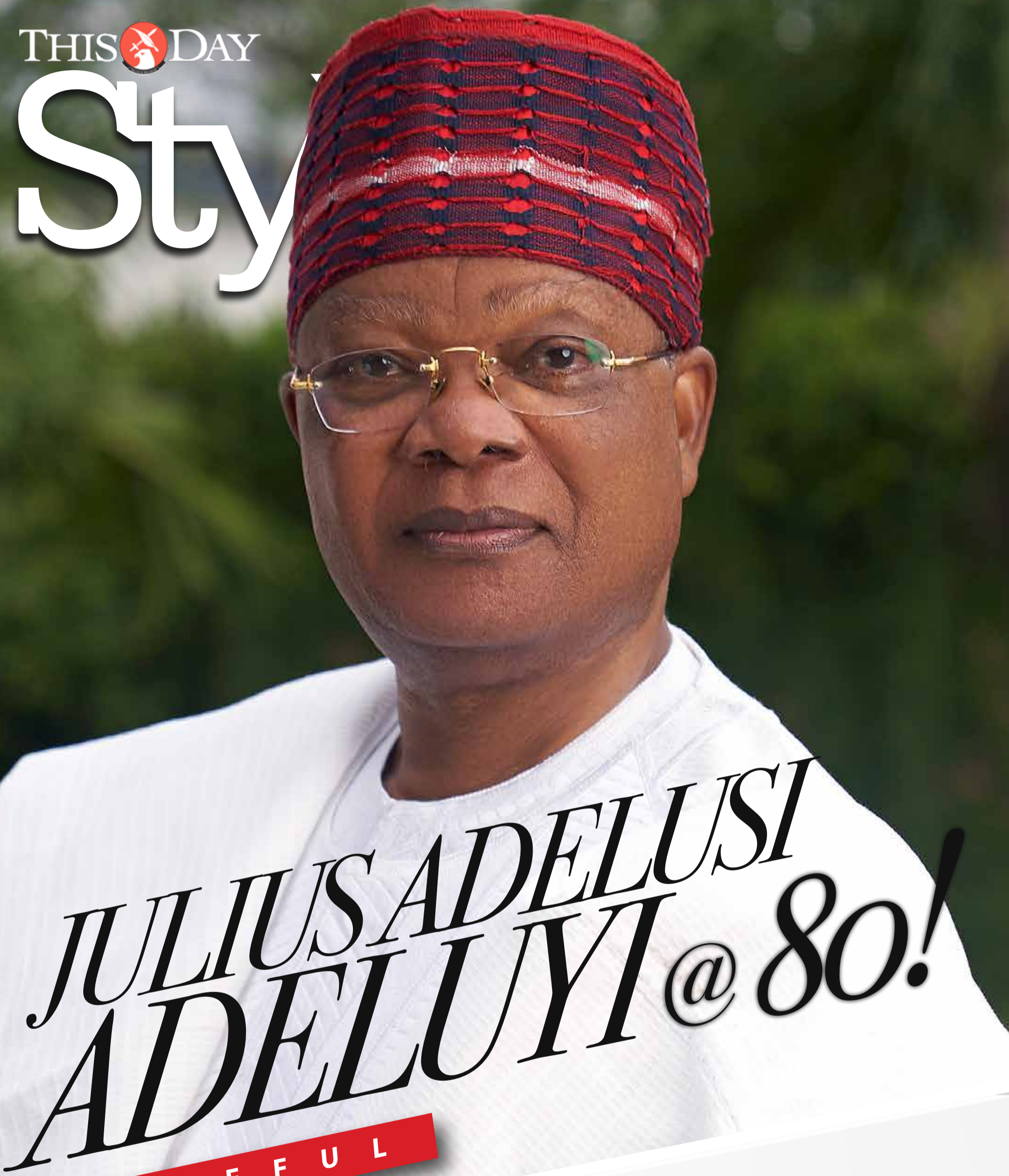


...NOT IN THISDAY STYLE? THEN YOU'RE NOT IN STYLE

THIS DAY

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JULIUS ADELUSI
ADELUYI @ 80!

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COVER

Prince Julius Adesuji-Adeluyi is a man of many caps. He is a pharmacist, lawyer, entrepreneur, strategist and philanthropist. He is the Executive Chairman of Juli Plc, the first indigenously owned/promoted company on the Nigerian Stock Exchange. **FUNKE BABS-KUFEJI** recently caught up with the charismatic octogenarian who doesn't look a day over 50 as he chats about his journey in life thus far.

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THISDAY STYLE

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The prayer for every parent or offspring is to live to see their children's children and God-willing, even their great grandchildren. So when one encounters people who fall in that last category or that age bracket, it is always a joy to speak with them and just generally listen as they regale you with their words of wisdom and tales that leave you with some nuggets of truth and insight of the world through their eyes.

I have always found elderly men fascinating to talk to for this reason. What is most interesting is when they still have charm and wit which gives an insight as to what they might have been like in their younger days. As they are old school, such gentleman have a habit of listening attentively to your views, sinking it in before they carefully voice their own response, especially if they do not necessarily agree with you. Maybe because I had a soft spot for my dad, I regard them as father-figures to look up to.

One of such men is our Cover personality this week, Prince Julius Adesuji-Adeluyi who owns Juli Pharmacy, the first indigenously owned/promoted company on the Nigerian Stock Exchange. Handsome and debonair, Adesuji-Adeluyi is very engaging to say the least and I remember once when I visited his home, he showed me pictures taken decades ago from various countries all over the world, clad in his form-fitting dinner suits and regal native attire. An exposed and intellectually savvy man, it was a most enlightening visit (long overdue cover interview at the time) but for some reason or the other, never came to pass. So it came as no surprise that we celebrate him now at 80!

Like the octogenarian, we pray that in our own lifetime, we too will have stories to tell to the generations after us and leave a name worth its weight in gold in time to come like he has!

Ruth

FASHION DIRECTOR/EXECUTIVE EDITOR

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CASUAL MEN WARDROBE BASICS

10 Essential Items To Perfect Your Look

The Casual style is very much influenced by trends, from high street to high end. But if you want to future-proof your casual wardrobe, there are a few timeless pieces that every man should own. Casual wear usually revolves around a set of basics and classic essentials that form the building blocks of your personal style. From casual pants like well-fitted jeans or chinos to casual button-down shirts and sneakers, we've rounded up those essentials you can mix and match to maximise the potential of your wardrobe staples.

ARTICLES BY ISIOMA USIADE



POLO SHIRTS
One level of formality above the T-shirt, the Polo shirt is another essential in your wardrobe. You can't go wrong when dressing casually if you combine a premium pair of jeans with a polo shirt. You don't need to spend a lot of money on a good polo shirt but you do need to make sure that it fits your body type.

LOGIK



GABRIEL AKINOSHO

CASUAL FOOTWEAR
It's important to put your best foot forward even when dressing casually. For a classic look, wear white sneakers that can be worn with virtually every style, go for leather if you want a more polished look. Don't limit yourself to sneaker only, however. There are many other casual footwear alternatives such as boat shoes, desert boots and loafers for smarter looks.



TOLUWA ADEPEJU

CHINOS
Chinos are an excellent style item to mix things up from time to time. The same upper outfit worn with chinos instead of your jeans will instantly change your overall appearance. Invest in the right cut in classic colours such as khaki, navy and beige which are easy to match. Comfortable and stylish, chinos also can help you achieve a smart casual look. Chinos are also perfect for occasions with ambiguous dress codes, especially the smart casual and business casual styles.



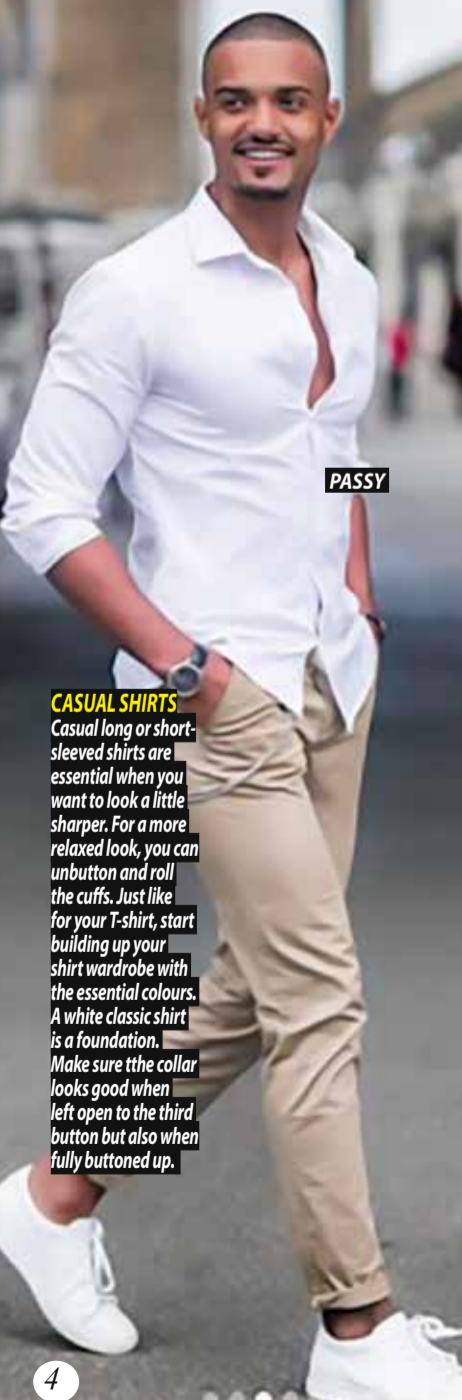
DENOLA GREY

DENIM JEANS
The backbone of the casual outfit since the 1950s, great fitting jeans can easily be dressed up or toned down. If you want to project a more polished appearance, opt for a quality pair of jeans in straight-leg styles and a dark wash. For a more laid-back, off-duty look, go for cuts in lighter hues. Whatever style you choose, denim is always a failsafe go-to style that you can take in many different directions.



MISTAH

HOODIES
A streetwear staple, the hoodie is a great layering piece to keep you warm or add an edgy attitude and athleisure vibe to your casual outfits. Pair it with something sleek for a modern look. To avoid looking sloppy, go with premium fabric and finishing and pair your hoodie with sleek pants.



PASSY

CASUAL SHIRTS
Casual long or short-sleeved shirts are essential when you want to look a little sharper. For a more relaxed look, you can unbutton and roll the cuffs. Just like for your T-shirt, start building up your shirt wardrobe with the essential colours. A white classic shirt is a foundation. Make sure the collar looks good when left open to the third button but also when fully buttoned up.



JEREMIAH OGBODO

ACCESSORIES AND ACCENTS
Accessories are perfect to add a touch of personality to your casual outfit and enhance your overall look. You can stay consistent with accessories that will support your look or go completely in the opposite direction to create your own unique style.



GEORGE MYRIE

CARGO AND BERMUDA SHORTS
Depending on the occasion and climate, a pair of cargo or Bermuda shorts can be appropriate. They should be in high-quality fabrics and fit you well. Even if the occasion is relaxed enough to wear shorts, make sure that you don't look sloppy.



AUDREY LUNDA

CASUAL JACKETS
A lightweight jacket is a fashionable finishing touch that can add plenty of individuality to a relaxed look. It's one of the items in your wardrobe that will stay with you for years, so it's worth investing in a high-quality model. Stick to the classics that won't go out of style after six months.

CASUAL T-SHIRTS
Inherently casual, T-shirts are an essential part of any man's basic wardrobe. The humble T-shirt is easy to wear, subtly stylish and as versatile as it gets - it can be worn with anything, even dressed-up tailoring. For your T-shirt, the rule is to keep it simple. You can spice up your casual outfit with some bold patterns, styles and designs if you want. But always make sure to find the right fit for your body type.



CASUAL to Street Style

We all have those days where we've completely overbooked our calendars and have no time to change clothes before heading out for the night. So how about wearing something that you can just make a few "Mr Rogers" swaps to completely transform your look from casual to street style.

CASUAL STYLE
A floral shirt and checked chinos short are the kind of a no-brainer casual combination you so terribly need when you have zero time. This is a cool and relaxed look. Wear animal print shoes to bump it up a notch.

STREET STYLE
Pair a floral shirt with ash pants to assemble an everyday street look that's full of style and personality. Finish off your outfit by wearing a pair of white canvas low top sneakers to class it up.



BEST ROLEX WATCHES FOR WOMEN

Rolex the name itself, conjures an image of a person lapped in luxury, loaded with precious jewels, and being waited on hand and foot. The ultimate satisfaction for a watch enthusiast would be to add a Rolex to their collection. Rolex is an age-old luxury label of timepieces. This label lays emphasis on precision and style and creates timeless pieces for both men and women. From the exceptional Lady-Date just to the delicate yet intricately detailed Pearlmaster, Rolex watches are indeed masterpieces. Here are some of their best timeless timepieces for women that have caught our eye.



Rolex Batman
Let's just say, we've seen better of Rolex than this particular timepiece. The Rolex GMT-Master II Batman walks in the footsteps of the Rolex Pepsi. This watch is well designed and lies comfortably on the wrist.
\$15,500.00



Rolex Daytona
This iconic piece was introduced in 1963 and was designed to meet the demands of professional racers. The Rolex Daytona demands attention toward precision, symmetry, and balance. This timepiece is unique, timeless, and requires confidence and sass for one to pull it off.
\$15,570.00



Rolex Oyster Perpetual
Nothing can be purer than the Rolex Oyster Perpetual. This untimely beauty is the world's first-ever waterproof wristwatch. It has been designed precisely with accuracy and delicacy. Living up to its quintessential reputation, the Oyster Perpetual is one among the few classic souvenirs that exude solidity and simplicity that speak volumes about the luxury label.
\$4,985.00



Rolex Datejust
An elegant gem and feminine in every sense, the Rolex Date Just has been the definition of class and accuracy since 1945. This gorgeous beauty is the first-ever women's date chronometer that marked the beginning of sheer elegance and feminine beauty. Date Just has been designed specially to suit the delicate and supple female wrist and is a perfect blend of alchemy, form, and function.
\$10,950.00



Rolex GMT Master II
The Rolex GMT Master II is truly one of a kind. This cosmopolitan watch is an aesthetic combination of peerless functionality and exquisite beauty that has gained attention worldwide. The GMT Master II has been designed to show time in two different time zones during intercontinental flights. This timepiece has been manufactured from an extremely hard ceramic material that makes it long-lasting. The Rolex GMT Master II is truly an oyster of the skies in all ways.
\$15,408.00



Rolex Daytona Rainbow
Rolex Daytona Rainbow in Everose gold is among the few watches that are hugely extravagant and much talked about. It is extremely rare and reflects the highest skill of the Rolex craftsmanship. It exudes simplicity and charm whilst making a strong, bold statement. The Rolex Daytona Rainbow consists of sapphires along with hints of rainbow gradation. These timepieces are difficult to reproduce, making them all the more valuable and rarer.
\$17,700.00



Rolex Pepsi
This timepiece is an acquired taste. Only a few can pull off this bold, solid, and gorgeous accessory. The Rolex Pepsi is the ultimate representation of classic in its original form. When this watch was newly made, its two colours represented day and night. This watch is extremely popular due to its coloured bezel, which is truly rare. The best feature of the Rolex Pepsi is that it has an increased power reserve, unlike any other timepiece.
\$34,356.00



Rolex Gold
The Gold Rolex watches capture radiance, beauty, and sheer elegance developed over the years of skill and craftsmanship. These timepieces use rare metals, sapphires, and different types of gold (yellow, white, and rose). They are durable and a class apart, and their beauty lasts for generations.
\$39,676.00



Rolex Sky-Dweller
The Sky-Dweller is considered by many as "The Watch for World Travellers." This exceptional timepiece by Rolex is characterized by its second time zone display on an off-centre disc on the dial. The Sky-Dweller allows easy access to time zones and looks nothing less than a stunning piece of work.
\$16,977.00



Rolex Submariner
Owning a Rolex is one thing, but owning a Rolex Submariner puts you in a different league altogether. This beauty was introduced 60 years ago and has undergone a series of developments. All that just makes it more irresistible and tasteful. It was designed both for everyday wear as well as rough activities (like sports). The Rolex Submariner is a perfect fit for a woman who likes to spend time underwater.
\$11,490.00

BEST SHOES TO WEAR WITH SHORTS

Thanks to their effortlessly cool style and versatility, shorts can be sported for countless occasions and multiple dress codes. While this adaptability makes shorts an easy choice of clothing, it can also make deciding on accompanying footwear incredibly difficult. Choosing the correct style of shoes is essential to creating a stylish appearance. *STYLE* is here to help with a guide that shows you the best styles and how to wear them properly.



PASSY



UTI NWACHUKWU



ALEX AKUBO



CORMACK



DENOLA GREY



KING MIKE



PRETTY MIKE

Boat Shoes
When boat shoes are worn the right way, they can be incredibly stylish and can bring some maturity to an outfit. Boat shoes strike a comfortable balance between smart and casual, making them easy to dress up or down. When it comes to more formal events, pair them with chino shorts for an effortlessly refined look. Opt for a good fit, and match them with a tailored shirt for balance. It's best to choose boat shoes in neutral colours such as navy, tan or beige.

Slip on
While shorts are thought of as the cool, casual essential in any wardrobe, the addition of some slip on can instantly change their appearance. The classic footwear style is a staple for any closet and lends a unique aesthetic to any ensemble. Ideal for casual outfits yet easily dressed up for more formal occasions, these shoes are versatile and fashionable. Pair them with a floral shirt and chino shorts for ultra-stylish ensemble!

Loafers
These stylish slip-on shoes are a wardrobe must-have and come in three different styles: the penny, tassel and Gucci. Paired with shorts, loafers make the perfect ensemble for daytime outings. It's up to you how formal or informal you go, but a pair of chino shorts combined with a shirt, casual blazer, and loafers make a great semi-formal look for the summertime. They are very versatile.

Espadrilles
For a casual yet trendy style, espadrilles are a great option. These shoes are one of the most comfortable summer shoes on the market. When it comes to styling these shoes, there are a few items of clothing that will help you achieve a casual appearance. As versatile as they are stylish, chino or denim shorts are one of those items you can sport for multiple occasions. Pair them with your espadrilles, and a shirt for a polished look. Or for more casual, a simple polo teamed with denim shorts will create the perfect weekend ensemble.

Brogues
For a classic look, brogue shoes are a timeless item in men's fashion. Not only are they neat and stylish, they also add a unique touch to any outfit thanks to their distinct perforations. When styling an outfit, it's important to remember that smart shoes must be matched with a pair of equally smart shorts. Coupling brogues with tailored shorts creates a look that's perfect for a smart casual setting. The key to making them look great is to balance them with a classic fitted jacket. Just remember to ditch the socks and grab a pair of sunglasses.

Sandals and Flip Flops
If you spending the day on the beach or by the pool, you need shoes that are both comfortable and breathable. Sandals are a great choice in footwear for the summer months. When paired with shorts, they make a great match. For this look, team a pool or denim shorts with a plain tee and practical sandals.



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Trend to try - MONOCHROME FASHION

In style terms, monochromatic dressing means wearing separates of one colour that have different textures and/or similar shades of that colour for an overall tonal look. While mixing patterns can look a bit fussy, wearing a single tone is more straightforward and has a cleaner approach to putting an outfit together. In fact, when you keep your overall gear within the same colour hue, the outcome can be just as striking as wearing a bold pattern or vivid colour.

While you may think that the monochrome trend is easy, it is also quite tricky, especially if you decide to try it with bright colours or light neutrals. This trend takes some testing to find out what you like and what you will feel confident in, and if done correctly, it can be just as show-stopping as a patterned dress or statement jacket. The fantastic thing about this trend is that it works with virtually any colour you choose purple, red, blue, green, brown, pink...you name it...it works!

FENDI

ESSY

YUKI AKINOSHO

OFF-WHITE

TEMI-OTEDOLA

SONIA RYKIEL

Earn Your STRIPES

When it comes to patterns, fashion lovers are taking a linear approach. From mod zigzags to bold sailor motifs, stripes are becoming more and more

A Simple Striped Shirtdress
looks beyond chic when paired with a nice pair of jeans.

Coloured Stripes
Don't be afraid to try coloured stripes when trying out this trend. Opt for a shift dress with just the right amount of stripes. Enough to stand out but not enough to engulf you.



STELL UZO

SADE AKINOSHO

JENNIFER OSEH

Vertical stripes
can help elongate your figure and make you look skinnier.

BY KONYE CHELSEA NWABOGOR

7 FASHION HABITS OF HIGHLY STYLISH GIRLS

Ever noticed those girls that look stylish 24/7, make heads turn and always look like they come straight out of a magazine? Well, they all have one thing in common: they follow these 7 habits

HABIT 1

HABIT 2

HABIT 3

HABIT 4

HABIT 5

HABIT 6

HABIT 7



OWN YOUR STYLE.
Achieving this is probably the most difficult part for most people. It is important that you don't blindly copy a trend, but you can always take inspiration from them!
CHIOMA IKOKWU

VERSATILE PIECES
Every stylish girl has some versatile pieces in her closet. These key items simply can't be missed and can easily be styled for many different occasions.
FISAYO LONGE

WORRY LESS ON TRENDS
Fashion is a fast-moving industry, so keeping up with every trend probably would leave you broke. Find a middle ground, look ahead and create your own looks.
KEKE

CONFIDENCE IS KEY
Stylish girls are effortlessly cool and always have an attractive level of confidence. You need to feel comfortable in what you are wearing, which is why it is important to always pick your correct size and buy clothes that excite you. Stop worrying about what others think because at the end of the day, confidence is the best accessory anyone can wear.
KEFILWE MABOTE



PLAN YOUR OUTFIT HOURS BEFORE
This not only gives you a lot of time in the morning to get ready, it also gives you the chance to pull off a well thought of outfit.
YUKI AKINOSHO

IT IS ALL ABOUT THE SHOES
You can have the most amazing outfit on, if you are wearing the wrong shoes it can totally break your outfit!
STELLA UZO

DON'T BE LABEL OBSESSED.
Highly stylish girls can make anything, look fashionable, from vintage to a high-end brand. They never just focus on labels, because they want to show off. Adding one or two expensive looking pieces to anchor your look is always a good idea, but never overdo it.
BENEDICTA GAFAH

The Ultimate guide to dressing like a INFLUENCERS

BY KONYE NWABOGOR

Looking to take your look up a notch? Then taking a page out of your favourite influencer's book is a great idea. The fun thing about following influencers is that they dress b-o-l-d-l-y. They also make fashion seem fun. Not all of us have the time or energy to put together a whole new outfit every morning but taking a cue from your favourite influencer is sure to make a fashionable difference.



Androgyny

We all know that men's clothing can be very comfy, but have you ever thought about mixing up your feminine pieces with men's clothes to give it a cool juxtaposition? If you haven't then maybe think again because an androgynous look will not only give a cool vibe but also a rather powerful look. **ALERO**

Wear a Suit

If you're a sucker for that Instagram boss lady vibe then power suits are the only way to go about it. With this particular trend, you have the liberty to either go all out with pattern on pattern, a super bold monochromatic suit and belted blazer or take the more subtle but equally powerful route of girly pastels and muted tones. Paired with sleek jewelry and accessories you're sure to turn heads. **JENNIFER OSEH**

Play with colour

We are so used to the monochromatic look that at a point it becomes hard to step out of our comfort zone. This isn't saying you should go all out on the very first day, but rather ease your way into the trend. If you feel that this isn't really your cup of tea, start off by just playing with colourful accessories, adding a brighter bag or solid coloured shoes can make any boring outfit fun. **DIANAH GWENDU**

Belt it

By now we all understand the importance of accessorizing and belting up is by far the most practical and interesting one. You can go for the sleek and sophisticated ones or turn around and go for the chunky ones with the huge logo of the brand embossed on it. Or better still, make use of a belt made out of same fabric with your attire. It not only adds a certain vibe to the outfit but also cinches in at the waist giving you toned look. **AMA GODSON**

Play with patterns and textures

Mixing up different patterns and textures is definitely one of the favourite techniques used by leading stylists, designers and influencers. This is something that is often overlooked when you are getting ready in hurry, mixing of these two elements gives a certain dimension to the look that cannot be achieved easily otherwise. **YUKI AKINOSHO**





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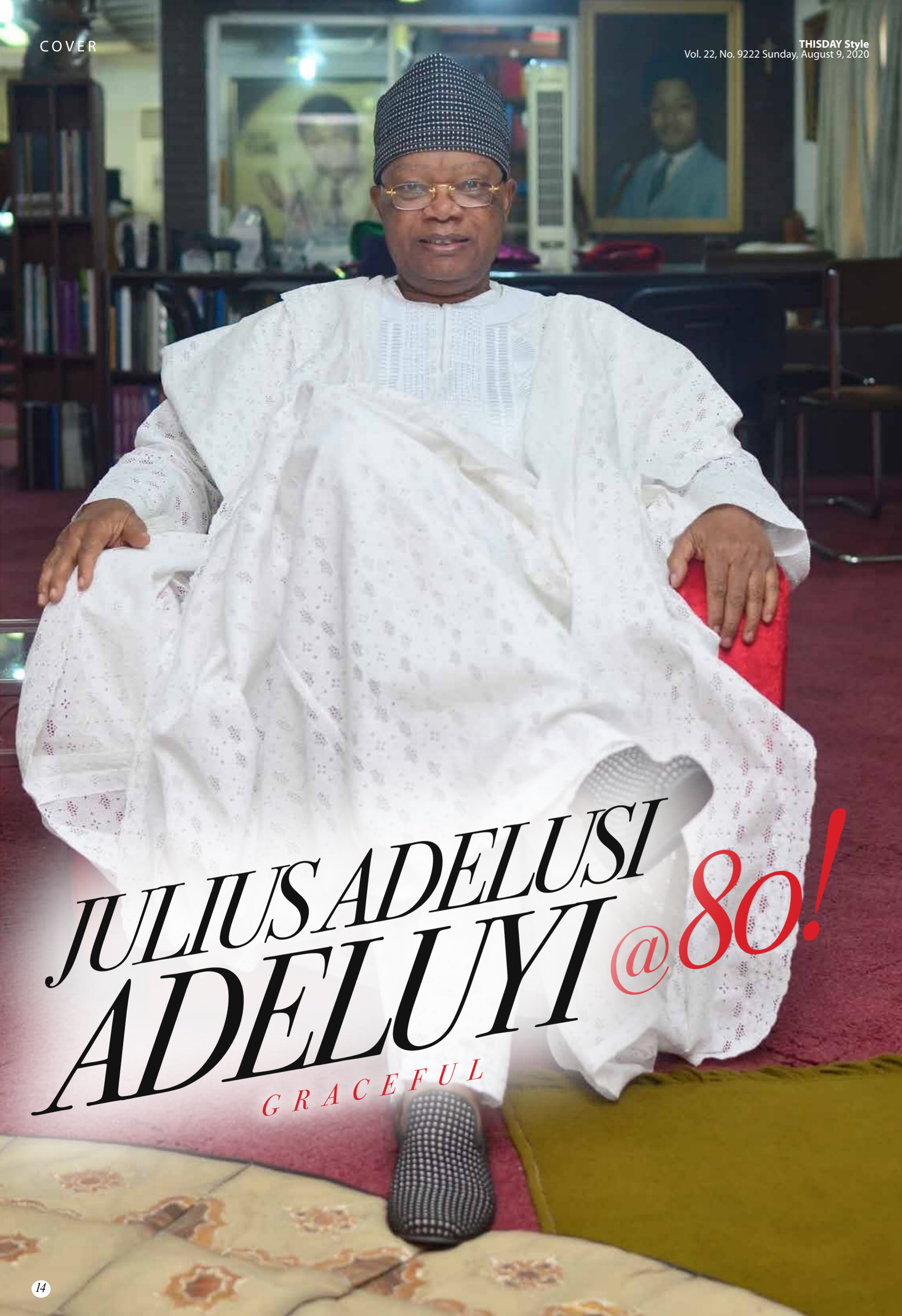
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JULIUS ADELUSI ADELUYI @80!

GRACEFUL

Prince Julius Adelus-Adeluyi is a man of many caps. He is a pharmacist, lawyer, entrepreneur, strategist and philanthropist. He is the Executive Chairman of Juli Plc, the first indigenously owned/promoted company on the Nigerian Stock Exchange. Adelus-Adeluyi has served in various positions in both the public and private sectors and is a leader extraordinaire. Respected and revered, Prince Adelus-Adeluyi is a man of exemplary character and has received numerous awards for his contribution to both his profession and his service to the people of Nigeria. FUNKE BABS-KUFEJI recently caught up with the charismatic octogenarian who doesn't look a day over 50 as he chats about his journey in life thus far:

80 years old and you don't look a day over 50, what is the secret to your youthful looks and countenance?

The secret is there's no secret! I have learned over the years that godliness with contentment is a great gain. That doesn't mean there won't be moments or cares that could take their toll on you, but that understanding helps you to live at peace with yourself one day at a time.

You speak several languages fluently: English, French, Dutch, Spanish, Portuguese, Latin and your native Yoruba. How would you describe your ability to master different languages?

It's most likely inherited, a part of my DNA. But a combination of study and practice has also helped to make me more proficient in these languages. I'm actually studying Greek now. I'm not studying Mandarin. They say it's a language of the future, but for me, the future is now, rather short (laughter).

Would you say this gift of multilingualism been of most tremendous advantage to you?

It has been of huge advantage to me. There are many instances where my language skills have helped me in resolving conflict. When you speak to a man in his native language, he is more relaxed. His affinity towards you is enhanced. Language helps to open doors. If you went to Imo State as a Yoruba man or Kanuri man, but spoke very fluent Igbo to the people, they would respect you. And I assure you they would be more inclined to listen to you than if you went there speaking very good English.

Your first job in Nigeria was at Pfizer, one of the world's premier and largest biopharmaceutical company as an AGM. What was the experience like?

I was headhunted for the position I got at Pfizer. My experience at Pfizer was quite fulfilling actually. I got into Pfizer as Assistant General Manager. My letter of appointment actually indicated that in five years, I would become GM, all things being equal. My adviser then was Dr. Kwaku Adadevoh, who would later become Vice Chancellor of the University of Lagos. I was very fulfilled working for Pfizer and the company did a lot to make me comfortable. I lived in Airport Hotel in Ikeja for the first nine months at the company's expense before I got a suitable accommodation. I had a standing steward in the hotel. But more importantly, Pfizer was a great learning environment. The company as at that time, much as it is today, was very involved in research and development. It was very research-driven, so you found out that you were availed not only of technical information about the various drugs and their competitors, but you were also regularly schooled on the mechanics of bringing a drug to the hands of the consumer. So you learnt budgeting, finance, selling, marketing, collaboration and there was plenty of exposure to what was happening in the world of pharmaceutical research as well as manufacturing in its various overseas manufacturing plants.

If your job was fulfilling why did you switch to entrepreneurship?

Everything became routine too quickly. There was also undue rivalry among the employees. I couldn't really understand this. Some people were

not quite happy with my position as a sort of heir apparent. I also did something which was not very smart. Occasionally, I would call those of us who were black, into a meeting and tell them that we needed to cooperate and work collectively to take over the industry from the white bosses who were really neither better qualified nor more experienced than ourselves. But you know, some of these same colleagues of ours would go behind my back to report all that had transpired to the white bosses. Then one day, one of the white men called me and said I was bright but stupid and he relayed to me the proceedings of a meeting we held the previous day

“

I have learned over the years that godliness with contentment is a great gain. That doesn't mean there won't be moments or cares that could take their toll on you, but that understanding helps you to live at peace with yourself one day at a time.

”

as reported to him by one of the attendees. Of course, there had been a lot of exaggeration!

But the routine was the biggest problem. I was almost getting bored.

You went on to establish your own Pharmaceutical Company, Juli Pharmacy, what did you set out to do differently that sets the pharmacy apart from all others?

I had become National Secretary of the Pharmaceutical Society of Nigeria at the time and had been privileged to see how many retail pharmacy outlets looked. Many were, to say the least, quite conservative in outlook and fell far short of the standards I had come to expect given my exposure to such outlets in other parts of the world. I thought there was an opportunity for me to help raise the standards as a sort of torchbearer, if you will. Air conditioning was still relatively new in Nigeria in those days, but Juli Pharmacy was fully air conditioned from day one. It was a novelty at that time and there were many who thought it couldn't be done, that the business was never going to be able to sustain having air conditioners in a Pharmacy. But we succeeded and others had to follow suit. I called the pharmacy, "Juli Pharmacy and Stores," but quite a few of my colleagues were not very happy with the name because I had added "stores". But we succeeded and soon many others were emulating what we had done. But I vowed from the onset that we would be distinguished by the service we provided. We provided 24-hour services – we worked round-the-clock. I don't know if anyone else has matched that. It was a novelty at the time.

Juli Pharmacy was and is about reliability. You got whatever you wanted, promptly. That's why our tagline was "the sign of service." We've always striven

to epitomize great service delivery. People still come to Juli Pharmacy from as far as Kano and other distant places in search of genuine drugs. I should add that Juli was also a great training ground for pharmacists especially those who would eventually go into the retail side of the business. We've always tried to provide a work place where employees would not only learn, and improve both as pharmacists and as managers but in addition, have fun and be fulfilled as professionals whether as health professional or human resource professional or finance professional or even as logistics and marketing professionals.

Juli Pharmacy had lots of branches in those days where communication wasn't as easy as it is now. How were you able to run it successfully with the challenges of telephones and no internet connections?

I was young when we set out, and very determined to accomplish my dreams of having a model and modern pharmaceutical chain across Nigeria and possibly the West Africa sub-region. My target was to have 500 branches actually, although we succeeded in having 22 in total. We invested heavily in logistics. We had a fleet of Peugeot station wagons for distribution to ensure that no branch was ever out of stock of any medicine. We invested in our people too. As I said earlier, we did everything possible to ensure that our people found the job fulfilling.

Juli Pharmacy was the first indigenous company to be quoted on the stock exchange beyond raising additional funds, what was the motivation for going public and will you say it was a good decision?

Raising capital was key, because as I said, the goal was to take us to 500 branches. I also needed to show that these things were possible and that as black people, we could do them. I had seen the role that capital markets had played elsewhere in the world in helping businesses to transcend the "start-up" status and gradually move into the big league. I thought it was something that we could do here. As at the time I went to the Nigerian Stock Exchange, it was basically an exchange for multinational companies.

Juli Pharmacy was the first indigenously promoted firm to go the Stock Exchange, and I'm sure that doing so, helped to open the eyes of many local businesses to the fact that raising funds through the NSE was not as far-fetched as it may have seemed. It was a possibility. If Juli could do it, then, they could too.

In principle it was very good that I went public, especially, as I said earlier, we helped to demystify the exchange and encourage others to take the needed step. In practical terms, however, our experience was bitter-sweet especially as a result of the economic turmoil and instability that defined those days immediately following our listing.

Nigeria is one of the few countries in the world where you can obtain practically any medicine whatsoever, across the counter without a prescription. The implications of this are clear including the rising epidemic of drug abuse that we are currently contending with in Nigeria. What can be done to enhance pharmaceutical regulation?

I wouldn't call it poor regulation. I believe the real problem is that the regulators are not sufficiently empowered. Regulation is about being methodical

and efficient, yes, but it is also a fairly expensive process. You need the manpower and the logistics. The manpower need to be well-trained and motivated to work. Recall for instance, the amount of work which the FBI put into arresting Hushpuppy and his cohorts recently. So these things need a good deal of investment. On the other hand, regulators must also be able to demonstrate the kind of value they bring to society. In our peculiar circumstances, this is very critical. Dora Akunyili was very talented at doing this. And because she was able to creatively demonstrate the wins of NADFAC, she always got a premium listening ear from the government and to a large extent, NADFAC funding improved significantly. So, regulators also need to appreciate that because government has a need to distribute scarce resources across different areas, there is a strong competition for these and therefore there is some sense in the saying that the "squeaky wheel gets the grease".

You also studied Law, what motivated this move and what did you do with your degree?

No indigenous businesses were covered by the NSE laws. I believed that studying law would provide me with more robust insights as to the workings of the capital market and how law and regulation could perhaps be put to use towards enhancing the value, which local businesses in particular could derive from the stock exchange. Then of course, I also thought that the law profession would provide me with a strong platform with which to help the underprivileged. I do pro bono legal practice only. It's called pro bono publico - that is, for the good of the public. It involves getting people in the prisons freed, especially those who have been there for 10 years and longer and who have not had any opportunity of legal representation. They probably have not had court attendance for those ten years and I have learnt a lot. That gives me humility and makes me give gratitude to God to be able to help in such a small way.

If you see humanity suffer so needlessly at that level, then who are you to say, "God, I asked for this and you didn't give me that"? Those people suffering are also part of humanity.

Have you ever been tempted to practice the Law profession?

Legal drafting is one of my strong points. It comes naturally to me. I have helped some of my friends in this regard. But not everything needs to be monetized.

You have also devoted a great amount of your time to different causes in your lifetime. One of which is the Rotary Club and a member of the MTN foundation board. What drives your devotion to such causes?

It's the ideal of service, gained from my mother, which speaks to service to the underprivileged.

You also learnt how to fly a plane many years ago, what did you do with this skill?

I thought flying a plane would enable me commute more conveniently across Nigeria. At that time, planes were not very expensive. And then the freedom of moving from the air is so comforting, it makes you feel so independent. Imagine flying from place to place without worrying about traffic jams or bad roads or bandits. But insurance in Nigeria was not particularly good at the time. Flying has its risks actually and I didn't think that insurance in Nigeria made the exercise worthwhile. At some point, I had to discontinue.

Where you able to fly yourself to places or countries?

No I didn't fly to other countries. I have flown over the Republic of Benin once or twice, though. What I have is a private pilot's license, not a commercial pilot's license.



“

While I could have afforded to ignore politics in my time, I think there is now a much stronger imperative for young professionals and professionals in general, to join politics because our country is in urgent need of a rescue.

”

You're widely regarded as a very influential Nigerian and in your university days you were a top student leader, why didn't you ever go into politics?

As a student I had actually planned that I would go into politics upon graduation. In fact it was one of my considerations when I became a scribe of the World Student's Organization. I thought it would help me to prepare for leadership back home. It was while I was at the organization in Holland that the democratic leadership was overthrown and the first coup took place. Then before you knew it, the civil war broke out. It was all so devastating. What was becoming of our beloved country? Why was the country at war, after a mere seven years of independence? This was a question I put to General Gowon when I led a delegation to visit him during the civil war. Those developments affected me very badly and I lost every inclination to go into politics. In any case, by the time my sojourn in Holland was over, the military had taken over control and partisan politics had been banned. I was never really able to summon much interest in politics after that and channeled all my energy into building Juli Pharmacy, and the organizations with which I was associated including the Pharmaceutical Society of Nigeria, my local church which is Saint Leo's Catholic Church, Ikeja, Rotary Club, the Lions movement, Boys' Scouts and others.

But isn't this a contradiction, coming from someone who encourages professionals to go into politics?

My answer to this is that you don't have to be a swimmer to know the temperature of the water. But a good number of former student leaders did go into politics in those days, I remember. In fact, Olof Palme

who later became Prime Minister of Sweden was the leader of the Swedish National Union of Students in the 1950s. In fact when he visited Nigeria on a state visit, quite a few people were surprised when he asked to see me and the late Ambassador, Olu Adeniji came looking for me at Juli Pharmacy. In any case, the circumstances have changed.

While I could have afforded to ignore politics in my time, I think there is now a much stronger imperative for young professionals and professionals in general, to join politics because our country is in urgent need of a rescue.

You've been married for almost 50 years to the same woman. What's the secret of the longevity of your marriage?

It's the grace of God. The truth is that I am a very fortunate person and I can't explain it. I don't deserve it. Lucky is the man who finds a good wife. You see, this thing called marriage is like a lucky dip. Meeting my wife, Julia, is perhaps the best thing that has happened to my life.

My family have played and are still playing very vital roles in my life. No other role has been more important to me than the role they have played. They are individually and jointly, a blessing to me. When you see a man going around looking calm, it is because there is a wife there for him that genuinely loves and cares for him and I have got all that. It's not me but by the grace of God. That is why I said in the beginning, that I learnt prayerful humility.

God is using us to do certain things, in spite of us. So I thank God who has given me the best possible family that I could have had in marriage. The kids therefore, being products of love, sharing and mutual support, have grown to be a pride to us. That is why everybody in the family is called Juli. My name is Julius, my wife is Juliana, my first daughter is Julita; our first son is Julian; the next one is Julia and the last one is Julius. So everyone is Juli.

Looking back are there things you think you might have done differently?

To live looking back is hardly helpful. I live forward and learn from each day to make the next better. That helps me to live a life of gratitude rather than one of regret.

How will you describe your style?

Dignity in simplicity. I wear a lot of whites because white keeps you simple, clean and disciplined. And I like to match my cap to shoes because it's a good combo for white and also an expression of my strong faith in the promotion of culture.



THE CASTS of A SECOND HUSBAND

From the stables of Stream OVG comes this intriguing short film; A Second Husband. Produced and directed by Kenim Obaigbena, it tells the story of a seemingly agreeable husband, who suddenly finds himself in a weird "situationship" where his wife brings home a much younger man as her second husband, all in the quest to have a child. In a world where even the thought of polyandry is a taboo, this is a must-see satire which challenges our African patriarchal and polygamous culture. Exclusive to Stream OVG, A Second Husband explores strong themes of feminism while also giving African men a taste of what it feels like to be on the other end of polygamy. In this interview, we speak to two of the main characters, Uduka Oyeke and Jammal Ibrahim on what playing these roles means to them. KONYE CHELSEA NWABOGOR reports.

UDOKA OYEKA



emotionally challenging roles I've taken on for sure. There was an extra level of vulnerability I had to dwell in to live his truth.

What lessons do you think Nigerians, men and women alike, can learn from a story like this?

I believe it broadens the mind to think on how we treat each other as human beings, but more specifically, it shows how complex the marital institution can be especially when we take a look at it from the other's perspective. How would you feel as a man if your wife brought another man into the home and vice versa. Beyond the issue of polygamy, it's a reminder to always think about how your actions (no matter how little or great) will affect your partner. I'm aware that some religions allow for men to marry more than one wife but yet to see any cultural or religious support the other way round.

Tell us about your character, what makes him interesting? What drew you to this role?

Kole is a loving husband who isn't the breadwinner of his home and the marriage hasn't been able to conceive a child yet. With all this weight on him, considering the culture, it's taken a heavy toll on the marriage. What makes him interesting is how powerless he became, it's not the typical portrayal of a husband with machismo that we are used to seeing both in reality and in fiction. That vulnerability is what drew me to the character, definitely a challenging role and as an actor, I wanted to tackle that and dive in.

Absurd as it might sound, can women have two husbands in Nigeria?

I'm not sure if this would work knowing the culture that exists in Nigeria. I've read of a case like this in Kenya and obviously there are several

cases of this in the West, but I'm yet to hear of this existing in Nigeria (I might be wrong). I believe if all parties are all in agreement and can live happily, who am I to determine what full grown adults should or shouldn't do. Personally ko le work for me, (it cant work for me). (Laughter).

Will we see more stories like this in Nollywood?

The growth Nollywood has gone

through in the last decade has been tremendous and I'm truly proud of it. The level of production value in our films is pretty much getting close to that in the international space but I feel like we are still holding back when it comes to the kind of stories we tell in this new age. Would love to see more daring stories and more daring projects; and I'm sure with the crop of filmmakers I see now we shall get there sooner than later.

JAMMAL IBRAHIM



What was it like playing the second husband?

It was interesting. I am used to the norm of a man with multiple wives so this was different but yet exciting.

What lessons do you think Nigerians, men and women alike can learn from a story like this?

As a married couple, these kind of life-changing decisions should be done together. And as a people, we should always have an open room for conversations.

Tell us about your character, what makes him interesting?

Suky is your everyday jobless young man, looking for an easy way out.

What drew you to this role?

The fact that he is a second husband. (Laughter).

What is your take on polyandry?

Personally I dont think that is a good idea but to each their own. If that is what works for you, go ahead do it!

Will we see more stories like this in Nollywood?

Nigerians are beginning to tell genuine stories that are relatable to us. So yes, I would like to believe so.

EVERYTHING
NEW IS OLD

WRAP

SKIRT

COMEBACK

BY USIADE ISIOMA

The wrap skirt was first introduced in the late 1960s when it became popular among the ladies. The trend continued until the early 1970s. It has since made a comeback and today is once again in vogue. In its heyday, wrap skirts were mostly ankle-length or longer. Today, we see wrap skirts of all different shapes, styles, and lengths. The best thing about wrap skirts is that they don't just look attractive but they are also a comfy fit. Back in the 1900's, they were made of batiste, a soft cotton fabric. These days, they are made of various materials, even denim. If you don't already have a wrap skirt in your closet, it's about time you include it. Here are few ways you can stylishly wear a wrap skirt!

- Get a wrap skirt that has some eye-catching detailing. Like a buckle or strings.
- Go for the mix and match look. A multi-colour and beautifully patterned design to make you look like a fashionista.
- Choose the appropriate fabric that isn't just comfy to wear but falls well over your figure.
- For summer, you can choose to wear a mini wrap skirt or a long one with a slit.
- A wrap skirt attracts attention to your legs. Be sure to sport top-end footwear.



Formal Event Wear
Keep the look elegant for a formal event party. A long sequin wrap skirt with a polka dot white top and a statement sandal heels would make you stand out in the crowd.

SIYA BUNNY



Party Outfit
An off-the-shoulder black pattern crop top with a long wrap skirt that features a fashionable slit would make for the perfect party wear. This look is perfect for an outdoor party!

JENNIE JERKINS



Throwback Retro Booties
Throw back to the good old '70s with a pair of black booties and keep it modern with a black bodysuit and a nude wrap skirt. The lovely thing about this skirt is its length and cut. You can rock this look for a party, concert, or a lunch date.

MONICA AWE-ETUK



Work Outfit
Like pencil skirts, wrap skirts also make for chic and office wear. You can wear a wrap skirt to your workplace. A turtleneck top is a perfect top to pair with a wrap skirt for work attire. Finish up the look with a mini bag and heels for a chic sleek look.

PRISCILLA



Casual, Street Style Look
Keep it simple with friends! This crop top, when paired into a pair with a check wrap skirt is a chic look that could easily be worn to a low-key party or outdoor event!

DEBBIE BEEKO



Boho Style
Incorporate a wrap skirt into your everyday wear to look super stylish. For your next boho-chic look, pair a white wrap skirt with a green shirt. Accessorize with a white sandals and purse. This sure will make you feel like a Greek goddess!

QUEEN ESSY



Casual Wrap Skirt Outfit
A body-hugging top tucked into your wrap skirt makes the skirt take centre-stage and doesn't overwhelm your figure with excess fabric. This outfit is great for summer beach days and pool parties, accessorize with brown and nude pieces like a purse and pump heels. Go for a small chunky necklace to tie the look together.

POWEDE ENIOLA AWUJO

ZAY

Cute Summer Look
A cute floral wrap skirt for summer attire. It's a great way to stay fresh and cool while looking stylish. You can pair a pink floral skirt with a white top for an adorable look you can sport for coffee dates, lounging at a bookstore, or grabbing lunch with friends.

Fat SHAMING!



BY DONU KOGBARA

BATTLE OF THE BULGE - PART 19 (WEEK 20)

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. I am aiming to drop to 85kg or less and have made some progress. But I'm not shedding the lard that is bogging my body down as speedily as I'd hoped to; and I've been stuck at 106kg since July. It's difficult to lose weight at ANY age and particularly difficult when you are closer to the grave than the cradle...and possess an ailing metabolism that is more sluggish than it was when you were young. The other day, I was talking to an enviably slender English girlfriend who has, impressively, maintained her figure. She's 58 now and can still comfortably fit into the beautiful size 12 wedding dress she wore when she got married at the age of 26.

I don't have to ask her how she has achieved this feat because I've regularly socialised with her for the past couple of decades and can confirm that she is amazingly disciplined. I've witnessed her carefully watching what she eats and drinks – sticking to sugarless and milk-free coffee, restricting her alcohol intake, rejecting desserts at dinner parties, half-heartedly picking at salads that are almost devoid of calories while others wolf down pasta and all manner of carb- and oil-heavy dishes in restaurants. For a dedicated foodie like me, her existence would have been hell as well as impossible. I simply wouldn't have been able to deprive myself of the many glorious meals I've had in different countries. Some of us live to eat, while others like my friend aren't really into food and eat only to live. And my friend – who had a slow metabolism even when we were young – used to envy me as much as I now envy her because until about 10 years ago, I could get away with eating whatever I fancied on an almost nonstop basis. How I mourn my lost turbo-charged metabolism! Anyway, I'm ready to suffer for a few months to get my weight back down to a point at which my doctor will stop nagging me about how unhealthily obese I am and I will like what I see in the mirror. I'm also fiercely determined to ensure that when I reach my target weight, I won't relapse into a level



of rampant gluttony that will cause the kilos to pile back on. I'm not going through all this pain now only to regain all or most of the weight that I will have lost. But I digress. What I'll do to maintain the progress I've made when I get to where I want to be is another story for a later date. In the meantime, I'm struggling to get past the 106kg plateau on which I have been languishing in recent weeks. Further reducing calories when you are already eating a lot less than you used to and avoiding many favourite food items is no walk in the park, so I'm trying to increase the calories I burn via exercise. I have a mega-fit, cycling fanatic pal called Iboroma (I.B) Akpana – you will hear more of the advice I am getting from him in later "episodes" of this column; and he is my fitness guru. IB is a Harvard-trained lawyer who has a super-analytical brain; and though he regards exercise as fun and actively ENJOYS the process of pushing

his body to overcome obstacles and fulfil its potential, he also approaches exercise almost scientifically and has studied the different ways in which one can get the most out of it. IB has been encouraging me to do at least 30 minutes of VIGOROUS cardiovascular exercise 5 times a week...to start with. BUT I happen to be physically lazy and uncompetitive by nature, despite being a natural athlete (because of my ectomorphic physique) who (unwillingly!) excelled at various sports at school. When there is no bossy sports teacher with a shrill whistle forcing me to hit the netball pitch, tennis court, running track or gym, I'd rather entice myself in a comfy squishy sofa, reading a book or watching TV or hanging out with boozy friends or listening to music. But I've decided to take IB's attempts to help me jettison obesity and improve my health seriously; and I have teamed up with an Abuja buddy called Bona Nwosu. Every morning, Bona shows up at my house and briskly informs me that it is time for our daily walk. He reminds me of my bossy sports teacher at school!!!

DONU KOGBARA IS A VANGUARD NEWSPAPER COLUMNIST. Please feel free to share your thoughts about her weight loss journey on donzo2002@yahoo.co.uk

YOU BE THE JUDGE

The white dress is the go to trend for this month. The fashion pack are already on to this trend and we love it.



FUNKE



KONYE



ISIOMA



ALEXANDRIA SHO-SILVA



BIDEMI AKANDE



DAMILOLA



FOLAKE HUNTOON



SADE AKINOSO



STELLA ADEKUNMI

FUNKE Alexandria's white layered dress is fun and flirty, her baby blue clutch gives her ensemble a pop of colour, while the sunglasses and thong sandal brings the whole look together. **7/10**

KONYE Love the dress, she looks ready to take on any sunny day. **6/10**

ISIOMA Alexandria is cute as a button in this white mini dress. I would have preferred if she wore some other footwear but she still looks super stylish and her sunglasses finishes the look very well. **8/10**

FUNKE I'm really obsessed with how good Bidemi looks in this dress. The dress is a mix of two sleeve trends in one and her blue strappy sandals finishes it off to give a pop of colour. **8/10**

KONYE If you are wondering how to style your LWD, take a cue from Bidemi because she styles hers exceptionally well. **9/10**

ISIOMA I'm totally digging Bidemi's blue strappy heels paired with a crisp white dress and a bright smile. **7/10**

FUNKE I do like the dress Damilola has on but I'm not sure of her choice of footwear though the hat definitely makes up for it. **7/10**

KONYE Damilola looks easy breezy in this white and black ensemble, I most especially love her bag. **7/10**

ISIOMA Her Dress is simple and nice but I will have to agree that she could have gone for maybe strappy sandals or pointy shoes. **8/10**

FUNKE White and tan makes for a nice colour combo and Folake sure knows how to serve us a good look. From her hair to hair makeup everything looks picture perfect. **9/10**

KONYE White isn't an easy colour to wear, but trust Folake to make it look like a breeze. **9/10**

ISIOMA I'm totally crushing on this all white ensemble, from the tan Gucci belt to her matching Louboutin shoes. **9/10**

FUNKE I love how Sade makes everything look edgy. This white ensemble is perfectly paired with a black and white hat and see through perplex shoes. **8/10**

KONYE This is a look, Sade always always puts her best foot forward. **8/10**

ISIOMA While Sade's white gown is very fashion forward, it's the hat that brings the whole look together. **7/10**

FUNKE Stella is such a fashion doll and nothing she ever wear looks out of place. Paired with white shoes, this look is not only clean but she looks like a real life snow white, fresh and pure. **9/10**

KONYE What more can you say about a woman who looks good in white. Very chic. **8/10**

ISIOMA I love this all white outfit Stella is wearing, not only does she look good in it, she looks super stylish. **9/10**

Cold shoulder tops are one of those clothing pieces we often overlook. They aren't quite as popular as off-the-shoulder tops but can be effortlessly styled with any piece. Cold shoulder

BY USIADE ISIOMA

DIDDY

Cold Shoulder Top with Jeans

This ensemble is perfect for parties, dinners out, or a date to the movie theatre! It works wonderfully for a cool summer evening or warm night, so try and aim for something a little more eye-catching. For accessories, a transparent mini purse pairs beautifully with strappy sandals and red lips.

Cold Shoulder Top and pleated Skirt

We love the classy, feminine elegance that this look gives. A red pleated style skirt is worn with a black tucked-in cold shoulder blouse. Pump heels and a sleek hair are the minimalistic but the perfect complements to this ensemble.

KEKE.O



LOLA ADENYI

Stripe Cold Shoulder Top with Ripped Jeans

Jeans can be super casual or even a little dressy, depending on how you style them. If you need a fancier look, pair a semi-formal cold shoulder stripe top with ripped jeans. Adding complementing earrings and sunglasses is one way to dress up the look. You can also opt for black pumps or similarly

coloured heels to further add elegance to your ensemble.

Asymmetrical Cold Shoulder Top with pants

This stylish ensemble is great for a dinner date or a classy event! The high-waisted pants look absolutely stunning with a tucked-in, white asymmetrical top. Simply accessorize with earrings and pop on some comfy footwear.

TIAMARIA NELSON

Co-cord Crop and Flapper Pants

Here is one stylish way you can wear your two-set cold shoulder top and flopper-style pants. Simply pair it with heels, and minimal accessories. Great for lunches or dates with your love.

SOPHIE

Boho Vibes for Summer Fun

The perfect beach outfit has all these elements! A fun and boldly floral top, mini skirt, and vans make this outfit perfect for a walk down the beach, a pool party, or just a trip to the mall!

INIDIMA OKOJIE

GIVING A COLD SHOULDER

THISDAY Style
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