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Standard Edition

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Thankful, Thankful!

I'm feeling pretty good today because I have so much to celebrate and be thankful for. Which is perfect for the season we're in (at least in the U.S). I'm talking about **Thanksgiving Day** , which just so happens to be today (November 24th).

Today as I ride the train to New Jersey, I'm thankful for old friends. Friends like **Soji Ojugbele** who I'm on my way to see! I'm thankful that I've lived to see 24 (My birthday was on the 12th), thankful that my ISSN application went through (Notice the new serial on the cover page), and especially thankful for the 3 day holiday from **Drexel University**. Now who doesn't love a public holiday?

So as I wish you all a happy thanksgiving, I also share with you a few of the many things I am thankful for having, a few of the many things I am thankful for doing, and even a few of the many things I am thankful for discovering this month. Read on and enjoy them, and perhaps you too will find a reason to be thankful!

Thanksgiving with Soji

I don't know if he knows this, but my friend Soji Ojugbele was amongst the first set of friends I made when I was at [Atlantic Hall](#) (my high school). He was also one of the first to leave for America. Since then I've only run into him occasionally, and usually coincidentally at that.

On the communication front we haven't been doing much better. Keeping in touch is just not our forte. So when he sent me an email at about 1am inviting me for thanksgiving dinner, I was pleasantly surprised. (Yes, I am usually up at that time)

I gladly accepted, and two days later I was on a train to Newark, New Jersey to pay him a visit. It is now 2 days after my visit, and as I put the finishing touches on this month's edition, I want to tell you how it went.



Thanksgiving with Soji

When I arrived at his home, the turkey was still in the oven. But the puff-puff, sausage-rolls, and dodo were already out on the table (bottom). The lasagna and stuffing came out later (top). Forgive me, but thanksgiving is about the food innit? Lol.

Anyway, all that food was lovingly prepared by Soji, his sister Morayo, and his girlfriend Damilola - and it tasted great. I've been threatened on pain of death to say that... But I genuinely mean it. In addition to the three of them, Soji's brother Olumide and another friend of his joined the celebrations. Strangely, I remember Olumide's name because I found his nickname "mide" quite odd. As far as I know, people usually go with the first half "Olu."

While we all stuffed ourselves with food, we watched [Hangover 2](#) (hilarious movie, especially if you watched the original) followed by a [Kevin Hart](#) special (not sure which). So it was a night of good food and good laughs as every thanksgiving should be. Thus, as I said at the start I am thankful for good old friends like him. :)



Did You Know About NaNoWriMo?

Because I didn't. That is until I read [this article on LifeHacker](#) at the beginning of the month. Apparently, the month of November is **National Novel Writing Month** in the U.S and **NaNoWriMo** is an initiative by the *Office of Letters and Light* (sounds like something straight out of Harry Potter) to promote novel writing throughout the month. So because it seemed interesting and I had a novel plot I'd been meaning to advance, I decided to participate.

“Thirty days and nights of literary abandon!,,

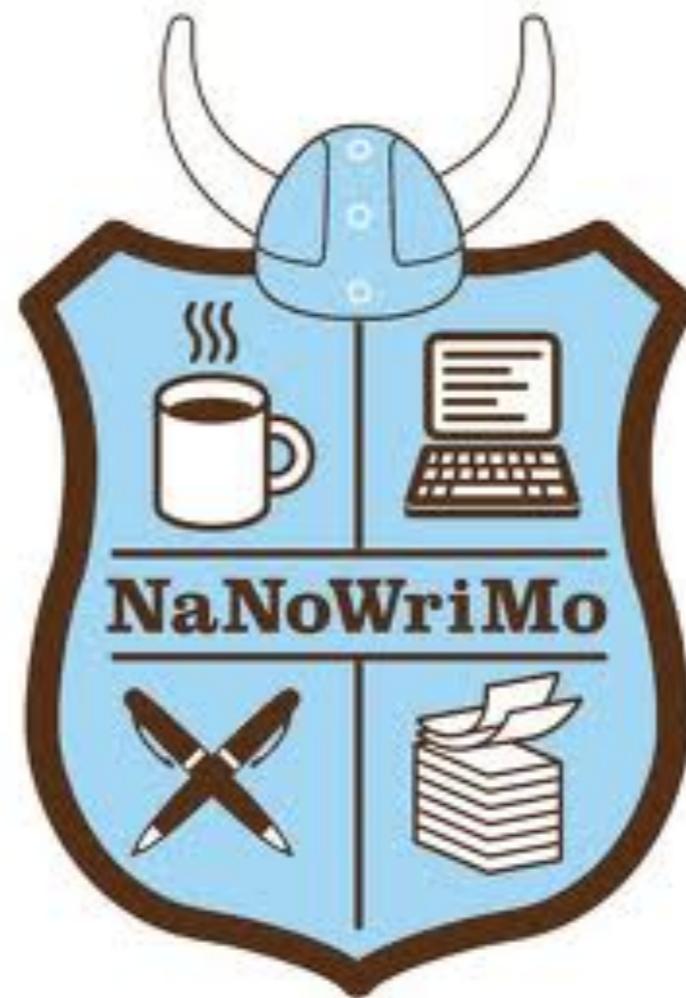
- [NaNoWriMo.org](#)

At least that's what it is supposed to be. But as a senior in college I knew right from the start that there was no way I was going to win the competition. Still even if I only managed to advance my plot by a chapter, I felt it would be a worthwhile endeavour. As it turned out, it has indeed been a worthwhile endeavour. I came up with a new style of writing I call page-long chapters which allows me to focus on just the main events in my plot and using this format I was able advance my story by about 2000 words or 4 chapters.

Now in the larger scheme of things believe it or not, 2000 words is a pretty shitty result. To win the competition, one would need to maintain an average word count of at least **1,667 words per day**. The goal being a 50,000 word novel by midnight on November 30th. Like the LifeHacker article states, it's a steep goal for even the most seasoned writers.

Did You Know About NaNoWriMo?

Nonetheless, I definitely benefited from the experience, and I intend to participate every November henceforth. So if you're looking for an excuse to write everyday, now you have one... or at least you will next year. As for me, I think it will be a few years before I can even dream of winning, but I remain thankful for the discovery.



Songs To Wear Pants To



Meet Andrew, the face behind the website songstowearpantsto.com. You can commission him to write a song for you, or you could just suggest an idea and hope that he likes it. If he does, he'll create it for free!

Hi, I'm Andrew. I write music based on your ideas!

But you better careful what you suggest because he has an amazing sense of humor and that song may not turn out just as you expect. Even so, it always turns out great regardless of your expectations... and that's the beauty of STWPT!

I stumbled upon his website one weekend about 2 or 3 years ago, and I remember being blown away by the fact that a man could just decide to do something he loves on the Internet and make money from it. Needless to say, that entire weekend was spent idly listening to song after song of musical bliss.

Songs To Wear Pants To

Andrew composes songs in any style you want: Any genre, any pace, any theme, and you may even specify the lyrics if you wish. He sells some of his songs for 99€, and all the rest are free. But Andrew also does other stuff with his music. He makes music videos which you can find on [YouTube](#), performs in a band called **Your Heart**, and he's even been asked to give speeches at colleges.

Personally I think he's a pretty cool guy, and it's even more amazing that he gets to do what he loves for a living. The idea behind STWPT is one we should all strive for. To do what we love for a living not because we need the money, but because we love doing it.

Discovering STWPT is yet another thing I'm thankful for, and by the way, here are a couple of Andrew's compositions that had me cracking up that weekend when I discovered him.

1. <http://www.songstowearpantsto.com/songs/crunk-juice/>
2. <http://www.songstowearpantsto.com/songs/this-girl/>

Never Wet

I have seen the future, and it is **NeverWet**. NeverWet is a **super hydrophobic** coating that can be sprayed on just about anything to make it water resistant combatant. That is to say this thing doesn't just resist water, it literally kicks water's aqueous ass! Watch the video below to see what I mean.

<http://www.youtube.com/watch?v=7is6r6zXFDc>

So basically with couple of cans of NeverWet at your disposal, you might never need to wash again! Okay, so maybe not never, but certainly not as often as you have to now. My jaw literally dropped as I watched the chocolate syrup shoot off the white sneakers. NeverWet is definitely one way of "staying fresh."

The folks at **Ross Nanotechnology** who made NeverWet have a couple more videos that will amaze and astound you. Like the iPhone that worked underwater for over 30 minutes after a light application of the spray. So stop by their website, and take a peek at the future, today.



A Sickler's Advice

“Living with Sickle Cell Anaemia is like being the parent of a very temperamental baby. This baby cries when she's hot, when she's cold, when she's tired, and sometimes she cries for no perceivable reason at all!,,

This month, I had the opportunity to be a volunteer mentor with the **Children's Hospital of Philadelphia**. I participated in a 2-day program called **REACH for college**, where we try to prepare students with chronic diseases and their parents, for life in university. Personally, I think we're preparing the parents more so than their children.

Anyway, for the program we (the mentors) were asked to think about a way to describe our condition briefly. The quote above is what I came up with. In coming up with that quote, there were many things I wanted to convey to the parents. Many things that I did not have the time to convey in the few hours we were together. It is those many things, that I would like to convey in this article.

A Sickler's Advice

You see SCD (Sickle Cell Disease) is a hereditary disease. Meaning that the afflicted have to start dealing with it from a very young age i.e the second they're born, but I phrase it that way to draw a parallel. Take what I said earlier (about being a parent), and what I said a moment ago (at a very young age), and apply it to an ordinary child - and what you get is a teenage parent.

This parallel allows us to draw many comparisons. We have a child who has to take care of a baby for the rest her life. She can no longer do the things her friends do as a result, AND she has a whole bunch of new things she has to do to keep the baby healthy & happy. It's a lot of responsibility that she was not prepared for, and every one of her actions now has much heavier consequences.

Replace that baby with SCD and you have the perfect description of a teenage sickler. Except, this teenage sickler has been a teenage parent all her life. For some reason, her baby remains eternally young while she, grows older. Yet even though she has aged, she is not yet an adult. She is but an experienced teenage parent.

A Sickler's Advice

So in thinking about sending your precious teenager (with SCD) off to college, every parent ought to realise that they are sending off an experienced teenage parent. This person already knows most of what they need to know about managing their disease because they've been doing it for a while. They will still make mistakes (as people do) and mix-up their priorities (as teenagers do), and they might even do some very scandalous things (as college students do), but all of it will likely be within the limits they have learnt from their experience and upbringing.

They are still adolescents, so they will still need your support and loose supervision. But at least as far as the disease is concerned, they can be trusted to do the right thing. Of course what constitutes "loose supervision" will vary from child to child, but it shouldn't be used as an excuse to avoid letting go.

Therefore as the parent of a college sickler, what should be of utmost importance is making sure that they have access to the medical resources and emotional support they need. As opposed to keeping tabs on their every move. Trust me, you'll get used to it after a while and your kid will thank you for it.

Thanks Mom & Dad! You've both been wonderful parents to a sickler like me.

Farewell Kunle



My friend **Kunle Anifowose**, landed a job in Chicago earlier this month. So his cousin decided to throw him a farewell dinner before he left. It was at **Hibachi Japanese Steakhouse & Sushi Bar** on Penn's landing in Philadelphia. The picture above is a shot of him (bottom right) being serenaded by the singer of the night. However, the rest of this article is not about Kunle, how we became friends, or even how the farewell dinner went, but about the restaurant and how lovely it was.

Farewell Kunle

As I said earlier Hibachi is located on **Penn's Landing**, which means it is right by the water. A fact which you might question as you find yourself walking to the elevator at the rear-end of the Dave&Busters car park in the same location.

But once you take the elevator upstairs, there will be no doubt in your mind as almost every window in the restaurant overlooks the water. In fact you might find yourself posing a different question: "Did I bring enough money?" because the interior decor of the restaurant speaks of class. Not to worry, you probably did.

Yet the real appeal of Hibachi Japanese Steakhouse lies not just in its location and reasonable prices, but in its **Japanese Teppanyaki** style of service (also known as Hibachi style). If you've never heard of Teppanyaki, it's the style where your food is cooked on a hot iron plate in front of you by the chef. A chef who also performs tricks using the food and utensils at his disposal.

Unfortunately I wasn't able to get any clear shots of our chef doing his tricks, but at least you get to see the food (right). We all had a really good time at the restaurant, and the first thing I did when I got home was to like it on **Facebook**. So farewell Kunle, it is thanks to you that I found out about Hibachi. I am thankful for the discovery as I am thankful for your new job. I wish you all the best, and good luck in Chitown.



To learn more about Hibachi Japanese Steakhouse & Sushi Bar visit:

<http://www.hibachidining.com/>