THISDAY Style

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

SUNDAY, APRIL 12, 2020

ARISE
FASHION WEEK
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COVID-19: 20 QUESTIONS OLUWASEUN OSOWOBI

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COVER

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 which has given her initiative global recognition and accolades. Oluwaseun recently suffered a major setback when she tested positive to Covid 19! Fortunately she survived and today, Oluwaseun's voice is a Voice of Hope. As part of STYLE's Covid 19 series, **EXECUTIVE EDITOR, RUTH OSIME** had a talk with her about her life changing experience.

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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!

Ruth

FASHION DIRECTOR/EXECUTIVE EDITOR

Rejoice for He has risen that we may be Restored.

Happy Easter

FROM US ALL

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THISDAY Style
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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 peacock. Colour is a powerful visual stimulator 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 outfit 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 lockdown hurtles 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 themselves. 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

Full marks for this hit coming-of-age animated comedy. Big Mouth tells the story of a group of kids growing up and going through puberty in suburban New York. Plus, it features actual puberty monsters that follow the kids around. It's outlandish, off-the-wall and a bucket of laughs.

MINDHUNTER

A dark, noir-inspired 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

When They See Us is a four-part drama that depicts the story of the 1989 Central Park Jogger case. It explores the prosecution of the Central Park Five and their conviction, 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 towards people of colour.

DARK

A German sci-fi thriller that pushes the universe to its limit. Jonas Kahnwald goes looking for answers after the death of his father, and stumbles upon a world more twisted than he can imagine. Finding portals to the past and future, Dark is a deep dive into the depths of the unknown for all involved.

SEX EDUCATION

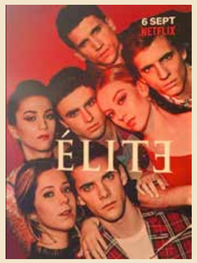
This hit show follows a socially-awkward, sexually-ambivalent teenager who builds up his confidence with help from his school. He then creates a sex-advice business with help from a pal, Maeave, to help their classmates deal with similar issues. Sex Education has been a huge success for Netflix, with 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 doused 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.

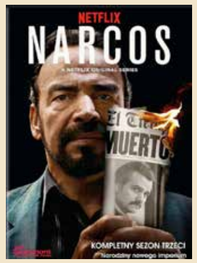
GLOW

A unique comedy-drama surrounding the circuit of syndicated women's professional wrestling. Set in 1980s Los Angeles, many of Glow's characters are based on real-life wrestlers from the period, and the professional and personal struggles they went through. The show has been renewed for a fourth a final series, set to drop later this year.



ELITE

A Spanish teen drama that follows students at an elite high school. Elite begins with three working-class students being sent to this school via scholarships and explores their initial difficulty settling in along with many other social issues. Elite has just released its third season, as well as confirming a fourth is on its way.



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 Phillip 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.

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Look FOR Less

BY FUNKE BABS-KUFEJI

Most fashionistas look like they just stepped out of Vogue most times and you cannot but admire their sense of style and secretly wonder when you will ever be able to look as good as they do one day! But rather than wait for your dreams to come through, there are other ways you can look just as good but with much smaller wallets. After all, imitation is the most sincere form of flattery.

GET ABI KOLA DAISI'S LOOK FOR A FRACTION OF THE PRICE!

Fat SHAMING!

BY DONU KOGBARA

BATTLE OF THE BULGE - PART 3

I started this diary a month ago because I weighed an elephantine 120kg and desperately needed/wanted to lose 35kg, so I could avoid obesity-related illnesses like heart disease, and so I could fit into stylish clothes (I do 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 will soon launch a blog on which they will be published.

Anyway, dear readers, I started my weight loss programme on Monday March l6th 2020 and shed 5kg 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 120kg, there is so much blubber on your body that a 5kg loss does not make you noticeably slimmer. And when I measured myself at 115kg, I had only lost 1 inch from my waist (previously 47 inches) and 0.5 inches from my hips (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 gluttony without, as I'd done in the past, incarcerating myself in an expensive foreign spa where food was scarce and staff eyebrows were raised if you displayed a reluctance to get off your backside and exercise.

Weight lost in such artificial environments often piles back on when you return to your normal existence and the temptations that surround it… unless you develop, while you're at the spa, the discipline to continue the abstemious eating and regular exercise back home; and I had never been able to develop that discipline.

Long story short: I had once lost a lot of weight after a prolonged bout of malaria that made me so nauseous that meals were out of the question; and I'd lost lots of weight after stints at the Mayr Clinic in the Austria Alps. But I had, until last month, never lost a single ounce by disciplining myself at home while well enough to eat.

I felt pretty damned cool about myself when I stood on my bathroom scales at the end of March and realised that I had broken through this psychological barrier for the first time ever.

I thanked myself profusely for this achievement, which was stellar by my admittedly low standards. And my knees thanked me for offloading 5kg, by ceasing to be as painful and creaky as they'd been.

According to the experts, each half-kilo drop can reduce the load on the knee joint by approximately 2 kilos. In other words, if you lose 4.5 kilos, that's 18 fewer kilos per step your knees must support. Your hips, back and feet will also benefit from any decrease in wear and tear.

OK, so I was still 115kg, which aint exactly sylph-like, so I didn't exactly feel as if I was walking on air. I was still limping and literally foot-dragging because the knee pain hadn't totally disappeared.

But I was still filled with optimism and sure that I'd soon be able to skip around like a carefree and energetic spring lamb if I kept up the good work on the dieting front; and I looked forward to shedding another 5kg in the first half of April.

Sadly, it was not to be!

My addiction to food re-asserted itself with a vengeance shortly after Mr President announced that Abuja would be locked down because of coronavirus fears…and instructed Abuja residents to stay home.

Ironically, isolation suits me because I like my own company and thoroughly enjoy solitary activities like reading, writing and thinking.

But my son and siblings are on the other side of the world in the UK, where people of all ages are dying in droves because of the viral plague; and I'm worried about them and about humanity in general.

These are immensely troubling times for planet earth and homo sapiens; and I've been using food – and sugary drinks, including my favourite tipple, brandy mixed with sprite - as emotional crutches because I am riddled with angst about the present and future.

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!

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.

It annoys me when people, myself included, make feeble excuses for their avoidable weaknesses; and, bearing in mind that I'll be better- equipped to cope with the mental torment that Covid 19 generates if I am healthy, I WILL get over this nonsensical self-indulgence SOON.

This column started off being fortnightly, but it's going to be weekly henceforth. And I am determined to have some good news to share with you next Sunday.

Arriverdeci!!!

DONU KOGBARA IS A VANGUARD NEWSPAPER COLUMNIST. Please feel free to share your thoughts about her weight loss journey on donzol2002@yahoo.co.uk

THISDAY Style
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Dear Watcher OF TIMES…

TONYE COLE

WHO IS THAT IN JAIL?

The lecture hall was filled to capacity. For the amount of money paid to be a part of the program, it was unlikely 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 drew a startling picture of how irrespective the height of ones social status, wealthy heritage or fame, the greedy will always lust for more and bad 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 this we've seen over time as one scandal after another breaks, rather it was the criteria by which he measured a society's development that got me thinking. The more developed a society is, he 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 social standing, schoolmates, friends, colleagues etc who have fallen foul of the law and gone to prison in our various countries, then such nations are suspect, have weak institutions and are below the development index.

The Almighty God, soon after the fall of man, set out laws to govern man's days on earth. Alongside these He set out those who would administer justice on earth and gave them a strict edict to fairness, reminding them that the power of life and death they wielded was serious indeed.

Justice was to be blind, above board and incorrigible advocating on behalf of mankind against those who sought to destroy the common good of all. As I thought of home, it dawned on me that my nations prisons are filled with none other than those who have no means to 'buy' their way out and in the rare case any 'elite' found themselves behind bars, rarely if ever are the people convinced it's anything but a case of politics gone bad.

Are we ready to welcome all comers to jail?

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

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. The more civilized humans became, building cities and forging trade routes to connect with other cities, and waging wars with them, the more likely pandemics became. See below some of the pandemics that, in ravaging human populations, changed history.

BY KONYE CHELSEA NWABOGOR

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 were enhanced by the cramped conditions of soldiers and poor wartime nutrition that many people were experiencing during World War I.

Despite the name Spanish Flu, the disease likely did not start in Spain. Spain was a neutral nation during the war and did not enforce strict censorship of its press, which could therefore freely publish early accounts of the illness. As a result, people falsely believed the illness was specific to Spain, and the name Spanish Flu stuck.

Asian Flu: 1957-1958

The Asian Flu pandemic was another global showing for influenza. With its roots 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 made 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 human immunodeficiency virus (HIV) 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.

West African Ebola epidemic: 2014-2016

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 known cases of Ebola occurred in Sudan and the Democratic Republic of Congo in 1976, and the virus may have originated in bats.

2019: COVID-19

On March 11, 2020, the World Health Organization announced that the COVID-19 virus (Corona Virus) was officially a pandemic after barreling 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-19-19 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.

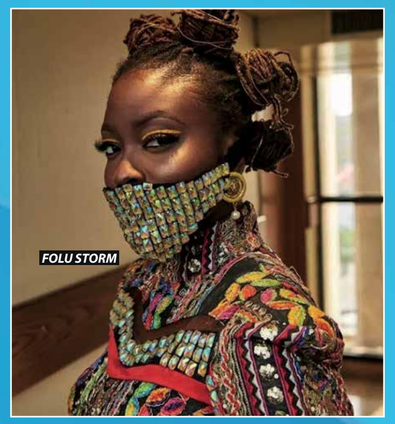
Without a vaccine available, the virus spread beyond Chinese borders and by mid-March, it had spread globally to more than 163 countries. On February 11, the infection was officially christened COVID-19.

Fight Against Covid The Mask

BY KONYE CHELSEA NWABOGOR

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.

MODEL FOR MARINE SIERRE



FOLU STORM

IFUENNADA

FISAYO LONGE

NANA AKUA ADDO

While the use of these fashionable face masks is not advised as a strong preventative measure, it has now become an utmost 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. Opt for blings and flashy fabrics to make a standout statement.

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QUESTIONS AND ANSWERS

TRACY NWAPA

How can I easily apply liquid eyeliner?

Unless you have 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 easier than you think. The liner below is a look I created with gel liner. *MAC GEL LINER*

What should I use to keep my makeup on longer?

Primer, primer, primer! The most important part of makeup application for my clients is primer under their foundation and under their eye shadow. Primer for makeup works the same way primer does for the walls inside your home. It allows for a base, and because of its consistency, makeup naturally wants to stick to it. It also allows for a layer of protection from the makeup to prevent breakouts. Primer will allow you to leave that touchup kit at home because your makeup isn't going anywhere all day. *SMASH BOX PHOTO FINISH PRIMER*

I just had a baby and have aggressive stretch marks on my tummy, how do you get rid of them?

There really is no way to get rid of them or prevent them, but they do fade over time. A dermatologist can, however, speed up the fading process by prescribing a cream or gel with retinoid, which helps cells turnover and stimulate collagen growth. Aslo you can try the much talked about *PALMERS COCOA BUTTER STRETCH MARKS*

I recently bought a beauty blender and still don't have a hang of how to use it?

Beautyblenders have become a makeup bag essential but learning exactly how to use them requires a few tips. As a rule, soak your beautyblender in water and squeeze it out before putting your foundation onto the sponge and then apply to your face in soft bouncing motions. The water stops the sponge from absorbing liquid makeup and the bouncing action helps to ensure an even and streak-free finish.

I have really small lips and will like my lips to be bigger and fuller. How can I achieve this with makeup?

Big lips were undoubtedly a defining trend of the decade – call it the Kardashian effect. If you want long-term results, you could try a lip plumping serum like *NIOD's Lip Bio Lipid Concentrate* but there are also some pretty simple makeup techniques that you can employ to create the illusion of a fuller pout. Find a lip liner that matches your natural lip colour and line ever so slightly outside of your natural lip line, then fill in your lips with a matching lipstick and add a touch of gloss to the centre. You won't believe how much difference this makes.

Is it true that toothpaste helps to fight zits and make them disappear?

You might not believe it, but yes, it is. Toothpaste really helps to make a zit disappear, which is explained with the fact that toothpaste can absorb the whole skin fat pulling it out and making the zit essentially smaller. So you just need to apply a little bit of toothpaste to the zit before going to bed and in the morning you will see significant improvements. Still, you also need to know that some people appear to be allergic to toothpaste. And if you want a safer method of getting rid of a zit, you'd better use special products.

DOUBLE DELIGHT

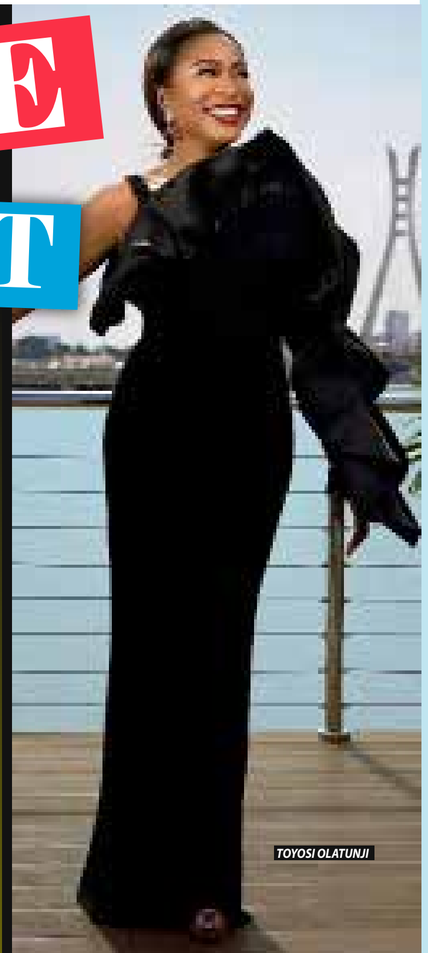
SADE M ADENUGA

How interesting is it to see ladies rock same outfits in their own different ways? Especially when it's a timeless piece from the very talented Lanre da Silva Ajayi (LDA).

This week we have Sade Adenuga and Toyosi Olatunjia looking all shades of elegance in this figure hugging black long dress with flamboyant taffeta sleeves. While Toyosi paired her dress with a Manolo pump to celebrate her 40th birthday, Sade wore hers with black strappy sandals for the THISDAY @ 25 Award night.

Both ladies completed the look with minimal makeup and hairdo, which obviously flaunts the beauty of the dress. If you ask us, we will say 'You can't go wrong with a LBD!'

Way to go ladies!


TOYOSI OLATUNJI

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CAPSULES

Faith, the unyielding belief that what is impossible is possible. How does one handle life's complexities without faith, that substance of things we hope for, the very evidence of things we cannot see, remember that the law of evidence speaks to proof and insists on facts meaning the tangible. Observers may think that the exercise of faith shows a malaise of the mind, given the fact that the pillars that hold it are unseen.....the realm of the impossible has always confounded but it is important that we demystify the voices that daily tell us what is possible and what is not. Life is tough no doubt, but if we do not forcefully befriend faith, we will combust I tell you.

Pause for a moment in reverie with me and let's ponder, do you really believe that you are in charge of your life?

Do try and dot the i(s) and cross the t(s) of your journey and you'll find out that life is not always black and white, the grey areas continually pop mocking your intellect. The more you think you know, the less you understand. No matter the proficiency with which we steer the ship of our passage, the winds decide our route....it's easier to spare yourself the rigmarole of a zigzag through life's maze and surrender to the maxim of a higher power and find rest.

Look around you, everything seems to be fighting a senseless battle with everything else, we are held prisoners by the crippling fear that pervades the earth because despite the passion that drives our daily hustle and feeds our ambitions, the realisation that we are not in charge frightens.

How do pilgrims progress given the tsunami of troubles strewn our way? We must as a matter of urgency seek divine connection to make it through.

Why are we allowing life to eviscerate us when all we need do is to hold on to faith and fight, yes fight, remember, the weapons of our warfare are not carnal, thus we cannot resign ourselves to the destructive pull of the storm when besieged, if we do, we will sink.

Who is that supposedly great mountain before Zerubbabel that our faith cannot make a plain, remember "when the power of darkness comes in like a flood, the battle belongs to the Lord (after all) he raised up a standard the power of his blood".

We need to put on our armour and speak to boldness with courage, strategically positioning our defensive weapon which is the shield of faith and our offensive weapon which is his word. We need to surrender all to the only one who has the answers to life's cruel questions. We need to deliberately starve our fears with our faith and feed our faith with his word and we will be fine.

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Colours of Life

with Koko Kalango

CRUCIFIXION OR CRUCI-FICTION

A section of the Christian creed goes "… for our sake, too, under Pontius Pilate, He was crucified, suffered death and was buried. The third day…"

Frank Morison, author of the novel Who moved the stone? confesses that he was never able to recite the creed beyond this point. He could not bring himself to say "… He rose from the dead as the scriptures had foretold". His scepticism turned to curiosity and he began to research the resurrection of Jesus Christ. In the course of his work he got converted and wrote this book.

The experience of Lee Strobel, author of A Case for Christ, is somewhat similar. In an attempt to disprove the Christian faith, which his wife had recently found, this atheist and journalist began an investigation into the subject of the resurrection. Two years later, he found enough historical evidence and accepted Jesus Christ as Lord and Saviour.

Is the resurrection a myth, or is it reality? Nicky Gumbel, Cambridge-trained lawyer and Oxford-trained clergyman, makes a compelling case in his book Questions of life. Here's a summary;

1. His absence from the tomb

a. Jesus did not actually die; when He was put in the tomb, He recovered and later escaped.

Jesus underwent brutal flogging at the hands of the Roman soldiers, He was scourged, made to carry a heavy cross and then crucified. Is it possible for Him to have survived all that and still had the energy to push back the one and a half tonne stone that sealed the tomb? Again, it is on record that the soldiers pierced His side, from where blood and water flowed. Today we know this to be the separation of clot and serum; medical evidence of death. Again, the soldiers could not have buried Him if they had not certified that He was dead because, should He have recovered and escaped, they would have had to pay with their lives.

b. Jesus' body was stolen from the grave

This would have been almost impossible considering the fact that His tomb was heavily guarded. And who would even steal His body? For what benefit? To the argument that His disciples stole His body Gumbel writes "This story is psychologically improbable". Think of the state of mind of the disciples at the time of these events. They were traumatized and confused and maybe even disappointed at what Jesus had gone through. They were not co-ordinated enough to arrange this kind of theft. Again, when one considers what these disciples had to suffer for their faith (torture, beating and even death), it is unlikely they would have undergone all this for a message they knew not to be true. The theory that the soldiers stole the body would be contradictory to their purpose. Jesus had talked about His resurrection and this caused the authorities to take particular care to ensure the tomb was securely guarded. When rumours of His resurrection spread, the soldiers would simply have produced the body to quell the gist. But they could not because they did not have it.

2. His appearance to His disciples

Some say Jesus did not appear to His disciples, or to anyone else for that matter. They explain this away as hallucination.

People who hallucinate are usually unstable folk (like those intoxicated). The disciples do not fit this description. It is on record that Jesus appeared to them on 11 occasions over a period of 6 weeks. Hallucinations are not that controlled. 550 people, in addition to the disciples, also claim to have seen the risen Christ. People do not usually hallucinate about the same thing. Again, hallucinations are subjective. But this report is objective. Jesus held conversations with those He appeared to, He allowed them touch Him and He even ate with some.

3. The immediate effect

After His resurrection, the church was born, and it is still alive and thriving today.

Michael Green, writer of many popular and scholarly works describes the evolution of the church as "..a perfectly amazing story of peaceful revolution that has no parallel in the History of the world." He concludes "It came about because Christians are able to say to inquirers: "Jesus did not only die for you. He is alive! You can meet Him and discover for yourself the reality we are talking about!"

4. Christian experience

Through the ages, a countless number of people from different races, professions, backgrounds and orientations have come into a personal relationship with Christ. This diverse group of people that make up the church are bound by the common experience of a new life in the risen Christ.

In light of the above points, I would conclude by agreeing with a former Chief Justice of England, Lord Darling, that "In its favour as living truth there exists such overwhelming evidence, positive and negative, factual and circumstantial, that no intelligent jury in the world could fail to bring in a verdict that the resurrection story is true"

Happy Easter!

Koko Kalango is author Colours of Life devotional. Contact@coloursoflife.org

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COVER
THISDAY Style
Vol. 22, No. 9103 Sunday, April 12, 2020

COVID-19 SERIES
20 QUESTIONS & ANSWERS
WITH OLUWASEUN AYODEJI OSOWOBI

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.*

1 You are a survivor of the Covid 19 Corona Virus disease, what were your first symptoms?

My symptoms for COVID-19 were high temperature, high fever, I was coughing as well and I had diarrhea even though it wasn't one of the symptoms officially listed by the NCDC. But this is something I experienced and I also had loss of appetite from the very first day that I had the symptoms. My appetite was completely gone.

2 When did you decide to get tested?

I decided to get tested when the symptoms were not going. I was coughing more, my fever was getting worse, my appetite was not coming back and I was still experiencing diarrhoea and all of that. So I knew there was something wrong, I wasn't sure what it was, but I decided, you know, it's best for me to get tested to know if it's Covid or not.

3 What steps did you take to get your test done?

I immediately called the NCDC Helpline to speak to someone over the phone about the symptoms I was experiencing, my travel history and why it was important for me to get tested. And I also spoke to some friends as well to help me reach NCDC to let them know that it was urgent because my symptoms were getting worse.

4 Can you tell us about the experience, from when you got picked up till when you were discharged?

A team of health care workers came to my house to take me to IDH, (Infectious Disease Hospital), Yaba. And when I arrived, there was profiling done by the healthcare workers to take my information, travel history and all of that. Then I was taken into my ward, where I was put in a space and I was told I would be there until my recovery process was completed. I was there by myself, I was the only female at the time in the ward as there was nobody there. So, I had time to pray and talk to God and ask for help during that difficult time. Three days later, people started joining me and we bonded.

5 How did you feel when you were alone, and how did the nurses treat you?

I felt very lonely at the centre. I was bored because I was by myself as there was nobody to talk to. I was just worried for my health. And nurses will come to give me food, medications and take my vitals, and they were quite nice to me as much as they could, their response was good.

6 Can you remember the name of the medications you were given and how often you had to take them?

I took different tablets, because I was dealing with COVID itself, but I was also experiencing the side effects of the medication which included nausea, loss of taste, my sense of smell heightened, diarrhoea, vomiting, weakness of the body and all of that, so they had to give me medications for the side effects too. I took medications, morning, afternoon and night. But towards the end of my recovery, the medications reduced to morning and evening only.

For the first 10 days of my situation, I took different tablets to deal with the different issues I was experiencing.

7 Did you at any point in time feel like you were not going to survive it?

I mean, nobody would have COVID 19 and not have the fear of 'can I survive' or 'will I survive?'. So I had that moment where I thought, my body may not be able to fight the virus as much as I expect. So I was just worried because I did not know if I would survive this, but I was willing to fight.

8 What was the most difficulty you faced during this trying time?

It was difficult to fight because again my body wasn't holding anything, it wasn't holding food, it wasn't holding water, and I needed those two essential things to keep the body going. So yes, I did contemplate not surviving.

> *For my release, I had to undergo series of tests almost every 48 hours, to check if I was getting better. At the point were I was getting better, I tested negative, so they had to run another test just to be double sure. I am not sure about the time between both tests as I do not have that information. But when the second test came back negative, I was informed that I had survived the Virus and it was time for me to be discharged to go home.*

9 Where you able to bond with any of the other patients before you left?

Yes, I bonded with a couple of them because another lady and I became like accountability partners. When I was having my own side effects from the medication, she would encourage me to take some spoonfuls of water. We became sisters and family members because we literally were together all day for like two weeks seeing all our processes of diarrhoea, vomiting or being sick and all of that.

At IDH, Yaba, the patients bonded and became like a close-knit family that when one person was experiencing symptoms today, we would all support and then move to the next person, we kept asking each other, 'Have you eaten? Have you taken your medication? You know, just really providing support to each other.

10 Take us through the process of your Discharge; In terms of ensuring that you didn't have COVID 19 anymore, what was done before you were able to go home?

For my release, I had to undergo series of tests almost every 48 hours, to check if I was getting better. At the point were I was getting better, I tested negative, so they had to run another test just to be double sure. I am not sure about the time between both tests as I do not have that information. But when the second test came back negative, I was informed that I had survived the Virus and it was time for me to be discharged to go home.

11 How was your house prepared for your return, what was the process like?

For me to go home, we had to disinfect the house. But I haven't been home actually, I am still self-isolating in a place, I have not been able to go home because of the lockdown. I was discharged on the day of the lockdown so it was difficult for me to go back home. So I'm currently in the place where I am safe as it was well prepared for my arrival.

12 Do you live alone in your home and if not, did your family have to be tested and isolated?

I live with my family, and they had to self-isolate and get tested. They are doing fine.

13 Now this is obviously an experience that would somewhat change your life so has it changed you as a person?

This experience of this illness has just made me value life more and has reminded me that regardless of class, social economic status or whatever it may be, health is so, so important, and for everyday that you have the opportunity to live and not be in the hospital, it's a blessing. And so everyday I bask in that blessing of the newness of Life, of a new sense of purpose and a newness of God's faithfulness and purpose in my life, which is to be a voice in very difficult situations.

I am just grateful and also praying for those who are facing this at this time to also survive because this is not an illness or a disease anybody would want for themselves.

So I'm just praying for everyone who's fighting and also pray for the families who have lost a loved one.

14 This is an ailment that sort of comes with a stigma, what gave you the boldness to come out and share your story?

It was important for me to share my experience because I had read so many misconceptions about the virus. And I also was, importantly, trying to help eliminate stigmatization of people who test positive because I have seen and read a lot of things online about people who test positive.

It was important for me to give a first person account because people just read different social media posts and come up with their own submissions. For me as an individual who has been there and done that, it makes it more credible for me to tell them truly what COVID-19 is and let everyone know it's not a propaganda by government to embezzle money.

I won't speak about government intentions, but I can speak about the virus and its existence. So that's what made me come forward, to enlighten people and for those who feel like, 'Oh, I don't need to social distance because, I'm not showing any symptoms'. It was important for me to let everyone know that there are some people living with the virus but are asymptomatic, and that is also deadly.

15 We heard about your NGO 'Stand To End Rape' what was the core reason that you set up this NGO, and what was the purpose?

STER was set up in response to the culture of silence around sexual violence in Nigeria. At the time when I started writing about sexual violence in 2013, there was really not much information about what rape is in terms of violence against women and girls and bodily autonomy and all of that in the Nigerian context. So I got involved in that space to begin to enlighten people about stigmatisation, the culture of silence and what rape really is, inactions 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, 'Oh, I've experienced what you're talking about and I need help'. That's how we started the STER initiative in 2014 as an organization that is advocating against 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 like a blessing because I am not a person who likes to get recognition for my work, so when someone sent the application to me and said I should apply for someone to review my work and give me feedback, I said okay that's a good idea. When I got the email that I was selected as one of the leaders, I was really excited! I mean for Obama Foundation to recognize the talents, and the credibility of your work is very important to my team members and myself.

It was very encouraging and felt really good to meet Obama in South Africa. It was a game changing moment for me because Obama stands for leadership and to hear from him directly on how as young people, we need to lead our communities 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.

17 Can you also tell us about TIMES 100 Next that you are a member of?

It was a huge surprise, honour and recognition to be recognized as one of Times 100 Next which is a list of global leaders who are shaping the future of the world. So for me, as a Nigerian, to be categorized as a world advocate and be submitted as top 100 for TIME magazine was a very great experience and in a way, reinforces the fact that if you keep doing what you are doing, and doing it from your heart, people will find you and support you and recognize you for it. I did not seek out the recognition, it just came. It was a defining moment for my organization, my team members and I because it just showed us that we could be working on the grassroots and within 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 very good feeling and it was the inaugural list, the first time they were having that list. And for me to be part of that list was just amazing.

THE FIRST WEST AFRICAN TO BE RECOGNIZED AS THE 2019 COMMONWEALTH YOUNG PERSON OF THE YEAR.

> *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.*

18 What were your plans from your last trip before you caught the virus?

Before I got back to Nigeria, I had so many offers to do consultancy and grant so many interviews. Most importantly I had many projects that I talked about with my team members, we had brainstormed and we were very excited to go ahead and implement. But then you know I returned to Nigeria, I fell ill and everything changed.

Now that I am better, I can continue my projects but some of the contracts and endorsements were time bound and contracts had to be signed at a particular time which I was not able to do, but I am hoping that post Covid 19, I am able to still work with as many brands as possible, changing the stories of women, helping women in grassroots areas to get support in terms of financial stability, business training, all of these things. And importantly, for STER as an organization, to continue to run the amazing projects that we have initiated to do from 2020 till 2025.

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 point in time. Do you think at any given time you would want to support the government by being a crusader or a voice of change for this virus having gone through and survived it?

I have been in touch with a couple of medical staff at the centre. I appreciated them and said I would like to come back to volunteer with the centre just to support and assist them. I will also use my platform online to raise awareness about Covid, I have been sharing the NCDC hotline and directing people with questions to the Lagos state Ministry of Health for response and for support.

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.

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

I just 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 you have access to determine 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, practise social distance. And for those who test positive, show them your support, pray for them. And for those who test negative after being positive, please do not discriminate against them. This is not a virus that they called upon themselves it could happen to anyone. Please just continue to support the government's effort in fighting the virus.

THISDAY Style
Vol. 22, No. 9103 Sunday, April 12, 2020

A GUIDE TO MEN'S SHOE COLOUR COMBINATION

Footwear, like everything else in menswear, has grown less rigid recently, these days you can wear Oxfords with jeans and trainers with a suit. But the key to pulling either off is in colour-matching; get the shade wrong, and you can look like a car salesman on a night out or like you've changed into your comfy shoes for your commute. And as with everything else in your wardrobe, nailing colour is at once the simplest and the hardest thing about getting dressed in the morning. It's easy to stick to tonal combinations, black shoes with black trousers, brown shoes with tan chinos and never put a foot wrong. But it's a path that can swiftly lead to sartorial tedium! Unless you intend to only ever wear a couple of colours of trousers, you'd need a rainbow of footwear to give you enough options.

Here are some basic rules to guide your choice each morning.

- Block colours are always smarter than anything multicoloured.
- Generally, darker tones are smarter than lighter. They're more versatile, too.
- Trainers and smart shoes obey different rules: white Oxfords are slightly weird, but white trainers will work with anything in your wardrobe.
- It doesn't matter what colour your shoes are if they're scuffed. Find a polish that matches, or a neutral polish if you've gone for something wilder, and keep them in good nick. They'll last longer, too.
- If you're wearing something bright on your feet, then anchor them with neutrals elsewhere. Bold shoes are easier to pull off if you're not also wearing a floral shirt.

BY USIADE ISIOMA

Brown Shoes
Brown is the most forgiving shade of smart shoes. The breadth of browns available means that there's a tone for almost any situation, bar the very smartest offices. But with anything other than a black suit or tuxedo, brown shoes add personality and feel a touch less stuffy. Away from tailoring, brown should be your go-to for chinos of any colour, although be careful not to match too closely; like with double denim, you want at least two shades of difference between your trousers and your shoes

Colourful Trainers
Gone are the days when bold-hued sneakers were only for exercise. Now, they've crept from the streets into offices, an eye-catching way to show your affinity for the latest hype brand. Although the colours make them much less versatile as they only really work with neutrals, unless you're able to pull off some very advanced colour-matching. These trainers are so casual, so it's wiser sticking to white jeans or light denim. You should let your shoes do the talking, if they're the brightest thing in your outfit, then they will be eye-catching.

Oxblood Shoes
Though technically a colour, oxblood can act almost as a neutral. They tend to work in almost exactly the same way as brown because they're a touch bolder. They tend to lend whatever you're wearing an ounce or two more dose of personality. Making a statement with smart shoes shouldn't mean going too far out of your comfort zone, instead of opting for an extravagant style, it could be as simple as integrating new colourways in silhouettes you already wear on a daily basis. It is classic and can be worn with your native attire.

Blue Shoes
Blue can be an uncomfortable colour for smart shoes though it's a staple neutral everywhere else in your wardrobe. Once you step into more casual styles, however, blue is a perfect way to add some personality to looks. It can even be worn as a pop of unexpected colour in casual outfits. But again, try not to match your shoes and trouser shades too closely. If in doubt, use a brighter sock in a complementary shade, like red, to break things up a little bit.

White Trainers
White minimalist trainers can be worn with just anything in the right context. You cannot wear them as easily with a suit as you can with denim shorts. In fact, the only tricky thing about white trainers is keeping them that way.

Tan Shoes
Tan is brown's most casual tone. It's best on more relaxed styles like brogue derbies or boots. Tan suede shoes can also look good, tan is a good way to personalize an outfit. Tan works well with colourful suites especially when you need to lighten your look a bit. You can get away with wearing tan with shorts too.

Black Shoes
In almost every circumstance, black shoes are the smartest version in any category. A pair of black shoes is probably the most dressed-up shoe you can have in your wardrobe. Black should be your go-to when it comes to all black tailoring, whether you need something for black tie or just formal work shoe. They also team well with grey or charcoal tailoring, particularly in more formal offices.

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Two Tone

There are times we're all a bit indecisive. Whether it be about where to eat, where to vacation or what to wear and what occasion best suits it. Well, in these fashion months, designers are tapping into that conflict by providing two-tone clothes that offer the best of both worlds. From bicolor pants to half-and-half dresses, now is the time to work in that trend.

BY FUNKE BABS-KUFEJI

HOW TO WEAR

When it comes to how to style these half-and-half items, your best bet is to stick to one shade everywhere else. So if you decide to rock a two-tone dress, slip on sandals in one color — either a neutral or one of the colors in your dress. Once your expertise expands, feel free to try two-tone footwear.

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STYLE & DESIGN

THISDAY Style
Vol. 22, 9103 Sunday, April 12, 2020

YOU BE THE JUDGE

POWER SUIT

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

KONYE NWABOGOR

FUNKE BABS-KUFEJI

ISIOMA USIADE

BELLA DISU

FUNKE BABS-KUFEJI *You can never go wrong with a suit once it is well fitted. Bella, the ultimate boss chic, knows that suits command respect both in and out of the office. This show stopping Dolce & Gabbana piece looks absolutely stunning on her. Opting for eye catching but understated accessories has helped the suit even standout more and her makeup which is subtle and elegant brings the look together well* ***10/10***

KONYE NWABOGOR *Bella show us how to rock the power suit effortlessly, I like everything about the look.* ***10/10***

ISIOMA USIADE *Bella looks fantastic in this metallic suit, the fit also is perfect. She has pulled off the look effortlessly.* ***9/10***

DODOS UVIEGHARA

FUNKE BABS-KUFEJI *If I must say, this is one stylista that always all gives off the cool chic vibe without trying too hard. This power suit looks absolutely chic on Dodos. The army green colour is strong, the cowrie button details are different and refreshing giving the suit a certain je ne sais quoi that's makes it standout.* ***8/10***

KONYE NWABOGOR *Dodo is the perfect-definition of the girl next door. She keeps her style relatable and classy. She looks effortlessly chic in this suit.* ***8/10***

ISIOMA USIADE *Dodo knows what suits her and sticks to it. The cowrie button detail on the suit is very catchy and different and I love her entire look.* ***7/10***

JENNIFER OSE

FUNKE BABS-KUFEJI *Dabota wore this outfit for a movie premiere, Living in Bondage where the theme was "Demons in Diamonds" - I'm not entirely sure her choice was theme specific. The dress is simple, Dabota has a great shape and lovely legs. I'm not a fan of the head gear as it's over played.* ***6/10***

KONYE NWABOGOR *This outfit for me, is a little over the top but not withstanding, it looks good on her. I will have gone with a different colour bag but all the same, she wears the look very well.* ***7/10***

ISIOMA USIADE *Its hard not to do a double take on this look and its either you love or hate it. Well I love love love it. It is different, bold and makes a strong fashion statement. Well done Jennifer.* ***8.5/10***

KEMI AKINDOJU FREGENE

FUNKE BABS-KUFEJI *Kemi looks good in this velvet suit, I will have preferred the trousers to be a bit more tapered at the bottom but they still look good on her.* ***7/10***

KONYE NWABOGOR *Velvet is royal and regal and I can see why Kemi looks poised and has us green with envy in this velvet suit.* ***8/10***

ISIOMA USIADE *Velvet is my absolute favourite fabric because of the lush feel. This velvet suit on Kemi is nice and elegant that it needs little or no accessories to pull it off.* ***8/10***

LINDA OSIFO

FUNKE BABS-KUFEJI *Linda looks absolutely stunning in this Julyet Peters suit. The detailing is exquisite and the fit is well suited to 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.* ***9/10***

KONYE NWABOGOR *Linda is one celeb that has recently caught my attention with her black beauty and stunning silhouette. This black suit sits in all the right places accentuating her svelte figure. The detailing is stunning and her choice of hair makeup and accessories finishes off the look perfectly.* ***9/10***

ISIOMA USIADE *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 just right putting emphasis on her hour-glass figure.* ***9/10***

MIMI ONALAJA

FUNKE BABS-KUFEJI *This sequin multi coloured suit pops on Mimi. Her camisole seems a little snug but otherwise the look is one anyone can pull off easily just like she has done.* ***7/10***

KONYE NWABOGOR *Mimi knows how to show up and show out. Her sequin 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.* ***8/10***

ISIOMA USIADE *I like the over size suit look and Mimi has the body to pull off the look. Sequined and multi-coloured, her outfit ticks all the right boxes for me..* ***8.5/10***

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Corona Virus On the Global Scene

BY KONYE CHELSEA NWABOGOR

MAC Pledges to Donate $10 Million to Help Fight Coronavirus

Looking to support those affected by the global Corona Virus Pandemic, MAC cosmetics has pledged to donate $10 million from the sales of the Viva Glam lipsticks, where 100% of the proceeds will be donated. They will split the substantial sum between 250 organizations located across the globe with a focus on people who are most vulnerable during this time. These groups are not only helping test and treat diagnosed cases, but will also assist in delivering items like emergency food supplies.

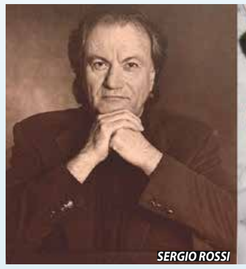
MAC

Sergio Rossi, dies of coronavirus complications at 84

Revered women's shoe designer Sergio Rossi has died of Corona Virus complications at the age of 84, according to the Maurizio Bufalini Hospital in Cesena, in northern Italy.

A source at the hospital, which is located in Italy's Emilia-Romagna region, confirmed Rossi's death to CNN, but wouldn't disclose any further details regarding Rossi's stay at the hospital, his medical history or background, nor the exact date and time of his death.

More than 14,600 people have died of Covid-19 in Italy, according to figures from Johns Hopkins University - the highest death count for any country. Italy, which is four weeks into a nationwide lockdown as part of attempts to curb the spread of Covid-19, has confirmed nearly 120,000 cases of the virus.


SERGIO ROSSI

The Met Gala has been postponed

One of the biggest nights on the fashion calendar, the Met Gala, will not go ahead as scheduled on May 4, 2020. The news follows a wave of canceled and postponed cultural events around the world because of the Corona virus.

The annual red-carpet event, hosted by Vogue's Editor-in-Chief Anna Wintour, is a celebrity-packed fundraiser for the Costume Institute at the Metropolitan Museum of Art. Since 2005, the event has been held, without fail, on the first Monday in May. It also marks the launch of its spring exhibition.

With tickets costing upwards of $30,000, the invite-only event offers a significant source of revenue for the museum. According to the New York Times, last year's gala raised $15 million for the Costume Institute. This year's exhibition was due to form part the Met's wider 150th anniversary celebrations. It was set to feature 160 fashion items and was scheduled to open to the public from May 7th, three days after the gala, until September 7th.

ANNA WINTOUR

Lady Gaga to Headline Global Citizen's 'One World' Concert Special for Corona Virus Relief

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

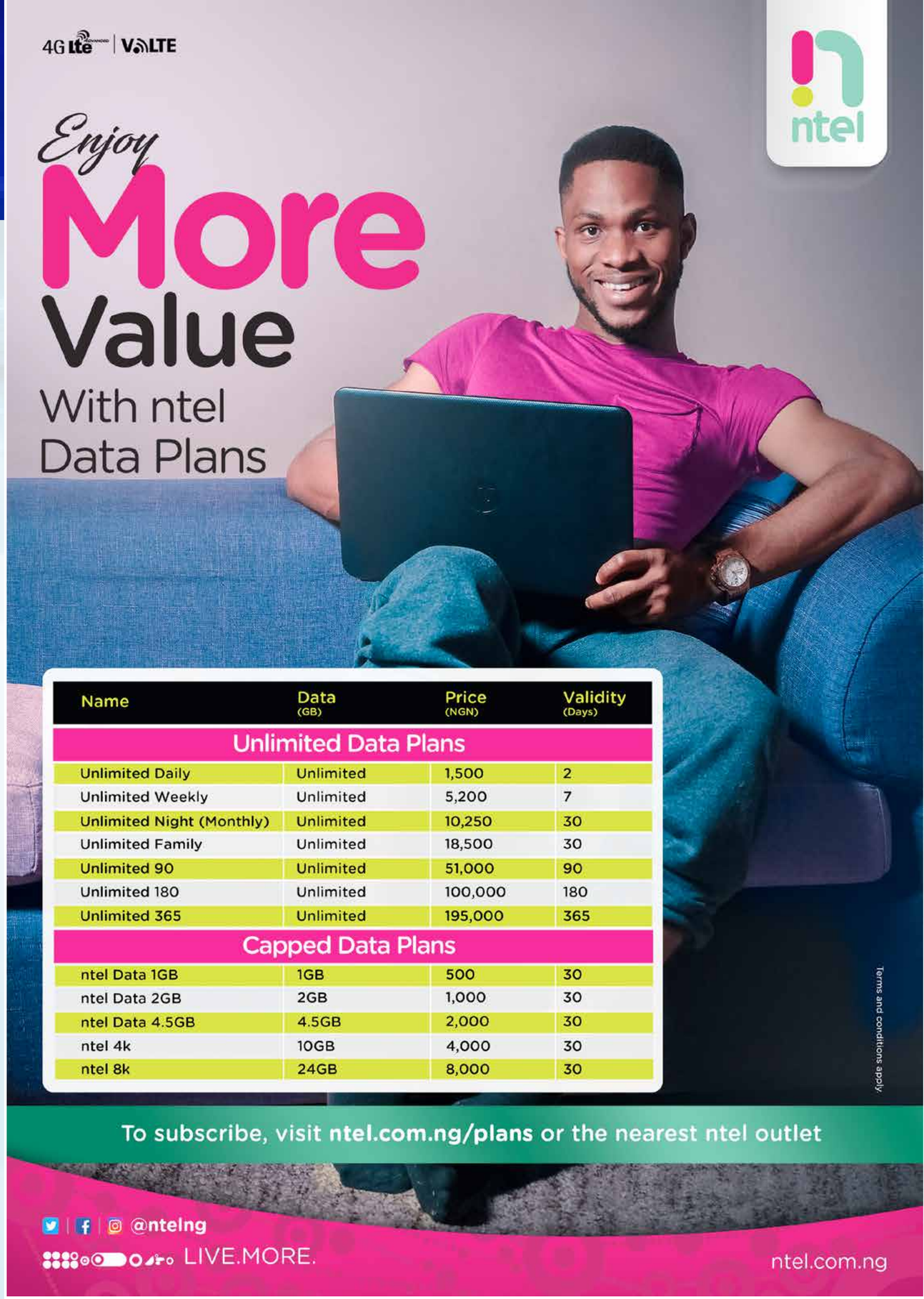
Powered by Gaga, Global Citizen, and the World Health Organization (WHO), the concert special will raise money for healthcare professionals battling the pandemic through the COVID -19 Solidarity Response Fund.

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.

The special will feature appearances and performances from several high-profile musicians and performers. A lineup for the event includes Green Day's Billie Joe Armstrong, J Balvin, Andrea Bocelli, Burna Boy, Billie Eilish and FINNEAS, Elton John, John Legend, Chris Martin, Alanis Morissette, Lizzo, Kacey Musgraves, Paul McCartney, Keith Urban, Eddie Vedder, Stevie Wonder, Maluma, pianist Lang Lang, David Beckham, Idris and Sabrina Elba, Kerry Washington, Priyanka Chopra Jonas, and Shah Rukh Khan.

LADY GAGA



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