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HOW ARE THE MIGHTY FALLEN

Parents we hail thee. To our youth, i say, prepare for the future **Your success of tomorrow, starts with the sacrifice of today**. You are living in a generation of more distractions, more competition, more dependence on parent, more carefree attitude **but more opportunities**.

Wealth and success are not hereditary, or birthright, you get it through diligent, determination and discipline. How are the mighty fallen? Many excellent students in secondary school fail in universities, girls now overtake boys, the children of the poor with low education background now lead the class and push the rich children aside, O how are the mighty fallen.

Life is like a race, not every body that start race end it, there are spectators watching you, some want you to win while some want you to fail. However, the decision is in your hand.

The major challenge of today's youth is distraction. "A thing that prevent someone from concentrating on some thing else."

Distraction

- D** - Disuse, an idle hand is Satan's workshop
- I** - Inordinate affection: flee
- S** - Self Indulgence: overcome
- T** - Technology: be wise
- R** - Recalcitrant: repent
- A** - Association: show me your friend
- C** - Complain: stop it
- T** - Television, Films
- I** - Indolence
- O** - Organising and participating in parties
- N** - Navigation leads to vices

Success or failure is not once, it is a continuous process, reflect on each stage of life and always learn something. Learn from failure and also from success. Many of our youth today have become weak. Weak in academics, weak in morals, weak in concentration, weak in decision, weak in self control. They are faced with greater distractions; however, they need to rise up to the challenge of their time.

My command today is "Arise, o youth of this generation, shake up thyself from the dust and shine."



ADELEYE ADEOSUN J.
managing director
B.Sc. (UI), M.Ed (UI),
MBA (WALES, UK)

Editor's welcome

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Welcome to the **sixth edition of Ascending Outlook** In this edition we present our College's new feat in the Cambridge A level programme. In the November 2016 Cambridge examinations, one of our students won three (3) awards all over the country. He gained the highest mark in Nigeria for Cambridge International A Level Biology, the highest mark in Nigeria for Cambridge International A Level Chemistry, and, superbly, gained First place in Nigeria for "Best Across Three Cambridge International A Level." Once again we are proud to say that Ascending College is a force to reckon with in the A level business.

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AKINTUNDE OLASUPO
editor-in-chief

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Coming here !



Glory be to the Almighty God, the Most High and the Creator of the universe. I thank Him because He has done a lot in my life, especially in my academic career. I also express my profound gratitude to the management of, and instructors at, Ascending College – the ones God used for me.

In my secondary school days at Oladipo Alayande School of Science, I knew nothing about the Cambridge A level programme until the day Ascending College sent some of its members of staff to conduct an aptitude test for us. As a student aspiring to study medicine, my subject combination should be English, Physics, Chemistry, and Biology. On sighting the Physics and Chemistry questions, I was shocked because they looked so strange that I couldn't attempt them. The subjects I later wrote were English, Mathematics, Biology, and an arts subject, that is, Government, because it is related to Civic Education and contains current affairs.

When the results were released, I scored 56 and I was awarded a grade 3 scholarship for the Cambridge Advanced level programme at Ascending College. I went to the school to make enquiries about the programme and I learnt that it involves two sets: May/June set and October/November set.

Abdulsabur Aderemi Akinade, the best graduating student across three (3) Cambridge International A level in the November 2016 examinations, all over Nigeria, and currently a 200 level medical student at the University of Ibadan, Nigeria, shares his A level experience at Ascending College

I finally resumed on the 19th of October, 2015. The first week was for orientation – a series of encouraging and inspirational lectures was delivered. One of the topics of the lectures delivered was "Morality and Maturity: Keys to Academic Excellence." I upheld the lessons from this lecture and this helped me a lot during the programme. An instructor enlightened us (as new students) on the Cambridge A level papers, scores and grades. He then advised us to write our desired result, in the final examinations, in a sheet of paper and paste it in our rooms. Seeing this every day, according to him, will serve as a propelling force for us to work hard. I wrote "Physics – A*, Chemistry – A*, Biology – A*, and pasted it in my room. Another instructor delivered a lecture, titled, "Time Management." He explained the different ways by which we could read and understand. He also advised us to design a reading time-table which we should follow strictly.

After the orientation week, classes started properly. I designed a reading time-table which I followed for a short period of time. Then I developed another reading style which I called "daily planning." When I woke up in the morning, I would ask myself, "What next?", meaning, the next topic for me in Biology, Physics and Chemistry. Then I would set a target which I knew I wouldn't be able to cover for that day. This kept me busy with my study and helped minimised my tendency to "overplay" and waste precious time on unnecessary things. Despite my academic struggles, my grades in school tests were at the same level with my secondary school grades – Bs and Cs – but my desire was A* A* A*.

In our November test, my grades were BCC; ACC in the December test; BCC in the first term examinations, BBB in the second mid-term examinations; CCC in the second term examinations. However, I had an "A" once in Biology in the December test and my highest point, from the beginning of my A level journey to that point, was 13 which was BBB.

On resuming for the third term (the final term), we started the preparation for our mock and final examinations.

An instructor told us that our grades in the mock exams will be similar to those of our final examinations; so we should prepare very well for the mock exams. I continued in my studies as usual. Specifically, I ensured that I covered the entire syllabus for each subject before the mock examinations. Despite this effort, I had a "B" in Biology, a "B" in Physics, and managed to get a "C" in Chemistry, thanks to the marking scheme adopted by the Chemistry department which ensured my record of "nothing less than 'C'" during the course of the programme.

I was, nonetheless, "adamant" in my desire for an "A*" in Physics, "A*" in Chemistry, and "A*" in Biology. My mock result though made me unhappy because I knew that such couldn't earn me Medicine, as a course of study, at the university. I said to myself then that I would prove wrong my instructor who predicted a similarity between mock exams and final exams. I started a greater preparation for the final examination because I believed it was the only way for me to achieve my goal in life. I multiplied my effort exponentially, read like never before, finished the syllabi again and again, solved past questions, read examination guides, etc.

The final examination started and I wrote the papers with great enthusiasm. When the result was released, I had an "A*" in Physics, "A*" in Chemistry, and "A*" in Biology. Thanks to the Almighty God once again because it was neither my power nor my might that made possible this feat but God's absolute grace. Thanks to the entire management team of Ascending College, as well as all my instructors. Thanks to friends and relatives who stood by me throughout the programme. I appreciate you all.

**Abdulsabur
Aderemi
Akinade**

POETRY CORNER

HUMANS

AYO-AJAKAIYE OLUWADAMILOLA
AIR FORCE COMPREHENSIVE SCHOOL, IBADAN.

Humans, humans, humans.
Being human is the most precious gift
any one could wish for.
Humans are specially created not only to serve,
but to also be humans.

Humans,
Bonded together by blood,
Yet we come against each other.
Religion has made us part ways,
Selfishness had killed our hearts.
Greediness has swallowed up the body,
Hatred has caged the soul.

Muslims kill the innocent in the name of Jihad,
Preaching against western education.
Christians are not united,
In the name of personal beliefs
Culture and tradition has been forsaken,
In the name of being unclean.
So what exactly is the right thing to do??
The blacks are being discriminated,
The whites are in their own world.

Yet, the main purpose of our creation,
Was to serve our God.
Instead, we serve men.
Making fake promises to each other.
Let us all come together,
In one body,
Regardless of religion,
Regardless of tribe,
Regardless of race,
Regardless of country,

Regardless of nation,
Regardless of continents,
To give the true definition,
Which is that,
Being human is not all about being covered in flesh,
Being human is being bonded in the soul,
And show love,
BECAUSE GOD HIMSELF IS LOVE.

On His Final Creations...

Ugwa Merit (Oct/Nov 2018)

In the splendour of His might,
Replaced He eerie emptiness with life and light,
By the powerful proclamation of His mouth.
Five days did pass with his words bringing fulfilment,
The Master yet saw all was pleasant and promising.
Together with the host of heaven,
Decided He to make man like His very self,
Like a Sculptor, the Master did set to work
With His crafty hands, formed He man from dust,
His breath did give man his being and birth,
Precious and priceless made He man above all other creations
Bountiful blessings bestowed He on man in His benevolence
Till man displayed his naive nature, allowing deceit by the Devil
Even when it seemed all was lost for man,
Out of the Lord's love, gave He a greater gift unto mankind,
Redemption and reunion at rapture to renewed man,
A journey which begun on the Sixth day of creation till infinity,
Man, the Master's only creation whose existence never really ends,
Plenteous promises all imputed on His final creations.



The World is an egg

Akintunde Olasupo
(Lecturer, Ascending College)

Oval in shape,
sitting on the nest of Creation,
hatched by the very fingers which moulded it:
the world is an egg.

Fragile in form,
comely in content,
made from the vacuity of darkness:
the world is an egg.

Formed by the Word,
warmed by the Light,
borne by the pillars of providence:
the world is an egg.

Scarce in quantity,
spacious in quality,
a home away from home:
the world is an egg.

Its dwellers stole fire,
outside of its hearth,
the harbinger of death and doom:
the world is an egg.

Its own fire they abandon,
bringing in some strange fire,
on their altar of passion and pride:
the world is an egg.

Its shell their fire has lacerated,
exposing its beauty and bliss,
to the starkness of its outer world:
the world is an egg.

Can there be another egg,
sitting on the nest of Creation,
hatched by the very fingers of the Creator?
the world is an egg.

1

Brain teaser



This is a game called 'Sudoku'. The objective is to fill the 9x9 grid so that each column, each row and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9. A cell is the smallest block in the game. A row, column and region consists of 9 cells and the whole game consists of 81 cells.

	2						1	
	4		6				8	2
		8			3	7		
	1	4						
2		6	1				3	7
						6		
		3		2		1		5
		5				9		4
	6		4	5	1	8		3

2

Two mothers and two daughters went out to eat, everyone ate one burger, yet only three burgers were eaten in all. How is this possible?

A farmer had 20 cows. Due to contagious disease, suddenly all but 11 cows died suddenly. How many cows does he now have?

3

4

Two girls played and completed 5 games of chess. Each of them won the same number of games and there wasn't any tie in any game. How did it happen?



Merit Ugwa, a student of the Oct/Nov CIE 2018 set – and a member of the editorial board of Ascending Outlook – writes to challenge the general public on the need for a better world

Disasters don't always erupt from unforeseen circumstances. Little things, events or thoughts evoke disaster. The world continually experiences various degrading, disastrous, incredulous encounters which make one question the sanity of the world. How does one explain the ever-increasing rates of murder, crime, hatred, incest, homosexuality, rape, kidnapping, and armed robbery, amongst other heinous activities? How does one explain the imperfect nature of a world created by a perfect God? It is surprising how a world created to inhabit all and ensure peaceful coexistence now provides for the opposite. Different answers and suggestions have been given for the complex and puzzling nature of the world. I have considered this severally and I've come to the conclusion that these unpleasant occurrences occur when need overrules common sense.

When Need Overrules Common Sense...

A need is a desire which earnestly grows in the mind of individuals. Right from the outset of man, insatiability has been man's nature. Man continually aims for more; more quest for knowledge, love, wealth, sexual satisfaction, fame amongst others. As good as these are, when need for these overrules common sense, disaster erupts. Many question the sanity or conscience of those who commit heart-breaking offences. The truth remains that a dire need for world's pleasures and satisfaction stirs up various motives in man.

Considering some heinous acts, one sees that it happens when need overrules common sense. Murder for instance, increasingly terminates the lives of many. The murderer(s) sometimes don't even feel guilty neither do their conscience prick them. The need for money, revenge, fame as some kill to prove their bravery and position amongst others make many overrule common sense and judgement. Greed, envy, bitterness sow seeds which allow for murder through armed robbery, kidnapping, ritual killings -crimes linked with murder. Common sense should allow for self-control, thought before action, restraint and discipline. It is however disheartening, that many underestimate common sense in a bid to satisfy that need, quench that thirst of desire, at the detriment of others. As I earlier stated, the insatiable nature of man makes him continue in such act and when his desire is heightened again, he commits more crime giving way for disaster.

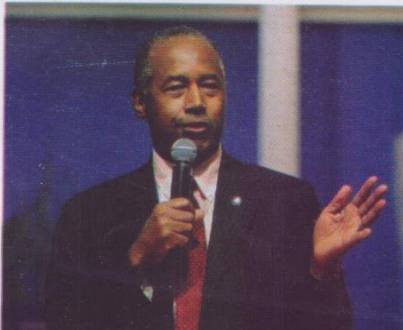
Rape, amongst other sexual immoralities, rings bells in the ears of many. Many have either been victims, related to victims or perpetrators of such act. The big question is who is to be blamed-the perpetrators who are solely interested in satisfying their lustful desire? The hormones which demands satisfaction once it calls? The victims who attract the perpetrators? Or the God who gave man sexual organs? As ridiculous as the last question might seem, some argue that God gave man sexual organs solely for reproduction, satisfaction and companionship.

Some even justify sex before marriage by stating that if sex was meant for marriage, God would have given man his sexual organ on his wedding day. That sounds completely ridiculous but since man always seeks justification for all actions, it is not surprising that he should suggest that. Biblically speaking, from the outset, even our first father, Adam knew Eve because they were joined by God. Unfortunately, in present times, people regard sex solely for pleasure. Thus, once they feel sexually aroused, they give in to their need, even if it involves force. Even if it involves sex with their siblings or other relatives. They reject common sense for pleasure of a moment! At times, their action produces bastard offsprings without care and responsibility. They don't consider the aftermath of their actions, solely interested in the present pleasure derived in a world where need overrules common sense.

Things have even gone worse as individuals no longer stick with their kind, they now commit immorality with objects-an act known as masturbation. Need drives certain individuals to leave their own kind and go after animals, same sex and other inhumane objects. My heart bleeds as I consider the wickedness of this world. An unjust world where people justify their inhumane actions to the detriments of others and a God who is pained at the level of disrespect towards him. Crime upon crime overrules common sense.

I believe that the reason for the continued influence of need over common sense is because many lack self-control, discipline and responsibility. Many have no control over their own body, mind, thoughts and actions. They are continually manipulated by their unbridled needs, becoming more involved in mess. Thus, in a world where need continually overcomes common sense, when disaster erupts and the situation of things deteriorates, how can change occur when the minds of many are resistant to it?

from zero to HERO



Carson was born in Detroit, Michigan, to Robert Solomon Carson, Jr. (1914–1992), a World War II U.S. Army veteran, and his wife, Sonya Carson (née Copeland; 1928–2017). Robert Carson was a Baptist minister, but later a Cadillac automobile plant labourer. Both of his parents came from large families in rural Georgia, and they were living in rural Tennessee when they met and married.

Carson's mother was 13 and his father was 28 when they married, and after his father finished his military service, they moved from Chattanooga, Tennessee to Detroit, where they lived in a large house in the Indian Village neighbourhood. Carson's older brother, Curtis, was born in 1949, when his mother was 20. In 1950, Carson's parents purchased a new 733-square foot single-family detached home on Deacon Street in the Boynton neighbourhood in southwest Detroit.



Carson's Detroit Public Schools education began in 1956 with kindergarten at the Fisher School, and continued through first, second, and the first half of third grade, during which time he was an average student. When Carson was five, his mother learned that his father had a prior family and had not divorced his first wife. In 1959, when Carson was eight, his parents separated and he moved with mother and brother to live for two years with his mother's Seventh-day Adventist older sister and her sister's husband in multi-family dwellings in the Dorchester and Roxbury neighbourhoods of Boston. In Boston, Carson's mother attempted suicide, had several psychiatric hospitalizations for depression, and for the first time began working outside the home as a domestic worker, while Carson and his brother attended a two-classroom school at the Berea Seventh-day Adventist church where two teachers taught eight grades, and the vast majority of time was spent singing songs and playing games.

In 1961, when Carson was ten, he moved with his mother and brother back to southwest Detroit, where they lived in a multi-family dwelling in a primarily white neighbourhood (Spring wells Village) across the railroad tracks from the Delray neighbourhood, while renting out their house on Deacon Street which his mother received in a divorce settlement. When they returned to Detroit public schools, Carson and his brother's academic performance initially lagged far behind their new classmates, having according to Carson "essentially, lost a year of school" by attending the small Seventh-day Adventist parochial school in Boston, but both improved when their mother limited their time watching television and required them to read and write book reports on two library books per week. Carson attended the predominantly white Higgins Elementary School for fifth and sixth grades and the predominantly white Wilson Junior High School for seventh and the first half of eighth grade. In 1965, when Carson was 13, he moved with his mother and brother back to their house on Deacon Street. He attended the predominantly black Hunter Junior High School for the second half of eighth grade. When he was eight, Carson had dreamed of becoming a missionary doctor, but five years later he aspired to the lucrative lifestyles of psychiatrists portrayed on television, and his brother bought him a subscription to *Psychology Today* for his 13th birthday.

Carson's SAT college admission test scores ranked him somewhere in the low 90th percentile, which according to him resulted in a Detroit Free Press article "Carson Gets Highest SAT Scores in Twenty Years" of any student in Detroit public schools. He wanted to attend college farther away than his brother who was at the University of Michigan. Carson says he narrowed his college choices to Harvard or Yale, but could only afford the \$10 application fee to apply to one of them. He said he decided to apply to Yale after seeing a team from Yale defeat a team from Harvard on the G.E. College Bowl television show. Carson was accepted by Yale and offered a full scholarship covering tuition, room and board. Carson graduated with a B.A. in psychology from Yale in 1973 "with a fairly respectable grade point average, although far from the top of the class."

Carson entered the University of Michigan Medical School in 1973, and at first struggled academically, doing so poorly on his first set of comprehensive exams that his faculty adviser recommended he drop out of medical school or take a reduced academic load and take longer to finish. He continued with a regular academic load, and his grades improved to average in his first year of medical school. By his second year of medical school, Carson began to excel academically by seldom attending lectures and instead, studying textbooks and lecture notes from 6 a.m. to 11 p.m. Carson graduated from the University of Michigan Medical School with an M.D. in 1977, and was elected to the Alpha Omega Alpha Honour Medical Society.

Carson was then accepted by the Johns Hopkins University School of Medicine neurosurgery program, where he served one year as a surgical intern and five years as a neurosurgery resident, completing the final year as chief resident in 1983. He then spent one year (1983–1984) as a Senior Registrar in neurosurgery at the Sir Charles Gairdner Hospital in Nedlands, a suburb of Perth, Western Australia.

In 1983, at the suggestion of an Australian colleague, Carson accepted the position of senior registrar at Sir Charles Gairdner Hospital (in Perth, Western Australia), spending one year there. Upon returning to Johns Hopkins in 1984, Carson was appointed the university's Director of Paediatric Neurosurgery. As a surgeon, he specialized in traumatic brain injuries, brain and spinal cord tumours, achondroplasia, neurological and congenital disorders, craniosynostosis, epilepsy, and trigeminal neuralgia.

Ascending Outlook, celebrating excellence!

Ben Carson MD

08 ★ 09

He has said that his hand-eye coordination and three-dimensional reasoning made him a gifted surgeon.

While at Johns Hopkins, Carson figured in the revival of the hemispherectomy, a drastic surgical procedure in which part or all of one hemisphere of the brain is removed to control severe paediatric epilepsy. Encouraged by John M. Freeman, he refined the procedure in the 1980s and performed it many times.

In March 2013, Carson announced he would retire as a surgeon, saying he would "much rather quit when I'm at the top of my game." His retirement became official on July 1, 2013.

Carson and his wife, Lacena "Candy" Rustin, met in 1971 as students at Yale University. They married in 1975 and lived in Howard County, Maryland, before moving in 2001 to West Friendship, Maryland. Together, the couple have three sons (Rhoeyce, Benjamin Jr., and Murray), as well as several grand children.

Ben Carson was the Director of Paediatric Neurosurgery at Johns Hopkins Hospital in Maryland from 1984 until his retirement in 2013. As a pioneer in neurosurgery, Carson's achievements include performing the only successful separation of conjoined twins joined at the back of the head, pioneering the first successful neurosurgical procedure on a foetus inside the womb, performing the first completely successful separation of type-2 vertical craniopagus twins, developing new methods to treat brain-stem tumours, and reviving hemispherectomy techniques for controlling seizures. He became the youngest chief of paediatric neurosurgery in the country at age 33. He has received more than 60 honorary doctorate degrees, dozens of national merit citations, and written over 100 neurosurgical publications. In 2008, he was bestowed the Presidential Medal of Freedom, the highest civilian award in the United States.



Ascending Outlook, celebrating excellence!



In 2000, he received the Award for Greatest Public Service Benefiting the Disadvantaged, an award given out annually by Jefferson Awards.

In 2001, he was elected by the Library of Congress on the occasion of its 200th anniversary to be one of the 89 who earned the designation Library of Congress Living Legend.

In 2004, he was appointed to serve on The President's Council on Bioethics.

In 2005, Carson was awarded the William E. Simon Prize for Philanthropic Leadership.

In 2006, he received the Spingarn Medal from the NAACP, their highest honour for outstanding achievement.

In 2008, the White House awarded Carson the Presidential Medal of Freedom, the nation's highest civilian honour.

In 2008, Ford's Theatre Society awarded Carson the Ford's Theatre Lincoln Medal, for exemplifying the qualities embodied by President Abraham Lincoln—including courage, integrity, tolerance, equality, and creative expression—through superior achievements.

In 2008, U.S. News & World Report named Carson as one of "America's Best Leaders."

In 2010, he was elected into the National Academy of Sciences Institute of Medicine, considered one of the highest honours in the fields of health and medicine.

In 2012, Carson was the Influential Marylander Award recipient from The Daily Record, Baltimore's legal and business newspaper.

In 2014, a poll of Americans conducted by Gallup ranked Carson sixth on a list of the most admired persons. He is an emeritus fellow of the Yale Corporation.

On May 19, 2018, Carson was awarded the honorary Doctor of Science degree from Liberty University during the university's 45th Commencement ceremony.

In 1994, Carson and his wife started the Carson Scholars Fund, which awards scholarships to students in grades 4–11 for "academic excellence and humanitarian qualities."

article adapted



Akintunde Olasupo,
lecturer at Ascending College
Editor-in-chief
of *Ascending Outlook*
shares tips to ensure that you
have a strong start in your
desire to get to the top of
your academic endeavour

A Sturdy Beginning

The word "sturdy" is very crucial to our understanding of the kind of "beginning" we are talking about. Merriam-Webster's Dictionary defines "sturdy" as: strongly made; strong and healthy; having or showing mental strength; firmly built or constituted (stout); sound in design or execution (substantial); hardy and firm; resolute, rugged, stable, etc. The afore-going definitions, thus, underscore the importance of a sturdy, strong beginning in a student's quest for excellence, especially in his or her studies.

The beginning of any would-be successful endeavour is as important as the ending. People often talk about finishing strong. How about starting strong, starting well, and starting right? A strong start is often a motivation for a strong finishing whereas a poor start may discourage a good ending. Thus a student who aims to finish well and strong, in his academic desires and aspirations, **MUST** make efforts to begin well and strong. If your aim is to excel in your course of study, then, start: (i) thinking about excellence; (ii) planning on how to achieve it; and (iii) building (for) it.

The thought for excellence

Most of our actions depend on our thought. In other words, the mind is the leader or the forerunner of all actions. Our actions are a direct result of our thoughts. If we have a negative mind, we will have a negative life. If, on the other hand, we renew our mind according to God's Word and thought for our life, we will have His expected end for us.

God's thought differs from our thought. As human beings we're moved by our circumstances and limitations; God, however, is moved by His compassion and love towards us – to help our infirmities and limitation, and fulfil His excellent thought and plan for us:

"For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end" (Jeremiah 29:11).

To achieve excellence, therefore, start to think about it. Take away all kinds of negative thoughts coming out of:

- (i) a wandering/wondering mind – it leads to distractions and indecision;
- (ii) a confused mind;
- (iii) a doubtful/unbelieving mind;
- (iv) an anxious/a worried mind;
- (v) a judgmental, critical and suspicious mind;
- (vi) a passive mind – an empty space is a place!
- (vii) a fearful mind – fear enslaves!

Planning to achieve excellence

The importance of planning, before any great thing can be achieved, cannot be over-emphasised. "Proper planning," as it is commonly said, "prevents poor performance." Planning is the first step to take in activating our thought/intention. Without it, intention is futile and a mere wish. For every student who desires excellence, planning towards excellence requires:

- (i) taking an inventory of the previous term, class, level of study;
- (ii) identifying previous errors/mistakes which must be avoided in the present term, class, level of study;
- (iii) identifying previous positive steps and measures put in place for achieving excellence. Some of these measure may need to be re-used while some other may need to be dropped, considering the peculiarities of the new term, class, level of study; and
- (iv) finding out what new methods and measures could be acquired to achieve a greater success than that of the previous term, class, level of study.

Building an excellent record

Excellence is a drive and passion. As such, there is a price to pay to achieve it:

- (i) Have the hunger for excellence.
- (ii) Benchmark against the best.
- (iii) Believe that you can do it.
- (iv) Build concrete strategy and plans.
- (v) Learn from the best.
- (vi) Do not limit yourself.
- (vii) Go all out; work really hard.
- (viii) Focus your efforts.
- (ix) Be adaptable.
- (x) Never give up.

Remember: "Winners never quit and quitters never win."

A Promise of Success

One's potential is so huge and vast,
Yet, why is it that so many fail and usually come last?
So few truly succeed; that when they do, others are jealous and totally aghast,
Let's all believe in success, and I promise that failure will be a thing of the past.

The things you think and the things you believe,
If they are true, then those are the things that you will achieve,
But if your thoughts are false or they are used to deceive,
You'll be stabbed in the back, that's a promise that you had better believe.

Get rid of depression, worry and fear,
Because success is often so very, very near,
Tell your subconscious, "success is mine", and tell it to hear,
Remind it often, then success will be yours, that's a promise, my dear.

Just ask the Divine for whatever you desire,
For happiness or abundance, or anything else to which you aspire,
It's now time to succeed, so go ahead, set your goals and light that fire,
Do it with passion, and I promise you this, you'll soar higher and higher.

Faith Omopariola
Deeper Life High School, Abeokuta
October/November 2017/2018 Set

DEPRESSION

Depression is a very big topic to discuss. The most commonly asked questions are; What is depression and what disorders are related to it? How common is depression? Is it serious? What treatment is used? And, what kind of symptoms should a person be looking out for?

Depression is more than the everyday ups and downs. You know when a person is depressed when their sad feelings interfere with their everyday life. Depression doesn't only affect feelings, but can change behavior, physical health and appearance, academic performance, social activities, and the ability to make decisions that are faced daily. The causes of depression are still unknown, but researchers have found a genetic link between most depressive disorders.

People who don't think that teens could suffer from depression are wrong. Depression can affect people of any age, race, ethnic or economic group. One out of twenty-five teens suffers from depression. Depression could be very serious. It has been noted that depression can be linked to poor school performance, alcoholism and drug abuse, and a feeling worthlessness and hopelessness. Over the past twenty-five years, researchers away have found that the rate of suicide among teenagers and young adults has increased dramatically. Suicide is often linked to depression. Some say that talking about depression only makes it worse.

The truth is that talking to someone about your feelings can help you realize that professional help is needed.

words of Wisdom

Your time is limited, so don't waste it living someone else's life. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. Steve Jobs

The great and curious truth of the human experience is that selflessness is the best thing you can do for yourself. David McCullough Jr

When you are free from self-doubt, you fail better, because you don't have your defenses up, you can accept the criticism. You don't become so preoccupied with that failure that you forget how to learn from it, you forget how to grow. When you believe in yourself, you succeed better. Hours spent questioning, doubting, fearing, can be given over to working, exploring, living. Jennifer Lee

Take action. Every story you've ever connected with, every leader you've ever admired, every puny little thing that you've ever accomplished is the result of taking action. You have a choice. You can either be a passive victim of circumstance or you can be the active hero of your own life. Bradley Whitford

Fear is going to be a player in your life, but you get to decide how much. You can spend your whole life imagining ghosts, worrying about your pathway to the future, but all there will ever be is what's happening here, and the decisions we make in this moment, which are based in either love or fear. So many of us choose our path out of fear disguised as practicality. What we really want seems impossibly out of reach and ridiculous to expect, so we never dare to ask the universe for it. Jim Carrey

Respect people with less power than you. I don't care if you're the most powerful cat in the room, I will judge you on how you treat the least powerful. So there. Tim Minchin

My son, if sinners entice thee, consent thou not. Proverb 1:10

By showing concern and support, you can encourage someone to talk to a trusted person. Depression is treatable. Between eighty and ninety percent of people have been helped.

For the more serious cases of depression, antidepressant medications and psychotherapies can be used. For the milder cases, psychotherapy may be enough by itself. Antidepressants are used for symptom relief and psychotherapy is used to learn more effective ways to deal with everyday problems through discussing.

Patients, who live with depression alongside their families and friends, have enormous challenges to overcome. Primary care physicians can provide care, education, psychiatric monitoring, social support, reassurance and advocacy for these patients and their loved ones.

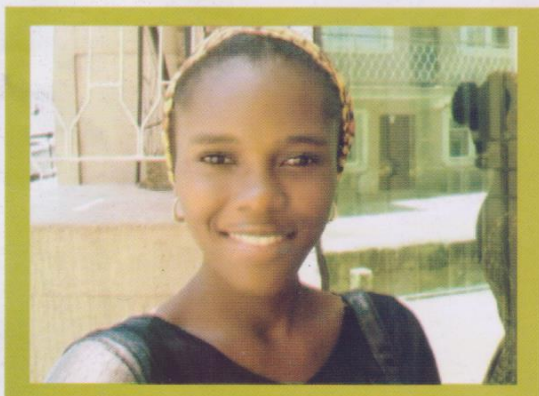
Chukwubinda Promise Onyinyechukwu
Logos International Secondary School, Imo
October/November 2017/2018 Set



Abdulsabur Aderemi Akinade, **Best Student Cambridge A-Level Student in Nigeria**. Currently a Medical Student at the University of Ibadan, Ibadan.



Ugwa Merit (Oct/Nov 2018), A Student of Ascending College and writer of the article, 'When Need Overrides Common Sense...'



Idonije Stephanie, attended FGGC Sagamu, Ogun State, writer of the article 'Circadian Rhythms and Sleep Stages'



AYO-AJAKAIYE OLUWADAMILOLA, AIR FORCE COMPREHENSIVE SCHOOL, IBADAN, composer of the poem 'HUMANS'



Comfort Aderinto (Oladiipo Alayande School of Science; CIE Oct/Nov 2018), writer of the article 'Value of Life'



Faith Omopariola, Deeper Life High School, Abeokuta, October/November 2017/2018 Set
Composer of the Poem 'A promise of success'



A value of life

Comfort Aderinto

(Oladipo Alayande School of Science;
CIE Oct/Nov 2018)

A little boy went to his old grandpa and asked, "What's the value of life?" The grandpa gave him one stone and said, "Find out the value of this stone, but don't sell it." The boy took the stone to an orange seller and asked him what its cost would be. The orange seller saw the shiny stone and said, "You can take twelve oranges and give the stone." The boy apologized and said that the grandpa has asked him not to sell it. He went ahead and found a vegetable seller. "What could be the value of this stone?" he asked the vegetable seller. The seller saw the shining stone and said, "Take one sack of potatoes and give me the stone." The boy again apologized and said he couldn't sell it. Further ahead, he went into a jewelry shop and asked the value of the stone. The jeweler saw the stone under a lens and said, "I'll give you one million for the stone."

When the boy shook his head, the jeweler said, "Alright, alright, take 224 karat gold necklaces, but give me the stone." The boy explained that he couldn't sell the stone. Further ahead, the boy saw a precious stone's shop and asked the seller the value of the stone. When the precious stone's seller saw the big ruby, he lay down a red cloth and put the ruby on it. Then he walked in circles around the ruby and bent down, and touched his head in front of the ruby.

"Where did you bring this priceless ruby from?" he asked. "Even if I sell the whole world and my life, I won't be able to purchase the priceless stone."

Stunned and confused, the boy returned to his grandpa and told him what had happened. "Now tell me: what is the value of life, grandpa?" His grandpa replied, "The answers you got from the orange seller, the vegetable seller, the jeweler, and the precious stone's seller, explain the value of our life....."

You may be a precious stone, even priceless, but people will value you based on their financial status, their level of information, their belief in you, their motive behind entertaining you, their ambition, and their risk-taking ability. But don't fear. You will surely find someone who will discern your true worth. So, respect yourself. Believe in yourself. Stay focused. Don't sell yourself cheap. You're unique. No one can replace you! God bless you.

Circadian Rhythms & Sleep Stage

Ever wondered why you sleep when you do, how you sleep, when you dream and why you still wake up early when you've decided to sleep in during the weekends? Well, your curiosity will be satisfied as we look at the Circadian Rhythm and Sleep Stages.

Circadian rhythms are regular bodily rhythms across a 24-hour period which is also referred to as our internal biological clock. They control our body temperature by causing it to rise in the day, take a brief deep, that is, slightly reduced in the afternoon and fall during the night time. Daylight is a very big cue for CRs and artificial lights can affect them. It also changes with age. They prevent us from sleeping in when we get used to waking up by waking up early by regulating our metabolism and all other factors so that we still wake up early around the usual time. Hence, it takes quite some getting used to, for our internal biological clock to reset itself. Jet lags are also due to Circadian rhythms telling us it's time for us to sleep when our new time zone says, it's time to wake up.

There are four stages involved in sleep which follow a ninety minutes circle. The first three stages N1, N2 and N3 are referred to as non-rapid high movement (non-REM sleep) and the last stage is called rapid high movement sleep (REM sleep). Now during N1, the first ninety minutes of sleep will experience hypnagogic hallucinations i.e we start hearing or seeing things that are not there or real. This is because it's the stage between sleep and wakefulness. N2 is characterized by more theta waves in the brain, sleep spindles and K-complexes. Sleep spindles help inhibit cognitive processes such as to maintain a tranquil stage during sleep. They also enable some people to sleep through loud noises. K-complexes refer to different types of brain activities that help to suppress cortical arousal and keep you asleep. They also help with sleep based memory consolidation, when some memories are transferred into the long term memory, surprisingly we can induce K-complexes by gently brushing against someone who's asleep.

Sleep walking and sleep talking occur in N3, brain waves are very slow, about twelve oscillations per second and it is very difficult to awaken someone from this stage. During REM sleep, your eyes move rapidly beneath your lids and all other muscles are paralyzed preventing your muscles from acting at what you dream, as most dreams occur during this stage. It is also called paradoxical sleep as the brain is very active but the body, paralyzed.

For a normal night of interrupted sleep, we cycle through these 4-5 times taking ninety minutes to complete one cycle. How long each stage lasts, depends on age and how long you've been sleeping. Also, more N3 (Slow wave sleep) occurs in the first few hours of sleep and more REM sleep occurs before you wake up. So, if you want to remember your dreams, you can set your alarm to be some minutes earlier than usual to jerk you out of REM sleep.

Idonije Stephanie

FGGC Sagamu, Ogun State

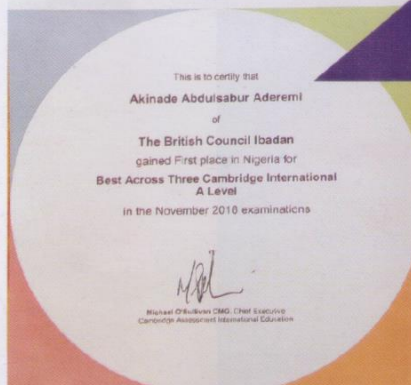
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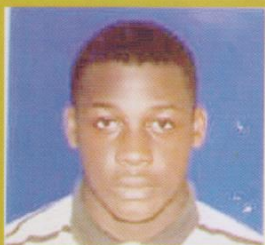
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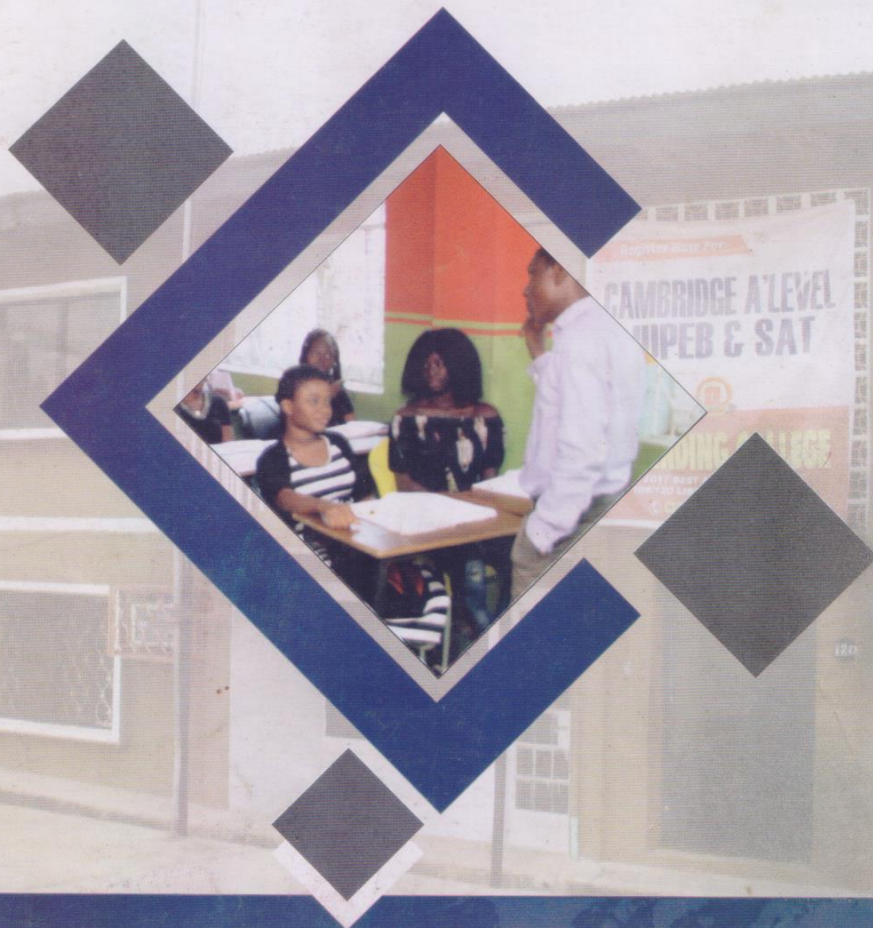
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