ASSISTANT MADAMS
THE CONTROVERSIAL WEB SERIES

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Finally, Going For Growth 2.0 Central Bank of Nigeria Consultative Roundtable was held at the CBN HQ Auditorium where Economic analysts, Captains of Industries and Industry key Policy makers gathered to discuss and offer proper solutions to economy challenges amidst global crisis amongst other important pressing issues. Simply put, the long and short of it is how these discussions will translate to a better life for the common man who lives on less than one dollar a day.

As impressive as the crowd was, one cannot but hope and pray that all their projections will yield positive results in time to come. And the people who attended and spoke on this forum are the voices and brains we hope will lead us out of frustration, hunger and poverty. My dream is that in my lifetime, Nigeria will regain its place as the Sun of Africa. It might not happen as fast as one wishes but as they say, an inch is better than a mile in the right direction.

Many people might have been impressed with the caliber of people who attended this summit, but it translating to something that can improve the life of the common man is certainly most yearned for. Though many might not understand or appreciate the complexities and challenges of the portfolios the participants/attendees carry, one thing the people of Nigeria will dearly understand is positive results and impacts on their lives. People want to see improvements of the impoverished, upgrade in the quality of education, in the value of their Naira, in the structures put in place to make daily existence more livable, in the common man being able to provide for himself and his family, in the meals on their table... in their clarion call!

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GOING For GROWTH 2.0
A Consultative Roundtable With the CBN Governor, Godwin Emefele, CON, and Dinner with President Muhammadu Buhari
Nigeria’s first integrative pharmacy and the fastest growing pharmacy chain in West Africa, HealthPlus Limited, celebrated its 20th Anniversary at The Civic Centre, Victoria Island, Lagos. The event themed “An Evening of Inspiration and Gratitude”, celebrated the success story of the organization over the past two decades.

HealthPlus Limited treated invited guests and employees to a truly glamorous and inspiring evening. In 20 years, the company has continued to grow in leaps and bounds. In attendance were the who-is-who in the healthcare industry, entrepreneurs, several dignitaries and family and friends of the Founder/CEO, Bukky George. Employees were also recognized and rewarded.

At the colourful event, the company confirmed its commitment to its values of excellence, exceptional customer service, integrity, innovation, people-orientation and partnership.
Peter Ihieh, the Chairman/Chief Engineer of Colours of Life, a leading professional audio company in Nigeria, went hungry on a 40-day fast, among other things commemorated by the lighting of a white lamp in his white gown.

Peter made the white on white dress when he died. Everyone who kept to the theme of the white lamb, also dressed in white. He was buried at his church compound in Calabar, and friends. He made the event not only for everyone to let their hair down freely. Sheets of the island personally

A JESUS RESPONSE TO THE CORONA VIRUS

A book club I belong to is reading God’s Generals by Roberts Laidon. The book is a biography of 12 outstanding Christian leaders such as William Seymour, the former slave who initiated the Azusa Street revival, Amie Semple Macpherson, the lady who founded the Four Square Gospel Church, Smith Wigglesworth, the barely-educated plumber who read only the Bible and raised the dead, and Kathryn Kuhlman, the evangelist whose miracle-filled meetings won many sceptics to Christ. But to draw an example of what to do when a deadly disease is ravaging nations, I would encourage you to read about John G. Lake, whose story is featured in chapter 7.

John Lake’s early years were filled with memories of sickness and dying people, driving him to search the scriptures on healing. The revelation he received would lead to his powerful healing ministry. At a point in his life, Lake sensed a strong call to full time ministry. He was, by this time a very successful business man. Lake and his wife, Jenise, sold all they had and along with their seven children, went to work as missionaries in South Africa. Around 1910, South Africa was experiencing a deadly plague leading to the death of an estimated quarter of the population. The situation was so desperate that the government offered to pay USD 1000 to any medical personal who would cater for the sick. The plaque only stopped the angel of death would not touch them. They obeyed and as a result, only the Egyptians died. This plaque was sent by God to judge His enemies, and the Israelites were immune to it by sprinkling the blood of a lamb on their door post – A Jesus response to a deadly plague.

As at International Women’s day, the corona virus, which emanated from Wuhan, China, is estimated to have infected over 17,000 people and claimed more than 350, according to WHO. While the government performs its primary duty of the protection of lives, and individuals take the commonsense precautions such as self quarantine (which, by the way, is scriptural Leviticus 13.4), the church also has its part to play. A is a good place to fall back on the popular question – What Would Jesus Do? (WWJD). So, What Would Jesus Do if he lived in these days when the world is threatened by the coronavirus? I believe he would do exactly what he did when he walked the earth over 2000 years ago, and this is the revelation that changed John G. Lake. Jesus went around doing good and healing… ‘ (Acts 10:38).

Where the epidemic is caused by our sin, we need to offer ourselves as a living sacrifice (by living a life under the Lordship of Jesus Christ). Where the disease has come as judgment against our enemies, God’s children need to apply the blood of Jesus upon the doorposts of their lives. Where the disease is ravaging our society, like it did Lake’s, we can help care for those afflicted (demonstrating the power in the blood of Jesus) or we can take things a notch higher by bringing healing to them just like Jesus would have done; the ultimate Jesus response to the corona virus. 

Koko Kalango is author, Colours of Life directoral contact: kokokalango@gmail.com
IWD Conference for Female Professionals
March 12th, 2020
#EachforEqual #GenerationEquality
#ThinkW

access more than banking
ASSISTANT MADAMAS
THE CONTROVERSIAL WEB SERIES!

A-list Nollywood Actresses Tana Adelana, Osas Ighodaro and Sophia Alakija are the leading ladies of REDTV’s new web series “Assistant Madamans”. It tells the story of three up and coming socialite ladies; Lara (Tana), Chioma (Osas) and Tamara (Sophie) and the risks and moves they make to rise to upper echelon of the society using men as their foot stools. This week FUNKE BABS-KUFEJ catches up with the three beautiful actresses to talk about their roles in the series, their careers and what it catches to be an A-list actress in the ever growing Nollywood Industry.

How did you first get involved with acting? When did you realize it was a career you wanted to pursue?

Acting is something I’ve always loved and wanted to be a part of right from my pretener and so when I got a lot older, I spoke to a director about it and I was invited for an audition and got the role on the spot!

Can you tell us about your role as Lara in the New REDTV series “Assistant Madamans” and what about her character made you take on the role?

Tana: Lara is a rich kid who wants the whole world but daddy disagrees. She decided to use her name to open doors and make it by any means necessary. I read and internalized my character and with the help of my director Tola Odunsi who is an actor’s Director, I was able to pull it off.

What did you love the most about being a part of this production and why will you say it’s a must see?

It’s an honour to be a part of this project and I’m entirely grateful. It’s a very fun, entertaining show. It’s not your regular Nollywood series which is why I will say it’s a must see.

As an actress of dual heritage, do you think you get typecast?

Yes I think I do get typecast.

Can you tell us a little about your character Lara and how you prepared yourself for the role?

I read the script. I read it, liked it, we negotiated and I came on board.

Who are your role models in this industry and why?

Absolutely love Nse Ikpe Etim because she is an effortlessly amazing actress.

How will you describe your sense of style?

Effortlessly amazing actress.

What should the audience expect to see next from Sophia Alakija?

So many things lined up I can’t wait for you to see so please stay tuned.

TANIA ADENNE (LARA)
Best known for her roles in Dstv’s Hush, Single and Married, Body language, Purple Hearts, Wife Hunter, 30 Years A Virgin and so much more, award winning actress Tana Adelana is one name that rings loud in the Nollywood industry. Her career spans over 20 years on screen and till date, she shows no sign of slowing down. We catch up with the actress on her journey thus far in Nollywood.

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Omas has been a familiar face on screen and stage for over a decade as part of the TV series 'My Flatmates', 'Fela and the Kalakuta Queens', 'Smart Money Woman', 'Cadillac Records' 'New Money' & 'Tyler Perry’s Meet the Browns' and many more. In this interview she talks to us about her newest project 'Assistant Madams' and her journey thus far in Nollywood.

How did you get the role as Chioma in the New REDTV series 'Assistant Madams'? Was it serendipitous or was it just being at the right casting call?

I had a conversation with Director - Tola Odunsu in regards to who should be considered for this new project he was working on. I gave him a few actresses names he should consider and at the end of the conversation he said why not me? I initially didn’t consider myself but at the end of the discussion I was convinced to audition. As they say the rest is history.

The series has some amazing cast of actors and actresses with incredible resumes. Did that put pressure on you to work extra hard to deliver on your character?

When delving into a character, I try not to depict my work ethic or how hard I work based on who my colleagues would be because I always try to put my best forward no matter what. The cast I get to work with on this project are super talented and that’s the cherry on top.

We have watched the very first episode where your role as Chioma depicts a woman who knows how to get what she wants out of men without giving too much of herself. Do you think this truly portrays the extent some women will go to get what they want? And if so, what do you think is responsible for this?

I think this is someone’s story out there. Though the specific characters we play on ‘Assistant Madams’ are fictional, I’m sure someone out there can certainly relate. I get to bring to life someone’s experience in some way shape or form and as an actor, I have a duty and obligation to be true to that.

This insatiable quest women have towards material goods and high flying lifestyles sponsored by credit or in fact becoming a norm all over the world but it is important for us to let the younger generation realize this shouldn’t be so. What do you think can be done to change this mindset?

I believe speaking about it and bringing it to the limelight is the first thing. I’m currently not here to judge anyone or the character I play. I feel everyone has a story to tell.

The storyline may be considered a taboo or not morally right but at the end of the day I’m here to depict an experience someone may have gone through and the consequences and the joys it comes with.

We have read some reviews where the series was heavily criticized about not portraying women, especially Nigeria women, in a positive light, what are your thoughts?

Again, I don’t want to shy away from the fact that someone is actually experiencing this in some way. Society has its taboos and it may not exactly be popular to put it out there but again everyone has a story to tell.

Do you think Assistant Madams will appeal to everyone other than the millennials and the youth of today, if so why?

I think it will appeal to many outside of millennials and youths because these sorts of experiences and stories have been around in society for ages.

Apart from being a part of this production for REDTV, what other interesting projects have you been involved in of late?

I’m excited to have a lot of projects finally premiering in 2020. I have an action film – Ratnik, a drama - Mama Drama, a TV series - Smart Money Woman and a romantic comedy - Naimatii Wakusun depicting the extent some women will go to get what she wants out of men without giving too much of herself. Do you think this truly portrays the extent some women will go to get what they want? And if so, what do you think is responsible for this?

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Grenada’s haunting underwater sculpture park is a tribute to the nearly two million African slaves thrown into the sea during the transatlantic slave trade. The first of its kind, these sculptures sit nearly 14 feet down, at the bottom of Molinere Bay and are only accessible by scuba diving, snorkeling, and glass-bottom boats. Designed by artist Jason deCaires Taylor in 2006, the site has been listed as one of National Geographic’s 25 Wonders of the World. The most celebrated piece is Viccisitudes, which features a ring of children holding hands facing out into nutrient-rich oceanic currents. According to underwater-sculpture.com, this piece is “a symbol of unity and resilience. They are an example of how we are inscribed and formed by the nutrients we absorb. However, locally it was widely interpreted as a tribute to slavery due to the structural connections resembling shackles and the proximity to the Atlantic Ocean and the Middle Passage.”

The sculptures were eco-consciously made from concrete and rebar, creating an ideal surface where marine life can grow. Over time, these artificial reefs have attracted a stunning array of varied marine life. The sculptures have also undergone dynamic changes due to unique, underwater forces including sea surge, wave action, and currents that have imposed their own influence and changes on the sculptures.

Culled from travelnoire.com

**Grenada’s haunting underwater SCULPTURE PARK**

**DID YOU KNOW?**

There is a huge Henna trend among Nigerian celebrities. Quite a number of them proudly show off their beautiful Henna designs. Some opt for more elaborate designs while others opt for more subtle variations. Here are a selected few that have been sporting the look lately.

**Henna TATTOO**

**Change Your Makeup**

By intensifying your makeup, you make your look more appropriate for a night out. Don’t worry about washing your face and starting completely over, but instead focus on one area that you want to accentuate. If it’s your eyes, add some darker eye shadow and liner for a sultry look. Or, go bold with your lips by applying a deep lip color that works with your skin tone.

**Stick with Classic Styles**

By wearing a basic style as your foundation, you can dress it up or down as needed. These classic pieces will not only last great all day long, but they can easily fit the mood of an office environment by day or a trendy restaurant by night. Accessorize for work with a blazer or cardigan, and simply lose those when leaving for the night to easily transform your look.

**Let Your Hair Down**

If you wear your hair up during the day, let it down before heading out for the night, or vice versa. If you don’t like having your hair completely down, try pinning just front pieces of your hair back for a quick, simple style that looks great with any outfit.

**Busy schedules dominate everyone’s life these days and finding balance can be quite the challenge. If you find yourself in front of a busy day at work, followed by plans out for the evening, figuring out your wardrobe can be a hassle. Instead of thinking of two separate styles, keep these tips in mind for how to transition the same outfit from day to night.**

**BY KONYE CHELSEA NWAJOGOR**

**BY ISIOMA USIADE**

**BY RITA DOMINIC**

**BY BOLANLE OLUKANNI**

**BY IDIA AISIEN**

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**BY ISIOMA USIADE**

In the past, Henna was common to Hausa women who used it to draw delicate patterns on their hands and legs (fingers and toes inclusive). They used a variety of colours such as red, black and orange. In more recent times, Henna has become a fashion statement, and has been embraced by women from different cultures, class and pedigree giving the wearer a certain edgy look. Also, for those who don’t want to commit themselves to a single permanent tattoo, henna tattoos are a form of temporary body art without having to endure any pain while getting it done and it fades off in a week or two without using lasers. It can be done in various intricate patterns depending on the occasion.

**BY ISIOMA USIADE**

There is a huge Henna trend among Nigerian celebrities. Quite a number of them proudly show off their beautiful Henna designs. Some opt for more elaborate designs while others opt for more subtle variations. Here are a selected few that have been sporting the look lately.
5. TIPS ON HOW TO GET GLOWING SKIN

BY IYANU AYODELE

1. Cleanse regularly
   - Key to luminous skin: cleaning your "canvas" by thoroughly removing debris like dirt, oil and pollution particles that can clog pores and cause dullness. Wash your face morning and night by massaging in a small dollop of cleanser generously over your "canvas" and rinse thoroughly.

2. Exfoliate your skin
   - Another way to brighten and boost its glow both immediately and long term, is by exfoliating. This process removes the skin's outer layer of dead cells so its surface is smoother and clearer. People with sensitive skin, have exfoliation at least once a week or a chemical exfoliation like a face scrub, two to three times maximum for other skin types.

3. Look for brightening skin care ingredients
   - In topical skin care treatments like serums and moisturizers, look out for terms such as “brightening” and “skin tone-eveing” and ingredients like vitamin C, an antioxidant that brightens skin by blocking an enzyme that produces pigment.

4. Hydrate, hydrate, hydrate
   - Lack of hydration makes your complexion dull and even accentuates wrinkles. Apply a topical moisturizer morning and evening to replenish hydration. Testing shows that face lotions and creams are generally more hydrating than oils, serums, and other formulas. They're emulsions, blends of oil and water components that carry hydrating ingredients into the skin's top layers, helping it hold in moisture.

5. Use shimmery lotion to boost glow
   - Good news: You can also get a glow instantly. The new category of skin care and makeup hybrid products called “glotions” combine the hydrating benefits of a moisturizer with the radiance-boosting effects of highlighters.

A major component and signal of healthy skin is a natural glow. But causes like lack of sleep, stress, age, and even what you eat can rob your complexion of its radiance. Transform skin that looks dull and tired to luminous and glowing skin.

HYDRATE, HYDRATE, HYDRATE

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Touching your hair too often

Constantly fussing or fiddling with your hair (especially or out of boredom) transfers oils from fingertips to your strands. Also try and resist discourage anyone from touching your hair too much in bed. It feels nice but doesn’t look nice in the morning.

OVER WASHING

Yes, you wash it to cleanse the grease but no, it doesn’t help. Unfortunately daily shampooing can strip your scalp of its natural oils and it doesn’t produce more in a bid to replace them. Try cutting back on washing your hair every other day at least or 3 times a week. Your hair will thank you in the long run.

OVER CONDITIONING

Be cautious with conditioners. You may be applying a conditioner that’s too heavy for your hair type, which can weigh it down. Also not washing it out properly is another grease giving culprit. And finally avoid placing your conditioners all over your hair, focus on the ends to avoid causing oily roots and lank lengths.

OVER BRUSHING

Brushing your hair too much can transform oil production, which at first looks glossy, but soon looks greasy. Again, stick to detangling the lengths and ends if you have an oily hair brushing habit.

YOUR HAIR BRUSH IS DIRTY

Your hairbrush can harbor all sorts of nasties. Build-up of stale styling products and dust are only the obvious ones. A clogged brush will transfer these on to your hair making it feel dirty, so make sure your brush is cleaned properly on a regular basis.

YOUR HAIRBRUSH IS FULL OF HAIR

A hairbrush might not seem like an offender, but if your hair is greasy, using a brush clogged with hairs will only transfer grease from old strands back on your clean hair.

APPLYING THE WRONG PRODUCTS

You may be choosing styling products that aren’t compatible with your hair. Look for lightweight formulations and avoid ones that promise shine and moisturizers which would be better suited to dry or dull hair types.

PRODUCTS BUILD-UP THAT NEEDS DETOXING

Styling products can cause the scalp and strands to become clogged up. If you are a dry shampoo type, you might want to give your locks a detox by using a clarifying shampoo 2-4 times a month, or product designed to de-scale the scalp. It is the gateway to healthy hair.

A LIGHTWEIGHT ESSENCE

A bottle of this Hollywood-approved essence is sold every two seconds. Why the demand? It even out your skin tone, reduces the appearance of dark spots and fine lines, smooths texture and enhances radiance.
**This Day Style**

**SHAMING!**

I was in my late 40s, I was a compliant ectomorph—narrow-hipped, flat-stomached, small-boned despite being tall (5 feet 9 inches). I was so effortlessly slender that many of my girlfriends envied my ability to eat nonstop—drink like a sailor on shore leave—without putting on an ounce. I’d pour 3 heaped spoons of sugar into each of the 5 cups of tea or coffee I got through every day. I’d merrily knock back several sweet, high-calorie whiskies or brandies, and consume appetizers without remorse, all the while convincing myself that I was really, really, really enough…and that “fat-busting” meant just eating less sugar. Never was I actually confronted with my weight by myself or others. It was only when I was shuttling between Nigeria and Europe at the time; and, by the way, there is a big difference down to a crawl. My previously unbloated frame was really, really, really enough…and that “fat-busting” meant just eating less sugar. Never was I actually confronted with my weight by myself or others. It was only when I was shuttling between Nigeria and Europe at the time; and, by the way, there is a big difference down to a crawl. My previously unbloated frame

### Table: Weight Loss Challenge

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