

10.8.8

NOT JUST
SOME NUMBERS

VALENTINE
EDITION

**HOTTEST
ENGINEERING
COUPLES**

**5 CREATIVE
DATE IDEAS**

**TOP
TREASURED
VALENTINE GIFTS**

**THE
ENGINEERING
PLAYLIST**

**AN
AUGUST VISITOR
(MOEFASA)**

**DIARY
OF AN
ENGINEERING STUDENT**

**TOP 10 ANIME
TO WATCH OUT FOR LONG
LIFE**

**DEALING WITH
ANXIETY &
DEPRESSION**





OPENING REMARKS

I would like to begin these opening remarks with a shout out to some of my favourite people, the brilliant minds behind this magazine. I must admit, talent is not enough to drive the level of excellence that is now associated with the 10.8.8 team, it takes more than that. A dogged, and an unending will to overcome the challenges that we meet on this creative journey. It is why I admire Abraham, Abdul fattah, and Temilade their uncanny ability to get things done. The trio on whose shoulders the entire team stands.

On this journey, I've had the opportunity to experience artistry first hand. Our duo of graphic designers; Fayd and Lawrence have been nothing but excellent, delivering spectacular and cutting edge designs with every edition. I'm excited also as I see in them a genuine desire to creatively grow and not rest on their oars.

In the pages ahead, you'll experience creativity and artistry all done by the talented engineering students on our team. The amazing images by our good friends McCarthy, and Majesty. The character inspired designs by the talented artist Mariam. Or the fantastic writers on the team who pen down magic in thrilling and captivating style unique to each of them. I can go on and on describing how amazing they are but I will let their work speak for them. Its guaranteed to do a better job than I ever will. But I will instead love to appreciate their humility and patience even as the ever demanding editors are constantly on their necks to meet deadlines and sometimes even to rewrite their articles. Your efforts do not go unnoticed.

Why the Valentine edition? Well its February so why not?. I've always believed that Valentine season isn't just to celebrate lovers but also the people in our lives adding meaning behind the scenes.

To those with Valentine dates or if like me you've got no date for Valentine, why not do something different or something extra as the case may be?, Like take time out to appreciate the heroes in your life. The people who love and support you, who constantly show up for you. To have such people is an underrated blessing. You may not be able to afford gifts or dinner dates; a simple text or call will go a long way. Instead of just being on your phone all day watching exaggerated videos or photo collages of lovers.

I do not hate Valentine's Day but I hate people who overdo Valentine's day. Sometimes, it doesn't come from a place of love but born of a desire to oppress singles. To what end?

Because a lot of us will still be single by next Valentine's Day. Your oppression no dey actually work.

Anyways, I hope you enjoy this body of work. I hope you find contents that motivate you and spur you to do something creative and beautiful in your life. We are on a journey too, to create and to help creatives express. We are looking out for you...

Live your passion, we will find you!

Bashir Onimisi,
For the 10.8.8 team.



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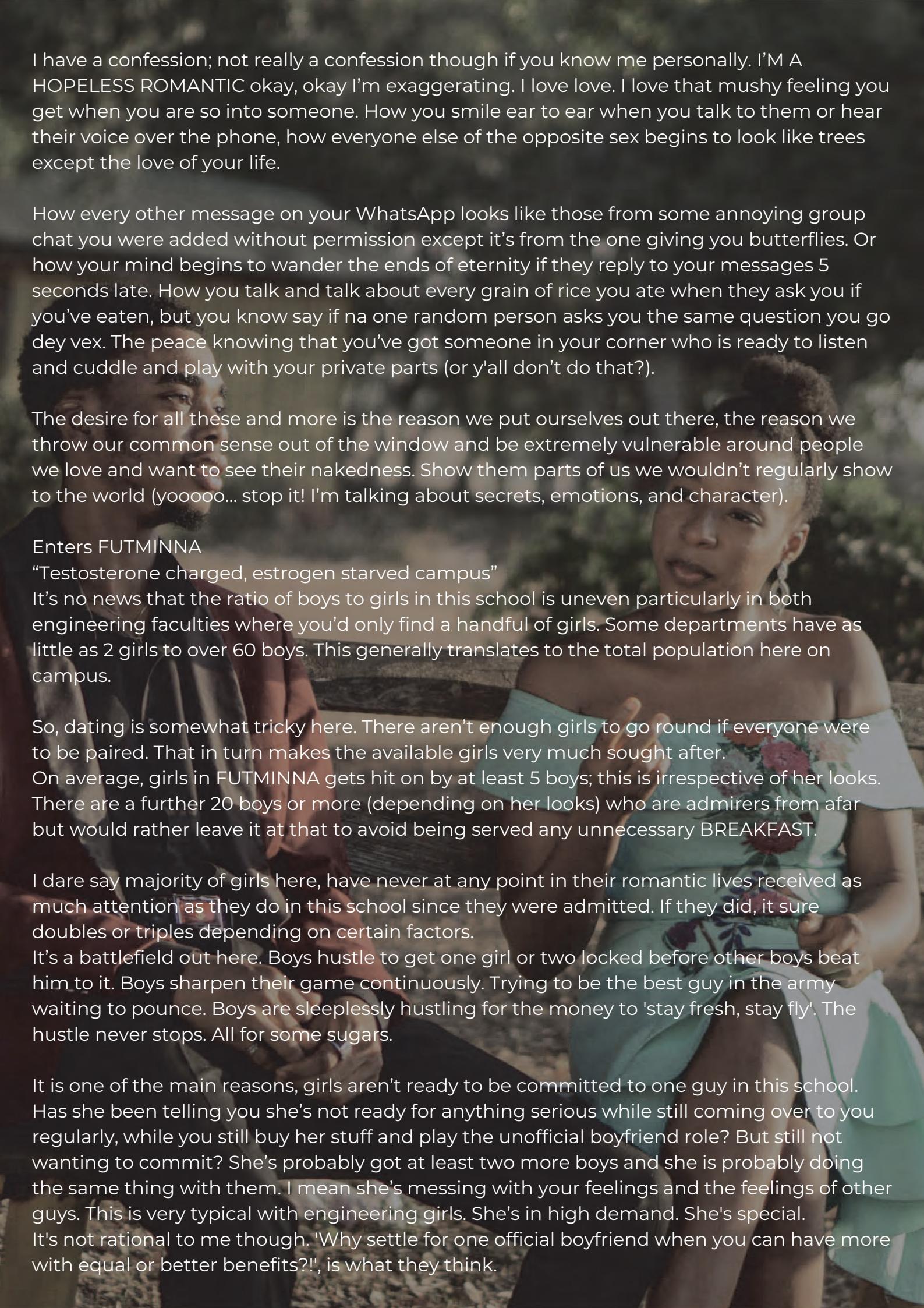


**THE FOLLOWING CONTENT IS RATED R FOR RELATIONSHIPS, SINGLE
PEOPLE ARE ADVISED TO...WELL, GET A BETTER HALF**

DATING IN FUTMINNA

BY: BASHIR ONIMISI





I have a confession; not really a confession though if you know me personally. I'M A HOPELESS ROMANTIC okay, okay I'm exaggerating. I love love. I love that mushy feeling you get when you are so into someone. How you smile ear to ear when you talk to them or hear their voice over the phone, how everyone else of the opposite sex begins to look like trees except the love of your life.

How every other message on your WhatsApp looks like those from some annoying group chat you were added without permission except it's from the one giving you butterflies. Or how your mind begins to wander the ends of eternity if they reply to your messages 5 seconds late. How you talk and talk about every grain of rice you ate when they ask you if you've eaten, but you know say if na one random person asks you the same question you go dey vex. The peace knowing that you've got someone in your corner who is ready to listen and cuddle and play with your private parts (or y'all don't do that?).

The desire for all these and more is the reason we put ourselves out there, the reason we throw our common sense out of the window and be extremely vulnerable around people we love and want to see their nakedness. Show them parts of us we wouldn't regularly show to the world (yooooo... stop it! I'm talking about secrets, emotions, and character).

Enters FUTMINNA

"Testosterone charged, estrogen starved campus"

It's no news that the ratio of boys to girls in this school is uneven particularly in both engineering faculties where you'd only find a handful of girls. Some departments have as little as 2 girls to over 60 boys. This generally translates to the total population here on campus.

So, dating is somewhat tricky here. There aren't enough girls to go round if everyone were to be paired. That in turn makes the available girls very much sought after.

On average, girls in FUTMINNA gets hit on by at least 5 boys; this is irrespective of her looks. There are a further 20 boys or more (depending on her looks) who are admirers from afar but would rather leave it at that to avoid being served any unnecessary BREAKFAST.

I dare say majority of girls here, have never at any point in their romantic lives received as much attention as they do in this school since they were admitted. If they did, it sure doubles or triples depending on certain factors.

It's a battlefield out here. Boys hustle to get one girl or two locked before other boys beat him to it. Boys sharpen their game continuously. Trying to be the best guy in the army waiting to pounce. Boys are sleeplessly hustling for the money to 'stay fresh, stay fly'. The hustle never stops. All for some sugars.

It is one of the main reasons, girls aren't ready to be committed to one guy in this school. Has she been telling you she's not ready for anything serious while still coming over to you regularly, while you still buy her stuff and play the unofficial boyfriend role? But still not wanting to commit? She's probably got at least two more boys and she is probably doing the same thing with them. I mean she's messing with your feelings and the feelings of other guys. This is very typical with engineering girls. She's in high demand. She's special. It's not rational to me though. "Why settle for one official boyfriend when you can have more with equal or better benefits?!", is what they think.

Boys are beginning to catch on to this little game the girls play on campus. The solution? Keep more than one of them.

They realize that most of them are a catch. Boy realizes he's got game; he's got the rabbaz (money) to spoil any girl on campus. Why waste it on one girl when you can have them flocking around.

The girls who want benefits from the boys and the boy who wants benefits from the girls are usually known with one official person. The one very person who isn't aware of campus 'happenings' (latest news) feels they have a trustworthy partner or so... We see them together; being all mushy and cute in public. They probably aren't cute together though. But since you heard they were going out, you've dreamed of what their relationship is like, and being the single and lonely hopeless romantic that you are; you've dreamed fairy tale and heaven.

Behind everything you think you see in public, they are all just a bunch of cheating and not-so-exclusive couples. We still see them riding here and there going for appointments with the big boys. And the boys arranging hook-ups with other girls in town. 'Things dey happen for this small school; gist choke'!

It's not all wild out there on the streets of FUTMINNA though. We've got the truly cute couples. The exclusive ones. The low-key ones who live with their partners in school. The ones you've never seen them talk to other girls or boys as the case may be.

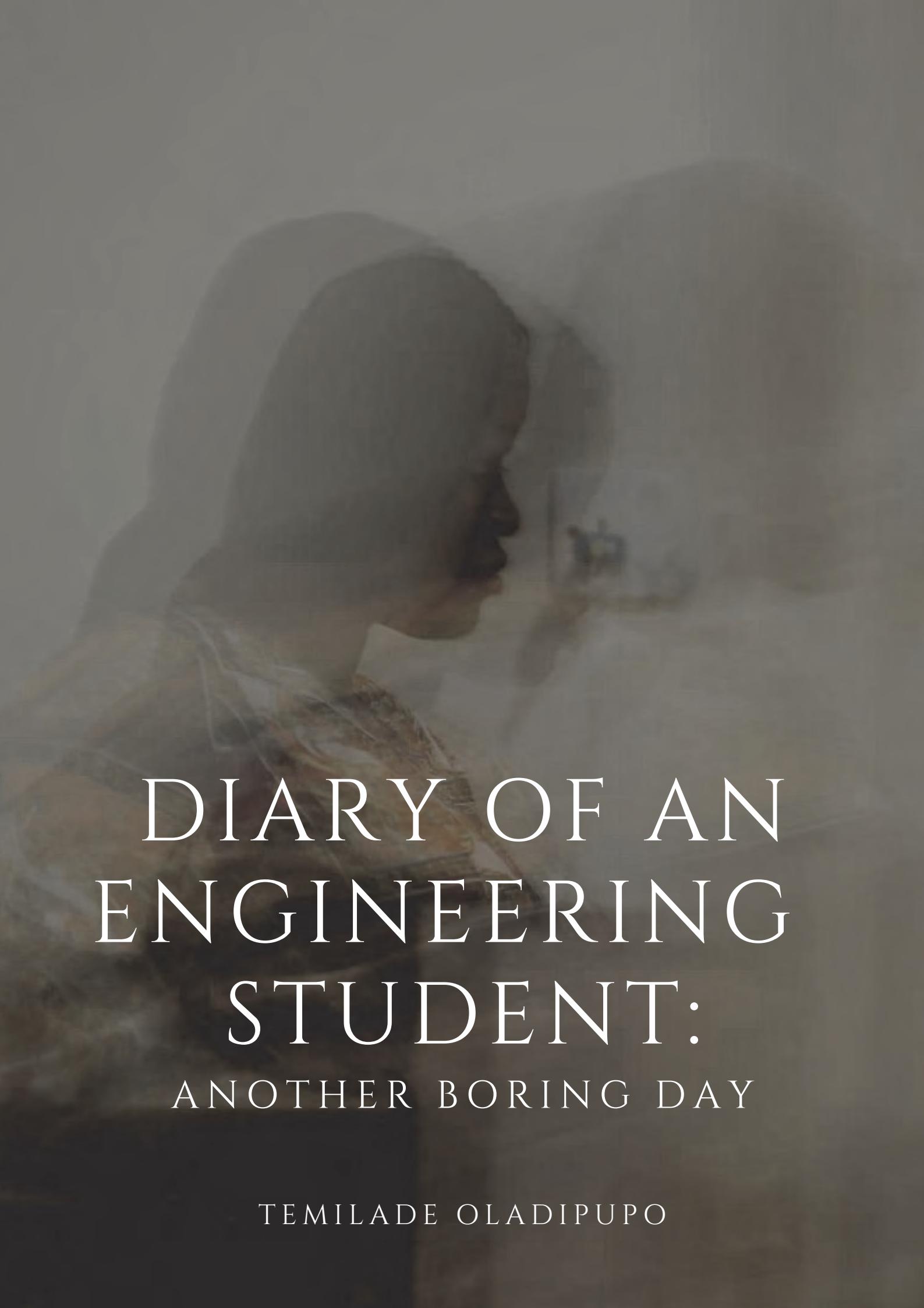
All these now begs the question on my mind as I set out to write this- Is your partner really your partner?

Think about it.

To the Boys- Another Valentine is here. You're planning to splurge on a girl you still don't know your place in her life, you want to make that girl you're currently crushing on feel special. You just want to feel all the atmosphere of valentine this year. You want the romantic. 'You sef wan pepper people with my-view, her-view. I know but is she worth it?

To the girls- another valentine is here. Check your contact, those boys that have been sending you direct messages that you've probably not attended to since forever now saying "Hi dear" "good morning pretty", I think it's time to reply them, one of them may be your valentine-get-away plan. Are you not tired of getting at most one valentine's gift or some long-ass text copied from google by a broke boy? Wise up sis. Do you know how many boys in the Engineering faculty are willing to spoil you this valentine? And in return for nothing but "my-view, her-view" Pepper your roommates this valentine. I've said my own.

Dating in FUTMINNA is wild no doubt but if the key takeaway from this article isn't the fact that you should shoot your shot irrespective of what you've heard about anybody dating anybody, I don't know what you've been reading.



DIARY OF AN ENGINEERING STUDENT: ANOTHER BORING DAY

TEMILADE OLADIPUPO

The sun is mildly hot as I'm walking from my hostel towards the dirt road that'll hopefully get me a bike. I'm sweating (I sweat a lot). A car just passed by. 😎 I know they always feel smug not having to walk under the sun like us mere mortals.

So this girl just offered me her bike. Awwwnnn and I don't even say hi when I see her at the hostel (mental note: say hi to this girl when I see her at the hostel). Yayyy I'm finally here. Engineering! Oh Engineering!! Pffftt still boring as ever, I just hope the lecturer isn't in class yet cuz I'm 13 minutes late already.

Do I like school? I think I like school. Although if you had asked me this last year it'll be a "yayyyy definitely yessss" (but it would have been the corona lockdown depression talking). But now, I just don't know. I like the freedom and I like my friends and I think I'm fairly a good attendee of lectures but school let me down,

I had a whole lot of hope but the system! this Nigerian Federal University system has let me down and I couldn't care less rn, but yunno, I'm hopeful that there'll be hope. So yeah I'm not so excited as I walk into this class and HALLELUJAH! The lecturer isn't here yet.

Ouuuuuu my favourite part of class is when the lecturer leaves. Yayyy freedom and thank God I only have one class today so yayyy sleep! Yayyy movies! Yayyy the rest of my day. Which bags the question... what am I doing for the rest of the day? I know this is about to be another boring day. Ugh sigh.



Majesty



THE
ENGINEERING
PLAYLIST

Well well well....if it isn't the season of love...the time to oppress the single and lonely. We've handpicked 10 of our coziest songs to put you in the mood for the season of love and oppression....so hang on to your blankets single ones, these streets are about to get colder.

10

JOHNNY DRILLE - LOVING IS HARDER:

Off his debut album, "Before we fall asleep", Mavin singer and songwriter, John Ighodaro sang this insane alternative tune with an absolutely infectious hook to our hearts about how loving is harder than 'we' show you and all that. Well, it definitely isn't easy, but what's love without the stress?

9

CLEAN BANDIT FT JULIA MICHAELS:

Have you ever been in your feels so much....only a song could interprete?

British electronic music group, Clean bandit featured American singer, Julia Michaels in this melodious mix of Pop, R&B, and Electronic and omo, this is definitely for the recently heartbroken to latch onto, singalong...and most importantly, cry-along.

8

TOLANI - MAYBE BABY:

Ever sat down and wondered if Otedola had a daughter that could actually sing? (shades Dj Cuppy by mistake). Although from a different mother to Temi and Cuppy, he does.

A lovely R&B/Soul tune from 2019, Tolani went solo and stamped herself as one of Nigeria's vocal powerhouses. This song is definitely recommended for late nights out with the better half.

Note to readers: PLEASE STEER CLEAR OF THIS TRACK IF YOU NO GET BABY

7

MARTIN GARRIX & BEBE REXHA - IN THE NAME OF LOVE:

First we all have to agree on is that Bebe Rexha is an absolute musical goddess, Alright?

An incredible display of Future Power bass from Dutch Disk jockey, Martin Garrix and an amazing show of vocals to match by American vocalist, Bebe Rexha, absolutely 'stomped on' and dominated our playlists in the years 2016 and 2017 and we are definitely bringing this back for you..... all in the name of love.

6

DUA LIPA - LOVE AGAIN:

Well, why don't I wake up one morning, sample one of the greatest songs of the 30s, and then turn it into the most epic heartbreak recovery song of all time?....well that's what Dua lipa surely had in mind while recording this romantic masterpiece.

British model and Queen of Electronic music, Dua lipa recorded Electro/disco track 'Love again' off her 2020 chart-smashing album 'Future Nostalgia', a sample of one of 1932's biggest hits, "My woman" by Lew Stone, with the track exploring falling in love again with a messy partner. She definitely had to be included in the playlist because....
She's my crush...don't stress it, she's making every edition of this article.

5

NONSO AMADI - NO CRIME:

In the spirit of oppressing the romantically less privileged, I'll recommend this superb tune as a sing-along with the better half while spending time alone, together. (Heres to hoping they can actually sing)

The Covenant university Chemical engineering graduate (Engineering to the world...shamelessly) released this 2019 soothing piece of art titled 'No crime' off his 'Free' EP. The 26 year old Alternative singer took to his R&B roots on this track and seized the opportunity to thrill his listeners.

4

JUSTIIN BEIBER - SOMEBODY/LOVE YOU DIFFERENT [FT BEAM]:

It wouldn't be an article written by me if I don't end up having a selection headache from an amazingly talented artiste would it?

Off the 'Justice' album (2020), 'Somebody', an EDM/ hyper-pop track with very sharp baselines produced by Skrillex has lyrics talking about the essence (in Tems' voice) of a loving partner.

'Love you different (ft BEAM)', also off the 'Justice' album is an afrobeat infused tune that makes it a dancer's delight... and with super lovey-dovey lyrics from BEAM, it also multitasks as a lover's delight.

Having topped the charts of ten countries including the US Billboard 200 and the Canadian hot 100 on its debut, and with geniuses like Jon Bellion and Finneas part of the album production team, 'Justice' was definitely served.

3

BILLIE EILISH - ILOVE YOU/OCEAN EYES:

Dear reader, you are currently on the article of one of Billie's biggest fans on the planet. I'm elated she makes the playlist this time...and as expected, another conundrum.

7 time Grammy award-winning American Pop sensation....oops, mind my manners...Pop queen** Billie Eilish Pirate Baird O' Connell released the Alternative/Pop track 'I love you' off her 2019 album 'WHEN WE FALL ASLEEP, WHERE DO WE GO' and it sets about falling in love and trying to oppose it.

The 20 year old 3 time Billboard award winner also released the 2016/17 chart breaker 'Ocean eyes'. Funny backstory to this track is that it had a connection to the crush she had on Justin Bieber, with a few suggesting the lyrics were directed at him. Those ocean eyes definitely swayed our young Popstar off her feet....

"Oh to be in love".

2

FINNEAS - LOVE IS PAIN:

Well... if it isn't Billie's elder brother!....Seems the love potion runs in the family.

American Alternative/Pop artiste, Finneas Baird O'Connell released the mind-bogglingly relaxing track, 'Love is pain', off his 2021 debut album 'Optimist'.

With lyrics that sink deep into your heart making you feel all mushy and relaxed inside, and then....in a split second of paying attention to its lyrics, sends a resounding slap to your mind while in its subconscious state, awaking you mentally, and you then realize..." Oh, I don't think I'm cut out for this" (This is for those in unstable relationships, I need drama)

So...as I was saying....

You then realize that love isn't for you because after all, love is....pain.

"If it's easy if it's fun....something's missing"- Finneas (Love is pain)

1

THE CAVEMEN - ME YOU I:

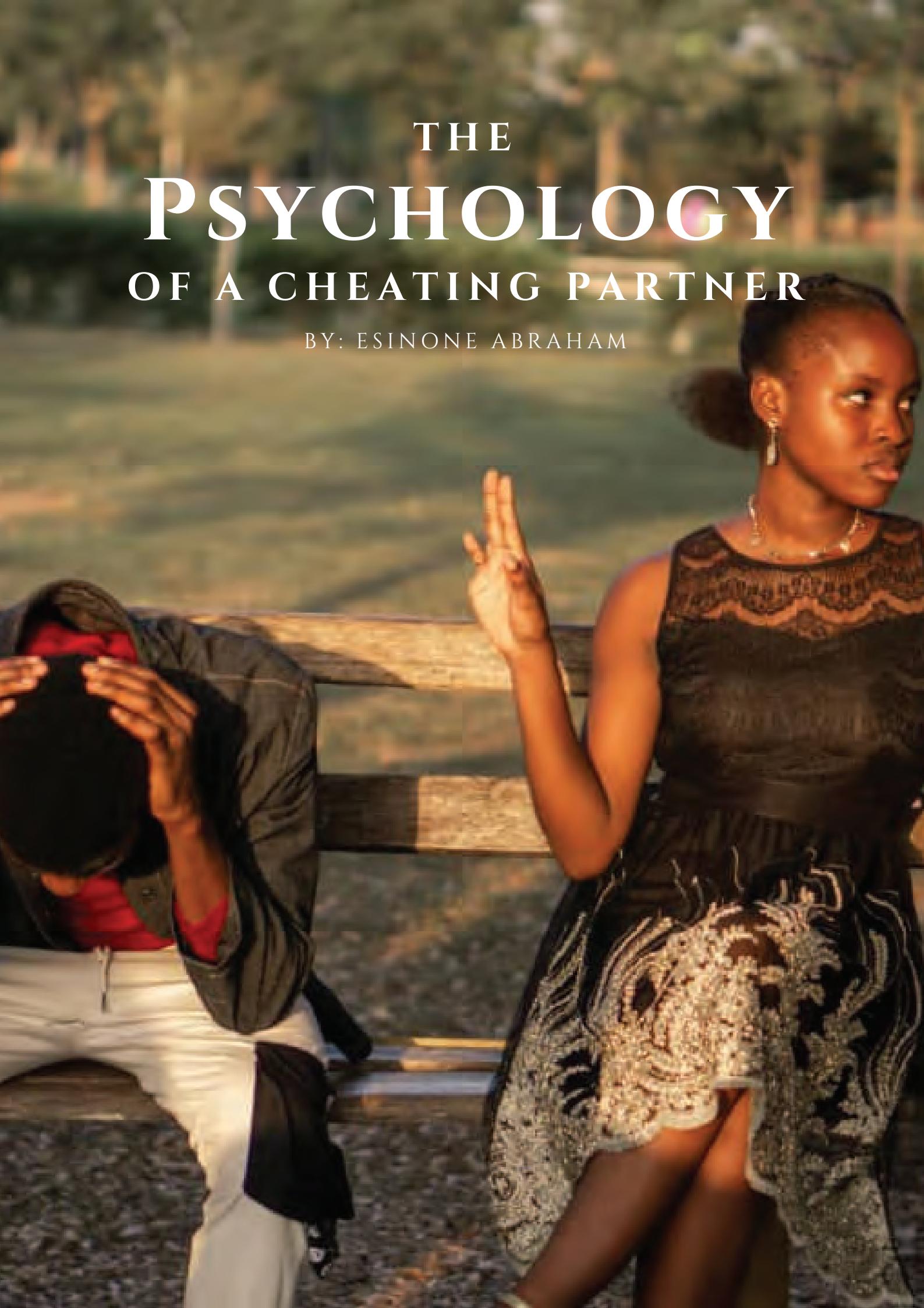
In an Epic plot twist, I've decided to take the alté route as the lead song of this article, and the real ones will definitely dig this decision.

The Cavemen, a Nigerian Highlife duo, consisting of Kingsley Bassey, a bassist, and Benjamin James, a drummer were formed in 2019 and are well known for live performances across the country.

Off their debut album 'Roots' which bagged the 2020 Headies' best alternative album, the track 'Me You I' is an alté song with ethereal sounds, interstellar instrumental, and such romantically assuring lyrics.

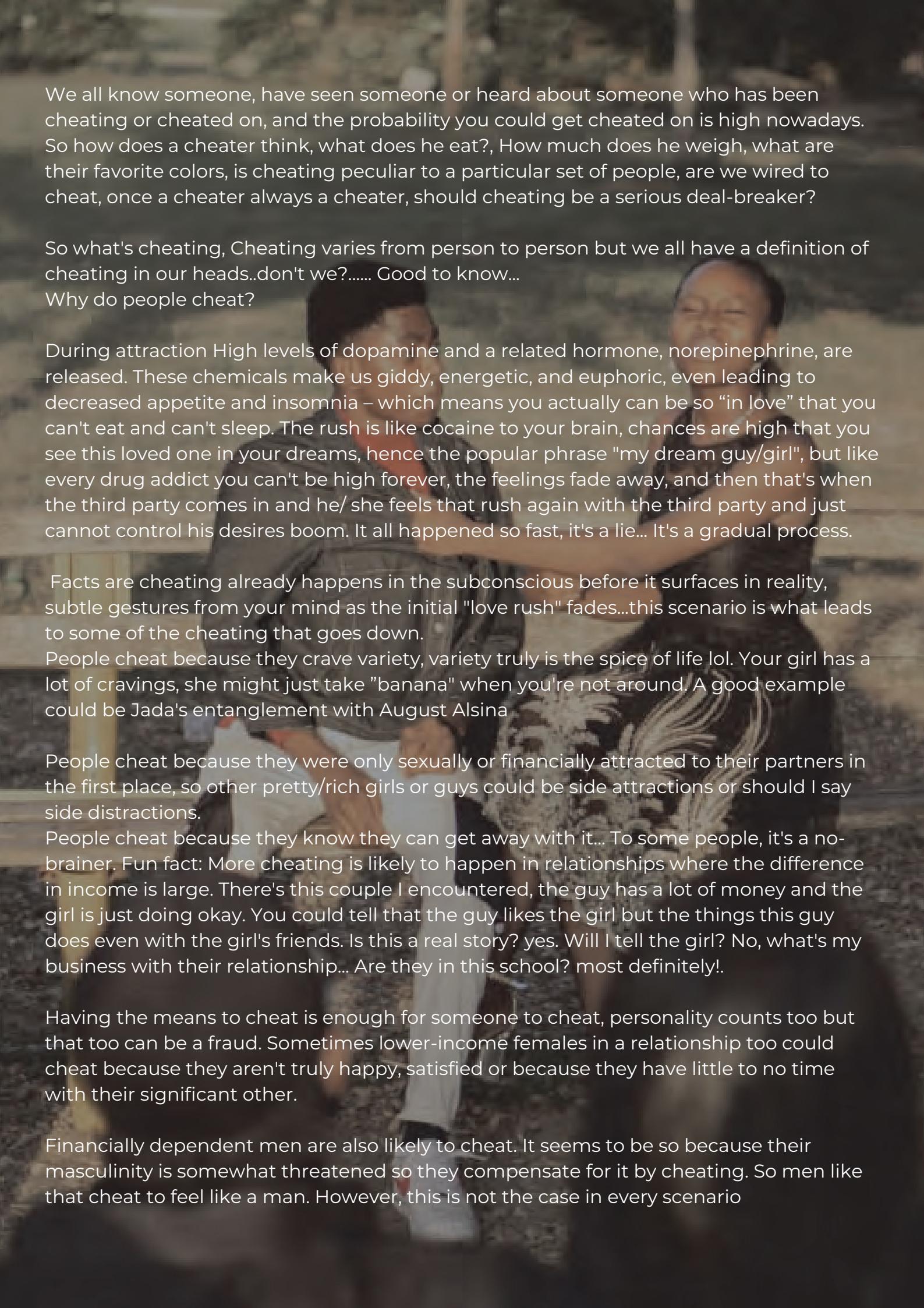
Well, I'm not writing any further, it's our number one, Go and have a listen.



A photograph of a woman in a dark, patterned dress standing on a beach at sunset. She is looking towards the right, where a man in a red shirt and white pants is walking away from her. He is carrying a black bag. The background shows a blurred landscape with trees and a body of water.

THE PSYCHOLOGY OF A CHEATING PARTNER

BY: E SINONE ABRAHAM



We all know someone, have seen someone or heard about someone who has been cheating or cheated on, and the probability you could get cheated on is high nowadays. So how does a cheater think, what does he eat?, How much does he weigh, what are their favorite colors, is cheating peculiar to a particular set of people, are we wired to cheat, once a cheater always a cheater, should cheating be a serious deal-breaker?

So what's cheating, Cheating varies from person to person but we all have a definition of cheating in our heads..don't we?..... Good to know...

Why do people cheat?

During attraction High levels of dopamine and a related hormone, norepinephrine, are released. These chemicals make us giddy, energetic, and euphoric, even leading to decreased appetite and insomnia – which means you actually can be so "in love" that you can't eat and can't sleep. The rush is like cocaine to your brain, chances are high that you see this loved one in your dreams, hence the popular phrase "my dream guy/girl", but like every drug addict you can't be high forever, the feelings fade away, and then that's when the third party comes in and he/ she feels that rush again with the third party and just cannot control his desires boom. It all happened so fast, it's a lie... It's a gradual process.

Facts are cheating already happens in the subconscious before it surfaces in reality, subtle gestures from your mind as the initial "love rush" fades...this scenario is what leads to some of the cheating that goes down.

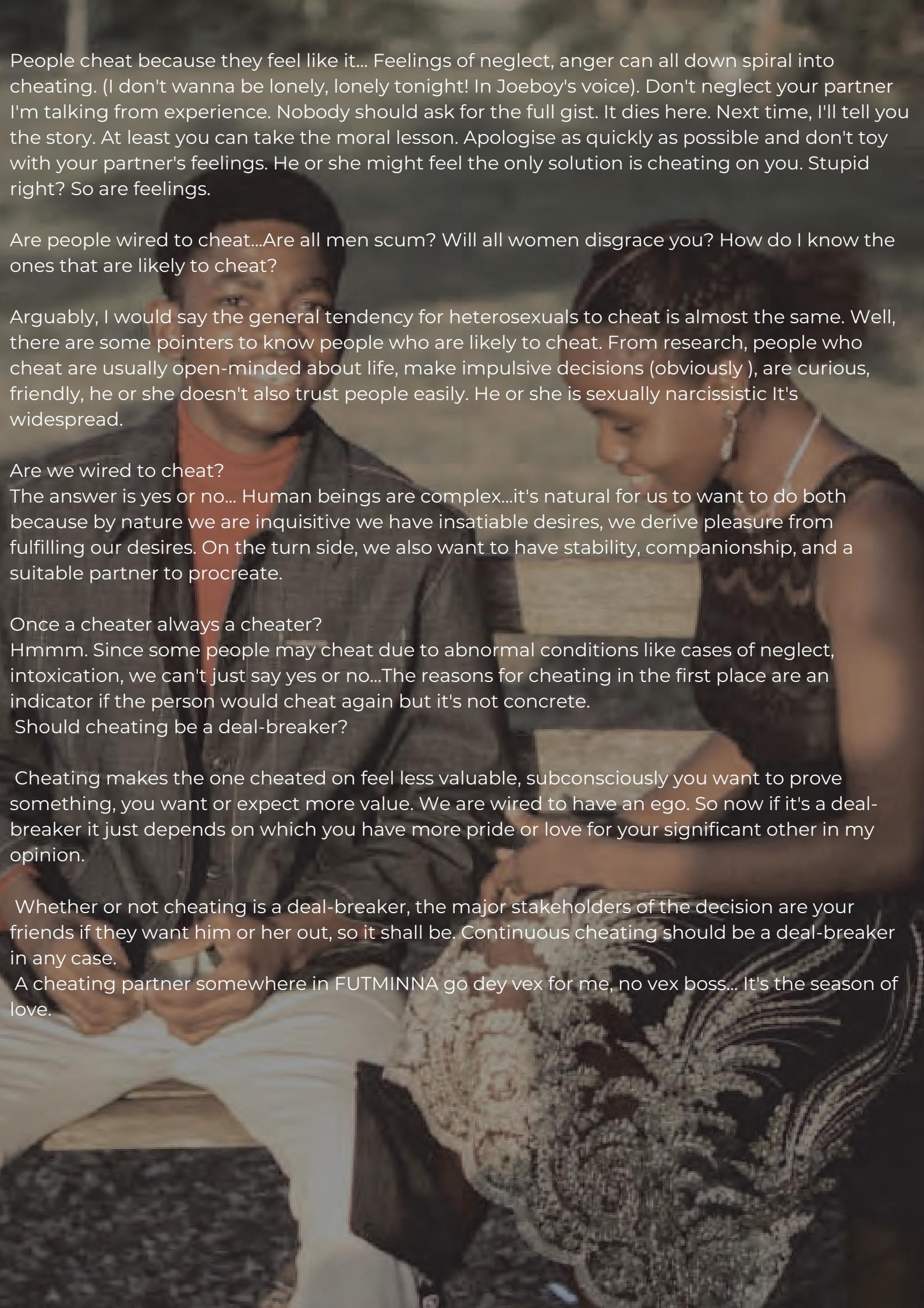
People cheat because they crave variety, variety truly is the spice of life lol. Your girl has a lot of cravings, she might just take "banana" when you're not around. A good example could be Jada's entanglement with August Alsina

People cheat because they were only sexually or financially attracted to their partners in the first place, so other pretty/rich girls or guys could be side attractions or should I say side distractions.

People cheat because they know they can get away with it... To some people, it's a no-brainer. Fun fact: More cheating is likely to happen in relationships where the difference in income is large. There's this couple I encountered, the guy has a lot of money and the girl is just doing okay. You could tell that the guy likes the girl but the things this guy does even with the girl's friends. Is this a real story? yes. Will I tell the girl? No, what's my business with their relationship... Are they in this school? most definitely!.

Having the means to cheat is enough for someone to cheat, personality counts too but that too can be a fraud. Sometimes lower-income females in a relationship too could cheat because they aren't truly happy, satisfied or because they have little to no time with their significant other.

Financially dependent men are also likely to cheat. It seems to be so because their masculinity is somewhat threatened so they compensate for it by cheating. So men like that cheat to feel like a man. However, this is not the case in every scenario



People cheat because they feel like it... Feelings of neglect, anger can all down spiral into cheating. (I don't wanna be lonely, lonely tonight! In Joeboy's voice). Don't neglect your partner I'm talking from experience. Nobody should ask for the full gist. It dies here. Next time, I'll tell you the story. At least you can take the moral lesson. Apologise as quickly as possible and don't toy with your partner's feelings. He or she might feel the only solution is cheating on you. Stupid right? So are feelings.

Are people wired to cheat...Are all men scum? Will all women disgrace you? How do I know the ones that are likely to cheat?

Arguably, I would say the general tendency for heterosexuals to cheat is almost the same. Well, there are some pointers to know people who are likely to cheat. From research, people who cheat are usually open-minded about life, make impulsive decisions (obviously), are curious, friendly, he or she doesn't also trust people easily. He or she is sexually narcissistic It's widespread.

Are we wired to cheat?

The answer is yes or no... Human beings are complex...it's natural for us to want to do both because by nature we are inquisitive we have insatiable desires, we derive pleasure from fulfilling our desires. On the turn side, we also want to have stability, companionship, and a suitable partner to procreate.

Once a cheater always a cheater?

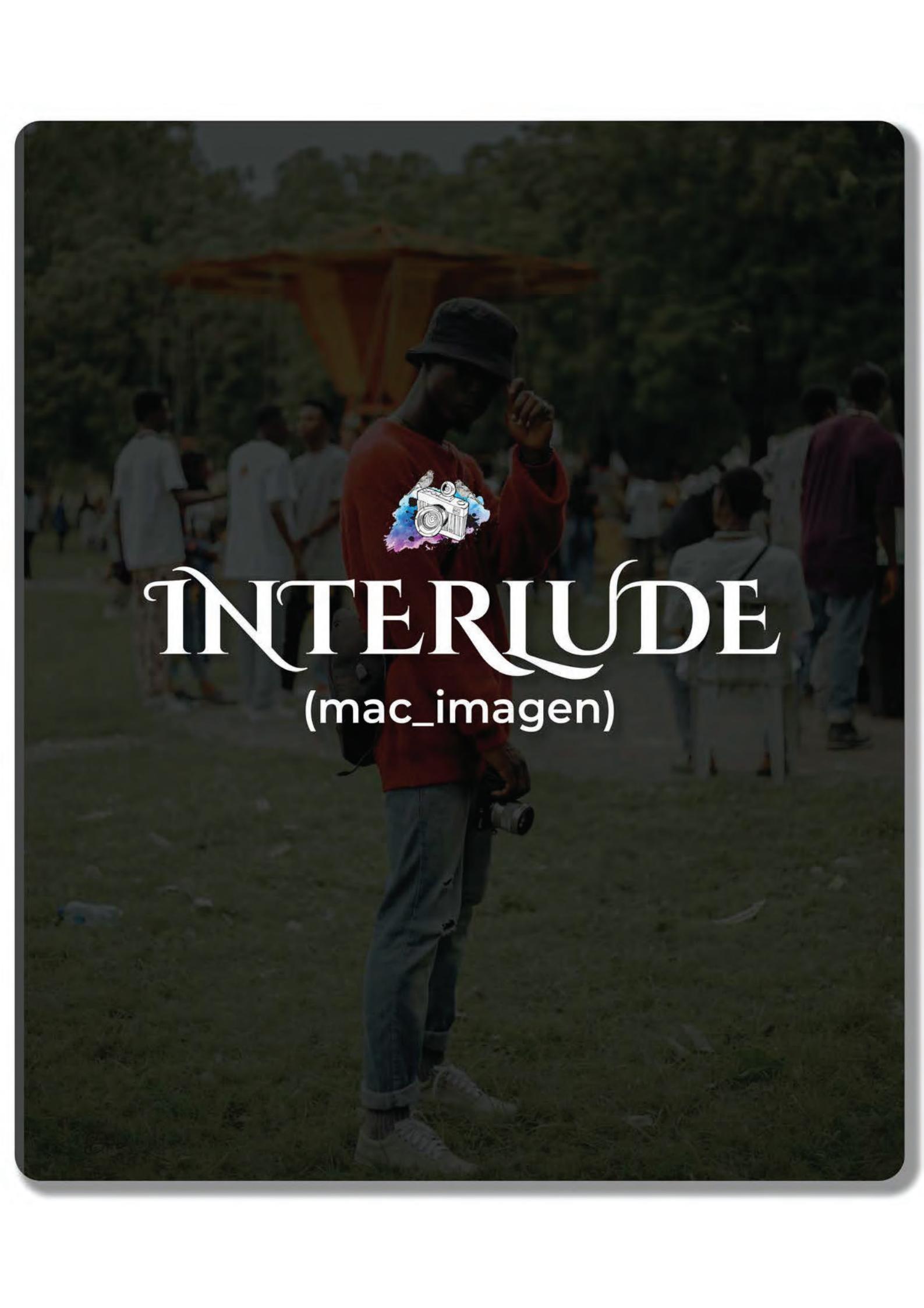
Hmmm. Since some people may cheat due to abnormal conditions like cases of neglect, intoxication, we can't just say yes or no...The reasons for cheating in the first place are an indicator if the person would cheat again but it's not concrete.

Should cheating be a deal-breaker?

Cheating makes the one cheated on feel less valuable, subconsciously you want to prove something, you want or expect more value. We are wired to have an ego. So now if it's a deal-breaker it just depends on which you have more pride or love for your significant other in my opinion.

Whether or not cheating is a deal-breaker, the major stakeholders of the decision are your friends if they want him or her out, so it shall be. Continuous cheating should be a deal-breaker in any case.

A cheating partner somewhere in FUTMINNA go dey vex for me, no vex boss... It's the season of love.



INTERIÚDE

(mac_imagen)



What's Your full name?

 Macarthy Odunayo Moses

Level and department?

 500 level
Mechatronics Engineering

So quick question
Ladipoe, buju or blaqbonez, who
had a better musical year?

 Ladipoe

What does photography
mean to you?

 It means so much man...
It's a way of life for me

What's your best photography
experience till date?

 My best photography experience till date was in 2019,
that was when I started photography with my phone
Nokia 5.1 Plus, the fact that I fell in love with the
process of taking random pictures (Lot of nature pict-
ures) and experiment with my roommate then who is
my padi @Renlegraphy... Hence I see that period as
my best photography experience because without me
falling in love with the process, I won't be here...

What do you look forward to in a
picture?

 The first thing I look forward to in any photograph
is the colour grading... The way the colour
harmonize with one another give me goosebumps...
Then the story and composition of the picture
come after

Finally... What was the experience of
the 10.8.8 shoot for this edition you
took like?

 It's was really nice working with the team!
And I'm glad the pictures came out nice.

How do we reach you on social media

 @mac.imagen (my portrait photography page)
@mac_arty (nature/ street photography)
@the.macarthy (my personal page)

All on Instagram

TOP FOOD SPOTS IN G.K

BY: OLADIPUPO TEMILADE VICTORIA
& BALA ABDULFATTAH EMI



In and out of campus, there's only a limited number of places to eat. So don't worry, we've done the hard work. We visited the best restaurants the Gidan kwano campus has to offer and here's what we think

8

K.F.F:

Starting with the best aren't we? Uhmmm definitely not. Funny back story to this restaurant was, before the corona lockdown break, K.F.F was being built and we were all really excited that there'd finally be a proper hang-out spot in GK. So you could imagine the disappointment in our hearts when it turned out like this. From their stale and horrible food (the shock when I saw beans in fried rice) to the downright rude customer service (Kate, I'm talking to you directly), to the flies dining with you while eating, or selling Cosmetics in a restaurant (who does that??), or the serially wicked abandonment of the upstairs section.

We attribute the whole thing to really poor management. KFF had(has) a lot of potentials but it is brutally un-utilized and the management doesn't seem to care. At least there's the bread though, the KFF bread which has become one of the most consumed loaves of bread on campus. We can say one good thing has come out of it. They honestly just need to do better as they have the space and facilities for it. Detty 3/10 for us.

7

REMIS RESTAURANTS:

Formerly located at the heart of the engineering complex, Remis was the bomb and one of the most sought-after restaurants on campus(literally). But how the mighty have fallen

Since moving to the ultra modern market just beside Assadel (whyyyyy???), it has become a ghost of itself.

No more buzzing with life and students, we attribute this to their average food and change in locations as students no longer see the need to come all the way down to ultra modern just to have their average food, they'll much rather just go to its competition, Assadel where there's good service, even though Remis would boast of better service, but no be service we dey chop. This restaurant definitely needs some serious rebranding and the grace of God. A solid 4.5/10 for us.

6

DELIGHTFUL RESTAURANT:

Doesn't really live up to its name does it?.

Located directly in front of the school, DELIGHTFUL's menu is still the basic Rice, Swallows and the rest... not exactly fans favorite as their food is on the high side of "pocketing and walleting" conditions and it's pretty average for the pricing. Their service is also slow as we had to wait for a while before we could place our order. We think with better management, they could do much better. A 5/10 for us

5

UNIQUE KITCHENS:

Well... Easily one of the most popular food spots off-campus, unique is located directly in front of the school. With a Bukka-like environment, but a much more beautiful and serene environment to some bukkas we know (shades nobody), they offer the regular rice, beans, and swallows. Personally not our favorite, as we find their rice too soft and meat too small. The food is affordable and pretty okay on most days.

Nothing much to say here. We give it a 6/10.

4

ASSADEL:

Located at Ultramodern Market, just beside the walkway to the hostels in Gk, they seem to be the most popular amongst students in school and it's one of the first places visited by most students upon admission.

From the swallow to the rice, to their special salads, Assadel is one of the best places to eat on campus as regards to good service and good tasting food.

But when a plate of food that used to go for #470 in 100 level now goes for #800, even though Nigeria isn't exactly cheap rn, that sort of billing is beginning to look like a far stretch....

A 7/10 because we are definitely "paying the price" for good food.

3

MUNCHBOX:

There isn't much to say about munchbox apart from kudos to the student entrepreneurs that run it!. Great tasting food, a quiet serene environment with amazing aesthetic designs that's great for dates (emphasis on the 'dates') or just regular chill with friends.

With that amazing 5 star pasta, Munch Box has almost everything. Located a little distance from the front of the school, they also offer quick delivery at very affordable prices... and they are the only restaurant that does that on the main campus. We do wish their menu was wider though. We give it 8.5/10.

2

FOOD REPUBLIC:

This is the breakthrough food joint of 2021. Located just the opposite side of AA Rano filling Station across the road, Food Republic has quickly become the people's favorite. From the Amala to that lovely bottom pot party Jollof, or the heavenly soft and tendered ponmo... and the beans, "Ohhhh should we talk about that beans???" This is easily the tastiest food on/off-campus because the quality is impeccable (not to sound like foodies, because we are not). Did I also mention it's super affordable?

It easily would have gone without any critique, but as it is a bukka, it certainly isn't the most aesthetic of places to have your meal.... Not to mention the fishy customer service a few times. But that's no biggie, you can easily get your food to go!. A solid 9/10 for us.

1

H&M FOODS:

With scenery, quality of food and customer service all benchmarks for a food spot that makes this list, this new entry, located at post office in Gidan kwano campus has begun to steal the hearts of its customers. With their immaculate donuts, delicious swallow and beautiful straws, this is a place you want to eat at.

And not to talk of the scenery! Oh my!....

A fabulous outdoor setting for you and the better half to eat, smile and be happy about.

A solid 9.5/10 for us



©Majesty

22:07

15th AUGUST 2021

A (NOT SO)



AUGUST VISITOR



1 Unread Message

it's Almost Valentine Moe, Drop that
single Already

MOEFASA

Clear all notifications.

Battery low please Charge

**MOEFASA**

Last seen at 21:49



TODAY

So.... First question.... Real quick....
Boiled or fried Irish potatoes?

I don't really like Irish but Fried
Irish

Just checking if you were part of the
normal people... And thank God ☺

We're curious.....
What's Your full name...?

Onyekaba Moses Onyedikachi

You're actually not an August visitor
because you are from the
engineering faculty...so...

What department?

Okay g
I'm in Computer Engineering

Tell us a bit about your music career
then...We're curious
How it started.... You know.. All that
"I was in a church choir" stuff😊😊

lol
started music in 2016 officially cos that
was when i got into an actual studio for
the first time. I had just graduated from
secondary school at the time
So i recorded with my guys at
BlaiseBeats' studio when he was still in
Minna.....

i was in the choir sha



Type your message.....





MOEFASA
Last seen at 21:49



TODAY

I like anything that's just nice to listen to. doesn't matter what it is as long as it isn't some stuff from the 1800s 😂

Felt cute might join a choir soon 😊

What genre of music are you most comfortable with?

bruh just God and the urge to make it out basically

Your music.... What influences it.... Anything in particular?

which manual boss?

Are you British?
Don't look at me weird.... It's what's in the manual

my original name is Moses so that's where Moe came from but i needed to make it sound unique so i came up with Moefasa I Curled it from Mufasa from Lion King

Ehmmm
The question script 😂 😂

The name moefasa.... Why?

Ycee and Jcole mostly

Has there been any artistes that have influenced your style?

no long story about it tbh.....I was sent the beat and i liked it.....Jumped on it the next day and here we are.

Your new rave "summer time".... What was that all about?



Type your message.....



**MOEFASA**

Last seen at 21:49

**TODAY**

omo it's the hardest
But we Thank God always,
especially in a school like ours

LOL.... Must I answer this one?

haha
I'm actually single
Been that way for a long while

Yeah, Geezy and I are working
on one or two jams and they'll
be out soon for y'all to feast on..

Davidoo.. cos I need to pick one
But i love Machala always

on IG and Twitter,
its @iammoemusic

I enjoyed the convo too, thanks ↗

Music, engineering , life....how do
you juggle all of that?

So.... Are you single or... These
women should face front?

We have to know now 🤔...
It's moefasa

You're definitely the hottest artiste
on campus.... But is there anyone you
look at in fut you'd love to work with?

Oh yesssss
So.... Last question real quick
Wiz or Davido? There's no fence to
sit on... It's broken g

So.... How do we reach you on social
media?

Okayyy... That's a wrap
Was absolutely fantastic doing
this tbh



Type your message.....



TOP 10 TREASURED VALENTINE GIFTS

BY: TOLUWANI OLOGUN

EDDIE PHOTOGRAPHY



BY: TOLUWANI OLOGUN



01 Gift Treat Box

Everyone loves sweets and snacks, it's a lovely way to tell your partner you love them. It's filled with wine, chocolate, biscuits, towels, a mug, and other yummy confectionery all wrapped up in one beautiful box.



02 Spa and Relaxation box

Every girl needs a pick-me-up but so do guys. We all want smooth skin with no pimples, breakouts, or spots. This box is an excellent present filled with skincare essentials and body essentials. They are guaranteed to look fresh and cool even after a very stressful day at school.



03 Yin and yang Couples Necklace:

This is a personal favorite because it's special and tells a unique story of how two individuals with different characters need and perfectly coexist with each other. This is perfect for that one person you can't seem to live without, and the best part is one half belongs to you and the other part belongs to your partner.



04

Sneakers

Casual comfortable and always in season. A pair of sneakers is an amazing gift for Valentine's day. It can be paired with so many outfits and can be given to both guys and girls. It comes in various designs to suit different characters and show off your creative side.



05

Customized bracelet

This cute bracelet is a beautiful statement to remind yourself every day of the love and bond you share with your significant other. Engrave your names on a single steel bracelet and showcase your love everywhere you go.



06

Sweatshirt

When I get up in the morning I want to throw on something that I don't have to iron before class, I immediately think of a sweatshirt and just throw it on and go for my lecture. These are soft, stylish, and free enough to make anyone feel comfy and look good at the same time.



07

Food tray

Everyone loves food and if you don't love it you still need it or else you are going to be anorexic. We could all use a nice samosa or spring roll or meat pie or puff puff or cake or peppered meat once in a while, to push it down with Hollandia or chilled juice or a very cold drink on a beautiful day. A delicious food tray is sure to bring a smile to your better half's face with all the various snack options on one tray.



08

Smart watch

A classy man's all-time favorite is a wristwatch but this isn't just any wristwatch it's a smartwatch. This watch adds a classy and edgy vibe to his look with various benefits. For example, the Samsung galaxy smartwatch 4 has some of these specs .Bright, vibrant AMOLED display .Always-on display options .Integrated mic and speaker .Extensive app and watch face ecosystem



09

Perfume

We've all stayed near someone in class that isn't exactly smelling like a bouquet of roses. Avoiding body odour is something that should be of great importance to every teen and youth today. A perfume is essential for us all and smelling great is something our loved ones would want to be always. It's a smooth way to enhance the smell of your beloved without insulting him/her.



10

Play station 5

Call of duty war zone, FIFA 22, call of duty vanguard, and grand theft auto 5 are some of the games that can be played on the ps5. The play station 5 game console is perfect for playing games and relaxing after a stressful day of lectures. This gift is an expensive way to say "I love you" without actually saying a word.



 *Majesty*



HOTTEST ENGINEERING COUPLES

 *Majesty*

HALEEMA & RAZAK

In one of engineering's "true love conquers all" tales where love met these two foodies on their way to Bosso for practicals, and hasn't left for close to three years.

300level Chemical and Electrical engineering students Abdulrazak Bolaji Adigun and Abdulquadir Apaokagi Haleema aren't your "regular" engineering couple as one of these lovebirds gives the other an earful... On a regular... as our little bird tells us.



"So many things have kept them together... But God especially... It's been God"
And true love in our opinion.



RAHMAN & WURA



A theft he'd definitely commit again if given the chance.

With her cooking skills, love and respect all key in this ship...This might just be our favorite fairytale.



Live-in partners?
Well... Not a problem as it would seem.

In a relationship bound by honesty and trust, 300level Computer and Chemical engineering students Abdurrahaman Jamiu and Adediwuraola Bamgbbose have been together for exactly 2 years and 11 months.... And our source tells us it all started after their Orientation in 2019, when he fell head over heels and then copied her number from his roommate's phone without his knowledge.



FK & BUSHRAH

The PTDF lecture hall will serve as an important monument in this relationship as this would have been a fictional story without it.

In this "Prince Charming sweeps Cinderella off her feet" tale, 300level A.B.E and Chemical engineering students Umar Al Faruq and Akinola Bushrah kicked off their story with a kind gesture from Bushrah after she offered him a seat she had saved for a friend.



And although she planned to friendzone him at first, that "Eko boy" vibe was too hot to handle and they've been together for roughly nine months.

Our little bird also tells us that Bushrah happens to be the best cook as well as the foodie of them both!....and their love and effective communication has gotten them through ups and downs.



MARCELO & ENNAI



The definition of love is elusive, which is why we write about it endlessly, but Emmanuel Peter & Egbuniwe Ennai have been able to demystify.

Allow me to guide you through one of the most iconic love stories in the engineering faculty of the 200 level Telecommunication and Civil engineering students.

Both lovers born to the same tribe and both sophomores have been in sync from the first time they met at The Engineering Lt1 in 2020, and since then it has been bright and flourishing.

Someone would say an "Engineering Classic", well that's one way to put it.



BELLE & NATHAN

If you are looking for the "match made in heaven couple", there's nowhere else to look but to Elesho Annabelle and Ndife Nathan of Electrical and Mechanical Engineering respectively.

Both in their fourth years, the lovebirds have bagged the couple of the year award two times in a row, a feat that many can only dream of.



Over the years growing together for the enchanting couple has been about understanding. From the most reliable sources, it was while Nathan was teaching Annabelle Chemistry that they found their "chemistry". I must say it's poetic. They have been together for about four years and it keeps getting better!



LIFE ON THE STREETS...

by Esinone Abraham Marhor
and
Toluwani Ologun

"Singlet", "Loner", "Singularity Complex" what names aren't single people called nowadays, it seems the better days for us are in Lagos traffic. Uh and the memes, traumatizing (sobs).

We will survive, so we decided to ask a couple of single people(laughs discreetly) about their relationship status or should I say lack of relationship status (shakes in laughter)
Here we go!!

Q: WHY AREN'T YOU IN A RELATIONSHIP?

KEHINDE:

It takes time, energy, and effort and they're always attention-seeking, I have to listen to their problems and it's exhausting. I don't know the steps of going into a relationship and I usually end up friend-zoning them. If I don't gain anything from the relationship then what's the point?

CHARLOTTE:

At first I thought it was because, I was waiting for someone, but now, Nah... I'm not ready or willing to invest myself in a relationship.

MUBARAK:

I haven't found my type of girl yet.

GABRIEL:

Girls around me aren't ready for a relationship yet... So I'm using the extra time to learn more stuff and be more prepared.

WILLIAM:

Because I don't want to be.



STEPHANIE

I can't really say, maybe I'm waiting for someone to sweep me off my feet, someone I genuinely like though.

PRAISE

I'm heartbroken... I'm still healing, found out that my girlfriend was still on with her ex-boyfriend, somehow I found out, so I called her because, at that time she was in Kaduna with her family and ex-boyfriend, She told me heartbreaking things over the phone. I never even really got clarity on who I was to her or if he was an ex.

**Q: HOW DO YOU FEEL WHEN YOU SEE OTHER PEOPLE IN
HEALTHY RELATIONSHIPS?**

KEHINDE:

I feel like I'm doing something wrong with my life

CHARLOTTE:

Omo. Good for them, aww so cute, etc however, if I know it's just a dating relationship and they like to have sex or kiss and all that... I'm not too excited about it cause... It's not in God's will.

MUBARAK:

A little oppressed

GABRIEL:

I try to look out for possible red flags, Just using them to learn... Nothing much... But once I don't notice any, I'll try to understand how they cope together

WILLIAM:

I haven't

STEPHANIE

It depends on the couple in question.

PRAISE

I'm not affected.

Q: HAVE YOU FELT OPPRESSED WHEN YOU SAW A COUPLE?

A photograph of a man and a woman in a romantic pose. The man is holding the woman close, and they are both smiling. They are outdoors, with trees and foliage in the background.

KEHINDE:

Yes

CHARLOTTE:

Nope, I've lowkey laughed

MUBARAK:

A little

GABRIEL:

Mmmm... I can't remember any now... Buh maybe when I was small... Secondary school stuff

WILLIAM:

Nope

STEPHANIE

There's is this feeling, you can't quite put a pin on it sometimes it jealousy other times a pure feeling of delight towards a prospering couple.

PRAISE

At a point in time.

Q: WHO IS YOUR IDEAL PARTNER?

KEHINDE:

Someone who understands me, Someone who loves my favorite shows, gets my inside jokes and someone I'll be with for a long time, a Bonny and Clyde relationship, and someone I can be lazy with.

CHARLOTTE:

Man of God, tall, dark, Educationally sound, and also someone that would appreciate my writing for what it is even if he's not really into reading stuff and creative writing

MUBARAK:

She should have a good character, She should be beautiful, and last but definitely not least she should have boobs

GABRIEL:

Mmm... Gist partner, vibes partner... Someone that maybe loves coding or is good in business/economics stuff... Someone that I'm free with and can even talk dirty with... Then some psychological features... And then she must be fine biko. The list goes long... Buh when I see her I'll know

WILLIAM:

I don't know yet

STEPHANIE

I'd like a team player, someone that synchronizes with me, a smart person, someone that gets things done.

PRAISE

Someone that loves and understand me, I don't want to be in the streets, it's just the safest place to be, someone that makes me feel safe that's my ideal partner



Q: YOU DON EVER CHOP BREAKFAST?

KEHINDE:

No

CHARLOTTE:

No, but I've served.

MUBARAK:

Not really

PRAISE

Yes.

GABRIEL:

Yes but we stayed friends, the love couldn't just die like that.

WILLIAM:

I did once out of curiosity

STEPHANIE

Omoo I have been served, lol he was cheating on me with my best friend.

Q: HOW DOES IT FEEL?, ONE MORE VALENTINE'S DAY WITHOUT A PARTNER

KEHINDE:

Depressing

CHARLOTTE:

I'm actually okay with it, knowing I haven't found an ideal partner yet.

MUBARAK:

I'm in denial, I can't say what I truly feel. I believe everything will be fine

PRAISE

If ever I feel sad, I would just get something for myself, I'm partnering with God. Y'all stay safe.

GABRIEL:

All the best to St.Valentine. I'm not getting worked up over a day that's not even a public holiday.

WILLIAM:

It's just a normal day to me

STEPHANIE

I must say I'm a hopeless romantic, a preacher of love. So yeah, I feel sad deep down.

Being single could be a gift and curse, we should do anything and everything for our mental health, and stand by what's best for us. Sometimes, it is easier to focus on the things we don't have we forget the things we do have, one of which is eunoia. Stay sane fam...





TOP 10 ANIME TO WATCH OUT FOR LONG LIFE

BY: TOBI LAWAL

Konnichiwa, my fellow anime brethren's after advocating our case to the editors of this magazine. We were finally allowed to have a section all to ourselves, wasn't an easy battle but you know me I never give up, well you don't know me but we are here. So let's savour this moment as I gracefully present you with a shortlist of animes you should watch and if you've watched before you should watch again. They are that good and Yes this is a ranking thing so if you don't see your favourite anime please do come for me, I dey my house. So let's get right into it ladies and gentle otakus sit back and enjoy.

1. NARUTO

This is a classic highly recommended all-time favourite if you haven't watched it you should check it out. It's a shonen about a boy(Naruto) whose parents sacrificed their lives to save the hidden leaf village, which was being attacked by a tailed beast(the nine-tailed fox) by sealing it inside of him. You would have guessed that he'd be loved by the villagers who were saved but he's hated and shunned out of fear of the beast inside of him. The storyline revolves around Naruto, his friends, and his journey to become the Hokage of the hidden leaf. It promises awesome fight scenes, one of the greatest anime rivalries of all time, and villains you won't see pulling the strings until the very end. This is a must-watch.



2. SHINGEKI NO KYOJIN (ATTACK ON TITAN).

Attack on Titan is a dark fantasy anime that has quickly risen in popularity since its release. The anime is centred on a young boy *Eren Jeager* who lives in a world where the last survivors of humanity live behind huge walls that protect them from the Titans who have hunted them for centuries. But Eren's world comes undone when the wall protecting his village is breached and attacked by titans leaving him without a mother and thirsting for revenge, he joins the elite survey corps a group of soldiers that fight titans in his quest for vengeance. Nothing will prepare you for the unbelievable twist and turns this anime will take as Eren and his friends fight for revenge and survival. So, buckle up.

3. KIMETSU NO YAIBA (DEMON SLAYER)

This is another really good shonen anime that has garnered critical acclaim since the release of its first season and later on the movie (DEMON SLAYER: KIMETSU NO YAIBA- THE MOVIE: MUGEN TRAIN). Demon slayer follows the life of main character Tanjiro Kamado as he goes on to become a demon slayer to protect his little sister after his family is slaughtered by a demon and she is turned into a demon. I know it's kind of ironic because he is a demon slayer, but this anime will keep you wanting more until the very end. Also, season 2 has begun to air starting with part 1: THE MUGEN TRAIN ARC and now part 2: RED LIGHT DISTRICT ARC. So if you haven't watched this anime yet I suggest you start now it's not too late to catch up.



4. HAIKYU

Unlike the animes suggested up until now, this anime revolves around sports to be specific volleyball and that doesn't seem as interesting but this anime will blow your mind, once you start you'll get hooked. The main character Shoyo Hinata becomes obsessed with volleyball after witnessing Karasuno high school play at the nationals on tv as a little boy. Now a teenager attending the same school; inspired and sharing the same stature of a former player called "The Little Giant". He joins the school team and aims to play at the nationals. This story shows the life of Hinata and volleyball prodigy and teammate Tobio Kageyama as they strive together to achieve their dreams at the nationals.

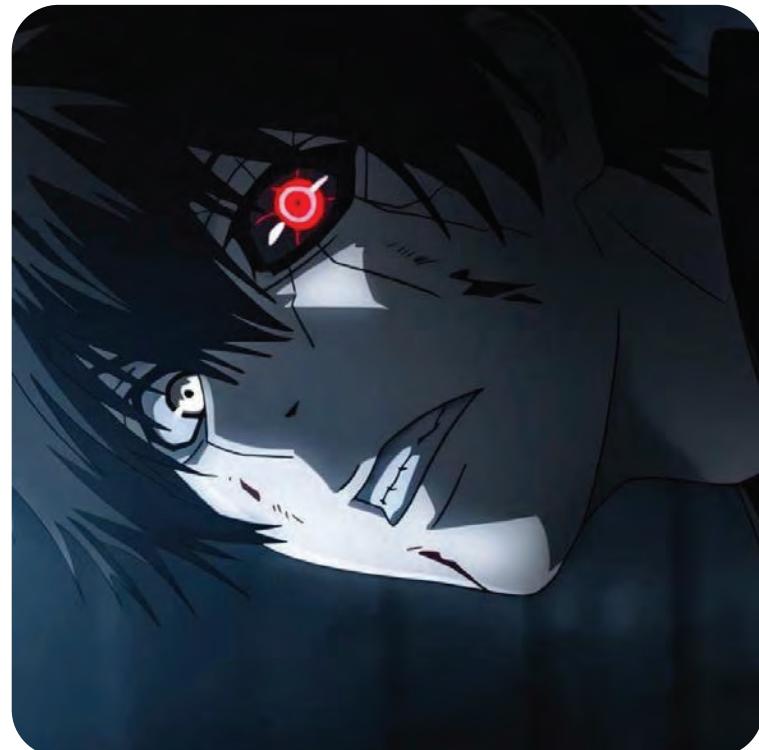


5. ONE PUNCH MAN

This anime gives a new meaning to the phrase "Overpowered Main Character". And it's all in the name ONE PUNCH MAN in a world of heroes villains and monsters this anime follows the story of Saitama who is a hero as a hobby and can defeat his opponents no matter how strong they are with one punch. Bored to death due to his overwhelming strength and seeking out a worthy opponent he becomes the unwilling mentor of a cyborg hero whilst trying to be a better hero. Comedic and packed with action you should check it out.

6. TOKYO GHoul

Tokyo Ghoul is set in a world where ghouls exist; creatures that although look like normal humans can only survive by eating human flesh. In this dark fantasy anime Kaneki Ken a student is attacked by a ghoul that wants to eat him and barely escapes when he and the ghoul are involved in an accident. Organs from the ghoul are transfused to him in order to save his life turning him into a half-human-half-ghoul(one-eyed ghoul). You'll certainly enjoy watching Kaneki adjust to this new life and fight for it as he is thrust into a battle between humans and ghouls.



7. JUJUTSU KAISEN

Albeit a new anime, this anime is set to be one of the best animes of its time if it keeps on going the way it is. From riveting fight sequences to very cool powers. In a world where negative emotions give rise to cursed energy which in turn results in the birth of cursed spirits, this is the story of a high school student, *Yuji Itadori* who swallows a cursed object (The finger of an extremely powerful cursed spirit *Ryomen Sukuna*) in order to save his friends. It is discovered by a secret organization of jujutsu sorcerers who fight curses that Yuji can act as a vessel in order to destroy Sukuna. Choosing to help them and protect people from Sukuna, Yuji joins this organization. But it seems cursed spirit Ryomen Sukuna might be the least of their problems.



© Gege Akutagawa



8. MY HERO ACADEMIA

Quirks also known as superpowers have become the norm in this world everyone seems to have them but even though Izuku Midoriya doesn't have powers he still dreams of being a superhero. After meeting Japan's greatest superhero "All might" who chooses him as his successor and shares his quirk with him. He is enrolled into a school for heroes in training, there he begins his journey to being a superhero. Brace yourself for epic superhero vs. supervillain fights because you won't be able to get enough of it.



9. HUNTER X HUNTER

In this anime, Hunter is a title given to individuals who have proven themselves to be the elites among humanity. In this world, a young boy named *Gon Freecss* discovers that his father who he thought was dead is alive and also is a legendary hunter (...let's not talk about his abandonment issues). This anime is about the story of his journey to becoming a hunter so he can find his father. Follow his adventures as he makes friends and foes and the one thing on your mind the whole time will be the mystery surrounding Gon's father. Will he find him?

10. MOB PSYCHO 100

Middle school student *Shigeo Kageyama* aka *Mob* looks like your average ordinary person butttt, he is a powerful esper. To not lose control of his powers, he has to live a life where his emotions are always in check. While trying to learn to control his powers he goes to work for *Raigen Ataraka*, a self-proclaimed spirit medium.

Even though *Mob* wants to live a normal life, he's never in short supply of trouble and drama all the while trying to suppress his emotions and powers. Will he crack under the pressure and lose control? You'll have to find out yourself by watching it!



I'm going to round up our cute little list here because well... I can and if your supposed favourite anime isn't ranked here please fix up. You do want to live long right?. But before I go here are a few titles for our anime love birds because that's what this edition of the magazine is about and just why not?;

Kaguya-sama: Love is war



Kimi No Na Wa (Your Name)



Rent a girlfriend

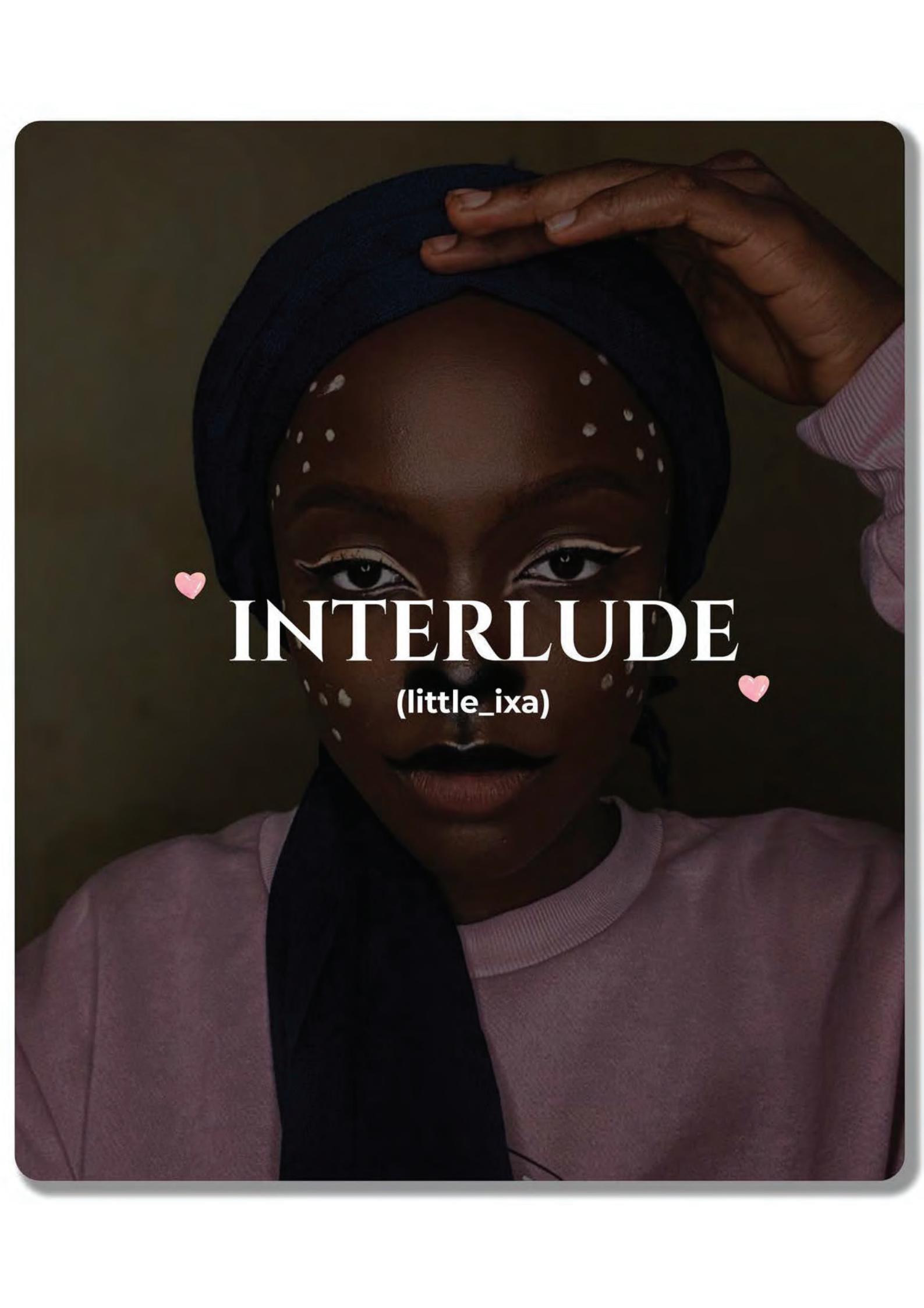


Horimiya.



Enjoy.





INTERLUDE

(little_ixa)

I can't help but keep smiling.... Because this is weird
But I'll try to be as professional as possible

Hai hai

Hai Hai or le le 😊

lie is no

Oh... I also thought le le was a way of responding to
arigato... Like... You're welcome

Lol

That's like "no no, it's no problem" 😊😊😊

Ah jeez... See how normal texting is mixing up with the
interview... Its going to be difficult to extract this

Sani kudu didn't gimme this much work

Fine, interview strictly

LOL... You said this knowing it won't happen
What's Your full name?

Ibrahim Mariam Oyiza

Level and department?

500 level, Civil Engineering

Quick question.... Noodles with fish or with egg?

Egg
Fried

I feel like fish is overkill 😊
And I hate boiled egg

Always knew you weren't part of the normal people...We
eat fish with noodles
So, Art.... What's that to you?

The hard questions are here 😊

Art...

Art is an expression. It's personal. It's how you bring your
thoughts, your feelings, sometimes your personality to
life. For me, art isn't just beautiful drawings and
paintings. Art is anything that expresses the creator's
mind.

Sheesh... I feel serious

You're just starting ma

Tell us a bit about yourself and how art met you

Well, I grew up with a little bit of interest in art. I was good at
drawing a lot of stuff as a kid. But then I had to get serious
with school and I became a bookworm instead because I
wanted to become an engineer (between you and I, I don't
like school. It's the academic validation I want). But I did get

into other forms of art, like writing. Again people "said" I was
good at it. But I got too focused on studies to keep that up.
During the one year corona/asuu break, I took up makeup,
because I had this crazy idea that I wanted to start
cosplaying for fun. Learnt it professionally too. When we got
back to school, again I kept it away, because to be honest I'm
bad at multitasking. During my IT, I wasn't in the best place.
I had big plans for how my IT would go (I really want to
become an Engineer 😊) and I couldn't even get a placement
for the first month. It was depressing not having anything to
do. So I decided to take up cosplaying like I've always wanted
to.

And since costumes are soo hard to get here and I can't sew
to save my life, I focused on the makeup aspect of it.
Whenever I'm too stressed or sad which is quite often, I pick
up my makeup brushes... when I have a good day and
enough time, I do the same.

That was long af 😊

I'm wondering how it will fit into my page!!

None of my business 😊

Basically.... You're implying that art is life... Your life

I guess you could say that
It's an emotional thing for me

What's the best artistic experience you ever had?

Should be when I stepped into school campus looking like
avatar 😊
EVERYONE stared

We worked together on this new edition of the 10.8.8
magazine... What was it like?

Fun.
I enjoyed my time. Plus I had no idea people were actually
noticing what I did until you guys came to me. It was a little
bit surreal.

Any words for that newly admitted engineering student that
has an artistic side and is confused?

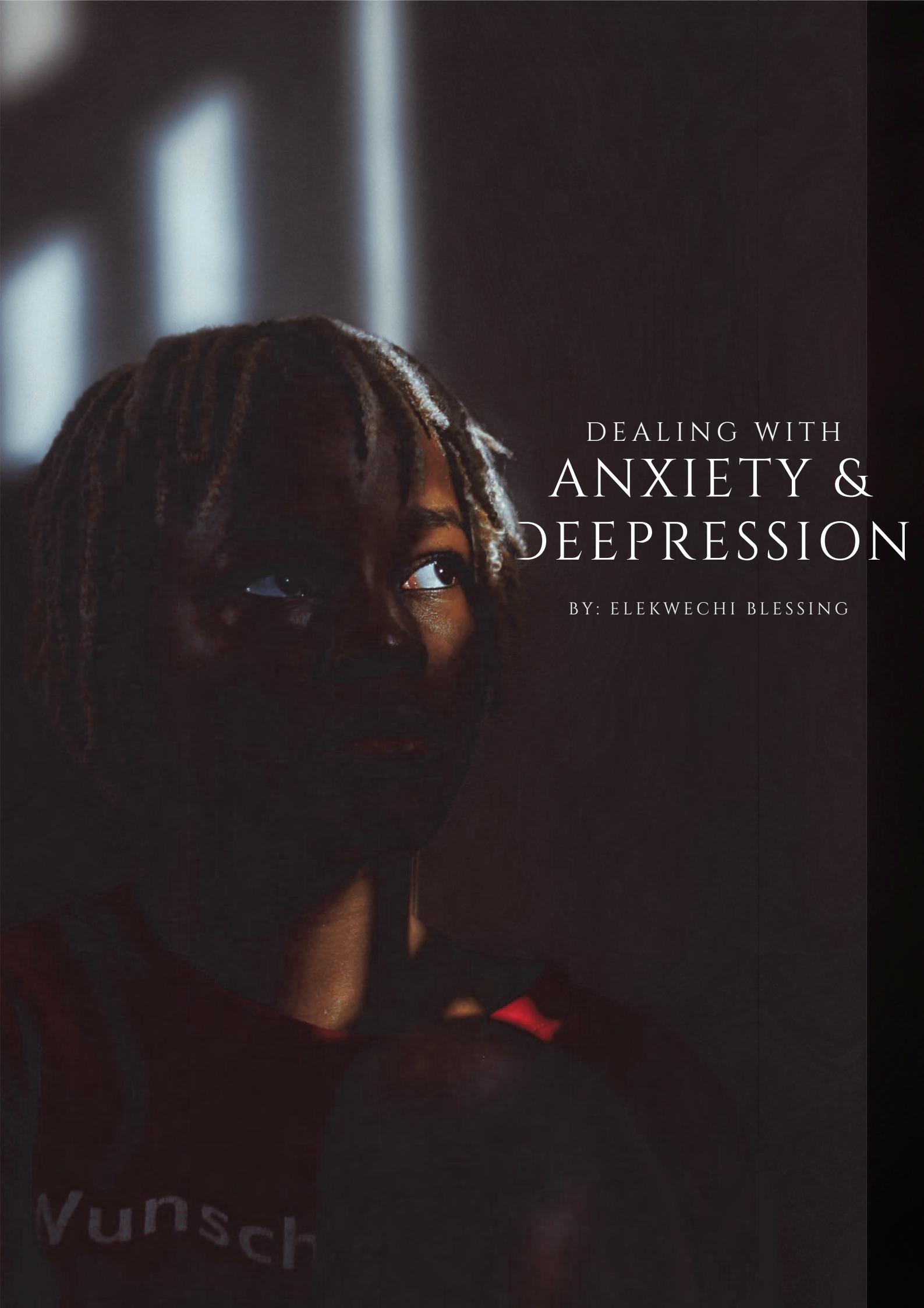
Balance is key, because multitasking is hard.
And if you feel you can't do both at the same time, you have
to decide which one is most important to you because
despite what most people say
School isn't a complete scam 😊
But since you're already in the system, just focus on getting
the best of both worlds

Channelling your inner mummy 😊

Anime style 😊

We're done here 😊





DEALING WITH ANXIETY & DEPRESSION

BY: ELEKWECHI BLESSING

Vunsch

Dearest Reader, firstly you must know that I'm really skeptical about defining the terms "anxiety" and "depression" because I feel like we all know. However I heard that treating folks as children always suffices so, yes, for our little infant minds, I'll go over it again.

Anxiety: is a state of uneasiness or nervousness about uncertain events.

We've all felt anxious before, for a wide range of reasons, it could go from meeting that internet friend that you've been texting pretty well with over the last month for the first time, the presentation that comes up in a week to generally being around people.

Anxiety is a smooth talker or rather a glib questionnaire. It would have you questioning yourself in the shower (cause where better to clear your head and body from grime?) What if Naya doesn't look like her pictures? What if she doesn't like the way I look in real life? I mean, most of the pictures we exchanged had goofy filters and whatnot. What if we don't vibe in real life? What if the presentation goes wrong and the lecturer embarrasses me and I just burst into tears right there?! What colors would be pleasing to the lecturer's eyes? This flannel shirt or just something else entirely? How do I tell Ashley that I think she's amazing and I'd like us to be friends without sounding like a desperate creep? What route do I take to avoid Randy and awkward conversations cause after 'hi's' and 'hello's' my head's just filled with one-liners and-

It's okay, Felicia. You're not alone.

Then Depression: is a state of prolonged sadness coupled with the inability to enjoy activities as you used to or do them entirely. On this note, I'd like to differentiate between sadness and depression.

Sadness mostly has a clear cause and it is usually for a short period, 2 weeks or less but depression isn't. Depression affects your daily activities, causes withdrawal from family and friends, from activities you enjoy doing and the feeling isn't fading, unlike sadness which will fade with time. So there, don't go around saying "I'm depressed, I'm depressed too" when in fact, you're only sad.

Depression shouldn't be a trend or some bandwagon effect, please.

Depression is also a god of many faces and one can never be too sure until you openly discuss it. You could see Pedro who's visibly sad or down spirited, isolated, struggling to maintain hygiene or appearance, not being able to do daily tasks not to talk of making it to class. Clara, on the other hand, the chatterbox of the friend group, best dressed, flawless makeup, she makes an effort to have everyone smile, at least, she's repressing emotions so she doesn't burden anyone with it, overcompensating with humor, pushing through chores and lectures, doing 'fun' things so no one would say anything is off about her, however, deep down, she's not able to truly enjoy them. It can come as a different mix entirely, there's no all-inclusive list to the many faces of depression.

Here are some signs that you may be depressed or anxious

- You may notice an increase in feelings of anger and frustration
- You may notice an increase in sadness, hopelessness, and loneliness
- You may zone out multiple times and have trouble concentrating
- You may engage in risk-taking behavior such as gambling and unsafe sex

- You may experience fatigue easily and find it difficult to keep up with responsibility
- You may notice a change in food and sleep routine.
- In relationships, Men can become more controlling or abusive while Women lose their self-worth.

Well, I wouldn't agree that I beat around the bush, no never, however without further ado, even though I just further adoed right now, I'll get to it.

- I think the first step is realization and knowledge about it. I just helped you with that, I know and you're welcome

● Deep breathing: Stormzy was only helping when he said don't forget to breathe. It helps to lower heart rate, blood pressure and regain focus

● Meditation and other calming routines: you could create soothing playlists, you could journal too, anything that makes you feel relaxed while doing it.

● Set some simple achievable goals: it might be as simple as doing chores; making your bed, rearranging your room. Small wins do good to our mental health

● Practice healthy eating habits as good nutrition helps your brain and body to function effectively

● Good sleep: focus on ways to get better sleep, make your bedroom more comfortable, limit the use of electronic devices at night.

● Exercise: it's rather difficult for people who are less energetic when depressed but one of the best things you could do is to get moving, once you do, you might feel better. A little evening stroll is a start but please be safe. Ransom money isn't the easiest to come by.

● Build healthy relationships: Ensure you keep trusted friends and surround yourself with people that genuinely care about you.

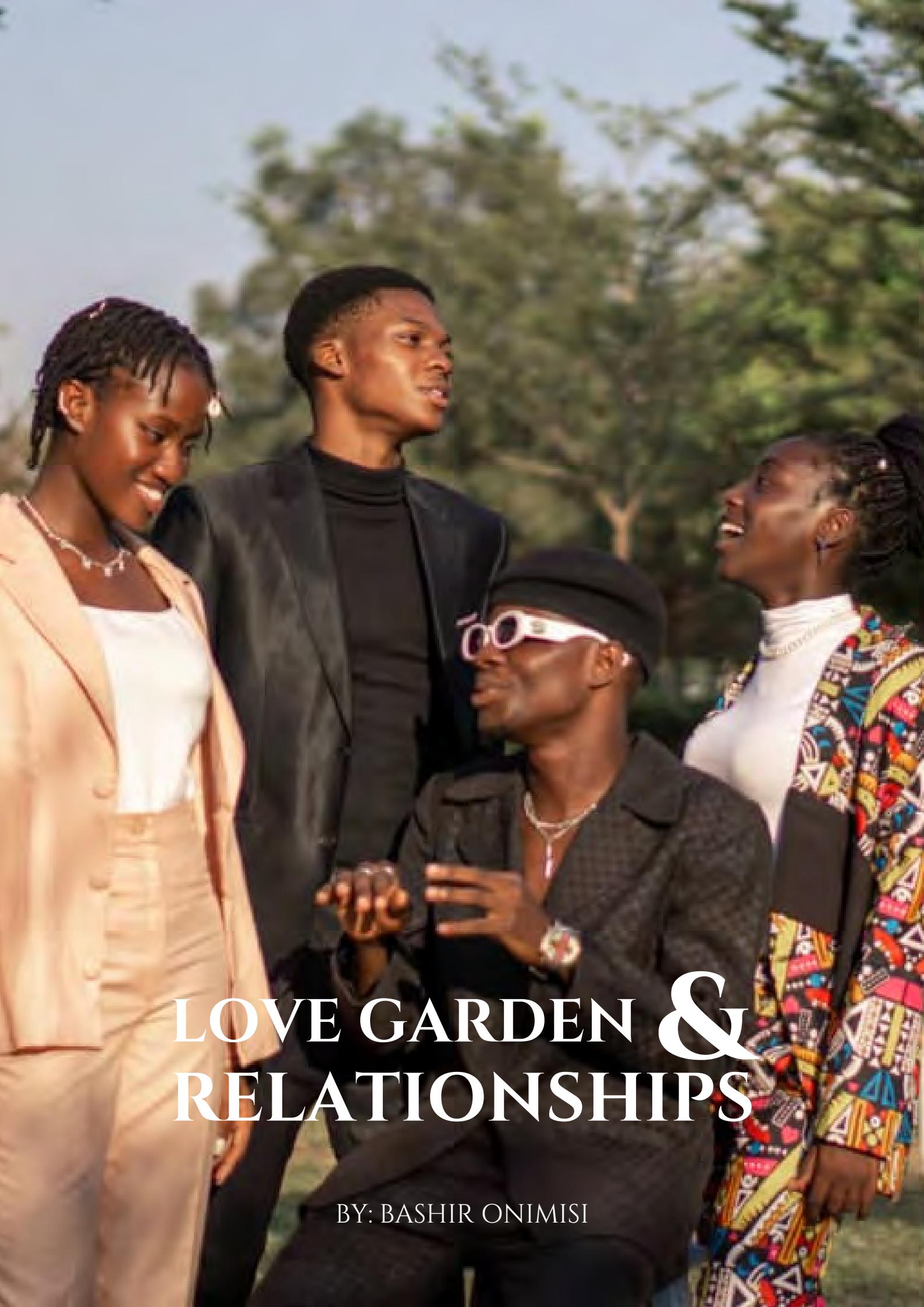
● Avoid alcohol and drugs: As euphoric as they make us feel, we could be too dependent on them and they can disrupt our mood and make depression worse.

● Seek medical attention.

Basically, realizing the problem and accepting that you need help is the major step to go around these things.

Academics is draining, yes we know but try to check on your mental health every now and then. Or not. Seriously though, we tend to do better in academics and life generally if our mental health is safe. Know what works for you and go for it.



A photograph of four young adults of African descent outdoors. A man in a black turtleneck and dark jacket stands in the center, looking upwards. To his left, a woman in a light-colored blazer and white top looks down. To his right, another woman in a colorful patterned jacket and a man in a dark jacket and sunglasses also look upwards. They appear to be watching something in the sky, possibly a hot air balloon or a kite. The background is a blurred green landscape.

LOVE GARDEN & RELATIONSHIPS

BY: BASHIR ONIMISI

Don't know about you but recently, valentine's day for me has come with a bag of mixed emotions. Since high school, I haven't really celebrated or haven't had anyone to celebrate Feb. 14th with. You know all the fanfare accustomed to it- buying of flowers, sending cards, dinner dates, and all the romantic rituals.

On some February fourteen, you feel sad and extremely lonely for spending another one without the Love-Of-Your-Life, even though you swore you were going to be booted up this time.

For us broke on valentine's day, we are usually grateful for not breaking the bank to make a special someone feel loved and all.

Should valentine really be a standard to measure how loved or fulfilled emotionally we are? It's a recurring debate every year and one that would last as long as humans exist.

I'm at the famous love garden outside the block of hostels with a couple of interesting individuals as we talk about Valentine, relationships, and everything in between. Shall we??

THE STREETS OR SHIPS? WHICH IS SAFER IN THIS SCHOOL?

This question gets an unusual reaction. Everyone agrees the streets are tough and cold but that doesn't mean they are going to be jumping on a boat cos it walks on water. Someone once said "The desire for love and affection is real; so also are ships that are worse than the streets. Do your maths. Look before you leap but remember say even Titanic sank."

WHAT'S GUARANTEED TO TAKE YOU OFF THE STREETS?

Ayoneteh who is a fresher says quite boldly- "nothing can take me off the streets in the school." A couple of us shout in shock on hearing Ayoneteh's declaration. She then clarifies further "...until I am ready." She says a guy who's all serious and ready to put a ring on it eventually is what it's going to take.

Yacine- "*he has got to show me the kind of love I've never seen before. Something fun and exciting*" She reckons there is boring love; you know those 'I'm outside your hostel' kind? She doesn't want that.

Joyinola- "I'm a very playful person; so someone who matches my energy and smells nice plus a very good personality can try." Joyinola who is in her second year believes when she meets that guy in this school she will know.

For Esther who is in a smooth sailing ship says "it was the attention coupled with his patience even while I was stressing him. It was different from what I was used to."

"Love with a sprinkle of money" Amaka responds unapologetically as we all burst into laughter. "if you don't have money forget it." She adds. Amaka talks with the confidence of someone who knows she deserves all the love money can buy.

FOR THE GUYS, IT'S DIFFERENT. HOW DO THEY TAKE GIRLS OFF THE STREETS?

Umar, "I would have said money before but I've realized that it's different for every girl. Ultimately, attention comes first."

King- "firstly, I would say information is key. For instance, to woo Amaka who wants love and a sprinkle of money, I would approach her with money and if I don't have much, attention is a close substitute.

For Ayoneteh, who wants a serious man, I would come based on marriage from the get-go. As I said, information is key." King goes on about how knowing about a girl's needs is important.

Danny a third-year student who doesn't like stress and can't drag any girl with anyone believes girls are usually attached to someone and if you're not that someone, no amount of money or attention you shower her with will change anything. Danny is actively looking for a wife he won't stress getting.

WHAT'S THE CUTEST THING SOMEONE OF THE OPPOSITE SEX EVER DID OR SAID TO YOU?

King- "a girl once told me I'm all a woman could wish for in a man. But we no dey together again sha." "So you are all a woman could ever wish for but not her" Amaka chips in.

Joyinola remembers a time she told a friend who went to the market to buy something for her while coming back and guess what- he bought biscuits. She also recounts how her male friends gave her a surprise cake on her birthday.

Esther- "I am a very emotional person. I'm also a melomaniac. I like music a lot and sending me music saying when you listened to it I was the first person to come to mind is a lot for me." She also adds that she's a sucker for long-ass emails at odd hours talking about stuff you like about her.

"one time, someone told me he missed my presence around him and It was just beautiful," Yacine tells.

ON THE ISSUE OF YOUR PARTNER ASKING FOR SPACE

Esther- "sometimes school, life, and everything could be overwhelming. So I just want my partner to understand and give me space to breathe." For her, it doesn't mean the partner stops checking on her. it's just him lowering his demands at that point.

Danny- "there's one time I was talking to this girl I liked and she said GK was boring then I told her to call me when next she's bored. She actually called me like a week later. I found it pretty cute."

Amaka whose boyfriend is a cook. One time she says "he made me a really delicious meal and brought it to the hostel for me."

Umar tells of this friend he has who one time he tried borrowing money from her and she gave him her Debit card. He withdrew what he needed. When he returned the card and cash later, she said she didn't ask to be paid back.

Ayoneteh tells us about a time she told a friend she was feeling down and the dude sent her lots of money to cheer her up. "also, a friend baked a cake for me one time because I told him I felt like eating cake."

To King, his partner asking for space just means he's choked her up. "and why I won't give her the space is because she will learn to live without me" he added.



At this point, Esther interrupts- “you won’t ask her why she needs space? You don’t know that periods come with a whole lot?!” For a few minutes, my guests and I argue about what constitutes a legit reason for space.

Amaka- “omoo If I ask for space, it is over o! and if he doesn’t give me the space, I will give myself the space.”

For Joyinola. Her asking for space isn’t a declaration of fading affection but as a considerable action of love.

So when boys want space, they are tired of the relationship but when girls want space, they are going through stuff. Interesting.

WHAT'S VALENTINE'S DAY TO YOU?

Ayoneteh – “valentine’s day doesn’t really make sense to me because it’s usually a day people use as an opportunity to do immoral stuff and all.”

Ayoneteh believes talking for hours, texting endlessly and all is a lot. So space for her is wanting a break from those. And she expects that her partner says “ok” at her request.

“if I give her space, lemme die!!!” Umar says with all seriousness. He goes on to recount how a girl he was talking to asked for space in his 100 level days and he is still collecting the space 2 years after.

Yacine- “I could be depressed or something. Or he’s probably just in my face too much.” She also adds that if her partner asks for space, she is not giving him.

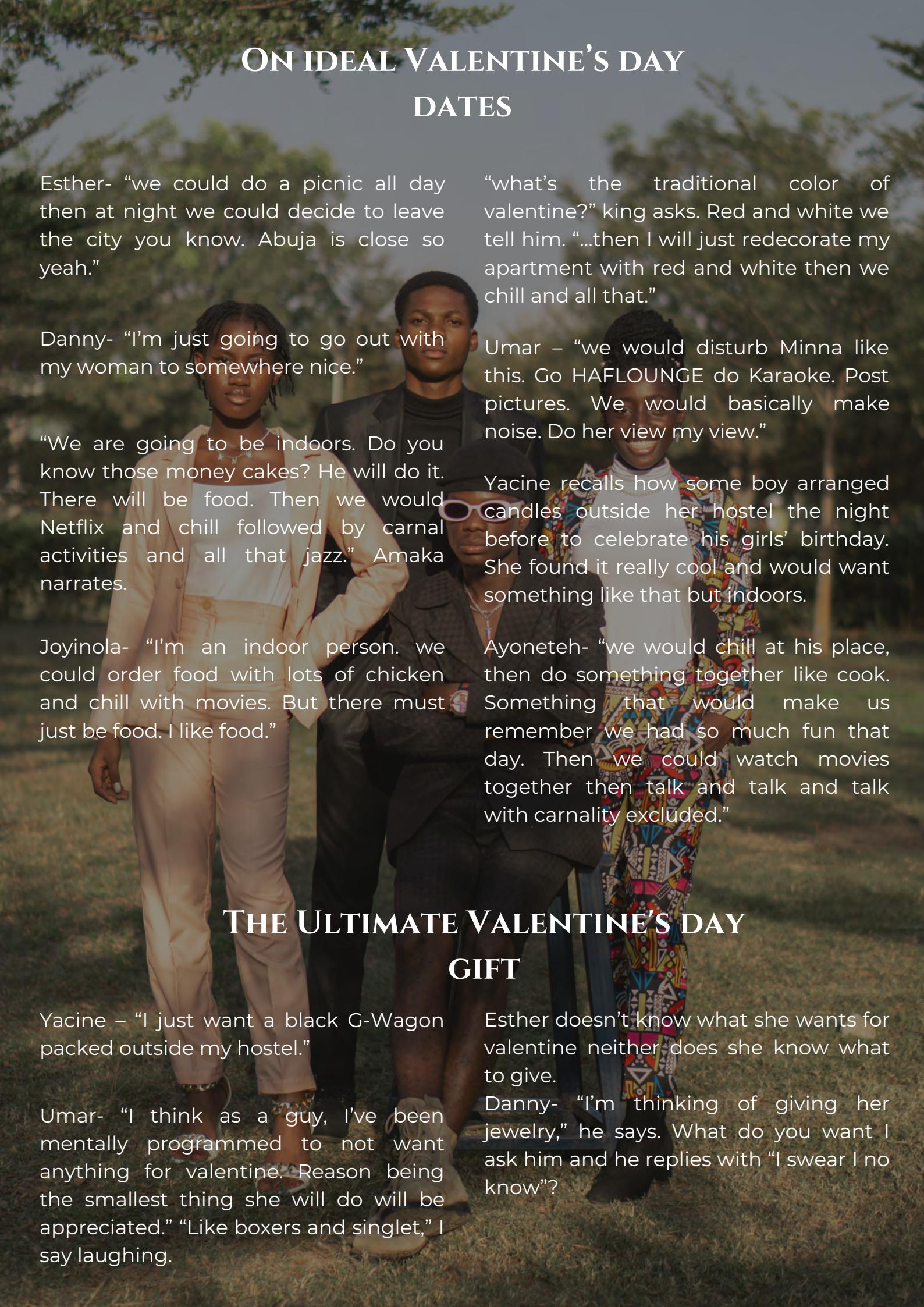
Umar – “February 14th is a day to oppress single people, no long talk.

Joyinola agrees it’s a day to celebrate love. But questions why we use one day to celebrate love then go back to not actively loving each other after. “valentine should be every day” she adds. Yacine agrees with her.

For the purpose of this discussion, I tell every one of my guests to dig valentine.

ON IDEAL VALENTINE'S DAY

DATES



Esther- "we could do a picnic all day then at night we could decide to leave the city you know. Abuja is close so yeah."

Danny- "I'm just going to go out with my woman to somewhere nice."

"We are going to be indoors. Do you know those money cakes? He will do it. There will be food. Then we would Netflix and chill followed by carnal activities and all that jazz." Amaka narrates.

Joyinola- "I'm an indoor person. we could order food with lots of chicken and chill with movies. But there must just be food. I like food."

"what's the traditional color of valentine?" king asks. Red and white we tell him. "...then I will just redecorate my apartment with red and white then we chill and all that."

Umar – "we would disturb Minna like this. Go HAFLOUNGE do Karaoke. Post pictures. We would basically make noise. Do her view my view."

Yacine recalls how some boy arranged candles outside her hostel the night before to celebrate his girls' birthday. She found it really cool and would want something like that but indoors.

Ayoneteh- "we would chill at his place, then do something together like cook. Something that would make us remember we had so much fun that day. Then we could watch movies together then talk and talk and talk with carnality excluded."

THE ULTIMATE VALENTINE'S DAY GIFT

Yacine – "I just want a black G-Wagon packed outside my hostel."

Umar- "I think as a guy, I've been mentally programmed to not want anything for valentine. Reason being the smallest thing she will do will be appreciated." "Like boxers and singlet," I say laughing.

Esther doesn't know what she wants for valentine neither does she know what to give.

Danny- "I'm thinking of giving her jewelry," he says. What do you want I ask him and he replies with "I swear I no know"?

Ayoneteh – “I want a portrait of myself. Something aesthetic with a note written on it and then have it framed.”

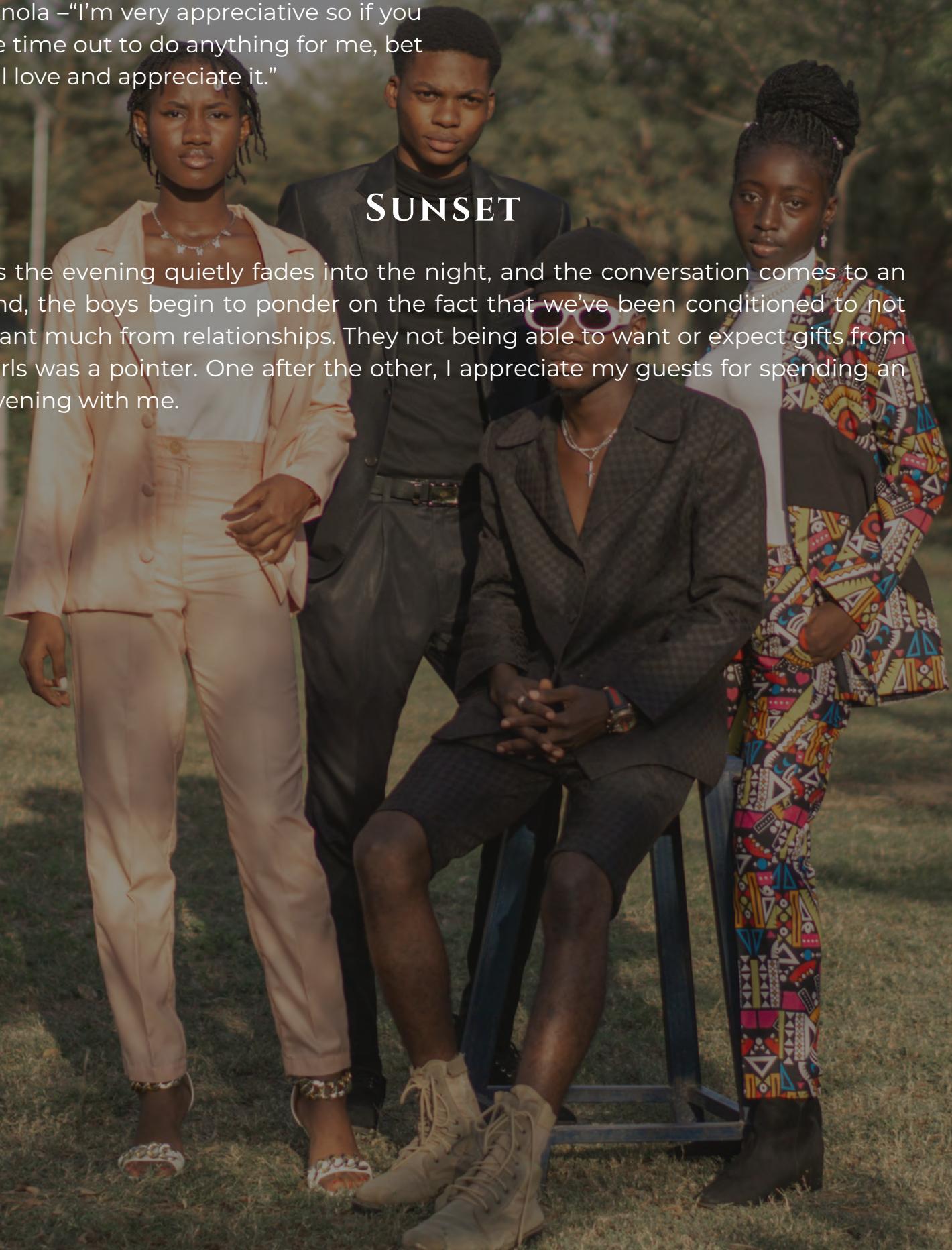
Joyinola –“I’m very appreciative so if you take time out to do anything for me, bet I will love and appreciate it.”

Amaka – “I want money, money money.”

King also wants money.

SUNSET

As the evening quietly fades into the night, and the conversation comes to an end, the boys begin to ponder on the fact that we've been conditioned to not want much from relationships. They not being able to want or expect gifts from girls was a pointer. One after the other, I appreciate my guests for spending an evening with me.



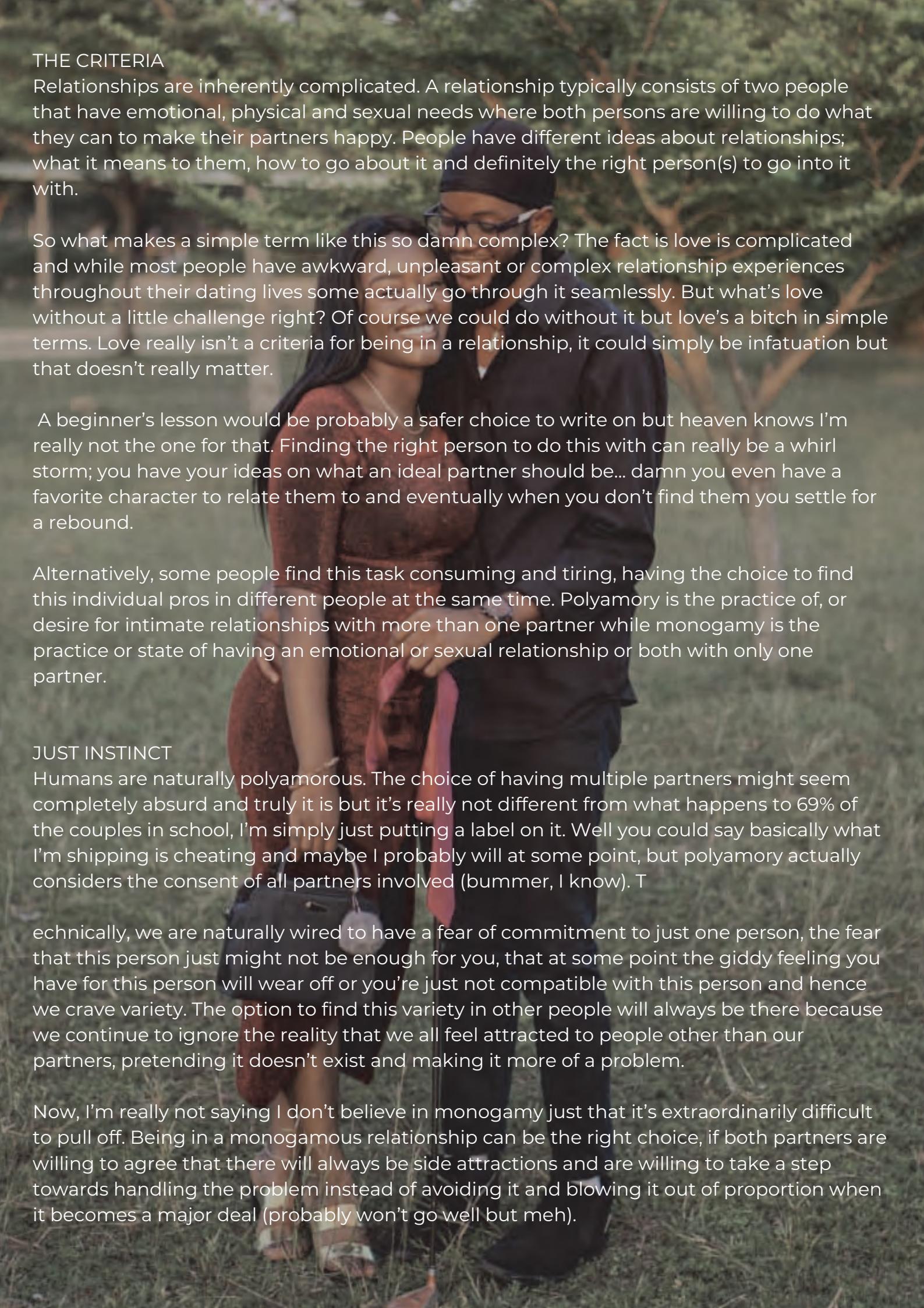
YOU, ME AND...

BY: FAITH ONYEMAECHI



THE CRITERIA

Relationships are inherently complicated. A relationship typically consists of two people that have emotional, physical and sexual needs where both persons are willing to do what they can to make their partners happy. People have different ideas about relationships; what it means to them, how to go about it and definitely the right person(s) to go into it with.

A photograph of a man and a woman smiling and laughing together outdoors. The man is wearing a dark t-shirt and glasses, and the woman is wearing a red top. They are standing close to each other, suggesting a romantic or friendly relationship.

So what makes a simple term like this so damn complex? The fact is love is complicated and while most people have awkward, unpleasant or complex relationship experiences throughout their dating lives some actually go through it seamlessly. But what's love without a little challenge right? Of course we could do without it but love's a bitch in simple terms. Love really isn't a criteria for being in a relationship, it could simply be infatuation but that doesn't really matter.

A beginner's lesson would be probably a safer choice to write on but heaven knows I'm really not the one for that. Finding the right person to do this with can really be a whirl storm; you have your ideas on what an ideal partner should be... damn you even have a favorite character to relate them to and eventually when you don't find them you settle for a rebound.

Alternatively, some people find this task consuming and tiring, having the choice to find this individual pros in different people at the same time. Polyamory is the practice of, or desire for intimate relationships with more than one partner while monogamy is the practice or state of having an emotional or sexual relationship or both with only one partner.

JUST INSTINCT

Humans are naturally polyamorous. The choice of having multiple partners might seem completely absurd and truly it is but it's really not different from what happens to 69% of the couples in school, I'm simply just putting a label on it. Well you could say basically what I'm shipping is cheating and maybe I probably will at some point, but polyamory actually considers the consent of all partners involved (bummer, I know). T

Technically, we are naturally wired to have a fear of commitment to just one person, the fear that this person just might not be enough for you, that at some point the giddy feeling you have for this person will wear off or you're just not compatible with this person and hence we crave variety. The option to find this variety in other people will always be there because we continue to ignore the reality that we all feel attracted to people other than our partners, pretending it doesn't exist and making it more of a problem.

Now, I'm really not saying I don't believe in monogamy just that it's extraordinarily difficult to pull off. Being in a monogamous relationship can be the right choice, if both partners are willing to agree that there will always be side attractions and are willing to take a step towards handling the problem instead of avoiding it and blowing it out of proportion when it becomes a major deal (probably won't go well but meh).

OPT-IN-AGREEMENT

Monogamy as the default option. Society enforces monogamy as the norm and not a choice, as a set of rules on which relationships should be based on, a pre-arranged agreement of what loving each other should mean, what an ideal relationship should be seen as and not what should be a natural choice based on the individual's idea of love.

Most people enter a monogamous relationship because that's what they've been taught to follow, that's what they've been led to believe as a natural phenomenon granted it's no wonder that when the option of exploitation is presented to them they tend to want to fulfill the next course of action, indulging in it.

When you find yourself ready to be in a relationship, it's probably ideal for you to declare boundaries, set up terms and conditions (yes, just like in the advertisements), you could even fucking pee around in a circle just to mark your territory but just do what you can to declare your variables (see what I did there). Having the opportunity to make the choice that in this relationship it's just me and you bro absolutely no one else, gives a sense of responsibility that if this goes downhill it probably wasn't meant to be.

VERITY

The concept of having a soul mate is entirely flawed. The concept of loving more than one person at the same time is certainly not a myth. We consider monogamy as the only way love can be shown in a relationship and polyamory as a way to get what we want from other people without being labelled as a cheater.

The truth is we forget that love changes over time, we find other people to fall in love with over time, so who's to say it can't happen at the same time. We can generally love more than one person in different ways just as we have the filial love, so saying loving more than one person is a myth would certainly be contradicting the first instance.

But what about jealousy, I bet you didn't think that far, I mean you're literally dating multiple people and you think you love them?

Jealousy is not just restricted to the partners in a polyamorous relationship, monogamous partners often also experience jealousy as it's a normal human circumstance. But even with that, we control jealousy in other certain aspects of our lives so what's to say we can't limit it in this scenario. I probably have people who want to crucify me at this point so I'm going all in, like I said having multiple partners might seem completely absurd but it actually gives an insight to what you really want in a person at the end. If you're practicing polyamory for some other reason (if I wasn't being obvious, the sex), it's really still your choice. Both really have their pros and cons but in the end you do you!

Boom and I'm done, happy valentine's day people



samueloguché

5 CREATIVE DATE IDEAS

BY: ESINONE ABRAHAM MARHOR



It's that time again, the second week of February is here again and you can't help but wonder "where am I taking my partner to again?", we have practically gone everywhere" or it could be that you want something different and special this time around. Well, here are a few things you could try.

1. Sunset Picnic

What's more romantic than two lovers in the sunset?.... A beautiful sight to behold. The sunset evokes positive emotions and magical moments and can strengthen your love for each other. Oh, and lest I forget as a bonus you also get cute pictures for the gram. There are a lot of things you could bring to a sunset picnic

Some Basic Examples are:

- . Bluetooth speaker
- . Fruits, Crackers, Meat, cake, etc
- . A blanket
- . Wine
- . Fun activities

When the sunset picnic ends, I'd bet you and the sun will be going down (Get a room!).



2. Karaoke Date: Geh ge, This bread no be agege. What a fun date for music lovers! Fantabulous, it's literally music to our ears. Take your date to a place that has karaoke and show off your singing skills . . . or lack thereof. Whether or not you're an excellent singer it doesn't matter, what matters most is that you have fun with your date. You don't need to worry about losing your voice, on the bright side the neighbors won't hear your loud noises tonight.



3. Game Night: I can hear the voice of CODM players screaming yeah but no, you are not playing Call of Duty at home. Valentine's day is for love and we aren't promoting violence not to mention there's no drop of romance in that game. Get creative with a bunch of fun romantic games you could play at home with great food alongside it or you can take your partner to a game or fun lounge. There's fun in beating your partner at something but don't overdo it. (make e no go cause fight o)



4 .Mini-Golf Date: None of you saw that coming and yeah there is a golf course in school. A pretty lit one at that. It's unimaginable fun doing something you both haven't tried before or at least haven't tried together.

Even though it might take a while to get the swing of things(you see what I did there), you are ultimately practicing for when you have tons of money. You know most golf players we know are millionaires, if you and your partner are already golf players then be rest assured the money is coming. Premium couple goals!



5. Indoor Romantic Getaway: Get as far from home as Spiderman, and still be in the comfort of your home(some people are already saying ko possible! well it is). You can go out of your way to re-design your home in the spirit of love, and then get an international recipe and try to recreate it together. If the food comes out good, cool! if it doesn't, you could prepare something else and have a candlelit dinner. After that, you can have some home coming under the sheets. No doubt spiderman would be proud.



Bonus Date Idea

Visit your single friends and bring them food... it's so cold outside and on the streets show them some love, tell that girl "somebody son go find you one day" You can have fun while doing it I mean, single people are so cute when they are oppressed.

Valentine is all about showing love and care. It doesn't stop with just your partner but it extends to your friends, family, and even strangers

Remember that whatever you do is for love and not for public opinion. Don't be scared of breakfast. If it ever ends just make sure you were sincerely happy. I wish you and your loved one(s) a memorable and happy Valentine's day...



MEET THE TEAM

1. Esinone Abraham Marhor (@ab_unusual_)
Mechanical engineering 300level
2. Bala Abdulfattah Emi (@thelgnited_one)
Telecommunication engineering 300level
3. Oladipupo Temilade Victoria (@tey_meeee)
Mechanical engineering 300level
4. Bashir Onimisi (@Onimison)
Computer engineering 300level
5. Momoh Mohammed Fayd (@mo_fayd)
Telecommunication engineering 400level
6. Zaka Lawrence Ahuche (@crown_lawrence)
Telecommunication engineering 300level
7. Egbuniwe Uchenna (@by_ennai)
Civil engineering 200level
8. Bitrus Judah Tanko (@jb_majesty)
Computer engineering 300level
9. Emmanuel Lucky (@renlegraphy)
Civil engineering 300level
10. Toluwan Ologun (@Triniquedesigns)
Computer engineering 200level
11. Tobi Lawal (@i_am.abbey)
Chemical engineering 300level
12. Elekwechi Blessing (@whois_ijay)
Computer engineering 300level
13. Faith Onyemaechi (@la_faeith)
Computer engineering 200level