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# FRUITS YOU SHOULDN'T COMBINE

—Experts warn

By Akinbo Sandra

After seeing several opinions on social media concerning blended fruits popularly known as smoothies, and the number of cases daily reported in medical centers across the country due to wrong combination of fruits, Nutrition Experts have released a warning through their Public Relations Office.

This warning from Nutrition Society of Nigeria further explains the dangers of blending wrong combination of fruits all in the name of enjoying your smoothies.

According to the body, combining some fruits can create compatibility issues and affect digestion; they therefore noted how important it is to understand that some fruits should not be consumed with each other.

In a recent interview with a member of the Nutrition Society of Nigeria Miss. AbioyeAzeezat she asserted



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# 7 Traditional African Hairstyles and Their Origin

Traditional African hairstyles are symbols of cultural identity. [Photo credit: Culture Trip]One symbol of Africa's rich cultural heritage is the traditional African hairstyles. It distinguishes one culture from another. In the culture of ancient African societies, the hairstyle was a significant element. It symbolizes status—economic, marital, and social. It was also used as an instrument of spiritual divination.

Today, many of those traditional African hairstyles have crossed the Atlantic into the western world. While some are almost extinct, many remain peculiar to their origins. Oftentimes, they even help to identify individuals belonging to certain ethnic groups. In this article, we have made a list of 10 prominent hairstyles, presenting their historical background, and present-day appeal.

form spiral knots. Although the hairstyle originated from the Zulus, Bantu is a word that means 'people' in over 300 African languages. Little wonder it has become so popular among Africans and African Americans.



**1. Amasunzu**  
Lupita Nyong'o rocked Amasunzu to the 2014 Oscars. [Photo Credit: Taylor Hill/FilmMagic]Amasunzu finds its roots among the Tutsi and Hutu people of Rwanda. Dating back over 500 years, the Amasunzu was worn by people of all social and marital status. Warriors wore it to signify strength and bravery. Single young girls wore it as a symbol of their virginity. It was a hairstyle of class as only the traditional elite flaunt it. Amasunzu is a way to beautify the body. This style relies heavily on the body frame of the wearer. It is a collection of rows of hair styled into crescent shapes with sharp contours.



**2. Bantu Knots**  
Rihanna calls her Bantu knots 'Ghetto'. [Photo Credit: Rihanna/Instagram]Bantu Knots is a traditional African hairstyle that originated among the Zulu people of Southern Africa. Throughout its existence, women have worn it as a symbol of femininity and status. The Bantu hairstyle is one in which the hair is divided into sections, twisted, and then wrapped to



**3. Fulani Braids**  
Fulani braids are common among West Africans [Casie Dionne/TexturedTalk.com]This hairstyle is indigenous to the Fulani people of West Africa. Having originated among them thousands of years ago, the hairstyle remains a symbol of identity for Fulani women. Fulani Braids is simply hair parted in the middle (and side), then braided into tiny cornrows. Most times, wearers adorn them with accessories such as rings and beads. It is becoming a fashion trend and gaining attention among other ethnic groups.



**4. African Threads**  
Threads have become globally popular among black people. [Photo Credit: NaturallyCurly.com]African thread is a very common traditional African hairstyle all over the continent. Threads are native to the Yoruba people of South-west Nigeria. Over time, threads have become popular all over West Africa. Among Africans, threads have different names from different tribes, some of which include Los, Eko Bridge, Akula, Sunga, etc. It is a natural hair straightener, which has been a major part of hair care routines for centuries. Also, it is a protective style that features many sectioned parts of the hair wrapped in threads.



**5. Zulu Topknots**  
Zulu topknots have evolved over the centuries. [Photo Credit: @IOL/Instagram]As the name implies, this African traditional hairstyle traces its origin to the Zulu people of Southern Africa. In the early centuries, women in these communities used the style as a status symbol—only members of the ruling class wore them. These days, although still heavily worn by Zulus, Topknots have permeated other cultures, such as the Ethiopians and Somalis. Zulu Topknot is made from hair gathered into knots and stretched into sections with a tie. Some women adorn their knots with jewelry.



**6. Himba Dreadlocks**  
Young Himba girl. Source: [Linda De Volder](#)  
Himba is a tribe in Northwestern Namibia. For the Himbas, dreadlocks symbolize age and life. Himba stylists use a mixture of butter, ochre, and goat hair to create the locks. They also use hair extensions and ornamental accessories for beautification. Usually, teenagers wear strands of their dreadlocks hanging over their faces to symbolize their entrance into puberty. When these teenagers are ready to marry, they tie these dreadlocks to display or 'reveal' their faces.



**7. Ngala**  
An Igbo lady rocking Ngala hairstyle as a symbol of pride. [Photo Credit: Pinterest]Ngala is a traditional hairstyle that is native to the Igbo people of Nigeria. Among the Igbos, it is a symbol of pride and elegance for women. Igbo women usually wear Ngala on special traditional festivals, traditional marriages, and coronations. This hairstyle is unique as stylists use hair extensions on any texture of hair. A key feature of Ngala is the adornment of the style with Igbo bead for added elegance.

SOURCE: African Vibes Magazine

## Spastic cerebral palsy chess genius meets Sanwo-olu

By: Ayodele Moses

The Governor of Lagos State, His Excellency Babajide Sanwo-olu recently met with the spastic cerebral palsy genius, Ferdinand maumo, who displayed extraordinary skills in defeating his peers at the recently concluded chess competition in makoko area of Lagos.

Sanwo-olu who invited Ferdinand as part of the program for children's day celebration in Lagos State accepted a chess challenge from the chess genius, Ferdinand, having been a decent chess player himself.

The cerebral palsy genius showed his dexterity in the game against the Governor despite only learning the game for two weeks in Makoko suburbs.

The game which lasted over 30 minutes eventually ended in a stalemate amidst good displays from the Governor who also showed his mastery of the game.

Sanwo-olu said "Ferdinand is a young boy whose life story inspires me. Having been born with cerebral palsy, he found the strength to rise above his health and life challenges."

His Excellency, Babajide Sanwo-olu gave Ferdinand one million naira cash prize and placed him and his siblings on a lifelong scholarship up till their University level

He also promised on behalf of the Lagos State Government to relocate the Ferdinand family from Makoko slums to a state owned apartment within the city for a better life.

Sanwo-olu concluded the session by promising that his Government will work hard to support every child with special needs across the state

## Eyimofe shines again at blackstar film festival in the US

By Nojeem Lawal

Eyimofe bagged the Best Feature Narrative at the just-concluded 10th edition of the University of Pennsylvania-sponsored BlackStar Film Festival in the United States.

The movie, which follows the stories of Mofe, a factory technician, and Rosa, a hairdresser, on their quest for what they believe will be a better life on foreign shores, premiered in Nigerian cinemas on 16th April 2021.

Nigerian filmmaker, Ife Oluwumuyide and Ghanaian filmmaker, Claudia Owusu emerged winners of the third annual BlackStar Pitch, which offers filmmakers of color the chance to propose their short non-fiction projects to an illustrious panel of funders, distributors, and producers.

Oluwumuyide and Owusu will receive an artist grant and mentorship from WarnerMedia One Fifty as well as a free Vimeo Pro Account.

The Blackstar Film Festival is a Philadelphia-based film festival focused on films about and by black, brown, and indigenous people from around the world.

In process of presenting an array of live programs, panels and select in-person events and screenings, this year also marked BlackStar's selection by the Academy of Motion Picture Arts and Sciences as a qualifying festival for both short documentary and short narrative films, making BlackStar's Best Narrative Short and Best Documentary Short winners eligible for entrance at the Academy Awards.

# Pictorial Story Telling Site Now On The Web 2

By Abiola Moshood

A pictorial story-telling site, has been launched on The Journalism Clinic, a hub for first-rate journalism training.

The creation of the site was triggered by an intern who indicated interest in Photography, according to the clinic's founder/director.

"I once did a LinkedIn article where I said that my pieces on the social and professional networks are to demonstrate to our trainees that everything I teach is possible. It

## Fruits you should never combine

...CONTINUED FROM FRONT PAGE

that mixing orange with carrot could be very dangerous since it has, at many times, caused heartburn and kidney damage. She went further to shake another table, saying **Vegetables and fruits** should never be mixed together. Fruits have more sugar content and are difficult to digest. As they stay in your stomach for a longer period while the fruits ferments and produces toxins, which could cause diarrhea, headaches, infections and stomach pain.

Miss. Abioye Azeezat said Papaya and Lemon is highly dangerous for children and adult alike. It is a deadly combination, which can cause anemia and hemoglobin imbalance. She spoke about consuming the combo of orange and milk as well. In his words, "Consuming a mixture of milk and orange will be very hard for digestion, causing numerous health issues. The acid in orange will destroy the enzymes that are responsible for digesting the starch present in the cereal. If you choose to add orange in your milk cereal, you are going to increase the risk of indigestion".

In case you have been experiencing persistent headache and nausea after taking your smoothie, it is can be due to the combination of Guava and banana. This combination will increase your risk of acidosis, nausea, gas buildup and persistent headaches, she said.

"Other combinations you should also avoid are; Pineapple and milk, then, Banana and pudding. A compound bromelain in pineapple when mixed with milk causes a series of problems to your body such as stomach gas, nausea, infections, headache, and stomach pain."

"The combination of banana and pudding is difficult to digest and will slate toxin production in the body, which may be dangerous for children", she averred.

She however, urged Nigerians never to mix acidic fruits, such as grapefruits and strawberries, or sub-acidic foods such as apples, pomegranates and peaches, with sweet fruits, such as bananas and raisins for a better digestion. On a contrary, you can mix acidic with sub-acidic fruits, she submitted.

took a while for this student to get started doing what I told him to do – interviewing and taking pictures of his neighbours in Ojo Local Government Area where he lives," Obe said. "So I decided to start MyTori as a demonstration platform."

Obe, who is also a fellow of the Nigerian Guild of Editors and Commonwealth Professional Fellow, added that another starting point for the story is his classmate's nephew he had been asked to help find placement for his National Youth Service Corps (NYSC) primary assignment in Ibadan, Oyo State.

The young man, who has a bachelor's degree in Humanities from Bowen University in Iwo, Osun State, said he has interest in

photography, cinematography, content creation and graphic design.

Somehow, NYSC refused to approve his posting to Oyo State, and he sought redeployment to Lagos State.

"So, I have made a request to NYSC to post him to The Journalism Clinic. That will be his work when he joins August ending after his NYSC orientation. He was excited when I told him that he would be learning a few things from me, although I did not go into specifics," he said.

The Clinic's Director is extremely excited to have worked with Stephen Oloh, a 2016 computer science graduate of the University of Nigeria, Nsukka, based in Oyo Local



Government Area of Rivers State on developing the website.

In his words: "This young man has a special story. We have only met virtually. One day in 2018, he sent me a Direct Message on Twitter, stating how he was robbed at gunpoint and dispossessed of his valuables, including his laptop, phones, and certificates, and since then things had not been the same

for him. I have been trying since then all I could do to support him and find his feet again. When this idea came, I decided that he would play a significant role and he has proved that he is superbly competent."

On his part, Oloh said, "I hope that MyTori would show readers why it is okay to feel lost, and help readers realise that they are not alone; that moments of doubt and uncertainty are all normal on the journey of life."

# Do you take pap ?

By Micheal Jacob

Corn pap is a Nigerian fermented cereal pudding made from maize, also known as akamu, ogi, koko, or eko. This super light food has been around for decades now and a lot of people in Nigeria are eating it. A study in 2018 on the Nutritional composition of pap found that pap is rich in essential properties, including carbohydrate, Vitamins [A, B5, B3, B1, riboflavin, C], folic acid, potassium, chromium, selenium, zinc, phosphorus, and magnesium. It also contained high contents of amino acids such as tryptophan, phenylalanine, isoleucine, leucine, lysine, and valine. The calories in one serving of pap are 152.

Now, I know that daily a lot of people still take this meal called Pap. I will tell you in this article what pap does to your Body each Time you do. Read carefully now to see what pap is doing to your health:

1. Regulates Blood Pressure

Pap is an excellent source of potassium and contains zero sodium content, making it a good diet for people with high blood pressure and those who want to maintain stable blood pressure or prevent hypertension production. Another benefit of taking potassium-rich foods such as pap is that it helps to lessen the effects to sodium in your body while also relieving discomfort in your blood vessel walls, thereby protecting you from myriads of health problems that might have to sprout.

2. Lowers LDL Cholesterol

There are two primary forms of cholesterol in the body, low-density lipoprotein [LDL] and high-density lipoprotein [HDL], respectively. The former, LDL, is also considered to be 'poor' cholesterol since having excess cholesterol in your body will cause plaque to grow in your artery walls, making circulation a problem. It may also result in undue



heart strain, and can even lead to high blood pressure, stroke, or heart attack.

On the positive side, pap contains a decent deal of chromium, zinc, magnesium, and some other active properties that help minimize the body's cholesterol levels of 'poor' LDLs.

In pap, chromium is found to be involved in lowering LDL cholesterol levels as well as inhibiting atherosclerotic plaque formation in the body. This same mineral is also linked to improved levels of blood sugar, reduced risk of type 1 and type 2 diabetes, reduced depression, increased levels of energy, increased regenerative capacity, to mention but a few. Again, pap's zinc and magnesium content are also considered great for lowering the body's LDL cholesterol, as they possess potent properties that are useful for this.

Having said that, some of the best ways to help raise your 'healthy' HDL cholesterol and lower your 'poor' LDL cholesterol include – moderate caloric intake, daily physical activity [exercise], reduced smoking, reduced sugar intake, and trans fats, to name just a few. Eating Nigerian foods with low cholesterol, too, will be perfect.

3. Highly beneficial for nursing mothers

Have you ever wondered why pap is one of the most popular nursing mom foods?

Pap contains a high amount of water and some other components which facilitate the adequate flow of breast milk for mothers who are lactating. It also helps to recover strength after having suffered from one disease or another, not forgetting that it is again an easy-to-digest food – a friend of the digestive system.

4. Good source of energy

Pap is an excellent source of carbohydrate, one of the nutrients on which your body strongly relies on adequate energy. Carbohydrate-rich foods such as pap not only provide the body with energy but also encourage mental sharpness and improve fat for energy metabolism.

5. Easy to digest

Pap is one of the easy to digest foods that we have around us. This helps the body to get rid of unnecessary contaminants and chemicals quickly by simply increasing the pace you urinate at. Another advantage of eating easily digestible food is that it puts less stress on the digestive system and is good for people recovering from illness. In addition to the above,

people with digestive disorders, including irritable bowel syndrome (IBS), irritable bowel disease (IBD), or a sensitive stomach, may enjoy consuming easily digestible foods such as pap as they function on the digestive system quite carefully and seldom trigger issues.

6. Boosts the kidney's health

The kidneys are among the body's most important organs, so any disruption that can cause adverse effects in the human system in this area. Many of the things that can destroy this vital organ are uric acid, urea, toxins, waste, and other hazardous substances. The great news, however, is that drinking pap can get rid of these substances because it helps remove harmful contaminants in the body by urine. If you're drinking pap you appear to urinate more.

7. Promotes healthy pregnancy and lowers the risk of neural tube defects

One of the main products pregnant women need to have a successful pregnancy is folic acid. This acid deficiency may contribute to the birth of underweight children, or may even cause neural tube defects in newborn babies. Pap is high in folic acid on the plus side making it a perfect and safe food for expectant mothers. Apart from that, you'll be surprised to learn that the same paper also encourages breast milk development after childbirth-what a healthy meal!

8. Akamu is good for babies and toddlers

Pap is one of the safe foods for children in Nigeria. In Nigeria, it's a common weaning meal introduced to infants. While being highly economical, simple to prepare and easy to digest, it is also very nutritious to growing children. Brown pap is the best form of baby pap. Brown pap consists of carbohydrate, millet, and guinea corn which provides some proteins, vitamins, and minerals that are very important to the growth and overall development of babies.

Pap isn't like some people believe it to be a 'normal' food. But it is filled with many health benefits, including reduced risk of hypertension, improved digestion, sufficient breast milk flow, improved health of the kidneys, to name but a few

# Abeokuta Residents Laments High Cost of Food



By Osu Olufemi & Ogunyemi Bamidele

Going by the current inflationary trend that has weakened the purchasing power of many Nigerians and negatively affected the prices of food items, some residents of Abeokuta, the Ogun State capital have called on the government at all

level to take drastic efforts in reducing hardship and poverty which many Nigerians are subjected to due to high cost of food items.

The call became imperative due to the continuous increase in prices of goods and services, more importantly food items which some describe as getting out of the reach of a common man, if nothing concrete is done by government to reverse the ugly trend.

According to some respondents who spoke to our correspondent, they expressed displeasure over the manner at which the current administration in the country under President MuhammedBuhari is handling the issue of food security in Nigeria, adding that a lot of Nigerians are on daily basis forced to live below the poverty line as a result of high cost of food items and other essential commodities which

would have made life worth-living for the citizenry.

In her contribution, MrsTaiwoAlogba, a trader at Kuto Market, said it is almost an impossible task for parents to feed their children and wards adequately due to unbearable economy hardship many parents are going through in the country. "The present hike in the prices of food stuffs is adding extra burden to the array of issues faced by Nigerians, we now find it difficult to perform our financial obligations like payment of children's school fees, house rents, as we hardly make enough money in our businesses, coupled with this high cost of foods, life has not remained the same for the majority of us, just imagine a bowl of garri is being sold for N600 for what used to be between N200-N250 last year."

Narrating her ordeal, a provision seller, who simply identify herself as Bose, said; I believe this is just a deliberate attempt to reduce the purchasing power of the common people of this country, reason being that most of these political leaders are not spending their own incomes on food items as state makes provision for them on this and many other things, imagine a wife of a governor is having the kind of experience a lot of woman are going through; surely she would find a means to mount pressure on her husband and ensure something meaningful is done on the matter.

years ago when we bought a basket of tomatoes for N4,000 we complained that it was too expensive, but now that same basket of tomatoes now sold for N17,000 or N18,000, therefore, some traders can't afford to buy a basket any longer, rather they come together, buy a basket and share it. Also some security officials do collect money from traders whenever goods are being transported down from the north, this development contributed to the hike in prices of these produce, as the burden is passed on to the buyers, government should please come to our aid," she pleaded.

A consumer, who simply identified herself as Tolu (a civil-servant) said, she belief that the actions and in-actions of the government are the primary reason for the hike in the prices of food items. According to her, many traders do complain about multiple taxation and high cost of transportation of goods, stressing that most producers of these food items are no longer feeling safe on their farm due to the incessant attacks by the killer herdsmen and bandits.

She however called on government to urgently intervain on the issues maintaining that the situation is capable of plugging the country into more security threat and deeper poverty level among the citizenry.

Contributing to the issue, a butcher at Lanfenwa abattoir, simply identified as kazeem, lamented the high cost of cow, saying the crisis between headers and farmers across the country had impacted negatively on the operations and of this business, explaining that for one to sustain himself in the business nowadays takes the grace of God. "I think the government needs to do needful by solving the prevailing crisis in this sector once and for all, because I believe they have all the machinery requires to solve the issue at their disposal, without any form bias or favouritism. We butchers are not finding it easy to run our business, as the price of cows are not stable any longer, a development that has forced some of us that do purchase a full cow to partner with others in sharing one cow."

## Nigerian wins \$5,000 in Jollof Rice competition

By Iskil Akinosho

Miss Hilda Effiong Bassey representing Nigeria has been rewarded with the sum of \$5,000 (Five thousand Dollars only) having emerged winner in a jollof rice cooking competition named *Jollof faceoff* organized recently in Lagos.

Miss Bassy received the sum having defeated a rival competitor from Ghana in a competition design to uncovers who can prepare the delicacy well between Nigeria and Ghana.



preparation of menu.

At the event, there was a blind tasting of competitors Jollof dishes by selected panel of judges drawn from both country, accessing competitors across several parameters like plating, taste and texture of the Jollof itself as we as taste of accompanying protein and sides.

The event was loaded with other side attractions, as guest were treated with Karaoke, jokes by MC Forever and scintillating dance performance, while gift items were given to participants by the organizers, Maggi and VBank

A rematch is slated for Ghana next year and there are plans to include other countries like Senegal and Sierra Leone in nearest future.

According to Noble Igwe, who coordinated the event on behalf of the conveners; Jollof seek to celebrate the love Nigeria and Ghana have for Jollof Rice. It is more than a competition; it is a showcase of our cultures, our uniqueness, and our unbridled passion. Without doubt, Jollof Rice has become one of the most popular dishes in West Africa. The fierce rivalry between Ghana and Nigeria on who makes the better Jollof Rice has gone on for so long, and has been so intense, that it has garnered international accolade. However, some people are of the opinion that neither country should lay claim to being Jollof Rice superstar as the delicacy has Senegal has its origin, but not minding the true origin, the just completed competition has proven that Nigeria is an icon when talking about the

## 5 Common Reasons Why Men Lose Interest In Relationships

BY: ADEOGUN AYODIPIPU

These are five common, reliable reasons why men lose interest in women they were once in love with. Sometimes people in relationships, once burning with a passion for each other suddenly begin to lose interest in the whole affair. For men, reasons for losing interest in a relationship with a woman they once liked could be one of the five common ones listed below:

### 1. Efforts don't match

If he does his best and you don't, it won't be long before he starts to get distant and aloof.

Effort in relationships do not have to be the same in value, it just has to be significant enough to count. You've just gotta to give back. If not, the relationship will look pretty one-sided and

resentment will start to build.

### 2. You're not supportive

You should always let your man know that you're riding for him, that you've got his back especially if he is one who's obviously doing his best to do right by you.

If your words and actions rarely show support or any interest in the things he holds dear, he might start to feel that you really do not care about him

### 3. Cheating

Men are notorious for finding it difficult to deal with a woman who cheats on them. No one does, but men have a notoriety for being more intolerant to it. That's actually ironic, though, as women actually tend to forgive cheating from men a lot.

### 4. Difference in sex drive

If the gap in the sex drive between him and his girlfriend is vast, it will affect the relationship adversely and it won't be long before the man gets fed up.

If the woman has a higher sex drive, or if he has a higher sex drive, something's going to get terribly wrong as some point. This is why it is better to always have that conversation about [sexual compatibility](#) early enough.

### 5. Disrespect

Nothing makes people fed up more than constant disrespect. Being belittled, being made to feel like nothing, having your importance questioned and being made to feel like your presence, opinions and being doesn't count for much... anyone would seek to get out of a relationship under circumstance as this - most certainly men would, too!

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EDITORIAL

BB NAIJA: A Social Experiment or a Distraction

This show has for a good number of years be the one of the spectacles the young adults in the country look forward to every year. For four months or thereabouts, they get hooked to the frills and thrills, the buzz and noise, the allure and demure the show offers for the duration it spans.

With its popularity come the criticisms that have seemingly forever being darted at the show. The older generation and a sizeable percentage of the young generation have brought the show under fire for its underlying motives and content that have been termed flippant, uncultured and unsavoury.

22 housemates living in a spacious and lush apartment for four months, portraying different lifestyles with no-holds-barred with their fate nestling literally in the hands of those watching them in front of their TV screen. The winner at the end of the day gets to walk home with a huge sum of money plus endorsement deals with other housemates also going home with something mouth-watering for only displaying their doctored or un-doctored lifestyle just to get liked for votes to gain in.

The show airs 24/7 for a minimum of 70 days since inception, which literally means if you are an addict of the show like most youths are, you are likely to be tuned in for 1680 hours in your lifetime watching other people display their lifestyles to you with the aim to impress you and get you to pick up your phone and vote them.

The major reason the show, however, has come under heavy criticism is down to the fact that the show is a home to all sorts of lascivious content broadcast at ungodly and godly hours even with kids likely to be watching and picking up values that are considered culturally unbecoming.

But the question then is: if this show has the content it has over the years been always the same, is that not a reflection of the evolution our society has wrapped itself in recent time? Why is it that when we see these things showcased on our TV screens,

we are always quick to wag our tongues in proscription of them whereas it is just a mirror of the society? Is it that we are having misplaced priorities of what to tackle and where to tackle it? Or we just find joy and social correctness to be on the other side of the show?

These housemates over the years, no doubt, are products of the society we live in. Though some of them may have lived abroad and in effect, inculcated the lifestyles over there, bringing them home in their kinds, but still, a good number of housemates are "Naija" born and bred, as such; it can be argued that what we see on our TV screen is a reflection of what our society is breeding with the young generation. A counter argument is that some of these things are doctored and not naturally coming from them. Like Big Brother says, it is a game, so from that lens, one might have to believe that these guys might just be putting up acts to ingratiate themselves to people to upscale their chances of scooping the jackpot. On that ground, it being a social experiment has pores blotting it.

For some, it is about it being a distraction to important things the youths should rather deploy their time pursuing. Imagine a young man of 19-year-old wasting 1680 hours of his life watching 22 people put up acts that can be termed gamely, and getting to imbibe these things that are just meant for the culture of the game. The game ends, and reality dawns on him that for the past three months, there is nothing substantial he can point to as value derived from the show, save the entertainment aspect of it which can be gotten elsewhere.

While the show is tailored to bring entertainment to the lives of thousands of people tuned in to it, the fact that it is a game makes the whole show trifling. And going by this verdict, seeing thousands of Nigerians addicted to the show in contrast to the myriad of things our addiction is needed to in the country, validates how distractive the show is to these thousands.

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Beauty of African Talking Drum (Gangan)



By Osu Olufemi

Globally, dancing is a common exercise found among people irrespective of ages, status, belief, culture or religious background. It is an expression of inner joy through the movement of various parts of the body. For dancing to be significant enough, there is need for an instrument to propel it and the most important instrument required is drum. Drums can be found in any geographical location of the world, as hardly can you find any tribe or group of people that shares the same cultural heritage without having a particular type of drum that connects them together whenever situations demand for such.

According to Archaeological excavation findings of Neolithic times onward; one of such excavated drum found in Moravia, Czech Republic is dated back to 6000 BCE. Early drums were said to be consisted of a section of hallowed tree trunk covered on one side with reptile or fish skin and were struck only with hands.

The use of skins was later introduced to the production of drums as an improvement, as animal skins were taken from hunters which eventually brought about the usage of

sticks in its sound production. With this fit, double headed drums were later introduced in diverse shapes and sizes.

In producing drum, the skin can be secured to a single-headed drum by pegs, nails, glue, buttoning (through holes in the membrane), or neck lacing (wrapping a cord around the membrane overlap). Double-headed drums usually have direct cord tension (through hole in the skin).

Africa as a continent may not be recognized as a technological hub when discussing issues relating to technological advancement and know-how among various continents of the globe. However she stands tall among her peers when talking about matters relating to Art and Culture, as she is blessed with rich cultural heritage and numerous languages among her diverse ethnic groups.

One area in which Africa and Africans still maintain unique identity and global applaud is in the area of drum production and usage. A Drum which can be designed with tube, bowl of wood, metal or pottery shell with membrane covering one side or both ends, serves as a musical instrument that produces rhythm sound through the vibration of a

stretched membrane (membranophone). It can be regarded as extraordinary sophistication tools of entertainment from Africa, as it is used to perform both ceremonial and ritualistic functions.

Drums varies in both sizes and forms and are mostly used to pass important information to those who have adequate understanding on subjects matter being passed across through this talking skins called drums. There are numerous types of drums in Nigeria; more especially among the Yoruba ethnic group of the Southwestern part of the country. Some of popular drums include Bata, Sakara, Omele, Bembe, Dundun, and Gangan otherwise known as (Talking Drum) to mention but a few. Among the few drums mentioned, the talking drum is outstanding through its classical ability to pass information with clear tune that can be conveniently understood.

One outstanding ability of talking drum is its ability to imitate the rhythm and the rise and fall of word of languages used in communication by producing desired sounds. A

Mallet is used to strike the surface of the drum. A Mallet is a customized, curved wooden stick that has a unique plastic tip and a 5.5" foam grip handle for comfort and easy playing of the drum.

Talking drum plays a vital role among traditional worshipers in Yoruba land. For example, the masquerade (Egungun) worshippers use this unique drum as a persuasive instrument to caution, appeal, and appraise the masquerade. While most Christian denominations can hardly conduct services without the inclusion of the talk drum in the midst of their instruments.

In addition talking drum is used as an instrument of praise, as it can be conveniently used to extol the contributions or attributes of a person, either dead or alive. In fact, everyone in Yoruba land has a praise poem that extol the virtues of his or her family.

Apart from this, talking drum usually adds colour and glamour to ceremonies like weddings, child naming, house-warming, coronations and even burials, as people do set aside their life challenges while talking drum is at its peak performance.

Want Flat Tummy? Do these



By Adesanya Oluwayemi

From generations long before now, women have always strived for perfection, this can be noticed in women from diverse cultures and cuts across age, race, ethnicity or education.

Nigerian women in particular are self-conscious ranging from fashion statements to trending Hair Styles, Makeup Artistry, to mention a few. Making waves today in women are Body Enhancement procedures & products And Slimming Teas & Herbs. Hence, the reason women go through rigorous exercises to acquire a 'Banging Body'.

According to research, the most difficult part of the female body to shed fat from is the stomach region, instead of putting the body through strenuous workout routine which leaves the body with after effect of body aches and

fever, body goals can be achieved with some adjustments in our everyday life. Below are some tips that can improve and enhance the desired body:

- Avoid food that contain Trans Fat:** Trans Fat are created by pumping hydrogen into unsaturated fat e.g Soybean oil. They are mostly found in margarines and bread spreads.
- Reduce Alcohol:** Alcohol have some health benefits if consumed in the right quantity, but can be harmful if consumed in excess. Research has it that excess alcohol causes belly fat hence, the need to reduce the intake.
- Eat plenty of Fiber:** Fiber absorbs water and helps aid the digestion process. Soluble fiber reduces tummy fat making you feel full and hence you eat less.

4. **Cut down on Carbs:** This can be difficult in Nigeria as most of the food we eat are carbohydrates. But portion control is essential if you must eat carbs.

5. **Drink a Lot of Water:** Water helps keep you full and you tend to eat less and it helps speed up the digestion process.

6. **Avoid Sugar Sweetened Beverages:** Sugar sweetened beverages and sodas are loaded with liquid fructose which can make you gain belly fat.

7. **Get Plenty of Rest:** Sleep is an important health booster including weight loss enhancer. Studies have shown that people who do not get enough sleep tend to gain more weight

which includes belly fat.

8. **Track your food intake and exercise:** Consuming fewer calories than the body needs for weight maintenance is key. Also, keeping a food diary, an online food tracker or app can help monitor your calorie intake.

9. **Add Apple Cider vinegar To Diet:** Drinking apple cider vinegar has amazing health benefits, including lowering blood sugar levels. However, be sure to dilute it with water as undiluted vinegar can erode the enamel on your teeth.

10. **Try Intermittent Fasting:** This is an eating pattern that cycles between periods of eating and periods of fasting.

What you must do after age 45

By Pharm. M. Lawal

Regular exercise, this must be graduated and suitable for your health/social status - stop eating hides and skin "kpomo" it's a slow killer.

Observe regularly siesta, even if you don't fall asleep, just have a quiet time, put off your phone or put it in silence mode while observing siesta.

Always sleep on the same bed with your spouse even if you do not have intention of intimacy with him/her. It has a lot of benefits, it reduces stress hormone (cortisol) level.

As much as possible, sleep on your left side when sleeping especially at night, this helps to drain the system of toxic substances through the lymphatic system.

Do not immediately rise on your feet after you wake up from sleep especially at night, remain on your sleeping position for (20-30 sec) even if you are pressed, then rise to a sitting position for some time, then you can stand up and walk. This helps to prevent sudden brain damage that could lead to stroke.

Have regular sex (legal), 2-3 times a week is recommended. Making love is more beneficial than having sex. I hope you understand? This has a lot of health benefits ranging from your heart, prostate, brain etc

Avoid cold bath as much as possible it should be warm. This also helps in reducing chances of stroke/heart attack.

Routine drugs to take on daily bases are: omega3 product.

Calcium rich drugs, Dietary fiber drugs & Strong antioxidants e.g natural vit. E & carotenes 1caps daily, in addition to these, ladies are expected to be on more regular Calcium supplement or biscuit bones especially after menopause, this helps in minimising osteoporosis as a result of bone leaching that women experience post menopause. A condition that most mistake to be rheumatism.

Know your body mass index (BMI) and work towards maintaining ideal BMI (20 - 25 kg/m square). If not done, this has a lot of health implications ranging from sudden death, metabolic disorder like diabetes; Cardiovascular disorders like hypertension, heart attack, stroke; infertility problems like an ovulation in females; Neuromuscular problems like rheumatism; & Respiratory distress amongst others. You see that there are a whole lots of problems if you don't keep fit. Obesity is not a sign of good living but ill health.

Drink a lot of water (Like warm) in a day, 2 to 3 litres of water per day can help in keeping your system adequately hydrated and helps your kidneys function properly.

Cut down your stress level both physical/mental/psychological/emotional and take time out for recreational activities especially those that will make you happy/laugh.

Avoid social poisons like kolanut, cigarettes, energy drinks, alcohol/alcoholic drinks, though some schools of thought say certain % of alcohol per day is good for the heart.

Note that bitter kola "orogbo" is highly medicinal and it's good for our health, particularly for females. It's a powerful anti oxidant, it helps to prevent all forms of malignancies be it cancer of the breast, cervix, prostate etc. It helps to improve male sexual performance, slows aging process, reduces severity of rheumatism, slows process of dementia/amnesia, helps to prevent diabetes mellitus/ diabetic complications in diabetic individuals, prevent/slow the growth of fibroids and a whole lots. In fact, I would recommend 1 nut of bitter kola per day for everyone age 40 years and above. Note that, it's not too safe if you have peptic ulcer especially Gastric. It could worsen the symptoms of ulcer.

Avoid caffeinated beverages like Millo, Boumivia etc. green tea is better.

Avoid processed foods as much as possible like noodles, pasta, can foods etc. Avoid sitting on a spot beyond two hours max., stand and walk around after one and half or max two hours of sitting. It's for the health of your GIT - gastro intestinal tract. More so it avert chances of hemorrhoid (pile).

Regular health check. Imbibe the culture of preventive medicine and not curative medicine.



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# 10 Benefits Of Drinking Bitter Leaf Juice

By ADEOGUNAYODIPUPO

Bitter leaf is a common leaf in Africa used for cooking various dishes and delicacies but not everyone is aware of its many health benefits especially those gotten from the bitter leaf juice. You might ask; but what is the nutritional value of bitter leaf? Study revealed that Vernoniaamygdalina leaf has high protein (33.3%), fat (10.1%), crude fibre (29.2%), ash (11.7%), mineral (Na, K, Ca, Mg, Zn & Fe), phytate(1015.4mg/100g) and tannin (0.6%) content, while it contain low cyanide (1.1mg/kg).Everybody seems to know it. It grows everywhere. Bitter leaf, vernoniaamygdalina, is a very homely plant.

Wherever it grows, it flourishes. And it's evergreen. The Igbos call it Onugbu. The Yorubas call it Ewuro. The Hausas call it Shiwaka. Perhaps the most distinctive feature of the plant is its bitterness. Every part is bitter.

It is one thing to put it in your meals, but washing the leaf and extracting its raw, bitter juice is your best bet for getting all its benefits. Here are some of the many health

benefits of drinking bitter leaf juice.

### Health benefits of drinking bitter leaf juice

- Helps in curing Prostate Cancer
- Cures Insomnia

Bitter leaf juice helps in curing those suffering from insomnia. Take two glasses of bitter leaf juice every night, and your body system would be so calm you would sleep easily. You may add a little honey if you wish.

- Tones up the liver and the kidney

The kidney is a very important organ in the body. If the kidney breaks down it would affect the workings of the entire body. Bitter leaf does an excellent job of taking proper care of the kidney and liver. Bitter herbs help to tone the vital organs of the body, especially the liver. Bitter leaf is very useful in the care of the kidney and the liver. It is for this reason that many refer to bitter leaf as a cure-all

- Detoxifies the whole body:

Bitter leaf is rich in proteins, vitamins, and minerals that detoxify the whole body and helps improve the Immune system.

# Group, others advocate for Big Brother Naija ban



By Iskil Akinosho and Femi Osu

A social cultural group of the Norther extraction, Arewa Youth Advisory Forum (AYAF) has advocated for the immediate proscription of Big Brother Naija (BBN) reality show by the federal government, stressing that the show is fast eroding the cultural values which nigeria is known for among comity ofnations.

The call was made by the National President of (AYAF), YerimaShettima recently while answering questions from journalist who sort his view on some issues relating to youth in the country.

Shettima described the show as a “calamity” saying he never believed in the show or the activities therein. He said the government ought not to allow the show to be aired because it promote immorality and sexual content.

“it's a calamity for me: I never believed in BBNaija and I don't think it's fair because the show portray act of immorality which should not be encouraged in our society. I have often said it that the show encourages indecency and immorality and that the Nigerian government should ban it, it should not be allowed to be broadcast in our country so as to safe guide the sanity of our people.” He said further that what majority of the viewers are interested in the show are the immoral aspect and how best to replicate the immoral act within the larger society.

He claimed that a lot of people are watching to see acts of immorality, as people dress almost nude on camera all in the name of show. He however called on like minded Nigerians to join hand together and draw the attention of the government's to the implication of the program on the society if something urgent is not done to impose sanity on the show.

It will be recalled that some individual and groups in the past have clamoured for the ban ofBBNaija show owing to some of its contents which negate the rule of obscenity in media practise.

A clergy man base in Abeokuta, simply identify as Pastor Adegoke said the said show erode the moral foundations upon which Nigerian youths should build upon. He called for people to invest in spiritually entrenched programs that will draw people closer to their creator. He emphasized that the plan and work of Satan were to constantly pollute the hearts and minds of viewers of the programme with nudity and porn concepts to divert them from the ways of God.

An Islamic cleric, living in Abeokuta, Alhaji Ibrahim Yusuf, also condemned the show stressing that the direction the world is taken now is making majority of its inhabitant to be more distant from our creator, he lamented that people hardly embraced any initiatives or programs that direct mankind to Allah, but deeply involve in vanishing things of this world that lacks eternal value.

# Oba of Benin welcome quadruplets

By Osu Olufemi

The Royal Family of Oba of Benin, Oba Ewuare II, has being blessed by God with wonderful set of quadruplets, three boys and a girl through his youngest and the fifth wife of the monarch, Queen Aisosa.

Secretary of the Benin Traditional Council, Mr Frank Irabor, made this known to the public in a statement released on the Oba of Benin's official Facebook page recently.

Irabor described the birth of the babies as an “unprecedented and historical event” in the Benin Royal family.

“By the grace of the almighty God and the benevolence of our ancestors, the Benin Traditional Council on behalf of his royal

m a j e s t y O m o n ' O b a n ' E d o , UkuAkpokpolo, Oba Ewuarell Oba of Benin and the Royal Palace of Benin Kingdom, joyfully announce the coming of our royal quadruplets to our mist.”

The palace of the Oba of Benin is delighted to announce that her royal highness Queen AisosaEwuare of Benin Kingdom, has delivered a set of Quadruplets (3 boys and a girl).

The children and their mother are in excellent health condition the statement read. Adding that the date of the naming ceremony will be announce to the public soon.

Oba Ewuarell, who is the 40<sup>th</sup> Oba of Benin and one of his queens, Owamagbe had in October, 2020 welcome a princess. The baby birth coincided with the monarch's birthday and coronation anniversary in October.



# 'There is no drug that is absolutely positive in its response inside the body'

Dr. Rabi Adeneye Kusimo is the Medical Director, Lafiya Medical Center, Abeokuta. He is also the Chairman, Private Medical Practitioners in Ogun State. In this interview with LIFESTYLE NEWSPAPER's Sanusi Jeleelah, he bares his mind on some negative effects of drugs and other sundry issues. Excerpts:

### What exactly can we call a drug?

Drug is any chemical substance used with the intention of it being beneficial for any organism, that when it is used it will eventually initiate or cause a chemical reaction in the body of the person or the organism with a view to get results. When a sick person is given drug, the expectation is that the drug will cause some positive changes in the person. You can also give drugs to some people that will cause effects that are injurious. So drug is a chemical substance, that can induce, cause or bring about some changes in the receiving organism. Drugs are made from simple substances that are compounded together to form that chemical. There are drugs that are actually used for medicinal purposes while some have negative effects on the body.

### Can you list the drugs that are harmful to the body sir?

Drugs are a wide range of chemicals. We have them in so many classes in such a way that you can begin to list those that affect each system of the body take for instance, the central nervous system, the respiratory system, the excretory system, thereproductive system ,we have drugs that can cause reactions or cause reparations in these systems inside the body. There is no drug that is absolutely positive in its response inside the body. As at today, every drug that we know, that you need, that is yet to be made are not totally or completely safe! When you want to give a drug to a patient, you weigh both the positive and negative effects.

### What is drug abuse?

Drug abuse is when a chemical compound, drug or substance is taken without a prescribed need for it. Without the normal procedural approach, it is abuse. And for a drug to pass the procedural test, it must go through the diagnosis of disease condition, the conviction that the drug will serve its purpose. It should also have a time frame of when the drug is stopped. Anything aside that is drug abuse, even when a patient gets used to his doctor's prescription such that he now gets his drug without further consultation with his doctor, it is still drug abuse. And that prescription means that someone is taking the responsibility that he has studied you and what is wrong with you, and that it is this drug that will assist you. He is also waiting at the other end to know the outcome of the drug administration. When the patient now go on his own to get drugs, three things are likely to happen. One, there are diseases that when they come, you can treat them and they will go like malaria, if not finally, but seminally. Two, there are diseases that you will need to be on medication for along time like 6 months before the drugs can be gradually reduced in size, and then finally stopped. It means if you have a case like that, each time you see your doctor, he will continue to reduce the dose. He can administer 500g today and reduce it to 250g when you begin to get well. Then later to 125g, then 62.5g, gradually fading it out. So, if it is the same kind of medication the person is taking, and he continues to take 500g, he is damaging his liver, kidney, heart and so on. The 3rd degree of diseases are those that when they come, they affect other organs on their own, and not the drugs now. For instance, people with diabetes are likely to have almost all the other

### diseases.

Doctors give appointment store view the patient. When you are asked to see the doctor in two weeks, it is not that the doctor is not busy enough, but because you have to be monitored and to also know if that illness is beginning to affect other systems of the body. And when you come, he can ask you to repeat your drug. You may never know the effect the illness is having on the other systems of the body until you begin to see the very big and catastrophic complications of these diseases.

When you have diabetes, the kidney will suffer, the liver will suffer, the legs will suffer and the skin will suffer. When the patient continues to take this medication, he does not have any clear indication if something is already wrong. By the time you now know on your own that your leg is looking somehow, the complication is already advanced. Whereas if the patient had been coming to see the doctor, and the doctor had been reducing his drugs depending on how he has improved, probably the complications would have been detected early and they would have taken certain precautions.

### -Is drug abuse the same as drug addiction?

No, drug abuse is when drugs are wrongly used in terms of the name of the medication, the quantity of the medication and the interval between the use of the medication. But addiction is when someone now gets used to the drugs in such a way that the person has psychological problems without taking the drug. And we are in a big mess because they will do anything to get more of the drugs. There are drugs that people think have effects on their mood, there are drugs that people think give them energy and those that make them high. These are not the primary reasons why doctors give the drugs in the 1<sup>st</sup> place. We give these drugs either for pain or to induce sleep. People living with cancer live with excruciating pain. The pain is indescribable. We give them potent drugs called pain killers to wane off the pain for a while. The patient will be relieved and is likely to have a deep and enjoyable sleep. If somebody without this ailment takes this drug, it will definitely have the same effects on the person, he will be high and he will not be in this realm again.

### What are the chemical properties in drugs that bring about negative effects on the body?

Let's take a look at the pepper used in cooking soup. It has both positive and negative effects on the soup. It gives the soup this sweet taste, yet it is this same pepper that negatively affects ulcer patients even in small quantities. Doyou know that God has created each individual with what we call receptors in his body for drugs that have been produced, and even those that are yet to be produced? These receptors receive drugs in our bodies from when the medication is taken to where it will eventually perform its function. Drugs are naturally supposed to perform good functions in the body like the example of the pepper cited earlier.

### What are the major reasons why people get addicted?



Dr. Rabi Adeneye Kusimo

That is because we are exposed to the risks of non - hindrance for medications. Drugs are not only to be kept away from children, but must also be kept away from the sight of every person that is not supposed to use the drug. But of course, carelessness and indiscipline have crept into our system such that drugs are everywhere and anywhere. People now have unlimited access to these substances. Our patent medicine stores now sell anything and everything including classified medications! And there are people who wants to make moneoand do not have adequate knowledge of these drugs. They make these substances available to our youth at a cost. And when the young ones have a taste and like it, they are glued. P e o p l e talk about the new trend of our youth going around with substance - laced drinks. Remember, that they will look forward to tasting more of the substance and can steal or sell their properties to get it! It is still the problem of unguarded exposure to those chemicals. In saner climates, drugs are seriously guarded. Drug has to be prescribed and the government is strict about it. Here, the government is actually a contributive factor. Government must awaken to their duty of ensuring that drugs are not easily available, to get us out of this menace.

### What are the medical symptoms of these drugs?

Addiction means the body has gotten used to the drugs to the level that it now relies on the drug to function properly. The addict gradually graduates from using one, then to two and then more. By the time the graduation gets properly successful, the drug finally takes a vantage point in the person's life. He now gets dependent on the drug. The following are some manifestations of drug addiction: Psychosis, redness of the eyes, coloured lips, uneven breathing, wild facial looks, indecent and careless dressing, among others.

### What are the physical, physiological

### and psychological effects of addiction on psychosis and schizophrenia?

When there is a strong craving for this drug, the addict tends to behave abnormally, doing anything to get the drug. They begin to lose sleep and have are retinue of hangovers. Psychologically they feel something is missing. The physiological dependence is when an addict takes a drug that induces sleep, medically he is supposed to get used to the drug. There is no drug you take for life will continue to have the same effect. If a person takes sleeping medication for a month, he will initially have a sound sleep, but after a while, the sleep will start to reduce.

### What are the effects of drug abuse on hepatitis B and HIV/AIDS?

Most times, these addicts do not use new and sterile needles when injecting themselves with these substances. They share and recycle needles, and whatever is left on the needles mixes with the blood of the next person using it. So, an addict can get infected with these transmissible diseases through sharing of needles.

### Can substance addiction hype hepatitis B and HIV/AIDS infection?

No drug is 100% safe and you can't predict how an individual will react to any drug he has taken. In the course of the drug moving around in the body, nobody can say the effects it leaves on the body. For instance, if the drug is meant to care for the throat, but it has deposited its side effects on the liver. By the time the patient is getting well from the throat infection, the side effect is already seeded in the liver. And he will be killing his liver if he continues to take the drug. Some people are addicted to drugs because others told them that there are benefits in the drugs. Those benefits they seem to be enjoying are in actual fact the side effects!

### How can the government help in mitigating drug and substance abuse?

Government should take health and health care very seriously by enabling

some laws that will make it difficult for people to have easy access to drugs.

### What are the roles of the family in curbing drug addiction?

Fathers and mothers are expected to be role models. Parents must give their children adequate attention. No child should be given an island in the house that is not checked. Children must be heard. Parents should make their children their friends. We should also explore the old communal parenting style which helped in those days.

### How do you think schools and institutions can help?

We need a lot of health education, advocacy and counselling with our young ones.

### What are the best rehabilitating measures for addicts?

The first step is to identify them and make diagnosis. We must pay much attention to them. There are hospitals that can take charge of that where the budgetary allocation from the government is used for this purpose. These hospitals are specially trained to rehabilitate them. Their job is to live with them and make them live like us. Our government should ensure that we have dedicated doctors, psychiatrists, psychologists, Guidance and Counselling experts and social workers will devote time and attention to the addicts.

### How are relapses handled during rehabilitation?

Some of the reasons for relapse are non-compliance with drug usage during rehabilitation and financial constraints in buying rehabilitating drugs. In saner climates, rehabilitation drugs and centres are absolutely free.

### Sir, who are more prone to drugs and substance abuse - males or females?

Statistically, males are more prone to be addicts, but female are now proving that what a man can do, a woman can do better!

# Ebonylife TV, Universal Pictures Set to Produce Movie on Hushpuppi, Secures Adaptation Rights



By Jacob Micheal  
An untitled action thriller movie project has been set up at Universal Pictures, following the procurement of the adaptation rights for the movie. The film will be based on a Bloomberg story, 'The Fall of the Billionaire Gucci Master' by Evan Ratliff which detailed how Hushpuppi carried out an internet scam and was busted by INTERPOL. Mo Abudu's EbonyLife TV, Universal Pictures, and Will Packer Productions have obtained the adaptation rights for a movie on international fraudster, Ramon Abass, infamously known as Ray Hushpuppi. When the project is ready, Mo Abudu will produce for Will

Packer Productions and EbonyLife Studios. Also, Will Packer Productions is known for producing popular movies like Girls Trip and Night School. The billionaire Gucci master, Hushpuppi, known for flaunting his extravagant lifestyle on social media, has been in the news since he was arrested in Dubai in 2020 for several fraud-related crimes. He has since pleaded guilty and is currently cooperating with the United States Department of Justice. "Ten months ago, Mo pitched us a rich and entertaining concept steeped in Nigerian culture that can only be told with the help of her unique perspective. Together we knew Evan's work was the definitive telling and the perfect anchor of this saga," Will Packer said in a statement. Ms. Abudu added in her statement, "We understand the environment of poverty and deprivation that breeds highly talented and fundamentally flawed characters like Hushpuppi, and WPP knows how to create stories with global appeal."

# Crown Troupe Celebrates 25th anniversary In Style



By Jeleelah Sanusi and Micheal Jacob  
The dance-theatre company, Crown Troupe of Africa, commences a weeklong activities on Monday, August 2 to mark her Silver Jubilee today. The Troupe, founded by actor, dancer and director, Segun Adefila, on June 1, 1996, is renowned for its socially relevant and highly instructional dance-theatre creations. The 25th-anniversary activities, holding under the auspices of Crown Troupe's Eko Theatre Carnival (ETC), include masquerade display, carnival procession and theatre performances. Others are dance performances, seminars, games, workshops, film screening, exhibitions, fashion and music concerts. All the activities will hold at Crown Art Factory, 32 Awofodu Street, off Pedro Road Bariga and the Bariga Boat Jetty, IlajeBariga. "Theatre in Nation Building", a seminar aimed at exploring the transitions in dance-drama from the late Hubert Ogunde/DuroLadipo to the contemporary era kicked off the celebration this morning. The seminar featured a theatre technician and ex-Deputy Vice-Chancellor of the University of Lagos, Professor Duro Oni, as the keynote speaker. This afternoon, before a film screening rounds off today's events, there will be two performances, 'Nigeria Go Better' by Kings and Queens, and 'Fedeyede' by the Troupe. Fiona Whyte's 'All that is Golden Glitters' will be screened by 6 pm. Tomorrow, August 3, dramatist, director and lecturer at the Lagos State University, Professor Tunji Azeez, will deliver a lecture. It will be followed by 'EtiInu' (Drums ensemble) by Crown Troupe and Starlight Home of Entertainment by 5 pm. 'Bariga Boy' by Femi Odugbemi will screen at the Boat Jetty by 7 pm. There will be more performances on Wednesday at the Art Factory with 'Death Not a Raillery' by Femi Richards and 'For the Sake of Love' by Whitestone Ambassadors on the bill. They will be at 4 and 5 pm. Other performances scheduled for Thursday at the Art Factory are 'Economic Independence' by Art Castle Academy, happening by 4 pm; 'The Last Letter' by Ayo Odubona at 5 pm and 'Efunsetan, Iyalode Ibadan' by TheAtreCentrik at 6pm. Friday at the Art Factory will feature Footprints, Art Ambassadors 'Recycled Fashion' by Kings and Queens and Crown Troupe and 'Economic Crisis'. 'Eniyan' by SeunAwobajo's Footprints of David will be showcased by 4 pm on Saturday, and the Crown Troupe will stage 'OmoOdo' at 5.30 pm. Ijodee Arts will present 'Kismet' by 6.30 pm, with the screening of 'Edujobi' by Q Dance Centre concluding the day's activities. The 25th anniversary will be rounded off with 'Refashioned Recycle' by Kings and Queens and Crown Troupe at 5 pm and a concert featuring BANTU, Moses, Simi Jay, Violin, Rush, FMJ, and Fashek by 6 pm on Sunday, August 8 at Beeriga, Boat Jetty.

# College of Health Sciences Will Meet World Standards –CUAB VC

In this no holds barred interview with Sotonwa Sekinat and Sanusi Jeleelah of Lifestyle Newspaper, the Vice Chancellor of Crescent University, Professor Ibrahim Gbajabiamila talked about the newly established faculty buildings— Law and Environmental Science and the not too much talked about Nursing Department. We got the information of the new department creation; we visited the place and we saw how sophisticated the environment is. Can you tell us about the department? The university, over the last period of 20 years under Justice Bola Ajibola, has started with three colleges and added a new college. The university began to grow, and has included Faculty of Law and Environmental Science, which has been on for the last five years; it is called the "College of Health Sciences". This college includes nursing, anatomy and physiology. The establishment of any department or college is regulated by the university and the professional body supervised the faculty and professional aspect. These professional bodies include the nursing and midwifery association. The requirement of the College of Health Sciences is quite high which includes the establishment and equipping of laboratories, construction of separate hostels for nursing students, sophisticated and well equipped class room for good learning environment to take place, and also a uniquely designed uniform for the nursing students. However, all the requirement has been made. The COVID19 pandemic has exposed the loopholes in the Nigeria health sector which has prompted the need for the establishment of College of Health Sciences. Also, for the running of laboratories, there has been constant power supply and certain technologies and materials which lead to the different, diversifying opinions from different governments in Nigeria when the pandemic arrived. In relation to infant mortality rate, Nigeria is one of the worst places to live and 'we' are trying to produce nurses and doctors that are capable and qualified. The establishment of this College of Health Sciences is to meet up with the developed world between now and 2025 according to the directive of the federal government and training them to the highest stand for the certification of degree in nursing and not diploma. If I was to register for nursing, how much is it likely to cost me? This is a private university and anything termed as private costs more "I can remember a day when Nigeria beat the English in English". It will cost the similar price as that of law in the school and the nurses will have their clinical experience at Federal Medical Centre, Idi Aba, Abeokuta, which will have signed an agreement wish and we will pay them like wise. We need to stand out as one of the best in the Nigerian education system with international standard. The nursing department being a new department in the institution; how informed are the public about the department? We have not thrown the publicity yet, we are just beginning in order to ensure that we get full attention of the nursing council, NUC, and the state government. We wanted to begin the publicity but we realized that without accreditation, the institution cannot be listed into JAMB and students cannot apply yet for the course, but once the license is given then they can apply. We already have a website, but in terms of wider publicity we have not done that within a month or two which the new session is in October, there is still enough time for publicity. What categories of students are entitled to scholarship? We all know that there is always a good price for success, these opportunities are opened to students that have performed distinctively and do not have the capabilities to further their education, due to financial constrain. Such categories of students having performed beautifully will benefit from this great opportunity. Who are the initiators of the scholarship? The scholarship is a competition examination, where some individuals have taken it upon themselves to sponsor students in tertiary education. We've had scholarship students from Kano, Sokoto and not only from the Western part, which were even sponsored by the State government. If there is any body willing to sponsor from the exam written, we bring the top performers forward and they get sponsored. "The outside world realizes that its people are its resources and not oil". Sometimes a family may not be rich but the offspring may be technically brilliant. Cases of these include road side mechanics and street artists who were never formally educated, but imagine they are elevated formally. "Nigeria has been the best developer of the Ghanaian education system and Nigerian parents should be given an award". For parents who want to know more, they can have the home book, which has an assessment from in it and includes already published welcome message of the university and the college for the university journal and professional bodies when they come. Once we get accredited, the publicity materials are ready and we want to avoid being accused of publicity without accreditation.



Professor Ibrahim Gbajabiamila

# TABOO (FORBIDDEN)



Mrs. Adekunjo, Dr. Kareem, Mr. Yomi Sorunke, Mr. Makinde Quadri

By: Oladipupo Dada  
Taboo is the prohibition or restriction of an act or practice by Social Custom. The word taboo is called ewo in Yoruba. The action or conduct of a person within the community can affect other members for good or evil. Therefore, violating some Forbidden rule might be accompanied with a supernatural penalty. Lots of tribes, ethnicity and communities in Africa, Nigeria precisely have Taboos that are to be strictly adhered to, as they are usually of divine or genetic origin. The Yoruba believe in the reality of the taboos and do not consider it as superstition, every family in Yoruba land has its peculiar taboos, anyone who breaches the Taboo brings disaster not only on themselves or family, but also neighbors around the vicinity. There is an adage in Yoruba that says 'bi ara ile eni ba nje kokoro buruku, bi a koba kilo fun aherhuru re ko no he ki a sun Lori, meaning if our neighbors eats the inedible and we do not warn him/her, his/her breathing at night will not allow us to sleep. They also believe that adhering to the rules of Taboo gives joy and rest of mind. Our correspondence Dada Oladipupo went around to collate people's stories on Taboo and the repercussions, below are the stories.



Mr. Wasiu Adisa, Mr. Samuel Onifade, Mr. Durojaye

In our family, my dad always told us not to wear red cloth or buy it as it is forbidden in our family, he went ahead to tell us that anyone who wears anything red will fall seriously ill and it will spread round the remaining family members, despite he is an Alhaji, the Taboo is no respecter of Title.....Mr durojaye/Abdul wareez. Security officer My family, eating of snake and igangan fish is highly prohibited and have adverse effect as our ancestors are from Egba Alake and it's clearly stated in our Oriki (Eulogy) 'oloka

merindinlogun, eja igangan ni won gbodo je' I witnessed where one of our family members ate igangan fish, and was immediately rushed to a nearby hospital, it didn't end there as some sacrifices were made to avert the illness.... Mr Samuel onifade civil servant My father worships the god of snake called (tonran) hence, none of us can eat or kill snake, anyone who goes against this intentionally or by mistake have to perform some sacrifices to avoid the negative effects of the Taboo.... Mr Yomi Sorunke Photographer In our family, it's taboos for a mother to bath a newborn with soap before eighth days of birth, water and towel alone is what is required else the baby will fall ill.... Ogundele taiwo adefunke(trader) According to Dr Kareem, he vividly explain that Taboo varies in different tribes and families. he further explained that in some family, married woman having extra marital affairs is Forbidden, and has its consequences if flaunted. Also mentioned a grown man Having sexual intercourse with his mother under the influence of alcohol specifically is Forbidden, Likewise a Father impregnating his biological daughter is Forbidden. All these are Taboos and have repercussions..... Dr Kareem In our village, there is one river called (odo-ona) new borns are taking to the river to test the paternity of the child.... wasiu adisa (mechanical engineer) It's a taboos to drink palmwine in my father's house, anyone who does, will get an injury around his/her mouth, it happened to my brother who drank it..... Mr Makinde Quadri. Photographer. Taboo varies in tribes and it's necessary to adhere to instructions surrounding the Taboo.

# African prints have come to stay: 5 ways to rock it!

By Sanusi Jeleelah

African print dress Fashion has come an extended way. Traditionally, clothes had no greater meaning aside from helping cover one's nudity. Those days are long gone! Currently, if you can't make a robust fashion statement with how you dress even during a casual meeting, then you would like to re-evaluate your sense of fashion.

This, however, shouldn't scare you. We have got you covered at LIFESTYLE FASHIONS! Are you're dressmaker or enthusiast looking to upgrade on your collection of African dresses? If so then the great news is that you simply have come to the proper place - LIFESTYLE! With the various creative designers we have within the market today, there's a good list of latest African dressesfashion you'll explore at one given time. Below are a number of the newest African fashion styles you ought to try in 2021



By Osu Olufemi

The ongoing impasse between the Edo state government and the place of Oba of Benin Kingdom is hampering the proposed return of artefact snatched away from Benin kingdom by the colonial master during their reigns in Nigeria.

The artefact popularly known as Benin Bronzes are presently languishing in various museums across Europe and efforts towards their repatriation to Nigeria has been delayed due to misunderstanding that ensued between the Edo State government and Benin place authority over who should be the custodian of the artefact if eventually returned.

Edo state government headed by Governor Godwin Obaseki recently indicated the state government willingness to station the Bronzes in Edo Museum of West African Art (EMOWAA), an agency under the control of the State Ministry of Art and Culture. A move supported by some section of the society especially a group called Legacy Restoration Trust (LRT), but strongly opposed by the royal lineage and other section of the society.

Expressing his displeasure on the issue, Oba of Benin, Oba Ewuarell, who happened to be the great-great grandson of the Oba that was toppled by the British in 1897 when the Bronzes were stolen, warned of an attempt collaboration between the state government and the federal government of Nigeria to sideline the kingdom by returning the artefact to the state government rather than the palace which is the original home of those art work, which he described as "artificial group" aiming to divert the return of the Bronzes.

Oba Ewuarell said the right and legitimate destination for the Bronzes would be a "Benin Royal Museum" sited within his palace grounds. He insisted that the Bronzes had to come back to where they were taken from and that he was "the

# Supremacy battle hinders European return of Artefact



custodian of all the cultural heritage of the Benin Kingdom.

In anticipation for the return of the Artefact, Governor Obaseki had earlier consulted a celebrated architect, Sir David Adjaye, and convinced him on the need to design a new museum, so as to bring in prestige and a wave of positive international publicity to the project.

The Oba has however cautioned anyone dealing with group (LRT) stressing that such step is self risk and against the collective will of the Benin kingdom.

In April, the German government said it wanted to give back hundreds of Benin Bronzes, and several museum in UK have made similar

announcements, a development that made a British Museum to sign a deal with the LRT for an archaeology project in Benin city, while discussion is ongoing between the German government and LRT on the needs to fast track the process of returning the artefact.

No needs for any controversy, said a source close to the process, so how did it come to this? It is because of distrust and rivalry between Oba Ewuarell and Governor Obaseki. "it's an ego tussle between them, he lamented.

The accusations being traded are not pretty of individuals allegedly more interested in financial gain, either from the Bronzes themselves or

the contracts around a new museum, than in rectifying an historical injustice.

A German government official was said to had warn those with the insinuation of making money out of the project to forget such thought as he claimed that much money would be spent on it more than the once to be generated. "Those who think there's money to be made from this new museum are mistaken. A museum is somewhere you spend money, you don't make it" the official lamented.

An historian who was involved in the negotiation process with the European museum lamented that the dispute has sent a barrier for the recovery exercise as a director of a

European museum with large chunk of collection of Bronzes who had spoken in favour of the return has said that all action would be suspended for now, until the impasse is resolved amicably. "Our policy is that if claimants are in dispute among themselves, we wait until they resolve it."

Recently University of Aberdeen in Scotland said its museum would give back a Benin Bronzes head "unconditionally", however the stalemate between claimants has made the institution uncomfortable. "if this return occurred without agreement among all parties in Nigeria the main purpose would be defected" said Neil Curtis a director at the University museum.

# How a white woman became Aduni Olorisa

By Lawal Nojeem

When the question; what is good is posed to philosophers, an unequivocal answer seems almost, if not, impossible. This is predicated on the rationale that good is subjective in the sense that what is good to A may be otherwise to B. Thus, this proposition in essence is a rebuttal to the cliché that, what sauce for the goose also sauce for the gander. The subjectivity of good, therefore, makes it a subject matter of evaluative aesthetics. However, some tend to base their judgment on ascribing good to a thing based on a collective view held by a majority.

This is why a popularly held perception about Africa and Europe adjudges the former as bad while the latter is good. To many, it is not surprising that they see no much good in Africa. Although in the Aboriginal state of the African continent, indigenous people saw the good in it, colonialism and its ensuing consequences engrained a somewhat pariah feeling that direct the lenses of African eyes to abandon everything indigenous in pursuit of an alien lifestyle they visualize.

It remains a puzzle why one will abandon his/her comfort in place for

a place that is deemed gehenna on earth — this is the story of a woman who left her chilly and royal culture and heritage, and in an artistic escapade and as an expatriate, fell in love in the middle of a forest in the heart of Africa where she became herself the forest known as Aduni Olorisa. While writing on the real meaning of Aduni Olorisa, Niyi Osundare observed: "to some, she was a cultural gadfly, a spiritual maverick who wondered into Yorubaland and lost her way in its forest of a thousand daemons. To others, she was a psychic rarity caught up in that proverbial halfway house between prolific genius and methodical madness: architect of the anthills of the gods, sculptress of their ethe-real forms."

Born on 4th July of 1915 in Graz, southern Austria, Sussanne Wenger was trained as an artist in her country. In the course of her work, she toured Italy, Switzerland, and France where she met Ulli Beier, a German researcher, and linguist. The man later became her first soulmate as they tied the knot together.

In 1949 when the two lovers just married, Ulli accepted an offer to come to the University of Ibadan in Africa to lecture phonetics. This job set a new beginning for the lives of



the couple especially Sussanne, as they traveled to Yorubaland. While at the University of Ibadan, Ulli was lecturing while his wife was practicing her art although they found the University milieu unnatural which necessitated their migration to Osun Osogbo where the pair got separated and Sussanne got married to a Yoruba man.

At Osogbo, Sussanne was thrilled by the Yoruba mythological cultural heritage and tradition which she later

became immersed in it. A turnaround event in her life was when she contracted tuberculosis but couldn't be treated by European medical doctors. Having been cured by herbal mixtures provided by traditional Yoruba medics, she gave her life to the Yoruba Orisha who saved her from the fiery hands of death.

Why Sussanne was adorned and given the appellation, Aduni Olorisa was because of her enormous contribution, through arts and

activism to the Yoruba culture, particularly in the development of the Osun Sacred Grove and the Osun Osogbo festival. The Aduni Olorisa contributions led to the recognition of the Sacred Grove as a cultural monument by the United Nations Education Social and Cultural Organization (UNESCO). She also established the Olorisa Aduni Trust primarily dedicated to preserving the remarkable art in Osun state. Her demise in 2009 left an indelible mark in Yoruba culture.





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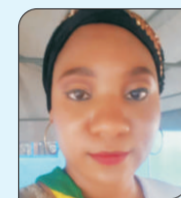
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