HEALTHY LIVING:
FOR THE BUSY PROFESSIONAL

FASHION
THE PROTESTANT: SS/21 COLLECTION OF EJIRO AMOS TAFIRI IS A REFLECTION OF HOPE, CELEBRATION

LIVING
RAVE AT EKO HOTEL IN LAGOS
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@Businessdayng
Dear weekender readers,

A heartfelt thank you to everyone who celebrated with us as we turned one last week. We greatly appreciate the support and promise to keep improving as you, the reader, continue to dictate the direction of our content. We hope to provide value every time you sit down to read the Weekender.

Inside today’s edition, we showcase healthy options for our foodies in Lagos. We know how difficult it can be to buy healthy food when we are in a hurry, so we have compiled a list of places for busy professionals to grab healthy food on the go. With COVID still around and more and more aggressive, we encourage everyone to take a look at their diet and make changes where necessary to boost their immune system.

Inside, find more about the Art X prize where the top 5 finalists for this year’s edition of the Prize will participate in the Finalist’s Forum, a two-day intensive workshop designed to support and strengthen their portfolios before their final meeting with the jurors. Facilitators include writer and producer Maryam Kazeem, visual artist Kelani Abass and creative director and artist Jumoke Sanwo.

Our fashion column invites us to explore the deeper meaning of fashion. The events of 2020 in Nigeria were unprecedented, especially with the global pandemic and #Endsars protest shaking everyone to dark corners. Although 2021 is starting to look up for some, others are still trying to grasp at the remains of what we have left, as they remain shaken by their own personal experiences. In cases where words fail, fashion has always been a way of telling inspiring, hopeful, and expressive stories. Turn the pages to discover beautiful pieces and designers from Nigeria.

Our book review touches on a hot topic: Insurance. As it stands, the majority of Nigerians generally do not trust insurance companies. This is because some insurance companies are well known for their problematic settlements which have negatively affected the general perception of the insurance industry in Nigeria. Read Bolaji Olatunde’s fiction A Person of Heft for examples that illustrate the lingering issues of the Nigerian insurance industry and more.

The term, prosumer, is a combination of producer and consumer. A prosumer can be described as a person who buys a product and shares reviews about it. The term, prosumer is not a new term. It was introduced by futurist Alvin Toffle in 1980. But it has never been more relevant than it is today. It has become so important that businesses and marketers cannot ignore it if they want to stay profitable. Turn the pages to our brand section to read Feyi Makinwa’s analysis.

In the news round-up: CBN bans sales of forex to BDCs; Israeli filmmakers released; Nigeria disqualified from Tokyo Olympics; telcos lose over 8 million subscribers; Olumide Soyombo launching a fund for African startups.

In addition you will find a delicious recipe and an opportunities page and much more. Enjoy!

Happy weekend.

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CBN bans sales of forex to BDCs

MERCY AYODELE

In an announcement after the July MPC meeting, Nigeria’s central bank governor, Godwin Emefiele, announced that it will no longer sell foreign exchange to bureau de change operators (BDCs). The governor said that the central bank sells about $110 million to BDCs every week. Going forward, those funds will be made available to commercial banks to meet genuine demand for foreign exchange. Going forward, banks will reorganise their operators to cater to customers who used to patronise BDCs. The naira slumped Nigeria’s naira fell to a record low of 525 per U.S. dollar on the black market on Thursday, two days after the Central Bank of Nigeria stopped the allocation of foreign exchange to Bureau de Change operators in the country.

13 million Nigerians are at risk of acute food insecurity

An estimated 12.80 million Nigerians across 16 states and the Federal Capital Territory (FCT) may be facing their worst food crises in 2021, a global report on food crises shows. The projection which is a 39 percent increase compared to 2020 puts Africa’s biggest economy amongst the six countries in Africa with the worst food crises. Acute food insecurity, the inability of a person to consume the daily recommended quantity and quality of food means that the living standards of Nigerians could further worsen, leading to an increase in poverty. The report prepared by the Global Network against Food Crises cited conflict, insecurity, weather extremes, and economic shocks, including coronavirus-related economic effects as the major primary drivers of acute food insecurity. In the last few years, food prices have been pressured, pushing the country towards a food crisis. According to the National Bureau of Statistics, food inflation rose to 21.83 percent in June 2021 from 15.18 percent in the same period of last year.

Israeli filmmakers leave Nigeria after nearly 3 weeks in prison

Haitian President Jovenel Moise The Department of State Services has released three Israeli filmmakers who were arrested about three weeks ago over an alleged partnership with the Indigenous People of Biafra. The Israelis were in Nigeria to film “we were never lost,” a documentary exploring Jewish communities in African countries such as Kenya, Madagascar, Uganda and Nigeria. They were focusing on the Igbo Jewish community in Nigeria. In a statement released, the Jewish filmmaking group lamented that the three Israelis had no access to bathing or clean clothes all through the 20 days they were in custody. The group noted that the purpose of their visit to Nigeria was not political as alleged. Nigerian authorities released the trio from prison Tuesday evening and handed them over to US custody. American embassy staff then took them to the local Chabad centre to spend the night. They were given their passports and phones just before their flight took off for Istanbul Wednesday night. They promised to find another way to tell the story of Igbo Jewish life.
Food now gulps 101% of average wages in Nigeria, 2nd highest globally

Food now consumes about 101 percent to the average wages of Nigerians, a report by the Institute of Development Studies have shown. According to the report, Nigeria now ranks the second economy globally where citizens spend almost all their income on food, ranking only next to Syria where 177 percent of income is spent on food. With the high inflation rate and no real increases in income levels, most Nigerians can barely afford to save or invest as food gulps almost all their cash. While citizens in Syria, Nigeria and Ethiopia are spending a large portion of their income on food, citizens of Qatar, the United Kingdom, United States, and New Zealand spend just 8 percent.

One of Nigeria's High Profile Angel Investors Is Launching a Fund for African Startups

Olumide Soyombo of Piggyvest and Paystack fame is starting Voltron Capital seven years after investing on his own. Soyombo is one of the well-known active angel investors in Nigeria tech start-ups and Africa at large. Since he began angel investing in 2014, Soyombo has invested in 33 startups, including Stripe-owned Paystack, PiggyVest, and TeamApt. Today, the investor is announcing the launch of Voltron Capital, a Pan-African venture capital firm he co-founded with Abe Choi, a U.S.-based entrepreneur and investor. Voltron will be deploying capital to roughly 30 startups, mostly in pre-seed and seed stage across Africa, in a bid to address the severe lack of access to early-stage funding for African tech companies. The ticket sizes will range from $20,000 to $100,000, focusing on startups in Nigeria, Kenya, South Africa and North Africa.

Ten Nigerian track and field athletes have been disqualified from the athletics event of the ongoing Tokyo Olympics

0 of Nigeria's 20 athletes expected to participate in athletics events at the Tokyo Olympics have been declared ineligible to compete by the Athletics Integrity Unit (AIU) of World Athletics, stating a violation of Rule 15 of World Athletics' Anti-Doping Rules. "The Rule sets out minimum requirements for testing on the national teams of 'Category A' federations deemed to have the highest doping risk and considered as a threat to the overall integrity of the sport," AIU said in a statement. "The key requirement in Rule 15 is that an athlete from a 'Category A' country must undergo at least three no-notice out-of-competition tests (urine and blood) conducted no less than 3 weeks apart in the 10 months leading up to a major event. Only then do they become eligible to represent their national team at the World Athletics Championships or the Olympic Games," the statement read.

MTN, Airtel, others lose over 8 million subscribers in 3 months

According to information obtained from the Nigerian Communications Commission (NCC), MTN, Airtel, Glo, and 9mobile lost over 8 million data subscribers between March 2021 and May 2021. The four major internet providers lost 1.27 million data subscribers in May 2021, compared to the 3.17 million they lost in April 2021 and the 3.55 million subscribers lost in March 2021. The total number of mobile subscribers of the four major telecommunications outfits dropped from 141.41 million as of April to 140.13 million by the end of May 2021. The data subscriber base in Nigeria has been on a persistent downturn since the NIN-SIM ban.
MORE AGGRESSIVE MALPRACTICES

AGGRESSIVE RIGGING BROUGHT ME THIS FAR

AGGRESSIVE CORRUPTION BROUGHT ME THIS FAR

CIVIL SERVANT
The Yemisi Shyllon Museum of Art (YSMA), of the Pan-Atlantic University (PAU), wants to address this disproportion through an extensive art exhibition at the museum. The highly anticipated showcasing titled The Invincible Hands curated by Olufisayo Bakare, focuses on the contributions of 40 female artists whose works include a combination of paintings, photography, tapestry and textiles, sculpture, and mixed media art. Over 100 artworks will be on display, covering different periods and artistic media. They are curated from the permanent collection of the YSMA and from temporary loans by artists and collectors. In presenting these works, we highlight artistic achievements that transcend stereotyped and reductive achievements of Nigerian women in art. The goal of this exhibition is to celebrate the influence of marginalized female Nigerian artists in the post-colonial and contemporary eras, amplify their work and bridge inequality gaps in the art sector by placing The Invincible Hands of female artists back into our art education and art history. It aims at being an active agent in giving these artists higher visibility.

About the Guest Curator
Olufisayo Bakare finds a rare balance between simplicity and African artistry in her work. Her keen interest in carving the phenomenal out of the familiar has inspired her curatorial practice by establishing her as an ally in the preservation, documentation, and representation of African culture. She diligently curates the works of indigenous and Pan-African artists and maker-communities by recognizing and challenging some of the most poignant topics in the arts and culture ecosystem. In line with connecting varied dialogues through an exchanging of ideas, Olufisayo reassesses histories and their underpinned symbology. Her passion for travel, anthropology, and culture have given her a platform to curate exhibitions, document societal experiences, and actualize site-specific installations within the creative sector and art world.

About the Yemisi Shyllon Museum of Art, Pan-Atlantic University
The Yemisi Shyllon Museum of Art (YSMA) of Pan-Atlantic University is an educational museum at the service of the university and the whole community. At the centre of YSMA’s mission is a desire to help audiences learn about art and through art. Our educational programmes are a central component to achieve this objective. We believe that artworks, besides allowing viewers to experience multiple forms of beauty, meaning and skill, can also be an excellent educational resource to help persons of all ages engage, discover, and learn about the history and culture of Nigeria.

Important Information for Media
Exhibition Dates
VIP Preview Day (by invitation only)
August 28, 2021

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https://museum.pau.edu.ng/exhibitions/the-invincible-hands

Statement from Yemisi Shyllon Museum of Art Regarding Coronavirus
At a time of great global concern and uncertainty, The Yemisi Shyllon Museum of Art is closely monitoring the evolving situation with the coronavirus. Our hearts go out to those directly affected. As the safety of our exhibitors and guests remains a top priority, we will continue to safeguard the 2021 exhibition. As of now, businesses are open and operating as normal in Lagos, however there is a curfew between 12am – 4am. The exhibition will take place as planned and looks forward to opening its doors next week for its 2nd edition. For the safety of our staff and visitors, we ask that you follow the COVID-19 protocols while you are on our premises.
Alaro City is a mixed use, mixed income city which offers you all you need in one place. A place to live, work, shop, a place for entertainment, relaxation and much more – in a master-planned natural environment coupled with the highest standards of infrastructure.

- Clean title (C of O)
- Water, Good road network
- 24/7 Power supply
- VAT / TAX Holiday
- Green parks
- ICT proliferation with access and connectivity across entire city
- World class Infrastructure

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Returning for its 5th edition, the Access Bank ART X Prize provides funding and tailored mentoring support to emerging Nigerian visual artists, enabling them to further their careers and challenge the expectations of local and global audiences. This year, the Prize will award its winner a N1.8m grant towards a solo presentation at ART X Lagos, a three-month residency at Gasworks, London and mentorship and support.

In an interactive session with the 2021 Prize curator Wura-Natasha Ogunji, the revamped application process was discussed providing vital information for artists applying this year.

The renowned artist and performer is a recipient of the Guggenheim Foundation fellowship whose practice is inspired by daily interactions in the city of Lagos and explores the presence of women in public space; investigating their labour, leisure, freedom and frivolity.

‘I think what’s most exciting about the Prize is that it has many components. You have the exhibition at ART X Lagos, which is supported by the grant. The grant will produce your exhibition, buy you materials and afford you an opportunity to participate in your dream exhibition. You also have mentorship, with artists and curators assisting you in putting together your exhibition. The residency is very exciting! You can work in a new studio space, meet with creative people, and make great contacts.’ she said.

Ogunji was joined by the 2019 winner, Etinosa Yvonne, who spoke about her ongoing residency at Gasworks in London.

“It’s been good going around and looking at artworks that I usually would not be able to see in person. I like the conversations I’m having [with other residents], and the opportunities to meet with people, to network, and to be inspired by everything around me. One of the things that I’ll take away from here is that nothing is impossible. Those ideas you have in your head that seem crazy, you can make it work.’ Yvonne said.

‘Project proposals are not an application requirement for this year’s edition and artists who are formally trained and/or self-taught are welcome to apply. However, the Prize is only open to individuals and not collectives or groups. If a prospective applicant’s portfolio contains less than ten artworks, we encourage them to spend more time building their portfolio and apply in the future.’ Ogunji added.

‘Artists may receive help when proofreading their applications, however, it’s important that they work on their applications themselves. You may pause your application while on the website but you can’t save and return to your application at a later time. Submitted applications cannot be corrected so ensure that your applications are error-free before submitting.’

“The Access Bank ART X Prize is open to a wide variety of art mediums including but not limited to paintings, photographs, sound art, and sculptures. Be sure you read the Terms and Conditions of the Prize before submitting your application! That cannot be overemphasized.’ opined Ogunji.

In the coming weeks, the top 5 finalists for this year’s edition of the Prize will participate in the Finalist’s Forum, a two-day intensive designed to support and strengthen their portfolios before their final meeting with the jurors. Facilitators include writer and producer Maryam Kazeem, visual artist Kelani Abass and creative director and artist Jumoke Sanwo.

Emerging Nigerian artists who have been working and practicing as artists for 3 years and more are welcome to apply. There is no application fee and students are not eligible for the Prize. To apply visit ARTXLagos.COM/PRIZE. The deadline for applications is Sunday, 1st August 2021, at midnight.

The Access Bank ART X Prize is sponsored by Access Bank in partnership with Gasworks.
The happenings of 2020 in Nigeria were pretty unprecedented, especially with the global pandemic and EndSARS protest shaking everyone to dark corners. Although 2021 is starting to go smoothly for most people, others are still trying to grasp at the remains of what we have left, as they remain shaken by their own personal experiences. In cases where words fail, fashion has always been a way of telling inspiring, hopeful and expressive stories.

Like every other collection, the SS/21 collection of Ejiro Amos Tafiri, The Protestant, delves into storytelling that reflects hope, celebration and reconciled diversity. "I will always play my part in using my art to tell stories. This collection is a total documentation of the times we live in," she tells me. "The collection displays our thoughts and feelings of uncertainty. It is a celebration of our past," she goes on to add.

Ejiro Amos Tafiri, popularly called E.A.T, is an eponymous womenswear label founded by the very talented Ejiro Amos Tafiri. Her story is an all-time familiar one, especially to folks looking to be a part of the Nigerian fashion industry. From gaining a degree in fashion designing at the prestigious Yaba College of Technology, Lagos, Nigeria, interning with some of Nigeria’s biggest womenswear brands like Tiffany Amber and Zizi Cardow, to attending fashion shows and masterclasses put together by the organizers of Fashion Weeks, E.A.T has set up a really powerful fashion house animated from storytelling and lived experiences. "It may seem as though fashion isn’t deliberate about documenting our times," she says.
For the SS/21 collection, the brand takes us on a journey to the unprecedented experiences of Nigerians in the year 2020, stemming from the corona virus pandemic, to the time young Nigerians took a stand against police brutality in the country, making the #ENDSARS protest a trendy one. This collection, overwhelmed with prints and well-draped breezy fabrics, is an ode to life and survival. The designs were a careful emblem of thoughtfulness and documentation. Unlike the brands' regular aesthetics filled with colours and lush, this new collection took a deliberate turn at colour selection and grading.

"We were very deliberate with this collection," she tells me. "We didn’t want to use something too flashy because we understood that people weren’t going out at the time. We also didn’t want to do something too segregated with the times. Hence, we opted for richness, opulence and interests."

What most people wouldn’t know about this collection is that it was meant to mark the celebration of the brands’ 10th year anniversary in 2020. However, the pandemic struck and there became a purposeful lockdown in Lagos, Nigeria, which started during the mid-times of March, that year. The collection was also to celebrate powerful women across the world, placing in focus, clients in its three retail hubs in Lagos, Abuja and Portharcourt.

According to the official PR statement of the brand;

The Ejiro Amos Tafiri SS/21 is inspired by the course of the year as the pandemic hits. It reflects hope, celebration, and reconciled diversity.

The year has been one full of changes, one that forced us to adapt, and one of stimulated growth. It’s one where we look for the future and know that it will only be what we make it.

I was inspired to create a common ground for all by using intimate moments with each outfit, as they highlight the intricate nature of life while representing the tiniest detail of every event.

The idea was based on nostalgic feelings stemming from the variations of designs. Each outfit takes one on a trip down memory lane, as it hints at details from previous collections.

The collection is therefore celebrating the milestones and adapting to the ever-changing scope of our world today.

Elvis Kachi is a performance-driven Fashion, Culture and Lifestyle Journalist, with years of demonstrated track records in positively impacting organizations through building and strengthening strategic communications, producing digital marketing contents, performing market research and managing projects.

A creative content writer, creator, illustrator, and an overall lover of artistic fashion; currently using his skills to further explore the creative space, and give a voice to a culture he believes in.
The advancement of technology, especially high-speed internet, has changed the way our world operates. Bankers now keep records in computers rather than keep physical account books; students are learning with the help of the internet and sometimes, without teachers; and with artificial intelligence, production work is done with the least involvement of humans. The internet has influenced almost every field of human endeavour. It wiped out many jobs and at the same time, it gave birth to many new ones, including new terms such as influencers, YouTubers, DIY, internet banking and prosumers. These terms have no relevance without the internet.

The fast-changing technology and dynamism of real-time platforms like Facebook, Instagram, Twitter, Snapchat and YouTube have changed how products and services are promoted, viewed and received. It is not out of place to say that it is inevitable for businesses to understand this shift and adapt to it, in order to stay profitable. Therefore, they need to understand the shifting in power and influence, from consumers to prosumers.

Who is a prosumer?

The term, prosumer, is an amalgamation of the terms producer and consumer. A prosumer can be described as a person who consumes as well as produces a product. The term, prosumer is not a new term. It was introduced by futurist Alvin Toffle in 1980. But it has never been relevant as it is today. It has become so important that businesses and marketers cannot ignore it, if they want to stay profitable.

Earlier, this term was used for a person who consumes products, as well as produces a product. For example, people who produced electricity by installing solar panels on the roofs of their houses were called prosumers. But in the present times, the term, prosumer, has got a completely different meaning. Nowadays, prosumers can also be referred to as ‘professional consumers’. That means these people not only consume products but also talk about the products on various internet platforms. Their voices play significant roles in the failure or
success of a product or business.

In this digital era, the trend of influencers is very popular and strategic. Influencers are those people who have significant numbers of followers on social media platforms. They share different content such as educational, inspirational, DIY methods, reviews of different products, entertainment-related contents on their social media platforms to entertain their followers.

People trust these social media figures, as they can relate to them. Therefore, this gives them the power to influence the image of a brand or a product, positively or negatively. These influencers can be artistes, sport personalities, bloggers, microbloggers and YouTubers, amongst others.

Therefore, it is necessary for a business not only to learn the importance of these prosumers but also to identify them and build a relationship with them. Today, these prosumers can influence the demand for a product or brand, just as if not more than, any other traditional method of marketing and advertising.

Impact of prosumers

Prosumers not only buy and consume a product but also talk about it to other people. What they speak matters, as a result of which it puts a significant impact on the business of an organization. Therefore, it is crucial for brands to build positive relationships with them.

Difference between consumers and prosumers

The consumers and prosumers are two entirely different terms. The term prosumer was created by modifying the term consumer. A consumer buys a product and consumes it, and does not have significant power to influence other people.

On the other hand, a prosumer buys and uses a product and also talk about it to educate others. There are other differences between a consumer and a prosumer.

Last line: The face and trend of marketing are constantly changing and today the future belong to brands that are cutting-edge dynamic to leverage opportunities.

Feyisitan Ijimakinwa is a Reputation and Perception Management expert. He is a prolific writer and researcher who, at different times, served as Head of Corporate Communications of top brands quoted on the Nigerian Stock Exchange. A versatile communications specialist, he practiced extensively as a print journalist and was variously engaged in the broadcast media, working on radio and television. Feyisitan continues to write on corporate communications, brand reputation and perception management, and brand intelligence, among others. He organises the ‘Brand Intelligence and the Marketplace’ masterclass. Feyisitan advocates pollution free and sustainable environment.
HEALTHY LIVING IN LAGOS: FOR THE PROFESSIONAL ALWAYS ON THE MOVE

One of the most riveting things to come out of the pandemic is the fixation on healthy, intentional living. People around the world saw the need to focus on personal health and wholeness and brands have keyed in on that.

Brands create content around it, companies encourage employees to prioritize their physical and mental wellbeing. Restaurants now more than ever; emphasize that they have vegan options and those that never saw the need to include vegan options made room. I could go on and on.

Intentional healthy living gained a lot of traction primarily due to the pandemic and the emphasis health professionals put on developing healthy habits to curb the spread of the covid 19 virus. However, it has grown beyond just curbing the virus; it is a way of life that people around the world are now more intentional about maintaining.

We live in a fast-paced world; especially for the Lagosian, so keeping these habits may not be easy.

If you are someone that is always on the go, these juice/smoothie bars would be a great addition to keeping your health habits.

Nuli Lounge: Nuli lounge is known for fostering a healthy lifestyle through fresh and locally grown food. It prioritizes farm-to-table foods and juices. With two branches in Ikoyi and Lekki respectively; they have take-away, dine in and delivery options and there is an application to help foster the delivery process (it can be downloaded on Apple store and Google Play Store).

Its menu ranges from toasted wraps to warm stir fry bowls to smoothies and cold-pressed juices.

Simply Green Juices: located at 14 Idowu Martins Ground Floor at Mega Plaza, Victoria Island. It offers awesome farm-to-bottle options and raw organic cold pressed juices, it promotes a healthy, sustainable and balanced lifestyle. Simply Green Juices partners with small organic farmers to provide the best fresh fruit options. Juices are 100% raw and never heated.

Fruits Fusion: fruit fusion has Island and Mainland outlets located at 6 Akin Olugbade Street, Off Adeola Odeku, Victoria Island and 3, Oduduwa Crescent GRA – Ikeja respectively. Fruits fusion offers freshly made fruit skewers. Fruit juices, smoothie, vegetable salads, sandwiches and lemon slushies down to fruit arrangements which are still fresh of course.

These are all spots that provide grab-and-go options for the typical Lagos professional always on the move. The world is slowly beginning to open back up; the healthy habit you developed during the lockdown can still be maintained with a little help.
Working like Elephants and Feeding like Ants - A Review of Bolaji Olatunde’s A Person of Heft

Title: A Person of Heft
Author: Bolaji Olatunde
Year of Publication: 2021
Publisher: LaTunes Publishers
Number of Pages: 527
Category: Fiction

A PERSON OF HEFT

A lot of Nigerians have a negative attitude towards insurance in the country. As it stands, majority of Nigerians generally do not trust insurance companies. This is because some insurance companies are well known for their problematic settlements which has negatively affected the general perception of insurance industry in Nigeria. Bolaji Olatunde’s fiction, A Person of Heft illustrates more examples of the lingering issues of the Nigerian insurance industry and more.

In A Person of Heft, Olatunde writes about the unethical practices in the insurance sector and the unfair treatment of workers, particularly the sales agents. The book focuses on a fictional insurance company with an office in Abuja. Employees’ job description is simple: move from one office for clients who have funds so that employees can meet targets. Those who fail to meet their target may lose their jobs. But there is more.

Olatunde’s writing style brings unnecessary evil out in characters who only want better sales commission. Despite the uninviting book cover hiding the fantastic story, and maybe because of the cover art, we can really get a sense of the depressed status of some of the characters in the book and the need to throw their colleagues under the bus.

Never-ending office politics gets the female protagonist of the story, Tomi weary of her job. Each character has a distinctive trait they brought to the book: Raymonds leadership, Supo’s loyalty, Tosin’s disloyalty and Femi’s wisdom. This is an exciting element of the novel.

Torn from insurance and taken to a place called love. Tomi and top-level expatriate Wayne meet in her office and immediately fall in love. However, their tale of love takes on a different tone because it is on a treacherous path. It raises the question of whether women can escape unfaithfulness, even if the union is across races.

The other lead character, Demola, has a federal government ministry job, where his colleagues corruptly enrich themselves. He notices he is in a toxic environment and is worried that it would worsen with time.

The reader is thrown into Demola’s complicated love life. One moment it’s the happy scene of a picnic date, then at another, the reader is greeted with the news of an unplanned pregnancy. It is hard to put into words what Demola’s casual lover says to him, however; the excitement felt when reading this book is as good as embarking on an adventure.

The book addresses a number of different themes including bribery, corruption, sexism, sexual harassment, spiritualism and love.

The other characters in the book are Demola’s family members who had a knowledge of his dating life before Tomi. They speak in a manner that suggests worry, experienced in a series of questions —that at once resembles an interview and a threat. One of the relatives told Demola: “In fact, at a stage, I said I will stop collecting money from you, until you marry”

We see desperate Demola trying to add fiancé to his resume as how his desire to give the ring overtakes his mind and makes him desperate, later Tomi goes after Wayne for the same reason.

Without a single warning the novel ends leaving the reader shocked for minutes.

The author urges readers to “be cautious about expecting things to pan out each time we plan.”

OYEMADE is a business execute in a leading organisation and holds a degree in Russian Language. She’s the convener of the Hangoutwithtee Ladies Event and the publisher of Hangoutwithtee magazine. She spends her weekends attending women conferences, events and book readings. She loves to have fun and to help other women have the same in their lives.
RAVE at Eko Hotel in Lagos

It’s no secret that night life in Lagos is one of the best things about the sleepless city. It’s in this light that Sip and Shots presents Rave Thursdays at Red Chinese Restaurant and Lounge, Eko Hotel.

As Rave implies, it’s the perfect opportunity to let loose and have colorful memorable experiences on a weekly basis.

The first and second edition featured DJ Lambo, Praiz, Sheye Banks, DJ Caise, Crowd Kontroller, Noble Igwe, Tolu Daniels and many more of your faves in attendance.

Rave every Thursday from 10pm.

For reservations
cheers@sipandshots.com
THE ONE THAT NEVER LEFT.

Hi, my name is Ese and this is my love story.

UDY OSARO-EDOBOR

Tega and I were good friends but I always had a huge crush on him, the kind that kept me up most nights and took a chunk of my waking moments. Every love song on the radio reminded me of him. Every guy looked, walked or talked like him. He was the first thing I thought of when I woke up in the morning and the last thing on my mind before I slept at night. I was crazily, head over heels in love with him...so much that I could feel his body heat when he stood beside me. He was my first love. The one I had kept my ‘body and heart’ for.

I even conceived in my mind what our future would look like... He’d be the king of my heart and I’ll be his queen. We’ll live in our beautiful home with our three lovely children and a dog named Bella...Well, maybe not exactly in that order but nothing would give me more pleasure than to spend forever with him.

I couldn’t tell him how I felt but fate was about to work things in my favour when Tega kissed me one day. It was sudden and unexpected but it was the best feeling ever. (It was my first kiss too). He never asked me to be his girlfriend but that kiss was a redefining moment for me. I could finally be with the love of my life. He was the Yin to my Yang or so I thought.

As a friend, Tega was an amazing person but as a lover, I realized that he was a typical Alpha male. We argued over the littlest things and they would escalate out of proportion. Tega would give me the cold treatment instead of talking things over. His nonchalant nature was breaking my heart. I loved him so much and didn’t understand why something that felt so good could hurt so bad. I was hurting but Tega never noticed.

Things went from bad to worse when I found out that he was cheating on me. It felt like he drove a knife into my heart and left it there. Oh! It hurt so bad. I thought he loved me or at least felt something (or anything) for me cos if he did, he would never do anything to hurt me. I wasn’t even asking for too much, I just wanted to be loved in return. **(Sobbing).**

Despite the fact that Tega cheated on me, I was willing to let things slide if he could put in a little effort into our relationship or whatever it was we had. I loved him too much to allow his cheating tear us apart.

I thought he would change his ways but no! Tega continued to sow his wild oats. When I couldn’t take it any more, I thought it would be cool to pay him back in his own coin. After all, revenge is best when served cold so I decided to cheat on him too. I did this to get his attention but it backfired because he never forgave me for it. Things spiralled out of control from then on. He stopped talking to me and literally treated me like I did not exist. I wanted to talk to him but he would not give me the chance to do so. He obviously loathed me and the knife in my heart kept cutting deeper. Our relationship wasn’t defined anyway so maybe that gave him the liberty to treat me as he pleased. That really hurt.

Tega and I drifted apart. Whatever we had between us ended so abruptly and then he was gone. Not just out of my life but out of the country. I was devastated. He left a piece of himself in my heart but took nothing of mine with him.

Somewhere in my heart, I prayed for him to come back one day. I wanted to tell him how sorry I was for ‘whatever’...I wanted to let him know how much I had missed him and that I wanted him back. I waited for years for him, hoping for a miracle to happen but it was a cul de sac. I starting looking for him in every guy I dated and in my bid to find my prince, I kissed a few frogs.

Those were not the days of social media or the internet so I didn’t know where to look for him. I waited a few more years with my fingers crossed and my faith like a mustard seed yet nothing happened then I knew it was time to move on.
on. Tega probably never spared me as much as a tiny thought and here I was thinking about him. It made no sense at all.

Fast forward to a few years later with the advent of social media and the likes, Tega and I reconnected (details a bit vague now), but we still didn’t get along so well. We had unresolved issues that stood between us like a wall. He was carrying a grudge against me while on the other hand, I felt like I couldn’t be cowed by him any longer. There was always tension between us and we still fought over the smallest things. This totally wore me out all the time. Whew! I was tired. I was tired of fighting. It was time to sheath our swords and have a civil conversation. It was time to bury the hatchet and move on. So I extended an olive branch which he accepted and for the first time in over 20 years, Tega and I were able to have a meaningful conversation without killing each other. We both agreed that whatever happened in the past, stays in the past. All water under the bridge. No more bad blood. I had my friend back. Yippee!!

So a few months ago, Tega came visiting and it was such a delight. Seeing him again brought back memories and feelings that I thought were long gone. It’s crazy though, that after all these years, I still carry a piece of Tega in my heart. I’ve asked myself what makes him so special but I can’t seem to figure it out.

I may never know why Tega kissed me that day. I may never know why he led me on. I may never know if he wanted anything serious with me. I may never know if he ever felt anything for me. I may never know if I meant anything to him. Should I ask him?

Well, there’s one thing I know and this much is certain... I loved Tega for a very long time and I never stopped loving him. It’s still beats me that I never got over him. Never did... probably never will.

Tega is not my Ex...he is my Why?. Like, why did I ever let you go?

My heart beats for Tega but he loves another.

It’s true what they say, ’Life No Balance’. 😐

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The origins of paella are ancient, rooted in the area around Valencia, Spain near the Albufera Lagoon, where both fishing and rice growing dominated the region for centuries.

Paella was the food of farm workers who cooked dishes of rice over wood fires, embellished with whatever ingredients they could find.

The dish is named for the wide, shallow pan in which the paella is cooked. The word “paella” is from a Valencian dialect meaning “pan,” probably derived from the Latin word “patella” for pan.

Ingredients

4 1/2 cups chicken stock
1/2 teaspoon saffron threads, crumbled and then loosely measured
1/4 teaspoon salt
3 tablespoons olive oil
1/2 yellow onion, finely chopped
1/2 red bell pepper, finely chopped
3 cloves garlic, finely chopped
6 ounces mild dried chorizo sausage, sliced into thin half-moons (See Recipe Note)
3 cups short-grain rice, such as Spanish Bomba rice or Italian Arborio
1 (14-ounce) can fire-roasted diced tomatoes
1 cup frozen green peas
1 pound large (21-24 per pound) shrimp, peeled and deveined, with tails left on
1 pound mussels, rinsed and scrubbed
1 pound littleneck clams, rinsed and scrubbed
1/4 cup chopped parsley, for garnish

Instructions

Preheat the grill:
Heat a gas grill to medium-high heat (375°F), or light a charcoal grill and let burn until the charcoal is covered with gray ash.

Steep the saffron:
In a saucepan over medium heat, bring the stock to a boil. Add the saffron and salt. Turn off the heat and let the saffron steep for at least 15 minutes. Taste and add more salt, if needed.

Cook the sofrito base: In a 12- to 14-inch stainless steel skillet or cast iron pan, heat the oil over medium heat on top of the stove. Add the onion and red pepper, and cook for 5 to 7 minutes, or until the onion is translucent. Stir in the garlic and chorizo.

Assemble the ingredients by the grill:
On a table next to the grill, set the skillet with the sofrito, the rice, tomatoes, infused stock, salt, peas, shrimp, mussels, and clams.

Begin cooking the paella:
Set the skillet with the sofrito on the grill. Add the rice, and cook, stirring often, for 4 to 5 minutes, or until the rice is coated with oil and lightly toasted. Stir in the stock, tomatoes, and peas. Taste for seasoning and add more salt, if you like.

Add the seafood: Nestle the mussels and clams into the rice with the hinge sides up so they release their juices into the rice. Arrange the shrimp around the shellfish.

Cover the pan with foil, close the grill and cook for 6 to 10 minutes longer (depending on the heat of your grill), or until the rice and shrimp are both cooked through and the mussels and clams are open. (Discard any shellfish that remain tightly shut once everything else is cooked.)

Check to see if the bottom is browned: Slip a spatula under the rice and check to see if you have achieved the elusive golden brown socarrat. If not, set the pan over the heat, uncovered, for a few minutes to lightly caramelize the bottom.

Sprinkle with parsley and bring the whole pan to the table for serving.
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