



WEEKLY

NYSC: Death Sentence After Graduation

NYSC

12 Ways to Maintain a Healthy Kidney

Money: House Rent: 5 Important Questions To Ask Your Landlord



This Week's Top News Headlines

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NYSC: Death Sentence After Graduation

The National Youth Service Corps was birthed in 1973 during the military regime of General Yakubu Gowon. The scheme was conceived as a strategy to encourage cultural integration in the aftermath of the civil war.

But the mandatory one-year scheme, where youths are deployed to various parts of the country, has been a subject of rife criticism recently. These criticisms range from poor health management of corps members to inadequate welfare, and recently, the death cases in orientation camps. Several calls have been made for a review or total eradication of the scheme.

After brilliant years of academic pursuit in tertiary institutions, corps members are subjected to various forms of dehumanising conditions during their service year. Some lose their lives in the 'strange lands'. In the last 14 months, no less than 12 corps members lost their lives during service year.

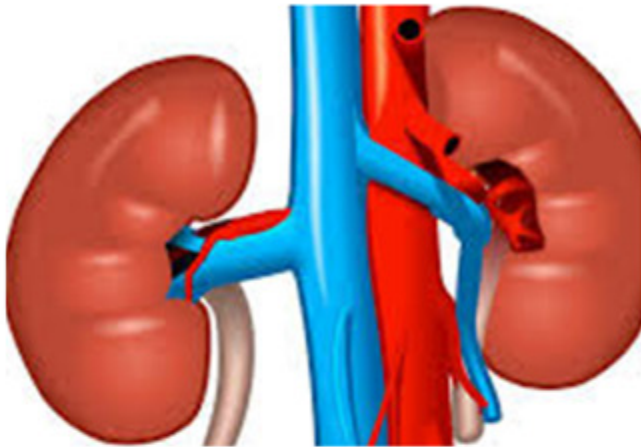
Death Cases:

Reported cases of corps members' death since March 2016 to date:

- Okonta Samuel – Shot during Rivers Re-run election (March, 2016)
- James Onuh – Shot by cultist in Bayelsa (June, 2016)
- Chiyerum Elechi – Bled to death in Bayelsa camp (November, 2016)
- Ifedolapo Oladepo – Died in Kano NYSC Orientation camp (November, 2016)
- Ukeme Asuquo – Died of diarrhea in Zamfara NYSC camp (December, 2016)
- Jumoke – Died of Athsma attack in Bayelsa camp (February, 2017)
- 6 died in road accidents (January - February, 2017)

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12 Ways to Maintain a Healthy Kidney



The kidneys are vital organs which are needed to maintain healthy living. Currently, about 1 new case of kidney failure is seen daily in any outpatient clinic in Nigeria with some clinics seeing more than 3 new cases every day. Living with chronic kidney diseases creates a big financial burden on patients because of the need a minimum of 3 sessions of hemodialysis daily, drugs administered during each session, lifestyle modification, change in diet and the cost and burden of having a kidney transplant. Many patients have died of kidney disease and have been burdens to care givers and the

society but this can be avoided by living a healthy life and by avoiding certain lifestyles that damages the kidneys.

In this article, we are going to look at 12 Ways to Maintain a Healthy Kidney.

1. **Blood pressure control:** Uncontrolled hypertension is said to be among the leading cause of kidney failure. Hypertension is an elevation in blood pressure with values greater than 140 mmHg and 90 mmHg for systolic and diastolic pressures respectively.

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Lifestyle

7 Simple Reasons Office Affairs Happen In Nigeria



When affairs happen, they usually occur between co-workers. What is it about the office environment that causes so many people to put their marriages in jeopardy? There are several reasons why office affairs happen and knowing these reasons can help you to understand a little more about your own relationship.

Convenience

It is true that, in some cases, people see their co-workers more than they see their spouses. This is especially true if the spouses work shifts that make it difficult for the couple to be

together on a regular basis. Of course, mere convenience is not usually enough to cause someone to stray from their relationship. There are normally underlying reasons for the affair to take place that indicate issues with the relationship. But the convenience of being around co-workers constantly can help to intensify those issues and become the catalyst for an affair.

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The Week: Top 8 News Headlines

[Nigerian Senate To Expel DSTV, MTN, Shoprite Over Xenophobic Attacks](#)

[N/Delta Militants Give MTN, DStv, Shoprite 30 Days to Exit Nigeria](#)

[Primate Ayodele: Buhari Will Return Home After 3 Months](#)

[Moroccan King, Mohammed Calls Buhari In London](#)

[Senate Confirms Onnoghen As Nigeria's Chief Justice](#)

[Biafra: Court Strikes Out 6 Charges Against Nnamdi Kanu](#)

[PDP Crisis: Makarfi Group Floats Advanced PDP](#)

[Fuji Musician, Wasiu Ayinde Converts Multi-million Naira Mansion To Mosque](#)

Jobs in Nigeria

[Vacancy: Information Security Manager](#)

Etisalat's vision is a world where people's reach is not limited by matter or distance; a world where people will effortlessly stay in touch with family and friends; a world where businesses of all sizes can reach new markets without the limitations of distance and travel.

[Vacancy: HSE Officer](#)

FMC Technologies, Inc. (NYSE: FTI) is a leading global provider of technology solutions for the energy industry. Named by Forbes® Magazine as one of the World's Most Innovative Companies in 2013, the Company has approximately 19,500 employees and operates 30 production facilities in 17 countries

[Vacancy: Graduate Trainee Analyst](#)

Citibank Nigeria Limited, the leading global financial services company, provides consumers, corporations, governments and institutions with a broad range of financial products and services.

[Vacancy: 2017 Graduate Trainee Scheme](#)

UAC of Nigeria Plc. is a leading private sector enterprise with active participation in the development of the country since 1879. A diversified, food-focused company, UAC's operations span the foods, real estate, paints and logistics sectors of the economy.

We are committed to building and developing our people towards realizing their full potentials.

House Rent: 5 Important Questions To Ask Your Landlord



Unless you have unbelievably deep pockets, you'll have to rent an apartment, house or office space at a point in time. However, what appears to be a seemingly easy transaction of renting a property might turn out to become a hydra-headed nightmare when unforeseen situations begin to come up.

I have observed that issues bordering on the payment of house rent usually lead to most of the conflicts between landlords and tenants. This piece seeks to intimate you with 5 important questions to ask your landlord in order to avoid conflicts related to house rent.

1. Question on Rent

It would appear that asking questions about how much you are required to pay for rent is a no brainer; yet, many people make unnecessary assumptions about their rent. You should ask the landlord how much you are paying for the rent and you should divide the annual rent by twelve months in order to get a handle on the monthly rent.

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Careers

NYSC: 7 Things You Should Do After Orientation Camp



Image: Titilayodeji13, Wikipedia

The three weeks in the NYSC regimented orientation camp is perhaps one of the hardest times in the life of a Corps member. Now that you're free from the early morning bigle, meditation, strenuous drills and harassment from soldiers, you are on to another phase of the service. This time it's not about drills and bigles but about responsibility and the next lines of action for your own future. Here are some things you should do after the orientation camp.

Find a place to settle down, and fast

Your posting letter must have indicated your Place of Primary Assignment and you must have been conveyed by representatives of the different Local Government Areas where you're posted to the area.

The next thing is to settle down. There are provisions for temporary and permanent accommodation by religious bodies such as NCCF, NACC, MCAN and the likes. Some local governments also have Corpsers' Lodge which you can make use of before you proceed to your PPA.

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How To Stop SMS Spam From Nigerian Mobile Providers



In Nigeria, SMS spam (unsolicited text messages) has been the major bane for most mobile phone users in the country. Some mobile phone owners receive as much as 10 to 20 unsolicited text messages, which have an annoying characteristic of clogging up your mobile phone's inbox. Deleting these Spam text messages can be very annoying and hectic. Some mobile networks, e.g. Airtel Nigeria, go as far as calling their customers at odd hours of the day to advertise their products and services, which can be very annoying and time consuming.

MTN is also very annoying when it comes to SMS very helpful sometimes and might provide you relevant information when you least expect. However, MTN has gone overboard in their quest to market their products and services and have started spamming their customers all through the day with text messages asking for one spamming, but some of these spam SMS messages can be form of subscription or the other; messages from MTN short codes such as 4900, 5021, 35680, can be very annoying.

Glo and Etisalat are no saints when it comes to SMS spamming in Nigeria; just that it is not as much as Airtel, which is the worst of them all, as well as MTN. Glo and Etisalat normally send unsolicited SMS messages, from time to time, which may be helpful sometimes and not so helpful. But the major question is: How do you stop SMS Spam from Nigeria Mobile network providers? The answer may not be as simple as most people suggest.

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Beware, Soul Brother A Poem by Chinua Achebe

We are the men of soul
men of song we measure out
our joys and agonies
too, our long, long passion week
in paces of the dance. We have
come to know from surfeit of suffering
that even the Cross need not be
a dead end nor total loss
if we should go to it striding
the dirge of the soulful abia drums...

But beware soul brother
of the lures of ascension day
the day of soporific levitation
on high winds of skysong; beware
for others there will be that day
lying in wait leaden-footed, tone-deaf
passionate only for the deep entrails
of our soil; beware of the day
we head truly skyward leaving
that spoil to the long ravenous tooth
and talon of their hunger.

Our ancestors, soul brother, were wiser
than is often made out. Remember
they gave Ala, great goddess
of their earth, sovereignty too over
their arts for they understood
too well those hard-headed
men of departed dance where a man's
foot must return whatever beauties
it may weave in air, where
it must return for safety
and renewal of strength. Take care
then, mother's son, lest you become
a dancer disinherited in mid-dance
hanging a lame foot in air like the hen
in a strange unfamiliar compound. Pray
protect this patrimony to which
you must return when the song
is finished and the dancers disperse;
remember also your children
for they in their time will want
a place for their feet when
they come of age and the dance
of the future is born
for them.

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