

LIFESTYLE

9 of the Worst Habits for Belly Fat

Belly fat is the most dangerous kind of fat since it settles around your organs and affects your risk for heart disease diabetes, and other serious health issues. These bad habits can increase your chances of develop-

ing belly fat or prevent you from losing it. 1. You are a Social media Junkie

If you can't stay away from Facebook and foods are filled with the worst Instagram, you may not notice yourself



Scientists suspect that belly. Unless you eat your fried social network influences rice with a large helping of what people perceive as salad, the fat is almost immenormal and acceptable-if vou see vour "friends" and

ing heavier, you feel like it's OK if you do too.

2. Fruit juice is a diet staple

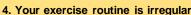
If drinking fruit juice is how you get your daily serving of fruit, you're doing more harm than good. Fruit juice is generally high in count), you could be sabotaging your weight. calories and sugar, lacks the fiber and other Dr. Kazlauskaite advises starting your largest vitamins and nutrients you'd get from an meal of the day with a hearty helping of fiber- statue was a gift from the people of actual piece of fruit AND the number of cups filled vegetables, which leaves less room for France commemorating of orange juice you'd have to drink to reach other foods that aren't as healthy. your daily serving exceeds how many sliced 8. You're a soft drinks lover oranges it would take to get there.

3. You're a snack addict

extra calories that can be hard to keep track

Mord

of, (unless you are munching on fruits or almonds you packed the night before), you're likely reaching for sweets or processed foods lying around the office, which can be high in fat, sugar, and salt.



Aside from diet, exercise has the biggest impact on gaining or losing belly fat. "When you exercise, muscles use energy instead of

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it being stored in belly fat. That's why when you start exercising, many people notice they lose inches from the waist first.

5. You don't meal plan

Be a mindful eater instead of a mindless one. When you don't plan what you're going to eat and when, you end up eating whatever is available. Plan what you'll eat for breakfast, lunch, and dinner the night before. If you have the time, take it one step further and use your weekend to shop for groceries for the week or Oct. 28, 1944: First consecration prepare some meals you can keep in the fridge. of a Bishop (Rt. Rev. S. C. Phillips

6. You're a fried food fanatic

If you can't stay away from dodo or mosa, expect to see your waistline expand. Fried

type of fat, trans fat, which trigpacking on the kilograms. gers weight gain around the

diately absorbed - fast into the bloodstream

without a moderating effect. Vegetables help Oct. 25, 1993 - A ragtag group of with digestion and metabolism because they young people under the name of have vitamins and antioxidants that help clean Movement for the Advancement of up the bad ingredients ingested

7. You don't eat enough veggies

If at least half your plate isn't filled with vegetables (yes: potatoes or sweet potatoes

A mineral a day definitely won't keep the weight away. It's well documented that sugary drinks Snacking all day means you're ingesting are linked to obesity, and the reason is clear: one can of soft drink is equal to 10 teaspoons of sugar and has 150 calories, all of them empty since you're not getting any nutrients.

9. You rely on sit-ups to get a six-pack

Unfortunately, sit-ups or crunches aren't the magic answer to a flat stomach if they aren't accompanied by cardio. Those exercises tone abdominal muscles but don't burn fat, which is key to eliminating belly flab.

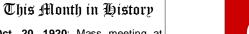
Extracted from www.msn.com/en-us/health/nutrition

JOKE OF THE MONTH Dear Son...

An old Arabian in central USA wants to dig his "Gunpowder Plot" to blow up the garden to plant tomatoes. He e-mails his son, who studies in Paris: "Dear Son, I wanted to plant Houses of Parliament in 1605. tomatoes in my garden today, but I am too old and Nov. 10, 1995 - Saro-Wiwa and weak to dig. If only you were here to help me. Allah eight other MOSOP leaders (the be with you. Your father." A few hours later, he gets an e-mail back: "Dear at the hands of military personnel. father, Please do not dig in the garden. It's where I Nov. 11, 1992 - The Church of hid...The THING!". Allah be with you, Your dear England vote allowing women to son.'

15 minutes later, the cops, the FBI and the CIA are at Nov. 12, 1974 - The U.N. General his house digging around his garden. When they Assembly suspends South Africa over its policy of apartheid. didn't find anything, they left disappointed.

One hour later, the father receives another mail: "Dear father, I assume your garden has been dug by Abacha, Defence Minister in the now. Hope you remembered to tip the FBI. Allah be interim government and most with you. Your dearest son."



Oct. 20. 1920: Mass meeting at Christ Church School room to discuss plan for a Cathedral estimated at £20,000.

Oct. 28, 1942: Cathedral Standing Committee encourages formation of Societies from among Cathedral members

in West Africa.

Oct. 21, 1879 - Thomas Edison successfully tests an electric incandescent lamp with a carbonized filament, keeping it lit for over 13 hours.

Oct. 24, 1929 - "Black Thursday" occurs in the New York Stock Exchange, Nearly 13 million shares in panic selling.

Democracy (MAD) hijacks a Nigerian airliner to Niger in order to protest official corruption.

Oct. 28. 1886 - The Statue of Liberty is dedicated NDon Bedloe's Island in New York Harbour. The the French-American alliance during the American Revolutionary War.

Oct. 31, 1984 - Indian Prime Minister Indira Gandhi is assassinated by three Sikh members of her bodyquard while walking in her New Delhi garden.

Nov. 1st - All Hallows Day, known as All Saints Day among Roman Catholics, commemorating those who have no special feast day.

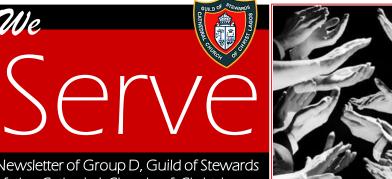
Nov. 3, 1534 - King Henry VIII becomes Supreme Head of the Church of England following the passage of the Act of Supremacy by Parliament.

Nov. 5th - Remembered as Guy Fawkes Day in Britain, for the anniversary of the failed

"Ogoni Nine") are killed by hanging

become priests.

Nov. 17, 1993 - General Sani senior officer, seizes power from Shonekan, abolishing constitution



Newsletter of Group D, Guild of Stewards of the Cathedral Church of Christ, Lagos

October 2016

Hello hello hello

How have you been? Good I hope. The year end looms and it seems the only thing making newhich most Nigerians have already taken a position! By the next time we meet, a new American President should be in sight and we can get on with our lives.

We welcome and again congratulate our newly married brethren - Jide and Damola as they trudge along their wonderful mystical world of matrimony. May God guide you both.

Seems that all is but set for the 70th Anniversary of the Cathedral Guild of Stewards. By the next time we serve, we would be having the Anniversary Heritage Concert, where a lot of the Guild families of vore are expected. We look forward to catching up with old friends.

We are told although not yet confirmed, that the Cathedral has narrowed down its preference for a new Provost. Like they say in this part of the world, "I congratulate you. I congratulate myself as well". We pray that the good Lord Himself will be the counselor and Guide of the Provost-Elect.

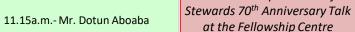
Have a lovely month.

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ws is the looming US elections, and on Olumide Sofowora Esq. SAN Fditor

Offering to the Altar : Sunday, October 18, 2016	Roster of Recorders of Collections:	
7.15 a.m Mr. Olanyi Tayo	Oct. 16, 2016 - Mr. Steve Amihere	
9.15 a.m Mr. J. G. Ayodele	Nov. 13, 2016 - Mr. J Claudius Cole	
.1.15a.m Mr. Tunji Jackson	Dec. 11, 2016 - Dr. J. J. Agbaike	
	UPCOMING GUILD EVENTS	
5.00 p.m Mr. Steve Amihere	Sunday, November 13, 2016 at	
	· · ·	
Offering to the Altar :	4.00pm – Cathedral Guild of Stewards' Musical Heritage	
	4.00pm – Cathedral Guild of	
Offering to the Altar :	4.00pm – Cathedral Guild of Stewards' Musical Heritage Evening at the cathedral Church in celebration of the 70 th Anniversary of the Guild of	
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Battle heats up as Group "D" Steward Nine of the worst habits that have VOL. XXXX NO. 11 of Quarter Results emerge...page 3 contributed to your belly fat..page 4

The "Extremely Coded" Jide & Damola Claudius-Cole!



A proud Mr. Jide Claudius-Cole steps out with rapturous wife Damola Group D's most recent addition decided to add some flavor to his life by choosing to leave the comforts of Lagos State and reaching out as far as Ondo State. This was the story behind the joyous event on Saturday, September 17, 2016 when Mr. Jide Claudius Cole marched out to the hilly countryside of Ondo City to wed the lovely former Miss Damola Alabi. The wedding itself was preceded by a colourful engagement ... continued on page 3

PRAYER FOR THE MONTH A Prayer in This Time of Recession

God, we thank you for the gift of your presence--Christ who is your Word made flesh; Christ who is the wisdom of God and the power of God. We need your wisdom especially in these troubled times. In the midst of turmoil and uncertainty, as financial institutions crumble, and the very economic and social fabric of our lives is shaken.

Many of us are gripped by anxieties and fears, With the clouds of recession over us, and worsening prospects ahead.

But surely, God, we as your children do not look to the horizon, desperately waiting for an economic savior to emerge.

Financial kingdoms, economic empires may come and go, But throughout, God, you remain our stronghold and refuge. Those...*continued on page 2*

continued from front page ... who know your Name will put their trust in you. For by the pressure of living. Enable us to you, O God, will not abandon those who bring your compassionate presence seek you.

Right now, God, we seek your wisdom to guide us where the way is confusing. We have no better guide than you.

We pray for those who are made homeless, who are retrenched, whose life savings and finances have been wiped out. We pray for those who have come to the end of their rope.

God, be merciful to all who have fallen by the wayside. We remember and lift up our friends, loved ones, relatives, colleagues, business partners, and You are a God who is in control, ourselves.

Restore hope to those who have lost livelihood and homes. their Grant peace and healing to families and bigger than the problems we f couples Whose relationships have been strained.

We pray for those who do not know you and have no one to turn to, the many who have been driven to despair .

Lord, in these troubled times, we pray for strength and resilience. Cause your church, the Body of Christ, to be a beacon abundance of your eterna of light and hope. Make us ready to stand

				sustain us. Amen. – M. Y. Lee			
	VICE HEALTH CHECK						Extracted from website
✓ Arrived Before	SEPTEMBER 2016			2016		www.Christianity.about.com/od	
 ✓ Arrived During AP Apology X Absent 	07.15	09.15	11.15	17.00	WEDD	FUNER	Catering for October 16,
Abimbola, S. G.	✓	✓	1	✓	✓	✓	We thank the family of Mr. Ola
Aboaba, Dotun	✓	✓	✓	X			Mrs. Bukola Olaniyi-Tayo who
Adelola, Yomi	1	✓	1	✓	\checkmark	✓	catering for us today. We pray t
Adewunmi, Seun	Х	Х	Х	X	Х	Х	good Lord shall continue to ble
Amihere, Steve	×	\checkmark	\checkmark	\checkmark			prosper their family.
Ayodele, Gbolahan	AP	AP	AP	AP	AP	AP	p
Ayodele, Jibolu G.	AP	AP	AP	AP	AP	AP	Catering Roster: Rest of 2
Bolarinde, Demola	✓	\checkmark	\checkmark	\checkmark			
Claudius-Cole, Jide	AP	AP	AP	AP	AP	AP	• November 2016 Mr. Yomi Ade
Fetuga, Deola	\checkmark	\checkmark	\checkmark	\checkmark			• December 2016 Mr. Babajide
Foresythe, Tokunbo	✓	\checkmark	\checkmark	X			
Jackson, Tunji	\checkmark	✓	\checkmark	\checkmark	\checkmark	✓	October 2016 Birthday
Makinwa, Dotun	\checkmark	\checkmark	\checkmark	✓	\checkmark	\checkmark	The following members and
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Peters, Babajide	 Image: A start of the start of	\checkmark	\checkmark	X			celebrate their Birthdays in Octo
Sofowora SAN, Olumide	1	✓	\checkmark	AP			wish them many happy returns:
Tayo, Olaniyi	\checkmark	✓	✓	✓			(i) Mrs. Ajuah Oyewole 05,
Adollo, J. J.							(ii) Mrs. Solape Olowoselu 10/
Agbaike, J.							(iii) Mrs. Kemi Adewunmi (30) 10/
Agbogidi, G. O. M.	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	(iv) Mr. Babatunde Jackson 19/
Aina, I. O.							(v) Mr. Ayodeji Ayodele 30/
Akinade, Yomi							
Ajomo, S. O.							(vi) Mrs. Foluso Kehinde 31,
Ayodele, Ayodeji							November 2016 Birthda
Babaniji, O	AP	AP	AP	AP	AP	AP	
Farri, T. O. S.							The following members and spou
Fetuga, Doyin							celebrate Birthdays in November,
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Kehinde, M.	\checkmark	\checkmark	\checkmark				(ii) Mr. Ayo Otuyalo 10
Marinho, Akin							(iii) Mr. Tony O. Farri 13
Olowoselu, L. O.	✓	✓	\checkmark	\checkmark	\checkmark	✓	(iv) Mr. Seun Adewunmi 14
Olaomo, C. T.	\checkmark	\checkmark	\checkmark	AP	\checkmark	\checkmark	
Sowemimo, G.	AP	AP	AP	AP	AP	AP	(v) Mrs. Olufunmilayo Adollo 24
OCTOBER	20	16 V	VED	DIN	G A	NN	IVERSARIES

We rejoice with the following members and their wives who mark Wedding (Anniversaries) in the month of October. **Congratulations:**

(i) Revd. Olukayode & Mrs. Ronke Oyebode 05/10/1985 (ii) Mr. Niyi & Mrs Bukola Niyi-Tayo 20/10/2007

Adelola, Y Christ, you are the light which darkness Adewunmi, S cannot overcome. Indeed, darkness is not Amihere, S dark to you; For the night is as bright as Avodele. G day. Christ, be the light which dispels our Ayodele, J. G. darkness And restore order to our inner Bolarinde, D. chaos. Claudius-Cole, J

Christ, the wisdom of God In our Fetuga, Deola moments of anxiety and insecurity, You Jackson, Tunji are the voice of faith who proclaims, Makinwa, D. Martins, Akin "Peace, be still."

all possibilities, A God of new be God, enable us by your wisdom

things in perspective. For, God, day.

You have enabled us to overc many setbacks and adversities We continue now, to trust goodness and provision.

For you are a God who hears, and acts on our behalf, Out We trust you in your grace and

we trust you in your grace and mercy to	Fetuga, D
sustain us. Amen. – M. Y. Lee	Fetuga, C
Extracted from website	Kehinde,
www.Christianity.about.com/od/	Marinho,
Cotaning for October 16, 2016	Olowose
Catering for October 16, 2016	Olaomo,
We thank the family of Mr. Olaniyi &	Oyewole
Mrs. Bukola Olaniyi-Tayo who are	Sowemin
catering for us today. We pray that our	Total
good Lord shall continue to bless and	G
prosper their family.	(Unaud
	Church
Catering Roster : Rest of 2016	Cash-at
November 2016 Mr. Yomi Adelola	
• December 2016 Mr. Babajide Peters	Inflows
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October 2016 Birthdays	Guild D
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The following members and spouses	Feb.202
celebrate their Birthdays in October. We	Funds a
wish them many happy returns:	Payme
(i) Mrs. Ajuah Oyewole 05/10/1952	Oct. 20
(ii) Mrs. Solape Olowoselu 10/10/1962	Feb. Ho
(iii) Mrs. Kemi Adewunmi (30) 10/10/1986	Aug. &
(iv) Mr. Babatunde Jackson 19/10/1972	Mar-Oo
(v) Mr. Ayodeji Ayodele 30/10/1981	Payme
(vi) Mrs. Foluso Kehinde 31/10/1952	Balance
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ust in your	Alina, I. O. Akinade, Y.	5,000	5,000	5,000	5,000						
	Ayodele, A.	5,000	5,000	5,000	5,000						
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and mercy to	Fetuga, Doyin	5,000	5,000								
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	Olowoselu, L. O.			5,000	5,000						
16, 2016	Olaomo, C. T.	5,000	5,000	5,000	5,000						
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NOVEMBER 2016 WEDDING ANNIVERSARIES

The following members and their wives shall DV celebrate Wedding Anniversaries in November. We wish them God's continued 1guidance and blessings.

(i)	Mr. Doyin & Mrs. Ebun Fetuga	13/11/2009	
(ii)	Mr. Godwin & Mrs. Ufuoma Agb	ogidi 17/11/1979	
(iii)	Mr. Abayomi & Mrs. Adeola Akin	nade 22/11/1986	

GUILD & GROUP NEWS

GROUP PERFORMANCE GROUP 'D' STEWARDS' THIRD QUARTER PERFORMANCE

GROUP PERFORMANCE										- (20	~~~			•••			<u> </u>				
"STOP ME IF YOU CAN" -TUNJI			Y 20	016		AU	JGUS	ST 20	016		SEPTEMBER 2016					5	SCORES					
JACKSON SEPERATES THE MEN FROM THE BOYS MR. LEWIS OLOWOSELU ALSO	 ✓ Arrived Before ✓ Arrived During AP Apology X Absent 	07.15	09.15	11.15	07.15	09.15	11.15	17.00	WEDD	MEM	07.15	09.15	11.15	17.00	WEDD	FUNER	Early 715	Services	Evensong	Plus Days	POINTS	POSITION
TOPS ELDERS' PERFORMANCE	Abimbola, S. G.	✓	✓	~	√	✓	1	x			√	✓	✓	✓	✓	~	0	11	1	2	71	<u>6</u> тн
	Aboaba, Dotun	✓	√	✓	√	1	√	X			\checkmark	√	✓	Х			2	9	0		65	9 тн
	Adelola, Yomi	✓	✓	✓	√	✓	✓	✓			\checkmark	\checkmark	✓	✓	✓	\checkmark	2	13	2	2	111	2 ND
statement of how he intends to	Adewunmi, Seun	\checkmark	\checkmark	✓	AP	✓	✓	Х			Х	Х	X	X	Х	X	1	5	0		36	14 TH
close the year in the recent	Akinade, Yomi	\checkmark	\checkmark	✓	AP	AP	AP	AP														
Group's Guild Performance.	Amihere, Steve	✓	\checkmark	\checkmark	\checkmark	✓	\checkmark	✓	\checkmark		\checkmark	\checkmark	\checkmark	\checkmark			1	12	2		90	3 RD
Obviously smarting from sharing	Ayodele, Gbolahan	\checkmark	\checkmark	\checkmark	AP	AP	AP	AP			AP	AP	AP	AP	AP	AP	1	3	0			
top position in the second quarter	Bolarinde, Demola	\checkmark	\checkmark	✓	X	X	X	X			\checkmark	\checkmark	\checkmark	\checkmark			2	7	1		65	9 ^{тн}
performance with Mr. Yomi	Claudius-Cole, Jide	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark			AP	AP	AP	AP	AP	AP	2	7	1		69	8 TH
Adelola, Mr. Jackson left no one in	Fetuga, Deola				\checkmark	\checkmark	\checkmark	AP			\checkmark	\checkmark	\checkmark	\checkmark			2	8	1		71	6 тн
doubt with his stellar performance	Foresythe, Tokunbo	✓	√	✓	√	✓	✓	X			\checkmark	√	✓	Х			2	9	0		65	9 ™
•	Jackson, Tunji	✓	✓	✓	√	✓	✓	\checkmark	✓	✓	\checkmark	√	✓	✓	✓	✓	3	15	2	4	137	1 ST
in the third quarter of the year. He	Makinwa, Dotun	✓	✓	✓	√	✓	✓	\checkmark	✓	✓	\checkmark	√	✓	✓	✓	✓	3	15	2	4		
scored a total of 137 points as		✓	✓	✓	√	\checkmark	\checkmark	X	\checkmark		\checkmark	√	\checkmark	AP			3	10	0	1	84	5 TH
against Mr. Adelola's 111 to claim		✓	√	✓	✓	✓	✓	AP			\checkmark	✓	✓	X			0	9	0		46	13 TH
top spot.	Sofowora SAN, Olumide	√	✓	✓	AP	AP	AP	AP			\checkmark	✓	✓	AP			0	9	0			
In the Elders Category, Mr. Lewis	Tayo, Olaniyi	 ✓ 	✓	✓	✓	✓	✓	\checkmark			\checkmark	✓	✓	✓			1	11	2		85	4 TH
Olowoselu took full advantage of																		2				<u> </u>
Mr. Oyin Fetuga's absence as he	Adollo, J. J.		/		V V	× /	× /					/	 ✓ 	~	✓	~	4	3	1	2	15	2ND
maintained his commanding spot		▼ AP	✓ AP	V AD	V /	× /	V /	AP	×		v	V	V	V	×	v	1	13 3	1	3	94	2ND 5TH
. .		AP	AP	AP	v	v	v				AP	АР	АР	۸D	AP		1	3			25	5
held in the second quarter, polling	Fetuga, O.	АР	۸D	AP		۸D	۸D	AP	۸D	۸D		AP			AP							<u> </u>
127 points as against Engr. G.	Kehinde, M.	AF V	AF √				AF √	AF	AF V	AF	AF ✓	AF √	AF √	AF	AF	AF	3	11			85	3RD
Agbogidi's second position of 94	Marinho, Akin	· √		1	É	-			-				<u> </u>				1	3			25	5 TH
points.	Olowoselu, L. O.	· √	• •	· •	1	1	1	1	1	\checkmark	\checkmark	~	1	✓	1	\checkmark	2	15	2	4	25 127	1 ST
We congratulate the Victors for a	Olaomo, C. T.	· √		1	1	1	1		· √	-	√	1	· √	AP	· √	√	1	12	-	3	79	4 TH
job very well done!	Sowemimo, G.		AP	AP							AP	AP	AP	AP	AP	AP	-			Ū	13	

JIDE AND DAMOLA...AND HE MARCHED THEM ALL TO THE TOP OF THE HILL.



In Complete Solidarity...Mr. and Mrs Jide Claudius Cole surrounding with (part) contingent of well-wishers from the Cathedral Family



An Engaging posture. A very excited couple at the traditional wedding

continued from front page...ceremony on the same day and was attended by a host of friends and well-wishers, including members of Cathedral Altar Servers and the Cathedral Church of Christ's, iTeam of which Jide was a past Team Lead. For the Cathedral youth movement it was both a success story and a magnificent display of solidarity, as the youth body arrived in good numbers ahead of the occasion and stood by the young couple all throughout the celebrations.

Although scheduled to serve the following day, Group D maintained tradition by ensuring the Group was represented, as no less than the Group Leader himself was on hand to witness the glorious occasion.

On behalf of Group "D", we congratulate the young couple and pray God's perfect counsel, guidance and blessings. Amen.

3