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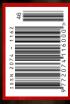
A MAGAZINE FOR PEOPLE OF DISTINCTION

HAKEEM KAE-KAZIM THE UNIVERSE GIZIOTE

INSIDE:

TONTO DIKEH TALKS ABOUT HER SUICIDE ATTEMPT

CHAMPIONS LEAGUE WINNING COACH ROBERTO DI MATTEO IS IN NIGERIA JIGAWA DEPUTY SPEAKER DIES IN FATAL







- 18 **BEAUTY** The Best Diets For Your Skin
- 19 CUISINE Efo Riro
- 29 **SPORT**
 - Okagbare Races Into 200m Final
 - Albion Boss: Odemwingie's West Brom Future Beyond Me
 - Champions League Winning Coach Roberto Di Matteo Is In Nigeria
 - Michael Babatunde Seals Four Year Deal With Volyn

- 13) TECH
 - Casio's New G-shock Watches Pack Bluetooth, Music Remote Control
 - The Hobbit: An Unexpected Journey' Arrives On Netflix Uk
 - Blackberry Z10 And Q10 Get The Green Light From The Department Of Defense
 - Gamestop Promo Upgrades Key Xbox 360 Games To Xbox One Equivalents For \$10

21) EVENTS

P-Square, Funke Akindele, Lynxxx, Ini Edo, Naeto C, Omawumi & More Superstars at the Glo Slide & Bounce Event in Lagos

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FOODS FOR HEALTHY EYES &BETTER VISION *** Also, iron help

taying healthy obviously involves keeping a healthy diet and an active lifestyle. This usually refers to a healthy heart, strong bones and a healthy, slim body. But keeping healthy also implies taking care of vision, our most important asset. After all, seeing well into the future requires healthy eyes and, most certainly, after reaching an old age, many people develop vision problems. Issues such as cataracts, dry eyes or other ocular disease may be prevented by following simple eating guidelines and basically "keeping an eye" on healthy foods. Here is a rundown of some of the best foods for healthy eyes and better vision:

Carrots

The number one obviously goes to carrots. Bugs Bunny certainly knew that carrots are the way to having a perfect vision. These orange colored vegetables are packed with beta carotene (carotene actually comes from carrots, hence the name) and antioxidants to help fight degenerative eye diseases such as cataracts and macular diseases.

Carrots are easy to add to any dish or salad, but if you don't like them whole or solid, carrot juice is a great option. After all, most food supplements or child drinks have carrot juice as a main ingredient. Carrots can be a fine ingredient for soups, stews or any other

sauce, be it hummus, spice sauces or sweet pastes. You can even dip them in salsa, hummus, peanut butter, or guacamole for added flavor and texture.

Bell peppers

Bell peppers are excellent sources of vitamin C, a crucial element for keeping a healthy vision. Also, they are high in antioxidants and other vitamins that will protect your eyes.

They can be eaten fresh in salads, sauces, and sandwiches or cooked in stews or even an addition for meat plateaus or steaks. Bell peppers can also add color and texture to a dish, as well as that added healthy element. Steamed, roasted, in soups, or in your favorite pasta dressing, bell peppers are the ideal ingredient for having great eyesight.

Poultry meats - Turkey, chicken or ostrich

Poultry is the lean and healthy substitute for the red, fatty meats you usually come across in dishes, including beef, pork or lamb.

Even though ostrich meat may be hard to find in stores, it is packed with zinc, potassium, proteins and iron which are key elements for having excellent eyesight. Zinc is a crucial mineral found in the retina and it causes enzyme production which is related to having

healthy eyes. Also, iron helps fight ocular degeneration, keeping eyes healthy even during old age.

Turkey and chicken also have high amounts of zinc, but as a plus, are also rich in a variety of vitamins such as Vitamin B, niacin and vitamin E. These are essential in fighting cataracts and other debilitating eye diseases.

These types of meats are incredibly versatile, being a staple ingredient for many dishes. You can eat them in chili, steaks, soups, stews or even low fat salads.

Spinach

Popeye knew his secret. Spinach is literally packed with almost every vitamin out there, but the key components are vitamin C, lutein, zeaxanthin and beta carotene. Also, spinach has a high concentration of antioxidants that will help fight macula degeneration. Zeaxanthin and lutein increase the pigment density in the macula area, which acts as a natural sunscreen for the eyes, absorbing 40 to 90 percent of the dangerous blue light spectrum rays. Spinach can be eaten stewed, boiled, in salads or as a sauce for pasta.





happiness, longevity and a healthy body. You don't agree? Well, here is a list of the health benefits of sex, so do it daily to experience complete pleasure. These are 16 reasons to have sex today!

De-stress

Sex helps you reduce stress. When deep breathing exercises fail to de-stress you, sex will do the needful.

During sex your body produces dopamine, a substance that fights stress hormones, endorphins, aka "happiness hormones" and oxytocin, a desireenhancing hormone secreted by the pituitary gland.

In a study, published in the Public Library of Science journal, three neuroscience researchers conducted a test on male rats and found that the sexually active rats were less anxious than rats with no sexual activity.

Great Form of Exercise

Making love is a form of physical activity. During intercourse, the physiological changes in your body are consistent with a workout. You must have noticed that the respiratory rate rises, which means you get tired. Hence, you burn calories. If you have sex three times a week for 15 minutes (but we know you can do better than that) you'll burn about 7.500 calories in a year. That's the equivalent of jogging 75 miles! Heavy breathing raises the amount of oxygen in your cells, and the testosterone produced during sex keeps your bones and muscles strong.

Lowers high blood pressure

Hugs and sex can improve your blood pressure. Sex reduces diastolic blood pressure, that is, the bottom number while reading blood pressure.

Researchers with the University of Paisley conducted an experiment on the same. They concluded that sex improves blood pressure.

Builds your immunity

Trying to fight the sniffles? Sex is the answer to fight cold and other health problems; sex can boost your immunity.

Immunoglobulin A, an antigen that fights the flu increases when the frequency of sex increases.

MakesYou LookYounger

Making love three times a week can make you look 10 years younger, claims a Scottish researcher. "It's good for you to have good sex," says David Weeks, a clinical neuropsychologist at the Royal Edinburgh Hospital, whose study on the effects of sex on aging appears in his book, Secrets of the Superyoung.

Healthy heart

Sex helps you burn calories but it can also improve your heart. Sex will take care of stroke and heart attacks, you just have to enjoy the moment.

Scientists with New England Research Institute examined the effect of sex on the heart. The study concluded that men are 45 percent less likely to experience cardiovascular diseases. But the study fails to study the effect of sex on a woman's heart.

Pain relief

Pleasure is the measure to beat out the pain. Do you experience migraines and body pain? Well sex is the answer. But if you experience back pain, it is best to consult a doctor.

Dr. George E. Erlich, an arthritis specialist from Philadelphia conducted a study on the link between arthritis and sex. He narrows down that patients who engaged in sex experienced less pain.

Builds trust and intimacy

The act of sex spikes the hormone oxytocin; this hormone is responsible for your happiness and love. If your feel your relationship is falling out, there is trust or you're worried that your partner will stray away, then sex will dispel these doubts. The hormone oxytocin builds trust and brings couples closer, and cupid too.

...Continue next week

CHAMPIONS LEAGUE WINNING COACH ROBERTO DI MATTEO IS IN NIGERIA



Sign up for free at m. guinnessvip. com and own your own team and be the first to know Roberto's activities. Also tune in to super sports to hear Roberto's analysis on Yes people, former Chelsea coach Roberto Di Matteo is in Nigeria. He came into the country today Friday August 16th courtesy Guinness, the beer of choice. While in town, he will be launching the Guinness Football Manager- a platform that put you in the driver's seat and lets you 'Be the Boss' as you pick your team, call the shots, and, if you do well, win fantastic prizes.

He will also be announcing the launch of the epic football show Guinness RaiseYour Game - a weekly show that will bring you all the latest football news, amazing interviews with world-class footballers, epic live music performances and exclusive on-the-sofa chats!

matches to be played on Saturday August 17th, 2013.

All these brought to you by Guinness. As

the new English premier league begins be sure to grab a bottle of Guinness and drink responsibly. Guinness is sold strictly to

ON OKONKWO' - EMELDA CRIES OUT



For those who don't know Benson, the easiest way to remember him is this; he was one of the actors who played a gay role in Nollywood's first soft porn gay movie - Pregnant Hawker. Find it HERE. Benson has since said he's not gay and has actually been in a long term relationship with the woman he's planning to marry. Benson and Emelda Emells (pictured above) have been dating for over 8 years and have picked a December wedding date.

Benson recently told Vanguard that despite playing a gay role and playing well, he is not gay!

"I am not bi-sexual, neither am I homosexual. I have dated my girl for close to eight years now. So far so good. I plan to take her to the altar someday. Besides I am from a Christian home. I wasn't taught a habit like that by my family. And looking for money can not push me to do that









Insiders claim Beyonce is struggling with her new super short hair cut and asked her team to pack a suitcase full of 40 different wigs and hairpieces for her next scheduled performance. They say she is still adjusting to her new look and is worried she won't feel herself on stage. She was seen rocking a wig during an outing with Jay Z vesterday.

HOSTS TFA AFRICAN YOUNG PERSON OF THE YEAR HONOUREES



Tony O. Elumelu endows The Future Awards Africa Prize for 5 years, hosts African Young Person of the Year honourees

In another big move, one of Africa's most influential entrepreneurs, Tony O. Elumelu, CON, has announced a 5-year endowment of The Future Africa Awards prizes.

Recognised by the World Bank last year as 'The Nobel Prize for Young Africans', The Future Awards Africa, which is in its 8th season, is presented in partnership with the African Union Commission and Microsoft.

"The future of Africa is in the hands of brilliant young minds such as these," said Tony O. Elumelu, Chairman of Heirs Holdings and Founder of the Tony Elumely Foundation [1]. "Our endowment,

which looks to the long term, will not only support the sustainability of this important prize, but also encourage up and coming young African leaders, leaders who understand thatthey have aduty to stimulatethis continent's economic and social development with creative solutions."

Mr. Elumelu will also host 10 honourees for the African Young Person of the Year Prize to an exclusive reception and mentorship session at the Heirs Holdings office, Lagos, Nigeria on Friday, 16 August 2013. The event is scheduled to coincide with the week of the International Day of theYouth.

The honourees are drawn from across the continent and include Africa's youngest billionaire, Uganda's Ashish J. Thakkar, and Malawi's inventor, William Kamkwamba, as well as Nigeria's music entrepreneurs, Peter and Paul Okoye (Psquare).

Other nominees for The Africa [2] Prize are Tanzanian entrepreneur, Patrick Ngowi; Nigerian social entrepreneur Grace Ihejiamaizu; Cameroon's rural health worker, Foglabenchi Lily Haritu; entrepreneur and software developer, KariukiGathitu from Kenya; clean water advocate and social entrepreneur, Saran Kaba Jones; South Africa's youngest patent holder and serial inventor, LudwickMarishane; and award winning student inventor from Burkino Faso. MoctarDembélé.

"We are excited to announce this institutional partnership as Heirs Holdings continues to set the pace for investing in Africa," said Chude Jideonwo, who is Executive Director of The Future Project. "Through hisvaried support for young African leaders, Mr Elumelu has shown his particular interest in the next generation of Africa's brightest and best, and in working with The Future Awards Africa, undeniably the leading platform on the continent for leaders, innovators, and entrepreneurs; he has taken yet another giant step."

The awards event - to be televised exclusively for Africa Magic - holds in September 2013.

Media Partners include Channels TV. Silverbird TV, Nigeria Info, TW, Ventures Africa, and Guardian Life. Online Partners are BellaNaija, LindaIkejiBlog, Information Nigeria, Premium Times, 360 Nobs, Nigeria News Desk, LadunLiadiBlog, and Jobberman. Official Media Partners are Cool FM, Wazobia FM and Y!/YNaija.com, and the official television partner is Africa Magic.

FFK APOLOGIZES FOR MENTIONING NAMES OF EX-GIRLFRIENDS IN HIS ARTICLE

Ex-minister Femi Fani Kayode mentioned names of three former Igbo girlfriends in an article he wrote a few days back to prove he wasn't tribalistic and has nothing against the Igbos. People felt mentioning their names was disrespectful to the women. He has apologized. Find his statement below

'Chief Femi Fani-Kayode hereby expresses his deepest regrets for mentioning the names of three distinguished Nigerian ladies that he was once associated with in his last article titled "A Word For Those Who Say I am A Tribalist". He meant no harm by doing so and neither did he at







any point make references to having had any sexual relations with any of these ladies when they were associated with him as is being suggested by some members of the public. He was simply trying to emphasise the fact that he has nothing against the igbo people and that his friendship with these three ladies in particular over the years provided some evidence of that.

For the record he has not seen Madame Chioma Anasoh, Chief Adaobi Kate Uchegbu and Ambassador Bianca Onoh in many years and he admits that it was inappropiate for him to have mentioned their names in the essay, to use them as a point of reference in a public discussion or to make any references whatsoever to the nature of their past association. All references to them have been erased from the updated version of the essay.

Chief Fani-Kayode has reached two of the ladies concerned and he has personally conveyed his unreserved apology to them both and to their families for his indiscretion. He shall endeavour to reach the third lady to do the same in the next few days. Chief Fani-Kayode has nothing more to say on this matter and would prefer to remain focused on issues of national importance and not of a personal nature"-

Mr. Bisi Lawal, Press Secretary to Chief Femi Fani-Kayode



Yesterday first photos of Kim, Kanye, baby North and her nanny arriving for a doctor's appointment on Wednesday surfaced online. According to new reports, Kanye is furious about the photos and is blaming someone inside the Kardashian family for tipping off the paparazzi...

Sources tell Radar Online Kanye believes he was set up and is determined to get to the bottom of it.

"Kanye just doesn't understand the entire families obsession with being in the media spotlight. Kanye knows it wasn't anyone in the doctor's office or the nanny that leaked the visit, and the circle of people that knew about the appointment was very, very small."

WHY I DONATFD (IDNEY TO SAVE MY BROTHER'S LIFE - COMEDIAN D-DON





Popular comedian and OAP Iruvwe Okeremute aka De-Don donated his kidney to his ailing elder brother, Morris Okeremute, who urgently needed a transplant to survive. De Don traveled to India a few weeks back to donate his kidney. He explains why he did it in a new interview

"My brother started having this kidney problem in 2009. My elder sister donated her kidney to him at the time but unfortunately in January 2013 the kidney failed because he didn't take his drugs for some weeks because the drugs he ordered from India arrived late. Se when he needed another kidney it was natural that I donate to him. It wasn't difficult making up my mind because I needed to save his life. I equally had a

proper awareness about kidney donation and also the fact that nothing happened to my sister who had donated before. She even had another baby boy after the donation.

SPEAKER DIES IN FATAL CAR ACCIDENT



The Deputy Speaker of the Jigawa State House of Assembly, Hon. Inuwa Sule Udi, (pictured in Agbada) died last night Thursday August 15th while returning to his home in Ringim from Kano. Sule Udi died with his driver in a car accident that occurred at Jogana Village along Kano- Hadejia road during heavy down pour. He was 52. He is survived by two wives and many children.

MOMENT OFFICERS SWOOPED IN TO STOP SHAM MARRIAGE BETWEEN NIGERIAN STUDENT AND HUNGARIAN WOMAN





him to stay in the UK. After their arrest, investigators discovered Basco-Porkolab was involved in an earlier sham marriage to another Nigerian, Ikechukwu Egbe, at Greta Green in May 2011.

Basco-Porkolab, 38, living in Leicester, admitted two counts of conspiracy to breach immigration laws relating to sham marriages, and was jailed for 34 months. Amadi, 27, of Livingstone Road, Gillingham, admitted a similar count and was jailed for 20 months.

Egbe, 34, of Narborough Road, Leicester, was convicted of one offence of conspiracy, and jailed for 30 months.

A fourth person, Rubin Durgos 39, admitted conspiracy, in the intended sham marriage of Amadi. She was to be the bride, before Basco-Porkolab stepped in at the last minute.

Durgos, a Hungarian, of Forest Road, Coalville, Leicestershire, was jailed for 20 months.

Sentencing at Leicester Crown Court, Judge Philip Head said: 'What you did in your own ways was to cheat all those who locally and brones they abide by the system.'

Andy Radcliffe, a Home Office inspector,

said after the case: 'These were brazen attempts to trample over both the immigration laws and the institution of marriage

'Amadi had such contempt for the law that he felt he could change his bride during the process of organising the wedding and still get away with it. Durgos and Porkolab thought they could marry as often as they liked. They were wrong.

'The message is clear - immigration abuse will not be tolerated and we will take the strongest possible action against those involved.

'We work closely with registrars across the region and our dedicated crime teams will continue to make life as tough as possible for those who seek to abuse the immigration system.'

Neil Bannister, prosecuting, told the court: 'The offences came to light with the intended marriage, initially, between Durgos and Amadi.

Both attended Leicester Registry Office to give their notice of intention to marry, on October 21. They met the deputy superintendent registrar for Leicester, DebraWebster.

his is the dramatic moment home office investigators put a stop to a sham marriage just minutes before the bride and groom exchanged their vows.

Nigerian Chinedu Amadi arrived at Leicester Registry Office to marry a complete stranger - Hungarian national Szilvia Basco-Porkolab, who donned a traditional white wedding gown for the occasion.

But unbeknown to them Home Office investigators who were tipped off by a suspicious registrar and lay in wait in a side room for the pair to arrive. These pictures show the moment the 'couple' were told they had been caught and were arrested.

Amadi, a Nigerian student, paid $\pounds 5,000$ to an unknown 'fixer' to arrange the bogus wedding with an EU national to allow

'Mrs Webster recognised Durgos as someone she knew as Rita Durgos, a Hungarian who had acted as an interpreter for more than one marriage.

These marriages involved Hungarians and nationals from countries outside the European Economic Area.

'Mrs Webster became suspicious as to whether Durgos and Amadi were going to enter a genuine marriage.

'Durgos struggled to pronounce the first name of Amadi and he struggled to remember his address.

'Mrs Webster also thought the couple were being excessively affectionate and gained the impression they were trying too hard to demonstrate they were a couple.

'Arrangements were made for a marriage on January 19.

'On that date, a woman claiming to be Rubin Durgos turned up but MrsWebster did not recognise her. It is not known who that woman was.

'Amadi was an hour late and missed the ceremony, so a further date was arranged for 2pm on February 14.'

By then Mrs Webster had alerted the authorities.



Mr Bannister added: 'Meanwhile. information came to light Durgos had been married to a Godwin Okechuku, a Nigerian, on July 4, 2008, at Christ the King Church, Beaumont Leys, Leicester.' On February 14, Mrs Webster noted the bride was different from Durgos and the woman who attended on January 19.

When arrested in a wedding dress, she initially told officers she was attending as a witness.

In mitigation, the court heard Egbe and Amadi had entered the UK legitimately on student visas, which had not expired.

Egbe enrolled at Leicester Business

Academy, which then closed and he was concerned his visa would be revoked.

He was 'desperate' to stay in the country, the court heard.

All the defendants are likely to be deported after their sentences.

Culled from Daily Mail UK



Tonto Dikeh tried to commit suicide a few weeks back. Unbelievable, right? I heard everything that happened on that fateful day but decided not to write about it because it's such a sensitive issue. She really wanted to end her own life but thank God for the intervention of good friends.

If I write details of what happened that day, none of you will believe it. I was in shock myself. All I will say now is please take it easy on her with your comments and attacks on social media.

The only reason I'm writing about it now is because she kinda shared what happened to her on her instagram page but most people didn't get what she was trying to say. Also, like Tonto said, suicide is never the solution to any problem. This is for those who are contemplating it.

COWARDZ**if u've gat no1 to talk to like mii I suggezt u strt wit GOD, diz shitzzzz crazy(world) but it iz Ourz dnt leave it in SHAME, ILOVEU"---Tonto Dikeh

Tonto dear, you're a beautiful strong woman who deserves to live a long, fulfilling life. Never let what people say about you push

"WokeUp happy n decided to share diz***I've bin here b4 n I can tell u we stronger you over the edge, problemz/painz/Fts**That day I realized SUICIDE iz for

think about it, nobody holy pass. And remember, the haters can scream so loud sometimes that you miss the voices of the people who love you. Hear their voices and know you're loved. Keep your head up, girl. Linda

Note - Please keep the comments on this post clean and respectful. And other bloggers, please don't get messy with this story. It's serious! Thanks

US BILLIONAIRE UNVEILS PLANS FOR HYPERLOOP THAT WILL SHOOT PASSENGERS



Paypal billionaire Elon Musk, inset, has revealed plans for a radical new 'Hyperloop' transport system that could 'shoot' passengers from Los Angeles to San Francisco in 30 minutes.

Travellers enter aluminium pods mounted by skis either to their feet or to their cars, top. The pods, mounted above the ground on columns 50 to 100 yards apart, travel through steel tubes, reaching speeds of up

ENTERTAINMENT/NEWS

to 800mph and travelling on a cushion of air. These images, left and right, show sketches of the passenger transport capsule and how it would look travelling through the steel tubes.

Musk told Bloomberg Business Week the system would be 'like getting a ride on Space Mountain at Disneyland.'

'It would have less lateral acceleration—which is what tends to make people feel motion sick—than a subway ride, as the pod banks against the tube like an airplane, 'he said.

'It would feel supersmooth.'

'The Hyperloop (or something similar) is, in my opinion, the right solution for the specific case of high traffic city pairs that are less than about 1500 km or 900 miles apart,' he claimed.

THE HYPERLOOP: HOW ITWORKS

Inside the tubes, hyperloop pods are mounted on thin skis made out of inconel, an alloy already used by Musk's SpaceX firm that can withstand high pressure and heat.

Air is pumped into the skis via small holes to make an air cushion, and each pod has air

inlets at the front.

An electric turbo compressor compresses air from the nose and routes it to the skis and to the cabin.

Magnets on the skis, plus an electromagnetic pulse give the pod its initial thrust; reboosting motors along the route would keep the pod moving at just below the speed of sound so the system does not produce sonic booms.

Culled from Daily Mail UK

GOV FASHOLA ORDERS RE-OPENING OF EX-GOV ORJI UZOR KALU'S IKOYI HOME





Press release from the Lagos State Government

The attention of the Lagos State Government has been drawn to a misleading claim by a businessman, Mr. Orji Uzor Kalu that his Ikoyi home has been sealed off following a threat to sue the Lagos State Government over an unrelated matter.

We wish to state, for the avoidance of doubt, that nothing could be further from the truth. The fact is that Mr. Orji Uzor Kalu's property in Park View Estate, Ikoyi was distrained pursuant to Section 40 of the Revenue Administration Law of Lagos State for

failure to pay the statutory annual land use charge despite three separate notices delivered to the said property.

As a government driven by law and process, the Lagos State Government will ordinarily expect all law abiding residents to discharge their responsibilities to the state.

If, in spite of failing to do so, Mr. Orji Uzor Kalu wants to give ethnic colouration to a routine performance of its duties by an agency of the state government, which in this case is the Land Use Charge Office, under the Ministry of Finance, he is welcome to do so.

However it should be noted that when the issue was brought to the attention of the Governor, Tuesday evening, he directed the agency to unseal the property and that an additional 14 days grace period be given to Mr. Kalu to pay the said charge.

It should be emphasised that notices like these are served on defaulting property owners on a regular basis who either comply or contact the Agency to raise any objections they might have to such notice. Mr. Orji Uzor Kalu, like every other citizen, must fulfil his obligation to the State.

Signed:
Aderemi Ibirogba
HON. COMMISSIONER FOR
INFORMATIONAND STRATEGY

DESIGNER DEOLA SAGOE TO PLAY FELA'S MOTHER IN NOLLYWOOD DEBUT





October 1 Synopsis

It's September 1960, and with Nigeria on the verge of independence from British colonial rule, a northern Nigerian Police Detective, DAN WAZIRI, is urgently despatched by the Colonial Government to the trading post town of Akote in the Western Region of Nigeria to solve a series of female murders that have struck horror in the hearts and minds of the local community. On getting to Akote, more murders are committed, and with local tension high and volatile, Waziri has a race on his hands to solve the case before even more local women are killed.



GAMESTOP PROMO UPGRADES KEY XBOX 360 GAMES TO XBOX ONE **EQUIVALENTS FOR \$10**

By Jon Fingas



Let's say that you decline an Xbox One pre-order, buy the Xbox 360 version of a big game this fall and promptly regret that you haven't gone next-gen. Are you hosed? Not necessarily: GameStop is launching a promo that will let you upgrade to an Xbox One edition of a game for \$10 or less. Provided you're a PowerUp Rewards member, GameStop will offer at least \$50 in credit if you trade in an Xbox 360 copy of Assassin's Creed 4, Battlefield 4, Call of Duty: Ghosts, FIFA 14 or Madden 25 and buy its Xbox One equivalent at \$60. There are additional catches, of course. You'll have to buy a given Xbox 360 title within 30 days of its launch, and you'll have to use the credit before the end of the year Even so, the promo could minimize buyer's remorse --

and save some Xbox One buyers from waiting until November to play the titles they want.

INWATCH ONE SMARTWATCH HAS GSM CONNECTIVITY AND A HEAVILY SKINNED VERSION OF ANDROID By Michael Gorman

From Kickstarter projects to rumored devices from the biggest gadget manufacturers on earth, smartwatches of all kinds are popping up all over the world. The latest such wearable was unearthed by our good friends at Engadget Chinese, and is called inWatch One. It sets itself apart from other smartwatches with a custom version of Android 4.0 and a GSM SIM card slot to give your wrist access to mobile voice and data networks. inWatch has a 1.54-inch 240 x 240 capacitive display, a dual-core 1.2GHz CPU of unknown origin, a 2-megapixel camera and a 500mAh battery. Connectivity comes courtesy of the aforementioned GSM (likely for China-friendly 900/1800/2100 MHz bands), WiFi, Bluetooth and GPS radios. As for that custom Android build, dubbed



inDroid, its been tailored to fit the watch's smaller screen and works with some of China's most popular apps; WeChat, Sina Weibo, QQ and Baidu music are all supported. Interested? It's available now on the company's website for RMB 1,788 (about \$293 US).

CASIO'S NEW G-SHOCK WATCHES PACK BLUETOO MUSIC REMOTE CONTR By Myriam Joire

Newcomers like Pebble might be the current darlings when it comes to connected watches, but it doesn't mean that established players are standing

still. Back at CES, Casio showed a G-Shock watch with Bluetooth (GB-5600A) capable of receiving calls and text-message notifications (with sound and



vibration), plus automatic time updates from an iPhone. Today the company announced a pair of G-Shock watches (GB-6900B / GB-X6900B) with Bluetooth 4.0 LE that extend the existing functionality to select Android handsets. In addition, both watches feature music remote control (via AVRCP, presumably) and the ability to set alarms and timers from Casio's companion smartphone app. Battery life is a pretty impressive two years (with 12 hours of Bluetooth use per day) on a single CR2032 battery. The GB-6900B and GB-X6900B will be released in Japan on September 21st for 18,000 yen (roughly \$187) and 20,000 yen (roughly \$208) respectively. All that's needed now is a retro-looking Databank or calculator watch with Bluetooth, right, Casio?

'THE HOBBIT: AN UNEXPECTED JOURNEY' ARRIVES ON NETFLIX

UK By Melissa Grey



Netflix users in the UK needn't look to misty mountains old in order to get their Tolkien fix. Starting today, Peter Jackson's The Hobbit: An Unexpected Journey is available for your viewing pleasure, marking a victory for the site over its competition. Sky Movies has consistently bested Netflix when it comes to acquiring movies before anyone else, but The Hobbit was one battle it lost. The film's sequel, The Hobbit: The Desolation of Smaug, is set for a December release, so this just might be enough to tide you over until then. Just make sure your viewing party is a dragon free zone. We hear they make for terrible houseguests.

BENQ SHIPS W1500 PROJECTOR WITH WIRELESS 3D





When projectors are a dime a dozen, they have to do something truly special to stand out. BenQ's newly available W1500 might just pull that off: how does high-quality wireless video sound? The DLP unit is billed as the first projector to offer WHDI over 5GHz frequencies, letting it stream 1080p 3D movies at quality that's reportedly on par with an HDMI signal. The company isn't leaning solely on this trick to lure us in, mind you. The W1500 integrates with mobile devices, courts gamers through 3DTV Play support and throws an 84-inch picture from as close as six feet away. Such convenience is expensive at \$2,299, but it could be a viable alternative to stringing video cables around the den.

BLACKBERRY Z10 AND Q10 GET THE GREEN LIGHT FROM THE DEPARTMENT OF DEFENSE By Brian Heater

Some good news for the phone makers in Waterloo: the US Defense Information System Agency is OK-ing BlackBerry's first two BB10 handsets for use on Department of Defense networks, confirming that the phones have all the necessary security measures in place. With the governmental go-ahead, the DISA's building out an infrastructure to support 10,000 Q10 and Z10 handsets by fall -- a number expected to triple by year's end. More info on the approval after the break, including some understated gloating from BlackBerry.





ot many Nigerian actors are as international as the effervescent Hakeem Kae-Kazim. Having been classically trained in the UK, the Nigerian-born thespian found his early beginnings on stage in the National Youth Theatre and later on, professionally as part of the Royal Shakespeare Company.

In a career that has spanned Nigeria,

the UK, South Africa and the United states, Hakeem Kae-Kazim has been very fervent in the movie industry since the late eighties and has since played some very iconic roles. Having featured in box office hits – Hotel Rwanda, Pirates of the Caribbean: At World's End, Last Flight To Abuja X-Men Origins: Wolverine – as well as hit TV series – Lost, 24, NCIS: Los Angeles, Hakeem has accrued a list of very impressive credits over the

years. He is now currently on the cast for "Transformers"-director, Michael Bay's new Pirate-themed TV series – Black Sails.

Very humble and spirited, Hakeem talks to BN about his upcoming feats, his deal with Etisalat, juggling family life with a successful acting career and what steps Nollywood should take to become even more formidable on the world scene.



Being quite the quintessential Nigerian International actor, what's your opinion on Nollywood?

What they have done is fantastic but I think it is time for us, the Nollywood model, to go on to the next stage and compete at an international level. What I mean by that is upping the skill, look and feel of Nollywood movies to become truly international. It's a way of us, as Africans, to tell our stories from our perspective and not how other people tell those stories. I think that's really important that we must start to delve into our history; delve into our heroes and villains and be able to put those up on the big screen; not just for the world to know, but also for us and for our children. We need those historical films. We need to go out there and make sure that our contribution to the world is recognized in an honest way, in a way that it was. We were not just slaves and Africans living in Africa with nothing. We had great empires and great people and I think through this medium of film, it's one way we can help spread that message, especially to our own kids.

How did you get into acting?

I started when I was very young. I was in all my school plays and then, I went on to be part of the NationalYouthTheatre – an annual 6-week theatre workshop in the UK. A lot of kids would audition for it and only about a hundred would be selected to work in this theatrical environment. We would do everything from stage management to acting on stage. That's where my love for the industry and being an actor actually began.

Did you grow up in the UK?

Yes, I did. I was born in Lagos but for the most part, I was raised in England and

then went on to spend a good few years in South Africa before coming to the United States.

What type of acting jobs were you doing before you got into Hollywood?

My acting career has been all over the place. I started off in the United Kingdom where I did mainly stage and theatre so I worked for the Royal Shakespeare Company, the Royal National Theatre, the Royal Court and all those big UK theatres. After that, I moved to South Africa and did a lot of stuff there on South African Television — commercials and various other things like that. Then, in the last few years, I moved to America. My career, in ways, has gone through three different countries so I've started all over again in each different country. It's been a journey.

Screening Of 20th Century Fox's "X-Men Origins: Wolverine" - Arrivals

You recently starred in the Award-winning "Last Flight To Abuja". Was that your first time of working back home? What made you start to work in Nigeria? My first experience of working back home was on a film called "Inale". It was a musical directed by Jeta Amata, which was shot in Benue State. He said it would be great if I came to do some stuff out in Nigeria and see what it was like. That way, we could help push the industry to a different level.

How did you and Jeta Amata meet?

Jeta did a lot of travelling after his film "Amazing Grace" and I was living in South Africa at the time. I had a film that I had produced which was going to various film festivals and we bumped into each other along the road. He was one of the first Nigerians to move out of Nigeria, as

it were, and start to investigate what it was like in terms of Nollywood and the international scene.

You play a main character in an upcoming new series, "Black Sails" from one of Hollywood's biggest producers, Michael Bay. Was it a role you had to audition for or were you handpicked?

Everybody auditioned for all the roles in 'Black Sails'. I was lucky enough to get the role and it's very exciting. They have already commissioned season two and season one hasn't even come out yet. It's all set around pirates in the seventh and eighteenth century. It's very raw and very earthy. For me, the interesting thing is bringing in a historical aspect. All the characters are based on historical figures; not to say that some are not fictional. I play a historical figure called 'Black Caesar', a really fascinating character. He was a chief in West Africa and was kidnapped by the slavers. After he was tricked onto the ship, he later became a pirate because the slave ship never got to America. It's a fascinating to see the different levels that we as Africans have in different areas of history. Not many people know that nearly forty percent of the pirates back then were of African origin because of the slavery. The only place escaped slaves could find sanctuary was to be pirates. If you see 'Pirates of the Caribbean' or things like that, they don't really appear.

Apart from "Black Sails", what are your other upcoming projects?

I'll be going back to do season two of "Black Sails" soon. "Half of a Yellow Sun" is also coming out soon. I'm just working on another movie called "Daylight's End" with Lance Henriksen.



Etisalat's new advert campaign features you in it. Is it just a one-time thing or were you signed on as a brand ambassador?

They asked me to come and do an endorsement deal for them so it'll be my first in Nigeria. It's just another avenue for me to see what it's like back home, to sort of help bring a more international sort of level to what's happening locally as well. You know, we're Nigerians, so it's important for us to be on the international scene. We're still ironing it out but as a brand ambassador, we'll be trying to improve the Etisalat brand and its awareness.

Do you have a house here in Nigeria, especially now that you have a lot of engagements in the country?

No, it's mainly hotels and running around when I'm in Nigeria. I do have a brother that is based here though. My mother is also in Nigeria but she spends some time in the UK as well. Even though I was born in Lagos, we're actually from Abeokuta.

As much as you have a lot of different roles in Hollywood, you tend to be the go-to guy for the 'African man' stereotype. How do you feel about that?

The thing about Hollywood is that once they see you in one thing, they are not very innovative in terms of their ability to see you out of the box sometimes. So, it's up to you really to push outside the box. If you look at my work, it's an array of different characters but like you said, you tend to be the go-to guy for a certain type of thing for a while. "Black Sails" is a very different character so you'll see a very different side of me. It's not bad being a go-to guy because it means that you're working hard enough to get noticed.

Even though you've been acting since the eighties, you've only just gotten major recognition in the last decade; would you say you're reaching the peak of your career?

I think it's still reaching its peak, so to say. Having moved from one place to the other - England to South Africa, South Africa to the United States – the problem was that I'd have to start again and the industry, only now, is becoming global so you don't necessarily have to move. In the last few years, my career is just beginning to take the path that I would like it to so it's just the beginning for me, even though I've done all this work. Until I'm in the place where I can do the pieces that I'm really passionate about, I'll keep working. Those pieces tend to be telling our stories as Africans. There's a whole array of stories that I believe that we should start to tell and I hope to help tell.

Apart from acting, you also do voiceover work for videogames, commercials and the likes. How did you get into that line of work?

It's a sort of spring off, really from people saying "you've got a nice voice" and then suddenly, people asking me to do voiceovers for commercials. I've done a lot of commercials for Nigeria. I was once the voice for MTN – "Everywhere You Go". I did that for a couple of years. Yes, I also do for videogames. I don't know if you know "Halo" and "Call of Duty" and things like that. It's a great thing to be able to do and it's a great acting thing and it's a lot of fun. Voiceovers are a very important thing for me. I love doing it.

With how much people say they love your voice, have you ever considered branching out into radio?

No. It's a different skill. I can do voiceover for radio, in fact, I've done lots of those but working on the radio as a disc jockey or as a voice, it's a very different skill. You have to understand and have the knowledge of music and entertainers and all that sort of thing. And, in that area, my knowledge is kind of limited.

I'm sure you get a lot of attention from the ladies for your voice. How about relationships?

I'm nicely tied down actually. I'm married and I've got three little girls -Aisha. Shada and Jadesola.

Is your wife in the industry as well?

No, she's not. She's a blessing. She works in the hotel industry.

How do you two balance it out with you having to travel for work all the time?

That's a very good question. I mean, it's hard but, you know, one has to go where the work is so we make it work. When I'm at home, I try to spend as much time with the kids as I can so that sort of balances it out. I take up a lot of the slack when I'm not away.

Are any of your children interested in vour line of work?

Maybe the middle one is a little bit but, you know, it's not something I encourage as such because it's a very difficult industry to be a part of. On the whole, people think that actors are millionaires but most of them aren't so it's very difficult. It's difficult in terms of the way one works. You're constantly in search for work and sometimes, you're working not working for a few months here and there. So, if had the choice, I wouldn't let them come into the industry to become actors but it's up to them in the end. If they are passionate about it, I'd be there to support them.

Tell us a little bit about your wife.

Her name is Bronwyn. She's from South Africa. Two of my kids were born there.

The Best Dels For Your By Aviva Patz



Is your diet trashing your face?

Sure, your diet keeps your body slim and healthy, but its impact doesn't stop there. The food you eat—from wrinkle-fighting antioxidants in fruits and vegetables to hydrating healthy fats in fish—may matter to your skin almost as much as it does to your waistline. Is your way of noshing helping or hurting your complexion? We asked top docs for their take on the face-friendliness of six popular diets. Read on to see if yours passes the beauty test, and find out how you can alter what you eat for A-plus skin.

Vegetarian/vegan The New Becoming Vegetarian, Skinny Ritch

The lowdown: Whether you skip meat and other animal products for your health, ethical reasons, or both, you probably eat more fresh produce and whole grains as a result—good news for your skin. The antioxidants in these eats neutralize the free radicals that contribute to wrinkles, brown spots, and other signs of aging.

Veggie diets tend to be low in fat, so incorporate ground flaxseeds and olive and safflower oils to help your skin retain water, making it more supple, Dr. Baumann says.

High-protein, low-carb South Beach Diet, Atkins

The lowdown: Cutting back on white bread, pasta, and refined sugar can also lower the stress hormone cortisol and minimize breakouts, says dermatologist Francesca Fusco, MD. Plans that swap in whole grains, fresh produce, and lean meats also up antioxidants, blemish-busting zinc, and collagen-building protein.

But beware of meat-heavy plans. "Too much animal fat can result in an increased production of free radicals, which are thought to interfere with normal cellular processing," says aesthetic dermatologist Lisa Airan, MD.

Drink lots of water to keep skin hydrated. Choose fish and other lean proteins, not just red meat. Eat antioxidant-rich leafy greens daily.

Low-fat Eat More, Weigh Less

The lowdown: Cutting down on saturated fat is great for your heart and waistline. A diet low in animal fat also stems the production of free radicals that can prematurely age skin, Dr. Airan says.

Still, your skin needs some fat, especially the good kind found in nuts and olive oil. Fat helps your body absorb complexionfriendly antioxidants and fat-soluble vitamins, and strengthens cell membranes—and ultimately your epidermis—for a dewier, more supple face.

"Get at least 20% of your calories from fat, mainly the unsaturated kind," says dermatologist Cheryl Karcher, MD.

Mediterranean

The Mediterranean Diet, The Mediterranean Prescription

The lowdown: Fish, leafy greens, olive oil, and fruit are the stars of this hearthealthy diet. But the benefits don't end there—eating Mediterranean may also protect against melanoma, the deadliest form of skin cancer, a recent Italian study suggests. On the cosmetic front, omega-3 fatty acids in fish help keep skin-cell membranes strong and elastic.

Olive oil, tomatoes, and red wine also have antioxidants that help block the chemical reactions that lead to sun damage, explains Leslie Baumann, MD, chief executive officer of the Baumann Cosmetic and Research Institute in Miami Beach, Florida.



Efo Riro

What You Need

Efo Soko – Soko vegetables, the big daddy of Efo Riro

Iru horo – whole locust beans

Tatashe – red bell pepper

Ata Rodo – scotch bonnet/habanero pepper

Ede gbigbe – crayfish

Eja Sawa – dried fish

Eja Osan – dried fish

Ara Eran – Beef

Ara Eran – Bee

 ${\bf Saki-tripe}$

Pomo – cow hide

Epo pupa – palm oil

Alubusa – red onion

Ivo – Salt

Iyo Knorr – seasoning cubes

Yoruba lesson ends here!

How To

Boil and season all the meats with salt, lots of chopped onions and seasoning cube. Halfway through cooking, throw in the Eja Sawa. Eja Sawa is a very dry and hard fish. It is common to soak it in hot water, but this loses some of its flavour, so I add mine shortly before the meats have properly softened so it has a symbiotic relationship with the stock. It is one of the few dried fish

that can hold its own against the strong flavours of meat.

The secret to any great tasting soup is the stock. If you get this right, you will not need seasoning cubes at the latter stages of cooking the soups. If your soups have always tasted the same, boil the meats with eja sawa, use the stock and watch people lick their fingers in pure delight. I just gave out one of my secrets. Shhhhhhh. Another option is to boil the meats with stockfish. I use both methods, but Eja Sawa trumps stock fish by miles, in terms of the resulting stock.

Roughly blend the Tatashe (Bell Pepper) and at a rodo (scotch bonnet pepper). Bring this to a boil and reduce till it forms a thick paste. Proper Efo Riro just like Edikang Ikong is not liquidy or dripping.

Give the Iru (locust beans) and the crayfish a good rinse. Remember not to drown the Iru in water in order not to lose the flavour. Rinse the eja osan thoroughly and shred into bits. Dice the onions and set aside. You need all the ingredients prepped before you start.

Heat up palm oil and fry the onions till it is translucent. Add the boiled pepper and Iru and fry for a few minutes. You want this to fry till you have a thick paste, because of the stock which will be introduced to dilute it slightly.

Once it is fried, add the meats, and ground crayfish to the pot. Add stock in cooking spoonfuls to the pot and stir. You have to be really careful with the stock so you don't end up with liquidy Efo Riro (before you get accused of not knowing how to cook.)

Lower the heat, to allow the meats to absorb the essence of the pepper, Iru and crayfish. Let this cook for 3 – 5 minutes. You also do not want to use high heat, which will evaporate the stock. Keep frying till you have a semi-thick stew that tastes heavenly. It is just about to taste even better. You may not even need to re-season with salt and/or seasoning cube if you get the balance very well. If after tasting you still need to, go ahead.

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Okagbare, with a season's best of 22.31 seconds is one of the athletes expected to make podium but will however needs to run faster than her season's best to make the podium as she will be up against formidable foes in Felix, 100m champions, Shelly-Ann Fraser-Pyrce and Cote D'Ivoire's Murielle Ahoure who is the fastest African woman this year at 22.24 seconds.

Meanwhile Okagbare believes there are no favourites in tonight's final.

Although the reigning Nigeria 200m champion admits she is not in the shape she was at the start of the

--Speedstar aims for podium finish

Blessing Okagbare seemed to have recovered from the disappointment of failing to make the podium in the 100m when she powered home in 22.39 seconds last night at the Luizhniki stadium to become the third Nigerian woman to run in the finals of the 200m at the IAAFWorld championships after Mary Onyali and FatimahYusuf.

Running in the second semi-final alongside three-time winners and one of the big favourites for the gold medal, Allyson Felix of the USA, the Nigerian ran a relaxed race to pick the second automatic ticket for tonight's final behind Felix who ran a new personal season's best of 22.31.

championships, she is however determined to race to the podium to become the first Nigerian woman to win a 200m medal as well as the first Nigerian, man or woman to win two medals at the same championships.

"My legs are not feeling as great as the first day but that was expected. I am just taking it one step at a time. When it's qualification, I worry about qualification, when it is the semi-final I worry about the semi-final... otherwise it is too much for my brain. I'm fine. Anybody can win medal, so I just don't underestimate anyone, "said the Beijing Olympics long jump bronze medallist.

Okagbare has been drawn in lane six for the final, in-between Fraser-Pyrce of Jamaica in lane five and Ahour in lane seven while Felix will run from lane four.

Meanwhile, the men's 4x400m relay team of Noah Akwu. Biola Onakoya, Tobi Ogunmola and Isa Salihu ran 3:04.52 to place seventh in the first semi-final and crashed out of championships.

Coach of West Bromwich Albion Steve Clarke has stated that Osaze Odemwingie has no future at the club, reports Completesportsnigeria.com.

The former Lille Metropole and Locomotive Moscow forward have had a stormy relationship with his club following his infamous push for a January transfer to now relegated side Queens Park Rangers, and a subsequent trail of inflammatory tweets.

"It's great when you can hide behind the title of head coach but Peter's future is a matter between him and the club," Clarke said. "He has not trained with me at all this summer and has made it clear he wants to leave.

"The situation will probably be resolved in the next couple of weeks. If he's still

here on September 2 or 3, that's a situation Meanwhile, Clark who was an assistant at we will deal with," he added.

Chelsea, has hailed the acquisition of

Nicholas Anelka and Matej Vydra, hailing Anelka as an outstanding capture who will



SPORTS >>

lift the overall standards of the club.

He also showered encomiums on the ex-Chelsea man for his seven goals scored during the team's pre-season games

Former Crystal Palace forward Mark Bright believes the 20-year-old is a true "gift" from Sir Alex Ferguson to David Moyes for the 2013-14 campaign

Manchester United winger Wilfried Zaha could be as good as Cristiano Ronaldo, according to former Crystal Palace striker Mark Bright.

The 20-year-old picked up his first winner's medal with the Red Devils on his competitive debut as they saw off Wigan to claim a 2-0 victory in the Community Shield last Sunday.

And, speaking exclusively to Goal, Bright – who spent six years with Palace – says the former Eagles winger can provide the sort of excitement fans at OldTrafford were used to seeing with Ronaldo.

"I've seen a lot of Zaha because of my association with Palace, having done some coaching in their academy and I think he could be like Cristiano Ronaldo," he said.

"He has the ability to do everything - he's quick, strong and determined. He's Sir Alex Ferguson's last signing, a great gift to David Moyes."

The Cote d'Ivoire-born England

international was a vital ingredient in seeing Palace return to the Premier League last term, earning the decisive penalty which was converted by Kevin Phillips in the Championship playoff final at Wembley.

However, Bright has called on the starlet to build on last season's goal tally of eight in the coming campaign as he fully expects him to get plenty of playing time for the English champions.

WILFRIED ZAHA COULD BE AS GOOD AS CRISTIANO RONALDO'

"He needs to add more goals to his game but he has the ability to go past defenders like no-one [in England] since Steve McManaman.

"He's going to be a great asset to Manchester United and I think he'll play a lot more this season than most people think."



The former FC Ebiede and Heartland of Owerri player joined Kryvbas in 2011 before he left the club at the end of last season. The club owed him and his former team mates several months' salaries and The Nigeria international has put pen to paper for another Ukrainian side and will be there for the next four seasons for an undisclosed fee

Super Eagles' midfielder, Michael Babatunde has signed for Ukrainian Premier League side Volyn FC for four years and an undisclosed fee, his close confidant has told Goal.

Babatunde left FC Kryvbas another club in Ukraine after the club was declared bankrupt.

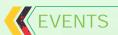
He featured for Nigeria at the Fifa Confederation Cup where he came from the bench twice against Tahiti and Uruguay.

Over five clubs notably from Ukraine made enquiries about the young Nigerian that will turn 21 on December 24 before he finally settled for Volyn whose contract offer and play time agreement was okay with Babatunde.

other entitlements.

He has since resumed training sessions with his new club towards featuring for them in the league that is already into its sixth round of matches this weekend.

Volyn are 14th with four points from five games on the log and they play at home to Karpaty on Monday August 19 in one of the day six matches.



P-SQUARE, FUNKE AKINDELE, LYNXXX, INI EDO, NAETO C, OMAW MORE SUPERSTARS AT THE GLO SLIDE & BOUNCE EVENT IN LA

Last Saturday 10th August 2013, one of the leading telecommunications companies Glo held its "Glo Slide and Bounce" event at the Oriental Hotel, Lagos.

And of course, the Glo ambassadors came out to party. Desmond Elliot, Chioma Chukwuka-Akpotha, Lynxxx, Waje, Burna Boy, Ini Edo, Bez, Funke Akindele, Lagbaja, P-Square, Flavour N'Abania, Chee and Naeto C were present at the event.

Also spotted at the event were Banky W, Eniola Badmus, OC Ukeje, Uru Eke, Nedu, Okey Bakassi, Nicole Chikwe and Basketmouth.

From arrivals to the electrifying on stage performances, we've got it all!



































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