

...NOT IN THISDAY STYLE? THEN YOU'RE NOT IN STYLE

SUNDAY, MARCH 15, 2020

THIS DAY

Style

ARISE
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NOW HOLDS ON
15-18 OCTOBER 2020
LAGOS



ASSISTANT MADAMS

THE CONTROVERSIAL WEB SERIES



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COVER

A-list Nollywood Actresses Tana Adelana, Osas Ighodaro and Sophia Alakija are the leading ladies of REDTV's new web series "Assistant Madamas". 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-KUFEJI** catches up with the three beautiful actresses to talk about their roles in the series, their careers and what it takes to be an A-list actress in the ever growing Nollywood Industry.



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THISDAY STYLE

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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 clearly understand is positive results and impacts on their lives. People want to see improvement 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!

Ruth

FASHION DIRECTOR/EXECUTIVE EDITOR



GOING *For* GROWTH 2.0

A Consultative Roundtable With the CBN Governor, Godwin Emefele, CON, and Dinner with President Muhammadu Buhari



PRESIDENT MUHAMMADU BUHARI



GODWIN EMEFELE



NIYI ADEBAYO



ROTIMI AMAECHI



IBUKUN AWOSIKA



YEMI OSINBAJO, NDUKA OBAIGBENA AND PRESIDENT MUHAMMADU BUHARI



ALIKO DANGOTE



JIM OVIA



HERBERT WIGWE



TONY ELUMELU AND ABDULSAMAD RABIU



STANLEY JEGEDE AND FATIMAH UMARU SHINKAFI



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SEGUN AGBAJE



KENNEDY UZOKA



MELE KYARI



PHILLIP SOUTHWELL



RAKIYA MOHAMMED



UCHE ORJI



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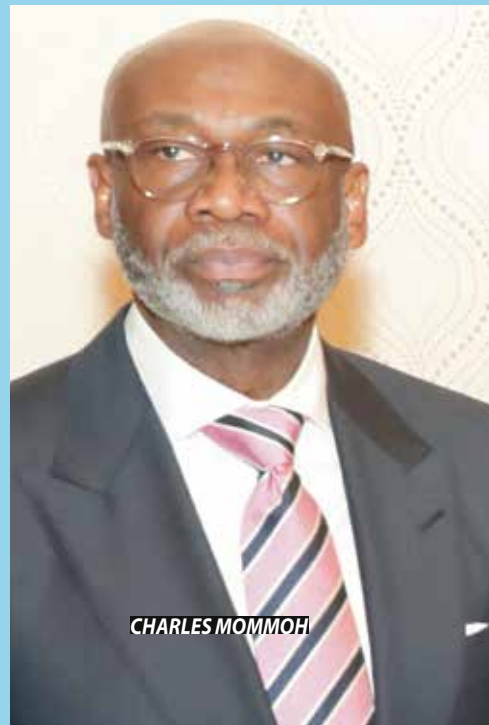
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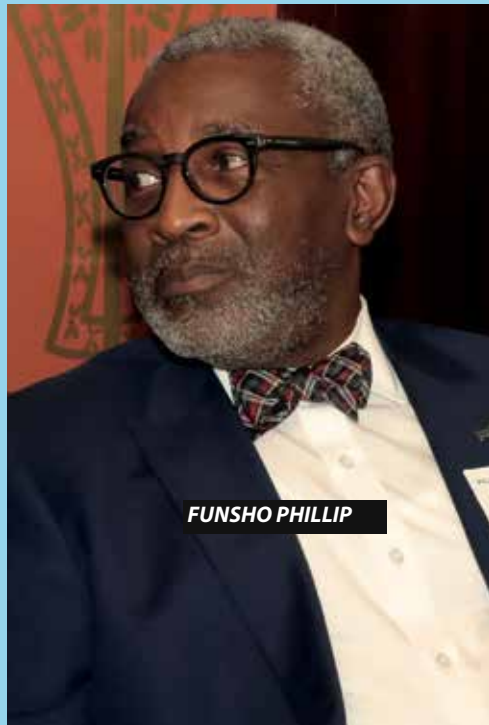
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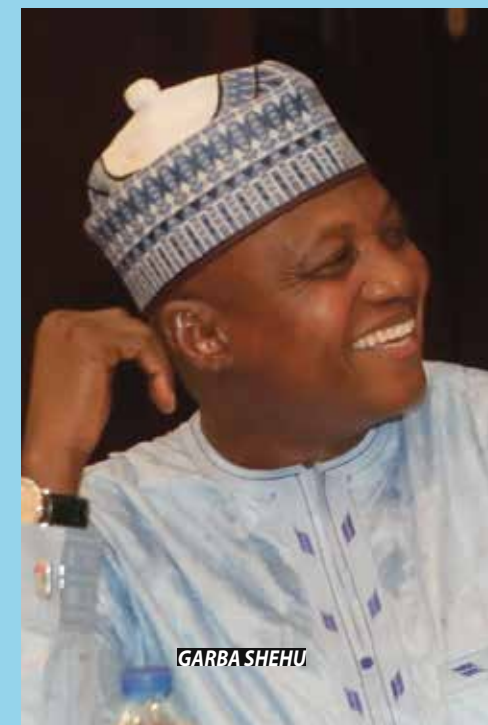
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SYLVESTER MONYE



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UCHE ORJI



ABBAS NASANAWA



TOPSY OYENIYIN



LEKAN AJAYI



BOLAJI BALOGUN

Scene and be Seen

UDO OKONJO

VIVIEN SHOBO

ENASE OKONEDO

PETER BAMKOLE

YEWANDE ZACCHEAUS

NGOVER IHYEMBE-
NWANKWO

NNAMDI EZEIGBO

MAZI SAM OHUABUNWA

MAGNUS MACAULAY

ADEBISI FAJMIROKUN

MBANG FEMI-OYEWO

DABA OMOREGBEE

ASABE & GODWIN HARRISON

ARINOLA OLOKO & PRINCESS NINA
AGWUNA

OTUMINE NELSON-MOORE

CATHERINE BICKERSTETH

CHINYERE OKOROCHA

AGATHA ERIC-UDORIE

CHIZOBA ATSU & HANSATU ADEGBITE

EUGENIA OWUSU & NAA KAI DUA

/DAFE & DESOLA EGHAGHA

VIVIAN OPUTA

AMAECHI OKOBI

OSAYI ALILE

HEALTHPLUS LTD CELEBRATES 20 YEARS OF TRUSTED CARE

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.

BUKKY & JIDE GEORGE

JULIUS ADELUSI-ADELUYI & JIMI AGBAJE

AHMED IBRAHIM
YAKASAI

BETTY IRABOR

MARY & ALI BABA AKPOBOME

DOTUN AJAYI

CLARE OMATSEYE

MR & MRS IKE ONYECHI

Scene and be Seen

JUDE OLIEAH

DAVID IKHARO

ORUWARIYE TWINKLE

FEMI ONIFADE

ADEOYE AFOLAYAN

SISLOFURE

PAT & JOHN IKHARO

GLORIA IBRU

OBUKEME IBRU

JOHN EKWUYASI

JOE OCHIGBO

AMANDA ETIM IYANG

MOHAMMED SADIO & JADE NIBORO

ANIRE KANYI & AYoola SHADARE

LENMOBI & LARRY JIUBOH

TUNDE OLADITI & IBUKUN OLUGBODE

PETER IRIAH CELEBRATES 60 YEARS

Peter Iriah, the Chairman/Chief Engineering Officer of GQAcoustics, a leading professional audio company in Africa based in Nigeria, recently turned sixty.

Looking dapper in his white gear, Peter made the white on white Jeans the theme for his party and all guests adhered to the theme.

The sound master, as he is fondly called, had an open house at his Magodo GRA residence for family and friends. He made the event informal because he wanted everyone to let their hair down which is a reflection of his down-to-earth personality.

It was an evening of great fun and laughter with plenty to eat and drink. Truly a memorable evening for all who attended.

PHOTO CREDIT- KUNLE OGUNFUYI

PETER IRIAH

MUMA GEE & PATRICK DOYLE

SESAN AWONOIKI

DEDE MABIAKU & VICTOR HANS



Alero Adollo
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CAPSULES

Come o, something dey shele for our time and tide that sends the average mind to jeopardy mode. Make we yan small, is there a war of the sexes going on or just merely the disrespect of the jaundiced.

Why is it so difficult for men to simply love women, why is this such a chore I wonder. There is a "joie de vivre" that comes from romantic love when we choose to "carpe diem" and enjoy the joy of oneness but alas, the heart of the average man is in a "laissez-faire" mode.

Is the expectation of love unrealistic and unreasonable, or are we deluded to expect the whole 9 yards. Women today are abused and misused and we wonder why. Men are cuckold, used and dumped like the mechanic's rag and many giggle in derision. For both sexes, why is there usually conditions precedent to drawdown beyond deep affection and respect....

Woman, you were created to build, life starts in your womb and process deepens in your arms, but alas you continually cast your pearls before swine and then wonder why rather than be adorned and adored, you are daily trashed, before you go into any union, ask he who knows the hearts of men. Don't allow anyone to mess up your journey. Your heart is warm and endearing, deep and intuitive, you are beautiful, God does not make mistakes, he created you to nurture and excel, so get up and soar.

Beautiful "souled" man, clothe in strength but soft like butter, gentle as a lamb, in the arms of the one you have found, you were built to endure, to help up, but you tremble within for fear of failure, for fear of rejection, for fear of fear, you then "toughen up" when you sense a weakness within. You go on a rampage, planting your seeds anywhere it can grow so as not to be held captive, even in marriage, you seek freedom. It is not weak to yield your heart to a good woman, exercise your navigational skills, find her.....and rest for the "good thing" you have found.

Life is less complex when we focus on our roles, we were created to complete not to be at logger heads, differing roles does not make one gender more superior just like a steering wheel is not less important than the engine of a car.

Love, do not allow anyone change your nature. Don't set another up to self destruct. No relationship is a coincidence, your traverse with one, through one is for a season for a reason, guard jealously these differing seasons of life.

Love in simplicity and build in honesty. If you're hurt by another, heal and move on, don't marinate in pain, don't stew in agony, let someone new love and adore you. Unite in friendship, advance in loyalty, open your heart, close down your mind, let the warmth of Agape flow in.

Let us all bloom in growth and stretch toward the light.

Colours of Life

with Koko Kalango

A JESUS RESPONSE TO THE CORONA VIRUS

A book club I belong to is reading God's Generals by Roberts Liardon. 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 skeptics 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 sickly 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, Jennie, 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. In this terrible situation, John G Lake demonstrated a Jesus response to deadly disease by offering, along with his team, to care for the sick, free of charge. They even buried those who died of the disease. When people asked how come no one in Lake's team contacted the disease, he ascribed it to the power in the blood of Jesus. Lake then went further to volunteer himself for an experiment to demonstrate this power. Lake asked them to put the deadly virus on his hand and observe, under a microscope, what happened when he prayed. They did and the virus died as he spoke the word of God.

John Lake could act in this way because he had a precedence in scripture. When God wanted to deliver the children of Isreal from 400 years of bondage, He sent several plagues. But Pharoah refused to let Israel go. God dealt one final blow to Egypt by a plague of death. God instructed Moses to tell His children to kill a lamb and put its blood on the doorpost of their houses so that the angel

of death would not touch them. They obeyed and as a result, only the Egyptians died. This plague was sent by God to judge Israel's enemies and the Israelites were immune to it by the sprinkling of the blood of a lamb on their door post – A Jesus response to a deadly plague.

On another occasion, Israel offended God and God made King David to carry out a census. As a consequence, Israel had to face punishment. David was given 3 options to choose from; 3 years of famine throughout the land, 3 months on the run from his enemies or 3 days of severe plague. David chose to be chastised by God (who is merciful), rather than fall into the hands of man. So, the Lord sent a deadly disease that lasted 3 days, at the end of which 70,000 people died. The plague only stopped when the king built an altar to the Lord and made sacrifices on it; another 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 110,000 people and claimed more than 3,800, 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. This 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).

So, 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 His enemies, God's children need to apply the blood of Jesus upon the doorposts of their lives. Where it happens to be 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 devotional.
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IWD Conference for Female Professionals

March 12th, 2020

#EachforEqual #GenerationEquality
#ThinkW





ASSISTANT MADAMS

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 Madams". 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-KUFEJI** catches up with the three beautiful actresses to talk about their roles in the series, their careers and what it takes to be an A-list actress in the ever growing Nollywood Industry.

SOPHIE ALAKIJA (TAMARA)

Part Lebanese and part Nigerian actress Sophie Alakija started her acting career at the age of 23 and has featured in several Nollywood movies and series which has propelled her to the limelight as one of the ones to watch. We catch up with her in this interview where she talks about starring in the New REDTV web series Assistant Madams and her journey thus far in Nollywood.

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 preteens 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 Tamara on the New REDTV series "Assistant Madam" and what about her character made you take on the role?

Tamara is a go-getter, a big dreamer and would literally do anything to get what she wants. I saw a hustler in Tamara and I wanted to challenge myself with the character.

You had a lineup of incredible cast and crew with amazing resumes, did this put extra pressure on you to perform?

I wouldn't say 'pressure', we all had different characters/roles to play which we all embodied in our own way so I would say I got the 'drive' to give my best because of such amazing cast and crew. I always give my best in all I do.

The web series was highly criticized about not portraying women, most especially Nigerian women in a good light, what are your thoughts on this?

This is film making. We're telling a story and not everyone will agree with what we have to say/

Tamara is a go-getter, a big dreamer and would literally do anything to get what she wants. I saw a hustler in Tamara and I wanted to challenge myself with the character.

show which is totally okay in my opinion. As long as the message is being passed across that's okay with me.

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.



Who are your role models in this industry and why?

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

How will you describe your sense of style?

My style really depends on my mood so I would say I don't have a particular style.

What should we expect to see next from Sophia Alakija?

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

TANA ADELANA (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 playing the character Lara in the new wave making web series 'Assistant Madams' and also talk about her life as an actress and how it has led her to humanitarian works.

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.

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 should the audience expect to see from series and your character at the plots develop?

Lara isn't a push over but she is also not without conscience. She is that friend you can actually trust but... being born with a silver spoon also has its downsides.

Will you say the storyline truly depicts the true state of affairs about some of the relationships that exist in our country and the world at large?

Absolutely. There are no two people in the world with the exact same character. People have been put in little character boxes because they actually act differently from one another, this means that



How were you casted in the role as Lara in the New RedTV production "Assistant Madams"?

Tola Odunsi of Urban Vision called me and said he had a job for me. He sent me the synopsis, then

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

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

thought processes are different. If thought processes are different, relationships that quite a number of people may not understand definitely exists. Anything is possible.

Is this your first web series and what do you think about online streaming and TV being the future?

Yes this is my first web series. Online streaming and TV is definitely the future as the world is a global village right now. Everything you want is literally at your fingertips and with technological advancement, it's only normal that visual/audio platforms advance.

What's your favorite production you've been involved with?

It's hard to say so I'll mention a few. I loved Body

Language by Emem Isong, Dstv's Hush, Purple Hearts by Andy Amenechi, Bling Lagosians and the stage play "Man Enough" by Bolanle Austin Peters and Assistant Madams by Urban vision.

Over the years as an actress, what have you learnt about staying relevant?

What I have learnt is to stay true to my craft because, "You are only as good as your last job". Put in your all, no matter how little or big the job might be, you just never know.

Apart from being an actress, you also run an NGO for the disabled and less privileged, what milestone achievement have you been able to record since you founded it?

My foundation has been able to see two people through primary education who will proceed to secondary school this year. The foundation has also started up businesses for eight people thus getting them off the streets of Lagos. For the disabled, the foundation has one person currently in full scholarship at Moofa Design School, where she's learning fashion designing. We also continue to send food items to motherless babies homes twice a year.

Do you have a role models in the Nollywood industry?

Yes I do. Rita Dominic.

What does style mean to you?

To me, style means Distinctive.

OSAS IGHODARO(CHIOMA)

Osas 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 'Assitant Madams' and her journey thus far in Nollywood.

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

I had a conversation with Director - Tola Odunsi 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 rich men is fast 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 actually not here to judge anyone or the character I play. I feel everyone

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.

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 - Namaste Wahalaall debuting in the next couple months. I'm grateful to be apart of these projects and excited to see the audiences feedback.

You have been an actress for over 10 years with many movies and awards to your name. What will you say is the most rewarding part of your job?

Being able to say I am an actor that is working is certainly rewarding. It truly is a blessing to be a working actor passionate about my craft. I get to tell stories and it's so fulfilling. My dream is to be able to act all around the world and I'm excited to see it come to fruition little by little.

How will your describe your sense of style?

My fashion style is definitely all about comfort. I'm dabbling into the space of pushing the bar a bit, getting out of my comfort zone and doing things a little unconventional. I'm open to having a little more fun when it comes to my style.

And finally what is next for Osas Ighodaro in the year 2020?

It's all about ensuring I am Booked, Blessed and Busy. I look forward to seeing what God has in store for my future.

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more than banking

DAY TO NIGHT

THISDAY Style
Vol. 22, No. 9075 Sunday, March 15, 2020

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 NWABOGOR

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 smoky eye look. Or, go bold with your lips by applying a deep lip color that works with your skin tone.

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.

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 look 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.



BOLANLE OLUKANNI



RITA DOMINIC



IDIA AISIEN

Henna TATTOO

THISDAY Style
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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 laser. 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.

Grenada's haunting underwater SCULPTURE PARK

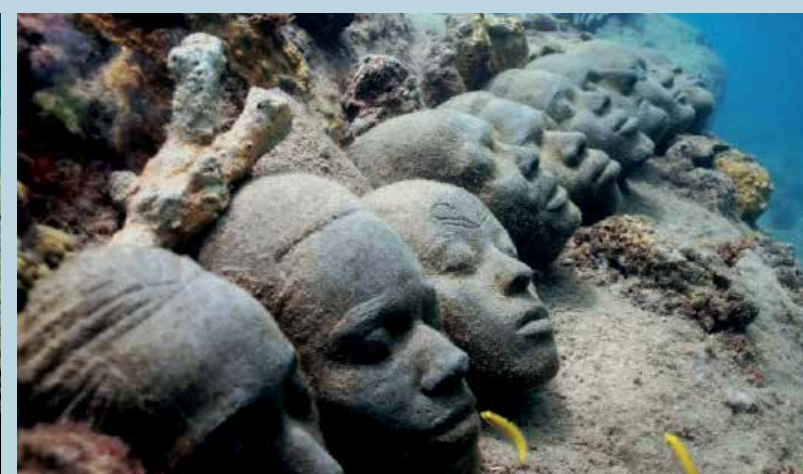
Grenada's haunting underwater sculpture park is a tribute to the nearly two million African slaves thrown into the sea during the transatlantic slave trade. The first of its kind, these sculptures sit nearly 14 feet down, at the bottom of Molinere Bay and are only accessible by scuba diving, snorkeling, 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 Vicissitudes, which features a ring of children holding hands facing out into nutrient-rich oceanic currents. According to underwatersculpture.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

DID YOU KNOW?



5 TIPS ON HOW TO GET GLOWING SKIN

BY IYANU AYODELE

1 Cleanse regularly

Key to luminous skin: clearing 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 face cleanser lightly with fingers in circular motions, working from the inside of the face out for full coverage.



NEUTROGENA CLEANSER

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.



IDIAH AISIEN



EXFOLIATING SCRUB

2 Exfoliate your skin

One of the best ways to brighten skin 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 and reflects light. Apply a physical exfoliant like a face scrub, two to three times per week or a chemical exfoliation like a face peel, once per week for sensitive or dry skin and 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-evening," and ingredients like vitamin C, an antioxidant that brightens skin by blocking an enzyme that produces pigment.



BRIGHTENING SERUM

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.



HYDRATING MOISTURIZER

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.

These formulas contain humectant ingredients, such as glycerine and hyaluronic acid, that draw moisture into skin to immediately make it appear plump and smooth. They are also mixed with finely milled minerals like mica that reflect light to give the skin an instant but subtle all over glow.



OLAY SHIMMER LOTION

To apply, do as makeup artists do: Smooth one on as you would a face lotion before makeup, wear alone for a natural look or tap a dot on the high points of your face, such as the tops of your cheekbones and underneath the arches of your eyebrows, to get a touch of no-makeup radiance.

RESTORING HAIR SHINE!

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.

TOUCHING YOUR HAIR TOO OFTEN

Constantly touching or fiddling with your hair flirtatiously or out of boredom transfers oils from fingertips to your strands. Also try and nicely 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 to every other day at least or 2/3 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 conditioner all over your hair, focus on the ends to avoid causing oily roots and lank lengths.

OVER BRUSHING

Brushing your hair too much can stimulate oil production, which at first

looks glossy, but soon looks greasy. Again, stick to detangling the lengths and ends if you have got an obsessive 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 the hair making it feel dirty, so make sure your brush is cleaned properly on a regular basis.

YOUR HAIRBRUSH IS FULL OF HAIR

A hairy brush 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.



NSE ETIM

APPLYING THE WRONG PRODUCTS

You may be choosing styling products that aren't compatible with your hair. Look for lightweight formulas and avoid ones that promise shine and moisture 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 exfoliate the scalp. It is the gateway to healthy hair.

Secret to an even Skin Tone

Everyone wants even skin, but that's easier said than done. While makeup can help balance things out, we all still want a natural glow on those foundation-free days. So what are the tricks of the trade? The first step is to look for products that target all the layers of your skin. They should be multitaskers able to fight other common skin care concerns, like acne, fine lines and dullness. It's also important to determine the type of discoloration or hyperpigmentation you're suffering from so you can create a specific routine that best suits your skin's needs.

BY FUNKE BABS-KUFEJI

A MULTITASKING OIL

One of the best go-to products for almost any skin problem, this oil boasts a potent combination of plant extracts and vitamins. The light, nongreasy formula will not only help even out your complexion, it'll increase hydration levels and combat the signs of aging.



A TARGETED SPOT TREATMENT

In order to achieve an even skin tone you have to get rid of those pesky pimples. This award-winning drying lotion works wonders overnight by minimizing blemishes. It's also great for balancing an oily T-zone.



GEORGINA EDEWOR

AN EXFOLIATING MASK

This peel-off mask removes dead skin cells and pigmented cells that can create spots. It's fortified with coffee beans and Panax ginseng to tone your complexion.



A TONER TO TACKLE REDNESS

A witch hazel toner is a great product if you're dealing with redness. It'll help balance your skin tone, prevent your pores from getting congested and soften your complexion all at the same time.



A GENTLE SERUM

Retinol is a powerhouse ingredient since it builds collagen and fights the signs of aging, but it can freak out sensitive skin. Opt for a gentler retinol treatment like this night serum that also clears pores and controls breakouts.



A LIGHTWEIGHT ESSENCE

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



Fat SHAMING!



BY DONU KOGBARA

Until I was in my late 40s, I was a complacent ectomorph – narrow-hipped, flat-stomached, small-boned despite being tall (5 feet 9 inches) and so effortlessly slender that many of my girlfriends envied my ability to eat nonstop - and 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 super-sweet, high-calorie whiskey/rum/brandy-and-cokes-or-sprites most nights, while carousing into the wee hours with equally indefatigable boozing companions.

I was a huge fan of desserts that were drowning in thick dairy cream. My favourite savoury dishes were the fattiest cuts of meat (bacon, ribeye steaks) and ugba, the delicious Igbo delicacy that is known as "African salad" and drenched in palm oil.

I frequently ate enough for three people in one meal and never steamed, boiled or grilled anything that could be fried. And it's not as if I made any serious attempts to at least partially offset these gluttonous binges and alcoholic excesses by exercising.

Ironically, I'd been something of a sports star as a teenager growing up in the UK. I was voted Games Captain by classmates at school and even won awards.

But when I arrived at the University of Leicester, I fell in with a bunch of fast-living, fun-loving reprobates and decided that pubs, wine bars and hangovers were way more interesting than tennis, athletics, gymnastics and clear-headedness could ever be. And this somewhat immature mindset persisted for the next 3 decades.

Sure, once in a while, in my 20s, 30s and 40s, I'd try to be a good girl and make my way to various gyms to meet my more health-conscious chums for aerobics classes...or join them for brisk early morning walks. But such rare forays into the realm of wholesomeness and physical exertion were half-hearted and reluctant.

My default setting was Classic Couch Potato and Unrepentant Barfly. In a nutshell, I couldn't be bothered to control my calorie intake – or to burn calories via exercise – because I didn't need to deprive myself of culinary delights or sweat to stay slim. I remember being amused to discover, at one point in those halcyon days of unbridled and unpunished hedonism, that I could easily fit into my then 9-year-old son Oliver's T-shirts. And then it happened. When I was nearly 50.

All of a sudden, my body rebelled with a vehemence that shocked me; and I stopped getting away with abusing it. My previously speedy metabolism slowed down to a crawl. My previously unbloated frame succumbed to Middle-Aged Spread. And most of the clothes in my wardrobe became unwearable.

I was shuttling between Nigeria and Europe at the time; and, by the way, there is a BIG difference between Nigerian and European attitudes towards weight issues.

It's a cultural thing.

As far as most Nigerians are concerned, it's fine for females to be chubby even when they are young, never mind when they are mothers or grannies. Here, it is expected that one will be larger at 50 than one was at 20; and most Naija ladies don't feel bad – and aren't made to feel bad - about becoming chunkier as they age or about sticking to roomy kaftans, bubus

or wrappers when they cease to be spring chickens.

Whereas in Europe, women who are past their primes doggedly aim to fit into outfits they wore as students. Bikinis included. And because I spent my formative years in Europe, I shared the average white woman's profound fear of fatness and was utterly traumatised by my rapidly expanding waistline and hips...even though Nigerians often assured me that I looked "nice and fresh" and "better with some flesh on you."

As the kilos relentlessly piled on, my self-confidence plunged to rock bottom. And I've spent the past decade desperately trying – and spectacularly failing – to discipline myself to shed excess baggage by eating a lot less and exercising a lot more.

In 2015, I was kidnapped in Port Harcourt and had to be sedated when I was released. The medication, which I took till 2018, worsened my weight problem; and by the summer of 2019, my obesity had become so extreme – I was 120 kilos or nearly 19 stone! – that even relaxed fat-tolerating Nigerian pals began to express concern.

Then, while I was in London last autumn, my knees almost completely caved in from the sheer pressure of all that lard. I could barely walk and had to return to Nigeria in a wheelchair. But can you believe that despite this indignity, I STILL continued to eat like a pig, drink like a fish and carry on as if sugar was an absolute necessity?

I hired competent physiotherapists who enabled me to ditch the wheelchair. But there is only so much a therapist can do for a stupid self-destructive patient; and because I didn't offload any blubber, every step I took was excruciatingly painful.

I hated myself. I set myself deadline after deadline and kept missing deadline after deadline. First it was that I would start a diet programme on my 60th birthday last October. Then it was that I would start when I started a new job on November 1st.

Then it was that I'd eat to my heart's content on Christmas Day and start dieting on Boxing Day. When Boxing Day became yet another food binge, New Year's Day became the new deadline. Then every single Monday since January 1st was supposed to be D-Day. But no diet plan ever lasted beyond lunchtime. And I developed the habit of lying to folks who confronted me about my obvious ill health and limited mobility.

If anyone suggested that I confront a weight problem that was clearly dragging me down, I'd say that I was already confronting it and had "recently" commenced a diet.

Then – finally! – last month, I decided that enough was really, really, really enough...and that "fat-shaming" myself by going public with my weight loss struggle was the best way of motivating myself to get rid of the 35 kg my doctor says I must jettison if I want to avoid diseases like diabetes, heart attack and stroke.

This diary will catalogue my experiences as a fat person, other peoples' feelings about fatness, the practical/medical/emotional/financial difficulties that fatness can generate and the ups as well as downs that I encounter as I try to escape from fatness.

I hope you enjoy sharing the journey with me.

DONU KOGBARA IS AN ARISE TV NEWS ANALYST AND A VANGUARD NEWSPAPER COLUMNIST.



TONYE COLE

WHY BOTHER AT ALL?

The teenagers had all been gathered from various schools across the country to participate in a program to strengthen their patriotism and enhance their self awareness on the roles they had to play in nation building. Role models had been selected from the best the nation had to offer and each was to share crucial relatable life experiences that would inspire a generation to do great exploits. I stood before the hundreds of eager faces, waiting to hear some life changing oration and asked a simple question – "how many of them wished and/or was planning to leave Nigeria to study in a university abroad as soon as they finished secondary school?"

This exercise for me was the litmus test that pointed to our strategic direction as a nation. If education is truly the foundation of a solid economy and we have succeeded in enrolling many more of our children into schools that not only improve their intellectual capabilities but also discovers great stars amongst them like one impressive teen I met called Franklin Okeke, whose hunger for technological innovation is raw and infectious, then surely their response to the question would let us know how solid the future development of our nation is, as these ones represented the best of who we are. I looked across the hall staring into their innocent eyes as almost in unison their hands all shot up, leaving not one soul ready to remain in Nigeria. Tragedy in action.

The Almighty God in His infinite Wisdom surmised the future of a people, no matter how individually intelligent and intellectually capable they are, as all perishing because there was a lack of vision. As the teenagers put their hands down, I recalled similar results for undergraduates, graduates, postgraduates and most working youths under 40 years old all seeking the first opportunity to check out by any means possible. The challenge faced was clear in mind, if a people are unable to envision themselves in a nation any time in the near or distant future, they are unlikely to care about the nation or do anything to improve its' today since they are not going to be a part of its' tomorrow. Who, if not you or I, will bring the vision of a better Nigeria to life for our youths?

May we get a clear vision of a great nation.

For your comments, contributions, connect with me here: @TonyeCole1 on Twitter.



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