Tell them make them no think am.							
Make una no just try me.							
Guy, you hold bar.							
Abeg,sidon.							
The guy don hanmer. I don jar.							
Una hold pepper?							
Your bobo fine o.							
Comot for here.							
Na my pikin be that.							
Come make we yarn. O boy, wetin dey?							
Na your popsy be that?							
Na my momsy be that.							
I don dey mental since.							
Where she dey go today? Guy, howfar?							
Wetin dey worry you?							
Chicks them yapa for here.							
I waka come your house. How you dey today?							
I de bam.							
Bros, how una dey for area?							
Bros, show my house today.							
I wan go Yankee.							
I dey go villa next week. I dey go Southie Next month.							
See that Oyibo dey husite o.							
Ekelebay don show area.							
The thing wey him talk na so.							
I de come your house sha. That guy car dey tight.							
You be mumu to dey carry your oga moto.							
Na Your moto be that?							
Your moto na tear rubber?							
Abeg, where una dey buy pen. When you dey go yankee?							
Dem go soon pull up							
Na yeye cloth you de wear.							
This your moto na pure water.							
The girl face worwor. You don chop?							
That guy sabi book for class that year.							
I no know you.							
You don baff?							
I go go house around 1 pm. I de try my best.							
I straff that girl for my moto.							
No be like that.							
This song make sense.							
Abeg, See this area boy. Wetin dey worry you.							
Na worwor ladies dey package pass.							
Guy, how far?							
I dey ekelebay station.							
Lion no dey born goat. Where i fit see food chop?							
God don butta my bread.							
I go land you slap!							
Listen well well.							
Dey drive your moto go slow. That man too like wayo.							
Wetin you sabi?							
Make you no vex me!							
You sabi that guy? Abeg! No waste my time!							
Your story get k-leg!							
Gi mi your moto make i use go get food chop.							
Dem send you?							
Comot for road abeg. Why you dey give me wahala?							
Wetin dey happen?							
area boys collect plenty moto.							
China no dey use English. Na so dey yan their launguage for una.							
wetin dey sabi.							
big big grammar wey dem dey carry from US come dey give u	us for here.						
Ha. my friend where una dey waka go now?							
I dey waka fast i wan quick reach market. Me, i see una for town.							
The guy don talk am plenty time.							
I don do wetin you say make I do.							
Na me go see the man wey go bring money.							
Na Akin book be that. Dem been buy two pencils.							
En go school yestersday.							
Who dey purge no dey select toilet.							
watch my pikin no mean kill am for me.							
You too dey do. Hunger dey tear my belle.							
Nigerian makeup artist chop prison sentence afta e abuse nai	ra for im wedding						
How the price of crude oil wey drop fit affect Naija economy?							
US President Donald Trump tariffs don cause wildfires across		kets.					
en dey go school everyday.							
Some adults dey drink human breast milk. wit di drop for crude oil price, how government go do?							
Una Good morning!							
Enjoy am and no forget to share am to people.							

No mata how pikin sabi book reach, e go still read book wen exam reach.								
Fifty-seven-year-old Rebecca Ntsanwisi from South Africa bin set up soccer grannies tea	ne acrose di continent t	to improve di ment	al and physical ha	alth of older wom	en			
				aiti oi oidei woiii	CII.			
Now, five teams from Africa dey currently take part in di soccer Grannies World Cup tourn	ament for Limpopo, we	y di oldest player i	ia ova ou years.					
All across di kontri, reports sat at least 2,000 people don die.								
Take am back, protesters for Port Harcourt run afta police wey fire teargas to scata dia pr	test.							
Di protest dey hold for major cities across Naija								
Di announcement touch Asian stock markets no be small.								
One analyst tell us say na bloodbath.								
Sabi people no gree say dire wolf don come back from extinction.								
Hunger wan kill me.								
en don go school now.								
Na wetin dey inside heart, dey come out for mouth. If you no like the heat, comot for kitch	en.							
No dey wash your dirty linen for public.								
Na after rain, sunshine dey come.								
If you wan make friend, be friend.								
No dey throw stone for glass house.								
wetin you give, na wetin you go receive.								
If you no get sense, you go suffer.								
No dey bite the hand wey dey feed you.								
Na from small, pikin dey learn how to climb tree.								
If you wan live long, learn how to close mouth								
No dey judge person until you waka for im shoes.								
Na wetin dey sweet goat, dey kill am.								
If you no get shame, you go do anything.								
No dey put all your eggs for one basket.								
Na from mistake, person dey learn.								
If you wan be leader, learn how to serve.								
No dey follow crowd, you fit enter wrong road.								
Na wetin dey eye, dey fear.								
If you no get plan, you plan to fail.								
No dey look down on anybody, you no know tomorrow.								
Na wetin you believe, na wetin you go achieve.								
If you no get courage, you no go do anything.								
No dey compare yourself to others, everybody get their own time. Na wetin dey mind, de	snow for face.							
If you no get focus, you go lose your way.								
No dey take things for granted, appreciate wetin you get.								
Na wetin you give attention to, dey grow.								
If you no get discipline, you no go achieve anything.								
No dey dwell on the past, focus on the future.								
Na wetin you value, dey determine your life.								
If you no get gratitude, you go dey suffer.								
dis one mean say di world dey go into recession?								
Adult wey drink human breast milk, believe say e get health benefit.								
experts warn say to buy milk wey don spoil online and drink am dey pose serious health	sks and raise concerns	3.						
wetin di the science tok?								
Health benefits dey for adults wey dey drink breast milk?								
For di 2025 budget wey president Tinubu sign, Nigeria peg crude oil price for \$75 per bar	el.							
You don enter yankee before?								
Dem fit no get di skills of Lionel Messi or Cristiano Ronaldo.								
nothing dey stop dis African grannies from practicing dia goal kicks and tackling skills.								
grannies from practicing dia goal kicks and tackling skills.								
We hear how football don give di grannies a new lease of life.								
At least 12 pikin and one teacher don die wen dia preschool collapse for Friday ogbonge	arthquake for Myanma	ar.						
Locals dey fear say dem fit discover more deadbody.								
di military get history of covering up di scale of national kasala.								
Video catch one yet to be identified officer dey fire teargas into di middle of protesters for	li Rivers State capital.							
Di case bin start from comments wey di politician bin make about di investigative journalis	L							
Nigeria President Bola Tinubu Tinubu invoke section 305 of di kontri constitution to declar	a state of emergence							
E also set one world records on di same day for di 'heaviest locomotive pull'								
Tinubu for fit solve di political crisis for Rivers state before dis time'.								
President wey declare state of emergency don take di state back plenti years								
We tink say na bomb bicos of how loud e dey and how e bin dey shake evriwia'.								
Di speed wey you run depend on wetin dey pursue you.								
Na old firewood dey turn charcoal.								
Di first plane don land for Heathrow airport afta fire incident.								
Na di striker Victor Osimhen net di two goals for Super Eagles.								
How di second half go end?								
Rwanda chop 2 goals to nil from Naija for di first half of dia 2026 World Cup qualifier mate	n.							
Victor Osimhen don show workings again as e net Nigeria second goal against Rwanda.								
No mata how far your village dey, anoda village dey ahead.								
Super Eagles dey show di Wasps say dem no dey di field of play to joke!								
How dis match go end?								
If house no fall, goat no go fit climb di roof.								
Follow our live updates for here.								
Wetin be your prediction for dis match?								
In less dan 30 minutes, Nigeria go jam Rwanda on di field of play for dia 2026 World Cup	qualifying match.							
both teams go dey aim for di net.								
I no know say one day go come for person like me to win Guinness World Record,.								
E cost me 80m naira to prepare for Guinness World Records longest distance catwalk by								
Ololade Ayelabola bin walk a total of 125.11km (77.75m) wen she stage a fashion show f		ber.						
Dis na sake of a large fire wey break out for nearby electrical substation, but di cause o d								
Na at least 1,351 flights to and from di airport for west London fit dey cancelled, according	to flight tracking websi	ite Flightradar24.						
Heathrow airport closed for di whole day afta fire cause power outage	p							
Di airport tell passengers say make dem no travel "under any circumstances" sake of say								
At least 1,351 flights to and from di airport na im dem fit cancel today, according to flight to			L					
Heathrow na Europe busiest, and di world fifth busiest airport, and dem don warn passer		el "under any circu	mstance" until der	n open.				
Oyo State High Court, Ibadan, strike out di charges against former Queen Naomi Ogunw	si, odas.							
Abeg make una gettat!!!								
Dem go land here any moment.								
Na everything dey irritate una once una no like the person.								
Ogbonge rains and floods don kill at least 33 people for Kinshasa, di capital of di Democr			als.					
Desperate residents dey try to run comot from di floodwaters by wading, swimming or par	dling to safety in home	made canoes.						
Wit more heavy rain forecast, di government dey try reduce di destruction.								
Until lion learn how to write, evri story go glorify di hunter.								
If dog bite you once na dog fault but if e bite you twice na your fault.								
How you dey, Naija people?								
Di company dey plan to appeal di verdict, dem say di money for di damages dey too muc								
Eyewitnesses tok wetin cause di trailer explosion wey claim several lives for Abuja.								

Bad government dey go affect di economy of d kontri as well	as di people.										
Mahrous tell bbc news say e dey incredible say im don achiev	ve im childhood dream.										
How Ghana investigative journalist win \$18m for US afta e su											
Eyewitness wey dey live near di place wia e happun tell BBC											
Namdi Kanu don plead not guilty to terrorism charges wey Nig	geria government sama am as	im trial begin afresh	on Friday.								
More on di tori dey.											
Di trial of di Indigenous People of Biafra (Ipob) start afresh for At di resumed hearing, Kanu plead not quilty to di seven coun		a, atta Kanu ask Justi	ce Binta Nyako to	withdraw here froi	n di matter wen e	accuse her of pa	rtiality.				
Justice Omotosho wey dey in charge of dis case now, grant a		r as e don drag on fo	r 10 years come								
adjourn di case to to 29 April, 2nd and 6th May 2025 for trial to		. do c don drug on lo	. To your como								
Nigeria government dey accuse Kanu of terrorism and attem		, sake of di activities	of Ipob, a group w	ey dey agitate to b	reak away from di	i south eastern re	gion of Nigeria to	become independ	ent kontri wey im	name go be Biafr	a.
Also earlier for court on Friday, Kanu Agabi, a former Attorney	General of di federation wey t	e one of Nnamdi Ka	nu lawyers wen di	matter bin go to di	Supreme Court b	in don apologise	for Kanu outburst	against di former	judge for di case,	Binta Nyako.	
Kanu case dey start again becos wen a new judge take over	a case wey bin din dey go on,	e no matter how far d	li case bin don go,	di matter go start	again from di begi	inning.					
One Los Angeles County jury don award \$50m (£38.47m) in o	damages to Michael Garcia aft	a one very hot tea fro	m Starbucks pour	on am and cause	serious burns.						
Garcia, one Postmates driver, bin suffer third-degree burns to	-		one drive-thru in	February 2020.							
Court bin find Starbucks 100% responsible say dem fail to ho		to permanent scar.									
Di company dey plan to appeal di verdict, dem say di money						4.4					
Ghana President John Mahama don tok di blackstars say ma Di police and fire crew bin dey respond to one fire for Christop			s Chad and Madag	gascar, make di ta	ns begin to suppor	rt dem again.					
While di crew bin dey try to off di fire, one explosion cause di			rie								
Dis na afta im visit dem for training ahead of dia game agains		o ar riginior arraor acon									
Ghana currently be 3rd for Group I, wia dem dey hope to repr		m fail to qualify for di	2025 AFCON.								
Di Christopher Police Department tell BBC say di firefighter bi											
Di coach Otto Addo dey under pressure to win dis two qualifie	ers as fans don chook mouth fo	r di performance of d	i senior national te	eam.							
Ghana go face Chad at 8 PM WAT on Friday.											
We dey Kampe.											
No matter how your anger hot reach, e nor fit boil beans.											
Rice wey dey bottom pot today go dey on top cooler tomorrow											
We get twins now, di boy look and act exactly like my son (Ife 51 people die afta fire catch one nightclub.	anyi) wey die.										
Despite di controversy wey President Tinubu declaration of st	tate of emergency for Rivers St	ate dev generate di	Sole Administrator	, Vice Admiral Ihol	- c-Ete Ibas, resume	e office on Thursd	ay 20 March				
You sabi plan big, but e be like say execution dey choke some		., 5			,						
Di House of Representatives ratify President Tinubu declarati											
BBC News Pidgin break down wetin dey happun for Rivers St		le Administrator.									
If you no march chuku-chuku, you fit no appreciate di softness											
Di Sole Administrator Vice Admiral Ibok Ete Ibas (Rtd), wey P			rgency for Rivers	State don land Go	vernment House t	o resume duties.					
Dis dey come just as di House of Reps approve Tinubu state				0.14							
Di Nigerian Senate and House of Representatives approve Pr		ii or state of emerger	icy on Thursday 2	u March.							
Sole Administrator of Rivers State Vice Admiral Ibok-Ete Ibas Follow di live updates for here.	(Rtu) also resume duty today.										
E shock you!!!											
Cat wey hope to be like Lion no suppose chase rat.											
Body camera video capture di moment Christopher Police De	partment and firefighters rush	towards one structure	e wev collapse on	one firefighter for	JS						
Di Director-General of di National Youth Service Corps, Brigan				-		march 2025					
Currently, corps members dey collect 33,000 naira monthly al	llawee and dem dey wait for we	en di federal governm	nent go increase d	li allowance.							
DG Nafiu make di announcement wen e tok to corps member	rs on Thursday 20 March for N	YSC Zonal offices for	Abuja.								
Wit effect for March, you go dey receive di sum of 77.000 nair	ra as your monthly allowance										
How your day go so far?											
how far, You like your job?											
I dey happy see you again.											
Wetin you dey do today? I dey go work.											
You like your life as e dey?											
Wetin you dey do now?											
WE THROWAY SALUTE FOR SENIOR MAN!											
CHAI! SEE FINE BOY.											
Wetin old man dey see sit down, youth no fit see stand.											
Area don scatter today.											
Boys dey hustle to dey survive.											
Driver don dey complain.											
Passenger dey vex. We don too dey hold up.											
Everywhere dey smell.											
Oga don forget house key.											
I never see food chop.											
Wetin dey sup?											
I dey vex .											
You don enter plane before?											
I never get enter . You sabi bake?											
You sabi bake? You be my rock.											
I dey rely on you.											
You na my shelter.											
I no fit imagine you go.											
You na my forever.											
How you dey do?											
You look sharp today oo.											
I dey happy see you. Wetin you dey do?											
Wetin you dey do? I dey go market.											
You like food?											
I love Nigeria cause na my country.											
You na my everything.											
I love you so much, no be lie.											
You dey my heart.											
I no fit live without you.											
You na my partner.											
We go make am work.											
How your family dey? I dey sure say You like this your new phone?											
Where you dey go?											
You na my soulmate.											
I love you more than yesterday, shey you .											
your teeth for don full ground.											
thank you, I dey celebrate.											
E GET JOSEPH NOSE SMALL.											
I gree I be good friend.											
I CON TELL UNA SEY SENIOR MAN DON SHOW SEE BETTER UPDATE! LETS GO!!											
OLL DETTER OFDATE: LETS GO!!											

CHAIRMAN WE NO DEY SPEAK ENGLISH 4 HERE, YOU D	EY LOOSE GUAR	D.								
NA JESUS DEYYY!!!										
WHO DEYYY!!										
Former Nigeria vice president Atiku Abubakar don announce		res for di kontri dey ready to ch	allenge President Bo	ola Ahmed Tinubu for	di 2027 preside	ntial election.				
SWEETIM, HOPE SEY YOU NO STILL DEY VEX FOR ME?										
IF NO BE FOR GOD SPIRIT WEY DEY INSIDE ME, YOU 4										
Atiku wey bin run for presidency under Peoples Democratic F	arty (PDP) for 202	3 general elections yarn dis on-	e for one press confe	erence for Abuja on TI	hursday.					
WHO BE THIS? WETIN BE THIS?										
Oda opposition figures wey include former Kaduna State gov				ua centre.						
NO BE LIE MARY TELL YOU , NA GOD DEY RUN THIS ON		IR MIND, EVERYTHING GO S	OFT							
SAY NA ANGEL!! NO NA! YOU SEE ME DEY WEAR PAMPE										
Atiku say di gathering na di birth of opposition coming togeda										
YOU TELL ME SEY YOUR ANCESTOR DON FOLLOW DON										
As e dey answer questions on weda di opposition coalition pr	ess conference na	di coming togeda of opposition	leaders, Atiku say, "	Dis na di birth of di co	palition of oppos	ition ahead of 20	27."			
HOW I WAN TAKE TELL JOSEPH THIS ONE NOW? HA! SISTER MARY??WHO GIVE YOU THIS ONE?										
SISTER MARY, NA YOU GO BORN THE PIKIN WEY GO SA	VE THE WORLD									
we no go pass another road go back.	VE THE WORLD.									
AH! WHY ME? BABES BOKU NA. I NEVA MARRY SEF.										
As e dey answer questions on weda di opposition coalition pi	ess conference na	di coming togeda of opposition	leaders Atiku sav "	Dis na di hirth of di co	nalition of onnos	ition ahead of 20	27 =			
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we no go pass another road go back.										
AH! WHY ME? BABES BOKU NA. I NEVA MARRY SEF.										
If you no get influence, dem go treat you like trash.										
No dey form say you be innocent, when you be criminal.										
The thing wey dey make you strong, fit make you weak if you	abuse am.									
If you wan win, you go fight dirty sometimes.										
No dey carry another person wahala, e go give you high bloo	d pressure.									
The person wey dey admire you, dey plan to take your place										
If you no get respect, dem go disrespect you anyhow.										
No dey form say you be perfect, when you be human being v										
The thing wey dey give you life, fit give you death if you misu		Na dan assa as a a a a a a a a a a a a a a a			battan If :		th accel:			
If you wan achieve something great, you go sacrifice many the	ings wey you like.	no dey carry another person lo	au, carry your own d	esuriy and make am l	better. If you wa	ıı go ıar, travel w	ui peopie wey ge	i selise.		
No matter how dark the night be, the sun go shine again.										
The patient dog dey chop the fattest bone. When you fall, dust yourself and move on.										
Justice Ladiran Akintola wey sidon on top di mata bin order n	nake dem release (ti international passnorts of di c	efendante							
Di judge advise di defendants make dem dey guided and avo			cicidants.							
Di Oyo State Attorney-General, Abiodun Aikomo, wen e tok to			ent wev cause di de	ath of plenti children a	as unfortunate					
E say di law, wen death happun for circumstances wey no na			crit wey cause ur der	aut of pictia chilateri a	as uniortariate.					
So di state bin respond by filing charges against di persons v										
If you no get power, dem go use you like tissue paper.	, , ,									
No dey form say you be holy, when you dey do evil.										
The thing wey dey give you joy, fit give you sorrow tomorrow.										
If you wan succeed, you go face many challenges.										
No dey carry another person cross, e go kill you before your	ime.									
The person wey dey flatter you, dey plan to use you for mone	y ritual.									
If you no get influence, dem go treat you like trash.										
No dey form say you be innocent, when you be criminal.										
The thing wey dey make you strong, fit make you weak if you	abuse am.									
If you wan win, you go fight dirty sometimes.										
No dey carry another person wahala, e go give you high bloc										
The person wey dey admire you, dey plan to take your place										
If you no get respect, dem go disrespect you anyhow.	ith flame									
No dey form say you be perfect, when you be human being v	itii iiaws.									
No worry, I go carry you go You no be good friend o.										
person wey im leg neva touch ground?										
but I don give you food chop.										
Vatican say Pope Francis get pneumonia for im two lungs.										
shebi you dey go school tomorrow?										
How I go take do am, na im make fowl no fit fly like oda birds										
Animal wey dey use im teeth climb tree, know di tree wey bitt										
Dat one concern you and her.										
Class wey God use rain cancel am who am I to attend?										
I don hear you na.										
Wen you watch di games, you go see more problems dan so	utions.									
No o,I want make we pass de same road.	4									
Paul Pogba suspension don finally end.										
no I no want.										
no I no want. We go settle di mata.										
no I no want. We go settle di mata. Yes, better say you hear										
no I no want. We go settle di mata. Yes, better say you hear Who dey ground already no dey fear to fall.										
no I no want. We go settle di mata. Yes, better say you hear	ies for Abia State									
no I no want. We go settle di mata. Yes, better say you hear Who dey ground already no dey fear to fall. I dey happy because I get good news. Gownor Alex Otti say im dey veri unhappy wit di state of facili University.	ies for Abia State									
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no I no want. We go settle di mata. Yes, better say you hear Who dey ground already no dey fear to fall. I dey happy because I get good news. Govnor Alex Otti say im dey veri unhappy wit di state of facili University. I hear say my sister born Dat one dey sweet, congratulations! If you no sabi speak pidgin just shut up. When you want go there? i never know o. try go today na. why you want make I go today?	ies for Abia State									
no I no want. We go settle di mata. Yes, better say you hear Who dey ground already no dey fear to fall. I dey happy because I get good news. Gowner Alex Citti say im dey veri unhappy wit di state of facilit University. I hear say my sister born Dat one dey sweet, congratulations! If you no sabi speak pidgin just shut up. When you want go there? Inever know o. try go today na. why you want make I go today? Wetin dey make you love me?	ies for Abia State									
no I no want. We go settle di mata. Yes, better say you hear Who dey ground already no dey fear to fall. I dey happy because I get good news. Govnor Alex Otti say im dey veri unhappy wit di state of facili University. I hear say my sister born Dat one dey sweet, congratulations! If you no sabi speak pidgin just shut up. When you want go there? i never know o. try go today na. why you want make I go today?	ies for Abia State									
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Ova my dead body.						
I sure say I want near there.						
Wetin una dey plan?						
Wedding, birthday, or even baby shower?"						
We dey gidigha for here to give you correct decor wey go make	ke everywhere sweet.					
Our designs na top-notch, we go turn your event to paradise.						
You sabi say we dey use original materials, no fake thing here	b.					
Make you no dull yourself, book with us today and your event	go be the talk of town.					
I no get house lemme.						
You na my partner.						
We go make am work.						
How your family dey?						
I dey sure say You like this your new phone?						
Where you dey go?						
You na my soulmate.						
I love you more than yesterday, shey you believe me.						
Nobody send lizard egg, but im hide am pass fowl own wey go	et value					
Na condition make Cravfish bend						
lol normal. once i start speaking pidgin with you, you don turn	OG for my eyes.					
I no go tell your mama.						
You na my everything.						
I love you so much, no be lie.						
You dey my heart.						
I no fit live without you. Bird and fish fit be friends, but dem no fit live for di same hous	_					
You fit be di right person make lack of moni turn you to di wron						
lol, wetin for happen?	ng poraum.					
dey let negativity bring you down, stay positive.						
Na wetin you contribute, dey make difference.						
If you no get purpose, you no go fulfilled.						
No dey be afraid to take risks, be bold.						
Na wetin you overcome, dey make you stronger.						
If you no get resilience, you go break easily.						
No dey let failure discourage you, learn from your mistakes.						
Na wetin you inspire, dey live on.						
If you no get integrity, you no go respected.						
No dey compare your beginning to someone else's middle.						
Na wetin you give back, dey make world better.						
If you no get kindness, you no go touch lives.						
No dey let others define you, know yourself.						
Na wetin you stand for, dey make you unique.						
If you no get humility, you go fall.						
No dey take shortcuts, do things the right way.						
Na wetin you leave behind, dey matter most.						
Obedient dey better pass sacrifice						
Na to know God, na em sure pass.						
The person wey dey rush, go tear cloth.						
No dey look the mouth wey dey chop with you.						
When money enter, everything correct.						
If you lie for me, I go lie for you double.						
No dey carry yam for head dey follow who get bicycle. The thing wey you dey look for sokoto dey, e dey your pocket.						
If you wan chop fowl, you go pamper am first.						
No dey do like say you no know road, when you be agbero.						
The person wey dey give you sh*t, no be your friend.						
If you no get connection, you go suffer long thing.						
No dey form say you be saint, when you be sinner.						
The thing wey dey sweet pass sugar, dey kill faster.						
If you wan hammer, you go hustle like mad man.						
No dey carry woman matter put for head, e go scatter your broad	ain.					
Even if we farm togeda, everybody know im boundary.						
No forget to share your own too for comment.						
Old woman dey look after pikin so that e go grow teeth for her	. Wetin old man dey see sit down,	youth no fit see stand.				
You dey make me happy.						
Make you sef they try chop.						
Who dey yarn any how for Junction.						
We no dey fear ooo we sabi para.						
You dey talk anyhow.						
Hunger dey ooooo. I no want Sabi another road.						
No capping, You na my day one OG.						
no reason am, everything go okay.						
I no fit live without my phone.						
You dey my thoughts.						
My love, you dey shine bright.						
You make my heart happy.						
I no fit forget you.						
E dey with us always.						
You sabi say we fit always thank God?						
Yes, we fit always thank God.						
E dey bless us, e dey prosper us.						
You sabi say God dey love us unconditionally?						
Yes, God dey love us unconditionally.						
E no dey expect anything from us.						
You sabi say we fit always trust God's plan?						
Yes, we fit always trust God's plan.						
E dey work for our good.						
You sabi say God dey answer prayers?						
Yes, God dey answer prayers. E dey listen to us.						
E dey listen to us. You sabi say we fit always pray for guidance?						
Yes, we fit always pray for guidance.						
E dey guide us, e dey direct us.						
You sabi Pray well?						
You sabi say God dey with us in good and bad times?						
Yes, God dey with us in good and bad times:						
E dey comfort us, e dey strengthen us.						
E dey comfort us, e dey strengthen us.						

You like food?									
I love Nigeria cause na my country									
ok na I don hear you.									
My people, make we yarn small.									
Wetin una think, education dey important?									
E dey very important oh.									
Na education dey open person eye.									
If you sabi read and write, e go help you for life.									
I gree.									
If person no go school, e go hard am to get better work.									
Even to start business, you need small education to sabi how	to calculate mone	ey and write name	Э.						
True talk.									
But sometimes, people wey no go school still dey make mone	ıv.								
Wetin una go talk about that one?									
Na correct point.									
Some people get talent, and dem dey use am hustle.									
But even self, small education fit help dem do better.									
Like if dem sabi use phone or computer, e go help dem marke	et their business o	nline.							
Yes na!									
You fit dey sell clothes or food, but if you sabi small social med	dia, your market fi	it grow well-well.							
Another thing be say, education no be only about book.									
E also help person think well, sabi how to handle matter for life	e.								
Na so.									
But make we no lie, for Naija, some people graduate but still of	dey find work.								
E dey frustrate sometimes.									
Na government matter be that.									
Dem suppose create more job and encourage skill learning to	ю.								
But even if work no too dey, education still get value.									
True true.									
Education dey give confidence.									
If you enter place, you go fit express yourself, no go dey fear s	say you no sabi ta	alk or write well.							
I wan add say, education dey help society too.									
If more people go school, crime go reduce.									
People go sabi law, and dem no go too fall for scam or bad inf	fluence.								
E make sense, even for house, if mama and papa get small e		fit help their pikin	with homework a	and guide dem we	ell.				
E clear say education get plenty advantage.									
But government suppose try make am easier for everybody, e	specially people v	wey no get mone	y.						
And dem suppose improve the kind teaching wey dey for scho		, 5							
No be to cram book alone, but to sabi how to solve real life pro									
Skill learning too dey important.									
Everybody no go do office work.									
Some go be carpenter, tailor, mechanicall of dem need educ	ation in their own	wav							
I dey happy say we get this talk.	audit iii uidii diiii								
Make everybody try get education, even if na adult school or of	online learning								
Na true.	Annie rearring.								
As dem talk, na who read book, dey lead road.									
Make we encourage others to learn something.									
No wahala na									
Make I continue the discussion from where we stop.									
We go carry the talk go deeper small — still on why Education	Dev Important h	uit we an touch m	nore angles now						
Make we talk true, some people dey fear say education na wa				vev no get work					
I understand that fear, but education no be only to find work.	ioto or anno becada	oc dem dem occ	many graduates v	rey no get work.					
E dey build your brain, make you fit reason better.									
Even if job no come quick, you go still get sense to survive.									
E lie for us.									
Education dey help you dey sharp.									
Like if dem give you contract, you go sabi read am well before	vou sign.								
Some people don fall mugu because dem no fit read small pa									
Yes oh.									
And even for health matter.									
If you no get small education, you fit no understand how to take	ke medicine or rea	ad doctor instructi	ion						
Exactly, my people.	to modiume or rec	30 000101 111011 0011							
I remember one woman wey give her pikin overdose because	she no sahi the r	rescription							
If she go school small, she for avoid that mistake.									
And for politics too.									
If you dey educated, dem no go fit deceive you anyhow during	a election								
You go sabi your right, and you go fit ask question.	,								
Another way to help yourself na mentorship.									
Look for person wey sabi that thing wey you wan learn.									
Humble yourself, ask questions, and observe.									
Yes oh, and even if you no fit find mentor physically, read book	ks, watch videos	listen to podcasts	3.						
Anything wey fit open your mind.		,							
So una dey talk say if person get right mindset, keep learning,	and no give up	e go still make an	n?						
Bros Na so.	,								
No be today the seed go grow, but if you water am well, e go	turn tree.								
Just dey consistent.									
You get the fire spirit!									
I love how you dey enjoy this — make we roll now.									
This time, make we dive into how youths fit use education take	e create better fut	ure for themselve	es — no be to just	dey wait for help.					
My Broda, all these things wey una don talk make sense.									
But how person go take start?									
Sometimes, I just dey feel stuck.									
Like, I wan learn, but I no even know where to begin.									
My Sista understand you.									
I been feel that way before.									
But I just start small — one step at a time.									
First na to decide wetin you like, then find way to learn am, ev	en if na YouTube	or free class.							
My brother, you fit pick one skill — like graphic design, data er									
Dem plenty for internet.	,,g, or sv	,							
Some even get free certificate.									
No forget say hustle no bad, but hustle with sense na better the	ning.								
	Ĭ								
If you dey sell anything, try learn how to market am well. Learn customer service									
Learn customer service.									
Learn customer service. All na part of education.									
Learn customer service. All na part of education. And always write down wetin you learn.									
Learn customer service. All na part of education. And always write down wetin you learn. De Keep record.	3 Opportunity wev	go change vour l	life.						
Learn customer service. All na part of education. And always write down wetin you learn. De Keep record. If you sabi write proposal or business plan, one day you fit see		go change your l	life.						
Learn customer service. All na part of education. And always write down wetin you learn. De Keep record.		go change your l	life.						

Na small idea dey turn big company tomorrow.							
But waiting dey worry most youth be pressure.							
Social media dey make everybody feel like dem dey late.							
People dey fake life online and e dey confuse person.							
My sister you talk truth.							
But remember say real life no be Instagram.							
Real growth na process.							
Education dey help you focus on long-term, no be just quick	money						
I dey always tell myself say "slow success better than fast fa							
If I dey learn today, I dey invest in tomorrow.							
My pikin, na true.							
For life, na who get sense dey last.							
Na why I dey pray make una carry this hunger to learn go fai							
Another way to help yourself na mentorship.							
Look for person wey sabi that thing wey you wan learn.							
Humble yourself, ask questions, and observe.							
Yes oh, and even if you no fit find mentor physically, read bo	oks, watch videos, listen t	podcasts.					
Anything wey fit open your mind.							
So una dey talk say if person get right mindset, keep learning	and no give up, e go st	make am?					
Na so.							
No be today the seed go grow, but if you water am well, e go	turn tree.						
Just stay consistent.							
Na true talk be that!							
Everybody no dey reason like that.							
You wan make we run?							
No na, I no talk say make una run na.							
That one na true.							
Education dey help people vote wisely, no just because of ric	ce or wrapper.						
You sabi say, even relationship dey better with education.							
If you marry person wey dey reason well, una go settle matter	er maturely.						
No be every time fight go start.							
Hmmmyou talk well.							
And for parenting too.							
Educated parents dey raise children well because dem sabi							
Make I talk this one — even if person no finish secondary so	hool, make e no stop to le	arn.					
Learning no get age.							
You fit still learn from phone, internet, church, or even works	hop.						
True talk.							
Me I dey learn carpentry now, and I dey use YouTube join m	y training.						
Education now dey everywhere — just get the interest.							
Na mindset matter.							
If you value knowledge, you go always dey grow.							
Even if na small-small, every day na step forward.							
So wetin una go tell pikin wey dey ask, "Why I go school?							
I go tell am say, "School go help you become better person,		fe, and help you understa	nd the world well."				
I go add say, "School no guarantee money, but e guarantee							
And na better sense dey help person make money and live g	good life."						
I go tell the pikin, "Learn as much as you fit.							
Nobody fit collect your knowledge from you."							
We don yarn well today.							
Make we carry this message go give others.							
Education na key, and we suppose dey unlock that door eve If you want a version for drama, debate, or maybe turn am in		I fit halp too					
Just let me know!	ito a silori piay or speecii	i iit rieip too.					
Nice one, you don do your own na!							
I like say you dey enjoy the flow.							
Make we run plenty of the discussion, still on why Education	Dev Important						
This time we go involve a teacher and a young person wey or		to make the talk more re-	al and relatable				
Una Good evening o.							
I hear una dey talk about school.							
Abeg make I ask — wetin be the use of all this school wey p	erson go, come still dey h	stle like person wey no go	school?				
Good question, my pikin.	J.,						
But make I ask you, you think say na only money be the reas	son why person go schoo	,					
Na money we dey find now.	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,						
If school no go guarantee am, wetin be the point?							
My brother school fit no give you money straight, but e go give	ve you better tools to find	he money.					
E dey teach you how to think, plan, and handle things.							
My dear, education dey open your brain.							
Make I give you example — you sabi how to write business	oroposal?						
No, I no Sabi.							
But if you learn that, you fit take idea go look for support.							
You fit write to NGO or even government.							
That na power wey education dey give you.							
I remember when I wan start my catering business.							
Na one small training I attend teach me how to write plan, ac	lvertise online, and mana	e customer.					
Now I dey get steady orders.							
Even to use small app to sell something online, na education	help.						
No be everything be classroom.							
Some na self-learning, but the mindset start from education.							
Hmm so una dey talk say education pass classroom?							
Exactly, na en be that.		di far:::::::::	line Factor				
Education na anytime you dey learn new thing wey go better	your lite even if na tailori	y, coding, farming or spea	ıkıng ⊨nglish well.				
No knowledge dey waste.							
You fit mix school with handwork.	roohy but does done i	liko husinoon haanu	om nahi haali				
Some people wey go school still dey drive keke or do photog You don notice say even YouTube wey people dey learn from			om saul DUUK.				
If you no get small sense, how you go even understand weting		ouring day teach there.					
	. com doy taik!						
E be like say I dey see am small small now. So even if I no get money reach to go university, I fit still lear	n something?						
So even if I no get money reach to go university, I fit still lear Yes oh!	n someuning?						
Education dey for everywhere now.							
Na to get interest and no give up.							
Start with wetin you fit.							
Even adult school or free online course fit help.							
If you sabi one thing well, combine am with book knowledge.							
Na so e suppose be.							
Okay, I go try.							
I go start with learning better English and small computer tra	ining.						
From there, I fit build up.							

Correct, you too sabi							
Na so e suppose be! I dey feel the vibe — you dey enjoy the groove and e sweet m							
Make we run Especially for our country wey still dey struggle		iore.					
My children, I dey happy say una dey talk this thing.	with bad system.						
But truth be say, education don cost now.							
How poor person go fit train pikin?							
Na true talk.							
Some schools dey collect too much money.							
Even public school wey suppose cheap, dem still dey ask for	different charges.						
Na government suppose do better.							
If dem fit provide free and quality education, people go benefit And make dem train teachers well too.	t well.						
Some teachers no dey serious, and some no even get passio	n for teaching						
Hmm Tunde, you dey right.							
As teacher, I know say some of my colleagues just dey teach	because no other	r job.					
But if government pay teachers well and provide better training							
Another wahala na say some schools no get materials — no l	oooks, no lab, no	toilet sef!					
I go talk say community too suppose help.							
If we wait for government alone, we go wait tire.		6					
We fit come together do small repairs, donate books, or even E good say una dey think like this.	start atter-school	lesson for children.					
In our time, we dey do community cleaning for school and sup	nort the teachers						
Now everybody just face their phone.							
Speaking of phone — technology suppose help education no	w.						
But some children no get access to laptop or internet.							
E no go too hard if government and big companies fit donate	tablets to public s	chools.					
Even solar system for villages fit help school use small tech.							
I hear say some people dey teach children coding inside slum. That kind thing dey sweet me.	ı areas.						
Na passion and support dey move am.							
Yes, weytin happen?							
Some NGO dey try well.							
But more people suppose join hand.							
Education no be government work alone — na all of us.							
Make we no forget adult education too.		To a second					
Plenty mama and papa no finish school, but if we give dem characteristic for if or anoda day.	nance, dem fit still	ieam.					
If mama sabi read and write, she fit help her pikin.							
And papa fit even use am boost his own business.							
I be example.							
I no go school well, but I later learn how to read Bible and cou	int money for mar	ket.					
E change my life small.							
See? I tell you na							
Education no get expiry date.							
Any age, any place — person fit still learn something.							
So final point be say, make we all dey support education in our Teach, donate, encourage, or just spread awareness.	ir own way.						
Na true talk!							
Education na light.							
Make we no let the light off.							
I dey go church.							
Which church you dey?							
How your body? I dey okay.							
Wetin dey happen?							
Abeg, help me.							
No wahala.							
I no sabi.							
Shey you dey chop beans							
I wan chop.							
I dey find peace of mind This food sweet well, well.							
How much last?							
I no fit.							
Wetin be your name?							
My name na John.							
Where you dey go?							
I dey go market. Make we go.							
I dey come that side							
No vex again abeg.							
Abeg, commot for here.							
I dey see your JPEGS.							
You too much.							
I like this film o Everything don tire me							
Everything don tire me Shey you dey whine me? I no get time for that.							
Wetin you talk? I dey feel am.							
You dey craze? I dey vex.							
Make we gistl dey enjoy di party.							
Abeg, no dullHow far?							
I dey alrightNo shaking.							
Wetin you chop? I no sabi wetin you talk.							
Shey you dey come? I dey wait for you. Abeg, no wahalal go like am.							
You dey make sensel dey see am.							
No be liel dey go sleep.							
Shey you dey hear me? I dey talk true.							
How far? I dey alright.							
Wetin dey happen? You don chop?							
I never chop, I dey H.							
Abeg, help me carry this load.							
No wahala, I go help you.							
Shey you sabi that guy? I no sabi am, but I hear say na aproko.							
How much be this thing?							
How much last?							
I dey go market Which market?							

I dey go Balogun.										
No vex, I no mean am.										
I no gree, you dey give me wahala.										
I wan sleep.										
No sleep too much o, make you no become mumu.										
Wetin be your plan for weekend? I go just dey house, no wahala.										
Na so so wahala, but I dey try.										
No, wetin happen?										
You dey try, but you need more practice.										
I too dey miss you, na why I dey come visit. I go try, but no wahala if I no fit.										
You go need plenty practice, but e go sweet.										
No be small thing, but I go manage.										
Abuja fine, you go enjoy.										
I go hustle, no wahala. Good idea, but make you plan well.										
Make you try learn computer, e dey pay.										
No worry, we go find solution together.										
Na so, di music dey make sense.										
Na through my friend, no wahala.										
Good, make you no become mumu. I sabi small small, but I dey learn.										
No wahala, e go better.										
I just do small party, nothing serious.										
Make sure say you get good instructor.										
Make you dey focus on your goal, no wahala. I dey plan to travel go abroad.										
How that side??										
I dey fine.										
Wetin dey happen for area?										
Abeg, help me small. No wahala, abi?.										
No wanaia, abi?. I no sabi.										
Shey you go chop?										
I wan chop Egba.										
Hunger din finish me. This food sweet well, well.										
How much last?										
I no fit.										
Wetin be your name?										
My name na John.										
Where you dey go? I dey go market.										
Make we go.										
I just dey come back now.										
No vex too much.										
Abeg, park well. I dey see your JPEGS.										
You too much.										
I dey gbadun am										
No be small thing.										
I dey learn am.										
Shey you dey whine me? I no get time for that.										
Wetin you talk?										
I dey feel am.										
You dey craze?										
I dey vex. Make we gist.										
I dey enjoy di party.										
Abeg, no dull.										
How far?										
I dey alright. No shaking.										
Wetin you chop?										
I no sabi wetin you talk.										
Shey you dey come?										
I dey wait for you. Abeg, no wahala.										
I go like am.										
You dey make sense.										
I dey see am.										
No be lie. I dey go sleep.										
Shey you dey hear me?										
I dey talk true.										
Na today, di Nigerian government announce say dem don inci		iel again.								
Di new price go affect petrol, as e don rise from N170 per litre Di government talk say di increase na to help di economy, but		lon vex as dem .	no dev hanny with	di increase						
Some people don talk say dem go struggle to manage, especi					v join.					
E still dey hard for many Nigerians wey dey face high cost of I	living.									
For some parts of di country, especially for North-East, di secu										
Di government talk say dem go increase military presence to I But di situation still dey serious as many people don lose their			ave their area							
Di people wey stay there dey appeal to di government for mor										
Di Appeal Court for Abuja don deliver di final verdict for di pres										
Di court talk say di election result wey dem declare for Februa				el am.						
Some opposition party members don express disappointment										
Di president don thank Nigerians for their support and talk say Some people believe say di decision go bring more peace, bu										
Di rainy season don start well for Nigeria, and di National Eme				ple about possible	flooding in some	e areas.				
Dem say people for states like Lagos, Benue, and Rivers need	d to be careful bed	cause of di heavy	rains wey fit caus	e flood.						
Dem also talk say people for flood-prone areas make dem no										
For di education sector, lecturers for some federal universities Di students wey dey school don complain say di strike dey affi				ach agreement wi	th di government	on better pay and	conditions.			
Di government don promise to resolve di issues but no solutio		u. uoaueiiiii C								
Many students don dey worry about how long di strike go last,	, and wetin go hap									
On sports news, di Nigerian national football team don dey pre	epare for di upcon	ning African Cup	of Nations (AFCO	N).						

Di Super Eagles go play against some top teams in di tournal	ment, and many N	ligerians dey hope	eful say dem go p	erform well.								
Coach don talk say di players dey ready to give their best, bu	t he also emphasi	ize say teamwork	and discipline go	help dem succeed	d.							
Fans dey look forward to di matches, and everybody dey hop	eful for a win.											
Di traffic situation for Lagos and Abuja don dey worse.												
For Lagos, people don dey complain say dem go spend hour	s for traffic becaus	se of bad roads an	nd construction we	ork.								
		1 snace										
			ev dev cause stre	velah hne se								
		di tramo wanda w	icy doy ddddd diid	ood and dolay.								
		ntn: anthor for oh	urah aansiaaa ta m	ork di dooth and i	requiremention of lo	oue Christ						
				lark di deatii and i	resurrection of se.	aua Officat.						
			icorate.									
			noo in nood									
				ter power distribu	tion.							
					tell if di plan go w	rork.						
Di Economic and Financial Crimes Commission (EFCC) don	arrest more suspe	ects wey dem accu	use of embezzling	public funds.								
Di EFCC say dem go continue di fight against corruption to el	nsure say public re	esources go used	for di benefit of d	i people.								
Some Nigerians don commend di EFCC for di work, but some	e people still dey o	complain say di fig	tht against corrup	tion no too clear a	ınd no enough hig	h-profile cases do	on go to court					
Dem say dem go like see more action.												
	vaves.											
		ev eniov di tunes										
			al artistes									
				continue to domin	ate di African ente	ertainment scene						
	Tronywood mino c	Juli dey make war	co, do rrigoriano i	DOTALITIES TO GOTTILITY	ato arramouri onto	Jirdininioni docino						
1 1	any Nigeriana act	ner for party con-	erts and family =	et-together								
Set State for the case of any interference or protection of the case of the ca												
			•	for purel entre 5	government to	promine to all the	more finite for	i contor	ro con been	rom ant ball	ning ord	
									e say nealth work	cers get better trai	iiiig and support.	
				nagequate healtho	care tacilities, esp	ecially for remote	parts of di country	<i>i</i> .				
			-	dying abroad								
		nose wey depend	on scholarships a	nd their family su	pport.							
.Some Nigerian celebrities don show love to their communitie	s by giving back											
Actors, musicians, and influencers don organize charity even	ts, donate food, cl	othing, and even	offer scholarships	for young studen	ts.							
The stages appeared to any process of the control o												
Can control for a fine of the proof of protein day setting and what is all the control for a fine of the proof of the control for a fine of the proof of the control for a fine of the control for a fin												
.Di tech industry for Nigeria don continue to grow, with more s	startups emerging	and attracting inte	ernational investo	rs								
.Companies dey develop new solutions for agriculture, fintech	n, and healthcare,	wey dey help solv	ve local problems	and create jobs.								
					ernment need to d	create better polici	ies and infrastruct	ure to support the	growth.			
		,	,,									
You no dey see wetin I dey talk?												
Di whole place full of people, we no fit move.												
I no fit talk anything now, I dey think.												
How you go leave di house like that?												
Di man no sabi how to handle di situation.												
Di food sweet, but no be all of us go fit chop.												
Dem no go believe until dem see am with dem own eye.												
E no get how e go take happen if I no come.												
-												
She no fit come because she dey sick.												
Di way e take talk no make sense at all.												
Dem wan spoil di party, but we go still enjoy am.												
Di money no dey, but we go find way.												
Di woman sabi work hard, she no go stop.												
I no wan talk, but I go tell you later.												
Dem dey talk about me, but I no care.												
Di thing too much, I no sabi how to handle am.												
Di children go school, but dem no dey focus.												
I don't know why you dey ask me that.												
Dem no give me chance to explain myself.												
No wahala, I go do am for you.												
Di thing dey work, but e no go last.												
I go show you when time reach.												
She dey laugh, but I no get di joke.												
and any ranger, part into got at jone.												

No go near am, she too dey vex. Dem say dem no fit do am, but we go try.						
I no go go, unless you come wit me.						
Di thing no dey work, we go fix am.						
You sabi how to handle di problem.						
I go explain for you, make you no worry. Dem no fit tell me how I go live my life.						
.I no dey follow the crowd, I dey do my own.						
Di man dey try but e no Sabi di right way.						
If you no talk, who go hear?						
You no go Sabi wetin I go do now.						
Di woman no get time for all dis talk. How you dey?						
I dey fine, thank you.						
Wetin dey happen?						
Nothin' dey happen, jare. I dey go market.						
Make you no forget buy pepper.						
I no go forget.						
Na so dem dey do am.						
Dem dey craze. I no understand wetin dem dey talk.						
Dem dey speak English.						
But me no understand.						
No worry, I go explain am.						
Thank you, bros.						
You're welcome, sis. How much be dis thing?						
Na two thousand naira.						
Dat one too expensive.						
Okay, I go reduce am. Make I pay one thousand five hundred.						
Make I pay one thousand five hundred. I go pay now-now.						
Make you no worry, I get am.						
Na my brother get am.						
Him dey come now. Make we dey go.						
I dey hungry, where we go chop?						
We go chop at Mama Put.						
Wetin you wan chop?						
I wan chop jollof rice. Dat one dey sweet.						
You try am before?						
Yes, I try am.						
E dey make sense.						
No be so. You dey lie.						
I no dey lie, I dey tell you truth.						
Make we settle dis matter.						
I no get time for dat.						
You dey waste my time. Sorry, na mistake.						
No worry, I forgive you.						
Thank you, bros.						
You're welcome, sis. Make we be friends.						
I love you, bros.						
I love you too, sis.						
Na God go punish you.						
You dey craze. I no dey craze, I dey tell you truth.						
Make we no fight.						
I no wan fight you.						
You dey make me angry.						
No worry, I forgive you.						
Make we hug.						
I like dis song.						
life no easy. I need send my bro money.						
Yes, dey go .						
where you want ma go?						
shift ma sit down.						
where you want ma shift go? I dey tell you truth.						
Make we settle dis matter.						
make I tell my people wetin?						
my mind no dey where you dey o.						
which kind mistake be that? oya commot for my front.						
I no be your friend.						
I no like that bros						
I no dey like this kind thing.						
Na God go punish you. You dey craze.						
I no dey craze, I dey tell you truth.						
Make we no fight.						
I no wan fight you.						
You dey make me vex. Sorry, na mistake.						
No worry, I no want.						
why I go hug you?						
I dey vex.						
M/hy you doy on/2						
I dey cry because I lose my phone.						
Why you dey cry? I dey cry because I lose my phone. 84.chai Sorry to hear dat one. No worry, I go help you find am.						
I dey cry because I lose my phone. 84.chai Sorry to hear dat one.						

Make we go check.						
I no see am.						
Maybe you forget where you put am.						
I no forget, I remember.						
Okay, no worry.						
I go buy another one for you. Thank you, bros.						
You dey welcome						
Make we go eat.						
I dey hungry.						
Wetin you wan chop?						
I wan chop yam.						
ok collect am.						
You no go like try am?						
Yes, I dey go.						
E dey that side.						
Na so I see am.						
why I go lie. if you like no talk true.						
Make we go the place na.						
you carry the matter for head.						
why you dey play.						
Sorry, I no know.						
No worry, no do again.						
why you want be my friend?						
no carry belle o.						
I no go carry am.						
why God go punish me? you done high abi?						
I no dey craze o.						
Make we no fight.						
if you like go fight.						
no dey make me vex o.						
no be any mistake.						
see fine things.						
no near me o.						
. I dey happy. come dance for me.						
I want go work.						
you just they cap.						
come help me.						
Where you last see that man.						
this man na poor man.						
Make we go church.						
you done see am na.						
maybe I done forget.						
I remember wetin him talk.						
Okay, dey waka for front.						
I go buy rice for front. Thank you my guy.						
we dey go next street.						
na you and her dey do dat one.						
I never chop since o.						
wetin dey happen this December?						
I never know for her o.						
Dat one dey						
I no wetin God fit do						
E dey show favour to anybody Dey careful o						
I want go church.						
No be so o.						
I no see my bag.						
Maybe you forget where you dey go?						
no dey waste my time.						
Sorry, na my mistake.						
I dey grow my business.						
I no fit be your friend. I too like that boy.						
the boy no like you.						
god punish satan.						
shey u dey craze?						
thank God for today o.						
make we dey waka.						
Sorry, na.						
Dat one no be talk.						
You fit chop am? Yes, I fit chop am.						
E dey make sense.						
No be so na.						
You dey talk nonsense.						
I no dey talk nonsense.						
Make we be her friend.						
no dey love me.						
I make right decision so?						
you go still do food for am?						
na my guy dey run am. I no sabi cook o.						
Make we dey go back.						
I no wan dey fight am.						
You dey yan nonsense.						
money done finish.						
Make una settle that mata.						
I no get time for dat kind tin.						
I like that cloth.						
dey wyn ya self.						
Na make I like myself.						
see people na.						

Wetin dey happen for your area?							
Nothing dey happen, na peace we dey enjoy.							
Dat one dey good.							
You don dey learn cooking?							
Yes, I don dey learn am.							
Dat one dey make sense.							
You fit teach me?							
Yes, I fit teach you.							
Make we start with some small tins.							
Okay, dat one dey good.							
I just dey o.							
I dey fine, thank you.							
Dat one dey good eh.							
Wetin be her own?							
My eye dey pain me.							
good to meet you.							
good to meet you too.							
Where you dey from?							
I dey from Lagos.							
. Dat one dey good.							
How old you be?							
I be 25 years old.							
Dat one dey.							
What you dey do for work?							
I dey work as teacher.							
Dat one no be here.							
How much be dey pay?							
I no fit tell you dat one.							
No worry, I understand.							
. Make we go drink something.							
Okay, dat one dey good.							
. Wetin you wan drink? I wan drink beer.							
na wa to you o.							
na wa to you o. Make we go eat something.							
Make we go eat something. Okay, no wahala.							
Wetin you wan do?							
I wan chop jollof rice.							
oya shout go that side.							
Make we go watch film. Okay, dat one no bad.							
Wetin be your favorite film?							
My favorite film be "The chef".							
that film go well o.							
Make we go listen to music.							
see that one na.							
Wetin be your favorite music?							
My favorite music be Afrobeats. you sabi dance am?							
. Make we go dance.							
. Okay, na make we go.							
Wetin be your favorite dance? My favorite dance be Azonto.							
Dat one dey hard o.							
Make we go play football.							
Okay, you sabi play? Wetin he your favorite feethall team?							
Wetin be your favorite football team? My favorite football team na Manchester United.							
jonsing team na you like.							
Make we go read book.							
make we dey go.							
if I tell you wetin happen ehn.							
Wetin be your favorite book?							
My favorite book be "Things Fall Apart".							
I read am too o.							
Make we go learn more songs.							
Okay, na which type?							
The type you like na.							
Haha ok o no yawa.							
No go loose guide.							
Hear me na way I dey talk o.							
Come dress this bed now.							
God go help us o							
As you dey go so no come back o.							
You done go late o.							
Go kneel for that corner							
You dey pray at all?							
You done write your name ?							
Nothing person no go see for this world							
Nothing person no go hear for things world.							
Na god solve all my problem.							
Papa go that woman side.							
Lye down untop the water.							
Go tell your mama that one.							
You get source give me o							
I done speak everything way dey my head.							
Apologise to di people joor.							
See wetin wey cause standstill for di area.							
Thousands of people bin dey stranded for road.							
some no even reach till di next day.							
Some pipo hala say e take dem eight hours to reach dia hous	ie.						
some choose to tanda for dia work place.							
While some take to social media to rant about dia experience	3 .						
I dey use big bros name beg you.							
Oya na everywhere good. No dey vex any how.							
Oya na everywhere good.							
Oya na everywhere good. No dey vex any how.							
Oya na everywhere good. No dey vex any how. You done eat bread and beans before?							

My night be cool, thank you.						
You don chop breakfast?						
Yes, I don chop, I chop akara.						
Akara dey sweet, abi?						
You wan go where today?						
I wan go market, buy some things.						
Make you no forget to buy pepper. I no go forget, I go buy am.						
You be good person, abi?						
Dem done stop people way dey pass there.						
Tell me if you need more things.						
How come you no pass my side.						
Ehn no do that thing o.						
Wetin dey happen for your side?						
I dey enjoy my life, no worry.						
You don hear about di new restaurant wey open?						
I hear say dem get good food.						
Na which kind of food dem get?						
Dem get jollof rice, fried rice, and egusi soup.						
Dat one dey make me hungry.						
Make we go there now.						
I no get money, I dey broke.						
No worry, I go lend you money.						
You be good friend, abi?						
I dey thank you for di help.						
No be small thing, na big thing. I dey appreciate am.						
You dey go where today?						
I dey go my sister's house.						
She dey celebrate her birthday.						
Dat one dey sweet.						
I dey love party.						
You fit come join us?						
I go try, but I no promise.						
No worry, I understand.						
Life dey hard, abi?						
Yes, life dey hard, but we dey manage.						
We dey survive, no be small thing.						
I dey thank God for di life.						
You dey hear about di new music wey drop?						
I hear say dem get nice beat.						
Dat one dey make me wan dance.						
Make we go listen am.						
I no get earpiece, I dey use phone.						
No worry, my phone get good speaker. We dey enjoy di music.						
You be music lover, abi?						
Yes, I dey love music.						
Music dey heal soul, abi?						
Yes, music dey heal soul.						
I dey thank God for music.						
You dey go where tomorrow?						
I dey go my friend's house.						
He dey celebrate his wedding.						
Dat one dey sweet.						
I dey love wedding.						
You fit come join us?						
I go try, but I no promise.						
No worry, I understand.						
Marriage dey sweet, abi? Yes, marriage dey sweet.						
But marriage dey hard, abi?						
Yes, marriage dey hard.						
I dey thank God for marriage.						
You dey hear about di new film wey drop?						
I hear say dem get nice story.						
Dat one dey make me wan watch am.						
Make we go watch am.						
I no get time, I dey busy.						
No worry, we go watch am another time.						
You dey go where next week?						
I dey go my village.						
My people dev sweet						
Dat one dey sweet. I dey love festival.						
You fit come join us?						
I go try, but I no promise.						
No worry, I understand.						
Festival dey bring people together, abi?						
Yes, festival dey bring people together.						
I dey thank God for festival.						
You dey hear about di new book wey drop?						
I hear say dem get nice story.						
Dat one dey make me wan read am.						
Make we go read am.						
I no get time, I dey busy.						
No worry, we go read am another time.						
. You dey go where next month?						
I dey go my friend's house.						
He dey celebrate his birthday.						
Dat one dey sweet.						
I dey love birthday. You fit come join us?						
Tou in come join us:						
I go try, but I no promise.						
I go try, but I no promise. No worry, I understand.						
I go try, but I no promise. No worry, I understand. Birthday dey sweet, abi?						
I go try, but I no promise. No worry, I understand.						
I go try, but I no promise. No worry, I understand. Birthday dey sweet, abi? Yes, birthday dey sweet.						

dey thank God for birthday.						
ou dey hear about di new restaurant wey open? near say dem get good food.						
at one dey make me hungry.						
lake we go there now.						
no get money, I dey broke.						
o worry, I go lend you money.						
ou dey joke abi?						
ly phone fall. ou be good friend, abi?						
dey thank you for di help.						
o be small thing, na big thing.						
dey appreciate am.						
ou dey go where today?						
dey go my sister's house.						
he dey celebrate her wedding.						
at one follow.						
oncing girl done show. he marriage na tomorrow.						
at one dey sweet.						
dey love wedding.						
ou fit come join us?						
go try, but I no promise.						
o worry, I understand.						
/edding dey sweet, abi?						
es, wedding dey sweet. ut wedding dey expensive, abi?						
ut wedding dey expensive, abi? es, wedding dey expensive.						
dey thank God for wedding.						
ou dey hear about di new music wey drop?						
near say dem get nice beat.						
at one dey make me wan dance.						
lake we go listen am.						
no get earpiece, I dey use phone. o worry, my phone get good speaker.						
o worry, my prione get good speaker. /e dey enjoy di music.						
pu be music lover, abi?						
es, I dey love music.						
lusic dey heal soul, abi?						
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dey thank God for music.						
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e dey celebrate he birthday.						
at one dey sweet.						
dey love birthday.						
ou fit come join us?						
go try, but I no promise.						
o worry, I understand.						
irthday dey sweet, abi? es, birthday dey sweet.						
ut birthday dey expensive, abi?						
es, birthday dey expensive.						
dey thank God for birthday.						
ou dey hear about di new film wey drop?						
near say dem get nice story.						
at one dey make me wan watch am.						
lake we go watch am. no get time, I dey busy.						
o worry, we go watch am another time.						
ou dey go where next week?						
dey go my village.						
ly people dey celebrate festival.						
at one dey sweet.						
dey love festival.						
ou fit come join us? go try, but I no promise.						
o worry, I understand.						
estival dey bring people together, abi?						
es, festival dey bring people together.						
dey thank God for festival.						
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near say dem get nice story. at one dey make me wan read am.						
at one dey make me wan read am. lake we go read am.						
no get time, I dey busy.						
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go try, but I no promise.						
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o worry, I go lend you money.						
ou be good friend, abi?						
dey thank you for di help. o be small thing, na big thing.						

I dey appreciate am.						
You dey go where today?						
I dey go my sister's house.						
She dey celebrate her birthday.						
Dat one dey follow you?						
I no get earpiece,I dey use phone. You fit come join us?						
I go try, but I no promise.						
No worry, I understand.						
Make we go listen.						
Yes, that thing they sweet.						
Every thing done cost.						
Yes, marriage rites dey go well. I dey thank God for my friend.						
You dey hear about di new music wey drop?						
I hear say dem get nice beat.						
Dat one dey make me wan dance.						
Wetin dey happen for your area today?						
I dey enjoy my life, no worry. You don hear about de new hotel wey open?						
I hear say dem get good service.						
Na which kind of service dem get?						
Dem get room service, swimming pool, and gym.						
Dat one go make me wan visit.						
Make we go there now.						
I no get money, I dey broke. No worry, I go lend you money.						
You be good friend, abi?						
I dey thank you for de help.						
No be small thing, na big thing.						
I dey appreciate am.						
You dey go where today?						
I dey go my brother house. En dey celebrate him graduation.						
Dat one go sweet.						
I dey love celebration.						
You fit come join us?						
I go try, but I no promise.						
No worry, I understand. Celebration dey bring people together, abi?						
Yes, celebration dey bring people together.						
I dey thank God for celebration.						
You dey hear about de new school wey open?						
I hear say dem get good teachers.						
Dat one go make me wan attend their opening.						
Children go like am? I no get uniform, I dey find am.						
No worry, I go help you find am.						
You be beta person.						
I done thank you na.						
No be small thing o.						
I dey like good things. You dey go where next week?						
I dey go my sister's house.						
She dey celebrate her wedding anniversary.						
Dat na good thing o						
I dey love anniversary. i fit follow you?						
yes you fit.						
No worry, I gat you.						
How many years Anniversary dem dey celebrate?						
na like 50 years o.						
But to celebrate now dey expensive, abi? Yes, o very expensive.						
I dey thank God for anniversary.						
You dey hear about de new hospital wey open?						
I hear say dem get good doctors.						
Dat one go help the community.						
Make we go see how e be.						
I no get appointment tomorrow. we go go together						
You be my paddy man.						
i dey thank Jah for you.						
No be small thing happen o.						
But every where good sha. You dey go market?						
you dey go market? yes I want go buy soup tins.						
ma go buy fuel						
You want waste person time .						
I dey love fish pie.						
You fit join them o						
but I no promise you na. I understand wetin you talk.						
Birthday na for women.						
Yes, I go attend.						
But where this man go self.						
i see am for junction .						
but him no see me.						
You dey hear about wetin happen? I hear say dem get long list.						
how far your Barney?						
Make we go see her.						
I no get that kind time.						
No worry i go, go by myself						
You no be Beta friend. I dey laugh you.						
big big doings.						
I dey your side.						
i no dey go anywhere.						

me want reach Ariel side.						
Their party na tomorrow. She no tell me o						
I no go go.						
i no need anything.						
make every body mind their business.						
you Sabi drive fast?						
Celebration dey bring people together, abi?						
Yes, celebration dey bring people together. dey go for front.						
You dey hear the gist?						
every body dey talk am.						
that girl too fine						
every body want be her friend.						
I no get time for gossip.						
you sure say you well?						
yes I well o. I no sure say you dey alright.						
No be small pikin.						
I dey appreciate wetin you dey do o.						
You na correct person.						
I dey thank God for good friends.						
make we go enjoy life together.						
Yes, we dey enjoy life together.						
Life dey funny sha life dey sweet you na.						
But life dey hard sha.						
Yes, life dey hard.						
I dey thank God for life.						
i like dey on my own						
I hear say dem get nice environment. Dat one na their business.						
Make we go check out the place.						
I no get ticket o.						
No worry, I go buy for you.						
You be my correct nigga						
I dey see you for there na.						
No be small thing happen o. you no dey appreciate person.						
where you dey go tomorrow?						
I want go see my sister.						
She dey cook beta food.						
The food dey sweet?						
Yes na,the food dey sweet.						
You want follow me go?						
I for like follow you o. e done tey I chop good food.						
no wahala, make we go.						
but the place far sha.						
how the place far reach na.						
We never still reach where we dey go?						
no e remain small we go reach.						
You dey hear that sound? I dey hear am o.						
Dat one mean say we dey close.						
Make we go reach fast.						
I don dey tire self.						
No worry, we don reach.						
Ah correct, see beta chow						
thank God say you bring me o. No be small thing dey here o						
I go appreciate you no worry.						
if you dey come next time carry me o.						
you get better longer throat o						
Ehn i gree, leave am.						
Dat your own big o. we no be mate o.						
lol for your mind you senior me o?						
make my small body no decieve you o.						
Close mouth chop food joor.						
i go show you my small bro later.						
wetin I one use am do?						
you go make am your paddy. na your age mate be that.						
I hear say you no get respect.						
Dat one dey.						
na today I confirm am.						
I no like police uniform.						
why you no like the uniform?						
the colour dey somehow. which colour you go like am to be?						
if na dark blue e for make sense						
dark blue na navy colour na.						
You no Sabi anything o.						
Tah I Sabi,ask another person na.						
Guy how far you?						
Guy I just dey o.						
shebi navy colour na dark blue? guy man I no too sure o.						
oya make we leave the mata						
No worry I go ask my sis.						
wetin your sis Sabi?						
you want begin insult me?						
na question I ask o.						
i no insult you. you get luck say I chop sweet food.						
lol, wetin for happen?						
your teeth for done full ground na.						
you Sabi try person o.						

oya come dey,go your house.						
I no get house lemme.						
No worry, I go carry you go.						
You no be good friend o.						
I gree I no be good friend.						
but I done give you food chop.						
I appreciate the food na.						
shebi you dey go school tomorrow? I no sure say I want near there o.						
I go tell your mama.						
Dat one concern you and her.						
Better use your life do better thing.						
I done hear you na.						
we go pass another road go back.						
No o,I want make we pass de same road.						
you no want Sabi another road?						
no I no want.						
ok na I done hear you.						
Yes, better say you hear Wetin dey make you happy today?						
I dey happy because I get good news.						
Na which kind of news you get?						
I hear say my sister born						
Dat one dey sweet, congratulations!						
thank you, I dey celebrate.						
When you want go there?						
i never know o.						
try go today na.						
why you want make I go today?						
Wetin dey make you love me?						
because u dey bring people together. Dat one na true sha.						
I dey thank God say I meet you.						
You done hear about de new market wey open?						
I hear say dem get cheap things.						
Dat one go make sense o.						
Make we go there next week.						
ok no wahala.						
No worry, I go come later.						
you sure say you go come?						
I done tell you say I go come na.						
ok o no wahala.						
I dey wait for you.						
You go stay there wait me? no I go go field go wait.						
that place far na.						
Dat one no concern you o.						
You no dey like listen.						
You fit sit for that bar wait na.						
I no go sit for any bar wait.						
oya no wait again dey go						
no be you go tell me wetin I go do.						
You no dey fear me again o.						
no time I been dey fear you.						
you done turn big girl na. no dey whine yourself o.						
Come follow me go that restaurant.						
I know say them go get swallow						
if them no get kwanu?						
Make we go there first.						
I no dey follow you.						
I go buy you food o.						
which type of food.						
any type you want.						
you wan jonse me abi?						
I no dey jonse you jare. make we dey go the place na.						
wait ma go baff first.						
just to go across the road?						
Yes na,I no want look rough go.						
I done tire for you.						
You fit tire for me?						
me I be your personal person o. No worry, I go show you something.						
when we dey go the club?						
Friday night na en we go go.						
no wam Friday make sense.						
Ma go find fine clothes						
you want come fine pass me?						
Dat one dey na.						
Make we go there go do wetin?						
see how that house fine						
the house fine no be small. i go like build that kin fine house o.						
ngo like build that kin fine house o. make God just bless me with better money.						
the place make sense die.						
e get where you go follow me go later						
I no get transport o.						
I go give you transport.						
how much be the transport?						
Fit reach 3k o.						
You na thief o, which kind 3k.						
the place far from my place na.						
oya I don hear you.						
wetin you know say you hear?						
make we go hangout na. you too like hangout o.						
Person gats chill small na.						
e dey important Abeg.						

Marie Code Control Control									
Ma go find wetin go fit me. every where suppose stew.									
I hear say your guys don come back.									
yes o, I go visit them tomorrow.									
Which place them go self?									
I no fit remember the place name o. i go ask them later.									
oya na make we see tomorrow.									
this country done tire me o.									
No be small thing, every thing just cost.									
goods na times two the normal price. You dey go shopping?									
shopping with which money na?									
you no dey hear say goods don cost?									
Goods cost pass people salary.									
my salary no dey even carry me one month. you dey talk one month, my own na two weeks.									
small time things go change.									
Make them begin Change now o.									
Just get patience na.									
this rice sweet sha Yes, but you too like food.									
who no like food na?									
me o, I no dey too eat food									
I dey like drink juice instead.									
which kind juice,you dey like? that juice wey get plenty fruits mix together.									
oh na mixed fruit juice you like.									
that thing na children drink na.									
you supposed dey drink adult drink.									
wetin be adult drink? adult drink na beer na.									
which brand of beer you dey like?									
i dey like the once way no dey too bitter.									
so bitter things dey fear you.									
no be say bitter things dey fear me o ,I just no like am. ok o, go drink your sweet beer.									
Be like something dey worry you.									
No Person wey no well dey gree say e no well?									
me I well o, I no know wetin you dey talk.									
ok I don hear, you well na. Everything just dey go left, left.									
any better for me?									
who dey drive that your old car.									
I done sell that car na. My money hang for Atm.									
Nationwide protest wey dem plan against bad governance do	n kick off o								
this thing dey across various states for Nigeria.									
Na de organisers of de nationwide protest talk am									
na to call attention to demand end to lockdown o bad governance for de country no be here.									
de organisers say make people gada for different locations									
wia dem don identify across de country so dem go fit press ho	ome dia demands.								
The way e be the movement go get head so? Dem add say de govment dey use de Cybercrime Act to silen	ce citizens								
So we want make dem stop de Act.									
de demonstration dey take place for several cities o									
Anything wey no dey add to my account I no need am very few people for Nigeria sabi de name Andrew Martin Wyn	ne.								
On Tuesday morning de name rank number three on top sear		Nigeria.							
This na becos de Nigerian police declare Andrew Wynne wan	ted.								
him na British man.	la da antidio								
dem accuse am say e dey fund terrorism and dey incite peop Also en name appear for de court papers too	e to mutiny.								
wey de Nigeria government take charge 10 people wey dem a	arrest								
Even though de two no follow for de accused persons for dat									
de goverment say na dem ginger de protesters to cause katal Them dey shout "Tinubu must go, na military we want".	tata for Nigeria								
And according to government, this na offence wey amount to tr	eason o								
and e dey punishable unda section 97 of de penal code.									
But who be this person? Like we been don tok, oga no be pesin of any particular intere	et hafore no								
so nothing much bin dey known about am before now.	at Delote HOW,								
de things we know now na from wetin e tok for some interview	v e get wit some Ni	geria tori people	afta de police de	clare am wanted.					
E say im na accountant and financial consultant									
En don work wit some state governments for Nigeria. E don dey come Nigeria since 2000.									
Oga Wynne say im first visit to Africa na almost 50 years ago									
wen e bin dey teach for one Secondary school for where don	become Sudan nov								
E get bookshop for de second floor of de headquarter building		Congress for Ab	ouja.						
According to am, e don dey run de bookshop for seven years En marry one Nigerian woman, her name na Helen.									
According to her, dem don know each oda for eight years before	ore dem marry last	year.							
de British national don talk say e no sabi why Nigerian police			verthrow Nigeria (government.					
E still talk say e no sabi why dem declare am wanted and put Nigeria police talk on Monday, 2nd September, say Andrew W			ild network of eloc	ener cells to scatte	er Nigeria				
Dem say e don run comot from de country after last month co				si sono io scallt	yulla.				
Oga Wynne, wey dey UK, talk for Channels Television say e r	no know about de a	ccusations and	e go like talk to de	authorities.					
E say e dey run one bookshop for Abuja and don dey come N									
Nigeria police don offer 10 million naira reward for anybody w Oga Wynne, wey dem also call Andrew Povich, talk say en de				or im Nigerian pai	tner, Lucky Obiya	an.			
E also talk say en fit talk with dem for WhatsApp or Zoom and				nission officials					
Nigeria police declare am fugitive de same day dem charge 1	0 Nigerians with tre	eason over EndE	BadGovernance pr	rotest.					
Anambra state Govnor Charles Soludo go run for second term									
Govnor Soludo, stand as de sole candidate of APGA during d accredited delegates been also take part for APGA convention		ioi ae iorthcomii	ny gubernatorial e	nection .					
Out of which 3,175 cast dia votes.	= Ecorody.								
Na only 3,168 dey valid, wit only four invalid entries									
each one of de valid votes go Soludo.									

chairman of de electoral committee, don officially declare make Soludo return as de party candidate.								
de votes come from Anambra.								
Governor Soludo for im acceptance speech, pay homage give de founding spirit of APGA.								
e describe am as de first registered progressive party for Nigeria, dating back to 2002.								
Anambra na APGA, and APGA na Anambra,"								
em talk am, im supporters hail am.								
Governor Soludo list im administration accomplishment.								
Em cite de recruitment of over 8,115 teachers and public servants								
from across de country as part of im push to revamp human capital development.								
Soludo torchlight dia gains for security and law enforcement,								
e tok how dem dey scata criminal hideouts and gradually dey restore peace								
Em speak passionately about de economic transformation wey dey go on like de support for micro and small b	usinesses							
and de empowerment of artisans and traders among every every								
E construct massive infrastructure development, especially road construction.								
Em tell im party members and de entire state say de journey dey far from ova.								
We don only scratch de surface,								
I no fit and I no go take this trust for granted.								
Him just dey talk talk								
De state Governor use de opportunity to confam plenty things.								
As im running mate, e say dia partnership, don produce visible results								
En add say dem go continue to drive de next chapter of transformation.								
Corner kick for Nigeria, e dey cleared								
Zimbabwe equalise for de dying minute								
Zimbabwe make substitution								
Chance for Zimbabwe but Nwabali block am								
Very close call for Zimbabwe to use score.								
E hit de cross bar!!!								
Osimhen score for de Super Eagles.								
Arokodare pass de ball to Aina for de side wey give am back to Osimhen for de final touch								
Anoda chance for Nigeria but Arokodare no fit control de ball.								
Nigeria just never fit convert any of de chances wey dem don get for de game.								
Back to back Corner for Nigeria								
but dem dey well defended sha								
Walter don commot for Terrence								
Na lookman take Free kick								
but de defenders defend am well.								
Corner kick for Nigeria								
Lookman take am straight inside de goal keeper hand Zimbabwe fire shot outside de box but e no enter								
Camera just show Peter Obi for de stand								
e wear Nigerian jersey								
Iwobi miss fantastic chance to put NIgeria in de lead								
Chance for Nigeria as Iwobi pass to Chukwueze								
but e make a wrong move and play am wide								
Second half don start								
Referee blow whistle for Half Time								
Referee add two minutes extra time								
Nigeria dey try again								
Iwobi get de ball and fire shot but e go over de bar								
Nigeria dey try hard to find de net								
back to back defenders dey								
dem dey tight for de box and no dey gree dem								
5 minutes to de end of de game and both sides still dey struggle to find de net								
Chance for Nigeria! Chukwueze fire shot								
de goal keeper catch am easily								
30 minutes of play and de game still dey goalless for de Uyo stadium								
Ekong concede throw in for Nigeria to avoid stories for de box								
Nigerians dey press Zimbabwe								
Moses Simon get anoda chance for de box but again, na missed chance								
Nigerian Lookman get de ball inside de box and fire shot wey hit de bar								
de Nigerian defence and fire shot wey hit top of de net								
Anoda foul against Aina and Nigeria								
Zimbabwe take am but e go over.								
Zimbabwe keeper dey down								
e try to catch ball from de Nigerian player but injure imsef								
Lookman take de piece								
Oshimhen head find de ball but dat na almost as de keeper catch am								
Corner kick for Nigeria, Lookman dey play am								
Zimbabawe with anoda chance but dem play a wide								
Zimbabawe with anoda chance but dem play a wide Foul against Nigeria by Chukwueze								
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Na President Bill Clinton sign am as law.									
de koko about Agoa na to help African countrys to grow dia economies and crea	ate jobs								
but this tariffs fit threaten dia future.									
Lesotho garment factories dey make jeans for major American brands									
Clothes dey make up nearly three-quarters of wetin Lesotho dey export to US.									
dem be de second biggest trading partner afta South Africa.									
de value of dat US trade amounts to more dan 10% of dia total annual national	income.								
American buyers fit reduce demand and e go affect Lesotho economy.									
dis na devastating day for us									
Im say de whole day im industry colleagues and de goment tok about wetin to d									
Although im business, wey Oga Kobeli say dey employ around 2,000 people, fit	look for oda mark	ets.							
US dey so significant so "we no fit just shun de US market									
We need to do everything wey we fit to bring [am] back".	1. 500/ 5	-			to a Secondary				
Colette van der Ven, one lawyer wey specialise for international trade, tell BBC She describe am as "ironic" say US dey punish Lesotho for de success wey de			ise on Lesotno in	nake small sense	logically".				
Na de idea say countrys dey take advantage of US becos of trade deficit.	in enjoy under Ago	Ja.							
dis na new format about trade wey don make people to reason who dey benefit	and who no day h	onofit							
oda African countries wey US hit wit extra tariffs include 47% for Madagascar, 4			a and 30% for So	outh Africa					
Dem hit Nigerian exports too - at a rate of 14%.	o 70 for Madridas,	or 70 for botawari	8 8110 30 70 101 00	Juli Allica.					
Kenya, Ghana, Ethiopia, Tanzania, Uganda, Senegal and Liberia dey among th	ose countrys wey	exports to US an	dev subject to de	baseline tariff of	10% US no devi	run a trade deficit v	wit dis countries		
Trump say de reciprocal tariffs na "for countrys wey treat us badly	ooc country wey	experie to de go	acy cabjeet to ac	Dudoumo tarm or	1070. 00 110 00) 1	arra a addo donos	With allo countries.		
During Wednesday announcement for White House, de Republican president s	av "cheaters" bin	dev take advanta	e of US wev dev	/ "pillaged" by fore	ianers.				
For more dan 50 years, dem dey rip off our taxpayers, but e no go happun agai		.,	, , ,						
South Africa dey among de long list of countrys wey dem call									
worst offenders", dat list also include China, Japan and de European Union.									
Dem now dey face higher US rates - payback for unfair trade policies, Trump to	k.								
Some bad tings dey go on for South Africa.									
You know, say we dey pay dem billions of dollars, and we cut funding because	a lot of bad tins de	y happun for Sou	th Africa,						
im tok, bifor im begin name oda countrys.									
US-South Africa relation begin get K-leg since Trump presidency start for January	ary.								
South Africa biggest export to US na platinum.									
wey dem fit comot from de import tax.									
But dia second biggest export – wey be cars – dem go hit am hard.									
For statement, South African presidency been condemn de new tariffs as "punit	ive".								
e say e fit "serve as a barrier to trade and shared prosperity".									
Na now we get ourself									
Trump add 34% to de existing 20% duties on all Chinese imports to US, to mak	e am de highest ra	ate globally.							
In addition, Trump impose 25% tariff for all di cars wey them make outside.									
US dey expected to start to charge dem 10% tariffs on 5 April,									
while de higher duties for certain nations go start on 9 April.									
African countrys like South Africa, Nigeria, and Kenya get long-standing trade re	elations wit US.								
How we go take respond to this issues? Make we enhance our work for African continent and collabo go dey important									
de tariff rates wey US go impose on wetin Trump call "liberation day" for American	oon noonlo big								
and de new tariffs fit significantly affect existing economic ties.	can people big.								
Annabel Bishop, chief economist for Investec, one South Africa-based banking	and investment fir	m helieve sav de	impact an dev "s	veny negative					
But she tell BBC say de tariffs fit increase de current shift for Africa trading prac		in, bollovo bay do	impact go doy	vory negative					
Wetin we go expect to see na greater trade wit de Global South									
wia possible, [dia] e dey likely to see some switching in trade partners."									
de tariffs also come in as many African countrys already dey struggle wit de effe	ects of US foreign	aid cuts.							
wey dey provide health and humanitarian assistance to vulnerable nations.									
Trump announce de aid freeze on im first day for office for January as part of a	review on top US	goment spending	L.						
Friday, de Vatican tok say im health dey improve and e dey									
in good spirits as e kontinue im work activities.									
Dem admit de Pope to hospital on 14 February for an infection wey result in do	uble pneumonia.								
One of im doctors say e get two critical episodes during im									
treatment wia im "life dey for danger".									
As of Friday, de Pope don improve slightly in breathing, movement and speaking	g, na so de Vatica	in tok.							
Recent blood tests been also show slight improvement for im lung infection.									
de Pope dey require less supplemental oxygen,									
but kontinue to receive am during de day.									
At night, e dey receive high-flow of oxygen through im nose as e need am.									
E bin suffer plenty health issues throughout im life									
Even part of one of im lungs wey dem remove when en been dey 21 years and									
Pope Francis been make surprise appearance for St Peter Square in de Vaticar		marge irom nospi	iai aita en don de	ey there for live we	eks dey receive t	reaument.			
de Pope bin briefly appear on stage for wheelchair, wit oxygen tube under im no Hello to everybody," e tok, as e wave to de crowd wey dey cheer am.	JSE.								
Happy Sunday to all of you, tank you veri much."									
de Pope na 88 years and dem discharge am from hospital for Rome on 23 Man	ch and e hin anne	ar for im window	den to offer blees	ina.					
Pope Francis na from Argentina and e don be Pope for 12 years									
No be only Simon Ekpa dey inside dis gbege o.									
e also get some oda four pipo wey dey for di alleged terrorism activities and di f	reezing of assets	go affect dem too							
Di big queions still dey about wen dem go carry Simon ekpa go court for trial.									
And also if oda amended charges dey.									
Dis no be di first time wey Ekpa go dey enta gbege for Finland and even Nigeria									
During di 2023 general elections for Nigeria, Finland authorities bin gbab Simor	Ekpa sake of di t	ok tok wey put an	n for gbege.						
Na di Nigerian goverment bin ask make dem check di activities of Ekpa.									
becos e bin dey call for a boycott of di general elections for Nigeria dat time.									
Dem gbab Ekpa for February 2023, but di Finnish police later release am afta d	em ask am quesio	on for some hours							
Now, e dey face anoda gbege again.									
News people find more update on wetin lead to di arrest of Ekpa.									
And wetin be the thing wey them fine? I never hear all o, but make we dey listen.									
To find out why di Finland government bin go afta Simon Ekpa and wetin be in of	fence for di kontri								
we follow Ilkka Kopra, wey be im lawyer tok.	ror ur koriui.								
Mr Kopra confam say true-true Simon Ekpa dey prison.									
but add say na di decision of di Finland court of law to put Ekpa for prison.									
Lawyer Kopra say dem neva sabi how long e go dey for di prison as dem dey w	rait for di trial of El	кра.							
Mr Ekpa dey imprisoned by di decision of the Finnish Court of Law									
We no know yet how long e go stay prison or wen di trial go take place," di lawy	er tok through em	ail reply.							
Meanwhile, e say dem dey try do everitin within dia power to ensure say e dey			ey sorted.						
According to Kopra, e say im no go fit tok much on di matter but e " hope to do	all to get am free a	as soon as possib	le."						
But how soon the matta want dey cleared na we no know.									
The way people dey kpai now ehn,e dey shock me.									
E still get anoda kwesion if dem go extradite Simon Ekpa to Nigeria?									
Normally, no sovereign nation dey under obligation to surrender a criminal to an									
bicos evri sovereign nation get legal authority over pipo wey dey live within dia		mont between	·m						
Dis na why bifor extradition go happun, di two nations involved suppose don ge									
Also, di nation wey dey request for di extradition must to get proof say di arreste	au suspect bin con	rimit ar crime for a	na territory.						

or say di crime affect pipo wey dey live for dia territory.										
Meanwhile, for June 2024, Nigeria Chief of Defence Staff, bin accuse di Finnish	goverment say de	m dey give Simo	n Ekpa protectior	1.						
and e call di Nigeria goverment to explore diplomatic options to make sure say	di secessionist lea	der dey arrested.								
Now wey, Finland govment don gbab Simon Ekpa, Gusau di tok-tok pesin for d	Nigeria Defence r	eact to di arrest.								
E say di Chief of Defence Staff dey happy wit Ekpa arrest for Finland.										
wit di hope say dis go be a step towards im extradition to Nigeria so dat he go f	ace justice									
But wetin be di possibility of di Finnish goment extraditing Ekpa to Nigeria to fac										
But you sure say dem go send am com Nigeria?										
We never dey too sure,make we dey listen.										
Pipo dey call am "liquid gold." Some experts even say na source of "magical po	wers									
Scientists agree say breast milk dey provide nutrients and antibodies for babies		ial for dia grouth								
	and e dey essent	iai ioi uia giowiii.								
But some adults dey bank on dia perceived superfood abilities.			h							
39-year-old Jameson Ritenour, na father of three, im take im first sip of breast r	niik wen im partner	weissa bin dey	breastreed.							
she bin dey produce extra milk wey she no need.										
I dey put am inside my shakes, even though she bin feel say e dey one kain, In										
Jameson bin dey curious about di benefits of breast milk afta im watch YouTub	e video wia a body	builder bin tok at	bout di effects of	drinking milk.						
But the body builder no talk say na breastmilk na.										
Leave that man,make we share hear wetin happen.										
To drink im partner breast milk don become part of Jamesons' patan.										
im dey take two bags a day, each dey about eight ounces.										
I bin dey di best shape of my life, im tell news people.										
E bin help me build muscle.										
I bin dey lose weight, wen I also put on about 5% of muscle mass for about eig	ht weeks.									
Jameson say Im no fit remember ever falling sick or catching cold while human	milk bin dey part o	of im diet.								
I want grow like baby and sleep like baby.										
so I decide say I go also eat like baby," Im say. "I bin feel good and I bin look go	od."									
Buying online dey risky sha.										
Sabi pipo say scientific evidence no dey to suggest say to drink breast milk get	any benefits for an	fult body								
But leading experts say e fit still dey beneficial, dem point to di anecdotal evide		,.								
E get a lot of protein - baby dey grow muscles quick- quick, and of course dat n		ers want								
We just no know di science behind it for now.	bodybuilde	worth								
	low how homes and	k on Engaless' (Projection	ddit						
But Dr Bode advise caution for now, sake of di questionable sources wey pipo o	wy ouy numan mil	K OH FACEDOOK, (Ji aiyəlist and Rei	uult.						
Dis news go sweet most men well, well.										
Bodybuilders dey very much in tune wit dia body, so something fit dey dia.										
But Dr Bode advise caution for now, sake of di questionable sources wey pipo	dey buy human mil	k on Facebook, 0	Craigslist and Re	ddit.						
Dat milk dem neva test am, den add di health risks," Dr Bode. warn pipo.										
E fit be a vector for diseases like HIV or hepatitis."										
Breast milk also dey only as good as di diet and general health of di pesin wey	dey produce am.									
and e fit be a vector for a number of infections.										
Women most times dey pump for environment wey no dey controlled or sterile,	and so di milk fit e	asily dey contam	inated.							
One study for 2015 wey Nationwide Children Hospital for US conduct reveal sa				online 75% get h	armful pathogen:	s and 10% of di sa	mples bin dev mi	red wit cow milk o	r baby formula	
This one na highest news o.	,		, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		, panagan		,			
After Jameson sperate from im partner Melissa im bin no longer get access to d	li breaetmilk im bin	etora incida fran	zer							
na wen im decide to start to buy online.	ii brodotriiik iiri bii	0.010 11.0100 11.00	201.							
Im say im no dey aware of di risks of di milk to dey contaminated.										
I buy am off one random pesin for internet.										
but I do small investigation for Facebook and she look normal," Jameson tok. "S										
Di lack of scientific data no be concern for am, becos im say im own experience	dey extremely po	sitive.								
Wetin wey dey less positive, im tok, na di stigma im dey face.										
Pipo definitely dey use side eye look am.										
becos mentally milk na for babies. But e no dey as weird as pipo think."										
Abeg that thin na somehow behaviour na.										
Wia dis foto come from?										
Breast milk dey provide nutrients and antibodies for babies.										
What about vulnerable babies?										
		bassast saille dans		ulab delle						
I no ever tell adults to drink breast milk,"na wetin Dr Meghan Azad, wey dey res	earcn now numan	breast milk dey s	support intant nea	aith taik.						
I no think say e go harm dem o.										
Dr Bode say pipo suppose donate excess human milk to babies wey need am,										
but e fit potentially harm babies wey really need breast milk - like premature ba	bies - and dey stru	iggle to get am.								
We no get enough milk to feed di most vulnerable babies.										
Breast milk get properties wey fit cure diseases for preterm infants. E fit save liv	res.									
Dr Azad tok to di fact say if struggling mothers feel say dem fit make money by	selling milk to body	ybuilders online,	dat fit further esc	alate di growing a	nd risky trend of b	ouying breastmilk f	or adult consump	tion.		
But Jameson say im no dey feel guilty.	· ·					, ,				
Pipo don accuse me of starving babies.										
But no be like say I dey stand outside hospitals, to ask mums to give me all dia	milk!"									
In fact, im say im don get ova100 women wey don contact am, to try to sell dia										
Say e get people wey dey beg am to buy, every time.	or beast HillK.									
Human milk na largely one area wey sabi pipo neva too do research.										
For a long time, pipo wey dey fund research no really care about breast milk.										
becos dem see am as an unimportant women's issue," na wetin Dr Azad tok.										
But dat dey change now.										
Apart from di risks of adult wey dey drink breast milk, some components now d		s potential treatn	nents for a numb	er or adult condition	HIS.					
This condition include arthritis, heart disease, cancer and irritable bowel syndro	me.									
This na new tok tok, wey many never hear o.										
Guy some guys ,go begin turn am to cash out point o.										
That no go too bad o,na to see woman wey go dey bring am.										
Dr Azad dey particularly excited about di potential health benefits of human milk	, wey be di prebio	tic fibres wey dey	inside breast mi	lk.						
Dis fibres humans no dey digest am but dem dey used by beneficial gut bacteri	a to promote a hea	althy microbiome	for babies.							
Researchers dey look whether adults fit use di HMOs to help wit conditions like										
We know say microbiome dey important for so many aspects of our healt.										
For one study in mice wey dem publish for 2021, Dr Bode find out say one HMG) reduce di develo	pment of atheros	clerosis.							
so if we fit discover new ways to manipulate and improve di gut microbiome, da										
And HMOs from breast milk dey show a lot of promise	3									
dat na di blockage of arteries wey dey lead to heart attack and stroke.										
Human milk components dey remarkably unique," na wetin Dr Bode tok.										
Na di only tin wey dey developed by humans for humans			_#:							
Unlike most pharmaceuticals, wey dey develop am through artificial compounds	wey pipo go com	e put inside dia b	iodies.							
im say human milk compounds dey potentially safer and more effective.										
But while dem hold significant promise, di clinical data still dey scarce.										
If ongoing clinical studies prove successful - wey Dr Bode dey confident about,	these compounds	fit play a major ro	ole to prevent hea	art attacks and str	okes.					
Stroke wey dey cause millions of deaths every year.										
Imagine say we fit reduce di number of pipo wey dey die from heart attack and	stroke by a million.									
E go be ogbonge development, o.										
Oya na make we move to anoda tori.										
E shock Luisa wen she find out say she get breast cancer o.										
E dey completely unexpected," na so di 38 years old mother of two from Brazil	tok.									
I bin dey young, healthy, fit and no get any risk factors - dis tin no suppose happ										
I no fit believe am Cancer dev very far from my reality"										
I no fit believe am, Cancer dey very far from my reality." Dem diagnose Luisa say e get stage three cancer for March 2024, wey mean s	av e don already a	dvance.								

Luisa complete her treatment for August, but still need to take n	nedication to prevent cancer from	returning.								
Nawa o,how she no use know till e reach stage 3? Na same thing me I go like no o,abi e no dey show?										
Chemotherapy dey aggressive, but my body hold am well, dis n	a sake of say I dev active, dev yo	oung and resilient	hody" na so she i	tok						
Den surgery come I still face am.										
I happy say I no get to remove di whole breast sha.										
Di hardest part na wen I loose my hairs.										
Evertin happen so quick and intensely wen I look inside mirror,		pikin dem too								
Luisa tori no be di only one, but e dey help highlight di trend as										
more young adults don dey get diagnosed wit cancer, even wer		of di disease.								
Cancer dey more common for older pipo due to biological, envir for example, ageing dey increase cell divisions, wey dey lead to		ncer riek								
Oncologists don already link early cancer diagnosis for younger			mutations for bre	ast cancer						
but, more patients, like Luisa, bin no dey show any clear signs s										
And e dey strange sey e no show for her family o.										
While she get di cancer already,nawa o.										
One recent study wey BMJ Oncology publish find out say, early	stage cancer among adults unde	er 50 across di woi	rld increase by 79	% between 1990	to 2019.					
while cancer related deaths from di same group rise by 28%.										
Di study analyze 29 types of cancer across 204 countries.										
Also, one report from Lancet Public Health reveal say di rates o					en X and di millen	nnials (born betwe	en 1965 and 199	5).		
Oda cancers like nasopharyngeal, stomach and colorectal canc This news so don put fear for person body o.	er don increase among young ad	iuits according to t	al Bivia oricology i	eport.						
Naso na, person gats dey careful.										
Researchers dey try identify di causes, even as di Lancet study	dey warn say if di growth continu	ie, e go reverse di	many many year	s of progress wey	dem don make fo	or cancer prevent	ion.			
So far, dietary factors like diets wey dey high in red meat and so	odium and low in fruits and milk -	along with alcohol	consumption and	i tobacco use, de	y among no suspe	ected culprits acci	ording to di BMJ C	ncology and Land	et reports	
And obesity dey strongly linked to increased cancer risk o.										
through wetin dem dey call inflammation and hormonal deregula		-								
Di Lancet report note say 10 of di 17 cancers wey dey increase		obesity related.								
E sey including kidney, ovarian, liver, pancreatic, and gallbladde Any how sha dis factors no explain all di cases.	er cancers.									
Any how sha dis factors no explain all di cases. Scientists dev also explore oda potential contributors.										
Some say na constant exposure to artificial light from devices o	r street lights dev disrupt di biolog	pical clock								
And sey increase risks for cancers like breast, colon, ovarian ar										
Oda studies dey suggest say shift work, wit very long exposure			dey promote can	icer growth.						
For June 2023, colorectal surgeon Frank Frizelle for New Zeala				el cancer.						
Im dey suggest say dem dey damage di protective colonic muci		• .								
Other researchers don argue say ultra-processed food additives										
And sey Gut disruptions dey linked not only to colorectal cancer Antibiotics use go up by about 45% through out di world since 2			American Associa	ation of Cancer R	esearch.					
Antibiotics use go up by about 45% through out di world since 2 dis fit be anoda culprit as e dey disrupt di gut microbiome. Na si										
Even increasing heights across generations fit get hand for risin			port, as dem say	e get iirik to some	e cancers.					
Im be professor of coloproctology for University of Edinburgh, S	•									
Humans across di world don dey grow taller and e get strong			including colon o	ancer, for instance	e.					
E add say link dey between cancer risks to more cells, and expe	osure to natural growth hormone	and larger colon s	urface area.							
And e dey increase opportunities for mutations.										
E say screening younger population for cancer no dey cost effe										
According to wetin di US National Cancer Institute (NCI), 80% o	of cancer cases na for pipo wey d	ey age 55 and abo	ove dem dey see	am.						
Make God continue to help e people.										
Di economy situation for Nigeria don begin make pipo find repla na wetin come start di cucumber stew trend.	icement for food items wey dey to	oo cosiiy.								
Cucumber stew na meal wey dem prepare wit cucumber fruits a	afta dem blend am as replacemen	nt for tomatoes								
tomatoes wey dem bin dey use make di traditional Nigerian ster		it for tornatoco.								
Dis na afta one period wey high cost of tomatoes and pepper be		ternatives.								
In di height of di tomatoes scarcity, and as at di time cucumber	stew begin dey trend, e bin no de	y possible for pipo	to prepare di bas	sic tomatoes stew	without spending	at least 5000 nai	ira and above.			
For market, dat time, about five pieces of tomato bin dey go as										
while small basket of tomato bin go up reach 30,000 naira for si	mall basket for di North while di b	ig basket dey cost	around 45,000 n	aira						
Every body begin find anoda way once de price go up.										
I been hear the gist too, that time. One ogbonge cook Gaz Azah wey also be food content creator	of Caz kitchen follow news neon	le tok								
She open up say na sake of di need for anoda alternative for to										
Wetin inspire me to use cucumber make stew na di high cost of										
becos pipo dey complain say no alternative to tomato and even	if pepper and vegetables dey, we	e need fruit wey w	e fit use make ste	w."						
Wen di cucumber stew begin dey trend for social media, pipo be	egin dey try am to see how e go b	e for mouth.								
And me I never try am o,I need try am asap.										
But I no sabi cook am.										
Wash your cucumber very well and cut am into small sizes										
Put am for inside blender, blend am till e dey smooth small. Afta dat, carry sieve to comot excess water wey dey inside di cu	ucumber wev you blend becor to	nuch water on e	poil di stew							
Put your oil for fire make e fry small,any oil you like	, , 23 5,0113 50003 101		,							
Cut your onion and put inside di hot oil to allow am fry small										
Afta frying small time, add your paste wit pepper and mix am we	ell ontop fire.									
Add salt and spices wey dey available to use for stew.										
Come add di cucumber wey you blend wey too much water no										
Mix am well ontop fire to allow am mix wit di oda ingredients ins Add your fish, meat and assorted proteins wey you get	side pot									
Mix am small and cova di pot make e cook well										
Afta some minutes, comot am ontop fire and your stew don don	ie to chop.									
Di process na like di same way wey dem dey cook normal stew										
But na just di cucumber bin dey different for inside di stew.										
Health benefits of cucumber plenty well, well.										
One dey go sha try this stew.										
Wia di stew wey you cook?	v di taeta tavtum and be	or mouth in-lead:	di nutriont	ao provida for "	hodi					
normaly, cucumber supposed dey served raw so you go fit enjo You no need to peel or even cook cucumber bifor you chop am		or mount including	ai nument wey e	An browing tot, at	boul.					
plenti pipo dey even use cucumber make different meals includi										
Cucumber get about 96% water and e dey di family of fruit and										
Cucumbers na good source of vitamin C o.										
Cucumber na good source of mineral molybdenum too.										
Cucumber na also good source of vitamin A.										
Cucumber also contain nutrients like potassium, manganese, for		n.								
Di body of cucumber contain phytosterols, wey fit reduce blood You no suppose dey peel di back of cucumber.	GIOESTEIUI.									
Cucumber na good addition to weight-loss diets.										
Cucumber dey do plenty plenty things.										
Some we never find out self.										
Tomato dey keep your heart healthy.										
Tomatoes dey provide daily potassium and to dey chop food we		di rate of stroke a	and heart disease							
Tomatoes also contain one compound called lycopene, wey dey										

Protect the eye too, Tomatoes contain group of phytochemicals wey important to maintain eye health and fit protect di eyes a	gainst poor sight and eye diseases.			
Tomatoes Dey support healthy skin.				
Di carotenoids wey dey present for tomatoes fit help prevent your skin from damage.				
Tomato dey help heal wound too.				
Tomatoes na good source of vitamin K wey dey necessary to stop blood and help wound to heal fast.				
Tomatoes get Vitamin K wey fit also benefit di bone.				
Tomato fit help reduce menopause symptoms o.				
One 2015 study by di Nutrition Journal find say to dey drink tomato juice fit help solve some menopause symptoms like fear,	resting, energy and heart rate.			
To dey cook some kain fruits and vegetable fit beta di taste, texture and even di look wey go make am safe to chop but no b				
Pipo dey blend tomatoes wit dia pepper to make correct stew and na di common and recommended method for some place	be dat.			
But to dey cook cucumber wey you suppose chop raw, go reduce di nutrient na.				
E go even make di look and taste different from how e suppose be for mouth.				
nutritionist explain for news people sey Good Food wey some foods dey beta wen e dey raw dan to cook dem.				
Some vitamins dey very sensitive to heat and to cook dem go quickly reduce dia vitamins.				
Some fruits wey get vitamins B go quickly lose dat nutrient if dem cook am inside hot water.				
Cucumber na one of dat fruits wey fit lose nutrient once e dey heated through fire.				
According to nutritionist Torrens, fruits and vegetables like carrots, brocolli and even tomatoes, fit go through small cooking t	o make am easier for our bodies to benefit	from some of di antioxidants wey fit protect us		
Wen you cook tomatoes – or make am into suace, e fit help to break down di plant cell walls wey go allow us to beta get di l				
All dis nutrients go help save our cells from damage and go fit protect us from some cancers and health diseases.	yeopene wey acy maide to benefit ai boai.			
To get beta nutrient from fruits and vegetables depend on how you prepare am and di kain method wey you use chop am.				
Na true say cooking fit make food safer as e go kill some pathogens but you need to know which kain fruits go need cooking	1			
As economy fit dey bite hard, e dey important to chop healthy food and vegetables.				
But no be only to chop, but to ensure say na balanced diets wey get enough nutrients you dey chop.				
Sabi pipo recommend say balanced diets wey get di six classes of foods na di best for di bodi.				
Everyday new news,na wa o.				
Crude oil price don weak, as e drop more dan 12% reach around \$65.50 per barrel.				
afta President Donald Trump slam trade tariffs on plenti kontiris.				
Bifor dem announce di tariffs, oil bin dey sell above \$70 per barrel.				
Na so Nigeria President Bola Tinubu sign di 2025 budget wey fix crude oil price for \$75 per barrel.				
Dis one mean say Nigeria government go need find way cover di \$10 gap since crude oil don drop go between \$64 and \$65	per harrel			
Plenti Nigerians dey wonder anytime wen crude oil price go up or down, how e go take affect di economy and dia own life.	oci barrei.			
But I think say them say no subsidy again?				
But I think say them say no subsidy again? My dear me I no know again o.				
For dis mata, News People interview one expert for Kano, Professor Kabiru Isa Dandago wey be Accounting lecturer for Bay	voro I Iniversity Kana			
Prof Dandago tok say di drop go surely affect Nigeria economy.	vero University Karlo.			
and Nigerians suppose prepare for wahala from government side since dem plan di budget wit crude oil price of around \$71 to				
E add say "Nigerians go need bear di gbege wey goverment go face.	0 \$75 per barrer.			
Dis na becos Nigeria total revenue go reduce.				
And if revenue reduce, government no go fit capture all di tins wey dem wan spend money on."				
Di sabi pesin for economy mata add say dis mean say goverment go need borrow money join to cover di gap. Many of di projects wey Nigeria goverment plan to do, dem no go fit do dem again.				
E also tok say di kontris wey US President Donald Trump put tariff on don dey find new buyers for dia crude oil, and dat one	an analys and a sil full anadyst			
	go make crude on full market.			
Dis one mean say di kontiri need to borrow again to cover di expenditure gap im talk.				
Wit di tariffs wey President of America put, kontris wey dey sell crude to US now dey find new market.				
And you know say as supply increase, price per unit go reduce" im add.	Annual design			
Prof Dandago tok say di Nigerian goverment suppose try find new way to sell dia own crude oil instead of to depend on Ame	encan market alone.			
make dem target kontris wey dey need di crude oil," e tok.				
Nigeria suppose also dey find way to sell oda tins like mineral resources and dia agriculture products.				
Even if we no make much from crude oil, we fit still make money from selling solid minerals na.				