

Relaxnomiks

Christmas Edition



A Nigerian
Christmas
story

Nostalgic
Christmas
songs

note from the publisher

Dear Reader,

Welcome to Christmas—the happiest time of the year!

Indeed, 2022 brought with it the unexpected. The world is reeling from the Russia-Ukraine war many hoped would have ended by now. Not only did it trigger hyperinflation (8.8% from 4.7% in 2021), it worsened recession fears. As such, it is easy to say 2022 was tough for everyone, especially Nigerians.

The Nigerian economy grew by a minuscule 2.96% (Q1'22-Q3'22) while food inflation peaked at a 17-year high of 24%, pushing over 60% (133 million) of the population into multidimensional poverty. However, we cannot continue to sulk.

Instead, we will keep the bad news aside to enjoy Christmas. And what better way to kick-off the *not-so-cheery* celebrations than the FDC Relaxnomiks? From blockbuster cinema movie recommendations to binge-worthy Netflix series, event lineups, new chicken recipes and Christmas with a hometown twist; this edition is fully packed with tips sure to roll your hips.

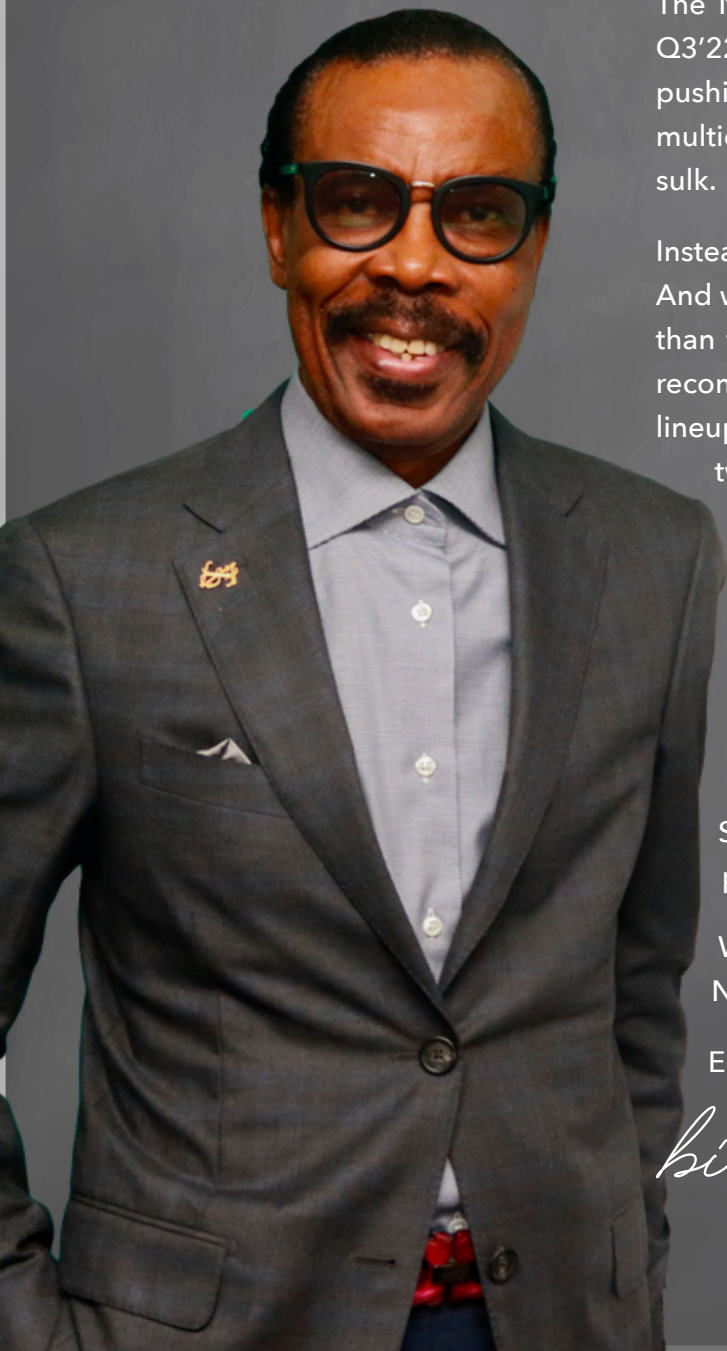
While having fun, we recommend you spend your new naira notes wisely so you are not bogged down with expenses when you should be channeling your energy and efforts toward the 2023 General Elections (25th February 2023).

So, sit back, relax and enjoy the flip-ride through the pages of this publication.

Wishing you a merry Christmas and a more prosperous New Year!

Enjoy your read!

bismark rewane



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"When we speak, the world understands"



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A Nigerian Christmas Story for Food Lovers!

On a hot Sunday afternoon, Mr. Johnson quickly left church after a lovely service with an insatiable hunger that made his stomach rumble. Now, Mr. Johnson was not a single man neither was he without children (he had four to be precise).

While Mr. Johnson was on his way home battling hunger, Mrs. Johnson, his wife was still at church greeting each person and listening to the latest gist and gossip. Meanwhile, the children were moving from pillar to post trying to find out whose little legs could move the fastest.

At the house, just before the entrance to their apartment, Mr. Johnson's nose was struck by the sweet-smelling savor of a perfectly home cooked Sunday afternoon meal. It was just what he needed and his taste buds were already jumping for joy. So, he hastily tucked his hands into his pocket to get the house keys. In his mind, he had pictured himself with a tray of the meal, a chilled bottle of water, the premier league match showing on TV and he just couldn't wait.

He checked the left pocket, no keys. Already getting anxious, he checked the right, still no keys. It was at this moment, he returned from his imaginary world and logic kicked in. He remembered that he left church in a hurry forgetting to pick the keys from his wife. The house key was neatly tucked away in Mrs. Johnson's purse, who most likely would not be back till evening.

As Mr. Johnson was beginning to get vexed, his tummy rumbled (again) and his sharp sense of smell picked that beautiful aroma again. Only this time, he realized the food wasn't cooked in his home since his wife wasn't around. Plus, there was no key to get in the house and even if he tried calling his wife and she left church immediately, it will take her almost 3 hours to get home because of traffic. While all this was happening, the sun became hotter and was definitely not smiling. He felt like his skin was on fire and he needed to take cover. So, his priorities changed. First, take cover, second, call his wife again to start coming home (so her 3 hours journey starts as soon as possible) and then three, get something to eat.

◆ To kill two birds with one stone (that is priority one and three), he decided to seek refuge in his neighbor's house. *"Not like I'm banking on my neighbor to give me food o! But if he does, I will not hesitate to collect it. Today has been rough. My car is at the mechanic, my wife isn't picking, I forgot the house key and hunger is finishing me"*, thought Mr. Johnson.

On getting there, he knocked but there was no response. As he turned to leave, he noticed that the door was slightly open. Different thoughts ran through his head but the most prominent one was that of a thief in his neighbor's house.

He quickly entered without thinking and prepared to kung Fu any intruder—aside from himself, of course. However, rather than being greeted with the presence of a thief, he was greeted by the same tantalizing aroma he smelled before. It turns out that the food was indeed in his neighbor's house. It was placed on a beautiful plate with a glass of chilled water beside it, just like he had imagined. He thought to himself very loudly, *"God is this a sign!"*

The food was too good to resist. It was as though; a table has been prepared before him. He tried to resist but his mouth and hands failed him. They got to the food before he could even rebuke the thought of taking what didn't belong to him. In a blink, the plate was clear and he couldn't explain it. He even drank the cold bottle of water and said *Omo! Hunger no be good thing o!*

After burping, he returned to his senses, realizing he was not on his couch and he had just eaten someone else's food. He was greatly disturbed by what he had just done. With this thought in mind, he reached into his pocket and brought out a wad of money, placed it beside the empty plate, and left before anyone should find him.

You can only imagine his neighbor's surprise upon coming back home and seeing such a huge sum of money and his lunch gone. It turns out that Mr. Johnson's neighbor was about to eat his meal when he received an urgent call that his only son was in the hospital, making him rush out forgetting to lock the door behind him.

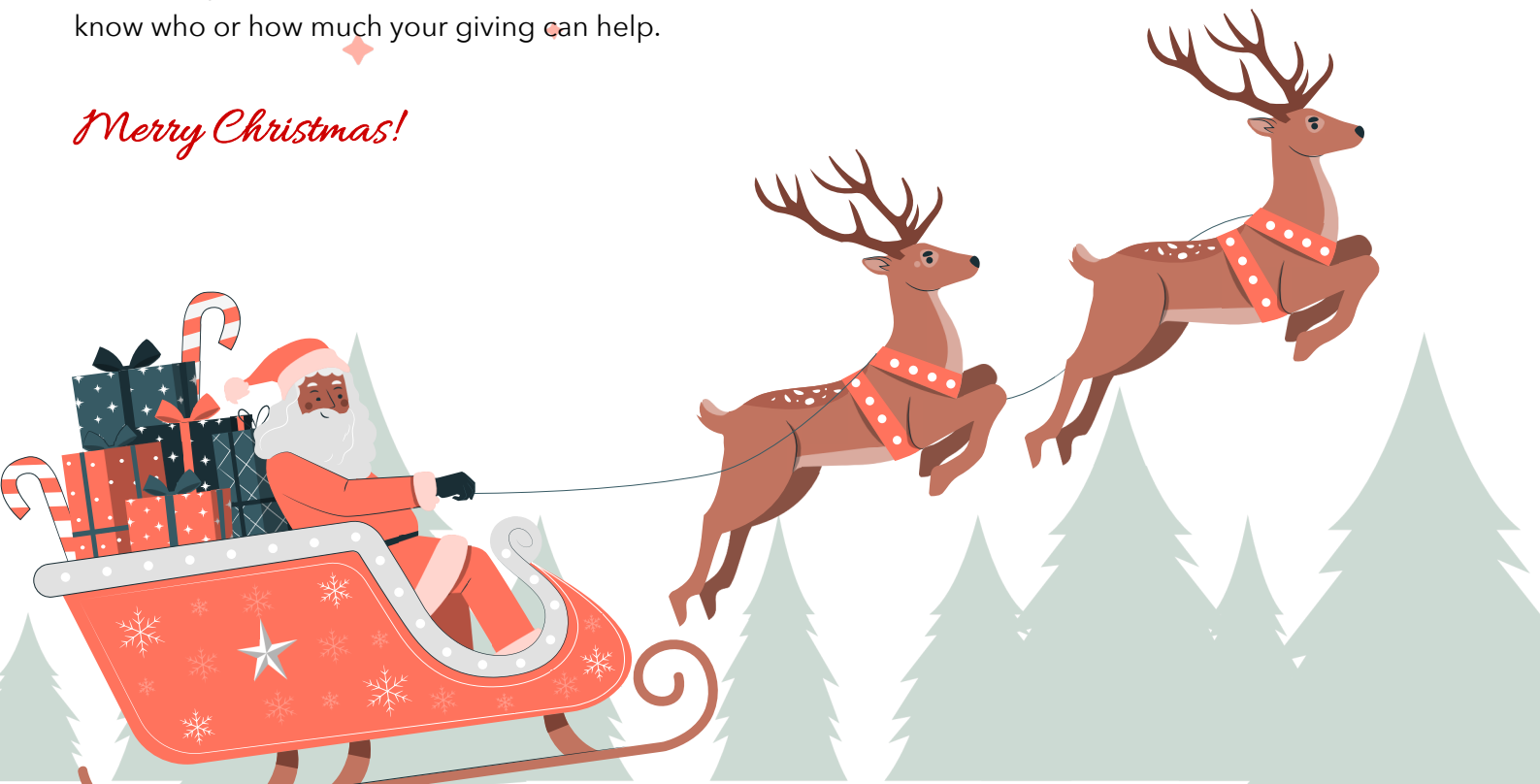
However, before leaving the house, he looked up and said a short prayer asking God to heal his son and provide him with enough funds to pay for the hospital bills. Again, imagine his surprise coming back home and seeing the wad of money. The only part that confused him was the empty plate. *Did my helper have to eat my food?* he thought. But then he remembered that it's Christmas—a special time of the year when good, mysterious and happy things happen. He also flashed back to the stories of old when a man comes with gifts to bless those in need during Christmas. He heard this man ate milk and cookies but maybe this time he was trying new delicacies like pounded yam and efo. After processing all this, there was no doubt in his mind that Santa had indeed visited him—Nigeria's style.

Now, whether others believed him is a different story, but I do. I mean the signs are there. In no account of the 'white Santa' was he described with a big belly, but from this story we can definitely tell that our black Santa does after eating that enormous amount of pounded yam.

As this story comes to an end, it is important to remind you to spread love and joy this Christmas, in whatever capacity you can. Everyone is going through it, just in different flips and dips. Mr Johnson could have spent that "wad of money" in a restaurant. But just maybe, that didn't come to his mind at the time because there was someone desperately in need of what he had.

The true spirit of Christmas is giving and sharing love. Please be aware and conscious of it, you just don't know who or how much your giving can help.

Merry Christmas!



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We've set the tone for a hearty Christmas, next we party!





DETTY

December

If you have been saving up so the year can end with a bang, here are some events you should look out for this December. Don't miss out!

The big one;

Vibes on the beach with Big Wiz 2.0

Yes, it's the big one, Wizkid aka Baba Nla will be at La Campagne Tropicana Beach, Oniru, Victoria Island, Lagos on December 30 2022. It's going to be loud, it's going to be fun, and it's going to be chilled. Regular tickets are N30,000 for early birds, so make sure you get your tickets NOW!!

We've got to give thanks!

KCEE Thanksgiving Festival

Kcee, the Limpopo master, is bringing the energy to Eko Convention Center on the 28th of December 2022. The event as the name illustrates is for people to express gratitude to God for all of His goodness throughout the year. It features family-friendly music and comedy. Regular tickets are going for of N20,000.

It's back, it's bigger;

The 2022 Calabar Carnival and Festival

Africa's Biggest street party has returned after a two year break due to the COVID pandemic. The annual Calabar carnival held in Cross River every December, the "pride of Nigeria" is happening currently and would last throughout the rest of this year. Inaugurated in 2004 to promote tourism, it has grown to become Nigeria's biggest carnival and an internationally recognized festival. The 2022 edition is set to be bigger as the state government revealed that over 10 countries and 20 states in Nigeria will grace this edition of the carnival.

Something for the whole family this Christmas;

Christmas in Wonderland Lagos

From December 1, 2022 to January 2, 2023, wonderland in Eko Atlantic Energy City, in Victoria Island, Lagos is open! It consists of 4 different villages filled with thrills, family fun, sporting activities, and unending entertainment. Wonderland features 100+ attractions and engagement activities for everyone; kids, teens, young adult and adults for 24 hours. Some of the activities include face painting, Go-karting, tree-lighting and fireworks, rides, games, Santa Vegas, photo booth, Wonderland theatre and many more. Ticket prices vary with access to several features.

NETFLIX

Netflix Series to Binge-watch



Far from Home:

This is the first-ever young adult television series to be produced in Nigeria. It was written and created by Chinaza Onuzo and Dami Elebe. The series, which was filmed in Lagos, centers around Ishaya Bello, a young teenager and talented visual artist from a low-income family whose dream suddenly reappeared when he secured a scholarship in an exclusive school in the country. The five-episode show stars Nollywood industry elites including Richard Mofe-Damijo (RMD), Bimbo Akintola, and Carol King, as well as rising stars like Mike Afolarin, Genoveva Umeh, and Natse Jemide.



How to ruin Christmas:

How to ruin Christmas is a 2020 South African comedy-drama television series created by Rethabile Ramphakela and Katleho Ramaphakela. The show, which has three seasons, was shot in Johannesburg, South Africa. It stars Tumi Sello, who reluctantly returns to her troubled family for the first time in years. She manages to sabotage her younger sister's Christmas wedding before it even takes place, and she spends the next six days frantically trying to get things back on track.



Wednesday:

This American comedy-horror supernatural series was created by Alfred Gough and Miles Millar. The eight-episode series features a cast named Wednesday Addams gets who is expelled from school for throwing live piranhas into the school's pool to avenge her brother's bullying by the boys' water polo team. In addition, Wednesday struggles to connect with her classmates because of her cold, emotionless personality and defiant nature, which puts her at odds with the principal of the school.



From Scratch:

The creators of this American drama limited series are Tembi and Attica Locke. The series' executive producer is Guy J. Louthan. The series was inspired by From Scratch: A Memoir of Love, Sicily, and Finding Home by Tembi Locke. The series is eight episodes and premiered on October 21, 2022. The story centers on American student Amy Wheeler, who meets and falls in love with Lino, a Sicilian chef, while studying abroad in Italy. The two families come together as Lino's health problems threaten the couple's future.



Blood and Water:

This is a South African teen drama and crime series, developed by Gambit Films for Netflix and stars Ama Qamata, Khosi Ngema, and Gail Mabalane. The series, which was filmed in Cape Town, centers on a girl who transfers to a prestigious school where she believes that one of the pupils might be her sister, who was kidnapped as a baby. The series also includes three seasons with the third season debut on November 25, 2022.



Alchemy of souls:

This is a South Korean series written by the Hong sisters. It features a strong sorceress disguised as a blind woman who meets a man from a wealthy family seeking her assistance in changing his fate. The series is split into two parts: Part 1 ran for 20 episodes from June 18 to August 28, 2022, while Part 2 (Alchemy of Souls: Light and Shadow) is slated to premiere on December 10, 2022.

Black Panther: Wakanda Forever:

While mourning the unfortunate death of their King and embracing their next chapter, Wakandans come together to protect their home from invading forces.

Avatar - The Way of Water:

The narrative centers on Jake Sully and his family and how they face challenges, endure tragedies and fight battles to keep themselves alive.

I Wanna Dance with Somebody:

Named after the song "I wanna dance with somebody" by Whitney Houston, the musical film is a biography of the life of the American singer and tracks her journey from being a choir girl in New Jersey to one of the bestselling artists of all time.

Puss in Boots - The Last Wish:

With only one out of his nine lives left, Puss journeys with Kitty and Perro into the Black Forest to find the wishing star to restore his lost lives. However, they have to face enemies like the Big Bad Wolf, and Goldilocks and the Three Bears.

Black Adam:

After being imprisoned for nearly 5,000 years, the powerful Black Adam, played by Dwayne Johnson (The Rock), finally reawakens. However, he is seen as some form of anti-hero due to his unique and ruthless form of justice.



*Movies to Watch in Cinemas this
Christmas*

5 Nostalgic Christmas Songs

All I want for Christmas (1994) - *Mariah Carey*

White Christmas (1942) - *Bing Crosby*

Have yourself a merry little Christmas (1944) - *Judy Garland*

Santa baby (1933) - *Eartha Kitt*

Mary's boy child/oh my Lord (1978) - *Bonny M*



5 Nostalgic Christmas Songs

All I Want for Christmas is You (1994)- Mariah Carey

Mariah Carey's "All I Want for Christmas Is You" was released 26 years ago, but it's still a hit Christmas song. The song has stood the test of time as it climbed to the number one spot on the Billboard Hot 100 in December 2019. The song has spread near and far as she claims that this song alone has earned her \$60 million in royalties, and it is the best-selling Christmas single by a female artist. This song broke records by selling over 16 million copies as at 2021.

White Christmas (1942)- Bing Crosby

No other song is more closely associated with the holiday season than "White Christmas," except for "Silent Night." Despite the fact that Irving Berlin, not Bing Crosby, was the song's original author, Bing Crosby was the one to popularize it as the Guinness Book of World Records named his rendition of the song the all-time best-selling single in 2012. The song describes the holiday season beautifully using phrases like 'treetops glisten' and 'old pine trees sway' to convey its message.

Have Yourself a Merry Little Christmas (1944)- Judy Garland

Judy Garland really outdid herself in this Christmas song. However, the original song was supposed to be much sadder than this with the first sentence being 'Have yourself a merry little Christmas; it may be your last'. Although it has undergone numerous variations, this song, which was infamously performed for the deployment of World War II soldiers, continues to hold its place as a holiday song every Christmas.

Santa baby (1953) -Eartha Kitt

In 1953, Eartha Kitt released the song "Santa Baby" and it quickly became a Christmas classic after being the top-selling Christmas song in its release year. It stood apart from other Christmas jazz songs recorded in 1953 mainly because of its lyrics. The song is centered on a woman who is only interested in asking Santa for the most expensive gifts money could buy and she begins her every request with 'Santa Baby'.

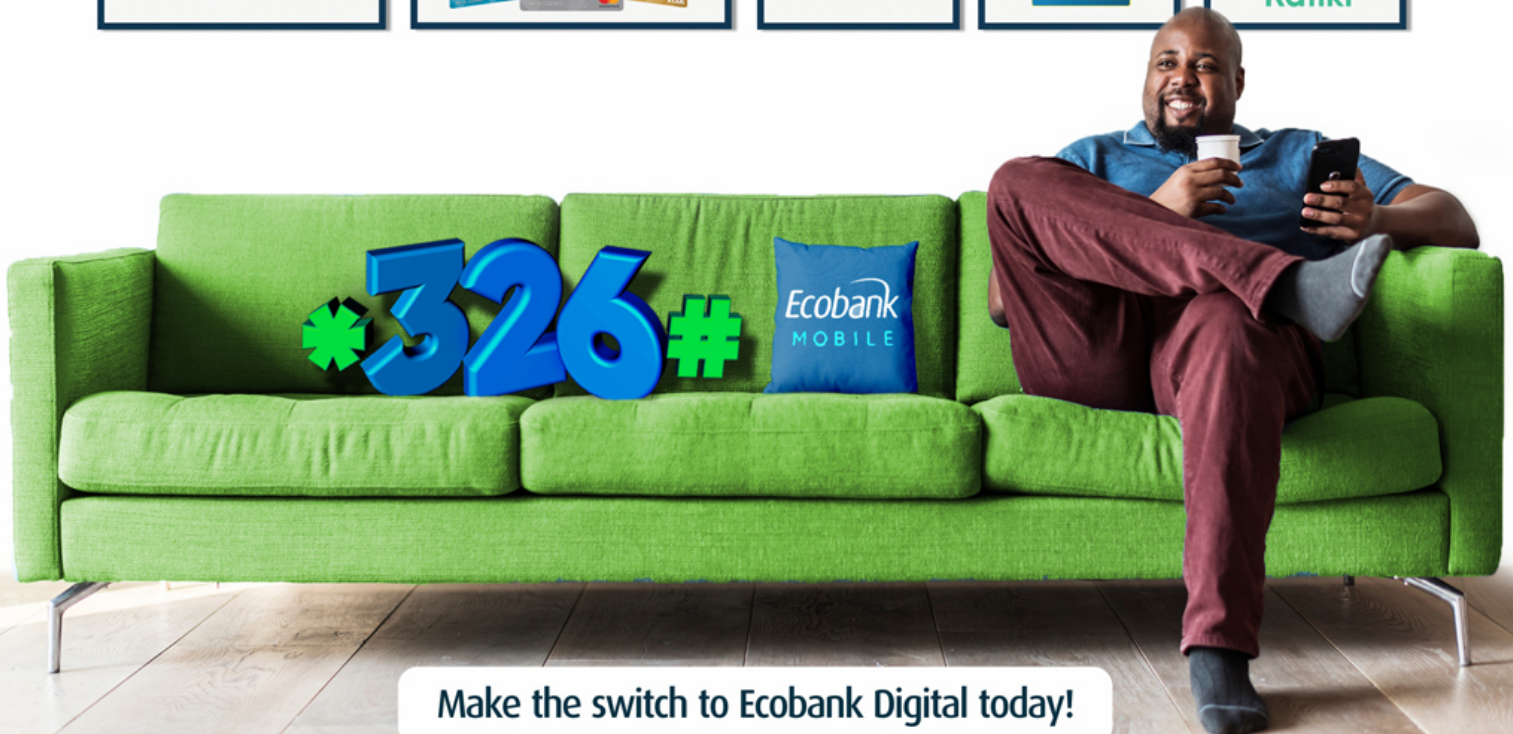
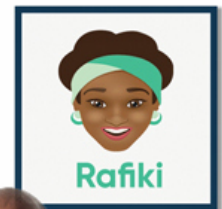
Mary's Boy Child/Oh My Lord (1978) - Boney M

"Mary's Boy Child" is without a doubt one of the most well-known Christmas songs ever written. The main theme of the song is the joy that humanity experiences as a result of the birth of Jesus Christ. It should be noted that Boney M's version of the Belafonte song is currently the most popular of all the covers that are available. When they added their own spin with a medley of "Oh My Lord," their rendition ("Mary's Boy Child - Oh My Lord") topped the official singles charts in the UK for about four weeks in 1978. If you're looking for a Christmas song to give you that nostalgic feeling, this song is sure to suit your need.

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CHRISTMAS

with a village twist

Before December 25th every year, Lagos-Ibadan expressway is almost a no-go because of the tiresome traffic. Why? People are traveling to their various hometowns in other parts of the country to spend the holidays with their families. However, insecurity is making road travel increasingly difficult, unsafe and risky. Meanwhile, not everyone can afford the 'pocket-emptying' price of plane tickets. So, we thought, why not stay back home, here in Lagos (in your house) to celebrate Christmas but with a village twist? Essentially, we are saying, all the things you could have done in the village from food to staying outside staring at the stars, do it here in Lagos. We know it's not the same feeling, there's that "thing" about traveling, but you could at least try. Again, stay in your house, so Lagos traffic doesn't spoil your plans.

Gift giving

When you travel back home, you go with gifts. Now, why not bring this tradition to the city? There are people who need what you have from clothes to food, so share it.

Fireworks/firecrackers

Firecrackers commonly known as 'bangers' are a Christmas necessity in the village. You can try them here in Lagos, but please check your environment before you do. It's best you try it in an open field so you don't disturb your neighbor and try it with a group of friends, it's enjoyable that way.

Village food

Palm oil rice in all its glory (with stock fish, dry fish and the other condiments), goat meat pepper soup (the ones that have either yam or plantain in it), white soup with proper pounded yam, banga soup or banga rice), garden eggs and osoji, peppered snail, and the list goes on. These are

just a few meals that are readily available in the village at affordable prices. But you can still try them here. One way to make it happen is making up your mind in time on what meals you want to make and buying the foodstuff in bulk from a major food market like Mile 12. As for the cooking process, in the village, family cooks together. To have that feel (if you live alone) you can plan with a few friends who will stay over to make this happen. It could be a sleepover turned village Christmas.

Christmas parties

One thing about the village is that there would always be relatives around, even more than you can count. So if you're looking for a way to bring that village feeling home, you can throw a Christmas party for just your family and friends and save yourself the stress of greeting all the "I carried you when you were a baby" aunts and uncles. Remember, it's your party so have fun and enjoy the feeling of Christmas; it only happens once a year.



What's a Christmas party without food?





LET'S EAT CHICKEN DIFFERENTLY THIS CHRISTMAS

Chicken is to Christmas while turkey is to Thanksgiving. We're only a few days away from Christmas and "chicken" is definitely on the menu! We typically have it fried, boiled, or roasted. At most, if we're feeling adventurous, you have chicken suya. But there are more interesting ways to eat chicken and we have some tantalizing recipes for you.

Honey Chicken

What is it they said about honey? Proverbs 24:13 said it all, "My son, eat honey, for it is good, and the drippings of the honeycomb are sweet to your taste." This recipe gives off sweetness when prepared and served. Something spectacular about this type of chicken is how long it stays crispy even after being coated with honey sauce and doesn't require any special cooking tools.

🕒 :30 mins

👤 :4

Instructions:

1. In a bowl, mix the water, vinegar, ginger, garlic, soy sauce, and honey. Set aside.
2. Season chicken with salt and pepper.
3. In a pan or skillet, heat the vegetable oil over medium heat. Sear the chicken for about 5 minutes, or until golden.
4. Pour honey mixture into the pan, cook and stir until sauce is thickened and chicken is cooked through; about 5 minutes.
5. Add spring onions as a garnish and serve with pasta or rice.

Ingredients:



Roman-style Chicken

Who said you had to be Roman to enjoy a Roman-styled chicken recipe? Well, no one. You also do not need to travel Rome to experience this traditional dish. Satisfy your taste buds with the amazing recipe and see yourself making it a regular meal. The blend of flavors from the peppers, the smoky prosciutto, and fresh basil is out of the world. Give it a try!



Ingredients:

- Chopped chicken with skin and bones
- 3 ounces of prosciutto crudo or bacon (chopped)
- ½ tsp. salt
- ¼ cup olive oil
- ½ tsp. freshly ground pepper
- 1 red bell pepper (sliced)
- 1 yellow bell pepper (sliced)
- 2 cloves garlic (chopped or minced)
- 1 can diced tomatoes
- 1 tbsp. tomato paste
- 1 onion bulb (thinly sliced)
- 1 tbsp. thyme
- ½ water or chicken stock
- Basil leaves (optional)

🕒 :1 hour



🍲 :6

Instructions:

1. Sprinkle salt and freshly ground pepper over the chicken.
2. Heat the olive oil in a sizable pan over a medium-high heat. Start browning the chicken on each side once the oil is hot. Remove chicken from the pan and set aside.
3. Reduce the heat to medium-low and add the onions and garlic. For one minute, cook. Add prosciutto or bacon, along with bell peppers. Cook for about 5 minutes.
4. Add tomato paste, diced tomatoes, salt and basil leaves.
5. Adjust heat back to medium-high. Return the chicken to the pan and add the stock or water. Cover pan and bring to a boil.
6. Lower the heat and simmer the chicken for 20 to 30 minutes or until it is thoroughly cooked.
7. Serve and enjoy!

Lemon Chicken

As the name implies, lemon is one of the major ingredients. Lemon juice doesn't just add flavor to your foods but is a very good source of vitamin C. It's important to note that this lemon chicken will work with chicken breast, chicken thighs, and even chicken tenderloins. However, the cooking time will differ depending on the size of the chicken parts. Here is a recipe for lemon chicken made with chicken breasts.

 30 mins  :4

Instructions:

1. Slice each chicken breast in half-lengthwise. Beat the chicken with a meat mallet or rolling pin for even thickness.
2. Sprinkle with salt and pepper; tap both sides slightly in the flour.
3. On a frying pan over medium heat, melt half the butter with the olive oil.
4. Fry the chicken on each side for 3 minutes until golden brown and cooked through; transfer to a different plate.

Sauce:

1. Melt other half of the butter and garlic.
2. Add the chicken broth, lemon zest, lemon juice, pepper and salt to taste. Allow to cook for 2 minutes.
3. Pour sauce over chicken and serve.
4. Garnish with lemon slices or your preferred vegetable.

Ingredients:

- 2 boneless chicken breasts (patted dry)
- 1 tbsp. olive oil/ any preferred oil
- ½ tsp. salt
- 1 minced garlic clove
- 2 tbsp. freshly squeezed lemon juice
- 1 tbsp. lemon zest (optional)
- ¼ tbsp. ground black pepper
- 1/3 all-purpose flour
- 2 tbsp. butter
- 2 tbsp. chicken broth
- ½ lemon slices to garnish (optional)



Caramel Chicken



The name of this chicken comes from the sticky caramel-like sauce used to glaze it. It is a perfect blend of sweet, spicy and salty flavors that makes it irresistible. And yes! Caramel is one of the ingredients used to prepare this yummy chicken. Don't be turned off by the sugar in this dish; the vinegar and soy sauce balance it out. Meanwhile, this recipe is sure to impress everyone who tastes it. Surprising your family and visitors with this mouthwatering meal will leave them wanting more.

🕒 :40 mins 🍳 :4

Instructions:

1. Melt butter in a skillet over medium heat. Add brown sugar and whisk constantly until it is completely dissolved, say after 3 minutes. Add garlic, ginger, soy sauce, fish sauce and water; let it simmer over low heat for about 5 minutes. Set aside.
2. In a pot, heat vegetable oil over high heat, then sear each side of the chicken
3. Pour the brown sugar mixture over the chicken; cook for about 12 minutes until the chicken becomes tender.
4. Optional: add green onions and cook for an additional 2 minutes.
5. Serves and enjoy with vegetables, rice or pasta.

Ingredients:

- 4 boneless chicken thighs
- 1 tbsp. vegetable oil
- 1/3 cup warm water
- 1/3 cup rice vinegar
- 1/2 cup dark brown sugar
- 4 minced garlic cloves.
- 1 tbsp. soy sauce
- 1 tbsp. minced ginger
- Red pepper flakes
- 1/3 fish sauce
- 2 tbsp. butter
- Green onions

Snacks

to serve this

Christmas

This period we can expect a lot of visitors ranging from uncles to aunties; friends or even strangers. Whatever the case may be, we need to always be prepared. It's not every time someone comes knocking that you should cook. Serve them snacks. To help, we provided a few options.

Banana bread



Plantain frittatas



Puff-puff
with sausages



Oreo truffles



Spicy popcorn

Cookies





Glazed ham



Jollof rice

Oxtails & Butter beans



What to **Cook** this **Weekend**

Culled from New York Times

Joan Nathan's Matzo ball soup



Tamales de pollo



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Good food, Great party,
Greater Looks



Let's Slay in Ankara this Christmas

Sing with me!

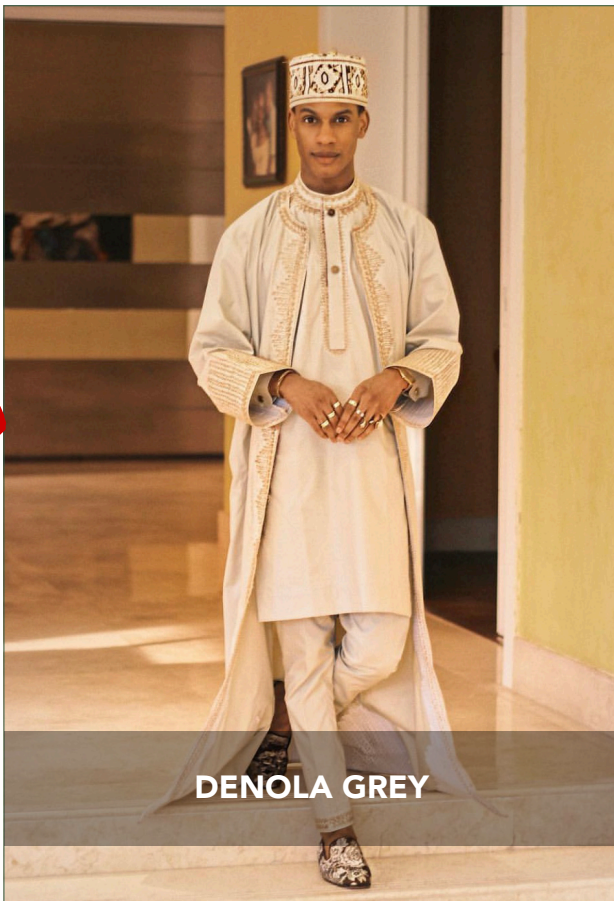
🎵 Jingle bells, jingle bells, it's Christmas all the way, let us slay the Christmas way in a budget-friendly way. Hey! Jingle bells, jingle bells, its Christmas holiday Oh what fun it'll be for me to look so good today. Did you enjoy our remix? I'm sure you did. So, to help you look good, here are some fashion inspirations for this Christmas. 🎵



BANKY WELLINGTON



EBUKA OBI UCHENDU



DENOLA GREY



RICHARD MOFE-DAMIJO

Let's Slay in Ankara this Christmas



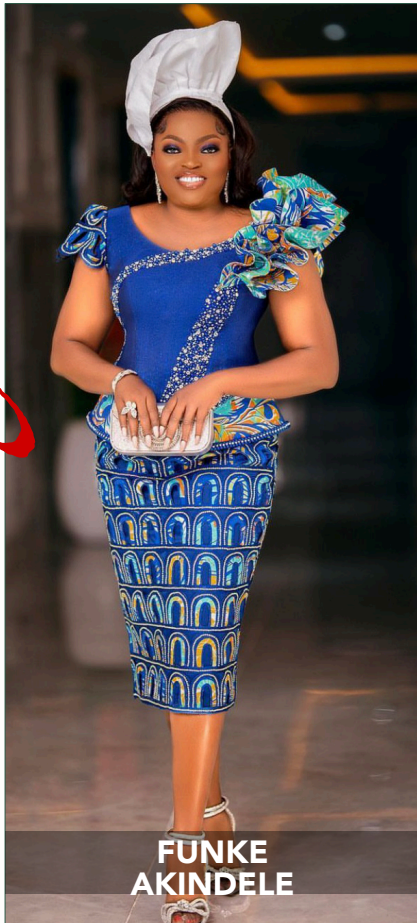
**ADESUA ETOMI
WELLINGTON**



SHARON OOJA



NANCY ISIME



**FUNKE
AKINDELE**



INI EDO



LINDA OSIFO

Exercising can be Budget Friendly

To look good during Christmas does not mean you have to break the bank. In fact, living a fit and healthy life is possible even with a shoestring budget, no gym membership or expensive equipment attached. Here are some various ways to work out for little to no money and with a little imagination.

Take a Walk

One of the simplest and most affordable kinds of exercise is walking. Just a pair of comfortable shoes will do. You can choose to walk whichever way that suits your fitness level. Additionally, there are other methods to include walking in your day; walking your dog, or taking a stroll with the kids, family, or friends. Just walk briskly enough to improve your health. If you can talk, but not sing your favorite lyrics, then you are walking at a moderate pace. As the days go by, increase your pace. You can also purchase a pedometer to keep track of your steps as well. Many pedometers also track the distance traveled and calories burned.

Create a Home Gym

A home gym does not require pricey equipment and exercise supplies.

Use bottles or cans as weights

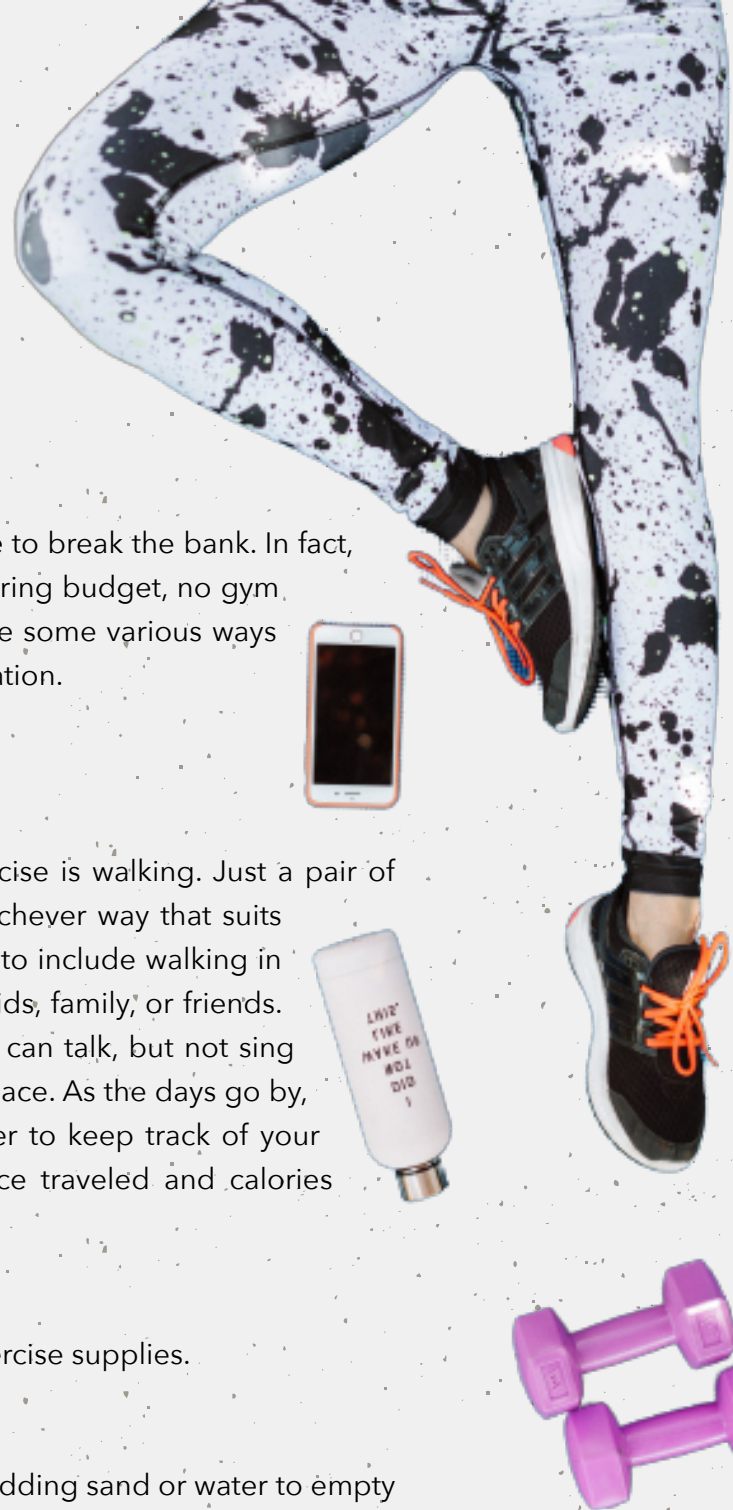
Create your own weights by using canned goods or by adding sand or water to empty soda bottles.

Use stools and chairs

Chairs can be used as a prop for performing exercises like leg lifts. For step training, utilize a low, stable stool.

Hit the stairway

If you have stairs in your home, why need a stair machine? By running up and down your stairs, you can design your own stair workout. Play some music to motivate you and increase the intensity of your workout each time.





Leverage Technology

Want some assistance organizing your exercises or maintaining motivation? You can plan and keep track of your workouts with the aid of computer programs or smartphone apps. Many are free, and some are low-priced.

Utilize Your Body Weight

There are numerous workouts you can perform that employ your own body weight to help you tone muscle, whether you exercise outdoors or indoors. These consist of lunges, squats, push-ups, crunches, jumping jacks, and leg or arm raises. To make sure you are performing the exercises the right way, you can watch tutorial videos on YouTube.

Look for Low-Cost Fitness Options

Numerous sports and hobbies are free or have low initial costs. Use the nearby courts like public tennis and basketball courts. You could also go swimming at a pool. These simple exercises help to make the heart stronger. With a strong heart, your body can readily fight off numerous illnesses and inflammation. You can also try jogging, hiking, or volleyball. Oh! And cycling too! You could get a new bicycle but if you don't want to spend, dust off an old one (if you have any).



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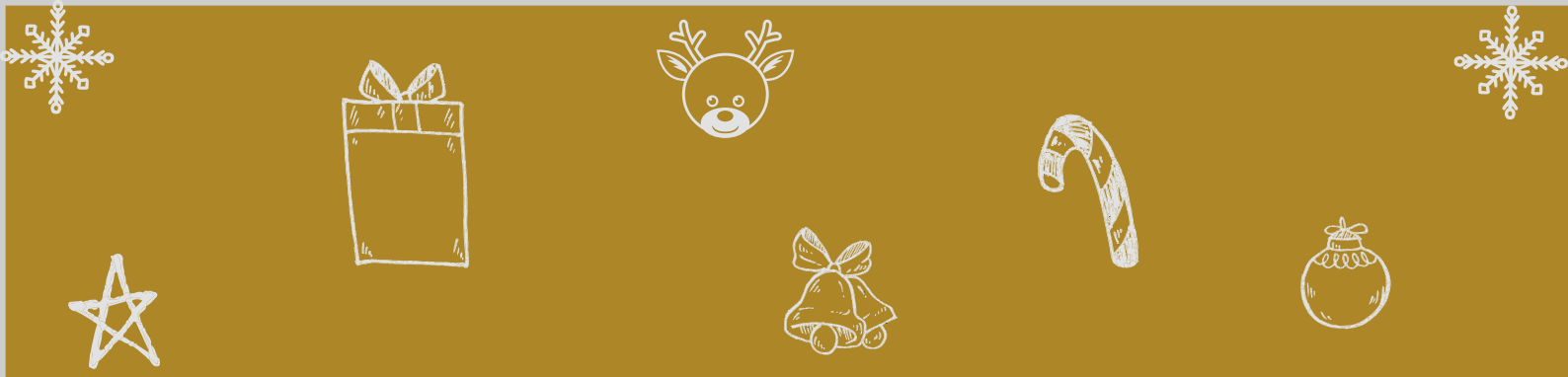
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When we're home, we get handy



DIY Christmas Decoration Ideas

People who are big on Christmas celebrations tend to spend a lot on decorations. However, with the rising cost of living you don't need to spend your year's savings to decorate your house and give it that "Christmassy" feeling. There are many Christmas decorations you can make with items you already have at home. Besides, making homemade Christmas decorations is a chance to get everyone involved and it helps with family bonding.

Bottle brush tree: One of the cutest Christmas decorations you can easily do is to place an iron bottle brush on a stand and decorate it with little flowers or ornaments and even cut out stars to place them at the top. Afterward, you'd have a lovely bottle brush tree that you can place on shelves, tables, windowsills, etc.



Holiday card Christmas tree: This is definitely a good idea for anyone who keeps Christmas cards (or even any cards) over time. Alternatively, you could make the cards yourself. All you need to do is arrange and stick the cards up on a wall or surface in the layout of a tree.

Balloons: Although balloons are not traditional Christmas decorations, we could still make them work. And no, it doesn't have to be only green and red balloons. With a pack of balloons, you could make colorful ornaments or garlands to hang inside or outside the house. If you know how to make shapes with balloons, that's a plus for you.



Colorful stockings: With stockings and a rope, you can upgrade some of your stockings at home to holiday stockings, especially those that are red or green (Christmas colors). You just need to put the stockings on a rope and hang them up as you desire. To add more life to the stockings, you can design them with glitter, cut-out shapes, ribbons, etc.

Paper ornaments: You don't even need to be skilled in origami to make lovely Christmas decorations with paper. You can cut out various shapes and hang them up as ornaments, or even use strips of paper to make a garland. In fact, with lots of paper, glue and a pair of scissors, there are tons of things one can make, ranging from paper balls, paper angels, paper snowmen, paper flowers, layered paper Christmas trees, etc.



Your Bucket List Needs more Items!

Christmas is in the air! And to make it even more pleasant, here are ten things to add to your Christmas bucket list. There's a bonus tip at the end, don't miss it.

Put up a Christmas tree with your family:

This could be a family tradition and an opportunity to bond as it involves setting up the Christmas trees, adding decorations, and wrapping Christmas gifts. It's a fun exercise that will bring laughter, ease stress, build communication, and more importantly, make unforgettable memories.

Make and exchange handmade Christmas cards:

Get together with a few people and set a date to make your Christmas cards. It could be your group of friends, colleagues or even family. All you need to make a Christmas card is cardboard, glue, markers, and decorations. You can snack on some cookies while making the cards.

Create a Christmas playlist and share it with loved ones:

To get into the Christmas spirit, you can create a playlist of your favorite Christmas songs on Spotify, Apple Music, or Audiomack. Afterward, share the link to the playlist with your friends and family to get in the holiday mood.

A Christmas scavenger hunt:

One way to make Christmas enjoyable is with a scavenger hunt. Each day, you'll hide a small gift and provide a hint that will help someone locate it.

Try eating traditional food on Christmas rather than intercontinental dishes:

To make Christmas memorable, you could cook your traditional meals instead of the typical jollof rice, fried rice, salad, and so on. Or better still, cook both. Remember that variety makes life interesting.

Attend a Christmas carol:

You can grab your friends or family to attend a Christmas carol at your local church. Dressing in Christmas colors makes this fun.

Give to the needy:

Christmas is not just about celebrating the birth of Jesus Christ and spending time with family. It is also about giving to those in need. You can do this by donating to a food drive, visiting an orphanage home, giving to widows, and so on. Just ensure you do all this with a smile.

Watch classic Christmas movies:

Slip into your coziest pajamas and go on a Christmas movie spree. Don't forget to get popcorn! Some movie recommendations are A Naija Christmas & Holidate.

Take pictures:

What is Christmas without taking pictures? Take your time on Christmas Day to dress beautifully and take memorable pictures.

Bonus:

As a bonus tip, wish someone a Merry Christmas in your local dialect.

5-Gift Rule for Christmas

Culled from *Just Plan Books*¹

Christmas is a time for giving, but if your budget is tight or you're struggling to find the right gift it can also be a time of stress! Shopping for Christmas gifts can be one of the most stressful parts of the holiday season. What do you get for your loved ones? What if they don't like what you get them? What if you can't afford to get them something nice? And of course, there's always someone who doesn't want anything! One way to combat the stress of gift buying is to follow the Gift Rules. Gift rules are guidelines that help you narrow down your options and make sure you're sticking to a budget. One popular gift rule is the **5-gift rule**. What is the 5-gift rule for Christmas? The 5-gift rule involves limiting your gift-giving to five gifts for the people you care about: one for each of the following categories: something they want, something they need, something to wear, something to read, and a special gift. It's a great way to spread out the cost of Christmas and make sure everyone gets at least one present they really want. By following these tips, you'll be able to stick to the rule and make sure your loved ones have a happy holiday season.

What are the 5 Gifts?

Something They Want

What is something that your loved one has been hinting at? What is something they've been wanting for a while now? If you're not sure, ask their friends or family members for some ideas.

Something They Need

This could be something practical, like a new winter coat or a new set of dishes. Or it could be something that will make their life easier, like a new vacuum cleaner or a set of storage bins.

Something to Wear

This could be a piece of jewelry, a scarf, or a new pair of shoes. Or it could be something more unique, like a vintage shirt or a custom-made tie.

Something to Read

This could be a new novel, a cookbook, or a coffee table book. Or it could be something more unique, like a graphic novel or an illustrated history book.

A Special Gift

This could be a gift that gets them into the holiday spirit! Maybe a festive decoration for their home, a holiday-themed mug or ornament, or a festive piece of clothing. It could be something that you know they'll love, even if they don't realise it yet. Or something unique, like a hand-carved wooden box or an antique book. Maybe a personal gift, like a custom-made piece of jewellery or a framed photo of you together.

THINGS TO CONSIDER

- Make sure your family are on the same page. Talk to them about your budget and what they're expecting. This will help avoid any hurt feelings or misunderstandings.
- Christmas gift rules are meant to take the stress out of Christmas by simplifying the gift-giving process. But if you find yourself getting stressed out about following a rule too closely, it's probably time to take a step back and reassess. Remember, the most important thing is that you enjoy the holiday season with your loved ones.
- The five gift rule is a great way to simplify the gift-giving process and make sure everyone gets at least one present they really want.



¹ <https://justplanbooks.co.uk/what-is-the-5-gift-rule-for-christmas/#:~:text=The%20five%20gift%20rule%20says,read%2C%20and%20a%20special%20gift>



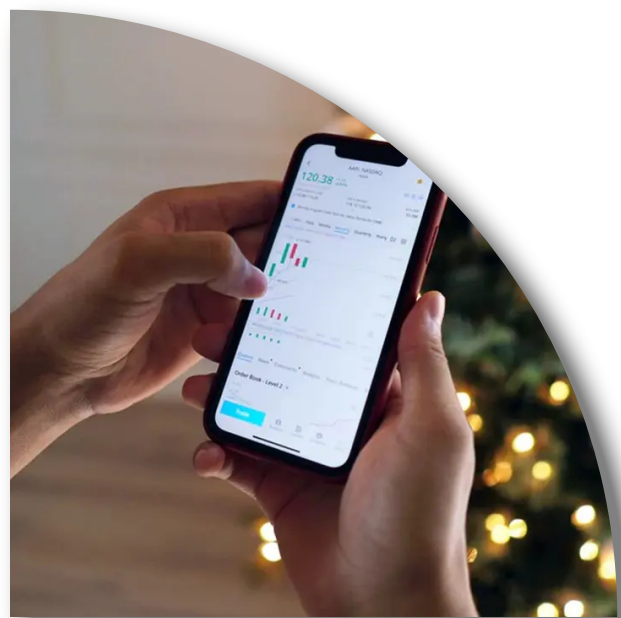
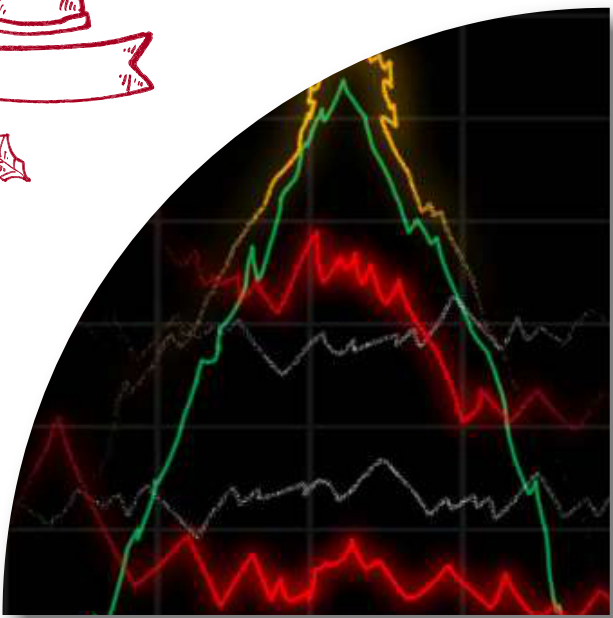
CHRISTMAS PUZZLE

The first three words you find will come alive for you in 2023

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



More Importantly, We Plan for the New Year



*Here Are Barron's
5 Top Stocks for
the New Year*
Culled from Barron's¹



The stock market is coming off its worst year since 2008, but it was finally a good year for value investing—and it was a good year for Barron's favorite picks, as well. Every December for the past 13 years, Barron's has identified 5 promising stocks that could outperform the market. This year's group had a value bent, a benefit during a year when value outperformed growth by 19 percentage points. Barron's 5 picks did even better.

The 5 stocks had a negative total return of 1.7% through Dec. 14, as measured from our publication date in December 2021. That's 10 percentage points better than the S&P 500 SPX -0.90% index, which was down 12.1%, including dividends, over that span. Six of

those 10 stocks are ending 2022 in the black, led by Shell (ticker: SHEL) and IBM (IBM), a surprise winner in the tough technology sector. Amazon.com AMZN -3.35% (AMZN) and General Motors GM -2.02% (GM) were the two biggest losers.

Alphabet

The Google parent's stock dropped 34% in 2022 as revenue growth slowed and investors worried about weaker search-advertising trends. At a recent \$95, the shares now trade for 18 times projected 2023 earnings—a market multiple for a market leader. Alphabet's core price/earnings ratio is even lower, given losses at its Other Bets businesses, including Waymo, a leader in

autonomous vehicles. The company's headcount is up 20% this year and has nearly doubled since 2018. Alphabet seems to be getting the message—it recently consolidated its Maps and Waze teams. There could be deep cuts ahead. Alphabet should also be paying a dividend, something that is typical for a mature and earnings-rich company that went public 18 years ago. That possibility is just one more reason to like the stock.

Amazon.com

A slowdown at Amazon's cloud-computing and retail units this year hammered its stock, which is off 45% to a recent \$91. The coming year should be better, as the company cuts costs and

realizes greater efficiencies in its online retail operations after more than \$80 billion of investments in fulfillment and transportation over the past three years. SVB Moffett Nathanson analyst Michael Morton, who recently began coverage of Amazon with an Outperform rating and \$118 price target, estimates that Amazon's retail segment has negative operating margins when excluding lucrative advertising revenue.

While Amazon aims to "delight" customers, it also needs to make a profit in its retailing business and is moving in that direction. At 50 times next year's earnings, Amazon stock isn't cheap, but few companies have two dominant businesses; the second is Amazon's highly profitable cloud business, Amazon Web Services, which has ample growth potential. While the stock might not match the 270% gain it posted in 2009 after its last big wipeout, it does seem poised for a better year.

Bank of America

The bank's slogan in recent years has been "responsible growth," and that is evident in the highest-quality loan portfolio among the biggest banks. Wall Street, however, isn't treating Bank of America much differently than its peers. The stock is down 25% this year to \$33 as investors worry about the impact of a potential recession on the industry.

Still, the stock, trading for under nine times projected 2023 earnings of \$3.69 a share, looks inexpensive and is yielding 2.8%. The bank's conservatism extends to its dividend, with an earnings payout ratio below some of its major rivals. The bank lends mainly to an affluent customer base that should hold up better in an economic slowdown. It's getting a boost to margins from rising short-term rates.

Madison Square Garden Sports

Sports teams are garnering record prices as billionaires pay up for trophy assets, but Madison Square Garden Sports, one of only two publicly traded plays on major professional sports, is languishing, despite owning two very valuable teams. The stock looks like a bargain, with the shares trading at \$160 and the company valued at \$3.9 billion—or at \$4.1 billion, including net debt. That's a 50% discount to the combined estimated value of the teams by Forbes, which puts the NBA's New York Knicks at \$6.1 billion and the NHL's New York Rangers at \$2.2 billion.

Medtronic

Medtronic is a dividend aristocrat, with 45 straight years of payout increases. But shares in the company, a top maker of medical devices, haven't been regal performers. Its stock, at around \$78, is off 24% in 2022 and is in the red over the past five years. The stock looks attractive trading for about 14 times projected earnings for its fiscal year ending in April, about half the P/E ratio of rivals Boston Scientific (BSX) and Stryker (SYK), while the dividend yield is 3.5% after an 8% boost in the payout in May. The company has had its problems. It lowered guidance by about 30 cents a share when it reported earnings in November—citing an unexpected sales slowdown and currency headwinds—and now sees \$5.25 to \$5.30 of earnings in its fiscal year ending in April. It also had a pipeline setback for a kidney device designed to lower blood pressure.



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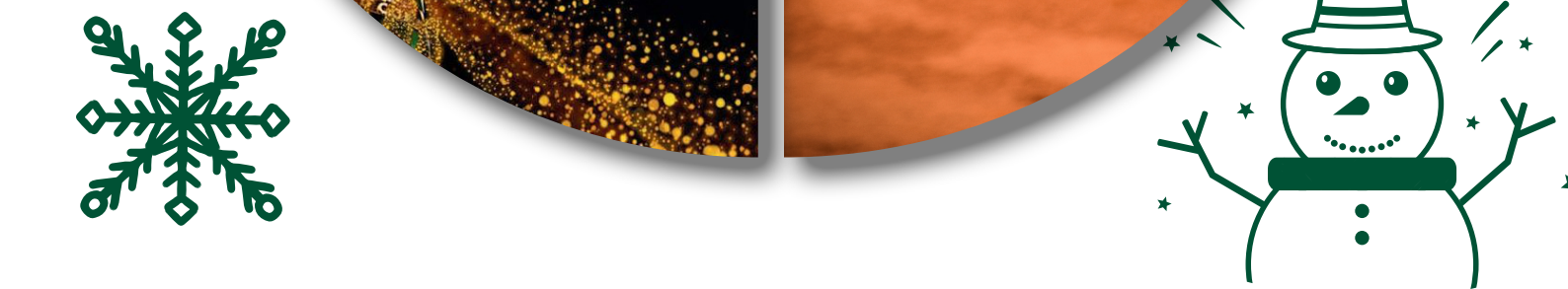
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Sports



2022 FIFA WORLD CUP

MESSI IS THE G.O.A.T & MOROCCO WON OUR HEARTS

The 2022 FIFA World Cup Final was played at the Lusail Stadium in Lusail, Qatar, on the 18th of December 2022 between Argentina and France. The game lasted for about 120 minutes with an additional 30 minutes after the match was dragged to extra time. It was an interesting match that put the fans and viewers on the edge of their seats.

The Argentina and Paris Saint-Germain forward, Messi, scored his first goal from a penalty shoot-out in the early hours of the game and it was doubled before the half-time

whistle was blown by the referee and former Real Madrid midfielder, Angel Dimaria. France's versatile forward, Kylian Mbappe opened the ground for goals in the 80th minute from the penalty spot and doubled it in the 81st minute through an assist from a fellow player, Marcus Thuram.

The 90 minutes' whistle was blown, and they took breaks before going for extra time. The ageless forward, Lionel Messi scored his second goal of the game and seventh goal of the tournament in the 108th minute of the game. This made him level with Mbappe who was on his seventh goal after scoring the second goal for France. Ten minutes later, Mbappe made it three, netting a hat trick and the eighth goal of the tournament.

Kylian Mbappe surpassed Messi by one goal for the Golden Boot as the World Cup's leading scorer with eight goals for the competition

after his three goals against Argentina on the final day. Additionally, Mbappe is the first player to score three goals in a World Cup final in more than 50 years. The winner of the 2022 world cup emerged after Argentina defeated France by four goals to two on penalty shoot-outs.



Lionel Messi was crowned the player of the tournament after leading Argentina to the 2022 FIFA World Cup triumph. The Argentina goalkeeper, Emi Martinez, who saved two penalties in the shootout, was awarded the best goalkeeper. Also, Enzo Martinez of Argentina was crowned the young player of the tournament.



OUR BELOVED MOROCCO

The surprise of the 2022 World Cup game is the record set by Moroccan players, by becoming the first African team to make it to the semifinal in the history of the World Cup. Morocco left the group stage unbeaten, conceding a lone goal in the group stage when they played against Croatia. The African giant emerged as the winner in Group F, a group featuring the likes of Canada, Belgium and Croatia. They went on with their exuberant performance to defeat Spain three goals to nil in a penalty shootout after the match was dragged to extra time with both teams failing to find the back of the net in the standard 90

minutes of the soccer game. They didn't relent on their oars as they thought they could do better in the competition. This winning mentality and high morale helped them defeat the Ronaldo-led team, Portugal by a lone goal.

During the semifinal stage, Morocco was paired with France. The team hoped to replicate their excellent form against the 2018 world cup champions, but the plan to progress to the final stage was sabotaged by the ever-performing France Players by two goals to nil.

Morocco had to fight for third place in the just-concluded

tournament. The Atlas Lions were paired with the Vatreni (Croatia national team), who were defeated three goals to nil in the semifinal by the Argentina team; to fight for third place. The match between Morocco and Croatia was not similar to their encounter in the group stage as they were defeated by two goals to one. Croatia booked the third place and Morocco came fourth in the quadrennial tournament that featured 32 nations across the globe. However, Morocco's performance in the tournament gave a sparkle of hope to African football with the belief that they can still do better in subsequent global competitions.



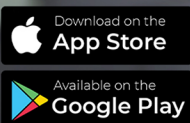


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New Year!!!







CHRISTMAS Trivia



- STINK, STANK, STUNK
- GERMANY
- EIGHT MAIDS A MILKING
- A BUTTON
- COCA COLA
- THE GHOST OF CHRISTMAS YET TO COME
- FELIZ NAVIDAD
- TREAT EVERY DAY LIKE CHRISTMAS
- FDC
- HANSEL AND GRETEL
- THE CHRISTIAN BISHOP ST. NICHOLAS
- HE BEGAN TO DANCE AROUND
- HOLY NIGHT
- CUPID
- BETHLEHEM

- o Where was baby Jesus born?
- o In the classic Christmas movie, How the Grinch Stole Christmas, the Grinch was described with three words. What are they?
- o What words follow "Silent Night" in the song?
- o Which real-life person is Santa Claus based on?
- o What did Frosty the Snowman do when a magic hat was placed on his head?
- o Which one of Santa's reindeer has the same name as another holiday mascot?
- o According to the song, what did my true love give to me on the eighth day of Christmas?
- o In the movie Elf, what was the first rule of The Code of Elves?
- o Which fairy tale was the first gingerbread houses inspired by?
- o What was Frosty the Snowman's nose made out?
- o How do you say, "Merry Christmas" in Spanish?
- o What is the name of the last ghost that visits Scrooge in A Christmas Carol?
- o What was the first company that used Santa Claus in advertising?
- o Where is the best place to read Christmas articles?
- o Which country started the tradition of putting up a Christmas tree?

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