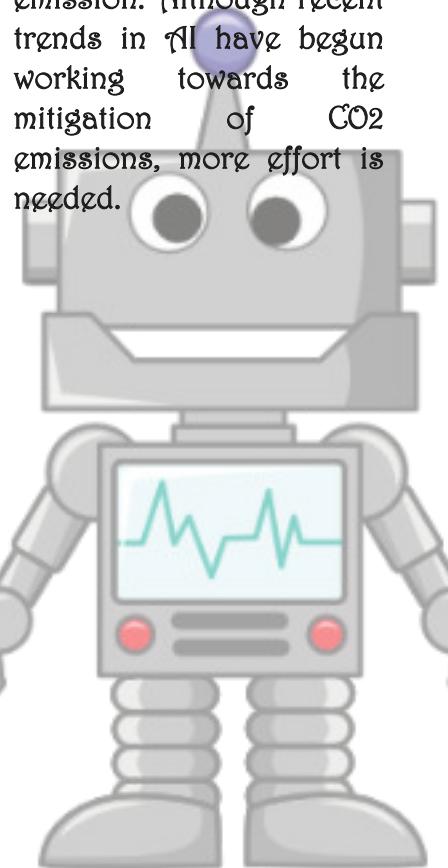
The pressure on traditional financial firms to adopt these new AI technologies is on the rise. This is mainly because of the effectiveness and efficiency of AI in the financial institutions. It makes operations faster and speeds up information delivery. It also has fraud-detecting programs that safeguard customer privacy, assets and investments. For instance, the "chatbot" software provides responses to

minor customer requests within very short period of times. Another significant trend of AI is in the health sector AI. Some diseases or illnesses which had no cure or treatments in the 80s and 90s now have cures or treatments, and have helped to reduce the mortality rate. An example is HIV, which now has a treatment that prevents it from spreading. Another is the COVID-19 vaccine which was discovered within a year and helped reduce the spread of the pandemic.

Furthermore, cybercrime and security AI is one of the most commendable advancements. Cybercrime has become a major issue, as new developments are introduced, sensitive information is at risk of being used for fraudulent activities through the loopholes of technology. However, various companies are working on effective solutions to combat these nefarious activities. Companies like Alphabet, have introduced cybersecurity intelligence platforms for streaming, to improve data security. Also, less reliance on data and skills for system functions has been included in this trend. As simple tools are being

created for AI development, one does not need to have coding skills to use AI.

Nevertheless, technology cannot be discussed without its effects on humans and the environment. Technology has negative effects on people as it causes isolation, poor posture, irregular sleep, anxiety and depression, eye strain, low academic performance, low creativity, low focus, short attention span and a bunch of other problems. Also, for the environment, it creates air pollution, depletion of natural resources, and CO2 emission. Although recent trends in AI have begun working towards the mitigation of CO2 emissions, more effort is needed.





Bedroom Design Tips

The bedroom, which is the most private area of the house, is where we go to unwind either to sleep or relax. It's even thought of as a home within a home.

Bedroom decor varies widely depending on personal preferences, culture, and socioeconomic status. Generally, bedroom designs should be unique as it expresses personality.

While designing our bedroom, we should consider the flow of the space, our selected furniture design and most importantly, the quality of furniture. We should ensure that the furniture we choose is adequate and that the colours complement the colour of the room space.

Furniture can be quite expensive; so, we should have a budget and endeavor to compare prices of similar furniture to land a good purchase deal. We should ensure that the materials used in making the furniture are durable and capable of lasting for a long time.

Lighting a room by itself, is an undertaking that may be both enjoyable and difficult, because numerous lighting options, as well as the unending variety



and patterns, can frequently be perplexing. The rational option is to choose the simplest patterns of lighting—bright and dim. Installing directional and mood lighting is standard procedure because it is believed that the illumination will improve our careful design planning. The dimmer switch is a lighting feature that lets you set different moods in your bedroom.

A dimmer switch allows you to easily switch between various lighting moods with the push of a button. Side lamps have evolved into furniture; they are no longer merely available as table lamps. Modern pendant lights have taken the place of traditional table lamps, and table lamps are now coupled with directional reading lights that are mounted on walls.

The positioning of switches and plugs in relation to the light fixtures to create a smooth flow is a crucial consideration when planning and creating our bedroom lighting.

There are several ways to add more storage space in the bedroom, from low cabinets along the wall to drawer storage beneath the bed. There are numerous little drawers that can be arranged in the area under the bed. Clothing can be stored on one side, while linens and pillows can be kept on the other.

Without a bed, a bedroom is undoubtedly incomplete. The design of the other furniture in the bedroom, including the bedside cabinets or tables, dressers, mirrors, chests of drawers, and/or low units, is influenced by the bed since it is the focal point of the space. Wardrobes or walk-in closets are typically made to match the room's doors rather than constantly having to match the bed.

We typically rest or sleep for six to 10 hours in our bedrooms, therefore it is important that we make our bedroom a sanctuary by designing it appropriately for comfortable living.

However, you choose to decorate your bedroom, enjoy the process of decorating to suit your personality, until the next time you feel the need to switch things up!

