

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

SUNDAY, JULY 12, 2020

THIS DAY



# Style

## ERNEST EBI@70

BANKER EXEMPLAIRE!

# COVER

Ernest Ebi does not shy away from emphasizing the importance of maintaining a long-term focus in every venture. This outlook is perhaps the bedrock of his accomplishments in life. At 70, the former Chairman of Fidelity Bank Plc, remains one Nigeria's most accomplished bankers. Married to his lovely wife Elizabeth and blessed with children, Ebi is a devout Christian who supports various charities and charitable causes. **KONYE NWABOGOR** reports...



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## THISDAY STYLE

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Like me, are you one of those that have thrown caution to the wind and piled on so much weight during this Covid pandemic? And instead of exercising to keep fit, you keep procrastinating...tomorrow, tomorrow that never comes?! Enough is enough. The time to get back in shape is more important than ever because you have one thing in your hands... time! Virtual meetings have replaced physical presence so the daily grind of going to the office has reduced drastically as a reflection of today's times. Working from home, if it can be done, is a much better alternative in our quest to stay safe and respect the dictates of social distancing. And do not be fooled, we are yet to flatten the curve of the pandemic. Minimal movements outside your home is of utmost importance still!

One of our columnists, Donu Kogbara, has been telling us her journey in Fat Shaming in a no-holds-barred journal. Her journey has not been easy as she has had her good and bad days. I am tired of looking at my wardrobe and wondering where the body that used to wear them went to!

Truth is, the journey of weight loss is mostly about discipline. This also translates to other parts of our lives that need to be managed better. The plague that has befallen us and made us 'prisoners in our own home' has highlighted so many things about us that we were once too busy to acknowledge or chose to ignore. This is the time to step up to the plate and do the needful especially when it is within our powers to do so. There are many things we would like to get off our chest mentally, physically and spiritually. Weight loss might be high on the list but there are still other boxes we need to tick on our to-do list.

Most importantly, to attain these desired goals, we should not give up. Do not be discouraged when you sometimes do not have the drive. And as you know, in every aspect of life, an inch is better than a mile in the right direction...so hang in there. Fight your demons and strive to conquer them. It is hard, but well worth the journey.

Stay safe. Stay happy.

*Ruth*

FASHION DIRECTOR/EXECUTIVE EDITOR

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YUKI AKINOSHO

TEMI OTEDOLA



FISAYO LONGE

# Choosing the Perfect Pair of Sunglasses

Choosing a pair of sunglasses can be daunting, not to mention a big investment, so make sure to follow the guidelines below to help create a more flattering aesthetic.

BY KONYE CHELSEA NWABOGOR

\* When it comes to choosing the right pair for you, the general rule of thumb is to go for a frame that contrasts with your face shape. If you have a rounded face with full cheeks, go for geometric frames that will sharpen your soft features. Note that rectangular shapes tend to make faces appear leaner and more structured and a wider frame will draw the eye outwards.

\* A slightly older face will lose definition on the cheekbones with age so go for a frame that pulls the

eye upwards, such as a cat eye.

\* If you have a heart-shaped face with wide cheekbones and forehead, look for a frame that is bottom-heavy and will add width to the lower part of the face, as well as skimming the cheekbones and accentuating your natural face shape.

\* For small eyes and a heavy lower face, opt for a large rounded shape with a fine frame to soften the jawline and help shorten the overall face shape.



STELLA ADEWUNMI

THISDAY Style  
Vol. 22, No. 9194 Sunday, July 12, 2020

STYLE

HOODIE

Depending on what you're matching it with, you can opt for any kind of trousers, from relaxed chinos to sleek dress pants as part of your smart casual outfit. The more casual your top half, the smarter the bottom, and vice versa.



OLABANJI ADEOLA

A TEE SHIRT

A basic crewneck t-shirt may be an obvious choice, but it's an item that will practically go with everything in your wardrobe. A casual cotton T-shirt is easy to wear and can be layered beneath thicker knit jumpers, smart blazers, full-length coats and styled with any pair of trousers. The possibilities are endless.

STATEMENT PIECE

Statement pieces like shorts will elevate your casual wardrobe to ensure you stand out from the crowd for all the right reasons. Go for something plain and understated. An ensemble in a muted colour like light blue or beige goes well.



ADEBAYO OKELAWAL

EFE TOMMY

CASUAL JACKET

For more seasonal pieces like the bomber and denim jacket, you can be a little more daring in your style choices. Style them with a basic T-shirt and jeans, or layering a hoodie beneath.



EBUKA OBI UCHENDU

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# CASUALLY STYLISH

Men's casual wear translates to style with comfort. These are clothes that won't cause too much of a stir but are ideal for everyday trips where durability and fit are key. Casual dressing embodies a sense of streetwear with fashion; therefore casual clothes for men tend to lean towards the absolute wardrobe basics. The trick to how to dress casual is choosing pieces that aren't specific to any given season. Casual layering, be it a pair of well-worn jeans with a basic T-shirt or an Oxford shirt tucked into an easy pair of summer chinos. It depends on the occasion you're dressing for: A casual outfit to run errands differs from a casual outfit for a summer party or event.

BY USIADE ISIOMA



DJ XCLUSIVE

# New Scents to Brighten Up Your Week

One simple way to brighten up your week. Starting your day off with a spritz of perfume. Filling the air around you with a bouquet of blooms, zesty citrus or even spicy accords can transform your mood in seconds

BY KONYE CHELSEA NWABOGOR

## YVES SAINT LAURENT - BLACK OPIUM EAU DE PARFUM

For those who crave a little danger in their dress-up, this sexy concoction smelling of coffee, vanilla and pear is a feast for the senses. A little smooth, a little edgy, this is a fantastic fragrance for evening wear.



## LANCÔME - LA VIE EST BELLE

The glass on the bottle is cut into the shape of a smile, so you know you're about to experience something joyful and fun. Featuring iris, patchouli, praline and vanilla, this is a traditionally feminine fragrance with a bold sweetness

## TOM FORD - TOBACCO VANILLE

The gorgeous notes of tobacco, cocoa, ginger and dried fruit form an unforgettable scent for a bold first impression. Pairs best with a power suit.



## VIKTOR&ROLF - VIKTOR&ROLF FLOWER BOMB

It's all in the name, folks: This perfume is like spritzing on the feeling of a sunset soiree in a romantic palace garden. With orchid, patchouli, tea leaf, jasmine and rose, wearing Flowerbomb is the next best thing to carrying a bouquet wherever you go.

## DIOR - J'ADORE EAU DE PARFUM

There's a reason you see this iconic bottle in practically every magazine you've ever opened. It's a classic, and the fruity, floral ingredients never weigh down the luscious elegance of the ylang-ylang, jasmine, pear, melon, peach and lily.



## ATELIER COLOGNE - SANTAL CARMIN

Bergamot and saffron are the top notes in this perfume, adding an unexpected freshness to the middle and dry down notes of creamy sandalwood and powerful cedarwood. It's woody but bright, a versatile pick for every day.

## THE NUE CO - FUNCTIONAL FRAGRANCE

Studies show that fragrance has the power to improve your mood, reduce stress, and relax stiff muscles. As The Nue Co notes, this is a "a fragrance with a function." The brand built this scent from data and research conducted around our cognitive functions in relation to sensory systems. These notes of green cardamom, iris, palo santo, violet and cedarwood will calm your stress levels, so consider it Zen in a bottle.



# FASHION FACTS

*Fashion is something people either love or hate. Through the ages, different fashion styles have come and gone, and many of them return into our clothing stores after a few years.*

*Some people just cannot be bothered to keep up with recent trends, while others can't get enough of the latest styles. Whether you love it or hate it, you'll enjoy these interesting fashion facts.*

- In the United States, each person owns an average of seven pairs of blue jeans. That's one for every day of the week!
- Men have been wearing shorts for decades, but women were only allowed to wear them in public after World War II. One of the main reasons for this was because less fabric was available during the war, so shorts were more cost-effective than pants or skirts.
- The T-shirt is one of the most popular items of clothing in the world, and around two billion of them are sold every single year.
- You can't go out these days without seeing a shopping center, thanks to the ancient Romans who built the very first one.
- The Chinese people still use white as a color for mourning. In the West, it now symbolizes purity.
- Eyeliner was discovered in the most unlikely of places – King Tutankhamun's tomb! Since the 1920's, it has been a very popular item in every woman's makeup bag.
- Chanel No. 5 marked the beginning of modern perfume in 1921.
- Dying the hair is very fashionable, but it was trendy back in ancient times too. However, the process often resulted in total loss of the hair, which prevented many people from trying it.
- Within the last decade, the average breast size has increased from 34B to 36C due to the rising trend of plastic surgery.
- The handbag was first designed and used to help women attract a husband. They were invented in the 19th century, and women would personally embroider them with colorful and intricate patterns to show off to the men.



JEANS



SHORTS



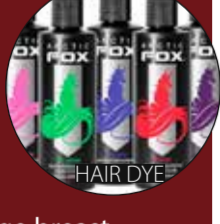
T-SHIRT



EYELINER



CHANEL



HAIR DYE



BAG

# Fat SHAMING!



BY DONU KOGBARA

## BATTLE OF THE BULGE - PART 15 (WEEK 17)

### Recap and vital statistics:

I am 5 feet and 10 inches tall and 60 years old.

I was super-slim till about 10 years ago, then gradually got fat.

I started this weight loss programme on March 16th when I weighed a whopping 120kg and measured 49-47-51 (chest-waist-hips) inches.

By last Sunday, my weight had dropped to 109.5kg.

This week, I'm down to 107.5kg. And I'm smugly patting myself on the back because after weeks of mostly half-hearted dieting and hardly ever exercising, I've managed to get myself into a kick-ass, no-nonsense frame of mind; and the 2-kilos-in-7-days drop I've enjoyed this week is the best result I've achieved since the earliest days of my weight loss odyssey (in week 1, I lost 2.5kg. Ditto week 2).

My GP told me, when I was 120kg, that I needed to lose "at least 40kg". But he's English, which means that he thinks it's OK for sexagenarian women to look like stockfish and wear bikinis in public, so I'm listening to purse-lipped Naija advisors who have urged me to ignore "Oyinbo standards" and set my sights a bit lower!!!

I'm therefore aiming for a total loss of 35kg that will bring my weight down to 85kg. Which means that I still have 22.5kg to lose.

It isn't going to be easy. But, as I said on this page last week:

Weight loss is a MENTAL challenge because once you have made your mind up to be serious, the physical challenges linked to dieting (occasional hunger pangs, cravings for banned fattening favourite foods) and exercising (aches and pains) don't bother you much.

And I've finally made my mind up to be serious.

I didn't follow any fancy famous dietary regime last week. I just completely avoided sugar and sipped my way through several mugs of foreign-style, oil-free vegetable soups - containing ingredients like broccoli, cauliflower, carrots, peas, lentils and courgettes - per day

I also allowed myself avocados, mangos, pineapple slices, bananas and ube (the purple-skinned, green-fleshed fruit that Igbo call "pear" and eat with corn, though I skipped the corn because I was trying to keep carbohydrates to an absolute minimum).

Sweet and/or creamy fruits like all of the above are pretty high in calories, but are packed with healthy nutrients and won't do any damage to the waistline if eaten in modest quantities.

Interestingly, despite my food consumption having dropped by 80%, I didn't feel hungry or suffer from yearnings for forbidden foods.

But I had a calculated "lapse" because I have



concluded that having one "cheat" day a week makes diets more sustainable.

Relentless deprivation is bad for the soul; and if you give yourself permission to eat and un-guiltily enjoy whatever you most desire once a week, you'll have something to look forward to and are less likely to abandon ship in frustration and revert to full-time gluttony.

Last Wednesday was my cheat day; and the dish I chose was okazi (afang) soup, that sublime indigenous delicacy. Mine was packed with stockfish, dried fish, snails, kpomo, beef. And I still salivate and smile at the memory of the sheer, unalloyed pleasure it gave me!

Exercise also took a front seat last week (for a change) as I dragged myself, almost kicking and screaming, out of Couch Potato mode (my lifelong default setting, alas) and started to do daily yoga sessions, using as my guide a 6am class that is screened on DSTV Channel 178.

The classes comprise various beautiful, lithe, feline young lady instructors and demonstrators prancing around in stylish sportswear and telling viewers how to stretch their limbs and arrange them into contortions that look intimidating but are do-able if you try.

The TV yoga girls cheer me up because there is something uplifting about observing vibrant energy and youth in action. And they make me believe that even though I'm old enough to be their mum, I too can make the most of my body and turn it into a well-oiled machine.

Next on the agenda is 30 minutes of strength training, using dumbbells and a Harvard Medical School exercise manual.

Then I do some chair cardio (using YouTube videos as guides) to burn fat and strengthen my cardiovascular system (heart, etc).

Sadly, I cannot currently do normal cardio exercises that require standing for long periods of time because my knees are fragile.

My knees are less painful now than they were when I was heavier; and I'm told that they will continue to become stronger and stronger as more and more fat melts off my overburdened frame.

I cannot wait for this to happen because, trust me dear Readers, chair cardio is SO boring compared to going for a brisk walk in an attractive area or doing vigorous aerobic class moves or dancing like a delighted dervish to great golden oldies from my 1970s heyday.

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



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# SUNGLASSES

## THAT WILL ELEVATE YOUR LOOK

BY FUNKE BABS-KUFEJI

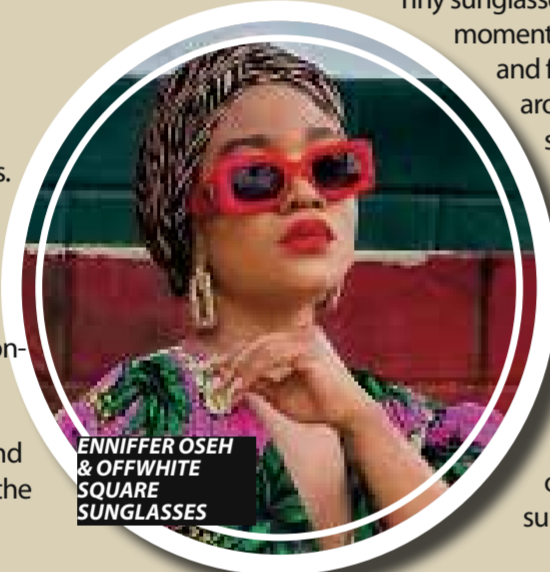
If there's one accessory you can never (and we mean never) have too many of, it's sunglasses. From cat-eye to aviators, there are just too many incredible styles from which to choose - so we say snag them all. You never know which vintage styles will have a resurgence or what colours will be seen on influencers and celebrities, which is why keeping up to date with all the 2020 sunglasses trends is majorly important. Once you see which sunglasses styles are on-trend, you can collect sunglasses like a pro - and for those of us who own upwards of 30 pairs, we can safely say that each and every trendy style has their moment! Keep every style available on-hand, because odds are, it'll eventually start trending.

### CHAINED UP

Tired: sunglasses without chains.  
Wired: sunglasses with chains.  
Though a few years ago you likely associated glasses chains with librarians or your grandma, they're on-trend for summer 2020 in a big way. From the sleek and sophisticated to the chunky and bold, sunglasses chains are the accessory you didn't know you needed.



FISAYO LONGE AND GUCCI CHAIN SUNGLASSES



JENNIFER OSEH & OFFWHITE SQUARE SUNGLASSES

### ITTY-BITTY RECTANGLES

Tiny sunglasses have had a major moment in the last few years, and for 2020, they're sticking around in one particular style: the rectangle. Think every pair of sunnies Bella Hadid has worn since 2018 meets The Matrix. Dark and mysterious while - at the same time - effortlessly cool. We used to have our doubts about this trend, but we have to admit it's worn us down. Bring on the itty bitty rectangular sunnies, baby. J



MO OLATERU OLAGBEGI & WAYFARER



### COLOURFUL LENSES

Sure, classic lenses get the job done, but candy-coloured and fun lenses are what will set your sunnies apart this year. From itty-bitty sunglasses to oversized aviators, colourful lenses are available in all different styles, so you can choose your favourite and go from there. If you're in need of major sun protection, though, opt for a darker lens. These colourful sunnies are best when it's a little cloudy.



AMA GODSON SONIX MELROSE SUNGLASSES

### MODERN VINTAGE

This is where old school silhouettes meet funky on-trend colours and patterns with the modern vintage sunglasses styles available right now. Whether it's a vintage pair of rectangular sunglasses amped up with some bright neon or classic cat-eyes made modern, this sunglasses trend is beyond cute. There's a little something for everyone, too, so no matter



LISA FOLAWIYO AND RAYBAN SUNGLASSES

### CLASSIC AVIATORS

If you're not really the type of person who likes to play around with trendy or over-the-top sunglasses styles, have no fear. Classic aviators are definitely trending for summer 2020. Aviators never seem to go out of style - and for good reason. They look good on just about anyone, and you can easily pair them with any ensemble. Plus, whether you want to go with a simple aviator or spice it up with some on-trend maximalist details (like coloured lenses!), there's a pair waiting for you this season.

## ONE LOOK 3 WAYS

A floral dress is one favourite style to see back on trend this year, as styling this simple dress can be done in so many ways. Get yourself a dress that can be worn over and over with different layers and accessories for unique looks! OMOWUNMI ONALAJA has shown us the versatility of her floral dress in three amazing ways.

#### FORMAL LOOK

Go for the 90s look by placing your floral dress over a stripe shirt, for a pop of colour and a more casual kind of style. It's a fun boho look for brunching on the weekend or heading out to dinner after work. Perfect for the office or meetings around.

#### CASUAL LOOK

If you're looking for a more casual way to wear this dress, you can't go wrong with a denim jacket and a pair of nice sandals. This styling choice is all about the accessories.

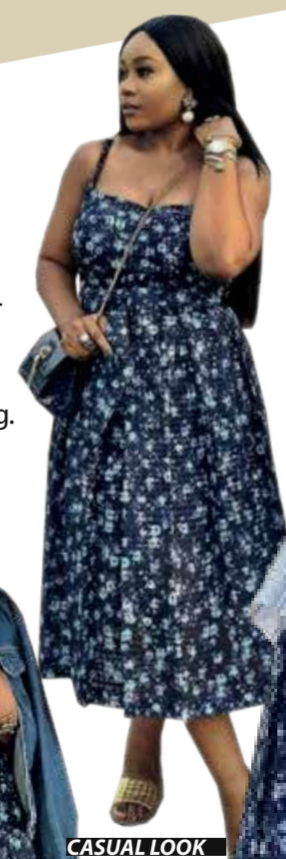
#### WEEKEND LOOK

For a simpler look, wear your dress with minimal accessories, like flat slippers, drop earrings,

and a structured cross bag! Perfect for dinner with the girls, or even grabbing some drinks after grocery shopping.



WEEKEND LOOK



FORMAL LOOK



## Some Simple Tips For Styling Floral Blouses...

- For silk, satin, or delicate floral tops, try them with skirts or flared pants.
- For cotton and linen floral tops, pair them with jeans and denim.
- Avoid layering floral prints (like a floral top and a floral skirt) unless it is a matching outfit. Too many floral items can be overwhelming in one look. But as with all fashion choices, there is a way to achieve it.
- Avoid wearing super loud accessories with floral blouses because most of the floral prints are loud in itself and you do not want to detract from them!
- Consider the size of your florals. Plus-sized should avoid too large a print as it can be overwhelming on their figures.



STELLA ADEWUNMI

### Casual Look

Meet up with friends, visit the library, grab coffee with your guy, or spend the day shopping in style in a floral crop top, sleek free pants, and a neutral-coloured bag. Keep accessories minimal and go for a classic makeup look. For this outfit, simple strap sandals will keep you comfy all day. \

### Date Night Look

Try on a gorgeous emerald green blouse paired with some distressed skinny jeans, try matching your shoes to your blouse to really tie the look together for a fabulous date night look. You will want to rock this look again and again.



FOLAKE HUNTOON



JULIETTE FOX

### Funky '70s Inspired Work Attire

Cropped pants are a fun pairing for a funky high neck floral sheer top. This makes for an out-of-the-box work outfit that your co-workers are sure to love. For the pants, steer away from jeans as that would be too casual and opt for smart trousers finish the look with some statement accessories. It's simple but definitely a fashion statement.



AMA GODSON

### Basic Everyday Look

A cool floral blouse is excellent for an everyday look. You can wear a floral shirt while running errands, going to the mall, picking up the kids from school or visiting the library. It makes you look stylish and cute and is a great casual look.



ALERO

### Go-To Vacation Outfit

This bright floral top will give you all the summertime vacation feels, especially when paired with white shorts, a straw bag and simple slip ons. Play with the accessories and feel free to experiment. You can't go wrong.



KEKE O

### Chic and Stylish Weekend Outfit

It's cute and chic while still being casual. Pair up some black skinny jeans with a cute off-the-shoulder floral crop top and finish off the look with floral heels to match, and a basket bag. This is a look you could even rock for a date! CHIC AMA



CHIC AMA

# FLORAL PRINTS

BY USIADE ISIOMA

Floral prints are a popular print for many reasons. Not only are they super feminine, they are a flattering print on all women and can be coordinated into all kinds of outfits. There are times that you may want to add some extra energy and cheerfulness to your blouse outfits. To do that, wearing a floral blouse instead of a solid-coloured blouse usually helps. They also look very refreshing and breezy so there is a lot to love about floral prints and we firmly believe that every lady should have at least one floral blouse in her wardrobe!



# Africa Avant- Garde

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more than banking



# ERNEST EBI

BANKER EXEMPLAIRE!

*In today's world where many want to run even before they can actually walk, Ernest Ebi does not shy away from emphasizing the importance of maintaining a long-term focus in every venture. This outlook on life is perhaps the bedrock of Ebi's accomplishments in life.*

*Since retirement, after a distinguished career in banking, Ebi has become one of the most sought after business leaders in the country, applying his vast wealth of experience in steering the Boards of various companies and organizations, from financial services to manufacturing.*

*At 70, Ebi is Chairman, Board of Directors at various institutions including Fidelity Bank Plc, Agrited Limited, AIICO Pension Managers Limited and Beloxxi Industries Limited while also sitting on the Board of Dangote Cement Plc. He is also an external adviser to Coronation Capital Private Equity Investment Committee and the African Initiative for Governance (AIG).*

*Ebi has excellent leadership skills and has successfully led high-profile turnaround initiatives for many challenged organizations. He remains one Nigeria's most accomplished bankers with vast experience as a retail and corporate banking specialist and as a regulator.*

*Recognizing his sound professional background and unblemished track record of meritorious service, the Federal Government of Nigeria in 2007 awarded him the National Honor of Member of the Order of the Federal Republic (MFR). In the same year, the Chartered Institute of Bankers of Nigeria also awarded him a Fellow of the Institute (FCIB).*

*This erudite and consummate professional, holds a bachelor degree in Marketing from the prestigious Howard University, Washington D.C U.S.A. and an MBA from the same school. He gained further exposure at several leadership and professional courses in high-profile institutions including IMD Switzerland, INSEAD Business School, Harvard, Oxford Said Business School and Brandeis University.*

*Married to his lovely wife Elizabeth and blessed with children, Ebi is a member of various professional bodies including the Bank Directors Association of Nigeria and the Institute of Directors (IoD) and other high profile organizations. He is active socially, with membership in some of Nigeria's prestigious clubs such as the Metropolitan Club, Ikoyi Club 1938 and IBB International Golf Club. He is a devout Christian. He gives time to actively serve God and supports various charities and charitable causes.*

**Everyone usually has a bucket list they will like to fill and as the years go by, they tick the boxes. Now that you are 70, do you still have boxes in your bucket list you will like to tick?**

I must give all the glory to God for seeing me this far to celebrate three scores and ten. I must say at 70, I feel fulfilled, happy, safe, healthy and loved. My sole wish is to continue the path from success to significance, where I can keep adding value to others and also contribute to nation building and the world at large.

**If you were not a banker and you were given a chance to retrace your steps, what other sector might you have embraced as a second choice and why?**

If I were not a banker, interestingly I would have liked to be a lecturer in higher education. I like to impact lives positively especially among young people. I believe quality education is so fundamental in the formation of our future leaders.

**With the recent pandemic on our hands, we have been forced to reflect on so many things and issues, what has this lockdown enabled you to do more of that you previously did not have enough time to do?**

The lockdown actually offered me an opportunity to pause and reflect on my life journey. It was a period of deep introspection and recalibration. Most importantly, an opportunity to appreciate the family even more and spend quality time with my wife, children

“  
*My mantra in life has always been to, “Begin with the end in mind.” Basically this means to approach every leadership assignment with a clear vision of my desired direction and destination.*

and grandchildren. We've really bonded. We also established a family altar to share God's word and prayers with the family and even all our wards.

**You have been one of Nigeria's most accomplished bankers with splendid experience as a retail and corporate banking specialist and as a regulator, what are the significant changes you have witnessed on both sides of the divide over the years?**

It is a unique opportunity and privilege to have served the banking industry both as an operator and a regulator. I thank God for that. The banking industry has undergone several reforms in the last four decades. To mention a few, first we had the era of segmentation of banks into Merchant and Commercial banks. Then we had about 89 banks in Nigeria. We transitioned to universal

banking and subsequently we had the banking sector consolidation in 2006. I was a member of the team under the then Governor of Central Bank of Nigeria, Professor Chukwuma Soludo, that implemented the reform. The consolidation brought about a major transformation of the Nigerian Banking Industry.

Under the recapitalization and consolidation exercise, minimum capital of banks was increased from N2 billion to N25 billion. This reform changed the entire landscape of banking in Nigeria as it drastically reduced the number of deposit money banks from 89 to 25.

Current and emerging events in the banking sector include; increased regulations, market disruptions, digitization, customer empowerment and expectations. Banks are leveraging enhanced technology and digitization to improve customer experience.

**Which have you found more fulfilling and challenging? Working as a regulator or as a player? And why?**

The two experiences were quite complementary. I found them both fulfilling and challenging. However, being a regulator was more challenging in view of the huge expectations from stakeholders and the implications of the policy choices on the broad economy.

**In this era of short termism and seeming erosion of values, what hard choices and sacrifices have you made in the course of your career that has contributed to your**

outstanding success? Hi

My mantra in life has always been to, “Begin with the end in mind.” Basically this means to approach every leadership assignment with a clear vision of my desired direction and destination.

This is habit number two in Stephen Covey’s book, “7 Habits of highly Effective People.” It requires one to have an attitude of a long-distance runner and not a sprinter. This principle has enabled me to leave every institution/ organization I served much better and transformed than I met it. No matter how difficult certain decisions are in the near term, if the long-term implications have better prospects, that is all that matters.

That said, being in several positions of leadership, there have been countless tough decisions made but I always remain focused in ensuring it is the objective and it doesn’t impinge on my integrity or other core values.

What were your guiding principles when you resumed as Chairman of Fidelity Bank?

“Begin with the end in mind” again came into focus as I resumed as Chairman of Fidelity Bank. From my very first board/management retreat in November 2016, I shared with the team that my focus as Chairman will be in three key areas. They were: Corporate governance, Capital and Risk Management. It is indeed heartening to say that I successfully led the team to deliver on these three priorities as the bank recorded significant growth across key financial metrics.

How are you able to be active on so many boards including the ones you lead as Chairman, managing people and big egos?

Well, I can only first give thanks to God for the privilege to be invited to serve on these boards. I wish to also thank God for the wisdom, knowledge and capacity to deliver value on the Boards that I served and even those that I currently serve.

Serving on a board can be very demanding and requires a lot of discipline, dedication and commitment. Days of ceremonial board membership are over. I see it as a professional demand and obligation to attend all my Board meetings regularly, punctually and be well prepared to contribute effectively.

9. At



*“We have kept our relationship waxing strong by building mutual trust and sharing every available moment together. She is a virtuous woman and above all, she loves God. In Proverbs 18:22, it says, “He who finds a wife, finds a good thing and obtains favour from God.”*

**70, you have achieved a great lot for yourself, you also attended a program called Leading From The Chair. What will your advice be to young and seasoned professionals in banking?**

My sole advice remains to not rush the process of rising in the ranks. Be a marathon runner and not a sprinter. Work diligently and in honesty consistently and you will be rewarded in due time. Also continuous learning, reading relevant materials and on the job experience are essential.

**With your hectic schedule, how do you maintain a healthy work-life balance? How do you spend time with your family?**

In life, we juggle so many balls and one of such balls is the coveted “glass” ball -- family. You can drop all other balls and still pick them up later. However, the glass ball can never be fixed once it drops. This glass ball analogy is to further emphasize the importance of work-life balance. In everything we do in life, family is fundamental.

I live a very disciplined life with strong Christian values. I prioritize a very regimented routine starting with my prayers, workout, healthy eating and even breaking up the days I work from the office so I can spend time with my family.

**What extracurricular activities do you participate in?**

In my spare time, I work out every other day if not every day. Before COVID-19, I was a regular in the squash courts at Ikoyi Club. I guess now at 70, I have to slow down on the squash and return to the golf course.

I am also the Chairman of a Charitable foundation called the Touching Hearts Global Foundation (THGF). It is a non-profit organization committed to mobilizing resources to meet some of the needs of orphans in various orphanages across Nigeria and support the rehabilitation of widows.

Furthermore, I am the Chairman of the Building / Fund Raising Committee of the Trinity Towers Project RCCG, City of David Parish. It is a multi-purpose real estate investment project embarked upon to generate income to support the various CSR projects of the church – such as

- Making a difference – whereby the church feeds over 1,000 people daily from different soup

kitchens.

- Healing Stripes Hospital – where free dialysis are provided.

- Scholarship Funds – to help the less privilege.

I am also the Chairman of the Business Networks RCCG, City of David – a platform designed to empower members and the population at large with the knowledge and skills required to succeed in business. The Network has over the years, graduated over 1,000 members in direct area of entrepreneurial endeavour.

**How would you define success?**

In my opinion, success is simply being fulfilled, happy, safe, healthy and loved. It is the ability to reach your goals in life and add value to others.

**What have been the biggest challenges you’ve had to overcome?**

After spending nearly four decades in the dynamic banking industry, it is impossible to say there weren’t challenges. In hindsight some of these challenges have turned out to be stepping stones to learning experiences that opened up new levels in my personal, career and even spiritual growth. In Psalm 91:15, God says He will deliver us from trouble/challenges and honour us.

**How do you keep up-to-date with the latest trends and development in the banking industry?**

I am a voracious reader. I have great passion for learning and knowledge. The banking industry, like every other, is very dynamic. Therefore, I attend courses and read materials that help me keep abreast of developments in the sector.

My many years in the banking sector has made it almost impossible not to keep up with the latest trends and development. Especially after working at the Apex bank, the vantage point to banking trends and developments never really goes away.

**Why are you passionate about leadership?**

According to John Maxwell, “Leadership is not about titles, positions or flowcharts but it’s about one life influencing another.” Leadership for me, is simply about influence - about how you influence others positively to follow the right values to improve society.

Leadership is about growing others. As a leader, you attract great people and know how to develop and retain them. “The growth and development of people is the highest calling of leadership” – Harvey Firestone.



*“My sole advice remains to not rush the process of rising in the ranks. Be a marathon runner and not a sprinter. Work diligently and in honesty consistently and you will be rewarded in due time. Also continuous learning, reading relevant materials and on the job experience are essential.”*

**You are passionate about education and set up an education fund for your community. How is that going and what motivated it?**

As I mentioned before, I love education. I am passionate about learning and even teaching. The best gift I could possibly share with my community are certainly these things that I know hold the key to unlocking their massive potential for Nigeria and even the world at large. In 2006, I setup a trust fund to help educate

gifted children in my community. This initiative actually encouraged the children to enroll into school. However, six years after, unfortunately, some of the trustees diverted the funds which made me quite livid. As a result, it is currently being restructured into a larger regional initiative with some stern controls and more rigid governance.

**Who or what has shaped who you are?**

My father of blessed memory was my role model. He had a very significant influence in my life. In addition, my personal relationship with God and trust in Him, meeting my wife and even my work ethos - all have shaped the man I am today.

**At 70 your mum is still alive. She must have been very happy during your 70th. To what extent has her influence been on your life.**

My mother is truly special. She has sacrificed so much for me and my siblings growing up and we owe her so much. To see her next to me celebrating this milestone birthday, is only by the Grace of God. He has miraculously kept her away from evil and kept her in good health to celebrate with me. I am extremely happy and honoured.

**What do you find most endearing about your wife and how have you kept the flame alive after all these**

**years?**

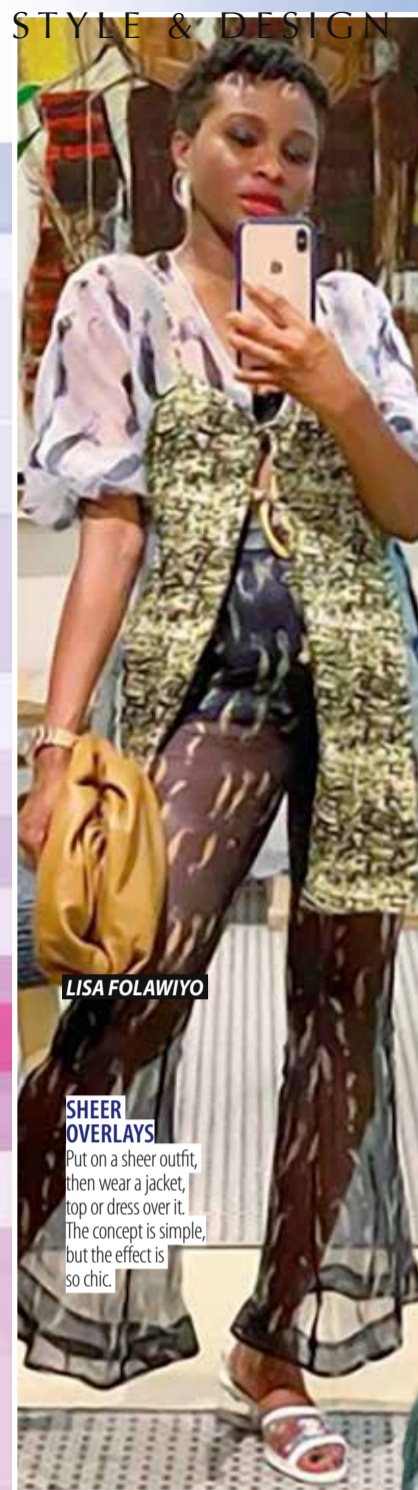
My wife is adorable and vivacious. She is my jewel of inestimable value. Her attributes of poise, tenacity, focus, beauty and excellent spirit are legendary. Always supportive in prayers and taking care of the children, grandchildren and the extended family.

She is my greatest fan and cheerleader and the epitome of a helpmeet.

We have kept our relationship waxing strong by building mutual trust and sharing every available moment together. She is a virtuous woman and above all, she loves God. In Proverbs 18:22, it says, “He who finds a wife, finds a good thing and obtains favour from God.

**Is it true that she is the only real thing that you have really chased after in life? That all the other things, appointments, have chased after you instead?**

Indeed, I never thought of it until she said it during her speech tribute on my 70th birthday. It is a statement of fact (Laughter). I had mentioned the fact that I am a child of destiny, a product of amazing grace. The hand of God has been in my life almost similar to David’s story in the Bible. The Scripture says, “Seek ye first the kingdom of God and all else shall be added unto you.” Sincerely, I see this verse in the Bible, playing out every day in my life.



LISA FOLAWIYO

**SHEER OVERLAYS**  
Put on a sheer outfit, then wear a jacket, top or dress over it. The concept is simple, but the effect is so chic.



JULIETTE FOXX

**BRA TOP AND MATCHING BOTTOMS**  
Bras are now shirts, especially when they coordinate. Your summer needs this coordinating set with fun eyelet details.



LILIAN AFEGBAI

**TANK TOPS**  
Tank tops with a nice pair of jeans or a white pants would make up one amazing combination. Wear with your favourite heels and flaunt your amazing style.



NARA OZIM

**FLORAL PRINTS AND DESIGNS**  
A floral print can enhance any outfit and make the person look glamorous. This stylish design or print can make you stand out in the crowd. You can wear a printed maxi with black leggings, which would make a beautiful outfit.



JACKIE AINA

**VINTAGE CAMI MINI DRESS**  
Rep the hue in a baby doll with spaghetti straps to give your '90s style an upgrade.



ADENIKE BANKOLA WATSON

**SHORTS ALL THE WAY**  
Wearing shorts would be a fab idea. A tucked in shirt can be either plain, floral one or a printed funky one. Anything would work as long as it makes you look good. Perfect for a movie date or a family party.



TOKE MAKINWA

**RUFFLE DRESS**  
Ruffle dresses are trend setters. Rock your summers in a colourful ruffled dress. You can look your best with it.



CHARLOTTE KAMALE

**T-SHIRT AND JEANS**  
A fun way to wear T-shirt and jeans would be to combine your existing pieces with the new ones. You could also wear a belt with your jeans and look absolutely chic in them. You will surely love it. A clutch in the hand and a gorgeous statement necklace over the shirt would be the perfect finish.

# COOL FASHION TRENDS

In summer, sassy skirts, floral prints, nice handbags, cool accessories, breezy dresses, and glamorous sandals are must to have in your closet. Although 2020 has been weird/frustrating, and while nothing is certain, we're all hoping this whole COVID-19 thing won't affect us quite as much as soon as summer rolls by. With that in mind, let's all distract ourselves with pretty summer 2020 fashion trends from floral prints to feisty colour combos, steamy cut-outs, and sheer overlays. Summers will go amazing with these trendy comfortable girly chic outfits that also brightens up your summer and vacations.



DR IFEYINWA NWAKWESI

## LIVING A PHENOMENAL, HEALTHY, HAPPY AND FULFILLED LIFE. COPING WITH STRESS - STRESS - A SILENT KILLER PART 11

Two weeks ago I wrote about Stress, the definition of stress, the stress concept and the stress response. This week I will conclude the remaining part of the stress response and discuss the biochemistry of the stress response, the signs and symptoms of the stress response and personality types

### STRESS RESPONSE (CONT)

We are faced with all Kinds of stressors. It may be that the decision based on our interpretation of the situations and our emotions is just right and our response is successful in dealing with the demands. In this situation, we will feel no distress and may experience EUSTRESS. Sometimes it may be that the decision is out of place or our response to the situation is ineffective in which case we will experience distress. For us to be able to respond to any situation or demand, the get set instructions are passed from the brain to the body through small electrical impulses which are sent along nerves directly from the brain to the body organs. When these impulses arrive at the end of the nerve cells, small amounts of a chemical called a neurotransmitter are released into the cells that make up the organ. The neurotransmitter will then alter the activity of the organ. Messages also get to the organs by a special chemical messenger called a hormone. This is released from a special gland (endocrine gland) and travels in the body to the organs. The hormones will also alter the activity of the organ enabling the body to prepare for action. The hormones that are mainly involved in the stress response are noradrenaline, adrenaline and cortisol.

This is a very complicated biochemical process. For the purpose of this article, I will not delve into further details. The main point to note is that certain hormones are released during periods of activation of the stress response and as the stress level goes down, there is also a decrease in the level of these hormones. It is also important to note that these hormones, noradrenaline, adrenaline, and cortisol affect the body organs in various ways. During prolonged periods of stress without any relaxation, these hormones will lead to some unpleasant signs and symptoms and if the stress continues, this may lead to major health problems.

### SIGNS OF STRESS:-

Physical:- Aware of heart beating, palpitations, breathlessness, lump in the throat, rapid shallow breathing, dry mouth, "butterflies" in Stomach, indigestion, nausea, diarrhea, constipation, flatulence, general muscle tenseness particularly of the jaws, grinding of teeth, clenched fists, hunched shoulders, general muscle aches and pains, cramps, restlessness, hyperactivity, nail biting, finger drumming, foot tapping, faintness, headaches, frequent illness such as colds, sweaty palms and upper lip, hot flushed feeling, cold hands and feet, frequent desire to urinate, over eating, loss of appetite, increased cigarette smoking, increased alcohol consumption and loss of interest in sex.

Mental and Emotional :- Distress, tearful, worried, upset, deflated, feeling of helplessness, guilt, hysterical, withdrawn, feeling unable to cope, anxious, depressed, impatient, easily Irritated and aggravated, angry, hostile, frustrated, bored, inadequate, rejected neglected,

insecure, vulnerable, loss of interest in self appearance, health, sex, diet, low self esteem and loss of interest in others. Polyphasic (doing too many things at once), rushed, failing to finish tasks before going on to the next, difficulty in starting to do things, prone to making silly mistakes and having accidents, having so much to do and not knowing where to start so ending up doing nothing or going from task to task and not completing anything, hypercritical, inflexible, un-reasonable, over-reactive, non-productive and poor efficiency.

### SIGNS OF EUSTRESS

Euphoric, stimulated, creative, understanding, thrilled, excited, helpful, sociable, friendly, loving happy, calm, controlled, effective, confident, efficient, clear and rational in thought, decisive, industrious, lively, productive, jolly, often smiling. Please note that these signs and symptoms are not exhaustive and many of these signs and symptoms could be due to other medical problems and other factors. It is important to consult a doctor if you are feeling unwell and having lots of these signs and symptoms to exclude any other possible causes.

**SOURCES OF STRESS:-** Almost everything around us can be a potential source of stress. That a particular event or experience becomes a stress situation for anyone is largely dependent on some factors which including the following:-

- State of Health
- Beliefs & Faith
- Genetics
- Personality
- Age
- Sex
- Education
- Experience and Reference
- Attitude and Perception
- Needs
- Upbringing
- Expectation and Rules

These factors will determine how the individual deals with challenges and how easily they can cope with the various demands in their lives. Some people have a personality type that make them highly prone to stress. In studies that have been carried out by the New England Journal of Medicine, it was discovered that there are basically three personality types A, B and AB

### PERSONALITY TRAITS

1. Type A personality  
The Hungry Achiever

Main Characteristic traits are:- Does more than one thing at a time  
-Hates criticism  
-Very competitive  
-Always in a hurry  
-Tense and restless  
-Tendency to be aggressive  
-Poor Listener  
-Inpatient

### OTHERS INCLUDE:-

- Finding it difficult to stick to speed limits and gets impatient with other drivers.
- Feels guilty when he or she relaxes.
- When on holiday often misses lovely sites.
- Walks, talks and eats quickly.
- Tense and angry when waiting in queues
- Constantly striving for material gain
- Gets frustrated when people do things slowly.
- Finds difficulty in expressing feelings (affection).

Most stress problems are - caused by personality Type A.

### Type B personality

- The Relaxed Listener:-
- Main Characteristics Traits are:-
- Co-operative with others
- calm and in control
- Can take criticism
- Flexible
- Also an achiever but more calculated
- Takes breaks and rest when tired without feeling guilty
- Extremely laid back and easy going.
- Able to delegate and encourage others.

The third group is Type AB which is a combination of type A and B characteristics.

Some people genetically are stress inclined. They may come from families where almost everyone is always uptight or worry easily. This is closely related to upbringing. We tend to develop habits early in life. If we are brought up in an environment where people panic at the slightest problems, we may not have learnt how to keep calm doing periods of challenges so that we may have the opportunity to look for a solution. Our state of health is also a factor. During periods of ill health, our coping abilities will be diminished. When we are in vibrant health, our ability to cope with challenges and problems is also enhanced. Age and sex are also factors. The older one gets, the more likely that he will be in a position to cope with challenges. It seems that women are better able to cope with stress associated with their multiple roles in life. Their roles as mothers equip them with the skills to manage their stress. Women are generally calmer and more gentle. Men tend to be more aggressive and infact its male chauvinism to be tough. Our educational level may also expose us to information and strategies that will help us cope better with stress as long as we are willing to use the information. Education also provides us better opportunities to succeed financially which is a major stress reduction factor. Our beliefs, faith, attitudes, experience and expectations all influence our coping ability. It is a question of managing our beliefs, thoughts and feelings which I have dealt with in my previous articles. There are some other factors that can lead to stress called unavoidable life events. These events occur at one time or the other in our lives. We just have to find ways to deal with them when they occur.

In the next two weeks I will finish the concluding part of stress and write about the effects of stress on our health and performance.

Dr Ifeyinwa Nwakwesi - Stress, cell - revitalization, integrative medicine and Cani specialist

# TIPS ON HOW TO DRESS CLASSY

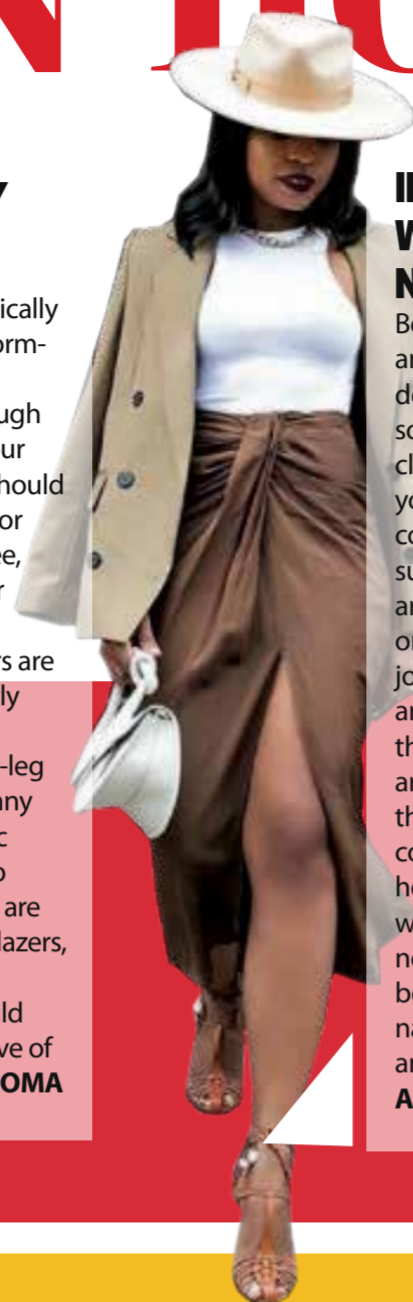
BY USIADE ISIOMA

*Having a sophisticated and classy style means that you can wear your outfits to work, Sunday brunch, a city shopping trip, or traveling the world. You can even go sailing while rocking this look. Creating classy outfits is about putting together crucial elements and making sure your style and confidence also shines through. When you find your personal style, you know you look great and feel confident when you leave your home. Whether you prefer bohemian, street, high fashion, minimal or classic, you can make your style look classy when the occasion calls for it. So, if you are ready to delve into this terrain, let's get started.*



## FIT IS KEY

Classy and sophisticated clothing is typically tailored and form-fitting not too tight, but enough to show off your figure. Skirts should hit just above or below the knee, as should your classy dresses. Classic trousers are straight, slightly wide, faintly bootcut. Wide-leg pants and skinny pants in classic fabrics are also acceptable, as are ankle pants. Blazers, blouses, and sweaters should follow the curve of your waist. **IJEOMA KOLA**



## IF IN DOUBT, WEAR SOLID NEUTRALS

Bold patterns and prints can definitely work in a sophisticated and classy look, but you may not be comfortable with such patterns if you are just beginning on your classy style journal. Neutrals are your friend in this case. Solids are plentiful in the stores, easily combined, and help to stretch your wardrobe. Typical neutrals are white/ beige/cream, navy blue, black, and grey. **STELLA ADEWUNMI**

## DON'T GO OVERBOARD WITH ACCESSORIES

Simple jewelry is the best way to go when aiming for a classy and sophisticated style. Your choice of shoes isn't left out here. **CHARLOTTE KAMALE**



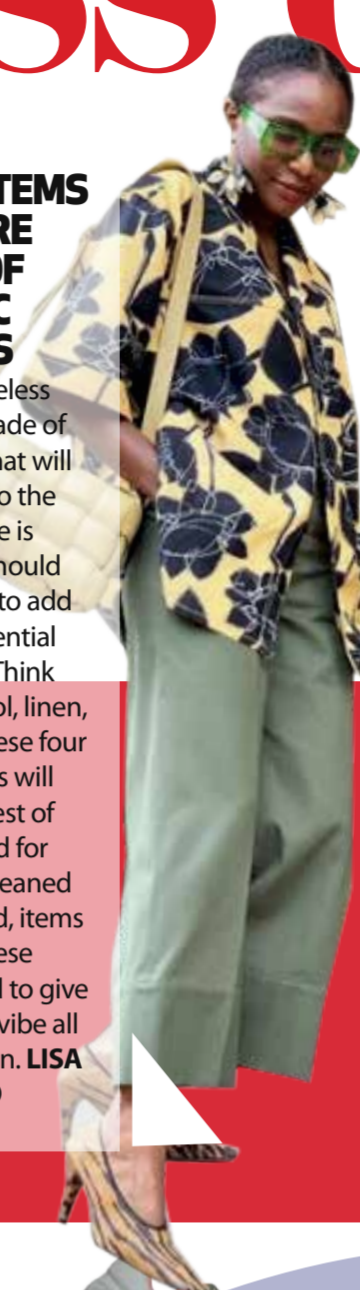
## STYLE YOUR HAIR

Make sure you style your hair. If you're wondering how to dress classy and give the appearance of sophistication, make sure your hair is on point. If you're short on time in the mornings or don't like styling your hair, opt for an easy haircut you can quickly put up. Find a hairstyle that is easy for you to style every day and one that you love as well! **CYNTHIA NWADIORA**



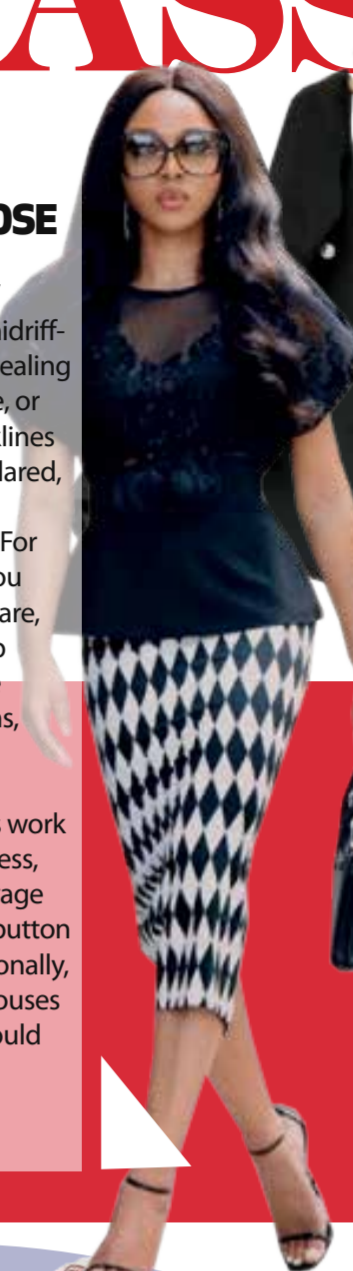
## WEAR ITEMS THAT ARE MADE OF CLASSIC FABRICS

Classic, timeless clothing made of materials that will last well into the next decade is what you should be looking to add to your essential wardrobe. Think cotton, wool, linen, and silk. These four basic fabrics will stand the test of time if cared for properly. Cleaned and pressed, items made of these fabrics tend to give off a classy vibe all on their own. **LISA FOLAWIYO**



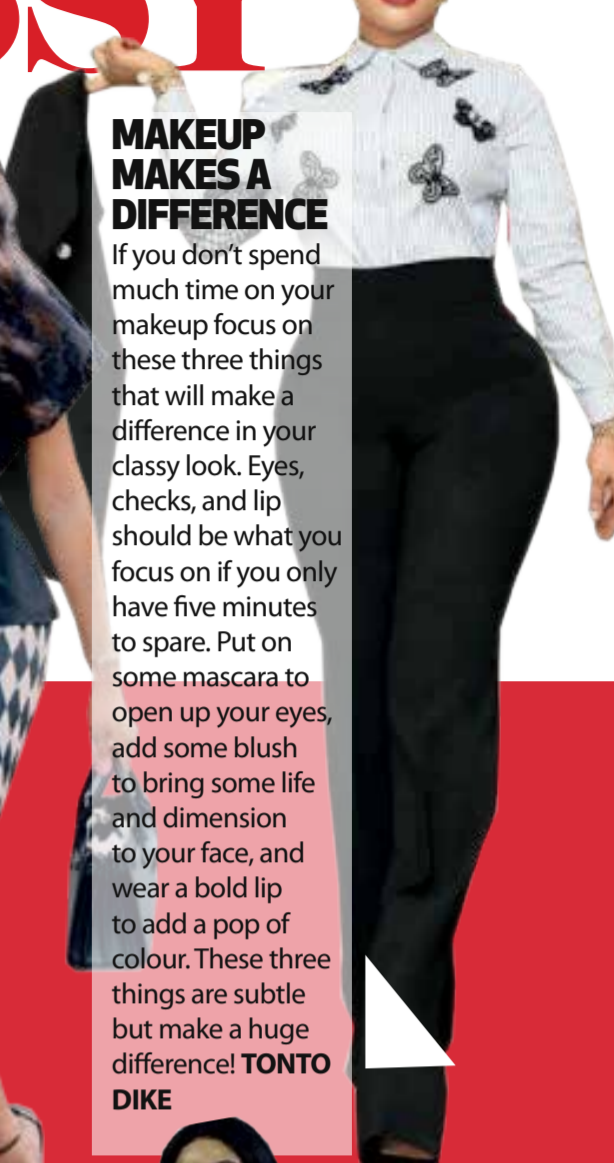
## NEVER OVEREXPOSE

Dressing classy requires a bit of modesty - no midriff-baring tops, revealing low décolletage, or miniskirts. Necklines are typically collared, boatneck, crew neck or V-neck. For some variety, you can also try square, cowl, and scoop necks. For more formal occasions, asymmetrical, sweetheart and halter necklines work as well. Regardless, keep your cleavage and your belly button covered. Additionally, armholes on blouses and dresses should not reveal your bra. **VAL**



## MAKEUP MAKES A DIFFERENCE

If you don't spend much time on your makeup focus on these three things that will make a difference in your classy look. Eyes, checks, and lip should be what you focus on if you only have five minutes to spare. Put on some mascara to open up your eyes, add some blush to bring some life and dimension to your face, and wear a bold lip to add a pop of colour. These three things are subtle but make a huge difference! **TONTO DIKE**



## HOW TO LOOK SUPER SEXY CHIC ON TULLE SKIRT

*This time I want to draw your attention to tulle skirts and best ways to wear them in the streets. When it comes to fashion, everything is possible, rules are broken. The tutu skirts are worn by everyone, including bloggers, fashionistas, It-girls and many other fashions influenced ladies. It's fair to say, tulle skirt makes a fresh and high-style look, what makes everyone look at you. Here are shown mini, midi and maxi creations in colors like black, silver, pink, yellow, etc. Some of them are styled super glam, others look edgy and sexy chic. One thing unites them all and it's the tulle fabric.*

BY USIADE ISIOMA



You can look absolutely gorgeous wearing fluffy layered soft yellow tutu combined with cropped same colour blazer as seen on **NANCY E. ISIME**

For that fresh and high style look pair your tulle with button down white shirt, colorful clutch and strappy sandal to look breathtaking all day. **SIMIOA**

Tulle skirts look incredibly chic when paired with another texture. Be bold and try to wear tutu skirt just as **DABOTA LAWSON**

**TOG OKONKWO** has shown us how to play down the flirty look by wearing this girly tulle over shorts.

The maxi skirts look edgy paired with well-tailored blazer with a belt to finish that classy crazy look. **SADE AKINOSHIO**

You can go for a super chic maxi black tulle bottom and pair it with a long sleeve see through black top to show some skin. **TOKE MAKINWA**

## FASHION NEW NEW COMBO

BY FUNKE BABS-KUFEJI

*It's one of fashion's coolest combinations: sneakers and dresses. Sure, heels are pretty - and often worth the pain - but sneakers allow you to walk around all day and night without having to soak your feet afterward. Plus, sneaker styles become more fashion-forward than ever, and look seriously incredible with all types of dresses (whether it be mini, midi or maxi).*



CHANEL LEATHER TRAINER

CONVERSE CHUCK TAYLOR SNEAKERS

MIMI ONALAJA

STELLA ADEWUNMI

TEAIRA WALKER

CYNTHIA ANDREW

FILA DISTRICT SNEAKER

NIKE AIR FORCE 1

PRISCILLA OJO

KEFILWE MABOTE

# Corona Virus

BY KONYE CHELSEA NWABOGOR

## On the Global Scene

### Burberry Is Taking Its September Fashion Show to The Great Outdoors

A few of fashion's biggest names may have already ditched the Fashion Week schedule, but Burberry's Riccardo Tisci isn't ready to say goodbye just yet. This September, Burberry is taking its spring 2021 collection to the great outdoors to digitally debut the Burberry in Nature runway show.

The immersive experience, set for September 17 will be completely carbon neutral, and serve as Burberry's

way to "reconnect with nature and each other." Where fashion shows used to be invite-only, this digital experience is open to everyone.

Speaking to WWD about the future of fashion shows, Tisci explained that he believes designers shouldn't forgo the fashion week schedule, but re-think their strategies because "we must recognize that the world is changing, and we must adapt and

redefine our landscape through new forms of expression. Ultimately, to me, it will always be important to keep a physicality to fashion, to be able to see and understand the texture and movements of clothes, but in new ways."

Tisci is one of the few designers with concrete plans for the upcoming September fashion schedule.



BURBERRY

### Fendi Taps Artist Joshua Vides for A Beach-Ready Trompe Loeil Collection

If you're a fan of both A-Ha and Fendi, you're in luck. The Italian house just dropped their pre-fall 2020 collection entitled 'California Sky' in collaboration with Guatemalan-American visual artist Joshua Vides. The painterly collection is reminiscent of the Norwegian synth-pop band's hit music video "Take on Me," where a cartoonish look runs strong. Much like that bop, Fendi's newest launch will only get better over time.

Vides lent his touch in the form of a scribbled Fendi logo while outlining the brand's iconic Peekaboo bag, poplin shirt dresses, and even a pair of jeans for a trompe l'oeil effect. The monochromatic colour combo is the collection's main aesthetic, complemented by subtle pops of pastel pinks and tie-dye blue, inspired by the Roman sky. The collection launches just in time for future beach escapades and features elevated summer staples like a pair of sporty leather pool slides, a terrycloth tote, and even a bikini edged in the artist's strokes.

If you're searching for more prints, look to the graphic floral motif or the leather bag dip dyed in Ombre.



FENDI



FENDI AND JOSHUA VIDES

### Dolce & Gabbana Unveils A Virtual Alta Moda Spectacular

For Alta Moda, Dolce & Gabbana's answer to couture, the destinations - Capri, Sicily, Lake Como - are just as glamorous as the clothes on display. This time around, Domenico Dolce and Stefano Gabbana are marking summer, the return of la dolce vita, and their latest Alta Moda, Alta Sartoria, and Alta Gioielleria collections in a big way (albeit virtually). Via a private site for Dolce & Gabbana's coterie of clients, the Italian house is showcasing all three collections. The site includes a video with an old-school slide show featuring snapshots of the Duomo in Milan and gondolas in Venice, harking back to the golden era of international travel.

Though there was no celeb-filled front row, the duo still brought the glamour with a collection inspired by Italian razzle-dazzle and travel and set in the house's glamorous Milanese salon. Looking to everything from vintage postcards to inspire silk prints and trimming dramatic caftans and kimonos with no shortage of fur and feathers, it was a collection worthy of a Slim Aarons muse - or an Italian starlet.



DOLCE AND GABBANA

### Gucci Launches Off The Grid, Its First Sustainable Collection

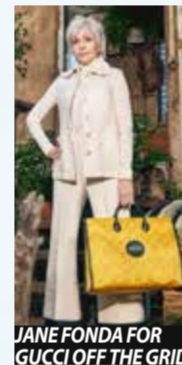
Between rising consumer demands for sustainable practices and the secondhand clothing industry estimated to be valued at \$64 billion by 2025, you can't not practice eco-friendly fashion solutions. That's the Herculean task that Gucci is taking on with Off the Grid, the Italian fashion house's first environmentally conscious collection heralded by creative director Alessandro Michele.

"Gucci Off The Grid has been conceived to enhance respect for, and responsibility towards, the environment," the brand stated in a press release. "Gucci believes that sustainability - at all levels - involves fostering this respect: respect for the people we share our planet with as well as for the environment. If we lighten our environmental footprint, we can enjoy the world with greater freedom - the freedom to follow our dreams, with curiosity, openness and joy." To star in its campaign, Gucci tapped Jane Fonda, Lil Nas X, King Princess, Miyavi, and David Mayer de Rothschild.

The 37-piece collection is just one component of Gucci's path toward a more sustainable future. Off the Grid is an extension of Gucci's program Circular Lines, an ongoing initiative to implement a circular production that aims to reduce waste by reintroducing byproducts back into the supply chain.



GUCCI OFF THE GRID



JANE FONDA FOR GUCCI OFF THE GRID

### Givenchy Names Matthew M. Williams As New Creative Director

Givenchy has tapped Matthew M. Williams as the new creative director of Givenchy. The Chicago-born designer is the seventh individual to helm the iconic French fashion label, following Clare Waight Keller, who departed the brand in April 2020 after becoming the first woman to hold the title, bringing a ladylike charm and revitalizing the couture business of the storied maison.

The announcement of Williams's appointment comes at a time when the fashion industry is in flux. Since the outbreak of COVID-19, brands are evaluating how best to present their collections to the public, deciding whether or not Fashion Week in September is a viable option. Still, Givenchy is putting its trust in Williams and will present his first collection for the brand in October. Williams, too, is up for the challenge, expressing his admiration for the label and how he will use his position to spur change in fashion.

"I want to say something about how honored I am to be taking on the role as creative director of Givenchy," Williams said via a recording shared on the brand's Twitter and Instagram accounts. "It's been my lifelong dream to be in this position, and it's really surreal that it's finally here. I've worked every day for 15 years towards a single goal, and it's super, super surreal. And at the same time, it's bittersweet because we're living in unprecedented times in the world."



MATTHEW M. WILLIAMS

## BEST CONCEALER & FOUNDATION FOR EVERY SKIN TYPE

*Your skin type determines how you care for your skin, so why choose your makeup any differently? Using the right base products can mean the difference between a face that holds up all day and concealer sliding off your face by noon. Keep these tips in mind next time you hit a makeup shop to take the guesswork on finding the right products for you.*

BY ISIOMA USIADE



**SENSITIVE SKIN:** Ingredients are the most important variable to consider when choosing makeup for sensitive skin, as many widely available products contain irritants like synthetic fragrance. The fewer ingredients the better. **CHANEL SERUM FOUNDATION** is formulated without parabens, sulfates, fragrance, phthalates or triclosan and is infused with nourishing argan oil to balance the skin. **NAKED SKIN CREASELESS CONCEALER** is excellent for all skin types, but its skin soothing properties make it especially suited to reactive complexions.



**COMBINATION SKIN:** Makeup suitable for combination skin is all about balance. You want to look for something that will both absorb excess oil and fend off dryness. A BB creamlike **MAC FACE & BODY FOUNDATION** can benefit combination types because its nourishing properties regulate oil production while also hydrating the skin. The **WEIGHTLESS NARS CONCEALER** is perfect for combination skin because it goes on creamy but has a light, almost powdery feeling once applied.



**DRY SKIN:** As anyone who has ever applied powder foundation to dehydrated skin can attest, creamy, moisturizing formulas feel so much better on drier skin types. A tinted moisturizer like **EVE LOM RADIANCE PERFECTED TINTED MOISTURIZER SPF 15**, is ideal, as it adds an extra layer of moisture, while offering sheer coverage that won't emphasize flakes or uneven texture. Multi use cream concealers like **HOURLASS HIDDEN CORRECTIVE CONCEALER** or **VINCHY CORRECTIVE FOUNDATION** won't cling to dry patches and can be used to cover blemishes and dark spots, as well as other imperfections.



**OILY SKIN:** Like combination skin, oily skin types also need balance. Look for a fine concealer like **BOBBI BROWN OIL FREE FOUNDATION**, they work to absorb oil without drying which can send oil production into overdrive. **INFALLIBLE 24HRS MATTE SHINE PROOF FOUNDATION** performs exactly as it claims, coating skin in medium coverage with a semi matte finish that minimizes the look of pores and appears soft focus rather than dry and chalky. Also try a long wearing matte concealer like **RADIANT CREAMY NARS** for coverage that will stay put.

## Basic Skincare Tips That Will Transform Your Skin

*The skincare industry can be overwhelming, which is why we're (always) here to help. And we totally understand your dilemma; with literally hundreds of innovative products being released each week and the discovery of another "must-have" ingredient, it can be hard to determine what products you really need and what's just a trend. To guide you through the beauty-jargon on your quest for happy, healthy skin, here are some basic skincare tips that cover ALL the bases.*

BY KONYE CHELSEA NWABOGOR

1. Avoid touching your face! Our hands are probably the dirtiest parts of our body, they're constantly touching different things. They can transfer dirt onto skin causing breakouts.
2. Clean your phone frequently, preferably daily. Our phones, just like our hands, are one of the biggest culprits for harboring dirt, bacteria, and viruses. They also frequently come into contact with our faces and can transfer this to our skin and contribute to breakouts. Use soap or a wipe.
3. Don't forget to wash your face before and after exercising. Don't exercise with makeup on, it clogs your pores. Sweat after exercise needs to be washed off to prevent clogging pores.
4. Shower immediately after exercising and exfoliate using a luffa once a week to prevent clogging your pores and getting body acne.
5. Use a silk pillowcase. It is good for both your hair and skin. Silk is a natural product and therefore silk pillows have been exposed to far less chemicals during production compared with other materials that are exposed to herbicides and pesticides etc. Silk pillowcases' smooth surface also limits friction on your hair which can lead to breakages and split ends. Lastly, its naturally hypoallergenic meaning silk has a natural resistance to dust mites, fungus and mold and many other allergens.
6. Change your pillowcase every two to three days and flip it every night. This is for hygiene purposes as whilst we sleep, oil from our hair and skin, sweat, perspiration, etc. may transfer onto our pillows and then into our skin.
7. Vitamin C is the ultimate glow-getter. It is one of the strongest antioxidants on the shelves, which means it helps to protect your skin from environmental stressors that can accelerate aging. Vitamin C also works overtime to brighten your skin and works in tandem with your SPF to improve its sun protecting powers.
8. Sunscreen is everything! If there's one thing literally ALL derms tell us; it's the importance of using sunscreen daily to help protect your skin from sun damage. 90% of how your skin ages is within your control and is directly linked to sun exposure. So even on cloudy days, protect your skin by using a sunscreen with SPF 30 or above and a 5-star UVA rating.

Just apply sunscreen every day, and your skin will thank you for it.



JACKIE AINA

*GLO AD*