



OFFICE OF THE STUDENTS' UNION DIRECTOR OF INFORMATION AND PUBLICITY ADEYEMI COLLEGE OF EDUCATION



COMR. ENIOLA OLUWADAMILARE M (CAPTAIN GOLD) 2020/2021 ACADEMIC SESSION

ARBICO FM

Are you passionate about broadcasting?
AUDITIONS SCHEDULED AS FOLLOWS:
Date: 23rd - 24th June, 2021
Time: 12noon
Venue: SUB Conference Room. Details on pg.

SUICIDE: NOT AN OPTION!

Everyone faces challenges and these are always raw materials to testimony to come soon....
Justice Raheem Damilola Anthonia

Sound health is a priceless possession
We are in a world where a virus is ravaging many nations. But God guide...
Akinosun David

THE ARBICANS Newsletters

Report For June 13 - June 20, 2021 Email: arbicansmagazine@gmail.com

INTERVIEW COLUMN



HEALTH WALK



"Well, if I quit today, with the type of course I have studied, Geographic Information System(GIS) and Remote Sensing, its an analysis of the environment. So, I can start my own laboratory and start analyzing events in the environment."

Mr. Adeyemi Babawale Akin,
Lecturer, Geography Department



RELATIONSHIP TALK

Long or short distance relationship: which is your preference & why?

"short distance relationship is the best, I cannot be dating on imagination."

Shafi Taiwo Hassan



ROTARY CLUB OF ONDO-ADEYEMI, COLLEGE COMMISSION WATER BOREHOLE IN ADEYEMI COLLEGE OF EDUCATION, ONDO.

At about 14:00hours (2:00pm) on Thursday 17th June, 2021 the grand commissioning of the Borehole and Potable water (2020/2021 Rotary Year Project) takes place in ADEYEMI COLLEGE OF EDUCATION at TETFUND HOSTEL.

DO YOU KNOW?



Dr. Samuel Akintunde
Provost, Adeyemi College of Education, Ondo

The Editorial-in-Chief of THE ARBIBICANS NEWSLETTER, Hlayemi, Tolulope Emmanuel under the chairmanship of Comr. Eniola Oluwadamilare M. (Captain Gold) use this medium to celebrate all our fathers most especially our indefatigable Provost, Dr. Samuel Akintunde on this special day commemorating the global father's day...

FOR ADVERTS AND SPONSORSHIP, CONTACT:
+2348163436908, +2348144402411,
+2348152952540

CAMPUS GIST

Rotary Club of Ondo-Adeyemi, College Commission Water borehole in Adeyemi College of Education, Ondo

Rotaract originally began as a ROTARY International Youth program in 1968 at Charlotte North Rotary club in Charlotte.



Rotaract club is a service club for young people from age 18 and up who are dedicated to funding innovative solutions to the world's most pressing challenges while developing leadership skills and making new friends from around the world. Rotaract club have six (6) area of focus.
Disease prevention and treatment.
Water and Sanitation.
Maternal and child health.
Basic education and literacy.
Economic and community development.
Peace and conflict prevention or resolution.

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Big thanks to the Rotary Club of Adeyemi Chapter led by ROTN Cecilia Olarewaju (Club Chapter President) for their contribution and constant support towards the realization of this project. We also like to register our appreciation to the members of the Club, the College Management for allowing Rotary Club to thrive in the college. Those in attendance to grace the epic event were the College Provost, **Rotn Dr. Samuel Akintunde, the Director, Management and Information System (MIS) Rotn Dr. Kehinde Adenegan. Also in attendance were; Rotn Dr. (Mrs.) Ogboru the Deputy Dean, Division of Students Affairs, other notable ROTARACTORS, The Students Union Government led by comr. Odunayo Gbenga M. (Odun-special), Friends and guests.**

SHIFT AND CONTINUATION OF TEACHING PRACTICE EXERCISE All DEGREE III & IV STUDENTS

Consequent upon the review and revised calendar, the Teaching Practice Committee used this medium to inform all teaching practice students that the Teaching Practice Exercise now ends on

the 25th of June, 2021 instead of the earlier date of 18th of June, 2021. All teaching practice students are expected to comply with this new date of 1 week extension and carry out their responsibilities dutifully.

IMPORTANT INFORMATION

All NCE students are expected to come for their registration and biometric verification exercise in MIS as approved by NCC. However all NCE students are to be aware of this and comply strictly with the directive immediately.

8am-4pm Daily.

First come first served, thank you.

FRESHER WELCOME PARTY IN ARBICOLAND

A warm and sincere welcome party for our dear freshmen on campus has been Organised by the ENUNCIATE JUGGERNAUT'21 led by Comr. Odunayo Gbenga M (Odun-Special) to give a sense of caring and makes the new intake Students feel appreciated, as well as making them feel that they have made a good choice of choosing Adeyemi College of Education, the foremost teachers training institute in the sub-saharan Africa, the only college of first choice and nation's pride.

This will be coming up as follows:

Venue: Babatunde Ipaye Lecture Theatre

Date: Thursday, 24th June, 2021

By: 13hours (1:00PM)

Freshmen come and have another dimension of Adeyemi College of Education, enjoy beat of entertainments. It's promises to be fun, very educating and entertaining!.

Gate fee is Absolutely Free

For Artist Registration and enquiries Contact:

+234 903 165 8439

+234 810 936 9587

Do you have a talent to showcase? Each and every one who has interest to show there talent should communicate the Students Union Vice President or Director of Social and culture before the stipulated date.

Thanks

Host:

COMR. ISMAIL ZAYNAB O.

(OZEEMA)

ACESU'21 VICE PRESIDENT

Chief Host:

COMR. ODUNAYO GBENGA M.

(ODUN-SPECIAL)

ACESU'21 PRESIDENT

INTERVIEW SECTION

AN INTERVIEW WITH MR. ADEYEMI BABAWALE AKIN



Can we meet you sir?

My name is Adeyemi Babawale Akin, a graduate of Geography Education from Adeyemi College of Education, I graduated from this school in year 2005, I have my Master's in Geographic Information System(GIS) and Remote Sensing from Obafemi Awolowo University (OAU) in 2012.

Why the choice of becoming a lecturer?

Well, initially I never had the intention of becoming a teacher or a lecturer, but after my Master's Degree, I did my Master's by Research and by implications, it means I can proceed for a Ph.D, so it prompted me becoming a lecturer. If I had done a professional Master's in Geographic Information System(GIS) and Remote Sensing probably I wouldn't have become a lecturer.

How do you deal with stressful conditions while in class or in your office?

Well, most times when am stressed, what I do is to listen to music, most times I love listening to any type of music. Both Christians and secular music that has good lyrics.

Your preference working as a team or alone in your field?

It depends on what you are doing, there are some Research you would venture into that you cannot do it alone; you have to team up with others. Most of the work that I do, I team up with my colleagues to implement whatever we have on ground.

Your relationship with your colleagues either your superior and subordinates, what rapport do you have with them?

Well, if you are conversant with my Department, we live as a family. We interact as brothers and sisters; this has really helped us in having a good relationship with one another. So, our relationship has been always cordial.

At what point do you feel satisfied about your chosen career?

From the first day I started teaching, I have been satisfied as a lecturer, the only thing that might not give you satisfaction is when you look at the pay. People believed that the lecturers are rich, but not really compared to those who are in the professional world, you will discover that there is little disparity but it gives you satisfaction when you are doing what you like doing.

If you quit the lecturing job now, which other major or career can you do well?

Well, if I quit today, with the type of course I have studied, Geographic Information System(GIS) and Remote Sensing, its an analysis of the environment. So, I can start my own laboratory and start analyzing events in the environment.

How do you spend your leisure, your holiday and probably your leave?

Anytime I am free, I go out with my friends, we will relax, gist and play with each other. Sometimes, I travel, I love travelling a lot, hardly will you see me not travelling. I travel with my friends sometimes to Ibadan to spend some days and then come back. So, that's how I spend my leisure.

Do you have any current reading and research project you are working on?

I am currently working on the bitumen deposit in Agbabu, I want to look at how that deposit is affecting the environment. Because the last time I visited that location, I discovered that the bitumen was already coming out, so I want to look at the implication of that on the water, soil and the vegetation of that location. So that is my present research.

Your advice for Arbibans and student's populace?

Well, my advice is that whatever your hands might find to do, do it with all your minds, that's my philosophy about life. The reason for education is not to make you a teacher but rather make you a better person. The essence of education is to make you better in whatever you venture into. For instance, if you venture into shoe-making as a graduate, the way you will you would package your business would be quite different from someone who is a dropout. So, whatever you find yourself doing as a student, put up your mind into it for there is no knowledge that is lost, by implications, whatever you learn today, you might need it tomorrow. So, students must be diligent in whatever they do.

RELATIONSHIP TALK

QUESTION OF THE WEEK:

Long or short distance relationship: which is your preference & why?

Long distance relationships are great as long as you and your "other" are on the same page. It doesn't have to lead to marriage.

I think long distance relationships are difficult to maintain, and most of them are doomed from the start. However, I think the reasons for engaging in Long Distance Relationships are different and have different levels of risk. In my long and eventful romantic life, I have been in two Long Distance Relationships, both of which I believe were successful.

Public Opinion

I was dead set against them until I got in one. I thought, what's the point of being in a relationship if you can't even spend time together? Can you really get to know someone if they're not present? Why would anyone want to spend that much time on their phone? I thought people were kind of stupid for staying in a Long Distance Relationship if they could find a similar person who lived near them. I've never believed in soulmates. I thought Long Distance Relationships sounds really hard. Why go through it? If you can't live near each other, break up. Get back together in a future where you can be close to one another just thought long distance relationships were stupid in general. I said I'd never get in one

*Comr. Eniola Oluwadamilare M.
SUG DIP'21*

Long distance relationships are similar to roller-coasters, they're full of up and deep down. They require way more trust and effort to work, plus you should be aware that you're going to suffer anyway, especially when things aren't going the way you've planned, or you're homesick and all you wish for is a hug.

Public Opinion

Short Distance
short distance relationship is the best, I cannot be dating on imagination. It will enable the two lovers to have trust in each other compare to staying far from each other.

*Shafi Taiwo Hassan
400L*

ICT/TECH WORLD

The education today has gotten advanced and the use of the technology in getting the most out of the education and the academics is being used to the perfection. With the rise and increase in the population the number of students and the new entrants are seen to be getting more and more after every year. For the schools, the high number of students and the colleges as well as the universities too have been involved in making the education standards more perfect for the students and providing the state of the art facilities in the campus for the worth of the money for the students to have the amazing atmosphere and the facilities. Student's portal is one of the main and the latest platform to keep track of all the students in the academic institute.

It is basically an online gateway for the teachers and the students to login to the portal that is the website and see the information accordingly. The use of the student portal is now considered to be the best and the effective solution rather than keeping the manual information that is paper based. The other best thing that the student portal offers is that the news and the notice from the school or the college is updated on the portal and the students can see that important news from there and if they are at home or some kind of important news is there regarding the holiday or emergency then the school puts the news on the portal so that the students can get to know about the news. Also for the important notices like the student weeks, sports week or any other kind of event or activity that will take place is updated on the portal for the students to know and then to see the timing as well as the schedule. The examination timetables and the details are also shared there.

students

portal:<https://portal.aceondo.net/site/login>

college website: <http://aceondo.edu.ng>

*BY Comr. Eniola Oluwadamilare M.
SUG DIP'21*

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SPORTS CORNER

SCASSON FRIENDLY

The Director of Sports, Students Counselling Association of Nigeria (SCASSON) Adeyemi College of Education, Ondo Chapter Comr. CIT. Atoyebi John Olawale inform and invite all sports lovers to Friendly Match between Stallites and Freshmen

Date: 18/06/2021

Time: 4pm

Office Of The Director Of Sport And Recreation Organizes Health Walk

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training.

FITNESS FOR ARBICANS

The Director of Sports and Recreation, Comr. Ojo Fadehan O. (*Admin*) presents to all Arbicans, A Morning Health Walk.

Scheduled below;

Date: 26th of June, 2021.

Day: Saturday

Time: 06:45 AM

Converging point: College Sport Complex

This is a great way to pass on healthy habits to you and to spend time together, while getting fit at the same time.

For more enquiry:

Call +234 810 851 5233 (SUG DOS)

Dare to Struggle! Dare to Win!

Signed:

Comr. Ojo Fadehan O. (*Admin*)

Director of Sports and Recreation

Football Match

An exhilarating football match was held between freshmen and stallites of the Agricultural science department of Adeyemi college and Education on 18th of June at the college's sports complex

The match which lasted for 45minutes was accompanied with cheers and support from the spectators as it was a tough one

All members of both teams gave the best of their efforts and displayed their excellent skills and performance.

The match which ended 1-0 with the stallites winning was indeed an interesting one.

Novelty Matches Fill The Atmosphere Of The College Community As Follows;

English Studies Association (ESA) stallites won their match against the English Studies Association (ESA) freshmen with 3-1.

As Nigerian Association of Science Students (NASS) stallites also defeated Nigerian Association of Science Students (NASS) freshmen 3goals to nothing.

Upcoming Sporting Events of the Week.

Nigerian Association of Science Students (NASS) FRESHER'S CUP will kick off on Monday, 21/06/2021 at the College Main Bowl.

FG Appoints Ex-Eagles Star Obi Mikel Youth Ambassador

The federal government of Nigeria has appointed former Super Eagles skipper John Obi Mikel as the country's youth ambassador. Obi's appointment was announced on Friday, 18th June, 2021 at an event staged at the Nigeria Olympic Committee (NOC) Secretariat in Surulere, Lagos. Speaking at the event, minister of youth and sports development, Mr. Sunday Dare, said Obi's appointment is aimed to "inspire young Nigerians to strive for excellence".

NFF Talks Tough, Says Hooliganism Won't Be Tolerated At Match Venue

First Vice-President of the Nigeria Football Federation (NFF), Barr. Seyi Akinwunmi has warned that ill-attitude from fans in match venue won't be tolerated any longer. Akinwumi stated this on Friday while addressing participants at the Nigeria National League (NNL) Football Development Summit for Club Administrators and Media, in Abuja. Recall that last weekend, the game between Kano Pillars and Akwa United, where angry fans bounced on the match commissioner before the game was abandoned.

Nigerian Economics Students Association

Director of Sport, Olosunde Kowiyu Adeshina reported the match between Economics stallites vs Economics Freshmen kick off at about 3:30pm. The President of the Association Ogungbeje Christian Samuel had earlier briefed the players to fair play before the kick off. Akinsete Olumide scored the opener from the penalty spot, he doubled the lead in the 35th minutes through a header which was assisted by Michael. The freshmen return one of the deficits through Vincent at the 37th minutes. Akinsete Olumide later completed his hattrick assisted by Babalola Azeez to end the match at 3 - 2 in the first half. The match ended 4 – 3 in favour of the Stallites with the last strike from the Stallite through Abati Joseph Oluwaseun' free kick in the 85th minutes of the encounter.

HEALTH TIPS

Sleep: College students aren't exactly known for their early to bed early to rise attitudes, but getting sleep is an integral part of staying healthy. Check out these tips to help you make sure you're resting enough.

Take A Nap

If you have the time during the day, a short nap can do wonders for your energy levels. Just make sure not to nap too close to bedtime or for too long, and a nap will do your body good.

Don't Work In Bed

Working in bed can make getting to sleep harder. Keep your work space separate from your sleep space to keep insomnia at bay.

Get A Full Night's Rest Whenever Possible

While the amount of sleep each person needs varies, most people need 7-9 hours to feel fully rested. While this may not be possible every night, try to sleep a full night whenever you get the chance.

Stick To A Schedule

With different classes and work hours each day, it can be hard to stick to a schedule, but keeping sleep times similar from day to day can greatly improve your chances of getting a good night's sleep.

Understand That Lack Of Sleep Can Have A Big Impact

Lack of sleep doesn't just make you cranky, it can also reduce your ability to concentrate and to excel at class, so try to get as much sleep as you need.

Work Out Bedtimes With Roommates

When sharing a room with someone it can be hard to go to bed when you need to and not get woken up when you don't want to. Try to work with your roomies to make sure you each get the sleep you need.

Avoid All Nighters

While you may feel like you need to study all night to do well you might be doing yourself a disservice. Not getting enough sleep can impair your ability to do well, regardless of how much you've studied, so make sure you get at least a little sleep before your big test.

Create A Bedtime Routine

If you have trouble falling asleep at night you can help yourself by creating a routine that will let your mind and body know that bedtime is approaching and that it should get into sleep mode. After a few weeks of practice this should help you fall asleep when you need to.

Avoid Caffeine, Eating And Drinking Right Before Bed

All of these activities can throw off your body's internal clock, so try to limit meals, alcohol and caffeine consumption to a few hours before bed.

Keep Your Room Dark And Quiet

While college campuses are hardly either, try to keep your room as dark, quiet and cool as possible. This will help trigger to your body that it's time for bed and help you get and stay asleep.

ON THIS DAY

June 14

1982: Argentina surrenders to Great Britain, ending the 74-day Falklands Islands conflict.

1923: Recording of 1st country music hit (Little Old Log Cabin in the Lane).

June 15

1896: Tsunami strikes Shinto festival on beach at Sanriku, Japan; 27,000 are killed, 9,000 injured and 13,000 houses destroyed.

1940: World War II: France surrenders to NAZI Germany; German troops occupy Paris.

1991: Climactic eruption of the Mount Pinatubo volcano in the Philippines, the second-largest volcanic eruption on Earth of the 20th century.

June 16

1858: Abraham Lincoln says "A house divided against itself cannot stand" accepting Illinois Republican Party's nomination for the Senate.

2000: Israel complies with UN Security Council Resolution 425 after 22 years, which calls on Israel to completely withdraw from Lebanon. Israel withdraws from all of Lebanon, except the disputed Sheba Farms.

2015: TV personality and Real estate mogul Donald Trump launches his campaign for the Republican nomination for US President at Trump Towers.

June 17

1789: French Revolution: During the meeting of the Estates-General, the Third Estate proclaims itself the 'National Assembly'.

2018: "The Incredibles 2" sets a box office record for an animated release, earning \$180 million its opening weekend.

June 18

1812: War of 1812 begins as US declares war against Britain.

1928: American aviator Amelia Earhart becomes the 1st woman to fly across the Atlantic Ocean landing at Burry Port, Wales.

June 19

1944: World War II: First day of the 2-day Battle of the Philippine Sea, US naval forces defeat Japanese fleet.

1991: Colombian drug lord Pablo Escobar surrenders to police.

June 20

1895: 1st female PhD from an American University, earned by Caroline Willard Baldwin (in Science) at Cornell University.

2020: Highest-ever temperature recorded in the Arctic circle, 38C (100F) in Verkhoyansk, Siberia.

DO YOU KNOW

There was a prehistoric dragonfly that its wings spanned more than two feet.

More than 300 million years ago, the Meganeura established itself as the largest known flying insect to ever exist on Earth. The dragonfly-like creature had a wingspan that stretched around 2.5 feet. The bugs were also big enough to hunt prey like frogs and newts, which it could eat with its teeth-like mandibles.

POEM

ODE TO THE POLITICIANS

Thieves and fraudster your names are
You purged our pride
And pampered your loved ones
You conquered our property
And gave them to your own people;
Heaven knows you're evil
Earth knows your mind is full of darkness
Your loved ones called you father
But the hurting soul called you murderer and monster;
Who dare counter your wicked wish?
The ones who do are laying lifelessly
Some crying out loud in their graves
You promised heaven and Earth
But gave us hell;
Learn your lesson now
For your days are numbered and near
Learn your lesson now
For your wickedness are imminent
Learn your lesson now
For you shall soon sing in affliction seeking for help.

© *marvelpoems*

MYPRESENTATION

"this is my presentation
Sit back, relax, and pay attention!
With maximum concentration"
Sound health is a priceless possession
We are in a world where a virus is ravaging many
nations
But God guide and protect our nation
Most especially our institution where we receive
education
"this is my presentation
Sit back, relax, and pay attention!
With maximum concentration"
I love to see people smiling and living in love
I hate to see people fighting and swimming in blood
But I can see you coming out big and broad
"this is my presentation
Sit back, relax, and pay attention
With maximum concentration"
If they are bad, let them know we have God
And if they are the snake, let them know we have the
rod
And if they are poison, we have antidote
"this is my presentation
Sit back, relax and pay attention!
With maximum concentration
I urge to lay apart filthiness and superfluity naughtiness
Love your neighbour as yourself
Bless up!

Akinosun David
Physical and Health Education
300L

OFF-CAMPUS ANGLE

The rude shock news of the demise of Comr. Oguntodu Israel on Friday 18th June, 2021 caused all Arbicans to be devastated. Comr. Oguntodu Israel until his death was the course-representative of Degree II from the Department of Chemistry, Adeyemi College of Education, Ondo.

Report from the grandma have it that, the night preceding the ugly incident Comr. Oguntodu Israel was still with her running errands but later requested that he should be excused to go and drink water in the shop. With the fear of being apprehended by vigilante, the grandma asked him to get water from the tap in their compound. When the grandma noticed few minutes later that Israel didn't return to her after she heard him on the tap, she was forced to go and check on him but only to find him lying on the floor with vomits which she sensed were chemical. The grandma said she calls for neighbours help in resuscitating him through the use of Palm oil, olive oil and prayer water she got from the church, that done, Comr. Oguntodu Israel was being taking to the hospital, only for her to hear the news later that he has passed on. As at the time of filing this report, reasons for his unwarranted action are still unknown and begs for an answer.

Celebrant Of The Week

13-06

Miss Omotoso Esther Pelumi

(oba ara)

Economics Department

200L



16-06

Miss Rachael O.
Akindurodoye
(princess of zion)
History Department

400L

Vice-President

19-06

Hon. Folakanmi Oyekanmi

Temitayo (p.icon)

Physical & Health Education

Department, 400L



**OFFICE OF THE STUDENTS' UNION
DIRECTOR OF INFORMATION AND
PUBLICITY**

ARBICO FMAUDITION!!!

Are you passionate about broadcasting?

AUDITIONS SCHEDULED AS FOLLOW:

Date: 23rd - 24th June, 2021

Time: 12noon

Venue: SUB Conference Room.

Contact: +2348152952540 via WhatsApp or
+2348144402411 call or visit the office of the
Director of Information and Publicity at the
Students Union Building to obtain your form.
You can as well make use of the link below, fill
and submit to reduce the stress.

<https://forms.gle/YvHpYQYn3aW6Jfz76>

Deadline for form submission: 21st of June,
2021 @ 06:00pm.

Bring your best radio voice and we will see you
there.

Guest: Seun Owoseeni, (OAP)

Orange 94.5 FM/OSRC TV

**Host: Comr. Eniola Oluwadamilare M.
(Captain Gold)**

Director of Information and Publicity

Celebrant Of The Week



Olowere Bamise Mercy

Economics Department

300L

EDITORIAL SECTION

SUICIDE: NOT AN OPTION, BREAK THE RULE: SPEAK UP TODAY

One thing that has been rampant among youth of now adays is what we called internal depression which has caused a lot of suicide in the society today. Starting with this, dear friend, suicide is an action of taking one's life by one's self unwilling. Hell No! What might have happened, that you have think leaving the world for those that can live it well is the best. Everyone faces challenges and these are always raw materials to testimony to come soon, why take your life before it's manifest? What can ever cause suicide in course of your academics pursue, if I would say a whole lot of things might cause and has been causing suicide in various institutions among Students especially. Before suicide come depression, what on earth would have caused depression a whole lot friend I must say, family background, peer pressure, relationship issues, academics fear, debt, sickness, threat, to mention but few. Despite all these they are still normal challenges we faced has life cannot always go smoothly. A person who is totally depressed is already dead even before killing him/herself. You find yourself thinking every day, high blood pressure increases, lack of concentration steps in, so desperate in getting some things done and if not been achieved worries set in. A whole lot of cases has been heard about suicide on campus; a 100L Student having a relationship issues with her final year boyfriend which makes the girl commit suicide by taking poison, another issue of hanging oneself and lot more. If I would say Sniper is never an Option dear, that rope you hung is never the best, remember the greatest people on earth are those that died with a whole lot of great ideas with them in the grave without sharing with others. Why panic when you have better places ahead. Dear friend, when you seem worried and breakdown the first thing you should do is pray to God and walk up to someone, have you seemed to understand why we have the guidance and counseling Department in schools and why we have Students studying this course, yes, it's because of you and I, for everyone who in one or the other needs to open up to someone confidentially. Despite all the challenges being faced by us, why haven't you meet a person and relate with, I know what you might be thinking right now that telling other people your problem is it good? My dear, YES, it is. Problem shared is half solved they said, you might be having that physical, emotional and psychological illness speak to a therapist today. Students on this note, it's right time we break the rules of suicide which is D E P R E S S I O N . How do you achieve this, it's only by speaking up...To a dearly friend out there, SPEAK UP! To all Students be your brother's keeper, do not be too scared to share your problems as nothing is new under the sun. Of the greatest Arabicans let's Break the rule of suicide today by SPEAKING UP. Seeing you succeeding in your life pursuit.

Credited to Justice Raheem Damilola Anthonia

UPDATE ON ARBICANS WEEKLY NEWSLETTER

The Editor-in-Chief of the Arbicans Newsletters, Iluyemi, Tolulope Emmanuel invites poets and authors of write-ups to submit manuscripts for consideration in this scholarly newsletter. The following describes the mission, coverage and guidelines for submission to Arbicans Newsletters.

MISSION

Arbicans Newsletters is poised to explore and cover typical issues from various quarters within and outside of the college community ranging from academics, entertainment, sports, social and health. Arbicans Newsletters is designed to provide students and general populace with activities of the management, students union and the entire college community.

COVERAGE

Arbicans Newsletters is interested in various poetry, poems, articles and write-ups that span the social, educational, spiritual and physical domain of life. Sponsors of birthday personality/celebrant of the week is also welcome.

Topics to be discussed in these newsletters include (but are not limited to) the following:

- Personality
- Ethics and conduct
- Motivation
- Discipline
- Self-esteem
- Selfless service
- Self-control
- Safety conduct
- Moral etc.

SUBMISSION

Authors and poets are invited to submit their write ups, articles, poems 100–250 words in length. Interested authors, sponsors and poets should contact:

+234815 295 2540/+2348163436908 via WhatsApp prior to submission. All submitted articles will be reviewed and subjected to the sole discretion and approval of the Editor-in-Chief.

Submission of celebrant of the week from Sunday to Friday should have the following information:

- Picture
- Full name
- Nick name
- Department
- Level
- Post held (if any)

THE STUDENTS AND THE UNION

This column is designed to give Arbicans opportunity to direct their questions and criticism to concerned Office bearers and Offices.

TO THE OFFICE OF THE WELFARE

This is a column where students complains/questions will be received and it will be treated appropriately.

- NB:** Deadline for submission
- Day:** Fridays of every week
- Time:** 12noon

All manuscripts, complains, criticism, comments, questions and birthday shout-out must be submitted through the email address: arbicansmagazine@gmail.com or the following WhatsApp lines: +2348152952540, +2348163436908

All enquiries should be directed to the attention of:

ILUYEMI, TOLULOPE EMMANUEL and COMR. ENIOLA OLUWADAMILARE M.
+2348163436908/ +2348144402411,
+2348152952540

Thanks.

*Students' Union Publicity Committee
2020/2021 Academic session*

STUDENTS UNION PUBLICITY COMMITTEE

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