

Peculiar

INTERNATIONAL

21th July, 2013.

A MAGAZINE FOR PEOPLE OF DISTINCTION



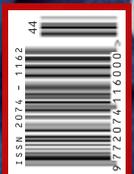
Muna
Beauty Queen/Rapper

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Exposure to Traffic Exhaust Fumes Increases Risk of Lung Cancer

Air pollution, chiefly from traffic exhaust fumes in cities could have serious and sometimes fatal effect on health, according to two studies that link it to lung cancer and heart failure.

Although smoking is a far bigger cause of lung cancer, a significant number of people will get the disease because of where they live.

The study, codenamed Escape, combined data from 17 cohort studies in nine European countries covering a total of almost 313,000 people. The size of the research gives it greater authority than previous work.

It looked at the effect of long-term exposure to nitrogen oxides and particulate matter PM2.5, which has a diameter of less than 2.5 micrometres, and PM10, with a diameter less than 10 micrometres.

exhaust fumes

Among the participants, 2,095 developed lung cancer during an average 13 years of follow-up.

The researchers, led by Ole Raaschou-Nielsen from the Danish Cancer Society Research Centre, found that for every increase of five micrograms per cubic metre of PM2.5 pollution, the risk of lung cancer rose by 18%, and for every increase of 10 micrograms per cubic metre in PM10 pollution the risk increased by 22%.

The second study published by the Lancet, shows that short-term exposure to air pollution increases the risk of being admitted to hospital with and dying of heart failure.

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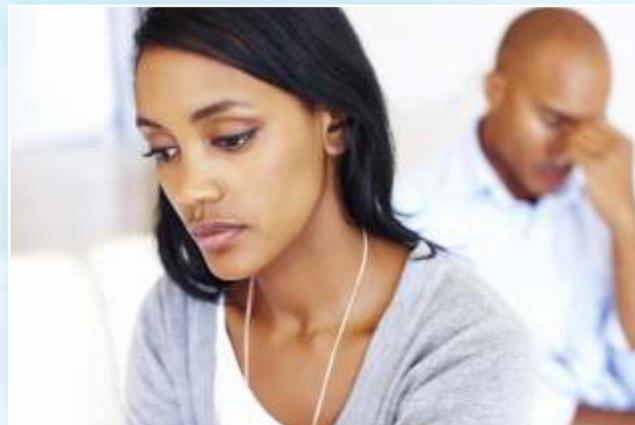
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The scientists behind the two studies say that their findings indicate that current safety limits on air pollution are still too high and need to be lowered.

“Everybody is exposed to air pollution and it is difficult to escape,” said Dr Anoop Shah. “Our results indicate that

6 Ways Your Relationship Can Hurt Your Health



For better or worse

By Amanda MacMillan Can your relationship status make a difference in your overall well-being? To borrow a commonly used Facebook phrase, it's complicated. Research shows that strong partnerships can help us avoid illness, adopt healthier habits, and even live longer. On the other hand, troubled relationships tend to breed stress and weaken immunity.

"So many factors affect our health, whether it's the behaviors we exhibit toward each other or the habits that we pass on to each other," says psychologist Maryann Troiani, PhD, co-author of *Spontaneous Optimism*. So whether you're dating casually, shacking up, or already married, keep in mind these 12 key ways your romantic bond may influence your mind and body.

Stress levels

Surprise, surprise: Regular physical intimacy appears to reduce stress and boost well-being. One study, published in 2009 in the *Journal of Sexual Medicine*, found that people who frequently had sex were healthier mentally and more likely to report greater satisfaction with their relationship and life overall.

Sex is just one aspect of a relationship,

however. And your partner's behavior outside the bedroom can just as easily send stress levels soaring in the opposite direction. Parenting disputes, disagreements over money, or even questions as simple as who does which household chores have been shown to increase stress.

Feel-good hormones

Sex isn't the only type of physical contact that can lower stress and improve health. In a 2004 study of 38 couples, University of North Carolina researchers found that both men and women had higher blood levels of oxytocin—a hormone believed to ease stress and improve mood—after hugging. The women also had lower blood pressure post-hug, and lower levels of the stress hormone cortisol.

"These types of caring behaviors are so important: a touch on the arm, holding hands, a rub on the shoulder," Troiani says. "It only takes a few seconds of contact to stimulate those hormones and to help overcome stress and anxiety."

Sleep problems

Sleeping next to someone you love and trust can help you fully relax and embrace sleep, Troiani says. A big exception to that rule, of course, is if your bedmate keeps you up at night—by snoring, for instance, or by tossing and

turning. In a 2005 poll, people were more likely to experience daytime fatigue and fitful sleep themselves if their partner was struggling with insomnia.

Relationships can affect sleep in less direct ways, too. Research shows that relationship insecurity or conflict is associated with poorer sleep—and to make matters worse, sleep problems can exacerbate relationship problems, creating a vicious cycle.

Weight gain

It's a common belief that couples "let themselves go" after pairing off, and there may be something to it. According to a 2012 review, people tend to gain weight as they settle into marriage and lose weight when a marriage ends.

But Troiani has seen the opposite happen quite often, as well: "A happy couple can motivate each other to stay healthy—they'll go to the gym together, set goals, and feel responsible for each other." When couples do pack on the pounds, she adds, it may be a symptom of conflict, not slacking off. "Dissatisfaction in the relationship can lead to passive-aggressive eating behaviors and sleep problems, which will lead to weight gain," she says.

"GENEVIEVE IS THE HOTTEST CHICK IN NOLLYWOOD" - RAMSEY NOAH SAYS



Ever wondered if the rumour that Ramsey Noah and Genevieve Nnaji once dated is true? Nigeria's finest actor clears the air on that. He also talks about the time when a crazy fan stalked him at his home in front of his wife, and claimed to be sent by God.

ALLEGED LIBELOUS STORY AGAINST TUNDE FOLAWIYO: GLOBAL EXCELLENCE EDITOR, KUNLE RASHEED, DISSOCIATES SELF



A statement from the editor of Global Excellence magazine, Kunle Rasheed, who was picked up and released by the police on Wednesday July 31st in connection with an alleged libelous story against businessman Tunde Folawiyo. Find it below...

"It is necessary to set the record straight regarding the alleged adultery story written in some news mediums about Mr. Tunde

Folawiyo. To the best of my knowledge, his alleged amorous affair with ex-Miss Lux, Mrs. Ifeoma Williams, has been a feast for the online media for along time. This I never knew, though, until my attention was called to it by Tunde's younger brother, Yomi, a friend, who, knowing I wield some level of popularity among journalists, asked me to help talk to online publishers who had published the story on their blogs to please take them down. I did not disappoint.

A few days after succeeding in taking off the story from the internet, Yomi again called my attention to the fact that two weekly magazines namely Encomium and Global News have written the story, but according to him, Global News owned by Segun Ogunbunmi did not do an objective piece.

It was then I urged Yomi to create familiarity with major players in the media so they would see him as a friend. He agreed and called a meeting with some editors. The Global News publisher, Segun Ogunbunmi, was part of the

meeting. We all met for about one hour at a lounge on Opebi Road, Ikeja. We chatted intimately before we left the venue.

Yomi later called a fresh meeting and he specifically requested for Segun Ogunbunmi to be part of it. Convinced that that second meeting would further cement his relationship with the Folawiyos, having being singled out based on the story published in his magazine, I ensured that Segun attended the meeting. It was while the meeting was in progress that some policemen banged on the three of us and whisked us to the Zone 2 police headquarters in Lagos Island where they said we were wanted for questioning. Surprisingly, on getting to Zone 2, the police said that Segun was their target, so they asked both Yomi and I to go free. It was there and then that I realized I had been used by the Folawiyos to nail a friend and professional colleague.

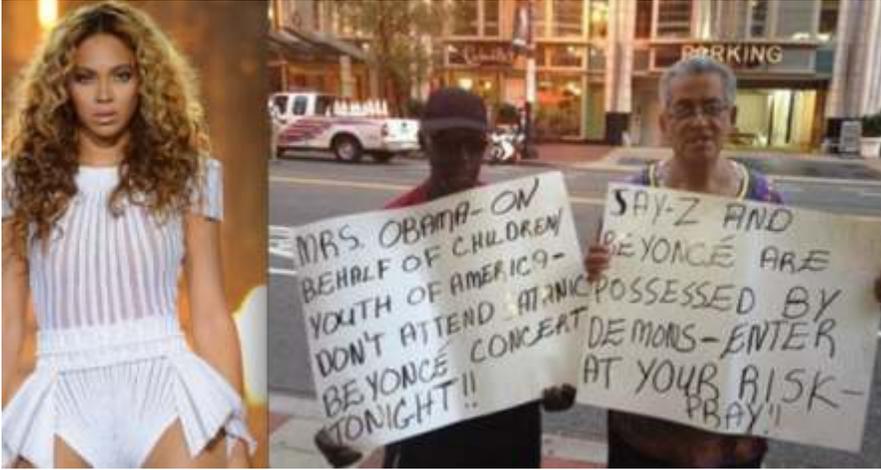
Meanwhile, I was shocked to behold later how the police had caused a statement to

be issued in the media labeling me a criminal that was arrested for criminal libel and that I was only released on bail. For the record, I have not written anything on the Folawiyos for some months. The only one I did of recent was about Yomi Folawiyo's child dedication. I also caused some of my media friends to publish it in their respective publication.

Therefore, I'm asking the Folawiyos to produce a proof of the claim that I have libeled them. With my experience in the last three days, I have come to realize that the intention of the Folawiyos is just to rub my treasured name in the mud. In a civilized world, Tunde Folawiyo should know what a civil case is; as such he should not resort to harassing innocent persons.

A good name is more desirable than great riches and to be esteemed is better than silver or gold. On this basis, I demand a full apology from the Folawiyos; failure to do so, I will seek redress in the law court.

BEYONCE AND JAY Z CALLED DEMONS IN D.C.



Two protesters set up shop outside The Mrs. Carter Show at the Verizon Center in Washington D.C. warning Mrs Obama and other concert goers that Beyonce and Jay Z were possessed by demons.

Founder of the Pray at the Pump movement, Rocky Twyman, tells Afro.com

"We believe that this couple is virtually destroying our youth. If you go on the Internet, you'll see stories about how they're both part of the Illuminati and you can see Jay-Z's use of the Satanic triangle symbol when he performs."

"Jay-Z even declared himself to be God by referring to himself as Jehovah, and we don't think that this is the image that our young people need to be glorifying."

Tyman hopes his movement will catch on with protests in every city on the rest of Beyonce's tour.

MISS AFRICA CONTESTANT FOUND STABBED TO DEATH NEXT TO HER DAUGHTER



Model & former Miss Africa contestant, 29 year old Linah Keza was stabbed to death on Wednesday July 31st in her home in front of her 3 year old daughter, Holly.

Neighbours who responded to her call for help found the Rwanda-born model in a pool of blood in her London flat next to her crying daughter.

Linah's off/on boyfriend and father of her child, club promoter David Kikawa, 38, (pictured above with Linah) has been arrested in connection with her death. According to neighbours, David was a regular visitor at her flat until about two weeks ago. They told police he was jealous and possessive and frequently fought with Linah.

Linah's home had a panic button fixed when she alerted the police about cases of domestic violence. Sad. RIP, Linah!

BOXING CHAMP LAILA ALI CALLS NORTH WEST A STUPID NAME



Kim and Kanye won't like this, but Mohammed Ali's daughter says she don't cur! Laila isn't a fan of the crazy baby name trend and calls Kanye West for naming his daughter North...

Laila tells Hip Hollywood, "I don't like crazy names. I think it doesn't make any sense. And you have to think about the child as they get older and what they have to deal with. A lot of people do things because it's a fad and they want to get some attention but this is your child... if it's crazy but cool and nice and it makes sense, that's one thing, but North and South and Leaf and Water Drop? Come on now, I don't care who you are that's just stupid, period."

DENRELE EDUN DAZZLES IN 8 DIFFERENT JACKETS AT CLUB ULTIMATE



Channel O VJ and host for the debut edition of Gulder Club Ultimate which held last weekend in Port Harcourt, Denrele Edun was spotted rocking nine different bespoke jackets at the event.

Designed by Remi Buttons, Denrele's outfits dominated talks all through the night, and fashion pundits say the red carpet host has outdone himself this time.

As these pictures show, a reflection of Denrele's personality is seen in his outfits as he wore four crazy and

unique jackets on the red carpet and five other daring blazers during the entire event with each jacket costing over N100, 000.

NIGERIANS IN BENIN REPUBLIC RAIDED AND DUMPED IN A CAMP



According to a report by a Nigerian lawyer living in Benin Republic who sent out the story to the media, in the early hours of yesterday morning, Wednesday July 31st, the police department of the Republic of Benin carried out a house to house search of Nigerians living in Cotonou, who don't have their passports and ID cards. The Nigerians they found wanting were bundled up and quarantined in a local primary school.

A few other nationalities like Ghanaians and Nigers were also picked up but majority were Nigerians. The Benin police say they plan to continue their raid because some foreigners were constituting a nuisance in the area.

The lawyer had to bail her relatives from the camp with 20,000cfa which is about N6000 even though they didn't commit any crime other than being unable to identify themselves. Maybe it's time to come home!

EMBATTLED LAWMAKER CHIDI LLOYD REMANDED IN POLICE CUSTODY



When you look at him now, limping and being assisted to walk, you feel sorry for him but then you remember the video and how he battered a colleague with a mace. The majority leader of the Rivers State House of Assembly was in a high court yesterday, facing charges of conspiracy, willful damage, and attempted murder, but his arraignment was stalled because the Attorney General of the state wants to take over the case.

'A BULLET FOR THE POPE" - WRITTEN BY CHARLY BOY



An article written by Charles Oputa, aka Charly Boy, aka Areafada...:-). Enjoy...
 The first 20yrs of my life, I seriously had this dream of being a priest. I was overfed with an overdose of religion which has always been a very serious business in my family. You dare not be late for morning mass or else you get the whipping of your life, yes my father was that strict, no nonsense when it came to going to church or anything spiritual. That's where I'm coming from, we were a family that prayed together and were very staunch Catholics for that matter.
 When I turned 16 I became an altar boy, at that time that was the coolest thing to be, considering years of going to bible classes and regular confessions. Eight months into the spiritual things as an altar boy, I made a big goof; I drank the priests wine and ate a bunch of Holy Communion enough to fill me up. I figured I could be more spiritual by that action, but I got expelled as an altar boy, needless to say how scandalized and angry my father was then, OMG.

BEFORE I WRITE A BOOK (PART 2) - BY BASKETMOUTH



As written by comedian Basketmouth...

As I pay respect to those great men that changed my life, the seemingly little gestures that shaped me and have made me who I am... I recall another long evening..

Year 2000, Fame pre-award concert. Dele Olukoju and Wale Oluwaleimu were the stage/project managers. I had met Wale before then and he had suggested I come perform in my bid to build a name.

I went there with a friend of mine, we had spent the last kobo on us transporting ourselves and getting food to eat as the event didn't start early enough. Continue...

My performance was done @ about midnight. It was a great outing for me.

As it was time to leave, I met with the show organisers hoping I'd be paid for my service or get a little change for transport. Unfortunately, communication had gone wrong somehow as they thought I was doing the performance for free.

It dawned on me at that moment, that I was in trouble.

My friend and I then decided to just hang around as the concert was still on and our last hope was that we might get a free ride.

By 2am, the concert was still banging in full swing and I was totally exhausted.

While moving around I met Six Foot Plus and Terry D Rapman...now, I was a big fan of their work and so we got talking. It so happened that they loved my performance that evening so we hit it off immediately.

After some minutes of small talk, I swallowed my ego and pride and brought myself to ask Six Foot Plus for transport money, he didn't have much on him but he split what he had and gave me N60 which was more than enough to cover our bus fare.

We happily bounced out from the concert, confident. We approached the main road

and as God will have it, there was a bus going our way. In 30mins we were in Yaba, walking to Railway Compound-Ebute Meta where I was staying.

By 4am I lay in my little corner, the end of another successful day in my struggle for relevance, I was happy at my chance to perform.

Exhausted by my ordeal but most importantly, I was grateful for that rapper who shared all he had on him with me, my new friend and saving grace, Six foot Plus

FRANKA ASINDI LEAVES AS EDITOR OF COMPLETE FASHION MAGAZIN



Aminat Okikiola Ilori, aka Candy, the first daughter of Waka legend Queen Salawa Abeni and Kollington Ayinla, is engaged to her business man beau, Bashir Omotayo.

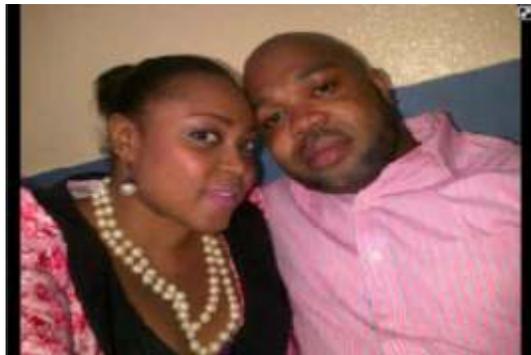
Candy said yes to Bashir's proposal on Sunday 28th July, 2013 in Lagos. There are speculations that they are planning to get married in September but Candy has cleared the air...

"No am not getting married in September, I just got engaged and the formalities will be done before the end of the year", she went on to say "I love him so much, and really

I wasn't meant to say Yes to someone else but him. Lol. He is the one"

Candy runs an entertainment outfit called Candiva Signature Empire, and she's currently working on a reality TV show due to air in September 2013. Congrats to them.

QUEEN SALAWA ABENI'S DAUGHTER CANDY ENGAGED TO BASHIR OMOTAYO



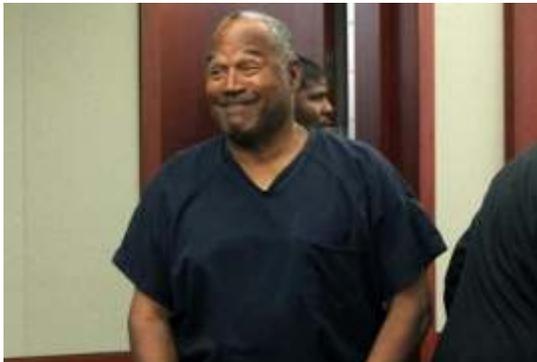
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OJ SIMPSON GRANTED PAROLE ON SOME CHARGES BUT TO REMAIN IN PRISON



Last week O.J. Simpson, 66, went before the Nevada Parole Board seeking an early release from prison on his 2008 kidnapping and robbery conviction. The retired American football player was sentenced to up to 33 years in prison for forcibly retrieving personal items from a sports memorabilia dealer, items O.J. said had been stolen from him.

O.J. told the parole panel he regretted going to the hotel that night, explaining, "I just wish I never went to that room. I wish I just said keep it."

OJ was granted parole, but he will remain in prison. According to reports, OJ

Simpson was granted parole on some charges but not on others and must serve at least 4 more years of his 33 year sentence.

APPY 30TH WEDDING ANNIVERSARY TO SONI AND BETTY IRABOR



Seasoned broadcaster and marketing communications expert, Soni Irabor and his wife, Genevieve magazine publisher, Betty Irabor, celebrated their 30th wedding anniversary on Monday July 29th. It's kinda belated but it's such a milestone that we just have to congratulate them and wish them many happy years ahead.

ACTOR BOB MANUEL UDOKWU LOSES MUM



Bob Manuel lost his mum on Saturday July 20th. She was 78 years old. May her soul rest in peace..

MOTHER GIVES BIRTH TO A GIRL WEIGHING 13LB4OZ WITHOUT A C-SECTION



A baby weighing almost a stone and measuring 22.6 inches long has been born in Germany.

Baby Jasleen arrived on July 26 and weighed a massive 13.47 pounds. Babies her size are usually born via a caesarean section, she was born naturally. The mother gave birth at University Hospital in Leipzig and discovered she had a previously undiagnosed case of gestational diabetes, German newspaper Der Spiegel reports.

This condition, which develops at around the 24th week of pregnancy, can lead to a larger than usual baby size. Although both mother and

daughter are doing well, Jasleen remains in the neonatal care unit. She is now officially the largest new-born in Germany. (UK Daily Mail)

SEAN TIZZLE - THE WEDDING EFFECT



Saying Sean Tizzle credibly meets up with the array of top Nigerian artistes like D'banj and Psquare who have a special way of keeping their audience on the dance floor all through their performance is certainly not an exaggeration.

This was clearly seen at the series of wedding ceremonies Sean Tizzle played in and out of Lagos in recent times. This energetic entertainer definitely knows how to set the hall into so much frenzy and get high esteemed guest sing along with him all through his performance.

Recently at The KOKO Master sister's engagement, D'banj was spotted filled with excitement as he watched Sean Tizzle thrill guest at the event.

Of course you will agree that visuals is more explanatory than words; sit back and enjoy this entertaining piece from the stables of Difference Entertainment.

AVATAR WILL HAVE THREE SEQUELS, NEXT MOVIE IS DUE IN DECEMBER 2016

By Richard Lawler



When Avatar hit theaters in 2009 it was notable not only for its incredible computer rendered special effects and record breaking box office returns, but also as a touchstone for a resurgence of 3D movies. Now 20th Century Fox and director James Cameron have announced plans to build out a quadrilogy of Avatar movies. Screenwriters Rick Jaffa, Amanda Silver, Shane Salerno and Josh Friedman are all on board to collaborate on the screenplays for movies 2, 3 and 4, which will be produced by Cameron and Jon Landau's Lightstorm Entertainment. Avatar 2 is scheduled to hit theaters in December 2016, with the other movies following in 2017 and 2018. WETA remains on hand to produce the special effects, we'll see what advancements in technology (Jim's in love with high framerates but The Hobbit didn't garner a universally positive response) allow them to create this time around and if audiences come out in similar numbers -- hopefully the 3D Blu-ray (or whatever format is around) doesn't take so long to arrive at retail this time.

MOTO X VS THE NEW DROID LINEUP: FIGHT!

By Brad Molen

After countless months in hibernation, Motorola has arisen from its deep slumber in a rather major way. The phone maker not only unleashed a full trio of Droid devices last week, it introduced the Moto X, long known as the company's not-so-secret weapon. We've already discussed our impressions of the firstfruits of post-acquisition Motorola, along with its interesting array of color customization options, but we've put together a handy comparison sheet that shows off how the Moto X fares against its Droid-branded brethren. When it comes to components, the suite of smartphones are actually quite similar to each other. Take a look after the break to see how it all breaks down.



APPLE SAYS IOS 7 WILL PATCH EXPLOIT THAT LETS ROGUE CHARGERS INSTALL MALWARE

By Jon Fingas



Recently, Georgia Tech researchers discovered an unusual way to attack iOS: a third-party charger with a hidden computer can install malware when an iOS device is plugged in and unlocked. That won't be an issue for much longer, however, as Apple has confirmed that iOS 7 beta 4 and future releases contain a fix. While the company hasn't said what that solution is, Georgia Tech's Billy Lau says that the new OS can tell when it's plugged into a computer instead of a charger -- there shouldn't be any rude surprises. The dependence on an iOS 7-based fix could leave many users vulnerable until the fall, although the hardware-specific nature of

the exploit means it's unlikely to be a major concern.

BLACKBERRY MIGHT RE-TRY THE PORSCHE DESIGN THING WITH LEAKED P'9982

By Steve Dent



Those canny folks at Tinhte may have revealed yet another previously unknown handset, this time from BlackBerry. A leaked image appears to show a Porsche Design version of the Z10, packing what looks like a carbon fiber shell and other touches from the design house. Tinhte says the device would also run a custom version of BlackBerry 10 and cost \$2,000 or more, while N4BB claims it'll be called the P'9982 (punctuation and all). Though the pictures look convincing enough, information about the naming, OS and price is purely speculative -- you might need an entire salt shaker to swallow it whole. Check the images for yourself at the source.

SAINTS ROW IV LOSES 'ALIEN NARCOTICS' MISSION TO GAIN APPROVAL IN AUSTRALIA

By Sharif Sakr



We knew the Australian Classification Board had fundamental objections to Saints Row IV. What we didn't know, however, was that these sticking points boiled down to just a single 20-minute side mission, in which the player gained superpowers by smoking "alien narcotics" with a character called Shaundi. That mission has now been exorcised, microwaved and buried in a sanitary disposal tank somewhere in the outback. According to Eurogamer, the only other change to the Australian version of Saints Row IV is the removal of a weapon called the Rectifier, which the censors were too anal to appreciate, but which will still be available to players as DLC.

Meanwhile, we're taking bets on how long it'll be before the full, uncut title hits shelves Down Under as a premium box set.

AUTONET MOBILE PUTS A NEW TWIST ON THE CAR KEY

By Sharif Sakr



Remember Autonet? The company -- which is best known for providing manufacturers like Chrysler with in-car WiFi hotspot solutions -- is launching a new product designed to replace the key fob and enable low-latency remote vehicle control and diagnostics from any smartphone. Of course, this is nothing new -- car makers have been featuring apps to unlock doors, start the engine and monitor vehicles for some time now. Still, most existing solutions rely on satellite or 2G connectivity and often require the car's computer to be fully booted before responding to commands, which makes for a slow and unreliable experience.



For former beauty queens, there is often the challenge of remaining relevant and sustaining the glitz and glamour of their positions, or otherwise, vanishing into oblivion immediately after their reign. Munachi Abii, better known as Muna, had a remarkable reign as the Most Beautiful Girl in Nigeria in 2007. However, shortly after the pageant, it was clear that it was just a platform to a successful career she would have still had with or without the pageant.

Born and raised in Port Harcourt, Rivers state, Muna was encouraged by her family to pursue her passion for Music and Arts while studying International Relations and Diplomacy at the Benson Idahosa University.

With some hit singles such as "Killer Queen", "Down Down Low" and "No Tomorrow", she has warmed her way into the hearts of many fans. Also a model and TV Host, Muna took a break off Music a while ago but is now back and revamped. At

her new manager's photography studio in Opebi, Ikeja, Muna was a warm and bubbly host as she opened up on her life, her music career and more.

Most Nigerians got to know you after you won the MBGN pageant in 2007. But we understand Music started for you way before that. When did you have your first major platform?

Were they your first influence to do music?

I'm from a musical family. Most of my cousins are actually in music industry. The older generation used to be into music so it just passed down. I have a cousin named Pamela who is into music and another one in the states whose music is talking over Atlanta and Houston right now. A lot of my cousins are into music and at least 4 or 5 of my first cousins are doing really well. It's a creative family.

Some music artistes see tattoos as a form of expression. Have you ever thought of getting one?

Back in secondary school, I always loved body art because it attracted attention. You know, people just thought you were weird. But right now, it's just too common. Either way, I don't fancy staining my skin anymore.

Having been in the music industry for some years, many would think you should have a personal website by now. Is this in the works?.

It's still under construction. It's called 'Muna's World'. A lot of things that I'm doing now will go up on the website once it's done. It's going to have my profile and just every single thing I'm doing. All my projects are going to be there – music, entertainment, just hanging with my friends and more. I'm going to make it an interactive platform so my fans can talk to me one on one.

We also heard you're working on something with Sarah Ofili and eLDee. What is this about?

I can't let it out now but Sarah, eLDee and I are working on a project. It's kind of like a very crazy radio show and it's off the hook. Right now, we've been recording.

Is it strictly radio?

Yeah but it's going to be syndicated hopefully and it will be huge.

On your newest single, "No Tomorrow", we noticed you did a lot more singing than rapping. Are you trying to be more commercial or are you just experimenting with more Electronic Dance and Pop music?

I've always done Dance/Pop. My first ever single "I Feel Real" was kind of Dance/Pop but I don't think the world was ready for that then. Sometimes you need to go back and re-evaluate yourself and come out again so that's what happened. I just did what I knew how to do best and that's keep it simple. We really don't need all those complexities right now. I just want to have fun. I'm sure you want to have fun too so that was the whole idea.

Your new song and Tomi Thomas' (of L.O.S) new single have a similar Dance Pop vibe, did you use the same producer?

That's a great song by the way but no, mine was actually produced by DJ Klem. I just think that's the new era of music now. I think everybody is going to change. If you notice DRB Lasgidi did something like that with "Selecta" which is a beautiful song too. I think that's what music here is going to turn into very soon. We're just hitting the Electronic Dance music phase now or we've been there since.

What's your relationship like with L.O.S? Those boys are cool. Those boys are my brothers.

When the news of your altercation with Mode Nine hit the Nigerian online community, you were in Dubai and you tend to always be there now and then.

What is Dubai to you?

Dubai is like my second home. I can be myself there. There's no celebrity spotlight on me and I'm just a regular person; that's what I love. Sometimes you just want to get away and just be yourself. So, when I'm there, I can write better; I can think better, I can do everything I want to do. So, that's my getaway... at least until they find it. (laughs)

Some of the L.O.S boys go to school in Dubai and, from the grapevine, we've heard that you were dating one of them – Briss. How true is this?

That's ridiculous. I mean people that know me, and know who I'm dating, know that that is just a bogus and very ridiculous story.

So, don't you want to let them know who you're dating?

No. The people that know, know and it's not like I'm hiding who I'm dating, it's just that I'm very private about my relationship. If you know, it's all well and good. If you don't, it's still all well and good.

What do you like the most about your boyfriend?

My boyfriend is funny. That's not all but for now, I'll say he's very funny.

What do you find attractive about a man?

I find it hot when a guy wears Tom Ford cologne, dresses good, looks good and doesn't sag his pants. I like a true gentleman.

In that case, do you have any celebrity crushes?

Robert Downey Jr.

In the kitchen, would you say you're a

good cook? What are your specialties?

Definitely, I'm a good cook. Everything I cook is good. I make a mean Oha soup.

So back to your Mode Nine altercation, has that hindered any progress in your career? Has it affected your corporate image, for example?

No, it didn't do anything to me. It's just that the whole experience taught me that there's a lot of learning that needs to go on between individuals. First of all, temper and tantrums – everyone needs to learn to control their temper, myself and Mode Nine included. Secondly, friendship and respect is important. I have respect for Mode Nine and he has respect for me. I think the whole thing was blown out of proportion by the media and it wasn't like that at all.

Since that is all cleared up, will we see you as the MC of an event anytime soon?

I'm focusing on my music right now. I just brought out this song and I'm still promoting it. I need to stay focused on it and I'm having a good time so that's what is key to me right now. But, if I'm going to host any gig, I'm going to make sure that everybody gets the memo that I'm getting so that there's no misunderstanding about anything. We wouldn't want a repeat of something like that to happen again.

Sometime last year, you were in the states and the UK working on your album. We also spotted you in photos with the likes of Usher and Ludacris. How did that come about? Was it because of the BET cypher? Did that open up doors?

Well, if it were in the States, I guess it would have but here it was just a cypher for people to say who was good and who wasn't. It didn't really take off anything. But, it was very good exposure and I'm happy for it. It helped as PR.

So, when you meet them – fan moment, friend moment or just business?

Back when I was much younger, not that I'm old now (laughs), I used to love Ludacris. When I would write my name, I used to write Muna Bridges (Ludacris' real name is Christopher Bridges). It was crazy like that. So, you know when you get older, things change because when I finally met Ludacris, it was like – “is this the guy I've been crushing on?” Dreams do come true but I wasn't in love like I was before. I still love him though but he's got a girl (laughs).

When will we be getting your debut album? Is it still called “The Goddess, The Hustler”?

The name may most likely change. I have to give a name that people can relate to. I haven't quite figured that out yet. We've been working. Everything so far for me has been a learning process and we still have all those records in the vault and they're still good so they will be on the album. We'll redo a few tracks but “Killer Queen” will be on the album. You should be expecting the album around December this year. I just dropped a single and next is a video. We have a lot of things to do before then but it just has to come out this year. This year is like the females year with Omawumi, Waje and Tiwa Savage all dropping albums.

Do you think you're going to dominate them with yours?

Everybody is a big star in their own right and I think the sky is big enough for all of us so it's cool.

You have a new Manager who is also a professional photographer – Paul Ukonu. Does that mean you've split with Ayo Shonaiya and his RMG Record label? RMG and I still work together in certain things. We're still family off the business

so there's no real separation. We're all one huge polygamous family. Ayo Shonaiya still works with me on my businesses, he still negotiates for me, which is part of the [music] business. Paul is my new manager and business partner so everyone is working hand in hand to make sure that this brand, Muna, goes very far. We're all together.

It seems like endorsement season for some of our biggest acts. How about your Lux soap endorsement? Will we be seeing adverts anytime soon? Is that deal still intact?

(Laughs) We're keeping our eyes open. It's been over a year since I did that so my contract is still being reviewed for a renewal. You never know, I might just pick it up again. As for endorsements, right now, I've got Dabur toothpaste. Do you use Dabur? You should. It's really good. So, you better use Dabur.

How about University?

Hmm... starting up the Rap community in my school was pretty cool. I went to Benson Idahosa University. I was just a 100 level student, just before MBGN and my school was a very Christian school so if you were rapping, you had to be very careful, and you wouldn't want to start a crew. I was able to get people from final year to first year to meet in one room because of Rap. I actually can't believe I did that but I did. We were cool Hip-Hop people and we were not afraid. We didn't get into any trouble because we were all straight-A students. Also, during NYSC, they didn't know I was a beauty queen so they asked me to come and do Miss NYSC (laughs). Then, some people used say I was forming because I had won for Nigeria and didn't want to compete in NYSC. My camp friends used to call me 'Mama'.

Naturally Gorgeous Hair Makeovers

By Jolene Edgar



Hairstyles made simple
Want a fresh look for fall? These women did, too, so we asked star stylist David Evangelista, owner of the David Evangelista Salon at the Cornelia Day Resort in New York City, to tweak away. One ground rule: The cuts had to be truly low-maintenance. Check out the amazing results.

Libby Sentz, 35
After I let go of my long hair, I felt a sense of liberation. And it's so wash-and-wear. In fact, blow-drying turns it into a frizzy mess."

The backstory: "Being a dancer, I never wore my hair down because it was so big and heavy—and it made me sweat more," Libby explains. David agrees: "We needed to lose about 10 inches since all this hair was robbing her ringlets of bounce and pulling down her features."

The update: Libby
A chin-length bob with long, angled layers adds much-needed sass and exposes this dancer's long, graceful neck. Colorist Gary Wagner gave Libby's hair a chestnut base, then wove

in subtle auburn highlights throughout her top layers.

Her go-to styling aid Ken Paves Healthy Hair Curl Balm (\$30)

Vennie Lau, 34
This cut saves me 15 minutes in the morning. I just shampoo, rub in a little styling wax to enhance the texture, and go."

The backstory "I'm starting my own interior design firm, and I wanted a cut that's stylish and mature," she says. David's take: "Before, her hair was shapeless and dragged down her pretty facial features."

The update: Vennie
David cut off 9 inches to create a shaggy (and low-fuss) textured crop with short layers in back and longer ones in front. Colorist William Simon applied a clear gloss—a mix of cuticle-sealing silicones and conditioners—to amp up shine and enhance Vennie's natural shade.

Her go-to styling aid Bed Head Wax Stick (\$17.95; professional salons)

Kimberly Lenny, 28
"My new look is stylish yet practical. I can blow-dry for a more polished effect or keep it a little wavy by air-drying it."

The backstory "My father called my old style—or lack of style—'surfer hair,'" Kimberly says. "I think my level of effort was apparent." ? David pointed out that she has a strong jawline and didn't need to go too short. "If the ends fell near her cheeks, they'd add unwanted fullness," he says.

The update: Kimberly
David took Kimberly's length up 4 inches to just below her chin, then added angled layers. And colorist Eugenia Iordache-Cabrera lightened Kimberly's dirty blonde hair to a sunnier hue.

Her go-to styling aid Suave Professionals Vibrant Shine Mist (\$2.49; drugstores)

Smoked Whiskey Wings

You got your breast men and your leg men and your thigh men, but let me tell you something: I'm a wing man.

What I love about wings is that you get a two-in-one treat when you eat them: Between the drumette and the flat, that's some good gnawing. Wings are great for weeknight cooking too, because they take very little time to prepare and cook.

NOTE: The best way to trim chicken wings is to use kitchen shears to lop off the tips and separate the pieces.

INGREDIENTS

2 dozen whole chicken wings
Kosher salt and freshly ground pepper
3/4 cup Only Sauce , plus more for

serving, optional
1/4 cup whiskey
1 tablespoon sugar
1/4 cup plus 2 tablespoons Dijon mustard

PREPARATION

Using kitchen shears or a very sharp knife, cut each wing in half to separate the flat from the drumette; cut off and discard the tip or save it for stock. Wash the pieces well, pat them dry, season liberally with salt and pepper, and set them aside in a large zip-top freezer bag.

In a small saucepan, whisk the sauce with the whiskey and sugar and bring just to a simmer over medium-high heat. Remove the sauce from the heat and whisk in the mustard. Cool completely. Pour the

mixture in the bag with the chicken wings, seal the bag, and marinate in the refrigerator for at least 30 minutes or up to overnight.

Prepare a smoker with soaked wood chips and heat it to 250°F (see Cook's Notes). Alternatively, prepare a charcoal grill (see Cook's Notes) or gas grill (see Cook's Notes) for smoking and heat it to medium-low heat.

Remove the wings from the marinade and discard the marinade. Place the wings in a large, shallow aluminum pan in a single layer. Place the uncovered pan in the smoker and cook, for 2 hours. Remove the wings from the smoker and serve with more sauce on the side if you like.

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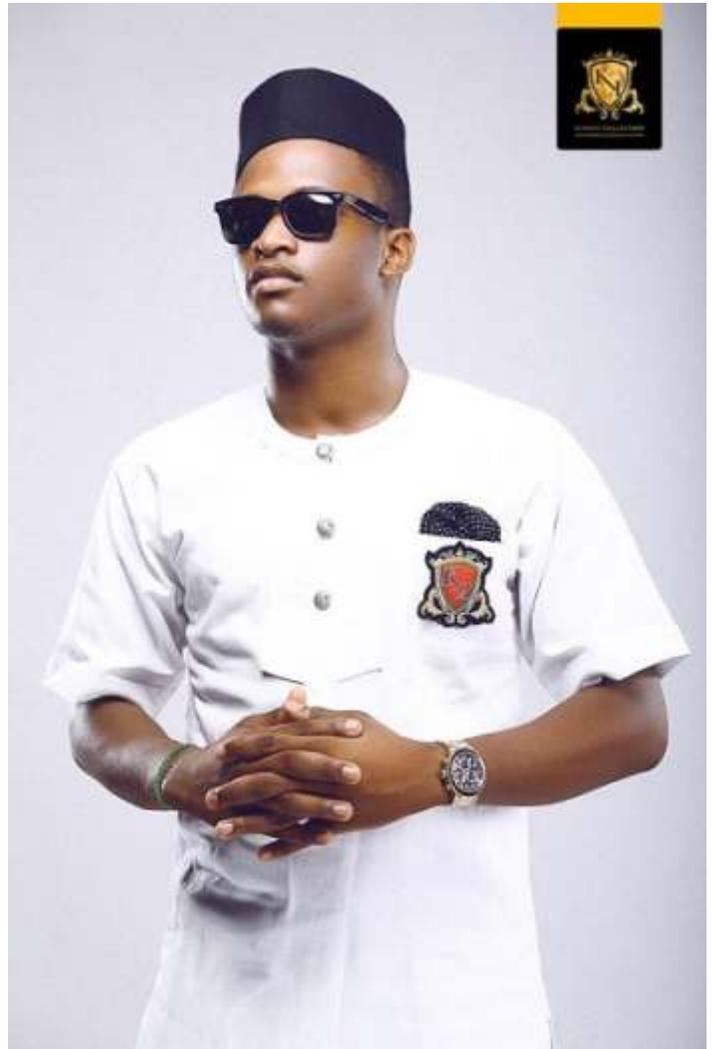










Photo Credit: TCD Concepts



Nigerian Striker Michael Eneramo to earn €1.2m per yr with Besiktas

Nigerian striker Michael Eneramo will earn €1.2 million (which is over N255million) per year after signing a two year deal with Turkish side, Besiktas. He will also earn €10,000 per-match bonus.

The Turkish football club yesterday released a statement which read;

“Michael Eneramo has agreed terms with Beşiktaş. Eneramo will earn €1.2 million per-season in addition to a €10,000 per-match bonus. In addition to this, Eneramo will earn the same salary in 2014-15 and 2015-16 if selected for the squad over 30 times over the course of each season.”

The 27-year-old striker played for Turkish side Sivasspor for a year and a half before joining Besiktas

The Arsenal boss says it is "crazy" that clubs are trying to spend vast sums of money this summer, but also admitted that he feels under pressure to splash the cash himself

Arsenal manager Arsene Wenger says Real Madrid's €115 million pursuit of Tottenham winger Gareth Bale "makes a joke" of Uefa's Financial Fair Play regulations.

The Frenchman has so far been frustrated in his attempts to reinforce his squad this summer, with Napoli outspending the Gunners for Gonzalo Higuain, while Liverpool continue to hold firm over Luis Suarez.

And when asked about Madrid's potential world-record capture of the Welshman, Wenger struggled to understand how clubs can continue to splash the cash despite

Uefa's plans to curb spending.

"It makes a joke of it," he told reporters. "It's quite amazing in the year when Financial Fair Play comes in, world football goes completely crazy.

"You wonder what kind of impact and effect it has on the football world. It looks like it has made everybody worse than before."

Arsenal have around €80m in transfer

funds available to them this summer, and sections of the club's support have grown restless that no big-name arrivals have come through the door of the Emirates Stadium so far.

"If you say we're under pressure to spend money, yes we are," Wenger added.

"But I feel more under pressure to spend the money in the right way and that's what I'll try to do. We want to spend it if it



Real Madrid's €115m pursuit of Bale 'makes a joke of FFP', blasts Wenger

strengthens our team. Just spending the money is not a quality.

"Spending the money, buying the right players, that's a quality, of course.

"If you can give me names who are better than the players we have currently, I am ready to talk about it."



Premier League - Uruguay captain
Lugano signs for West Brom

he 32-year-old, who spent part of last season on loan at Malaga, said he has agreed a two-year deal at the Hawthorns, with the deal confirmed by the French champions.

"I am very please to join West Bromwich Albion for the next two years," Lugano wrote on his Twitter account.

Lugano, who began his career with Nacional in his homeland before moving to Sao Paulo in Brazil, has played in Europe since joining Fenerbahce in 2006. He joined PSG in 2011 but his time in the French capital was interrupted by injuries.

After making 12 league appearances in his first season, he was pushed further down the pecking order by the arrival of the likes of Thiago Silva as PSG began to spend big, and he joined Malaga on loan in January this year.

"I'm doing something that has been missing in my career, playing in the Premier League, without doubt the most beautiful and competitive league in the world," Lugano added.

trying to go a step further to reach European competitions." PSG have further added to their defensive ranks this summer with the 32million euro (£27.8million) signing of 19-year-old Brazilian Marquinhos from Roma, making Lugano expendable.

"Paris Saint-Germain thanks Lugano for the professionalism he has shown throughout his contract and wishes him well in the English league," the club said in a statement.

The midfielder is glad to have consigned a groin injury to the past and has called on experienced players to lead the squad following the exits of Jamie Carragher and Pepe Reina

Liverpool captain Steven Gerrard believes he is as fit as ever heading into his 16th season in the Premier League.

Gerrard will play in his testimonial for the club on Saturday against Olympiakos and feels he is well prepared for the new season, after overcoming a series of groin problems.

Asked if he felt ready for the season, he told reporters: "I do, actually.

"That is not just because of the pre-season work I've done so far, I think it's been over the last 14 to 16 months since I had my groin fixed - I haven't felt better.

"In pre-season so far I've done the majority of the training and played all the minutes in the games - I feel really good and strong."

Liverpool have seen experienced campaigners Pepe Reina and Jamie Carragher leave the club over the close-season, with the former joining Napoli

and the latter retiring.

As a result, Gerrard has called on other senior members of the squad to step up and assist him at the club.

"I think it's also down to other players in the group," he continued.

"Now that Jamie's left and Pepe's gone I



Gerrard 'fitter than ever'
ahead of testimonial

think it's time for the likes of Daniel Agger, Lucas Leiva, Glen Johnson and other experienced players to come behind me and help me lead this team to big things.

"The talent's certainly there, now we just have to deliver."

Chee, Asa Asika, Karen Igho, Misi Molu, Kaylah & Yolanda Okereke at the LoudNProud Live Series "Divas Delight with Kay Switch" Show in Lagos

It was a night of non-stop music! On Thursday 25th July 2013, LoudNProud Live Series held the July edition of its show at the 284 Lounge, Victoria Island, Lagos.

Tagged "Divas Delight with Kay Switch", the event was hosted by on-air-personality Koch Okoye. The night saw musical performances by the headlining act Kay Switch as well as Chee, Diwari, Aramide, Chykey and Trazemanji (Winner of the June Golden Break Through audition).

This edition's GTB audition was hosted by Bola "The Genie" Sonola with Asa Asika, Colette Otusheso Kaylah Onio, Asa Asika and Kelechi Amadi-Obi as judges. After a rigorous screening exercise, aspiring music act Jared won.

Media personality/actress Karen Igho, stylist Yolanda Okereke, rapper Babatunde, media personalities Misi Molu and Vina as well as DJ Lambo were also present at the event.

The next edition will take place on Thursday 29th August 2013. Till then, check out all the photos from the last edition.



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