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# Rēlaxnomiks

Eid edition II



# Table of Contents

Eid edition ii

01

*Note from the publisher* 05

02

*Sallah Holiday tips* 06

03

*Entertainment* 14

04

*Fashion* 20

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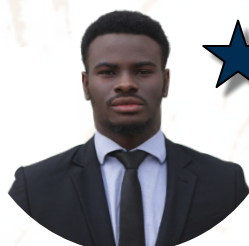
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Dear Reader,

## Note from the Publisher

The second quarter of 2025 has brought its share of twists and turns in the global economy, with ripple effects that Nigerians feel keenly. The ongoing uncertainty surrounding international trade policies, highlighted by the latest developments around tariffs, has contributed to volatility in oil markets. Brent crude prices have dipped from around \$75 per barrel in Q1 to approximately \$65 so far in Q2.

For Nigeria, an economy deeply tied to oil exports, this downward trend poses significant challenges: lower export revenues, pressure on foreign exchange inflows, and potential knock-on effects on inflation and the cost of living.

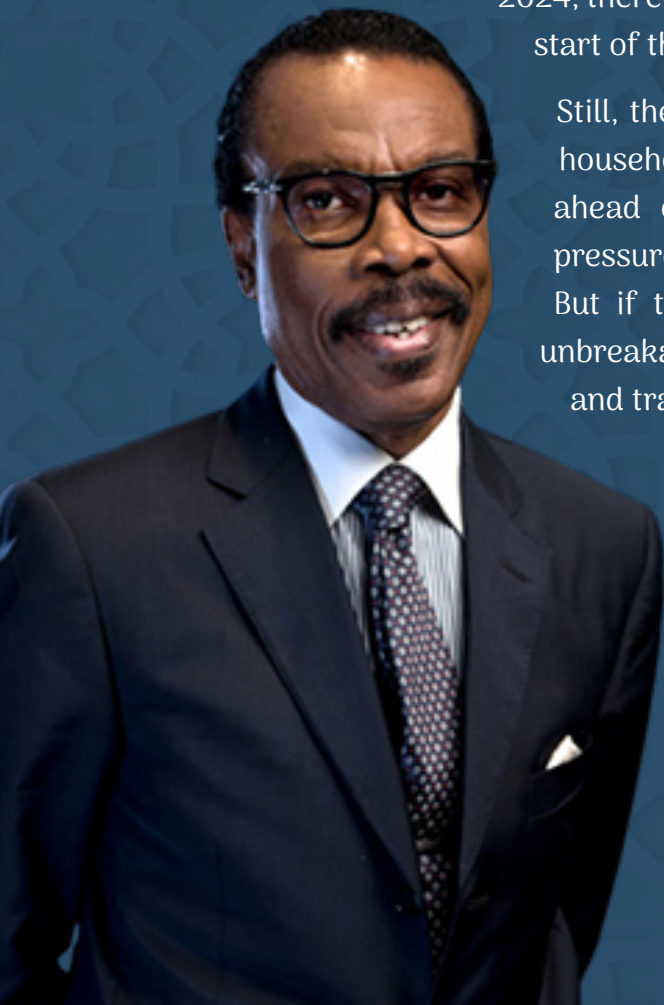
Yet, amidst these headwinds, Nigeria's macroeconomic landscape shows resilience. The naira's exchange rate has held relatively steady, trading within a range of ₦1,600 to ₦1,650 per US dollar in recent weeks. Inflation has also eased for the second consecutive month, dropping to 23.71% in April. While food prices remain stubbornly high compared to January 2024, there has been a welcome slowdown in their rise since the start of this year.

Still, the cost of living continues to weigh heavily on many households. The staggering 100% increase in ram prices ahead of Sallah is a harsh reminder of the economic pressures families face during this important festive season. But if there's one thing Nigerians are known for, it's an unbreakable festive spirit. Even as prices climb, celebrations and traditions endure, fueled by community, faith, and the joy of togetherness.

So as we gather with loved ones this Sallah, it's worth remembering that resilience is not just about numbers and policies—it's about heart. Take a moment to pause, celebrate, and cherish those moments that no inflation rate can dampen.

Wishing you a joyful Sallah and a peaceful rest of the season.

Enjoy your read.







S

# allah holiday tips

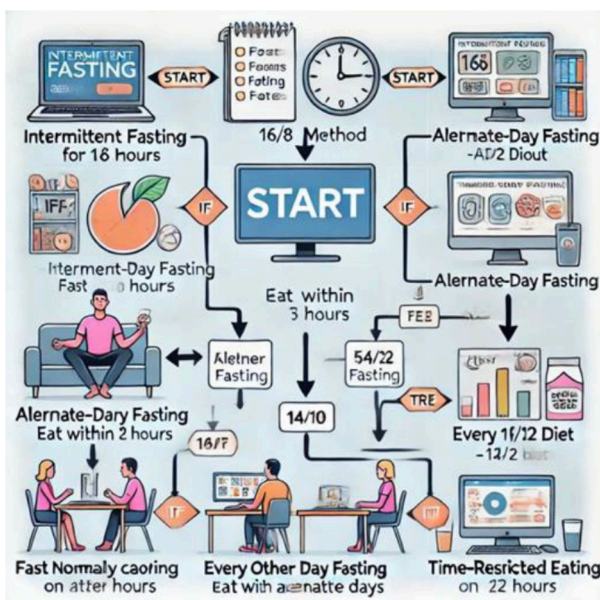


# Sallah Holiday Shopping

## To-Do List: Rain or Shine, Let the Festivities Begin!

Nigerian homes are buzzing with excitement as the Sallah weekend draws near this Friday and Saturday, the 7th and 8th of June, 2025. Eid preparations serve a dual purpose of being festive and carefully scheduled due to the prevailing rains. This set of instructions is curated to ease your shopping chore concerning Sallah so the celebration is enjoyed to its fullest.

**Ram Essentials:** There is nothing more basic than pristine wrappers, staggeringly beautiful new jalabiya or Ankara, prayer mats, and skillfully crafted tesbih. Also, brothers do need that new kaftan with a matching cap.



Sisters must have lace or the currently hot new sequinned abaya in purple, orange, or gold.

**Rain-Ready Gear:** Add umbrellas, as there is no use running from clouds, along with rubber slippers and coats made of rain material. These things need to be done especially for children, as they will, without doubt, run about the moment Eid prayers are completed.

**Food and Feast:** Sallah isn't anything without the special ram stewed in spices. Therefore, do make sure to reserve one early, in addition to the spices, rice, chopped tomatoes, and oils. During celebrations, it is all about suya, pepper soup, and jollof rice, so set some aside for visitors along with the leftovers.

**Gifts and Giving:** Make sure children and underappreciated teenagers get gifts and envelopes of gifts prepared as a part of the amazing spirit of Islam. Wanting to give to relatives, friends, neighbors, and even strangers in the most need.

**House Prep & Scented Touches:** Clean the house thoroughly and bring out your incense, air fresheners, and Sallah décor. A fresh home makes the Eid spirit even warmer.

Rain or shine, make it joyful. Eid Mubarak in advance!





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# Family Roles You'll Find in Every Nigerian Household During Holidays.

Nigerian holidays are a vibrant tapestry of laughter, food, and unforgettable characters. No matter where you go, these family roles make every gathering uniquely entertaining.

## The Overfeeder



The Overfeeder is the heart of the feast. Armed with endless pots of jollof rice, pounded yam, and suya, they insist you eat more—even when your stomach waves the white flag. “Just one more spoonful,” they say, as if your plate is a bottomless pit.

## The Sleep-All-Day



Then there's The Sleep-All-Day, who somehow transforms the living room into a personal nap zone. Unbothered by the noise or the crowd, they catch up on rest like it's their holiday mission.

## The Uninvited DJ



The Uninvited DJ sneaks in with their phone, blasting old-school jams and new hits alike. Whether you want to dance or not, their playlist commands the room and keeps the energy alive.

## The Ghost



The Ghost—the elusive relative who mysteriously disappears after eating, only to reappear when dessert is served. No one knows where they vanish to, but their stealth skills are legendary.



# Things That Always Happen When Everyone's Home for Sallah

Sallah in Nigeria is more than a religious celebration—it's a full-house, full-heart kind of holiday. This Friday and Saturday, the 7th and 8th of June, 2025, families across the country will gather under one roof, while the rain taps gently on the windows. Here are 7 things that always happen when everyone's home for Sallah:

## **The "Ram Inspector" Emerges**

Someone becomes the self-appointed vet, checking the ram's weight, horns, and "attitude" like it's a prized trophy.

## **The Great Cooking Assembly**

Aunties, cousins, and even reluctant uncles all cram into the kitchen. The pepper soup is bubbling, the jollof is smoking, and someone is shouting, "Who took my Maggi?!"

## **Clothing Chaos**

New clothes everywhere! Ironing boards become battlegrounds, and kids model their kaftans and lace like it's Lagos Fashion Week—until the rain threatens their drip.

## **The Rainy Season Shuffle**

Sudden downpour? Everyone rushes to bring in the drying clothes, the ram, and Grandma's plastic chairs from outside. The smell of wet sand mixes with fried meat—pure nostalgia.

## **Cousins Reunited**

Laughter, teasing, and catching up fill the air. Stories are swapped over chin-chin and Zobo, while toddlers chase each other in socks on wet tiles.

## **Prayer Time = Photo Time**

After Eid prayers, everyone lines up in their finest. "Snap me here," "Do portrait," "Wait, let me adjust my turban."

## **Unspoken Joy**

At the end of the day, with full bellies and warm hearts, someone always sighs, "This is what Sallah is all about."

Happy Salah—from our crowded, happy home to yours.

# Unwritten Nigerian Rules: The Code You Live By (Even When You're Relaxing)

In Nigeria, there's a secret playbook everyone seems to follow—no one hands it to you, but you learn fast or risk epic embarrassment. These unwritten rules shape daily life, especially when you're just trying to relax and blend in.

First, never show up at someone's home unannounced. Even if you're already at the gate, you must call out or knock—"ko ko ko, anybody home?" Respect is key, and barging in is a cultural faux pas. Once inside, brace yourself for the classic "Have you eaten?" It's more than small talk; it's an invitation and a test of humility. Even if you're full, always leave space for "a small something"—to say no is to reject genuine hospitality.

Compliments are currency. No matter what you see, admire it. Never ask if the house is rented or owned, or drop awkward questions about age or marital



status. Privacy is sacred, and respect is non-negotiable.

Visits aren't quick affairs. Expect a marathon of gist about family, work, and the economy. Leaving too soon? That's a subtle insult. And never, ever leave empty-handed, whether it's a pack of food or a warm thank you, gratitude is the exit fee.



# Things Nigerians argue about every holiday

The holiday season brings families and friends together, creating time for meaningful conversations. However, these discussions can sometimes spark arguments, as everyone tends to hold firmly to their own opinions.

Let us quickly see what some of the arguments are about.

## Family contributions and responsibilities

Holiday gatherings often spark family tensions over finances. Arguments erupt about who didn't contribute, who came empty-handed, or who's "doing too much" to show off. Siblings may clash over how much money should be spent on food, events, or gifts for parents, turning festive moments into quiet power struggles.

## Jollof rice wars

Debates over who makes the best Jollof rice are a holiday staple—whether it's Nigeria vs Ghana, household rivalries, or the classic clash between smoky party Jollof and home-cooked versions. Everyone claims their recipe reigns supreme, fueling endless culinary arguments.



## Marriage and relationship pressure

Holiday gatherings often revive marriage pressure, with aunties asking, "When will you marry?" A gentle reply like, "Have you found someone for me, or should I stop building my career?" can spark lively debates about modern dating expectations, the right age to get married, and who should bear the financial burden of marriage.

## Holiday gifts

Festive seasons often come with subtle food wars—grumbles about guests eating without contributing, neighbors refusing to share, or expectations unmet. Questions like "Why didn't they send hampers?" or "That meat was too small" reflect the unspoken tensions beneath holiday generosity.

# Nigerian holiday packing hacks

The holiday season in Nigeria means reconnecting with loved ones in our hometowns or the city. While festive travel is exciting, it can be stressful. With smart planning and simple hacks, you can ease the hassle and enjoy a smooth, stress-free journey.

## Book your travel early

During the holiday rush, travel demand soars and prices rise fast. To avoid stress, book tickets early, whether you are travelling by air or road. Watch for deals on travel sites, travel midweek for lower fares, and consider early morning flights for better rates and availability.

## Pack smart and light

Packing light is a top holiday travel hack. Make a list of essentials, choose mix-and-match outfits, and roll clothes to save space. Leave room for souvenirs, place heavier items at the bottom, and keep essentials like toiletries, documents, and a change of clothes in your carry-on in case of delays.

## Stay hydrated and keep snacks handy

Holiday travel often comes with delays, so always carry snacks and water. Pack



healthy, non-perishable options like nuts, crackers or granola bars to stay energized. Also, refrain from caffeine or alcohol to avoid fatigue during your journey.

## Leave a little space for gifts and shopping

It's great to be prepared, but leave space for souvenirs or gifts just in case a little holiday shopping spree tempts you to go overboard.

## Photograph everything

Lay out everything on a flat surface and take a photo before packing. It helps track your items for the return trip and identify unused ones—so next time, you can skip packing what you didn't need, optimizing your travel essentials.



# Leo

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




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# E ntertainment



# The Holiday Movie Checklist

*Looking for the perfect way to relax?*

*You won't want to miss these four must-watch films lighting up the big screen. Here are eight movies to add to your holiday watchlist:*



## **Thunderbolts**

*A group of antiheroes is brought together by the government for dangerous missions no one else can handle. As they struggle with trust and hidden agendas, their journey becomes as personal as it is explosive. Expect action, tension, and a team full of surprises.*

## **Karate Kids: Legends**

*Mr. Han (Jackie Chan) and Daniel LaRusso (Ralph Macchio) return to mentor a new generation of fighters. Old rivalries resurface as young students learn the true meaning of honor and discipline. It's a mix of nostalgia and fresh energy.*



## **Mission: Impossible – The Final Reckoning**

*Ethan Hunt faces his most personal and dangerous mission yet as a global threat pushes him to the edge. With the IMF team by his side, every move could be their last. Expect stunts, secrets, and nonstop suspense.*



## Lilo & Stitch

Lilo, a young Hawaiian girl, adopts a strange blue creature she thinks is a dog, only to discover he's an alien experiment. Together, they form an unbreakable bond while evading alien authorities. It's a heartwarming story about family, friendship, and finding where you belong.



### Sinners

*A gritty, emotionally intense story of redemption and consequence. As secrets unravel in a tightly-knit community, each character must face the fallout of their choices. A heavy drama with powerful performances and moral weight.*

### Life List

*An ambitious woman races to complete a bucket list before her 30th birthday—but each challenge brings new lessons about life, love, and what really matters. Uplifting, funny, and deeply relatable.*

### Breath of Life

*A retired clergyman finds renewed purpose when he mentors a troubled young man, igniting flames of hope, faith, and second chances. A powerful, award-winning film about redemption.*

### Gangs of Lagos

*A gritty crime drama exploring loyalty, power, and survival in the bustling streets of Lagos. Raw, fast-paced, and deeply rooted in Lagos culture.*





# The Unofficial Nigerian Summer Playlist

The night is young, the car is full, and you begin manoeuvring through the bustling roads of Lagos on your way to the next function with your friends... but what about music? It's either the clashing of car horns, the screams of drivers bursting with road rage, the monotonous melodies on the radio, or the forgotten playlists on Spotify from last summer, right?

To bless your ears, here's a playlist of some of the hottest afrobeats to get you and your friends (or family) warmed up for the serious legwork you'll dish out at the function.

1. Laho II (Shallipoppi, Burna Boy)- for all our ministers of enjoyment, here's something light to kick off the evening.
2. Like Dat (Darkoo)- these distinctive beats blend seamlessly with Darkoo's signature tone, creating an unforgettable sound.
3. Ololufe Mi (Jux, Diamond Platnumz)- inspired by JP2025, here's one dedicated to the lovebirds. And for our singles, this will fuel your fantasies about your future love.
4. Gimme Dat (Ayra Starr, Wizkid)- Time to start defrosting your joints after a long week of work!
5. Be There Still (Davido)- A fusion of afrobeat, emotion and lyrical depth delivered through a playful melody that's almost guaranteed to get you moving!
6. With You (Davido)- This is your chance to practice (or learn) the viral dance that goes along with this song. Don't embarrass us, please!
7. Legolas (ODUMODUBLVCK)- some slower beats so you can catch your breath after those lively songs.
8. Focus on Me (Darkoo)- Another Darkoo favourite.

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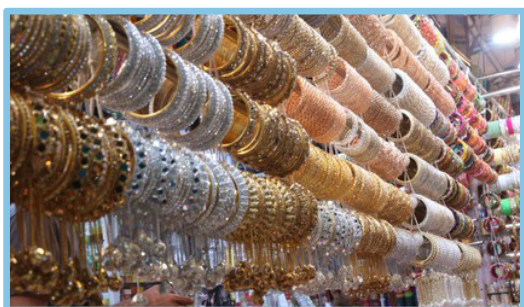
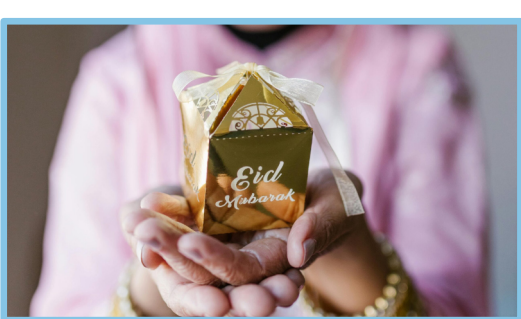
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# fashion

# Outfits Every Nigerian Have in Their Closet



Nigerian wardrobes are a vibrant blend of tradition and modernity, with certain outfits and essentials found in nearly every closet, whether people admit it or not. At the heart of Nigerian fashion is the Ankara outfit, celebrated for its bold prints and cultural significance. A well-tailored Ankara dress, jumpsuit, or two-piece set is a must-have for weddings, family events, and casual outings, reflecting both heritage and personal style.

Jeans are another universal staple, prized for their versatility and comfort. Whether skinny, straight, or wide-leg, a good pair of jeans is essential for everyday wear and can be dressed up or down. Complementing these are simple dresses, easy-to-wear pieces that transition seamlessly from errands to social gatherings.

Traditional attire remains central, with kaftans, boubous, and native wears like wrappers and blouses or senator styles for men, ensuring readiness for cultural or religious events. A classic white shirt, tailored trousers, and a structured blazer are also key for work or formal occasions, offering a polished look that suits both men and women.

Accessories play a significant role: perfect heels, versatile footwear, and a functional yet stylish handbag or tote are indispensable for Nigerian women, while jewelry and headwraps (gele) add flair to any outfit. Ultimately, these wardrobe essentials allow Nigerians to express individuality and cultural pride, ensuring they are always prepared for any occasion, whether they admit to loving these staples or not.



## Fashion drips in the rainy season

The rainy season demands a blend of style and practicality to keep you looking sharp while staying dry. Key fashion drips include waterproof outerwear such as raincoats, rain jackets, and trench coats, which shield you from downpours while adding a sleek layer to your outfit. Lightweight fabrics and layering are essential to adapt to fluctuating temperatures; hoodies, cardigans, and sweatshirts provide warmth without bulk.

Footwear is crucial: waterproof boots, rubber rain boots, or well-designed rubber sandals protect your feet from puddles and mud. Crocs, known for their water-friendly material and slip-on convenience, are often considered a rainy season staple. However, as the saying goes, “Crocs @ the rainy season—a perfect match/pair, but there is no worse time to get them than during the rainy season,” highlighting their popularity and occasional impracticality in heavy rain.



Accessories like umbrellas, compact, stylish, and wind-resistant, are indispensable. Water-resistant bags protect your belongings, while hats or caps keep your hair dry. Opt for cropped pants or skirts to avoid dragging wet hems, and favor dark or quick-dry fabrics like nylon or polyester to minimize water damage and stains.



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# The Essential Guide to Stress-Free Road Trips with Children

Journeying with children can be a worthwhile experience, yet it demands thoughtful preparation to navigate the challenges that may arise. Here are the stress-free road trips that can make your travelling with the kids a memorable experience filled with discovery, joy, and togetherness.

1. Strategic preparation – Carry the kids along with the travel plan; ask them to pick activities or places they want to visit. Engaging children in trip planning fosters excitement and ownership, making them active participants rather than passive travellers.
2. Safety Precautions – Proper car seat installation, seatbelt adherence, and carrying a well-equipped first aid kit are non-negotiable for a safe journey.
3. Plan around sleep schedules – Travelling during nap times or early mornings can make a huge difference. Kids are more likely to sleep through long stretches, reducing the chances of crankiness.
4. Packing essential items – Travelling with some important items like a first aid kit, snacks, entertainment, and comfort

items minimises disruptions and keeps kids' energy throughout the journey.

5. Entertainment on the Go – Entertainment plays a key role with activities like scavenger hunts, audiobooks, sing-alongs, and interactive games like “I Spy” helping to engage children, prevent boredom, and make travel more enjoyable.
6. Identify kid-friendly pit stops – Beyond logistics, maintaining health and wellness is important, including monitoring for motion sickness and scheduling hydration breaks. Strategically planning breaks at parks, playgrounds, or attractions to allow kids to stretch, play, and burn off energy will be more peaceful.
7. Stay positive and patient – road trips can be unpredictable. Maintaining a calm and cheerful attitude helps kids feel secure and makes the journey enjoyable for everyone.

With the right preparation and mindset, family travel transforms from a logistical challenge into an unforgettable adventure.



# Nigerian Throwbacks: A Gen Z's guide to old days.

There was a time in Nigeria when life moved a little slower, and joy came in the form of simple things—a wrapped toffee, the clink of an iron cup, the static buzz of a black-and-white TV, or the thrill of renting a VHS tape for weekend viewing. Nigerian Throwbacks is a visual diary of everyday objects from the 1990s to early 2000s—a soft, sentimental history lesson for those who never lived it and a nostalgic experience for those who did.

This guide doesn't tell stories through words alone; it lets the objects do the talking. The images are filled with the little things that made childhood and family life in Nigeria unforgettable.





This guide is a celebration of the textures, colors, and emotions of Nigeria's not-so-distant past. For Gen Z, it's a peek into a world before smartphones, where children played outside, family life revolved around the living room, and small pleasures meant everything. For millennials and Gen X, it's a powerful reminder of where we've come from.



Each item is a quiet testament to resilience, creativity, and joy. These weren't just objects—they were part of the rhythm of life. Through these images, we remember Nigeria, which was simpler but rich in spirit.



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