

# CAMPUSXP

ISSUE 2

**MAGAZINE**

**BUSINESS  
TIPS FOR  
ENTREPRENEURS**

**NETFLIX'S  
MOST POPULAR  
SHOWS**

**FIND YOUR  
STRENGTH**

**2019'S  
BEST MUSIC  
ALBUM**

**OUR NEW CRUSH SHALOM MBACHU**

MUSIC | BUSINESS | PHOTOGRAPHY | SPORTS



0 12345 67890 1

A woman with dark hair and glasses is sitting on a dark leather chair, reading a magazine. She is wearing a light-colored, long-sleeved top. The background is dark with a red curtain on the left side.

Win  
**READER**  
Of the month

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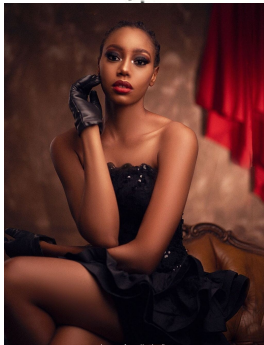
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# AIM FOR

# EUDAIMONIA

**S**toicism as a school of philosophy includes some of the most distinguished intellectuals of antiquity.

Founded by Zeno of Citium. In their moral philosophy the Stoics aimed at happiness, they sought happiness through wisdom, a wisdom by which to control what lay within human ability and to accept with dignified resignation of what had to be. Zeno was inspired as a youth by the ethical teachings and the life of Socrates, who had faced death with serenity and courage. This example of superb control over the emotions in the face of the supreme threat to one's existence the threat of death provided the Stoics with an authentic model after which to pattern their lives. Centuries later the Stoic Epictetus said, "I cannot escape death, but cannot I escape the dread of it?" Developing this same theme in a more general way, he wrote, "Do not demand that events should happen as you wish; but wish them to happen as they do happen, and you will go on well." We cannot control all events, but we can control our attitude toward what happens. It is useless to fear future events, for they will happen in any case. But it is possible by an act of will to control our fear. We should not, therefore, fear events in a real sense we have "nothing to fear but fear itself." There is an elegant simplicity to this moral philosophy, and yet it was a philosophy for an intellectual elite. The goal was simple enough to control our attitudes but how did the Stoics arrive at it in a philosophical way? They did so by creating a mental picture of what the world must be like and how human beings fit into this world. Napoleon Hill in his most famous book *Think and Grow Rich* said that whatever a man desires and imagines in a vivid picture in his mind, he can have it. It's time to get past the fear zone and start bringing those imaginations to life. Whether its starting a new business, traveling, or learning to play a musical instrument, whatever your passion is don't let fear stop you from your happiness.

*Maduagufar Ojoke Ugochukwu*

@maxugoski

# NETFLIX'S

## MOST POPULAR SHOWS



### ORANGE IS THE NEW BLACK

(2013–2019): 105 MILLION VIEWS

With the release of its seventh and last season in July 2019, Netflix said 105 million households watched at least one episode of the show over the course of its run, making the series its most-watched original ever. The show's popularity was echoed in an independent poll commissioned by Moffett Nathanson earlier in 2019, in which users named OITNB their favorite Netflix show

### MURDER MYSTERY

(2019): 73 MILLION VIEWS

Also in July, Netflix said its Adam Sander-Jennifer Aniston vehicle amassed 73 million views worldwide in four weeks. The company said the movie was the most successful film from its partnership with Sandler. The actor and comedian signed a four-film deal with Netflix in 2017, adding onto a four-movie deal made between the company and his Happy Madison Productions in 2014. In 2016, Netflix said *The Ridiculous Six*, one of the films from the Happy Madison Productions deal, was one of the most-watched original films to debut on the







**STRANGER THINGS:  
SEASON 3**

**(2016-): 64 MILLION VIEWS**

Netflix said in October that 64 million member households watched the third season of its hit series Stranger Things in the season's first four weeks on the platform. According to Netflix, it's the most-watched season to date.

**Bird Box (2018): 45  
million views**

The Sandra Bullock-led thriller was watched by more than 45 million accounts in its first week on the platform, Netflix said in December 2018.



**Triple Frontier**

**(2019): 63 million views**

Indie Wire reports the high-budget film, which counts stars like Ben Affleck and Oscar Isaac among its cast and cost \$115 million to make, earned 63 million views, according to a statement from Netflix's chief content officer Ted Sarandon.

**Money Heist ( La Casa  
de Papel )**

**(2017-): 44 million views**

Netflix said in its third-quarter earnings report for 2019 that the third season of the Spanish crime show Money Heist became the most-watched series in its non-English language regions, with 44 million accounts watching.



**The Perfect Date**

**(2019): 48 million views**

The Noah Centineo rom-com (which followed his breakout 2018 role in Netflix's To All The Boys I've Loved Before) was watched by 48 million accounts in four weeks, Netflix said in July.

**Tall Girl**

**(2019): 41 million views**

A film about a particularly tall high school girl navigating her insecurities, Tall Girl was watched by 41 million households in its first 28 days on Netflix, the company said in October.





# Kokoro, Mr fake Accent and I

By Chika Nwakanma

This is the story of “kokoro”. You may be too crème to know what this is, I can’t really help you. Google it

Earlier in the week I walked into Ghana High (A local restaurant in Lagos Island) looking “splufik”. I was ordering for take home beans and plantain, when I heard someone shout my name excitedly, It was my ex- colleague. We were quite chummy at my former work place so I was excited to see him too. After we exchanged pleasantries, he introduced me to Emeka, his friend who he brought to the restaurant for the first time. Emeka said he wanted to know what the fuss about Ghana High was.

Emeka had an American accent and looked like Tyrese. In my mind I said “niceeeeeeeee”. We all chatted a little but I really had to go so Emeka took my number and asked if I would like to hang out sometime

On my way out I saw this Kokoro at a stand right at the exit. I stopped in my tracks, I couldn’t believe my eyes. I’ve not had this in over 15years. Anyway I had not even paid for the Kokoro before I whipped one out and started chewing like a local “somebody”. This was how Emeka and my ex colleague found me. Funny thing is I didn’t think anything of it. Emeka in his American accent said “that looks gross”. Shuo!!! The Kokoro I bought with my own money? What is this life? I managed to explain to him what it was and he said “I just never imagined catching you outside here eating something like that”

Fast forward to lunch with Emeka two days later, I learned he was on holiday from work. I asked him how long he’s been working at the IOC, he said 8 years but he just moved to Austin, Texas 14months ago. Alarm bells went off! Eskis sir, moved to Austin from where? He said “From Port Harcourt”.



Wait! Hollup! So where did all that American accent come from? ” I was accused of eating kokoro in public but you already have a full Fledged American accent in 14months?” I said this while laughing out loud

Emeka didn’t like my tone. His mood changed drastically and we finished our meal in silence. Good riddance anyway, I later learnt Mr Fake accent is married. That’s that about that. My kokoro wins!

A woman with long dark hair is wearing a wide-brimmed straw hat with a large bow and sunglasses. She is wearing a sleeveless, knee-length dress with a vibrant floral pattern in shades of pink, yellow, and purple. The back of the dress features a white and black striped pattern. She is leaning against the railing of a white boat, with her right hand resting on her hip and her left hand on the railing. The background shows a clear blue sky and a body of water.

*Shalom  
Mbachu*



# Our new Crush!

It is a known fact that models are major influencers in the world of fashion. It is no surprise that famous brands, big and small, enlist the services of models frequently to expose their goods and services to their audiences.

Meet Shalom Mbachu, the 21 year old Nigerian fashion and beauty model from Imo state living her dream in Lagos. Boasting upwards of 4 thousand social media followers on her Instagram page, Shalom is paving her own path for modelling success. She is a graduate of foreign languages: French major at the Obafemi Awolowo University, but says that modelling is her number one passion.

## What interested you about modeling while growing up, and did you have a sense that you would be part of it someday?

I stumbled across some magazines in my mother's wardrobe while arranging it as a kid and I couldn't get the amazing black models I saw there out of my head, they seemed to be having lots of fun, being creative and making magic. I didn't know who they were but I wanted to be like them, they all looked so cool and happy. I knew I was going to give it a try someday but didn't know when.

## Who was a role model to you and in what ways did they influence you?

I've got a lot, ranging from Naomi Elaine Campbell, Tyra Banks, Chanel Iman and Grace Jones. They've broken stereotypes and boundaries in the industry. Looking at their lives, I learnt that: it not the strongest, the prettiest nor the slimmest that's usually the star, it usually those that decide to risk it all and let what they've got inside of them shine through.

## Who are your favorite designers and who would you like to work with?

Lo! I've got lots, as a model the list ranges to infinity; I'm Nigeria based so I'll focus on the ones within my grasp for now: Tiffany Amber, Jewel by Lisa, Mai Atafor, Knanfe, to mention a few.

## Who's your favorite photographer you've done a shoot with and why?

I've worked with a lot of creative minds who have their

knack in shooting different types of photography with models. I don't have a favorite yet.

## You are quite active on Instagram. Do you think it is necessary for models to be active on social media?

Yes they have to, people easily forget, so you have to work hard to stay relevant, there are millions of beautiful girls that get discovered everyday.

## Which five words would your friends use to describe you?

Okay this is funny, independent is the first word, they always say that lol, I'm or they tell me that I'm friendly, open minded, beautiful and "I have sense small sha" they don't like saying the smart word because they think my head would get "big"

## What is your all time favorite movie and why?

I like movies, when I have the chance to see one I do, but I don't have a favorite movie. I prefer to read novels, no day goes by without me picking up a novel, no matter where I am, it's a good thing there are now many online reading sites to go to.

## Which make-up brands are you using?

I love loooooovvvveeeeeee Lacncome, I don't use makeup much but I'd go with Lancôme any day.

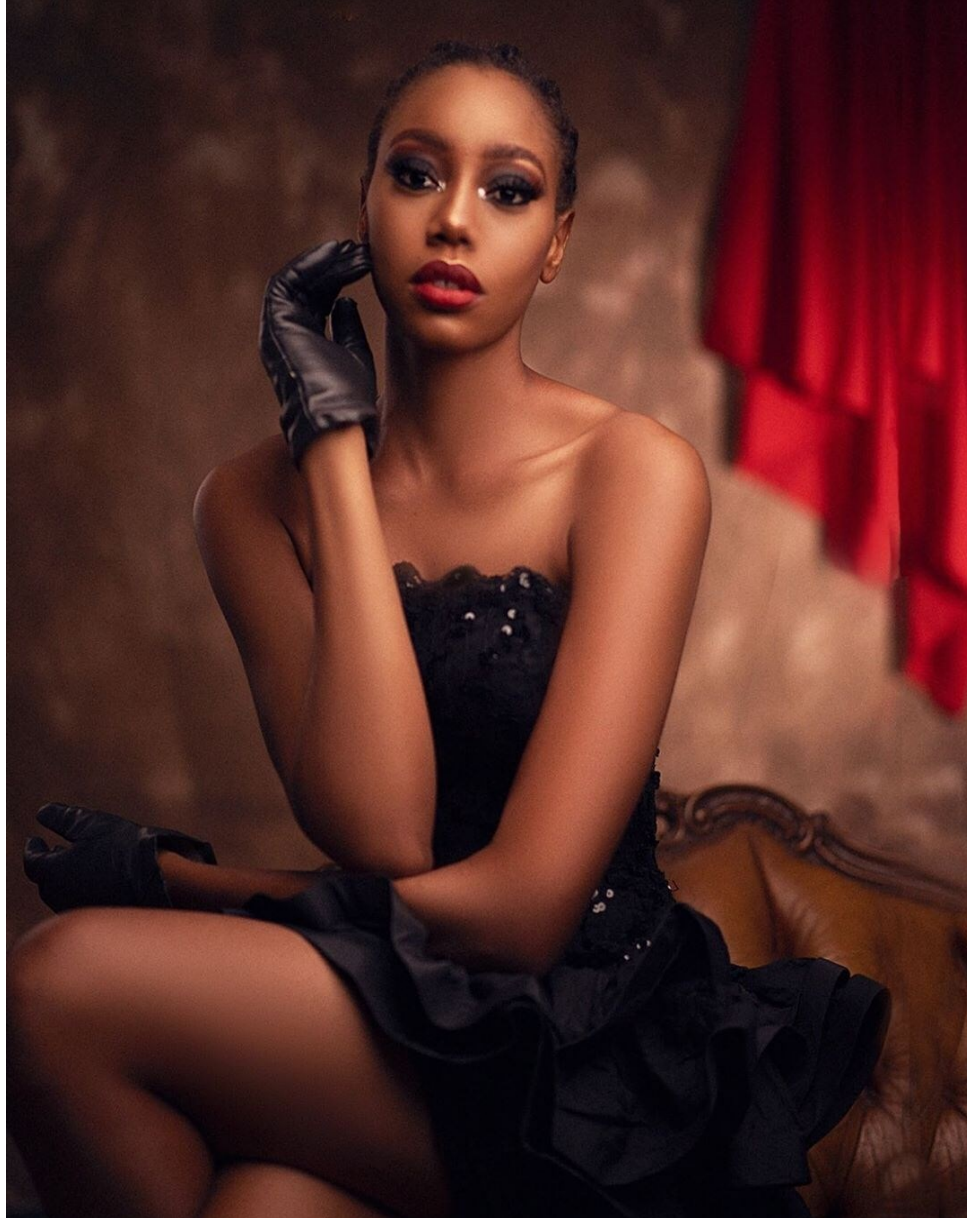


## How does your family feel about your career?

Starting from when I saw the magazines and getting scouted at an early age, my parents haven't been all that supportive, but I understand given the negative feedbacks gotten about modeling, every parent who's new in that field would be skeptical too. As of 2018-now, I try my best to talk them through each stage and show them plainly what I do, what I'm going to do (if I have a shoot that day) and the duration. I strictly keep to time and even set a curfew for myself.. If I'm running late maybe due to retakes or traffic, I call immediately to tell them. Doing all these puts their minds at ease, they are bringing themselves to accommodate my passion and it's the least I can do, mid shoot I try to text or call as well, it makes them feel like they're there overseeing the whole thing. So In a nutshell; they're starting to come to terms with it and have given me a go ahead.

## What do you hope to accomplish in your career and in your lifetime?

I hope to go very far in my modeling career, work with other top models and designers round the globe, keep being happy and help others in the industry. I won't feel fulfilled if I haven't helped others grow.



“ I try my best to talk them through each stage and show them plainly what I do ”

## What's the best piece of advice you've ever gotten?

Start now, start under qualified, start trembling, start not having enough but just start, it has helped me to stop giving excuses and just step out.

## What else are you passionate about, besides modeling?

I'm passionate about helping others, I love reading and writing. Basically I'm human relations inclined and I find my knack in every field.

## Do you have any advice for those who want to start modeling?

I'll give you same advice that was given to me years ago: Start now, research the type of model you want to be and run with it. Shoot as much as you can, be friendly on set and know the difference between pride and self-esteem.



# HOW TO HANDLE PEER PRESSURE

## 1. Spend time with those who resist peer pressure

You'll learn who they are quickly; they're the ones who stand up for themselves even in the face of bullying. These are the people you want in your corner.

Learn how to be assertive

Learn to say "No" in a way that's calm and convincing.

## 2. Ask for help if necessary

If you're faced with relentless bullying, don't simply wait for it to go away. Reach out to a teacher, mentor, parent or counselor to get some help with the problem

## 3. Get out of the situation

When a situation begins to turn bad—such as a group of people doing risky

things—bow out of the situation as soon as you can. Have an excuse ready that you can use if you need to.

## 4. Choose friends carefully

Remember, a true friend won't push you to do something that makes you uncomfortable. And when it comes to resisting negative pressures, it helps to have a buddy. Agree that you'll have each other's backs on certain things, such as not drinking too much.

## 5. Use the delay tactic

Rather than answer immediately, say you're going to think something over first. That time buffer makes your eventual "no" less of a surprise.

## 6. Think ahead

If you know there will be drugs or alcohol at

a party, decide in advance how you will handle it, or make other plans.

## 7. Provide your own positive pressure

Rather than simply fighting against negative pressure, focus on providing a positive alternative. For instance, counter a fraternity party invitation with a proposal to go see a movie instead.

## 8. Its okay to be alone

Sometimes we give into peer pressure to avoid feeling lonely. But spending time with yourself is a way to rejuvenate and reinforce your own priorities.

Go with your gut

If something doesn't feel right for you, then it's not.



# Always Respect Your Elders

(The Moral Lessons in Vector And M.I's Beef)



Quite fascinating how much maturity seem to be permeating the music industry, I mean the rap bloc of the Nigerian music industry seem to be vibing to this kind of growth at least sha, we're not settling some brawl over some artist at some fancy club joints. At least, we now have matured niggas walking into their private music space to mix, produce and upload diss tracks loaded with spiteful remarks to outwin each other rather than trade brawls. I'm tempted to say that the spirit of the American Rap industry is beginning to spread its influence, I recall that one musical rap brawl that had set the entire rap Industry into smokes involving the rap monster

Machine Gun Kelly (MGK) and the rap God himself Eminem. The positive impact of this kind of musical brawl is which the Nigerian rap Industry has picked up a couple of moral lessons.

These past few weeks, M.I Abaga and vector da viper have simply made the rounds with each other spitting savage lines in what I could term as a long existing indifference at each other, which is quite normal for thriving stars but annoyingly, this brawl has seem to be unquenchable. But the point is no one has literally seen this their yeye beef as a thing that transcends beyond the negativity of their little beef, besides *wetin concern their fans be sey yab go dey roll sha*. Notwithstanding, Vector da viper must have been really pained to the extent of dragging his legacy into the fight, but we should still understand that no matter how much vector and M.I Abaga have gone through, the point is they're both too good to the point, that I'm really not rooting for anyone in this beef. Although, I still wish M.I had not brought a rocket launcher to what was simply a mere stick-fight. Vector's issues with M.I's self acclaim stance on the rap scene, could have been what broke the cookie jar, abi no one comes to call himself *African rapper number one* and wouldn't expect eyebrows to roll. Vector is good and I've no single doubt about that his inspiring lyrics, dexterity and mind-blowing homophones are really thoughtful but if he thinks that becoming the ironman to rescue the rap Industry in its entirety from another rat situation, he would become the sacrificial sheep by the time the cause he fights for ill-equipped boomerangs back to him.

M.I Abaga is just another guy, who has proven that if you work diligently on your craft, you did have the world blossom at your feet (King Judah). Abaga has really been through a lot. Something I admire about the way he handled this yeye beef would be the response track beat, you did clearly see a total sophistication of an artist who works harder, rather than just go into the studio and looks for a random beat and starts rapping. Despite trying not to be petty, he focuses more on the corporate misunderstanding between him and the viper rather than go personal.



# Ariana Grande

## THANK YOU NEXT

The best-selling album of 2019 so far is also one of the year's best: Ariana Grande's *thank u, next* delivers joyous pop hooks over sterling production. But many of the year's other strongest records have come from outside pop's center and deserve just as much attention. This list includes two debuts, two bracing collaborations and an array of different types of responses to our anxious cultural moment.

Ariana Grande, *thank u, next*

If there's still a monoculture, then Ariana Grande is at the center of it. The Nickelodeon star turned R&B-pop artist is one of the most prolific creators in her genre, releasing *thank u, next* just months after *Sweetener*. The album also came on the heels of a well-documented period of personal challenges, both romantic and professional. As a result, it stands as a document of intense pop culture fascination. But it also solidifies Grande's definitive style, mixing hip-hop beats and lyric flows with pop production. On "7 rings," her number-one single that starts off with a sample of "My Favorite Things," Grande sets out a statement of independence and purpose: "I see it, I like it, I want it, I got it." But she also lets down her guard, admitting vulnerability on the hauntingly beautiful "Fake Smile" and "Needy." Grande has always been one of the best vocalists of her generation; on *thank u, next*, she proves she also has something to say.





*Tobi Nancy Keshinro*



Photography—Felix Crown IG  
Beauty artist—@casskoncept IG  
Hair—@ceezystyling IG  
Creative Director—Royce Samuel





*Angela Philips Benauer*





Photography— Felix Crown IG





*Precious John*







# BUSINESS TIPS FOR FIRST TIME ENTREPRENEURS

So it is as the first-time entrepreneur. You don't know what it means to run a business. You don't know what could happen with your investment and life. You're confused.

I know this because I've been there before. July 24th, 2008 was the day I went fully into the business world, so I understand how it feels.

From there till now I have learned so many things and I want to share with you 21 tips that would help you to navigate through the tough world of business.

Let's go in!

## **1. Understand business is NOT a job**

Well, maybe this is the right place to start. You have to understand that business is not a job, it's a profession. In a job you're only working to fulfil someone else's thinking capacity (or you're thinking, but very little). Now you will take up the responsibility of thinking hard and thinking much. In a job, most times, your actions are as a result of someone's decisions. As an entrepreneur, your actions are the result of your decision (so much more responsibility) and you see, you're always to be blamed for the outcome of your decisions, unlike in job where your boss could take the blame.

## **2. Be willing to pay the tough price**

I once asked a friend, "what do you think is the difference between a soldier and a police man?" The answer is simple. A soldier paid more price to be a soldier, so he earns far more honour in return. The same thing could be said of an

entrepreneur. A successful entrepreneur could be 100 times richer than successful employees. The difference is as a result of nature's unbiased reward system. As a new entrepreneur, you must be willing to pay the tough price of the business world.

It took me 7 years and 7 months to have my breakthrough (by God's grace). It may not take you that long, but don't ever (ever) expect the journey to be easy. Be prepared and be willing to get dirty and fight hard.

## **3. Never stop learning**

Please, never stop learning. This is a knowledge-based economy. The more you learn, the more you earn. Most people don't know why daily learning is very important for an entrepreneur so let me explain. You see, you have competition, usually tough ones. To beat these lions, you have to be smarter than them. It's as simple as that. If you look around you very well, you'll see some exceptionally successful businesses. What is their secret?

Not more money. Not more land. But more knowledge.

## **4. Manage your time very well**

You'll rarely see a successful entrepreneur who is not a great time manager. The reason is what I have told you earlier – you will have a lot of things to do, so much that you'll probably work more than 10 hours most of your working days as an entrepreneur. You must be able to do away with time-wasting activities.

If you're like me, TV may become your enemy. You may not have time for unnecessary gossip and complaints.

## **6. Make a lot of friends who are business minded**

I have many friends who are as business minded as I am. I do call them, share ideas with them, learn from them, get good books from them, etc. This has helped my business journey, a lot. Don't just stay at that, also, take time out to be with friends, family. Speak with people and learn from them.

## **7. Have a business team**

As a first-time entrepreneur, this may seem a hard thing to do (and it is). However, it is worth it. Two are better than one, always. To start, you may not have formal team members who you have to pay monthly salary. You may just have some professionals who you meet regularly, based on what your business is all about. One after the other, till you have the capacity to build a strong team.

## **8. Spend some time alone**

As a business owner, you have to be creative. Creativity and noise are enemies. Spend as much time as possible in a silent place. If this is not possible in your environment, kindly wake up an hour earlier than most people and take some time to think.

## **9. Write. Write. Write.**

Write down any idea that spark your mind. Not just the ideas, but your experiences too.

## **10. Keep financial records**

If you don't, there's no way you'll understand the direction your business is heading. Has it ever happened to you that you got some huge amount of money and spent it and just after that you are asking, "What did I spend my money on?" If you don't know what you're spending your money on, you won't know what you shouldn't spend it on. Plus, the future investor (including banks) would need to see your financial records to know what they are about to invest in.

## **11. Be competitive**

The name of the game is, you got it, "competition". You have to get a competitive mind. You have to be aggressive. If you're not, it's only a matter of time before you'll be pushed aside by your "enemies."

## **12. Don't mind the critics**

Someone probably advised you against your decision to go into the business world. Some other people probably mocked you as you seem not to be making progress. The more you pay attention to

these people, the less is your chance of success. They are distractions, simple. They don't understand your vision, nor do they see what you're seeing. Because they cannot do what you want to do, they think you too cannot.

## **13. Believe in yourself**

You have lost nothing if the world around you doesn't believe in you. You have lost something if your family members don't believe in you. You have lost everything if you don't believe in yourself. But why is it very important for you to believe in yourself?

Because you'll be discouraged many, many, many times. You will make mistakes. You will fail. You may cry and mourn, but (if you truly want to succeed in the business world) you will have to stand up and fight back. This requires you to believe in your ability to succeed.

## **14. Understand the first 5 years**

As I said above, you'll make mistakes and fail. The sad news is that, it won't be once or twice. It may last the first few years. You have to understand this. You have to understand that your first few years will not be easy, you need to really have the strength to go through the horror of the business world.

## **15. Aim to change the world**

In my opinion, business is "commercial charity". Yes, we're making money in business, but you see, if money is your only motivation, you won't go far. Truly successful business people are people who are angry about something and really want to make a change. If you aim to change the world, you will have the zeal to fight on, even when the road is rough.



# Tomori Likened To William Gallas By Chelsea Legend Joe Cole



**F**ormer Chelsea midfielder Joe Cole

has likened Fikayo Tomori to retired France international William Gallas.

Tomori has become one of the important players in Frank Lampard's side, going the distance in their last six matches in the Premier League

and has played every minute in the Champions League. "He reminds me a lot of a young William Gallas," Joe Cole told BT Sports.

"We talk about his development, for me, it has been absolutely perfect.

"He had had his whole youth career in the academy, then his first six months at Derby with Frank and then Ashley Cole has come in to play next to him for six months."

The former England U21 international, who is being courted by the Nigerian Federation to play for the Super Eagles, was rewarded with an invitation to the Three Lions in October on the back of his brilliant form for Chelsea.



# Health and Wellness Tips for Students

It can be challenging to maintain a healthy lifestyle as a student – with exams, assignments, and extracurricular activities, you may be inclined to give priority to your studies as opposed to your health. However, with a few simple changes in your diet, sleep, and exercise habits it will become easier to lead a healthy lifestyle that promotes the well-being of both your physical and mental health!

## Diet

Many students struggle to maintain a healthy diet because of their busy school/work schedules. Despite this, you must make it habitual to eat nutritious, controlled portions of food throughout the day. In order to achieve this, ensure that you do not skip breakfast! It is the most important meal of the day because you are literally breaking a fast to kick-start your metabolism. If you are running late or do not have the time to sit down and have a meal, buy “okpa” or any snack on your way out of the house to eat on the way to school/work. Ensure that you drink six to eight cups of water per day to stay hydrated.

Although eating healthy meals is important, set aside a day every two weeks to indulge and enjoy the food that you love! You can still pursue a healthy lifestyle while eating the comfort food you love in moderation on an occasional basis!

## Sleep

Ah, sleep, a guilty pleasure that students never seem to get enough of! In all seriousness, with all the assignments and exams it may be hard for you to get a good night’s sleep. It is estimated that most people require at least seven to nine hours of sleep a night to feel fully energized and rested. It may be nearly impossible to aim to get that much sleep every night, but at least ensure that you are getting a good night’s rest whenever you can. A lack of sleep can hinder your ability to concentrate and can make you feel grumpy.

As for students who seem to have a hard time falling asleep, it is recommended that you sleep in a cool, quiet and dark room and create a daily “bedtime routine.”

## Exercise

Several college/university campuses have a fitness center for students – use this to your advantage and squeeze in a workout whenever you can! Another option is to schedule an hour every three days a week to do some easy at home exercises to stay in shape. Regardless of which option you choose, ensure that you stretch before and after you workout to avoid injuries!

Other lifestyle changes, such as walking to your classes instead of taking shuttle can also be a form of exercise!





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# FIND YOUR STRENGTH

Each and every one of us really need to feel a sense of purpose and competence in the things we do. Some of us have not discovered our strength in life yet. And we have allowed people to see us from the angle of our weaknesses and also judge us by the things we cannot do.

All because we never gave room for the ones we can. Quite frankly, I am not the very physical type. I am just slim and healthy. Although I am trying my best. I do pushups in morning (when I think I have the strength), I don't jog much (I feel jogging are for people that want to lose weight and obviously, I don't have any weight to lose), also I sincerely have plans for a gym class soon. And maybe because of my physical nature, I find it difficult doing strenuous jobs, lifting heavy loads etc. Unfortunately for them, I grew up in a society where physicality is highly appreciated. When you can't do those physical jobs, you'll be regarded as lazy. Even at home, I find it difficult doing most chores, because those things weren't in synchronization with my kind of person. So I looked very lazy. And I got criticized severally because of it. But when it comes to stuff like computer programming, graphics, playing musical instruments and other stuffs that has to do with the mind, am good there. I can comfortably stay awake all night doing stuffs like this. This was my strength. And rather than trying to fit in where physicality was highly involved, I had to focus on where I won't be stressing my muscles much. And gradually, people started according respect to me, because they couldn't do the things I do.

Some will ask me, how I am able to stay long hours programming and writing codes that weren't readable to a normal person. And I ask them (in my mind), how they are able to do those physical jobs with ease. Now, I want you to take a close look into your life. Maybe you are not lazy, maybe you are not weak, and maybe you are not incompetence. Maybe all you just need is to find your strength. I have a saying, "Nature did not cheat on me, and she just gave me a lot of things to work on". Maybe this applies to you as well. Nature did not cheat on you. You just have to find your strength and do some work. You have to sincerely accept yourself the way you are. That's true (self) love. Appreciate your personality, it's not easy being you. Find your strength and focus more on it. Become competent there, seek God and I assure you that the world will look for you. Someone said, "There's no defense against excellence that meets with a pressing public need." Be above average, strive for excellence. A time will come when your efforts will pay off. Also note that if there are things you have to learn or be able to do to survive life, learn them and do them. Though am not the physical type, I still do important physical jobs when the need arises. I still stretch and challenge myself, because that's what life is all about. But what is more important and valuable to me is that I have actually found my strength and I'll keep improving on it. I hope this makes sense to you. Ensure you find your strength and more importantly, find yourself!

YOU ARE ABOVE AVERAGE



# Recipes



## French Fries 3 Ways

Feed your French fry craving and make these delicious fries at home! No matter your preference, there's a dipping sauce for you--pick from curry ketchup, garlic chipotle mayo, or pesto mayo, or make all 3 for a DIY French fry bar.

**Total Time :** 45 minutes **Prep Time:** 30 minutes **Cook Time:** 15 minutes

### Ingredients

#### FOR 2 SERVINGS FRIES

- cold water, for soaking potatoes
- 2 tablespoons lemon juice, divided
- 3 russet potatoes
- 4 cups vegetable oil (960 mL), for frying
- 1 tablespoon kosher salt

#### CURRY KETCHUP

- 1 tablespoon olive oil
- ½ cup yellow onion (75 g), chopped
- 1 teaspoon kosher salt
- 4 cloves garlic
- 4 teaspoons curry powder
- 2 teaspoons sweet paprika
- 1 teaspoon chili powder
- ¼ teaspoon ground cinnamon

- 1 cup tomato ketchup (240 g)
- 2 teaspoons Worcestershire sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 1 tablespoon water, plus more as needed
- mayonnaise, to taste
- 1 white onion, chopped

#### GARLIC CHIPOTLE MAYO

- 8 cloves garlic
- 1 cup mayonnaise (245 g)
- 1 ½ tablespoons lemon juice
- 3 chipotle peppers in adobo sauce
- 1 teaspoon kosher salt

#### PESTO MAYO

- ½ cup mayonnaise (120 g)
- ½ cup pesto (145 g)
- ½ tablespoon lemon juice

# Preparation

**1** Make the fries: Fill a large bowl with cold water and 1 tablespoon of lemon juice. Peel the potatoes and slice into ¼-inch (6 mm) thick strips about 3 inches (7 cm) long. Transfer the slices to the cold water as you go.

**2** Rinse the fries by running more cold water into the bowl until the water turns clear, rinsing off any excess starch. Fill the bowl with water and add the remaining tablespoon of lemon juice, then chill in the refrigerator for 30 minutes.

**3** In a large heavy-bottomed pan, heat 2-3 inches (5-7 cm) of oil over medium-low heat until it reaches 325°F (165°C). Line 2 baking sheet with thick paper, such as brown paper grocery bags.

**4** Drain the fries, then dry completely using a kitchen towel.

**5** Cook the potatoes in the hot oil for 6–8 minutes, or until soft and slightly golden in color. Remove the fries from the oil using a wire mesh skimmer and transfer to the prepared baking sheets to drain. Let stand at room temperature for 15–20 minutes.



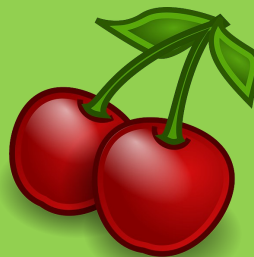
**6** Increase the oil temperature to 375°F (190°C). Return the fries to the oil and cook for another 2–3 minutes, or until the golden brown and crispy. Drain on clean paper bags. Season with the salt.

**7** Serve the fries in cones of parchment paper topped with your sauce of choice.

**8** For the curry ketchup: Heat the olive oil a medium

saucepan over medium-high heat. When the oil is shimmering, add the onion and cook until soft and translucent, about 2 minutes. Season with the salt. Add the garlic and cook for another minute, until fragrant. Add the curry powder, paprika, chili powder, and cinnamon and cook for 30 seconds, until the spices are fragrant and toasted.

**9** Add the ketchup, Worcestershire sauce, apple cider vinegar, and honey and bring to a simmer. Reduce the heat to medium, cover, and simmer for 15 minutes, stirring occasionally. Remove the pot from the heat and let the curry ketchup cool slightly.



**10** Transfer the ketchup to a tall, narrow container. Using an immersion blender, purée the mixture until smooth, about 3 minutes. Let the mixture cool completely, then thin with water, 1 tablespoon at a time, until your desired consistency is reached. The curry ketchup can be made up to 1 day before serving. To serve, top the fries with the curry ketchup, mayonnaise, and chopped onion.

**11** For the garlic chipotle mayo: Cook the garlic cloves in a small, dry skillet over medium-high heat until the cloves are golden with some black spots, about 9 minutes.

**12** Transfer the garlic to a food processor, along with mayonnaise, lemon juice, chipotle peppers, and salt. Process until combined. Chill in the refrigerator for at least 1 hour. The roasted garlic chipotle mayo can be made up to 1 day before serving. To serve, top the fries with the garlic chipotle mayo.

**13** Make the pesto mayo: In a medium bowl, whisk together the mayonnaise, pesto, and lemon juice until well combined. Cover and chill in the refrigerator for at least 30 minutes. The pesto mayo can be made up to 1 day before serving. To serve, top the fries with the pesto mayo. Enjoy!





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