COVID-19: 20 QUESTIONS

OLUWASEUN OSOWOBI

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In line with the COVID 19 series which we are conducting to reflect the pulse of the nation, this week we feature a survivor of Covid 19, Oluwaseun Ayodeji Osowobi. If reports are anything to go by, Nigerians are supposedly not as affected as the international communities but we can only keep the numbers down by adhering strictly to the rules given to fight against this virus. Not that these rules are being adhered to strictly enough in our shores but we will discuss that at some point during our Covid 19 series over the next few weeks.

As with every situation, no matter how bleak, there is always light at the end of the tunnel. The Voice of Hope in this pandemic comes in the voice of Oluwaseun Ayodeji Osowobi, a Covid 19 survivor! She gives hope to those who are going through the disease and also those whose loved ones are going through the disease. She gives hope to a world filled with fear and foreboding. Her courage in telling her story is a most admirable trait and an inspiration to many.

Most times, God uses people as a vessel to show the works of His hands. He has used Oluwaseun to show us that all should never be lost even in the most challenging circumstances. Her survival of this virus is further living proof that it is not a death sentence, neither is it a stigma. Oluwaseun should be celebrated for her courageous act. She is living proof that there is after Covid 19.

Stay Safe. Stay Home!
MEN of COLOUR!

Colour matching is as important as finding the perfect fit but a lot of guys are scared of colour because they think it’s feminine. But guess what – that’s the opposite of the truth. Ask a pro. Colour is a powerful visual stimulant that sends a message without saying a word. Gone are the days when men just wore dark pants with matching white shirts. The key to a successful look is finding a balance between all the hues, tints, and shades. Pop some bright colour and see yourself dazzle onlookers.

BY USIADE ISIOMA

INTERESTING NETFLIX TV SERIES FOR THE MOMENT

Yes, as the reality of the lockdowns hampers towards us, many of us will welcome any distractions we can get. Thanks to Netflix’s surge in original series over the past few years, they’ve pretty much got you covered. Whether it’s a light-hearted comedy or a dark world to escape into, these are some of the best Netflix Original series on offer. And, we’ve even ranked them in order of their Rotten Tomatoes rating. Time to crack on.

BY USIADE ISIOMA

BIG MOUTH

A dark, near-impossible David Fincher thriller. Based on real events, Mindhunter looks at the evolving period of American crime study where the term “serial killer” was born. Some pretty infamous murderers are depicted, particularly in the second series, but we won’t give too much away.

WHEN THEY SEE US

The story of a group of Central Park Five and their connection, which was deemed wrongful years later. When They See Us is a detailed and harrowing look by creator Ava DuVernay into the US court’s treatment of people of colour.

SEX EDUCATION

This show follows a socially awkward, sexually ambiguous teenager who builds up his confidence with help from his school. He then creates a sex-advice business with help from a pal, Maewen, to help their classmates deal with similar issues. Sex Education has been a huge success for Netflix, with over 40 million streams on the first series.

THE HAUNTING OF HILL HOUSE

This one is not for the faint-hearted. The Haunting of Hill House is the terrifying story of a house doomed in terror that wrapped its claws around a family causing them great pain. The Crain family must confront their biggest fears in the form of the house throughout this chilling series.

NARCOS

A series that depicts the infamous drug cartels across history. Beginning with the thrilling tale of the US pursuit of Pablo Escobar, and now residing in 1980s Mexico for its fourth series, it’s a fascinating insight into the complication of the worldwide war on drugs.

THE CROWN

The Crown takes viewers through the long and supreme reign of Queen Elizabeth II. So far, the series has reached 1977, so there is plenty more to come. It has delved into everything from her marriage to Prince Philip to the introduction of Camilla Shand. Across the next two series, it will range from the introduction of Margaret Thatcher to the Queen’s reign in the 21st century.

BY USIADE ISIOMA

Most fashionistas look like they just stepped out of Vogue magazine, and that’s not just admiring their sense of style and trends. It’s about them knowing when to stop. You will never be able to look just as good as you do this year. And, then there are other things you can look just as good but with much smaller wallets. After all, imitation is the sincerest form of flattery.

BY USIADE ISIOMA

FROM THE FABULOUS FRANCESCA MONROE

GET ABI KOLA DAISY’S LOOK FOR A FRACTION OF THE PRICE!

BY USIADE ISIOMA

Topshop black asymmetric pleated skirt $100 (N37,000)
Dice Kayak white bishop-sleeve top $835 (N308,000)
Ego Montag mesh Pumps $970 (N358,900)
Bottega Veneta mesh Pumps $50 (N18,500)
Malle bag $3,400 (N1,258,000)

STUDY & DESIGN

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I started this diary a month ago because I weighed an elephantine 120kg and desperately needed/wanted to lose 38kg so I could avoid obesity-related illnesses like heart disease, and so I could fit into stylish clothes (do I not believe that it is possible to look stylish in the massive tent-like garments that are produced for fat women?). This is my third diet diary column. If you want to read previous columns to get more background information about my struggle to slim down, I soon launch a blog on which they will be published.

Anyway, dear readers, I started my weight loss programme on Monday March 6th 2020 and shied Skg in the first fortnight by reducing my sugar, carbohydrate, fat and alcohol intakes by 90%, and by surviving on a largely liquid vegetarian diet comprising juices, smoothies, European soups and Japanese miso broth. When you are 128kg, there is so much blubber on your body that a 5kg loss does not make you noticeably slimmer. And when I measured myself at 113kg, I had only lost 1 inch from my waist (previously 47 inches) and 0.5 inches from my hips (previously 31 inches). But my face was thinner and I felt absolutely fabulous! I was so proud of myself for proving that I could avoid glutony without, as I'd done in the past, incarcerating myself in an expensive foreign spa (previously 51 inches). But my face was thinner and I felt absolutely fabulous! I was so proud of myself for proving that I could avoid glutony without, as I'd done in the past, incarcerating myself in an expensive foreign spa

But you know what? I am still 3kg lighter than I was when I started this journey; and I am NOT going to give up. Long story short: I had once lost a lot of weight after a prolonged bout of malaria that made me so feeble that my weight rose back up when I returned to my normal backside and exercise. And this combination of heavy eating, frequent drinking and barely moving off the sofa has led to a 2kg weight gain in the past fortnight. And I hate myself with a burning passion!

I've also made no effort whatsoever to burn calories by exercising. And this combination of heavy eating, frequent drinking and barely moving off the sofa has led to a 2kg weight gain in the past fortnight. And I hate myself with a burning passion!

The lecture hall was filled to capacity: For the amount of money paid to be a part of the program, it was undoubtedly to be empty anyway but that didn't give the faculty any reason to be less adept at delivering lectures that grabbed the imagination of the high achievers in attendance, drawn from multiple countries on all continents. The lecture, a deep dive into individual character and ethics, corporate governance and corruption showed a startling picture of how irrespective the height of ones social status, wealth heritage or fame, the greedy will always last for more and build a character coupled with poor morals will forever land anyone, no matter how highly placed in society they are, in trouble.

But it wasn't any of this that caught my attention for much of what we've seen over time as one scandal after another, either it was the criteria by which he measured a society's development that get me thinking. The more developed society is, the surmised, the more likely you are to find the elite class behind bars alongside the poor and downtrodden. He went on to say should those of us in the hall be unable to name people of our own society, then we should ask ourselves what the criteria by which we judge a society's development that get me thinking. The more developed society is, the surmised, the more likely you are to find the elite class behind bars alongside the poor and downtrodden. He went on to say should those of us in the hall be unable to name people of our own society, then we should ask ourselves what the criteria by which we judge a society's development.
**PANDEMICS THAT CHANGED HISTORY**

*In the realm of infectious diseases, a pandemic is the worst-case scenario. When an epidemic spread beyond a country’s borders, that’s when the disease officially becomes a pandemic.*

**Communicable diseases existed during humankind’s hunter-gatherer days, but the shift to agrarian life 10,000 years ago created communities that made epidemics more possible. Malaria, tuberculosis, leprosy, influenza, smallpox and others first appeared during this period.**

**Russian Flu pandemic: 1889-1890**

In the modern industrial age, new transport links made it easier for influenza viruses to wreak havoc. In just a few months, the disease spanned the globe, killing one million people. It took just five weeks for the epidemic to reach peak mortality.

The earliest cases were reported in Russia. The virus spread rapidly throughout St. Petersburg before it quickly made its way throughout Europe and the rest of the world, despite the fact that air travel didn’t exist yet.

**Spanish Flu: 1918-1920**

An estimated 500 million people from the South Seas to the North Pole fell victim to the Spanish flu. One-fifth of those died, with some indigenous communities pushed to the brink of extinction. The flu’s spread and lethality fell victim to the Spanish flu. One-fifth of those died, with some indigenous communities pushed to the brink of extinction.

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**Asian Flu: 1957-1958**

The Asian Flu pandemic was another global threat for influenza’s first major crisis in China, the disease claimed more than one million lives. The virus that caused the pandemic was a blend of avian flu viruses. The Centres for Disease Control and Prevention notes that the disease spread rapidly and was reported in Singapore in February 1957, Hong Kong in April 1957, and the coastal cities of the United States in the summer of 1957. The total death toll was more than 1.1 million worldwide, with 116,000 deaths occurring in the United States.

**AIDS pandemic and epidemic: 1981-present day**

AIDS has claimed an estimated 35 million lives since it was first identified. HIV, which is the virus that causes AIDS, likely developed from a chimpanzee virus that transferred to humans in West Africa in the 1920s. The virus spread its way around the world and AIDS was a pandemic by the late 20th century. Now, about 64% of the estimated 40 million living with HIV and AIDS live in sub-Saharan Africa. For decades, the disease had no known cure, but medication developed in the 1990s now allows people with the disease to experience a normal life span with regular treatment. Even more encouraging, two people have been cured of HIV as of early 2020.


Ebola ravaged West Africa between 2014 and 2016 with 28,600 reported cases and 11,325 deaths. The first case to be reported was in Guinea in December 2013, then the disease quickly spread to Liberia and Sierra Leone. The bulk of the cases and deaths occurred in those three countries. A smaller number of cases occurred in Nigeria, Mali, Senegal, the United States and Europe, the Centers for Disease Control and Prevention reported.

There is no cure for Ebola, although efforts at finding a vaccine are ongoing. The first two reported cases in China occurred in 2014 and 2015 in travelers from Guinea.

**2019: COVID-19**

On March 11, 2020, the World Health Organization announced that the COVID-19 virus (Corona Virus) was officially a pandemic after spreading through 114 countries in three months and infecting over 118,000 people. And the spread wasn’t anywhere near finished.

COVID-19 is caused by a novel coronavirus—a new coronavirus strain that has not been previously found in people. Symptoms include respiratory problems, fever and cough, and can lead to pneumonia and death. Like SARS (Severe acute respiratory syndrome), it’s spread through droplets from sneezes.

The first reported case in China appeared November 17, 2019, in the Hubei Province, but went unrecognized. Eight more cases appeared in December with researchers pointing to an unknown virus.

Many learned about COVID-19 when ophthalmologist Dr. Li Wenliang defied government orders and released safety information to other doctors. The following day, China informed WHO and charged Li with a crime. Li died from COVID-19 just over a month later.

Without a vaccine available, the virus spread beyond Chinese borders and by mid-March, it had spread globally to more than 163 countries. On February 11, the infection was officially christened COVID-19.

**Fight Against Covid**

Fashion has always drawn inspiration from what’s going on in the world, and in 2020 this is no different. Even before the Corona virus was reported in December 2019, avant-garde fashion designers had already included a new accessory in their collections the face mask. This trend has established itself and fashion enthusiasts are wearing them now more than ever.

**The Mask**

While the use of these fashionable face masks is not advised as a strong preventative measure, it has now become an ultimate necessity in your everyday wear when you step out of your homes. For those who want to add character and make a statement while adhering to health rules, there is no better way to make your masks the focal point of your entire ensemble.

If you are looking for inspiration, look no further than the latest fashion accessory in town. Out for bling and flashy fabrics to make a standout statement.
How can I apply liquid eyeliner?

If you haven’t the steady hands of a surgeon, do not begin your quest with liquid liner without perfecting gel liner first. Gel gives you the dark sharp lines of a liquid but is more forgiving with errors. Make sure your lid is half open when applying and start off by connecting dashes across your lash line to achieve a straight line. Once you are comfortable with gel, the application of liquid liners will come to you!

What should I use to keep my makeup in place?

PHOTO FINISH PRIMER

You’d better use special products. To prevent oil from absorbing liquid makeup and to prevent the blemish from making your makeup come off by connecting dashes across your lash line to achieve a straight line. Once you are comfortable with gel, the application of liquid liners will come to you!

What kind of foundation do you use?

MAC GEL LINER

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Perform up to 10 transactions on any Access Mobile app or use *901# for a chance to win a brand-new car.


Terms & Conditions apply.
Oluwaseun Ayodeji Osowobi is the Executive Director of Stand to End Rape initiative (STER). Under her leadership, the Initiative has grown to become a national movement of change and justice for women and girls in Nigeria. Oluwaseun is also an Obama Africa and Women Deliver Fellow and the first West African to be recognized as the 2019 Commonwealth Young Person of the Year by the Commonwealth. She has passionately worked in over 40 communities across Nigeria advocating against female genital mutilation, sexual violence, and teenage pregnancy. Due to her active social engagement and advocacy, she has won a number of awards, including the 2017 Future Awards Africa Prize for Advocacy, the 2017 Future of Women Africa – Social Impact Award and One of 100 Most Influential Young Nigerians in 2017. She is also a recipient of TIMES 100 Next which is a list of global leaders who are shaping the future of the world!

With the world at her feet and shooting for the stars, Oluwaseun recently suffered a major setback when she tested positive to Covid 19, also known as Corona virus, the pandemic that has brought the world to its knees. She was treated at IDH (Infectious Diseases Hospital) Yaba, Lagos where she recovered from her ailment. She is a survivor which drives home the point that Covid 19 is not a death sentence! To buttress this point, Oluwaseun has since spoken from first hand experience to create more awareness without fear of being stigmatized. Her boldness in taking this step is an admirable trait that cannot be ignored. This will also further douse the fear of the pandemic as she become the voice of hope. As part of STYLE’s Covid 19 series to create more awareness, EXECUTIVE EDITOR, RUTH OSIME conducted this interview and it was truly an enlightening experience.
S T H R I D A Y  S T Y L E
Vol. 22, No. 9103 Sunday, April 12, 2020

I am definitely open to helping the government reach more people, especially people in my age bracket about the Covid 19. Young people need credible information about the virus, so I'm doing as much as I can on my platform, but definitely open to supporting government officially to spread the message so we can stop the virus.

Thank you so much. Is there any last message you would want to give to our readers?

I want to encourage every Nigerian to please at this critical time, practice social distancing because it's important to curtail the spread of the virus. The number of people that contract COVID-19 is determined by the number of people who will contract it if you get infected.

For your own good and the wellbeing of every Nigerian, please stay at home, self-isolate, practice social distancing and wear a face mask if you have to go out. This shows you support, pray for them. And for those who don't want to support government officially to spread the message so we can stop the virus.

15

We heard about your NGO 'Stand To End Rape' what was the core mandate of your NGO, and what was the purpose of the organization?

STER was set up in response to the culture of the violence against sexual violence in Nigeria. At the time when I started my NGO, sexual violence in 2013, there was really a lack of awareness about what rape is in terms of violence against women, girls, bodies and autonomy and all of that. But in the Nigerian context, I was in that space to begin to enlighten people about dignified and respectful care and what rape really is, reactions and also actions that contribute to sexual violence, and how people can actually get support. When I started doing that, a lot of people reached out to say. OK, I've experienced what you're talking about and I need help. That's how we started the STEr initiative in 2014 as an outreach to people on their gender based violence, pushing for policy reforms and providing direct support to survivors in Nigeria.

16

You have also been honoured as an Obama Foundation leader, can you tell us about that?

Being honoured as an Obama Foundation leader in Africa was a blessing because I am a big fan of Barack Obama. It was a platform for me, when someone sent the application form. I felt that someone for someone to review my work and give me feedback, I said okay that's a good thing. When I got the email of my selection, I was very happy. I was really excited! I mean for Obama Foundation to recognize the talents, and the credibility of your work is very important to me, so I really got very excited and felt really good to meet Obama in South Africa. It was a game changing moment for me, I really received support for my work and leadership and to hear from him directly on how we are making a difference, we need to have our connections not just for ourselves, but also for the purpose of why we're doing what we do was reassurance that my team members were doing the right thing.

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Can you also tell us about TIMES 100 Next? Who are they a member of?

It was a huge surprise, honour and recognition to be recognised as one of Times 100 Next which is a list of global leaders who are shaping the future of the world. For me as a Nigerian, to be categorized as a world advocate and be included as top 100 for Time magazine was so exciting for me. It made me appreciate the fact that you keep doing what you are doing, and it's important to have leaders that support you and recognize you for it. I did not seek out the recognition, it just came. It was a moment of celebration for me and my team members and I because it just showed us that we could be working on the grassroots and the most remote areas, and yet our work would still be recognized in the global space. It was a good feeling. It was a very good feeling and it was the inaugural list, the first time they were having that list. And me to be part of that list was just amazing.

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What were your plans from your project when you caught the virus?

Before I got back to Nigeria, I had so many offers to do consignment and grants many social media platforms I had many projects that talked about with my team. Before we left, we had planned and we were very excited to go ahead and implement them. Because you know I returned to Nigeria, it felt and I still changed everything. Now that I am better, I can continue my work. I can continue my social media platforms, the programmes, the initiatives, and the plans. I was able to track, changing the stories of women, helping women, and that's the most important thing. So I am able to continue my work to reach more people and to achieve my objectives.

19

Now with you overcoming this virus, it is safe to say sometimes, things happen for a purpose even though they don't seem like so at that particular time. What is your take on that?

This is obviously an experience that would somewhat change your life. But definitely, I am open to supporting government and people in the communities and giving them the proper tools to prevent the spread of this virus. It was very encouraging and felt really good to have someone to share my story with a stigma, what gave you the confidence to do that?

I am definitely open to helping the government reach more people, especially people in my age bracket about the Covid 19. Young people need credible information about the virus, so I'm doing as much as I can on my platform, but definitely open to supporting government officially to spread the message so we can stop the virus.

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For your own good and the wellbeing of every Nigerian, please stay at home, self-isolate, practice social distancing and wear a face mask if you have to go out. This shows you support, pray for them. And for those who don't want to support government officially to spread the message so we can stop the virus.
A GUIDE TO
MEN’S SHOE COLOUR COMBINATION

Footwear, like everything else in menswear, has grown less rigid recently. These days you can wear anything with almost anything. But there’s a lot of talking to be done if you choose your shoes carefully. Here are some basic rules to guide your choice each morning.

- **Black Shoes** are the standard shoe for any occasion, from formal to casual. They’re versatile and can easily transition from work to play. A pair of black shoes is always a good choice no matter the occasion.

- **White Trainers** are a great way to brighten up any outfit. They can help break up a suit or add some casual flair to a dress. Be sure to keep them clean and polished to maintain that fresh look.

- **Blue Shoes** can be an unexpected choice, but they work well with a range of outfits, from casual to semi-formal. They’re great for adding a pop of color and can help dress up a simple outfit.

- **Red Shoes** are bold and attention-grabbing. They work well with a statement piece or can add a pop of color to a neutral outfit. Be sure to match the rest of your look to keep the focus on your shoes.

- **Orange Shoes** are a fun and bold choice, but they can be challenging to wear. Consider them for a special occasion or as a way to add some personality to your wardrobe.

- **Yellow Shoes** are a bold and eye-catching choice. They’re best used sparingly and can help brighten up a dull outfit. Be sure to balance them with other neutral colors.

- **Green Shoes** are a refreshing choice and can help add some color to a neutral outfit. They work well with a range of colors and can help brighten up a dull day.

- **Brown Shoes** are classic and can be worn with almost any outfit. They work well with a range of colors and can help pull an outfit together. Be sure to choose a shade that matches your skin tone or the color of your pants.

- **Tan Shoes** are a softer and more versatile choice than brown. They work well with a range of colors and can help add some warmth to a neutral outfit.

- **Beige Shoes** are a neutral choice that can be used to help blend an outfit together. They work well with a range of colors and can help create a cohesive look.

- **Khaki Shoes** are a versatile choice that can be used to help create a cohesive look. They work well with a range of colors and can help create a cohesive look.

- **Plimsoll Shoes** are a casual and comfortable choice. They can help add some casual flair to a dress or help break up a suit. Be sure to keep them clean and polished to maintain that fresh look.

- **Sneakers** are a casual and comfortable choice. They can help add some casual flair to a dress or help break up a suit. Be sure to keep them clean and polished to maintain that fresh look.

- **Dress Shoes** are a classic choice that can be worn with almost any outfit. They work well with a range of colors and can help create a cohesive look.

- **Boots** are a versatile choice that can be used to help create a cohesive look. They work well with a range of colors and can help create a cohesive look.

- **Brogues** are a classic choice that can be used to help create a cohesive look. They work well with a range of colors and can help create a cohesive look.

**How to Wear**

When it comes to how to style these half- and half-tones, your best bet is to stick to one shade — either a neutral or one of the colors in your dress. Once your expertise expands, feel free to try two-tone footwear!
YOU BE THE JUDGE

Dress the way you want to be addressed, these women’s power suits are here to prove that right.

POWER SUIT

Dress the way you want to be addressed, these women’s power suits are here to prove that right.

STYLE & DESIGN

KONYE NWABOGOR

FUNKE BABS-KUFEJI

ISIOMA USIADE

YOU BE THE JUDGE

You can never go wrong with a suit once it is well fitted. Dodo, the ultimate boss chic, knows that with confidence comes class and ease of mind. This show stopping Olive & Gold suit looks absolutely stunnig on her. Showing that a simple outfit can stand out. Her choice of hair and makeup is on point and her movement of her headgear as it’s over played.

Bella looks fantastic in this metallic suit, the fit also effortlessly chic in this suit. If I must say, this is one outfit that always go off the hook in a style without trying too hard. This power suit looks absolutely cute on Stella. The army green colour is among the colour button davids and this is why they have to go well with the right pair of shoes if you want to make it an all time favourite.

This outfit for me, is a little over the top but not overwhelming. It has good colour that suited her bust very well. Bella is effortless chic in this suit. The detailing is exquisite and the fit is wellsuited to her hour-glass figure. I will have preferred the trousers to be a bit more tapered at the ankles, she always look the best on her.

Dodo is the perfect-definition of the girl next door. You can never go wrong with a suit once it is well fitted. Bella looks absolutely stunning on her. Opting for eye catching details are different and refreshing giving the suit a certain je ne sais quoi that’s makes it standout. She keeps her style relatable and classy. She looks stunning and has us green with envy in this velvet suit.

Linda looks absolutely stunning in this Julyet Peters outfit. The detailing is in place and the fit is well suited for her hour glass figure. I will have preferred her in a pair of pumps but the sandals work too. Her hair and makeup brings the look together perfectly.

This sequin multi coloured suit pops on Mimi. Her curve seems a little snug but otherwise the look is a new one for Mimi. She has always done her outfit ticks all the right boxes for me..

Linda is one celeb that has recently caught my attention and she knows it. She is also very much aware of this fact. This black suit is one of the right choices narrowing her waist. The detailing is stunning and her choice of hair makeup and accessories finishes off the look perfectly.

Velvet is royal and regal and I can see why Kemi is one celeb such as this. Velvet is my absolute favourite fabric because of the lush feel. This velvet suit is one which stands out and I like how she opted to style the suit by hanging the jacket on her shoulder. Nicely done Mimi.

Black beauty Linda stays slaying and it come as no surprise at her interpretation of the power suit. This black and silver embellished suit is stunning and it hugs her figure just right putting emphasis on her hour-glass figure.

Stunning women’s power suits are here to prove that right. You can never go wrong with a suit once it is well fitted. Bella looks absolutely stunning on her. Opting for eye catching details are different and I love her entire look. Bella show us how to rock the power suit effortlessly chic in this suit.

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THISDAY Style

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THISDAY Style
Lady Gaga is lending her star power to a virtual concert special that will support those on the frontlines of the Coronavirus pandemic.

Powered by Gaga, Global Citizen, and the World Health Organization (WHO), the concert special will raise money for healthcare professionals battling the pandemic through the COVID-19 Solidarity Response Fund.

Funds raised from the musical event will support local and regional charities that provide essential goods, shelter, and healthcare to those in need. The Oscar-winning singer, who has already helped to raise $35 million (£28 million) for the WHO, will live-stream the gig on April 18th.

GLO AMEBO
TALK BELLEFUL TO ALL NETWORKS
Recharge N100 and get N500

Enjoy more airtime to talk plenty.
Recharge *555*PIN#