

X Hale

JULY EDITION



GUINNESS WORLD RECORD BREAKER

■ DR Fola David Unity in Diversity masterpiece

■ Style & Fashion:

Wardrobe essentials for this summer.
Grooming tips for Nigerian men.

■ Tech & Innovation:

From Local to Global,
Understanding the
Psychology of Buying decisions.

■ Entertainment & Culture:

Revitalizing Yoruba Culture
through Nollywood.

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Editor's Message

A Breath of Fresh You

Welcome back, beautiful people! It's with immense joy and gratitude that we present to you the second edition of Xhale; where relaxation meets inspiration. Your unwavering support and connection to our vision of rejuvenation, and mental wellness via a monthly dive into the inspirational world of Naija entertainment and lifestyle, have been our cynosure.

In a world that relentlessly pulls us in a million directions, it's crucial to carve out moments of peace. You, our incredible readers, have embraced this ethos, proving that balance is indeed attainable. From the depths of your bustling lives, you've found time to Xhale – to pause, reflect, and recharge.

This edition is a testament to your spirit. It's filled with stories, tips, and inspiration designed to nurture your mind, body, and soul. We've curated content that promises to transport you to serene landscapes, ignite your passions, and empower you to live life to the fullest.

So, take a deep breath, find your cozy corner, and immerse yourself in the world of Xhale. Let the pages become your escape, your sanctuary. Remember, you deserve this time for yourself.

As you journey through this issue, we invite you to share your thoughts, experiences, and moments of Exhale with us and the world @editoreinchief@xhale.com. Let's create a community of wellness and inspiration together. Like, comment, and share the content that resonates with you.

Here's to another edition of finding your zen amidst the chaos. Happy reading!

With love and light,

Ladi Allen
Editor-in-Chief

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Ladi Allen
Editor-in-Chief

Damilola Ajayi
Content & Creative Director

Olusegun Popoola
Art Director

Elijah Aniefiok
Copy Editor/ Proofreading

Joseph Imajini
Sales & Marketing

Akpoterabo Lawrence Okeoghene
Head IT



DOCTOR DRAWS HISTORY: Guinness World Record Shattered!

In an extraordinary feat of creativity and perseverance, Nigerian Doctor Dr. Fola David has set a new Guinness world record for the largest drawing by an individual, titled "Unity in Diversity". This monumental artwork spanning an impressive 1,000 square meters celebrates Nigeria's rich cultural heritage by showcasing diverse ethnic groups within the country's map.

Commencing his ambitious project on July 16, 2024 at Onikan stadium Lagos, Dr. Fola worked tirelessly over five days to bring this vision to life, finally completing the massive drawing on July 21, 2024. "Unity in Diversity" is more than just an artistic achievement; it is a potent symbol of Nigeria's rich cultural mosaic. By portraying the various ethnic groups harmoniously coexisting within Nigeria, His artwork emphasizes the importance of unity in a country renowned for its diversity. It serves as a powerful symbol of national pride, promoting harmony and understanding among Nigeria's diverse ethnic groups.

Dr. Fola's success resonates deeply with the Nigerian community, inspiring countless individuals to pursue their passions and strive for excellence. His achievement has also garnered international attention, putting Nigeria on the global stage for a positive and uplifting reason.

Such a monumental success would not have been possible without the support of esteemed sponsors. Tolaram, the major sponsors, played a pivotal role in bringing this vision to life. Additional supports from Indomie, Max FM, and Lagos State Government was instrumental in making this record-breaking event a reality.

People from all walks of life gathered to witness this historic moment, their enthusiasm and support palpable throughout the stadium. The

atmosphere was electric, with crowds cheering Dr. Fola on as he worked meticulously on his massive canvas.

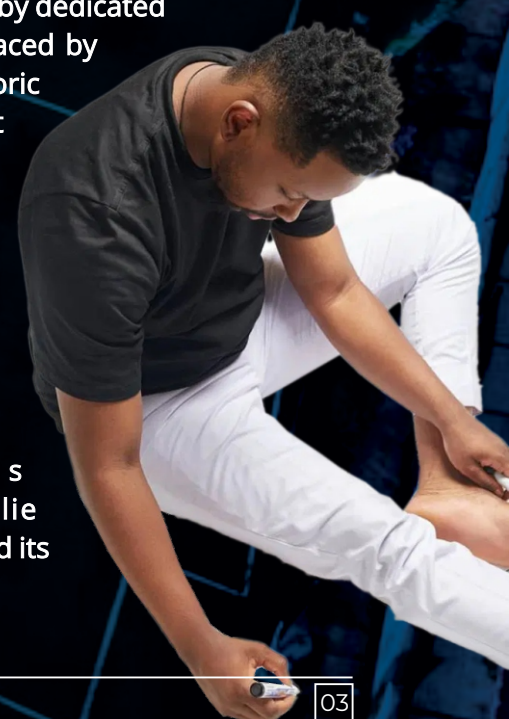
Adding to the excitement, several Nigerian celebrities graced this event with their presence, further elevating the occasion. Their participation underscored the importance of unity and cultural pride, reinforcing the message behind Dr. Fola's artwork.

Dr. Fola David's achievement is a significant milestone for Nigeria. It serves as a testament to the country's potential in arts and its capacity to break barriers on the global stage. The successful completion of the project not only enhances national pride but also inspires a new generation of artists and dreamers to pursue their goals with determination and creativity.

Moreover, the widespread media coverage and international recognition garnered by this event contributes positively to Nigerian's global image.

In conclusion, Dr. Fola David's "Unity in Diversity" artwork is a landmark achievement that has left Nigeria's cultural and artistic heritage. Supported by dedicated sponsors and embraced by the society, this historic accomplishment highlights the power of unity and the richness of Nigeria's diversity.

As we celebrate this milestone, we are reminded of the boundless possibilities that lie ahead for Nigeria and its people.





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UNDERSTANDING THE PSYCHOLOGY OF BUYING DECISIONS



As a business owner or sales professional, it's important to recognize that people naturally dislike feeling pressured into a purchase.

This resistance often arises from a desire for control - customers want to feel like they're making a choice, not being forced into a sale.

To overcome this natural resistance, you need to master the art of gentle persuasion.

Think of it like using a "remote control" to guide your customers towards a purchasing decision, rather than forcefully pushing them.

Here are three key rules to keep in mind:

1. Be Gentle, Not Pushy: Instead of aggressively promoting your product or service, aim to stir your customer's curiosity.

Make them feel like they're tracking down a hidden but valuable treasure, rather than reading or hearing a sales pitch.

For example, you could display a testimonial from clients, you could display a result from research on that will magnify their pain or fear.

This approach will allow the customer to organically nurture thoughts of interest and consider exploring the option of patronizing you.

2. Appeal to Emotions: This is where the real magic happens. Connect with your customer's desires, fears, and aspirations. How does your product or service solve a problem, make their life easier, or offer a sense of freedom?

Paint a clear, vivid picture of how your offering can positively impact their life.

Use storytelling and relatable scenarios to help them visualize the benefits.

For instance, if you're selling a new kitchen appliance, you could describe how it will save

them time and effort during meal preparation, allowing them to spend more quality time with their family.

3. Justify with Logic: While emotions may drive the initial purchase decision, providing sound, logical reasons will help seal the deal. Offer clear, factual information that supports the value and benefits of your product or service.

Think of car advertisements - they often combine the satisfaction and the successful feeling of ownership with practical details like fuel efficiency, safety features, and performance specifications.

Do you understand?

Remember, People Ultimately Buy What They Want, Not What You Force Upon Them.

So, by gently guiding them, appealing to their emotions, and providing logical justification, you'll master the art of persuasion and turn hesitant prospects into eager customers.

Business owners and sales professionals, take note:

Striking the right balance between these three elements is key to juicing your full potential and driving consistent, sustainable growth.

Now you know better, go and do better.

My name is Joseph Imajini aka The Sales psychologist.

I specialize in crafting throat-grabbing marketing campaigns that help businesses, business owners, CEOs, and coaches make an alarming volume of sales and conversions for their offers.

WhatsApp: +2347036908605

Email: Josephimajini1@gmail.com

LinkedIn: Joseph Imajini

FROM LOCAL TO GLOBAL:

How the Internet Expands Business and Marketing

Tunde is a talented tailor from Lagos. His shop, Sharp Stitches, was the pride of his neighborhood in Surulere.

Every day, the buzz of sewing machines and the sight of beautiful, custom-made clothes drew in locals who couldn't get enough of his stylish creations.

Despite his local success, Tunde faced a big challenge—how to grow his business beyond his neighborhood. He was stuck with local customers and a limited reach.

One day, while scrolling through his social media feed, Tunde saw a story about a small artist who had turned their passion into a global business using the Internet. Inspired and filled with excitement and a bit of fear, he decided to take a leap of faith.

The first step Tunde took was to build an online presence. He created a catchy Instagram page for Sharp Stitches, showcasing his latest designs, detailed embroidery, and satisfied customers wearing his clothes.

Each post was visually appealing, capturing the unique style and craftsmanship of his work. He used hashtags and engaged with followers, slowly building an online community.

Within months, his followers grew from a few dozen locals to thousands of fashion enthusiasts from around the world. The power of the Internet had begun to take effect.

But Tunde didn't stop there. He set up an online store, allowing customers from anywhere to order his custom-made clothes.

Using social media ads, he targeted people who loved unique, stylish clothing, reaching potential customers he never could have dreamed of before.

One day, he received an order from a customer in Abuja, then another from Port Harcourt, and soon after, an international order from London.

His shop was buzzing with activity, and his small Lagos-based tailoring business was now catering to a global audience.

Through the Internet, Tunde could share his story, connect with customers, and showcase his products to the world. His business grew quickly, and he started getting invitations to participate in international fashion shows and collaborate with renowned designers.

The Internet did more than just expand his customer base; it transformed his business. He used online analytics to understand his audience better, tailoring his marketing strategies to suit different tastes and preferences. Reviews and feedback helped him continuously improve his products and services.

Guess what? Tunde's story isn't unique.

Yes, the Internet has opened doors for countless businesses, transforming local ventures into global successes. Whether through social media, e-commerce platforms, or online marketing tools, the Internet provides endless opportunities for businesses to reach new heights.

In short, the Internet can turn a local business into a global powerhouse. Its reach, targeting capabilities, real-time engagement, and data insights are unparalleled.

So, if you're looking to expand your business, take a cue from Tunde's story.

Embrace the power of the Internet and watch your business grow from local to global. The possibilities are endless, and the world is just a click away.



CHOLERA OUTBREAK

SURVIVING IN A METROPOLIS LAGOS



Lagos, Nigeria's bustling metropolis, is renowned for its vibrant energy and dense population. However, the recent cholera outbreak poses significant health risks to its residents. Cholera, a severe diarrheal disease caused by the bacterium *Vibrio cholerae*, can be fatal if not promptly treated. To navigate this challenging period safely, it's crucial to adopt preventative measures and stay informed. Here's a comprehensive guide to help you survive and stay healthy during this outbreak in Lagos.

Cholera spreads through contaminated food and water. Symptoms include severe diarrhea, vomiting, and dehydration. The rapid loss of body fluids can lead to shock and, in severe cases, death within hours if untreated. Therefore, swift action is vital.

Key Preventative Measures:

1. Ensure Safe Drinking Water: Always boil water before drinking. Boiling kills the cholera bacteria. If boiling is not feasible, use water purifiers or stick to bottled water from reputable brands. Ensure the seal is intact before consumption.

2. Wash hands thoroughly with soap and clean water, especially after using the toilet and before eating or preparing food. Use alcohol-based hand sanitizers when soap and water are unavailable.

3. Ensure all food, especially seafood, is cooked thoroughly. Avoid street food and eat freshly prepared meals. Clean all fruits and vegetables with safe water before consumption.

4. Ensure you use clean sanitary and toilets. Avoid open defecation. Dispose waste in designated areas to prevent contamination.

Early detection and treatment are crucial in managing cholera. Identify symptoms early, watch for signs of severe diarrhea, vomiting, and rapid dehydration. If you or someone you know exhibits symptoms, seek medical help immediately. Early rehydration and antibiotics can save lives.

Navigating cholera outbreak in Lagos requires vigilance, hygiene, and community cooperation. By adopting these preventative measures and staying informed, residents can significantly reduce the risk of infection. Remember, prompt action and proper sanitation are your best defenses against cholera. Stay safe, stay informed, and support one another in this challenging time.





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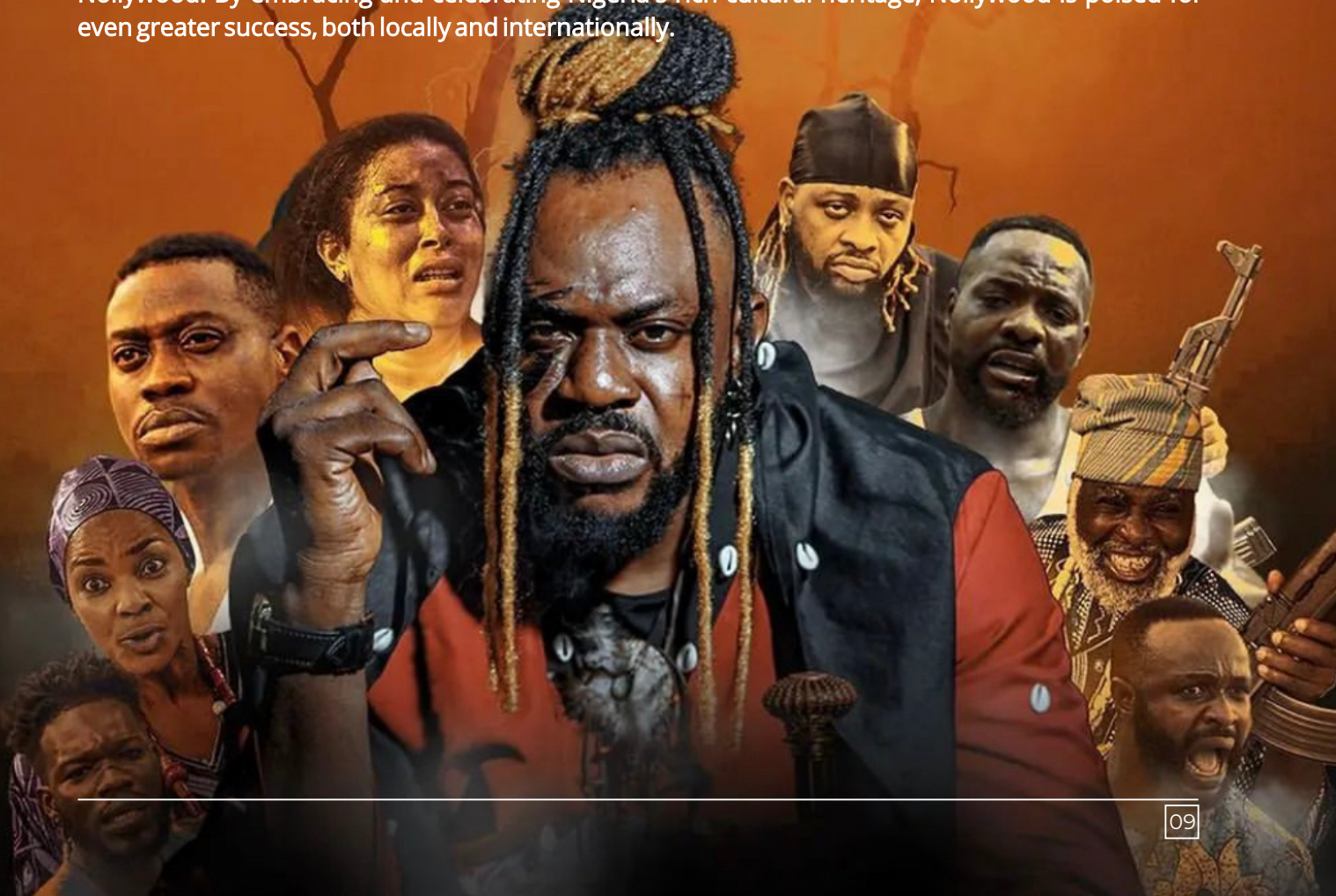
REVITALIZING YORUBA CULTURE THROUGH NOLLYWOOD

In recent times, the Nollywood industry has seen a resurgence in the promotion of Yoruba culture, largely spearheaded by influential directors like Kunle Afolayan and Ibrahim Chatta. Their innovative approach includes the creation of film villages dedicated to showcasing and preserving the rich cultural heritage of the Yoruba people. This initiative is not just a nod to nostalgia but a strategic move with far-reaching benefits for the Nigerian film industry and the global appreciation of Yoruba culture.

The significance of this innovation lies in its ability to preserve cultural heritage by showcasing Yoruba culture, these films help preserve the history, traditions, and values of the Yoruba people for future generations.

This innovation has enabled directors to produce epic movies that proudly portray the rich heritage and mythology of the Yoruba people. Films like *Anikulapo*, *Jagun Jagun*, *Ajakaju* and *Lakatabu* currently showing on several streaming platforms have set a new standard for cultural storytelling in Nollywood, and their impact is being felt across the industry. These movies facilitate cultural exchange, allowing global audiences to gain insight about the Yoruba culture, breaking down stereotypes and misconceptions, and fostering greater understanding, appreciation and respect for cultural diversity.

The establishment of film villages dedicated to Yoruba culture has been a game-changer for Nollywood. By embracing and celebrating Nigeria's rich cultural heritage, Nollywood is poised for even greater success, both locally and internationally.



P-Square:

A Tale of Twin Titans, Triumph and Tragedy

The story of P-Square is a modern-day epic, a rollercoaster ride of fame, fortune, fraternal feuds, and a relentless pursuit of musical excellence. The twin brothers, Peter and Paul Okoye, once reigned supreme as the undisputed kings of African music, their infectious beats and synchronized dance moves captivating millions across the globe.

Their journey to stardom was a fairytale, two young boys from a humble background rising to dizzying heights of success. Their music was a harmonious blend of Afrobeats, R&B, and hip-hop, a sonic force that transcended borders. P-Square wasn't just a music duo; they were a cultural phenomenon, their songs becoming anthems of joy, heartbreak, and celebration.

However, the idyllic image of brotherhood and unity began to crack in 2016. What started as a simmering tension between the twins erupted into a full-blown feud, forcing the group to take an indefinite hiatus. The reasons for the split were shrouded in mystery, with accusations of betrayal, greed, and external influences flying thick and fast. Fans were heartbroken, their world shattered as the inseparable twins went their separate ways.

But hope flickered in 2021 when the duo announced their reconciliation. The reunion was met with euphoria, a collective sigh of relief as the music world welcomed back its prodigal sons. It seemed as though the demons of the past had been exorcised, and the brothers were ready to embark on a new chapter together.

Yet, fate had a cruel twist in store. Just two years later, the unthinkable happened again. P-Square was no

more. This time, the breakup was even more acrimonious, with Paul, known as Rudeboy, accusing Peter, alias Mr P, of involving the Economic and Financial Crimes Commission (EFCC) in their affairs. A shocking allegation that sent shockwaves through the industry and left fans reeling.

Paul's decision to bow out of the group was a seismic event, a testament to the deep-rooted issues plaguing the brothers. It's a painful reminder that even the strongest bonds can be shattered, and that fame and fortune can be a double-edged sword.

As the dust settles on this latest chapter in the P-Square saga, one can't help but feel a sense of profound sadness. The loss of the group is undoubtedly a setback for African music, but it also raises important questions about the pressures of fame, the complexities of family relationships, and the price of success.

While the future remains uncertain for both Peter and Paul, one thing is clear: their story is far from over. The music world will be watching with bated breath as these two iconic figures chart their solo careers.

As the brothers embark on their solo careers, their music will undoubtedly offer new insights into their creative processes. Will Paul's solo work echo the sound of P-Square, reinforcing his claim as the primary songwriter? Or will Peter surprise fans with a previously untapped musicality? We would love to hear what you think, send us an email info@xhaleng.com and we would share some of your comments in our next episode



REMA THE PRINCE OF AFROBEAT

TAKING THE WORLD BY STORM

In the past five years, Rema has firmly established himself as the "Prince of Afrobeat," a title that reflects his prodigious talent and undeniable influence on the global music scene. Born Divine Ikubor, Rema's rise to stardom has been meteoric, marked by a series of hit singles that have captivated audiences both in Nigeria and around the world. With the release of his latest album, HEIS, Rema continues to solidify his position as a key figure in the Afrobeat genre.

Rema burst onto the Nigerian music scene under "The Mavins Record" label with his self-titled EP in 2019, which included the breakout single "Dumebi." The song's infectious rhythm and catchy lyrics quickly garnered millions of streams, propelling Rema into the spotlight. He released his debut album "Rave & Roses" and since then, he has consistently released hit singles such as "Iron Man," "Lady," and "Ginger Me," each showcasing his unique sound that blends traditional Afrobeat with contemporary elements.

His ability to produce chart-topping songs has earned him numerous awards, including the Next Rated award at the 2019 Headies and the Sound city MVP for Best New Artist. These accolades are validations to his impact and the high regard in which he is held within the Nigerian music industry.

Rema's influence extends far beyond Nigeria's borders. His collaboration with international artists and performances at major global events have played a crucial role in bringing Afrobeat to a wider audience. His music has reached the global stage, with millions of streams on platforms like Spotify, Apple Music, and Audio Mack. He has

performed at international festivals like Coachella, Afrochella, and the Wireless Festival. His album "Rave & Roses" debuted on the US Billboard 200 chart; a feat achieved by few African artists.

Rema's latest album, HEIS, is a shining example of his growth as an artist and his ability to innovate within the Afrobeat genre. Comprising 11 tracks, the album explores various themes and showcases Rema's versatility. From the high-energy beats of "Soundgasm" to the introspective lyrics, HEIS offers a rich listening experience that caters to a diverse audience.

The album has been praised for its production quality and Rema's lyrical prowess. HEIS not only cements Rema's status as a leading figure in Afrobeat but also highlights his potential to influence the genre's future direction.

Rema's contributions to Afrobeat cannot be overstated. He has played a significant role in popularizing the genre internationally, bringing Nigerian music to the forefront of the global music industry. His innovative approach and willingness to experiment with different sounds have set him apart from his peers, making him a trailblazer in the contemporary music scene.

Moreover, Rema's success has inspired a new generation of Nigerian artists to pursue their dreams and aim for global recognition. His journey from a young artist in Benin City to an international star serves as a powerful example of what can be achieved through talent, hard work, and determination.



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FASHION & LIFESTYLE

MUST-HAVE WARDROPE ESSENTIALS FOR THIS SUMMER

Summer is upon us, and with the rising temperature comes the need to refresh our wardrobes with light, breathable, and stylish essentials. Whether you're hitting the beach, attending a barbecue, or just enjoying a sunny day out, here are the top picks to keep you looking and feeling great all summer long.

- **Lightweight Tops:** Breathable fabrics like cotton, linen, and silk are a must for hot summer days. A few well-fitted linen shirts in neutral colors like white, beige, or light blue can be dressed up with a chinos or dressed down with shorts, making them versatile staples.
- **Comfortable shorts:** A good pair of shorts in indispensable for summer. Shorts are perfect for casual outings or beach trips.
- **Maxi dresses:** Maxi dresses are a summer savior! They're comfortable, versatile, and perfect for dressing up or down.
- **Classi T-shirts:** Stock up on classic cotton t-shirts in a variety of colors. White, black, and grey are must-haves, but don't shy away from adding vibrant hues like coral or mint green for a pop of color.
- **Swimsuits:** For beach days or poolside lounging, a pair of stylish swimsuits is essential. Consider patterns or bright colors fabric to embrace the summer vibe.
- **Sandals:** Ditch the boots and slip into comfortable sandals. Also, a pair of flip-flops are recommended for beach days.
- **Wide-brimmed hat:** A wide-brimmed hat not only add glamour to your outfit but also provides essential sun protection.
- **Accessories:** Don't underestimate the power of accessories. A stylish wristwatch, a simple bracelet, a trendy sunglass or even a cool belt can elevate your summer look.

GROOMING TIPS FOR NIGERIAN MEN

Grooming is a part of personal hygiene and style, and Nigerian men are increasingly recognizing the importance of maintaining a polished appearance. Here are some grooming tips specifically for Nigerian men to help you look and feel best.

- **Skincare routine:** Making a good skincare routine is crucial. Use a gentle cleanser to remove dirt and oil, followed by a toner to balance your skin PH. Moisturize daily and use a sunscreen not less than SPF 30 to protect against UV rays.
- **Beard care:** A well-groomed beard can significantly enhance your appearance. Trim your beard regularly to maintain shape and avoid a scruffy look. Use a beard brush to keep it neat and detangled.
- **Hair care:** Whether you prefer a clean shave or a stylish haircut, regular visits to the barber are essential. Use quality shampoo and conditioner to keep your hair healthy.
- **Nail care:** well-groomed nails are a sign of good hygiene. Trim your nails regularly and keep them clean. Consider a manicure if you want your nails looking their best. Avoid biting your nails as it can lead to infections.
- **Fragrance:** Wear a nice cologne to boost your confidence. Apply perfumes to pulse point like the wrists, neck, and behind the ears for a long-lasting effect.
- **Exercise:** Regular exercise not only keeps you fit but also enhances your overall appearance. It improves blood circulation, which can lead to healthier skin and more vibrant look.

By incorporating these grooming tips into your routine, you'll feel good and confident in your own skin all day.





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5 EASY WAYS TO FIND A LOYAL PARTNER: TIPS FOR WOMEN LOOKING FOR COMMITMENT

Trying to find a loyal partner these days can feel like looking for a needle in a haystack. But don't worry, it's not as hard as it seems. Here are five easy ways to help you find a committed partner who will care for and respect you. These tips are simple but powerful, and you can start using them right away.

1. Understand Your Role in the Relationship

You may have heard the term "strong woman" a lot. While there's nothing wrong with being strong and independent, it's important to think about how this affects your relationship. Many men naturally want to feel like the protector or provider. This doesn't mean you have to hide your strengths, but it's about finding a balance that works for both of you.

Have an honest talk with your potential partner about what you both expect and what your roles will be. This can help build mutual respect and understanding from the start. Defining your role doesn't mean giving up your independence - it's about complementing each other.

2. Look for Consistency Between Words and Actions

A loyal partner will say what they mean and do what they say. This consistency shows they are reliable and have integrity. When someone keeps their promises, even the small ones, it builds trust and shows their commitment.

Pay attention to how your potential partner behaves over time. Do they do what they say they'll do? Are they dependable in different

situations? Consistency in words and actions is a strong sign of a faithful relationship.

3. Focus on Communication Skills

Good communication is the foundation of a strong relationship. Men who communicate well often take on leadership roles because they express themselves clearly and listen to others.

Notice how your potential partner communicates, not just with you but with others too. Do they listen actively? Do they share their thoughts in a clear and respectful way? Finding a partner who values communication will help you weather any storms that come your way.

4. Understand and Appreciate Your Value

Every man will have different priorities when it comes to relationships. It's important to understand where you fit into his life and appreciate that role. This doesn't mean settling for less than you deserve, but recognizing the value you bring and the importance he places on your relationship.

Have open discussions about his priorities and how you fit into his life. Understanding his perspective will help you both appreciate each other's contributions to the relationship. This mutual respect can strengthen your bond and foster faithfulness.

5. Be Realistic About Imperfections and Priorities

No one is perfect, and it's important to accept this when looking for a loyal partner. But it's also crucial to be clear about your non

negotiable qualities in a partner. Finding the right balance will help you find someone who is compatible and committed to you.

Make a list of your must-have qualities in a partner and be honest about them. At the same time, be prepared to accept some imperfections. This realistic approach will help you find a partner who shares your core values and is dedicated to building a faithful relationship with you.

Relationship Reflection Activity

Take some time to reflect on your past relationships and what you've learned about finding a loyal partner. Consider the following questions:

- What qualities did you appreciate most in your previous partners?
- What were the dealbreakers or non-negotiables for you?

- How did you and your partner communicate and resolve conflicts?
- In what ways did you or your partner demonstrate consistency between words and actions?

Jotting down your thoughts and insights can help you clarify what you're looking for in a future partner. This self-reflection can also reveal areas where you may need to adjust your own approach or expectations.

By using these strategies and reflecting on your relationship experiences, you'll be well on your way to finding a loyal partner who respects and values you. Remember, the journey is just as important as the destination. Enjoy the process and stay true to yourself.



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JULY'S TREND RECAP

The month of July was a journey of mixed emotions. We experienced love, fun, and also faced economic challenges. Here's highlight of all we experienced in month of July.

1. Between Nollywood Actor Toyin Abraham and Some X Users.

July started with a bit of "vawulence" between Toyin Abraham a popular Nollywood actor and some X users.

We are all aware that Toyin Abraham publicly supported the current President Bola Tinubu during his campaign. And this has always being the reason for social media users to quickly attack her online especially as the economic hardship worsened across the country.

This time Toyin got the police to arrest some persons which she claimed bullied her online. One of the X users made some posts where he insulted her and wished death on her son and another user accused her of using Tinubu's money to pay for her husband's hair transplant. This controversy waged on, while some social media users that decided to choose violence called for people to submit petitions to Netflix, urging this streaming platform to take down all her movies.



Toyin's loyal fans were right behind her and they all gave her the support needed, writing petitions back to Netflix to ignore any information regards taking down all her movies. At the moment everything is settled.



2. Diary of A Naija Girl (Dang) Breaks Off Engagement.

Nigerian blogger Ife (DANG) revealed why she called off her engagement few weeks to wedding after thorough planning and spending. She stated that she realized she was marrying for the wrong reasons - because she was clocking 30 and the groom was a pathological liar. This story of hers sparked some online reactions. A particular X user took to his page to call out Ife, stating she broke the engagement for a different reason. He claimed Ife broke the engagement because her "sugar daddy" threatened to stop sponsoring her lifestyle the moment she gets married. Ife has not yet responded to the allegation, so the story remains unclear for now.

3. Popular Socialite Yhemolee Proposes to Girlfriend Thayour.

After rumors surfaced that Yhemolee was planning to marry his girlfriend- Thayour, evidenced by a wedding asoebi and invite shown in a snapchat clip.

Confirming this news, Yhemolee romantically proposed to this longtime girlfriend- Thayour. He was seen kneeling and asking his babe to be his wife, which she happily accepted. This duo is set to tie the knot next month- August in Lagos.



4. Between Very Dark Man and Blord - A Bitcoin Trader.

Mid July, Blord was arrested by the police for these allegations, cryptocurrency fraud, aiding internet fraud, computer related fraud, terrorism funding and non-compliance with regulatory frameworks.

While Blord was still in detention, VDM took to his social media page to tackle him saying "Your pride caused your predicament" He claimed he was responsible for Blord's arrest after he challenged him to improve his services following concerns about individuals losing money on his platform while Blord was non-challant towards this complaint.

He further queried Blord about the said influence he claimed to have and why he hadn't used it in since in detention.

VDM wrote "BLORD HAS BEEN DETAINED BY FCID IN ABUJA ... let's see his influence now who get influence no dey shout @npf_nccc I have more people to bring ooooo"



5. Simi's Faces Heat for Dismissing Fellow Artists' Music

Simi, a prominent Nigerian artist, faced backlash after revealing on a podcast that she doesn't engage with other artists' music, except for her husband Adekunle Gold. Her statement generates widespread criticism online, prompting her to clarify that her words were misinterpreted and that she could have her thought more considerately.



6. Gistlover Bombshell Allegations: Akpabio's Side Relationships

Controversial blogger "Gistlover" set social media ablaze with sensational claims about Senate President Senator Akpabio's personal life, claiming he has multiple side chicks in the Nigerian entertainment industry. The blogger took it a step further by sharing a family photo and his wife's phone number.

However, Sen. Akpabio has debunked the rumors, affirming his commitment to his sole wife and dismissing the allegations as false.

7. Priscilla Ojo Reveals New Boyfriend, Leaving Fans Stunned

Nigerian men's hearts skipped a beat when Priscilla Ojo (Priscy) posted a beautiful picture of herself and her boyfriend, a Tanzanian artist, on her Instagram page, with the caption "Mine". The reveal left many fans stunned and hushed conversations about her close Enioluwa, as many has assumed they were romantically involved.

8. Proposed Nationwide Protest

As July drew to a close, Nigerians called for a nationwide protest in response to the country's economic woes. But in a surprising twist, a rival group, self-described as the "anti-protest squad", launched a counter protest to oppose the planned demonstration, scheduled to start on August 1st.



And that's a wrap for July. We eagerly anticipate the new beginnings and opportunities that August will bring. Wishing you all the best!



SPAIN MADE HISTORY THE FOURTH TIME AT THE EUROPEAN CHAMPIONSHIP 2024

The national teams of Spain and England faced off tonight in the Euro 2024 final. The first half of the championship match was not particularly thrilling, but Spain had more control of the game. For Spain, Nico Williams was the most active, threatening with a run into the penalty area in the 12th minute, and ten minutes later, Lamine Yamal's shot was blocked.

For England, Phil Foden managed to get a shot off in the penalty area during the additional time of the first half, but he lacked the balance to make better contact with the ball.

At the start of the second half, Spain took the lead 1-0! The play developed on the right side, and Yamal cleverly found space for Williams, who surged forward and skillfully scored from close range. Two minutes later, Yamal assisted again, this time creating a chance for Dani Olmo.

However, Olmo's shot was not impressive, although it was another quality play from Spain. In the 55th minute, Yamal again set up a brilliant opportunity, this time for Alvaro Morata, who couldn't find the target. Williams struck from the edge of the penalty area, causing more trouble for England! In the 60th minute, coach Gareth Southgate substituted captain Harry Kane with Ollie Watkins.

In the 64th minute, Jude Bellingham executed a beautiful Zidane-style turn, but his long-range shot just missed the

Spanish keeper's goal.

On the other side, goalkeeper Jordan Pickford made an excellent save when the resourceful Yamal shot from the penalty area after a quick Spanish attack. In the 70th minute, Fabian Ruiz took a shot from distance, causing more suffering for the English, but the score remained 1-0. Then a shock for Spain; England equalized!

Spain has won the European Championship for the fourth time! La Roja was superior to England in the grand final, playing the most beautiful football of the tournament and deservedly securing the new trophy.

After a quick counterattack, substitute Cole Palmer received a pass from Bellingham and scored a brilliant goal from distance to level the score. Following the goal, the Three Lions gained momentum and became more assertive. Yamal had a golden opportunity in the 82nd minute, but Pickford made another great save! The Barcelona jewel should have done better.

In the 86th minute, Spain was rewarded for their good play with a 2-1 goal! Marc Cucurella delivered a sharp cross into the middle, where Mikel Oyarzabal scored from close range!

In the final minute, England had two chances in the same play, but first, Unai Simon made a save, and then Olmo cleared the ball off the goal line! Four minutes of added time followed, but the match ended 2-1, and Spain won Euro 2024!

“SHE” MEANS BUSINESS:

Young Women Reigning Supreme

In the heart of a male-dominated society, where tradition and stereotypes often dictate the trajectory of a woman's life, there exists a generation of young ladies who dare to challenge the status quo. With each dawn, they rise, armed with resilience and determination, to conquer the daily hustle and shatter the glass ceiling that threatens to confine them.

As I delve into the diary of a boss lady, I am met with the raw emotions, fears, and triumphs of these remarkable individuals. Their stories are a testament to the unyielding spirit of women who refuse to be relegated to the shadows.

The Weight of Expectations

In Nigeria, where cultural norms often dictate that a woman's place is in the home, the pressure to conform can be overwhelming. Yet, these young ladies boldly defy convention, pursuing careers and passions that ignite their souls. They face the daily struggle of balancing societal expectations with their own aspirations, all while maintaining a sense of self.

The Power of Resilience

Despite the obstacles, they persevere. With each setback, they discover a strength they never knew they possessed. They learn to navigate the complexities of a patriarchal society, leveraging their unique perspectives and skills to create opportunities where none existed.

Sisterhood and Support

In the face of adversity, they find solace in each other. They form a network of support, uplifting and empowering one another to reach new heights. Together, they celebrate their victories and mourn their losses, forging a bond that transcends mere friendship.

Breaking Stereotypes

These boss ladies shatter the mold of what it means to be a woman in Nigeria. They are entrepreneurs, innovators, artists, and leaders, redefining the narrative and paving the way for future generations.

A Call to Action

To the young ladies of Nigeria and Africa, I see you. I hear you. I believe in you. Your struggles are valid, your dreams are worth chasing, and your voices matter. Continue to rise above the noise, to shatter the glass ceiling, and to unleash your full potential upon the world.

The Future is Female

As I close the diary of a boss lady, I am filled with hope and awe. For in the hearts of these young women lies a fire that will illuminate the path to a brighter, more inclusive future. A future where women are not just seen, but heard. Not just heard, but valued.

Let us march forward together, with the courage of our convictions and the power of our collective spirit. For we are the boss ladies, and we will not be silenced.



BUILD YOUR EMPIRE: START TODAY, RULE TOMORROW

Brothers and sisters, young Nigerians, the future of this great nation! Every day, I look out at your faces, brimming with potential, and my heart swells with pride. You are the heartbeat of this great nation, the hustlers, the dreamers, the ones who refuse to settle for anything less than extraordinary. But sometimes, in the everyday grind, the fire can dim. Let me tell you something, the change you seek, the better tomorrow you crave – it's not out there waiting for someone to hand it to you. It's right there, burning bright within you!

This land, this Nigeria, it built our ancestors. They faced hardship with unwavering faith, with an unbreakable spirit. That same spirit courses through your veins. Don't you believe for a second that anyone else holds the key to your success. It's in your hustle, in the late nights fueled by dreams, in the early mornings where you chase that relentless sun. That's the Lagos believe, the Naija spirit – the fire that burns brightest when the world seems darkest.

There will be days, my friends, when doubt creeps in, when the weight of the world feels heavy on your shoulders. But that's when you have to dig deep, find that flicker of faith, and fan it into a flame. Hold onto your dreams, nurture them, fight for them with every fiber of your being. Remember, the greatest victories come after the toughest battles.

Some people are born in Lagos, other people make their money live in Lagos. Look around you! See the young men and women who are already thriving? The ones who dared to believe, who turned their struggles into stepping stones? They are living proof that anything is possible. You see the resilience



in their eyes, the Lagos hustle that keeps them going? That's the power you hold too!

Now, I know this year has thrown its punches. But let me tell you something, it's never over until you win. We're only halfway through, seven months gone, and guess what? The best is yet to come! The second half of 2024 is going to be your time to shine. It's the time you take those dreams and turn them into reality. With unwavering faith, with that Lagos hustle in your heart, you are unstoppable!

So go out there, young Nigerians! Amiable Lagosians! Chase your goals with relentless passion. Believe in yourselves, believe in your ability to create a better tomorrow, not just for yourselves, but for your families, your communities, for this whole damn nation! Let your light shine so bright it breaks through every obstacle. Let the world hear your roar!

This is your time. This is your Nigeria. Lagos na for all. Go make history!

And when you do, when you achieve those dreams, come back and share your stories. Let your success inspire others. Let this be a movement, a wave of Nigerian excellence washing over the world.

I want to hear your stories, your struggles, your triumphs. Reach out to us today info@xhaleng.com and please Like, comment,

share our YouTube page @ufeststudios– let the world know the power of the young Nigerian spirit! Together, we can make this the greatest year ever for Nigeria. Let's go!

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