

RELAXONOMIKS



Independence Day Edition



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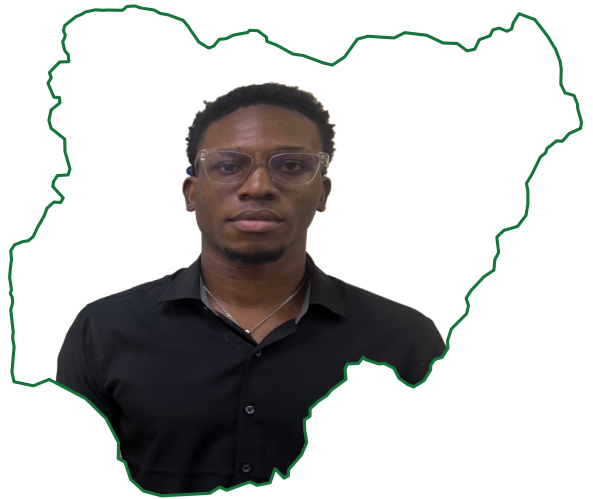
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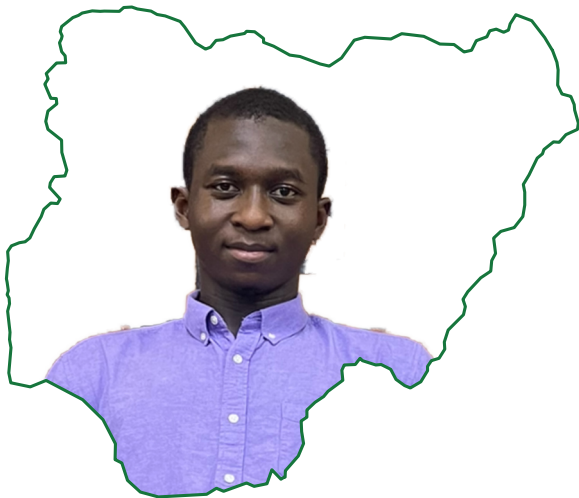
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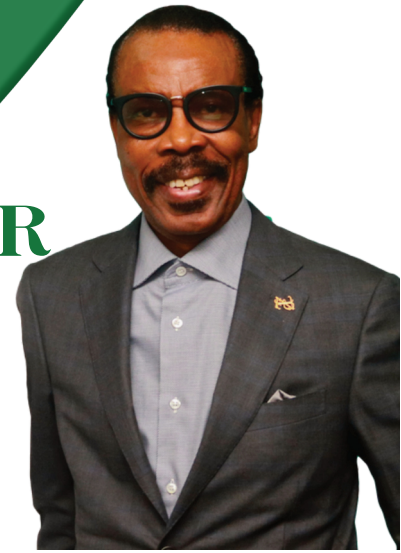


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NOTE FROM THE PUBLISHER



Dear reader,

Welcome to the 2023 Independence edition of the FDC Relaxnomiks

It's been 63 years since we bid our colonial masters farewell and embarked on the path of self-government. Fast forward to one civil war, several military coups and seven democratic elections later, the Nigerian economy has faced a myriad of significant changes, all leading up to the nation we know today.

Indeed, 2023 has been a rollercoaster ride. From the cash crunch to the new administration's policies, the country is yet to catch a break. Food prices have soared by 29.34% from last year, the naira recently crossed the N1000/\$ benchmark and global oil prices are near \$100pb, potentially increasing living costs for Nigerians. With just 93 days left till the end of 2023, many Nigerians face challenging times. But as they say, when the going gets tough, the tough get going. Besides, it is not over until the fat lady sings!

To help take your mind off these challenging economic times, this independence edition has been carefully curated with intriguing pieces on embracing unity in diversity, as well as books and movies to remind us of the past and potentially bright future of Nigeria. There is no better time to de-stress with a copy of Relaxnomiks than today. So, take a break, grab a drink, unwind and indulge this loaded issue of the FDC's Relaxnomiks.

Happy Independence Day!

Enjoy your read



Lifestyle

EMBRACING AUTHENTICITY: HOW TO BE YOUR OWN PERSON

Sometimes, the world tries to tell us who we are, what we should do, and how we should feel. But we don't have to listen to the noise, at least not for the most part. We can tune in to our own voice, heart and soul to be our own person. It starts by following our passions, strengthening our beliefs and living by admirable values. Here are some steps to take before you embark on this amazing journey of self-exploration.



Cultivate self-awareness

To be yourself, you must first have a thorough understanding of who you are. Consider your goals, values, and personal attributes such as your strengths and shortcomings. Determine what makes you happy, what ignites your passion, and what reflects your inner convictions. You will be better able to face the problems of life when you have a profound understanding of who you are.



Embrace your uniqueness

You are a one-of-a-kind masterpiece, with gifts and talents that only you can offer. Don't waste your time trying to be like anyone else. Focus on your strengths and polish them. Your uniqueness is your power.



Let go of external expectations

You can't make everyone happy, and you don't need their approval. Listen to your heart and follow your dreams. You are free to be yourself.

Surround Yourself with Supportive People

Find your people, the ones who share your vision and cheer you on. They will be your haven, where you can be yourself and speak your mind. These true friends will help you grow and shine.



Practice Self-Compassion

You are not perfect, and that's okay. Love yourself, flaws and all, like a true friend, be yourself and explore who you are. Follow your heart, and don't be afraid to fail. Live life, your way, with joy and pride.



OUR HEROES PAST

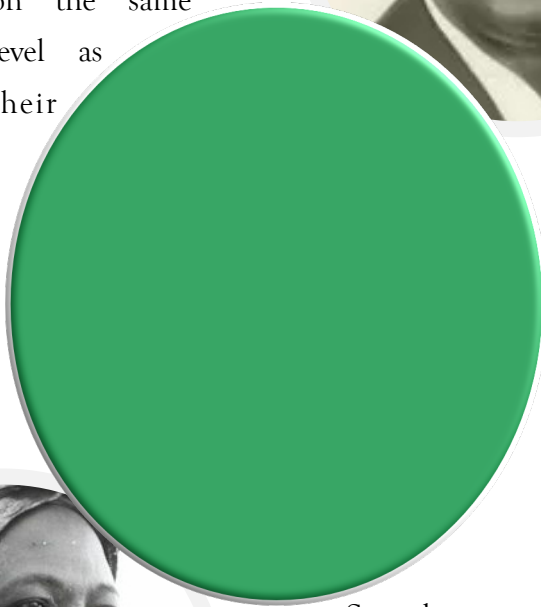
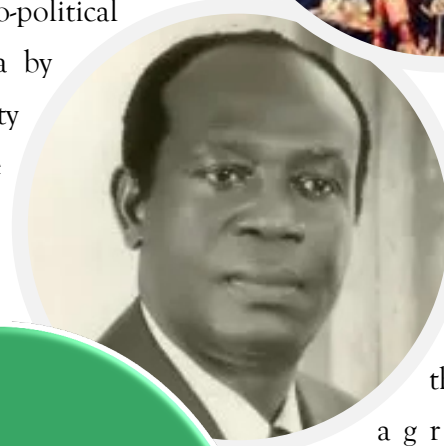
Ever wondered what it takes to be a hero? It's an honour that invigorates the soul, much like Nigeria's very first president, Nnamdi Azikiwe. In his exact words, he said, ".....my country is now free and I have been honoured to be its first indigenous head of state. What more could one desire in life?"

So, buckle up as we journey through the pages of history and explore the lives of Dr. Nnamdi Azikiwe and the other patriots who helped to build a nation that is home to over 200 million heroes today.

Sir Ahmadu Bello

Let us introduce you to Sir Ahmadu Bello, a truly inspiring figure, whose legacy remains in the hearts of millions of Nigerians. He was famously known as Sardauna of Sokoto, and he transformed the socio-political

atmosphere of Nigeria by creating a political party that represented the Northern interests to ensure that they were on the same level as their



During his time at the CBN, Dr. Isong championed many initiatives that promoted agricultural

development to reduce Nigeria's overreliance on oil. When he became the governor of Cross River State, he understood the intricate role of culture in connecting past and future generations together. His administration promoted several cultural initiatives, which is why the heritage of the state remains vibrant today. Dr. Clement Isong, is a reminder that heroism isn't always flashy; it's about making a lasting impact, one calculated step at a time.

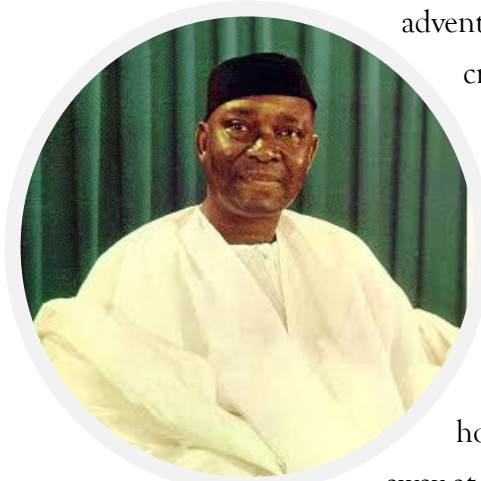
Southern counterparts. He was also knighted in 1959 as the Knight Commander of the Order of the British Empire (KBE) by the late Queen Elizabeth II. How cool is that? Sadly, he was assassinated in 1966.

Dr Clement Isong

Not everyone is privileged to govern a state or the Central Bank of Nigeria.

Dr. Nnamdi Azikiwe

Commonly known as Zik, the story of Dr. Azikiwe's quest for our independence is as captivating as the pages of an



adventure novel. In fact, his most deadly weapon was his pen, and he often critiqued the policies of our colonial masters. That's right, your first president was a journalist, and he also spoke three other languages. He co-founded a political party in 1944 with Herbert Macaulay, who, together with the Northern People's Congress (NPC), led the country to independence. Out of the joy he felt on October 1, 1960, he said, "My stiffest earthly assignment is ended, and my major life's work is done. My country is now free, and I have been honored". Rejoicefully, he lived a long and fulfilled life, passing away at 91 in his native hometown of Onitsha.



As we conclude these chapters of history, we must remember that these heroes weren't untouchable legends. They are but inspirations to connect our past to our present and future. In the tale of our heroes' past, we find the essence of what makes us Nigerian: unity, progress, and the belief that we can shape a better tomorrow.

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UNITY IN DIVERSITY

ATTENDING A NIGERIAN

WEDDING

With over 300 ethnic groups, each with distinct cultural characteristics and rich customs, Nigerian weddings are colorful and elaborate with a cocktail of traditions passed down several generations. Our exuberant and fun-filled weddings epitomize our traditions and the beauty of our diversity, couples can, however, mix their traditional customs with more modern styles. At the end of each wedding

ceremony, there is typically a reception full of different Nigerian cuisines, entertainment and lots of money spraying! Let's look at different weddings of the three major tribes in Nigeria: Igbo, Hausa and Yoruba.

Hausa and Yoruba.

Igbo

In an Igbo traditional wedding ceremony, usually called wine-carrying, the bride searches for her husband hidden in the crowd of well-wishers. She searches to give him palm wine which signifies that he is the man she intends to marry. After he drinks the wine, the couple goes to the bride's father for his blessings on their marriage. The men typically wear isi agu (traditional Igbo attire with lion heads) with red caps, while the women are usually adorned in coral beads and bright dresses.

Hausa

In Hausaland, the dowry, also called sadaki, is paid on the wedding day, (fatiha), by the groom's family to the bride's family. On this day, the women are not allowed to participate and are indoors preparing the bride to transition into married life. Unlike in the other ethnic groups, the vows are exchanged by a representative from both couples' families in front of a religious leader and guests. Hausa brides are known to be demure and regal with their dressing; they are pampered in hennas and humrahs. In contrast, the grooms may don a woven hat, fula, with their native attire. There is also an event strictly for the ladies, known as the wuni. The bride, with her friends and female family members, embellishes their hands and feet with beautifully designed henna.

Yoruba

The Yorubas are known for their large vivacious parties/ceremonies called owambe, filled with entertainment and food. The bride and her bridesmaids wear traditional attire called aso-ebi, while the groom and his groomsmen typically wear traditional clothing, agbada, a four-piece outfit. The master of ceremony, the Alaga, who is traditionally a woman, guides the proceeding of the event and ensures that the traditional rites are correctly followed. During the ceremony, the groom, with his groomsmen, prostrates at the feet of the bride's family, symbolizing his honour.



FIVE INFLUENTIAL WOMEN IN NIGERIA'S HISTORY



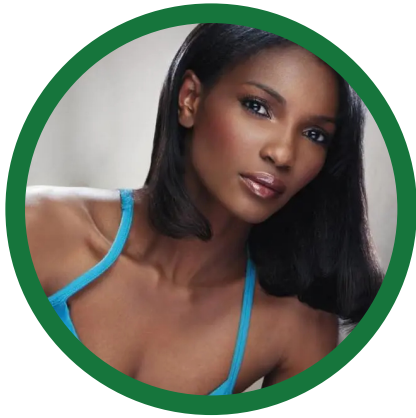
Funmilayo Ransome-Kuti

Ngozi Okonjo-Iweala

Nigeria's rich history is embellished with exceptional women, showing strength and determination. They broke norms to make lasting impact and their successes resonate worldwide, inspiring generations.

1. **Funmilayo Ransome-Kuti**, a dynamic force for change, pioneered women's rights and political activism, pivotal to Nigeria's road to independence. Her steadfast drive led to the creation of the Nigerian Women's Union and the Federation of Nigerian Women's Societies, empowering countless women. Globally recognised, she earned the Lenin Peace Prize and membership in the Order of the Niger. Beyond politics, she steered the wheel of progress as the first woman to drive a car.

2. **Ngozi Okonjo-Iweala** is an esteemed economist and international development expert, with 30 years of experience in her field. Notably, she is the first woman in Nigeria to serve as finance minister twice. With an unwavering passion for economics, she embarked on a 25-year career at the World Bank. In recognition of her exceptional contributions, Dr Okonjo-Iweala earned the title of Forbes African of the Year in 2020. Popular for her Ankara attires and head tie, she is also praised for her fortunes, which includes being part of the 50 Greatest World Leaders. A pinnacle moment not only for Okonjo-Iweala but also for Nigeria and Africa was her historic appointment as the director-general of the World Trade Organisation in 2021.

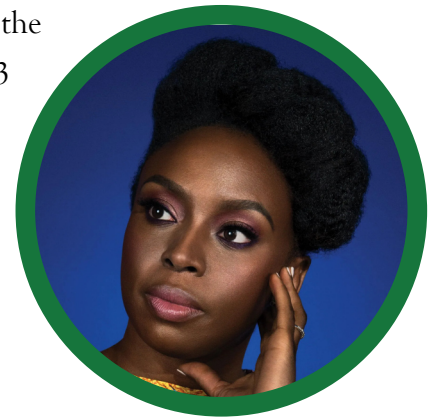


Agbani Darego

Agbani Darego is a renowned model and beauty queen. Her journey to success began when she secured the coveted title of the Most Beautiful Girl in Nigeria in 2001. A few months down the line, she contested at the Miss Universe competition and emerged among the top 10 semi-finalists, finishing seventh overall. Undeterred, she pursued the Miss World title and made history by winning it. Her win was not only a personal triumph but a win for Africa, as she became the first indigenous African to claim the coveted crown. In recognition of her outstanding achievements, she was conferred with the national honour of the Member of the Order of the Federal Republic (MFR).

Chimamanda Ngozi Adichie is a prominent author, well renowned for her works on politics, culture, race, and gender. In 2008, she was honoured with a MacArthur Foundation "Genius Grant." Numerous universities have bestowed honorary doctorate degrees on her, a testament to her influence. Let it be known that her debut novel, "Purple Hibiscus" (2003), secured the Commonwealth Writers' Prize, while "Half of a Yellow Sun" (2006), her second work, earned her the Orange Prize. Notably, her 2013 novel "Americanah" achieved a distinction by winning the US National Book Critics Circle Award and securing a spot on The New York Times' Top Ten Best Books of 2013.

Chimamanda Ngozi Adichie



Dora Akunyili

Dora Akunyili was a notable Nigerian pharmacist, academic, and public figure. She made significant contributions by leading the National Agency for Food and Drug Administration and Control (NAFDAC) from 2001 to 2008, where she played a vital role in addressing counterfeit drugs and ensuring medication safety in Nigeria. Her dedicated efforts earned her recognition on both national and international levels. Additionally, Akunyili served as Nigeria's Minister of Information and Communication, advocating for transparency and positive changes in governance.



Sports

Nigerian-American basketball player, **Suleiman**, was born in Benin City but relocated to the United States in 2001. He successfully tried out for the Rio Grande Valley Vipers, his first team in his professional career, and left them after 15 games. Since then, he's played for several countries like Japan, Qatar and France.



Nneka Ogwumike is an American professional basketball player who plays for the Los Angeles Sparks in the WNBA. She was a member of the USA's gold-winning under-18 team. She has also played as a member of Team USA at the FIBA World Championship for Women.

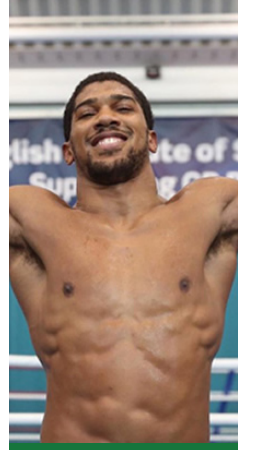
Fasuba is a Nigerian 100m sprinter and African record setter born in Sapele, Delta 1984. He had his breakthrough in 2003 after being selected for the 4 x 100 meters relay at the 2003 World Championships in Athletics.



Born on September 5th to Yoruba parents, Saka has become recognised in the minds of young Nigerians. He made his breakthrough when he got signed to the U23 (under-23s) for the Premier League club Arsenal. He also represents the English football team in the World Cup and is considered one of the best young players globally.

NIGERIAN SHINING SPORT STARS

From humble beginnings to success and from grassroots beginnings to the global stage, Nigerians have made their names known worldwide across several sports, like boxing, football or basketball. These stars illustrate the idea of resilience, dedication and hard work as they embody their role as models to young ones in the pursuit of greatness. Here are a few sports stars born in Nigeria or to Nigerian parents.



He is a professional British boxer and holder of several boxing titles. He previously held the Commonwealth and British heavyweight titles from 2015 to 2016. Anthony debuted as a professional boxer at the O2 Arena in London in 2013; since then, he's paved his way as one of the world's best-active boxers.



Esther Onyema, born on April 20th, 1983, is a Nigerian paralympic powerlifter and champion. Onyema is a two-time world record setter and gold medalist in the last three consecutive Commonwealth Games.



Israel Adesanya is a Nigerian-born New Zealand mixed martial artist, former boxer, and kickboxer. He was born in Lagos as the eldest of five children, and at the age of 21, he moved to New Zealand and began training in mixed martial arts with future UFC fighters.

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THE SUPER FALCONS

There was noise in the streets as the young and old cheered, hoping the Super Falcons would emerge victorious. The Super Falcons were playing, and the jubilant crowd roared for the home team, hoping for a goal. Football unites people, countries, and nations. People, regardless of their gender or religion, converge in groups to celebrate and motivate their supporting clubs. So, in honour of our Independence Day, let's dive into some of the best Nigerian female footballers yet, in no order!

1. Francisca Ordega

Francisca, nominated for best female African football player, was born on the 19th of October 1993. She represents Nigeria at the African Women's Championship and the FIFA Women's World Cup. Ordega also plays as a forward for the Russian women's football team, CSKA Moscow. Despite a knee injury in July 2017, she scored four goals and earned fourteen appearances. Talk about a go-getter!

2. Patricia George

Patricia, who just announced her retirement from football for personal reasons, is an American-born Nigerian football player. She plays for the Nigerian women's national team, Super Falcons, and as a forward for Turkey's women's club, Fenerbahçe SK.



3. Ifeoma Onumonu

This American-born football player has represented Nigeria in football matches since 2021. Ifeoma Onumonu has played for several football teams, including her current team -NJ/NY Gotham FC and appeared in 18 games for Boston in her beginner season.

4. Rasheedat Ajibade

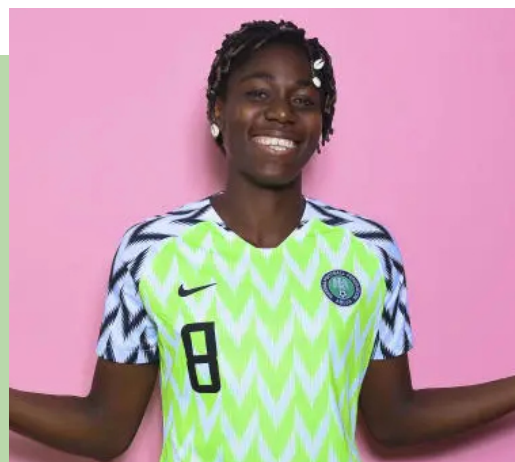
Rasheedat Ajibade, aka “The Girl With The Blue Hair”, aka “RASH”, is a Nigerian footballer known for her bright blue hair on the field. She has represented Nigeria in several competitions and was recognised as one of Africa’s most promising young football players.

5. Asisat Oshoala

Oshoala, widely regarded as one of the best in the world, has won African Women’s Footballer of the Year a whopping five times! She is a striker for the Spanish club FC Barcelona and the Nigerian women’s team, Super Falcons. Fun fact: she was the first African and Nigerian player to score a UEFA Women’s Champions League goal.

6. Michelle Alozie

Alozie is a Nigerian professional football player representing the Super Falcons and the Houston Dash. She was born and raised in California to Nigerian parents.





Food

A CULINARY JOURNEY THROUGH NIGERIAN CULTURES

Nigeria's diverse ethnic groups boast a remarkable culinary landscape, each with its unique flavours and ingredients. Let's explore one traditional dish from each culture (Igbo, Yoruba and Hausa) and learn how to prepare them.

Today's first dish is an Igbo delicacy, **Ofe Nsala (White Soup)**

Ofe Nsala is a delicious soup that showcases the richness and diversity of the eastern Nigeria cuisine. It combines various meats, fish, and spices to create a mouthwatering dish that is perfect for any occasion. To make this soup, follow these steps:

Ingredients

- Assorted meats
- Catfish fillets
- Yam slices
- Utazi leaves
- Grounded crayfish
- Pepper
- Salt
- Ogiri
- Stockfish (optional)

Preparation

- Season and boil the assorted meats in a large pot until they are tender. You can use any meat of your choice, such as beef, goat, chicken, or tripe. If you are using stockfish, soak it in some water for a few hours before adding it to the pot.
- In another pot, cook the catfish fillets in some water with a pinch of salt until they are done. Be careful not to overcook them as they can easily break apart. Drain and set aside.



OFE NSALA

Preparation

- Peel and cut some yam into thin slices and add them to the meat pot. Cook until they are soft, then mash them with a wooden spoon and return them to the pot. This will thicken the soup and give it a smooth texture.
- Add the grounded crayfish, pepper, ogiri, and sliced utazi leaves to the soup and stir well. Adjust the seasoning to your taste. These ingredients will enhance the flavour and aroma of the soup.
- Add the cooked catfish to the soup and simmer for a few minutes to let the flavours meld together.

Your Ofe Nsala is ready to serve! Enjoy it with any swallow of your choice, pounded yam or fufu. Ofe Nsala is a feast for the senses, with its rich and creamy texture, its tender and juicy meats, its spicy and savoury, and its fresh and aromatic herbs. It is a hearty and satisfying dish that will warm your soul and fill your belly.

TUWO SHINKAFA AND MIYAN KUKA – A TASTY TREAT FROM HAUSALAND

Ingredients

- Rice
- Salt
- Baobab powder
- Water
- Palm oil
- Onions
- Crayfish
- Pepper
- Assorted meats

Preparation

- Cook the rice until it is very soft, then mash it with a wooden spoon and season it with salt. This is the tuwo shinkafa.
- Mix the baobab powder with water to make a paste, then fry some onions in palm oil and add the paste, crayfish, and pepper. Stir well and add your cooked meat of choice. This is the miyan kuka.
- Serve the tuwo shinkafa and miyan kuka together and enjoy this hearty meal that will fill you up and satisfy your taste buds.



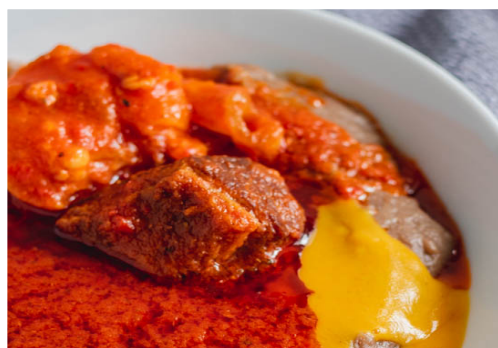
AMALA AND EWEDU

Ingredients

- Yam flour
- Water
- Ewedu leaves
- Locust beans
- Potash
- Ground crayfish
- Bouillon cube
- Salt

Preparation

- First, pick and wash the ewedu leaves and boil them in water with potash for about 15 minutes. Then, mash them with a broom or a blender and add locust beans, crayfish, bouillon cube and salt to taste. Simmer for a few minutes and set aside.
- Next, boil some water in a pot and gradually add the yam flour, stirring continuously to avoid lumps. Adjust the consistency by adding more water or flour as needed. Cook for about 10 minutes and wrap in nylon.
- Serve the amala with the ewedu soup and enjoy your meal.





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FOOD INDEPENDENCE



Independence Day is a joyful moment to celebrate the liberation of our dear nation, heroes and heritage. In honour of the national day that is around the corner, I share with you the tips to increase food independence in our dear nation.

A well-known fact is that food is crucial for human survival; almost all countries in the world are facing food insecurity challenges now, and Nigeria is not left out. This was mainly due to climate change, exacerbated by carbon emissions. To overcome the food crisis, it is paramount for every household to engage in food independence exercises that are eco-friendly and sustainable.

What is food independence?

Food independence means an individual's or community's right to produce healthy food for consumption without government intervention. It is an ideal system of sustainable living because growing food organically provides nutritional health benefits to both the consumer and the whole environment. Let's make this Independence Day an occasion to celebrate our part in the proud agricultural heritage that helped build the nation, Nigeria.



How can this be achieved?

Here are some strategies to promote food self-sufficiency while minimizing environmental impact:

Let's go green: Every home and community should promote sustainable farming practices such as agroecology, organic farming, and permaculture. In this rainy season, you can create a farm garden in your house or locality that will have varieties of vegetables such as spinach, iceberg lettuce, carrots, potatoes, kale, and peas. Plant seasonal crops like corn and yams. These methods prioritize soil health and biodiversity and reduce our intake of foods that have chemical inputs.



Limit waste: Every festivity is celebrated with different delicacies and drinks; let's cultivate the habit of proper waste management, mostly non-biodegradable waste. The waste we dispose of ends up in landfills, the ocean, or being burned. This pollutes the environment and water, causing floods and droughts that destroy farm produce. This can be mitigated by replacing the use of disposable plastic items with reusable alternatives that are made from steel and wood, which are healthy for the planet.



Food Preservation: Promote food preservation techniques such as canning, drying, and fermenting to extend the shelf life of produce and minimize food waste.

Reduce Meat Consumption: Encourage a shift towards plant-based diets or reduce meat consumption. Livestock production has a significant environmental footprint in terms of land use, water consumption, and greenhouse gas emissions.



Achieving food independence in an eco-friendly manner is a laudable goal that aligns with sustainable development principles. By implementing these strategies, communities can work towards achieving food independence in a manner that respects the environment, supports local economies, and contributes to a more sustainable and resilient future.



Entertainment

INTERNATIONAL STARS YOU PROBABLY DIDN'T KNOW WERE NIGERIANS

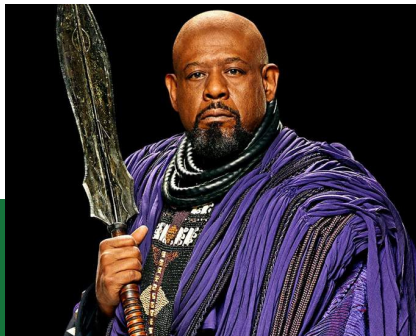
You might be amazed to learn that several international stars that grace our screens, whether in music or everyday films and shows, are of Nigerian descent or heritage. Some of them you've heard in foreign accents in your favourite series or seen their names in the credits of movies, and others you've presumably come across pictures on social media. Lovethem or not, here are eight international stars you'll be surprised to know are of Nigerian descent.

You likely saw him in 12 Years a Slave as Solomon Northup, or if you're an action enthusiast, as Karl Mordo in Doctor Strange. Well, guess what? This repeatedly nominated actor was born to Nigerian parents in East London.



Chiwetel
Ejiofor

Forest
Whitaker



He is a recipient of numerous awards, an actor, a producer and a director. He has appeared in Black Panther as Zuri, in The Godfather of Harlem as Ellsworth, Southpaw and many other movies and TV shows. Whitaker gets his Nigerian ancestry from his Igbo father.

The ultimate grime rapper Joseph Adenuga Jr., popularly known as Skepta, was born in Tottenham, England, to Nigerian parents. He is the eldest of four children from his parents, with Yoruba and Igbo roots. He has won several awards, some of which include BET awards and MOBO awards.



Skepta

With his great height, speed and skills, it's no surprise Giannis is widely regarded as one of the most prominent European basketball players in history. Fun fact, he derived his surname Antetokounmpo from the direct translation of the Greek transcription of Adetokunbo.



Giannis
Antetokounmpo

Uzo
Aduba



Uzo is most recognised for her role as Suzanne Warren in the Netflix original series Orange Is the New Black. She has won multiple accolades for her performance in the series, including an Emmy Award for Outstanding Guest Actress in a Comedy Series.

In the Star Wars sequel trilogy, he is popularly known for his award-winning character, Finn. John first claimed fame in the comedy horror film Attack the Block and also starred in Woman King. John was born in Camberwell to Yoruba-Nigerian parents.



John
Boyega

Tyler, the
Creator



Tyler Okonma, professionally known as Tyler, the Creator, is an award-winning American rapper and record producer born to a Nigerian father. Some awards Tyler has won include two Grammy Awards and a BRIT award.



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MOVIES THAT HIGHLIGHT

WOMEN'S INDEPENDENCE AND EMPOWERMENT

Now, let's talk about movies. You know those scenes that give you goosebumps, where women step up and take charge? It's like a universal thrill. Whether they're taking charge in the boardroom or leading men and women into battle, women aren't just in the picture; they're owning it. Join us for an up-close journey into these films, where you can witness firsthand how women have redefined empowerment and inspired millions around the world.

Mulan: Mulan is a Disney animated film that tells the story of a young woman who disguises herself as a man in order to save her old and feeble father from serving in the army. Mulan is a strong and independent woman who is not afraid to take action when necessary. A truly inspirational story for the millions of women in Nigeria who are determined to do great things.



Hidden Figures: This incredible movie tells the untold story of three African-American women who worked as mathematicians at NASA during the Space Race. It shows us firsthand, the intelligence and determination of the women who overcame racism and gender discrimination. They made significant achievements in their field by contributing to the launch of astronaut John Glenn into orbit.

Wonder Woman: It's about the story of Diana, the princess of the Amazons, who leaves her home to fight in World War I because she is convinced that she can make a difference. She is truly a powerful and inspiring figure, who shows women can be just as strong and capable as men, if not better.



Enola Holmes: This mystery film tells the story of the younger sister of Sherlock Holmes, a really clever detective. She is a smart and resourceful young woman who sets out to find her missing mother and, in the process, unravels a dangerous conspiracy. Enola is a role model for young girls who want to be independent and not be under the shadow of any man.

Harriet: Based on the incredible life story of Harriet Tubman, the movie takes us through her escape from slavery and how she transformed into one of America's greatest heroes. This was after the plantation owner failed to keep his promise to free her family. Through her courage and tenacity, she becomes an abolitionist and eventually defies odds to change the course of her life and the fate of her nation.



Woman King: A historical epic inspired by the account of Agojie, a West African female warrior unit. Faced with a new threat, Gen. Nanisca, played by Viola Davis, trains an all-women army of her own to fight against the Oyo army that's determined to destroy their way of life.

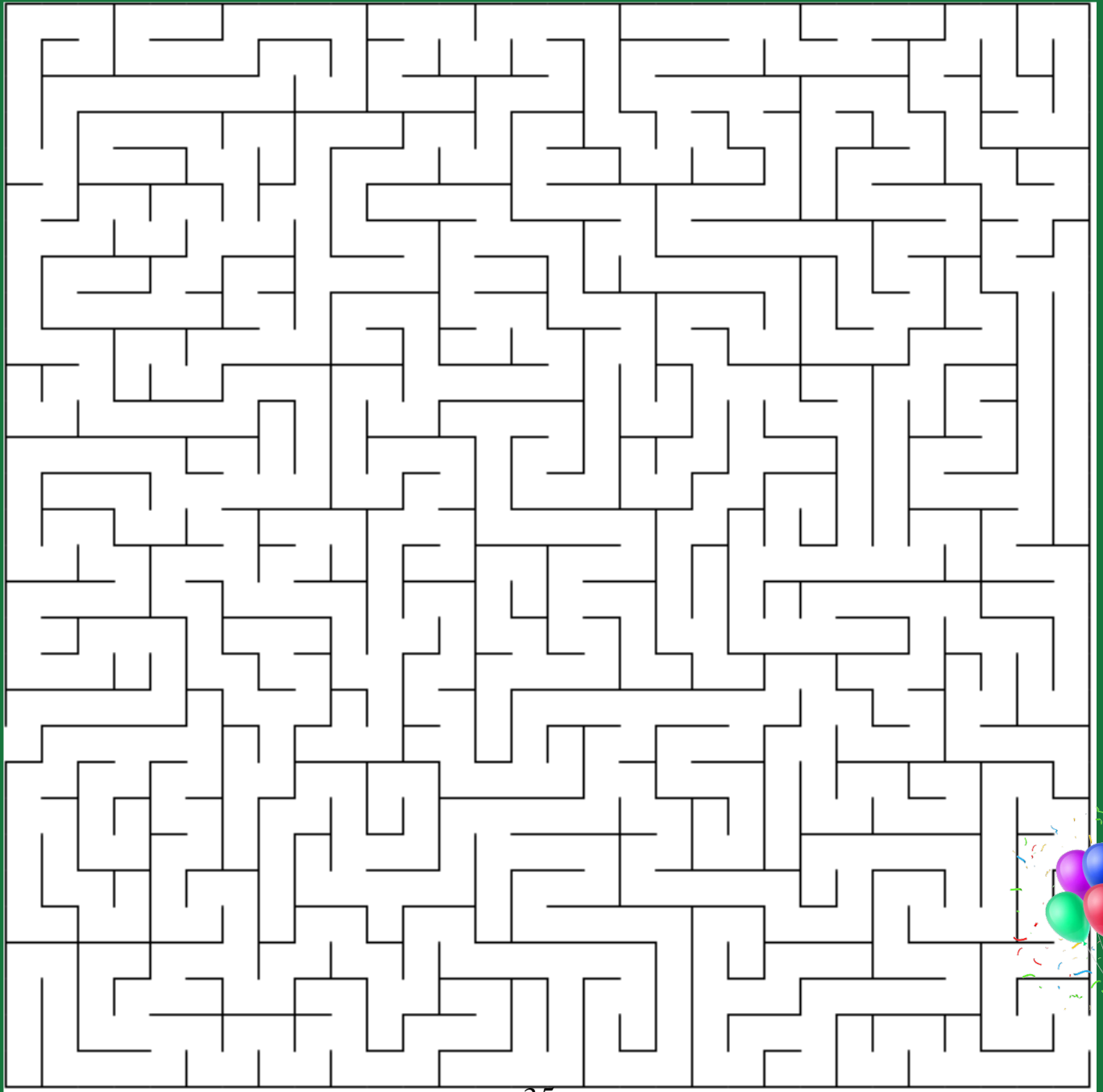
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