

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

SUNDAY, SEPTEMBER 13, 2020

THIS DAY

Style

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COVER

We celebrate these Amazons of Covid-19, for their fight and courage to deal with a pandemic like corona virus and they are still out there, continuing the course to ensure the nation is in safe hands when it comes to tackling this issue. We hope, with time, a vaccine can be made to enable people become immune to the virus. Until then, we continue to encourage and celebrate these spear-headers for doing great work! **RUTH OSIME, FUNKE BABS-KUFEJI & KONYE NWABOGOR** report...

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THISDAY STYLE

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Last week we featured women who have played a major role in our fight against COVID-19. This week features the second segment of such women. Much as we have tried to adjust to the new normal, the fight against the virus is not over until we find a vaccine that would make us immune to it.

With this in mind, we cannot but admire these women for providing all means necessary to enable us deal with this pandemic better under the circumstances. The ones that come on top of this list are the front liners who are actually on the battlefield trying to save as many lives as they can while putting themselves at risk. Not many people have the liver to take on such task.

They, like us, have families and loved ones who have been affected because of the close proximity they have to their front liners. So it is by no means, a small job these workers have at hand.

Reading their profiles and stories, also the roles they are playing with suppressing this pandemic, what comes to light is their dedication to their jobs. They have used everything within their power and space to manage what would otherwise have been a national disaster. They remind me of the now famous Dr Adadevoh, who sacrificed her own life by saving us from the spread of the Ebola pandemic. Had she not managed to control the spread like she did, many more lives will have been lost. Her act of braveness was most admirable and in our hearts, she remains a legend and will never be forgotten in history for her Herculean act.

These aforementioned Amazons have also and are also, making their marks on the sands of time with their skill, mastery and execution of their COVID-19 related projects. More grease to their elbows!

Ruth

FASHION DIRECTOR/EXECUTIVE EDITOR



MEN ON Stripes

BY USIADE ISIOMA

Every year we see some of the world's best menswear designers present their newest collections on run ways. And, despite a lot of their designs being for show rather than daily wear, there is always something designers agree on each year STRIPES. The likes of LAWRENCE AIRLINE, U-MI-1 and KENNETH IZE have incorporated stripes of various sizes and colours into many of their looks, showing that they're definitely the pattern that creates a classic and tailored style. We've got the inside scoop on how to wear stripes, plus an inspiration gallery if you need a little extra encouragement.

Stripe accessories

This time try stripes in different accessories. Accessories don't have to just come in one block colour! For a look that stays ahead of the fashion pack try striped accessories like a bag or a hat

LAURENCE AIRLINE

Smart Casual

With shirting, thin vertical stripes are the way to go. Vertical stripes create the illusion of height and make the body look more streamlined or slimmer. You may want to experiment with striped trousers. It's doable, provided you have the confidence to pull it off and carefully consider the rest of the outfit

U-MI-1

Colour Stripes

Injecting some colour to your striped ensemble is the easiest way to give some edge to your basic monochrome stripes. Try colours like bright blue and vivid red paired with green, or better still if you are daring enough, experiment with colours in a range of hues. For a panache effect, think clashing colours in rainbow bright on bigger stripes.

LAURENCE AIRLINE

Stripes on Stripes

Up your stripe ante by going matchy-matchy and wearing the pattern head to toe. Our favourite way to double stripe is wearing a striped two piece for a more put together look but slouchy pairings will give off a more relaxed vibe. Wearing stripes in same directions is a great way to keep your look interesting and can feel more unique. Just remember, you can never have too many stripes.

U-MI-1

Stripes With Suits

The easiest way to incorporate stripes into suiting is, of course, the pinstripe suit. The pinstripe suit is a corporate wardrobe staple, but these days it's also making forays into out-of-the-office affairs. It's no longer business as usual for the pinstripe suit – it's now a savvy, sartorial look that can be surprisingly modern and adventurous. If you want to stand out, go bold with stripes-on-stripes.

Mix It Up

A variety of stripes is always best. Different widths, lengths, positioning, depths and colours provide a wide scope for experimentation and will steer you away from the standard striped garment.

LAURENCE AIRLINE

Layer Stripes

Stripes are one of the easiest patterns to layer with just about everything. But they also add more depth to your outfit than any block colour ever could because of their multidimensional properties. Add a hint of a simple stripe to your layering repertoire for an instant outfit refresh.

LAURENCE AIRLINE

One World Trade Centre. 2001 - 2014

GLORY

Fell in 2001 and restored as a glorious landmark

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CAPSULES

“As we go down life’s lonesome highway, seems the hardest thing to do is to find a friend or two, that helping hand, someone who understands”, lyrics from a song that has always resonated. How does anyone traverse this vast expanse called life alone without seeking a soul connection, walahi it’s cold out there but first thing first, you have to lay down your mind.

The truth is that the majority just never find anyone they vibe with. The human being was created to relate but interpersonal relationships have never been as difficult as is in today’s world. Many feel misunderstood and this leads to an inner loneliness that strips them of warmth and despite the throng they still feel alone. Is it nature that has made us so cold within surely this can’t be, because I believe “man” was not created to walk alone or is it nurture the way we were raised, the vacuums created within in an effort to survive given the backdrop of our upbringing or are we lonesome beings seeking succour in the wrong places.....

We yearn for others because solitary runs many mad, we yearn for completion because we believed we are incomplete without others. We need others no doubt but we have to first of all find completion in ourselves before we face the world with what we have on offer.

Our parents traversed with their inner struggles, struggles picked from the streets of life with their scars often hidden from view, their action or lack thereof is usually based on where they have been, what they have seen and sometimes where they have not been and what they have not seen, and based on this they create a lacuna for the next generation.

At the birth of every soul there is innocence, an innocuous heart until life starts the programming, the pain of many seeking affirmation and receiving none is often palpable walking through the garden of growth, we wrestle giants and step on hidden land mines and implode without recourse to anything. It’s heart wrenching to watch what we do to ourselves, the cycle of pain fast forms a circle of life.

Yes, life is tough and nobody gets it on a good day not the reason for it, not the seasons as they come, not the purpose of it all but we are here flying free. I was told once by a wise man that there is a Balm in Gilead and that access is for all.

The truly wise learn to roll with the punches despite the road blocks, they try to find the interstices, rather than spend time celebrating problem after problem they continually seek solutions.

People need love, people need hope, as the world is complex be it a friend, a soul mate, a kindred spirit, someone who gets you “God is there for people who believe but my experience of him has shown me that he uses people to reach his own, so rather than castigate a hurting heart, why don’t we offer our shoulders and carry them because at some point someone else carried us too.

We were created by a loving God to come and show forth his love, the unconditional love that gives without expecting anything in return but sadly many only look out for numero uno.

Do we need a catharsis to start afresh or can we press reset from where we are, toxic and burdened, can we truly reset without purging? Truth be told, as long as life offers you breath you can always begin again. The first thing to do is to admit to yourself that you got it wrong in the first place and then press the reset button.

We all need to start the journey of healing, we need to heal from all that we are carrying based on a cruel yesterday. We must fight for posterity by repairing the here and now. We must begin to feel again, learn to dance in the rain.

“When the road gets dark and we can no longer see our way through”.....have a little faith and it will push you closer to the light. Reach for the light and be one.

Colours of Life

with Koko Kalango

Tell Tale Signs That Your Faith My Have Suffered A Shipwreck (2)

Due to popular demand, we will look at more pointers to the fact that we may have geared off track in our Christian walk or sail....

TAKING OFFENCE

One of the easiest traps the devil sets for Christians (including the leaders amongst us) is offence. Author John Bevere deals extensively with this issue, which he calls ‘Bait of Satan’. Even the finest and most experienced of us fall prey. Taking offence leads to unforgiveness and entrapment from which we then need deliverance. To walk with God, we could do with a measure of thick skin. If we find ourselves getting easily hurt over what people say or do to us; if we always see ourselves as the victim; if we are prone to think everyone else is wrong and we are right, then we need help. To get offended is human but we must be able to address issues by God’s grace, take any necessary steps in line with Scripture to redress them, and move on with a clear conscience.

RUNNING AFTER SIGNS AND WONDERS

Jesus promised that supernatural signs will follow those who believe in Him so we must be expectant of them. We are also told to not despise the gifts of the spirit. But a craving for signs and wonders above the knowledge of God through Jesus Christ has been the downfall of many spiritually naïve Christians. Jesus cautioned against seeking for signs. He did say on the day of judgment He will turn away people who worked miracles and did not live a godly life because He never knew them. So, if we go after men and women of God to ask them to ‘see’ things for us, we are treading dangerous grounds. Christians should seek the giver (God) above the gifts (signs and wonders).

PRACTICING YOGA

Exercise is good. Breathing exercises are particularly useful. If you have ever given birth you would know the importance of breathing to reduce pain. But when we begin to go beyond mere exercise and breathing, into meditation, chanting, making symbolic hand motions and astral projection, we are communing with spirits that are not of God. The same happens when we consult with mediums, participate in tarot card readings and horoscopes. Former Kundalini Yoga teacher, Mike Shreve, explains that practicing yoga open us up to demonic activity, with far reaching effects. But we can be delivered by the power of God.

OBSERVING HALLOWEEN

Some Christians allow their children take part in celebrations that ensnare their soul. Halloween, marked on October 31st, began as a pagan festival called Samhain. The word Halloween comes from ‘All Hallows’ Eve’ meaning ‘hallowed evening’. It is believed that on the night between October 31st and November 1st, the boundaries between the physical and the spiritual world become very thin, allowing people to connect easily with the dead. That is why witches and wizards are an important part of Halloween. Even if things are now modernized, the roots remain intact. John Ramirez, a former Satanist, warns that trick-a-treating, bobbing for apples (a fortune telling game) and wearing of costumes to mark Halloween bring a curse on those who indulge. If we have already gone that way we can sincerely repent and ask God to deliver us.



ENJOYING HARRY PORTER

Witches are not likely to come in the form of a shrivelled woman or man, dressed in black and riding a broom. The devil is a lot smarter than that, which is why he sometimes appears as an ‘angel of light’. Today, witchcraft is wrapped in incredibly attractive packaging. It may be online, being peddled by some influencers through bestselling books, popular TV shows, award winning songs, toys as well as appealing, yet ungodly, lifestyles. Young people are being lured by Wiccan, Occultists and Satanists in this way. Author Richard Abanes explains this in his book ‘Harry Potter, Narnia and the Lord of the Rings: What You Need to Know about Fantasy Books and Movies’. Frolicking with darkness opens a door through which it may come into our lives.

JOINING POPULAR MOVEMENTS

The child of God does not get up and join a protest because is trending. We do not enlist in movements because everyone else is. The fact that the world is moving in a particular direction may be an indication that God is headed the opposite way. So also when a news items comes up, before we join the band wagon and begin to comment, we must carry out our due diligence research, but above all, we need to ask the Lord how we ought to respond. His Spirit is ever willing to guide His children. No matter how attractive a hashtag is, the Christian should stay clear unless you receive go ahead from the Lord. Many of these movement are sent to divide the church and distract her from her primary assignment of sharing the good news of salvation by faith in Jesus Christ, the Son of God.

BEING LACKADAISICAL ABOUT SPIRITUAL THINGS

In this world there is constant contention between the forces of evil and the forces of good. We are perpetually in battle and there is no de-militarised zone. We either belong in the kingdom of God (light) or the kingdom of Satan (darkness). The child of God cannot afford to be lukewarm because we then become easy prey to the enemy, or we can be killed by friendly fire. Soldiers of Christ must always be battle ready. We keep our spiritual antennae alert by constant fellowship with God (studying of Scripture, prayer, worship) and fervency of spirit.

Anyone who tells us the sail to heaven would be smooth is giving us misleading information. Once we become Christians, we sail against the tide so we should expect a rough ride. After all, Jesus said: ‘...wide is the gate, and broad is the road that leads to destruction, and many enter through it... But small is the gate and narrow the road that leads to life, and only a few find it’. Matthew 7:13,14

BOOK - SEE WHAT THE LORD HAS DONE

I have put together two testimony books under the title See What The Lord Has Done – Amazing Stories of God At Work Today. They each contains twelve experiences various people have had with God, covering accounts of answered prayers for protection, provision, direction, healing and so much more. The books are available on Amazon (Kindle), Konga, Okada Books and at Laterna Bookshop.

Koko Kalango is author Colours of Life devotional and host, Colours of Life show. contact@coloursoflife.org

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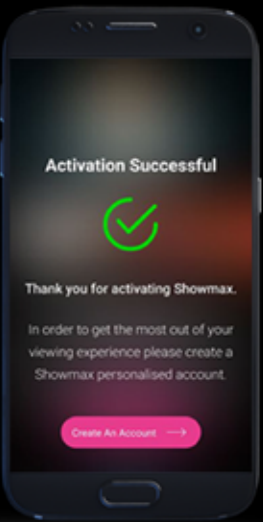
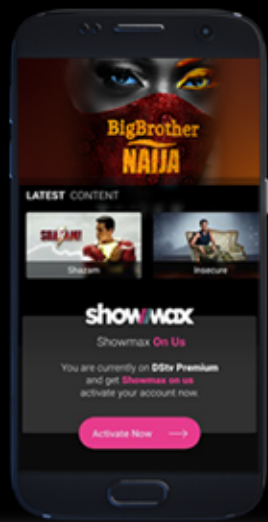
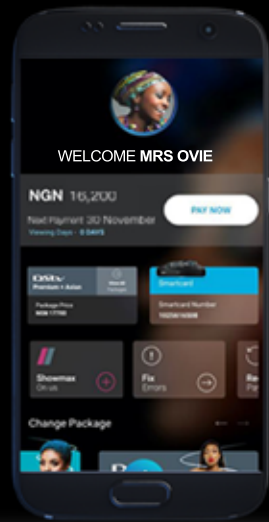
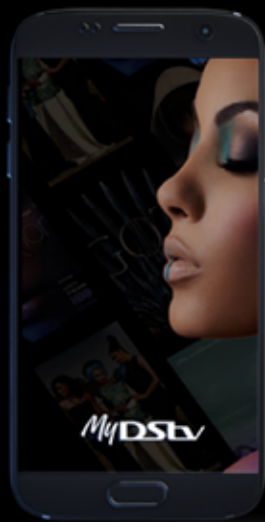
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10 TRIED & TESTED STYLE TIPS ALL GENTLE MEN SHOULD TRY

By Kanye Chelsea Nwabogor

It's a cliché, but rules, it must be said, are there to be broken. Style is personal and, above all, individual. Some men can pull things off and others can't. Some men are innately more conservative than others. But with this all acknowledged, there are nevertheless, well-tested guidelines which, if respected, help ensure that any man is dressed as well as possible – regardless of his own unique pizzazz in the wardrobe department. Think of these 10 pointers below as being the foundation.



Get the Fit Right

There's little point wearing good clothes if they don't fit. Few things make a great garment look shabby by being too short or too long, too big or too small. So, if something doesn't fit (pay particular attention to across the shoulders and around the chest). Or, as annoying as it is, don't wear it anymore.

Opt for Quality Over Quantity

With countless tonnes of clothing ending up in landfill each year, environmental awareness alone should be enough to convince you to buy less. But the incentive is doubled if you're on any kind of budget or if you appreciate good value. Higher quality clothes not only tend to look better; they also wear better and therefore last longer.

Care for Your Clothes

Much of what makes your style happens before you even get dressed. There's the valuable thinking time put into what you'll wear, of course. But there's also the tending to the clothes you select. It's tedious sometimes, but iron your dress shirts, dry clean your suits occasionally, polish your shoes, repair what needs repairing.

Classics Endure

Fashion changes – that's its very reason to exist. If you don't want to keep chasing trends, or want to rise above it, wear the classics. These are those largely unchanging garments that have formed the bedrock of men's style for many decades – from button down shirts to Oxford shoes, straight fit jeans to two-button, single-breasted navy suits.

Classic does not necessarily mean boring – you can still style them in your own way. However, it does mean you'll look dependably good at any time.

It Pays to Accessorise

Either out of choice or necessity, your clothing can be conservative, even pedestrian, if you accessorise well. It's with the accessories you express your individuality to anyone who's looking for it – if you're into watches, invest in a good, versatile one; step up the quality with anything you wear a lot, like belts, shoes or spectacles; introduce flair with highlight touches of colour and pattern on scarves, pocket squares or jewelry. These tend to be the things people notice.

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THISDAY Style
September 13, 2020

If in Doubt, Dress Up

Wearing the right clothes for the right setting is both important and respectful but it can be a complicated business. Dress codes are in flux. Some invitations still insist on using contradictory terms, the likes of "smart casual". If in doubt, dress up. It's the kind of advice your mother might give, but she'd be right: nobody ever felt out of place for being too smart. Not being smart enough, however, is painful.

Master Colour, Pattern & Proportion

Menswear has long been a terribly sober business, wrapped up in dated ideas of appropriateness and masculinity. But you don't have to dress like an undertaker. Colour, pattern and proportion not only add interest to your clothing, they can help keep you interested in it too. Yes, they are tricky to master. You can expect to make some mistakes. But be bold and experiment occasionally.

Embrace Texture

Colour and pattern are both important, but if you really want to elevate an outfit, deploying some considered textures can



add yet another dimension. Tactile fabrics like corduroy, silk, suede and fleece can generate a sense of depth or help to create a focal point. Adding them to your wardrobe will arm you with yet another string to your sartorial bow and allow you to take simple outfits up a gear with ease.

Find What Works for You

Let's face it, we're all different. What suits you may not suit someone else and vice versa. Style advice is all well and good up to a point but if you really want to dress well, you need to find what looks good on you and stick to it.

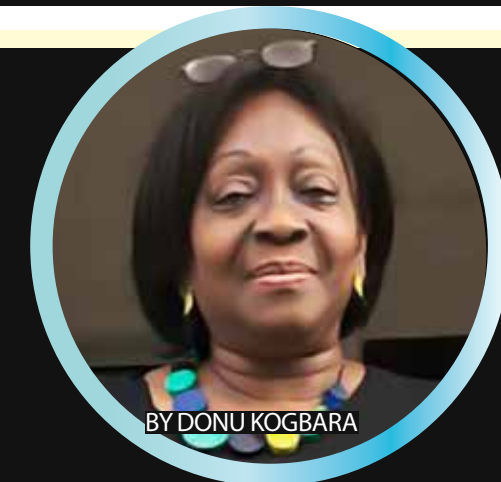
Look at what colours go best with your skin tone, which cut of denim fits your body type best and even take your face into shape into consideration when deciding on your next haircut.

Don't Neglect Your Footwear

You can be wearing the finest clothes known to man, but if you top it off with subpar footwear it will all have been for nothing. With that in mind, your shoes should never be an afterthought. Spend a bit of time and money on getting them right and everything else will fall into place.

THISDAY Style
Vol. 22, 9257 Sunday, September 13, 2020

Fat SHAMING!



BATTLE OF THE BULGE - PART 21/22/23 (WEEK 24)

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 back down to 85kg OR LESS (I was happiest and most elegant when I was 70kg, but suspect that it's overly optimistic to aim for such a Twiggy-esque figure at this advanced age).

So, given that the highest weight at which I felt fairly presentable was 85kg, I am cutting myself some slack and giving myself permission to stop dieting when I get back down to 85kg).

OK, so this column hasn't appeared since last month because I've been feeling down. And one of the reasons I've been languishing in a very deep Slough of Despair is that while I have made some progress, I haven't made as much progress as I should have made by now.

And I'm not skilled at blithely forgiving myself for failing.

Way back in March, I lost 2.5kg in week 1 and 2.5kg in week 2. And it's normal to shift lots of fat quickly in the early days of a weight loss journey, normal to start losing weight less speedily as time goes by and normal to go

through weeks in which you don't lose an ounce.

But I've been on this journey for 6 months. That's 24 long weeks; and I would definitely have reached my target weight by now – or been very close to it – if I had doggedly stuck to my diet and exercise plans.

However, instead of doggedly sticking to my diet and exercise plans, I have, at intervals, lapsed back into gluttony and laziness. Which is why the needle on my bathroom scale has inched upwards as well as downwards and been stubbornly stuck at 111kg in recent weeks.

I'm very sad about this and EXTREMELY angry with myself!

To think that I've sabotaged myself so regularly that I am now fatter than I was in July. What a shameful waste of time! The words I confidently committed to this page on Sunday July 5th – when I weighed 109kg and was heading in the right direction – have come back to haunt me and are reproachfully echoing through my head:

"Dear Readers, I'm pretty sure that my battle of the bulge will be less tortuous henceforth... [and I am] sure that there will be no more Zero Progress phases in future... I have an Addictive Personality that is drawn to excess. If I take a shine to or feel a need for something, I will indulge in it obsessively while struggling to break the spell."

When I was a teenager in the UK in the 1970s, smoking

was regarded as tres chic; and I took to cigarettes like a duck to water...

...[But] when it became obvious that cigarettes were ruining my health, I started to hate myself for being wedded to a habit that was stupid and dangerous. And I was always trying to psyche myself up to ditch cigarettes before they killed me. But I continued to smoke like a chimney for 4 decades and only gave tobacco up 3 years ago.

I am telling you this tale because of HOW I gave cigarettes up. I literally just woke up one day, aged 56, and it was as if a switch had been flipped in my head. And I suddenly lost the desire to smoke.

Just like that. No ceremony. No drama. Just a very firm goodbye to years of using cigarettes as a crutch. And I haven't looked back.

I went through a similar epiphany last week around food and sugar... a switch flipped in my head with a forcefulness that surprised me; and I realised that I had TOTALLY lost the desire to eat nonstop."

I then declared that I would no longer trap myself into a demoralising win-fail-win-fail yo-yo dieting cycle and that I was finally ready to play the dieting-and-and-exercising game diligently.

Weight loss, I concluded, is more of a mental challenge than anything else. Once you have made your mind up to be serious, the physical challenges (occasional hunger pangs, cravings for favourite foods, ongoing aches and pains from exercise) don't bother you much.

And in the immediate aftermath of this this declaration, I went on to lose another 3kg and my weight dropped to 106kg.

But something went horribly wrong and I started to overeat and regain weight; and I am still trying to figure out where that gung-ho spirit disappeared to... and trying to persuade it to re-surface.

The war against fat is SO tough for we born bon viveurs; but it is not a war I intend to lose. So please don't give up on me! Keep watching this space!

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

Sheer clothing is having more than a moment as it's basically solidified its place as a fashion statement. Sheer clothing can be positively modest when styled the right way. They you make use of strategic ways to wear the trend, much. From the sweet skin never looked so below examples for you can do sheer like a

SHEER

BLISS

BY USIADE ISIOMA

Dress Over fishnet pants

Layer a see-through coat over fishnet pants for a strong edgy look that looks entirely effortless. The details and construction and how it flares down to emphasize the hips, the waist cinching belt and the choice of fabric is amazing.

All black outfit

Use sheer clothing to add texture to a monochromatic outfit. Wearing one colour head-to-toe helps all the elements blend together so the sheerness of any one piece is less noticeable.

Sexy twist

Instead of layering undergarments and clothing in the same shade, do the complete opposite for a compelling and sexy twist.

Go Casual

This model for LOZA MALEOMBHO smartly styled her sheer pants with a colourful deep neckline top with shimmering.

Keep It Classic

Starter-level sheer is easiest to tackle when you opt for classic pieces in a minimalist colour palette like white or black. A sheer black over all as seen on the model TIFFANY AMBER is a combination that's as sophisticated as it is simple.

90's-Inspired

Throw it back to the 90's with your statement sleeve sheer dress. Finish the look with some appropriately '90s-era shoes, like square-toe sandals.

Blazer on Top

Another way to maintain the exposure of a see-through without fully revealing anything is to wear a blazer. You can as well add a touch of bright colour for a statement look. Model

YUTEE RONE FOR ATELIER

SUPRIYA LELE MODEL

MWINDA MODEL

LOZA MALEOMBHO MODEL

TIFFANY AMBER MODEL

OLUCHI FOR TIFFANY AMBER

OJY OKPE FOR LANDRE DA SILVA

FASHION STAPLES THAT DEFINED EVERY DECADE

Whether it's a shift in social norms, politics, culture, or technology, fashion has always indicated the current time in history. Over the course of the last century or so, fashion has shifted from prim-and-proper dresses to dad sneakers and suit sets. Take a look at some of the most prominent fashion staples from every decade from the 20th century onward.

BY USIADE ISIOMA

1900s: BUSTLE DRESS

Bustles were added to women's dresses as a padded undergarment starting in the late 19th century and into the early 20th century. They were primarily used to add fullness and support the drapery of the actual dress, considering many of them were made with heavy fabric. Bustles were worn under the skirt in the back of the dress, set just below the waist in order to prevent the skirt from dragging on the floor. Sometimes, bustles were worn in conjunction with crinolines, which were steel frames positioned under the skirt to support bustles and distend the rear section.

1900s: GLOVES

In the early 20th century, gloves were worn practically everywhere regardless of the occasion. They were considered commonplace in many women's lives and within their respective wardrobes. During the day, leather and suede gloves were typically worn around the house. During the evening and on special occasions, lace or silk-lined gloves were worn, and they were usually longer in length. In cold weathers, gloves were lined with wool or fur to keep warm.

1910: JUPE CULOTTE

As legendary French designer Paul Poiret came's height of fame in Paris as one of the most famous couture houses pre-World War I, he created the timeless jupe culotte. Poiret was the first couturier to break away from the Edwardian style in both colour and silhouette by using a vibrant colour palette and looser shapes in his designs. His new aesthetic was first introduced in 1911 and took heavy inspiration from the harem pant style prevalent in many Middle Eastern cultures.

1910: LAMPSHADE TUNIC

Poiret also invented another innovative silhouette during the 1910s, known as the lampshade tunic. This protruding silhouette was complete with a wire hoop, creating the circular shape at the bottom, hence the corresponding lampshade name. This was one of Poiret's contemporary designs that was meant to be worn without a corset. His playful approach to fashion led the way for similar styles to come about in the following decade.

1920: CLOCHE HAT

The hat is one accessory that every woman had in her wardrobe. The cloche hat in particular came into popularity during the 1920s due to its unique bell shape. Its round crown and small brim were accentuated by a simplistic decoration like a bow, flower, or art deco-inspired shape. Oftentimes, women had to tilt their head back while they were wearing it because the low-brim made it slightly difficult to see.

1950: PEARL JEWELRY

The '50s brought about a time of domestic refinement for women in Western culture as a result of the baby boom generation post-WWII. Women were expected to stay home, and look perfect while doing household chores. This June Cleaver-eque lifestyle mimicked the TV characters style, as well, with the popularization of pearl jewelry. Pearl necklaces in particular were most closely associated with women's elegance during this era.

Bustle Dress

Gloves

Lampshade tunic

Jupe Culotte

Cloche Hat

Pearl Jewelry

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AMAZONS AGAINST COVID-19

• *THE THIRD IN A THREE-PART SERIES ON HEROES OF THE FIGHT AGAINST COVID-19*

These Amazons of Covid-19 are being celebrated for saving lives through their various roles in the Health sector. They have managed to control a virus that has taken the international community by storm and brought them to their knees. Because of their immediate response and execution of projects in response to the pandemic, our Amazons have somewhat controlled a much bigger surge that would have occurred had stringent measures not been put in place through their projects. Some of these women have even put their own lives at risk as front liners but being in the medical field, they are well prepared mentally and emotionally to deal with situations like this. Regardless, it does not take away the fact that they are well aware of the risks they are taking.

We celebrate them for their fight and courage and continuing the course to ensure the nation is safer for us to live in. We hope, with time, a vaccine can be developed to enable people become more immuned to the virus. Until then, we celebrate these women and thank them for their defiance in the fight against Covid-19! RUTH OSIME, FUNKE BABS-KUFEJI & KONYE NWABOGOR report...



FRANCES N. OLAYINKA ONYIA

Pioneer In Resolving Crisis

FOUNDER/MD PAELON MEMORIAL HOSPITAL

Ngozi Onyia is a 1982 Graduate of the College of Medicine, University of Ibadan and a Fellow of the West African College of Physicians in Pediatrics. Her other qualifications include an Executive MBA from the Lagos Business School and a Certificate in Travel Health from the International Society of Travel Health.

Over the last 38 years she has worked both in the public and private sectors, most notably as the Medical Adviser of Nigerian Breweries from 2000-2010 and more recently as Founder and Managing Director of Paelon Memorial Hospital (PMH) since 2010.

Dr. Onyia is a trustee of many organizations including the Society for Quality Health in Nigeria, Nigerian Society for Travel Health, Pharmaccess Nigeria and the Boys to Men Foundation, and a member of several other professional bodies including the Paediatric Association Nigeria.

She is a past Principal Officer of the West African College of Physicians (Honorary College Treasurer 2004-2006), the President of the EMBA11 alumni association and the First President of the Queen's College Old Girls Association set of 1971-75/77

Dr. Onyia is a mother of two adult children and a grandmother. Her 3rd and last child, Patricia, was born to her with a rare congenital condition, the CHARGE syndrome. Patricia sadly passed on at the age of nine, 17 years ago from a complication of one of the five surgeries she had in her nine short years of life. Paelon Memorial Hospital was founded in her memory in March 2010.

Paelon Memorial Hospital currently has three branches. The first and flagship of the group is a multispecialty, boutique hospital located in the highbrow Victoria Island area of Lagos. Living by its business principles, PMH has a stated vision of 'Redefining Healthcare in Nigeria' and delivering on its value proposition of high reliability. 'Getting it right the first time every time.'

With a mission to provide 'Safe, Timely, Evidence-based Patient Centred Care', PMH was the first and still the only hospital in Nigeria to achieve a Level 5 of the SafeCare Quality Standards in 2016, a feat that was repeated in 2020.

The second branch, a day clinic, was opened in March 2017, on 9, Ajao Road, Ikeja, guided by the same business principles, offering the same quality healthcare to patients on the Mainland. The third branch opened in September 2019 in Amai, Delta State, is a Comprehensive Health Centre run in partnership with the Delta State Contributory Health Commission, providing the same quality healthcare for which Paelon is known to the indigenes of Delta State.

MY COVID JOURNEY

In keeping with my guiding principle of service to

God and man through professional dedication, it did not occur to me for one moment that treatment of COVID-19 was optional and as the pandemic approached Nigeria, PMH was prepared to take it head-on.

1. At a town hall meeting held in March 2020, I asserted that PMH will continue to provide care to our patients, in the face of many hospitals shutting down voluntarily as most healthcare workers were unwilling to confront the novel virus. Using the biblical reference in Judges 7: 3, I asked all who were afraid to take a leave of absence with the assurance they will get their jobs back as soon as they were ready to return. Three people opted out.

2. Applying the learning from the Ebola epidemic, we constructed a holding bay in the Victoria Island branch, wrote and implemented strict administrative triage protocols, guidelines and policies in March. The objective was to ensure that COVID-19 infected patients were not turned back whilst keeping staff and non-infected patients safe.

3. We purchased and stockpiled Personal Protective Equipment in the form of hazmat suits, surgical gowns, gloves, masks N95, surgical), respirators, shoe covers, hair covers etc. in the face of astronomical price increases occasioned by failing supply chains and global demand.

4. We built capacity by robust Infection Prevention and Control training for all staff including drivers, cleaners, laundry and security men.

5. On April 1st, for strategic business reasons, we temporarily shut down the Ikeja branch and pooled all staff to the VI branch in three batches. Temporary accommodation was provided for them in the hospital on a weekly rotation to deal with the lockdown.

6. We fortuitously admitted a COVID-19 patient, into the VI branch on the 13th day of her illness. She had been previously rejected by several hospitals. This

for us, was a water-shed moment. A lot of external pressure was brought to bear on me to prevent us from admitting her. Ranging from threats that we would be running afoul of the law (How? By saving a life!) to warnings about the reputational damage of admitting a COVID-19 patient into the hospital.

Unbeknownst to most, I was in touch with the Honorable Commissioner of Health, Professor Abayomi the whole time. We faced down our fears and did the right thing. We took her in and in the words of her son, we guided her to the gates of Heaven. After three weeks and three days on a ventilator, she passed away.

Serendipity at play, it was at the instance of her son that the temporarily closed Ikeja branch, was repurposed and accredited as the first prospectively accredited private hospital for the treatment of severely/critically ill COVID-19 patients. The journey to accreditation was long, rigorous and arduous but on June 6th, 2020, after two months, the Paelon Protection Ikeja Covid Treatment Centre (PPTC) admitted its first patients. This was achieved wholly by generous donations from corporates and private individuals.

7. In the interim, recognizing that testing in a timely fashion will be key to identifying COVID-19 cases and protecting COVID-19 look-alike cases, an MOU was signed with Nigeria Institute of Medical Research

(NIMR) for PCR testing. Our staff were also trained in safe sample collection.

Till date, more than 300 patients have been diagnosed and about 59 with severe/ critical disease have been admitted and treated in the treatment centre, of whom 47 have been discharged fully recovered. In June, we had the distinction of being the first hospital in Lagos to successfully discharge a patient who had been on invasive ventilation. Sadly, we have lost some patients (including the husband of a friend and classmate), mostly in the early days.

We have learnt so much in five months. Though we are not where we were in March, our outcomes have improved significantly. I consider it a success that we recently managed a critically ill young man with an underlying condition. We resisted invasive ventilation and held on for as long as we could and thankfully the tide turned, and he is fully recovered.

To end this, I must acknowledge and give credit to some people who enabled our COVID-19 story:

Our donors, especially Mr Jubril Saba of IHS Towers Nigeria that I still have not met, Mr. Sachin Ganglani of Sacvinigeria Ltd, Mr Ajay Vaswani of Veepee Group of Companies and my EMBA11 classmates.

I will like to express my appreciation to the Lagos State Ministry of Health led by Professor Akin Abayomi, Honorable Commissioner for Health, NIMR led by the

DG, Professor Babatunde Salako and everyone else who supported us in diverse ways.

My phenomenal Paelon Team who have shown amazing dedication, courage, commitment, competence in the face of this pandemic. Talking about amazons, I will like to give credit to my Amazons who stood out like beacons.

• Mrs. Unoma Grant.
• Miss Modeola Odedeji.
• Dr. Olivia Fasola.
• Dr. Olusola Abodunrin
• Miss Payson Ezekiel.

They made an onerous talks so much easier, they gave of themselves without reservation, they were courageous beyond belief and even when I gave up, they encouraged me to go on. Thank you very much.

It is to the glory of God and a testament to our IPC protocols that till date, not one of the employees of PPTC has been infected. At least eight of our VI staff have been infected (mostly community transmission).

I was personally affected as both my children, in laws and eight-month-old granddaughter were also infected. To the glory of God, all of them (colleagues and family,) recovered.

Last but not least, all gratitude and glory to God without whom, none of this would be possible.

ALERO ROBERTS

Educating & Creating Awareness

VICE-PRESIDENT WELL BEING FOUNDATION

A medical practitioner, senior lecturer in maternal and child health and the vice president of the renowned Well Being Foundation Africa, Dr Alero Robert actively used her platform to educate people on the impact of COVID-19, particularly in pregnant women and babies.

Alero, who over the years, has developed a keen sense of the issues affecting healthcare delivery from a 'grassroots' perspective is also a strong advocate for the widespread use of face coverings and has continually called on the government to place a sanction on defaulters.

Before now, as a public health advocate, she has continually noted the decline in the health sector which has most times, led to an inability to deliver quality care, and the loss of both experienced and upcoming professionals in the healthcare system.

For the past 30 years, all this and more has

instigated in Dr Roberts a desire to improve the patient experience by ensuring access to expert care wherever it is available.

Coming from a strong medical background, Alero's father is the first Oncologist in West Africa and he was instrumental in bringing the first Radiotherapy machines to the Lagos University Teaching Hospital. It also worthy of note to mention that she is married to a Consultant physician and neurologist, Dr. Seyi Roberts.

As a child, she saw the passion with which her father performed his duties caring for cancer patients and she made up her mind to tow the same path. Besides working at the Lagos University Teaching Hospital College of Medicine, Idi Araba, she's also a consultant to quite a few other organizations that provide continuing professional development to doctors, pharmacists, nurses, and others in the medical field.



BOSEDE AFOLABI

Enabling Safe Delivery

Dr. Afolabi is a gynecologist with interests in maternal and fetal medicine, minimal access (laparoscopic) surgery and medical education. She is passionate about reducing maternal mortality.

Internationally recognized for her research in sickle-cell pregnancy, Dr. Bosede Afolabi is an associate professor and consultant obstetrician & gynecologist. She had her first degree from OAU, Ife (1992), specialised and worked in the United Kingdom for a total of eight years in various posts and has a postgraduate doctorate in Medicine (DM) from the University of Nottingham, UK. She

is a Fellow of the Royal College of Obstetrics and Gynecology, UK, the West African College of Surgeons, and the National Postgraduate Medical College of Nigeria. She has practised obstetrics and gynecology for 17 years.

She is also a Consultant Obstetrician and Gynecologist, in the College of Medicine, University of Lagos/Lagos University Teaching Hospital.

During the Covid pandemic, she was one of the front liners with the major role she played in the delivery of Covid babies at LUTH.



TOCHI OKWOR
Digitalizing The Pandemic

Dr. Tochi Okwor is Medical Doctor with over 20 years' experience in the field of public health, infection control and healthcare worker safety.

She obtained a bachelor's degree in Medicine & Surgery from the University of Nigeria Nsukka, a Master's in Public Health from the University of Lagos and a Master's in Occupational Medicine from the University of Manchester. Additionally, she obtained a certificate in Leadership in Infection Prevention and Control (IPC) and is a Fellow of the Faculty of Public Health National Postgraduate Medical College of Nigeria.

She leads the Antimicrobial Resistance (AMR) and IPC Programme at the Nigeria Centre for Disease Control (NCDC) and currently serves as the Chair of the National AMR Coordination Committee.

She was the National training Coordinator during the 2014 Ebola outbreak in Nigeria. The Ebola outbreak highlighted the urgent need for human resource capacity in IPC in the country. To address this gap, Dr. Okwor worked with Prof. Folasade Ogunsola (Chair Infection Control Africa Network) and Colleagues at the College of Medicine, University of Lagos, to develop a Diploma training programme in IPC the first of its kind in the country.

She is the Pillar Lead of the IPC Pillar of the Technical Working Group of the Presidential Task Force on COVID-19 in Nigeria and also leads the IPC Pillar of the National COVID-19 Emergency Operations Centre at the NCDC. In these roles, she rapidly pulled together a multi-partner, multi-sector and multi-agency team to mitigate the impact of COVID-19 in Nigerian health facilities and to ensure the safety of patients and healthcare workers as they interact.

One of the achievements recorded under her leadership was the development and dissemination

of over 12 COVID-19 guidelines to guide IPC activities in Health facilities and communities across Nigeria. She worked to standardize the quality of COVID-19 IPC training and materials in the country to ensure uniformity across training sessions, and developed modules that can be delivered in ways that allow hands-on practice. She then led the pillar to train a core set of Master Trainers across the country proficient in delivering these trainings to acceptable standards. Since then she has overseen the training of over 23,000 (twenty-three thousand) healthcare workers across the country in IPC.

Given the necessity of social distancing, Dr. Okwor led the team to develop and deploy an online COVID-19 training course. This is to ensure that every healthcare worker in the country has access to high quality IPC training.

Dr. Okwor is highly committed to a singular goal of striving to prevent harm caused by infections to patients and healthcare workers. She considers a single healthcare worker infection as one too many. Therefore, she worked hard to develop a national COVID-19 HealthCare Worker (HCW) Safety Strategy which she continues to engage all relevant stakeholders to adopt and implement as a means of creating a safe climate across health facilities and the communities in Nigeria.

At the level of the African Continent, Dr. Okwor Co-Chairs (on behalf of the NCDC) the IPC Technical Working Group of the Africa Task Force for Novel Coronavirus (AFCOR). In this role, she led the team to set up functional sub-working groups that have developed numerous IPC guidelines for use by African Member states. She successfully led the team that planned and implemented IPC training for National IPC and Port Health Focal persons of the 52 member States, 39 of which came to Abuja to participate in the training and subsequently took the training to Ivory Coast. Since then she has led the team to successfully step down such trainings in member states. Through her leadership, the AFTCOR IPC Technical Working Group (TWG)



has also successfully set up a community of IPC practitioners in the continent and now hosts regular IPC webinars for IPC focal persons which is very well attended. Recently, the IPC TWG conducted a workshop for personal protective equipment (PPE) manufacturers in the African continent as one more way of supporting sustainable PPE production in the continent as well as providing access to markets for manufacturers in the continent.

Dr. Okwor believes strongly that Africa in general and Nigeria have what it takes to control the pandemic with IPC as the key. She remains fully committed to working hard to institutionalize IPC in every health facility in Nigeria.

Olukemi Ladeinde is a Public Health Administrator with Bachelor and Master of Science degrees obtained in 1991 and 1995 respectively from the Premier University of Ibadan and Ph.D. in Public Health Administration (DPHA) in-view. Over the years, she completed various career development courses in Leadership, Project Management, Coordinating Donor Funded Projects and Research.

She has had 23 years of development work experience starting with notable Civil Society Organization's before joining the National Agency for the Control of HIV AIDS (NACA) in 2006. Kemi comes along with a wealth of programme management experience garnered from managing various projects supported by World Bank, Global Fund and the UNAIDS.

At NACA, she coordinated the Second HIV Programme Development Project (HPDP II), supported by the World Bank with a portfolio budget of \$225m from 2011-2017.

Until 30th October 2019, she was Deputy Director Performance Management, a division within NACA charged with the responsibility of tracking the performance of key stakeholders within the National HIV response, documenting progress, and providing feedback necessary for decision making and improvement actions.

Mrs. Ladeinde became the Project Coordinator for the Regional Disease Surveillance Systems Enhancement Project (REDISSE Nigeria) on 1st November 2019. REDISSE is a World Bank supported Project aimed at addressing systemic weaknesses within the animal and human health systems that hinder effective cross sectoral and cross border collaboration for disease surveillance and response.

OLUKEMI LADEINDE
Spearheading Funds

The project also provides immediate and effective response to eligible emergencies such as the current COVID-19 pandemic.

As such, she coordinates the implementation of the National emergency plan and States response to the COVID-19 pandemic and ensures equitable distribution of both human and financial resources to the following pillars of infectious disease control:

1. Surveillance and Information Systems.
2. Strengthening of Laboratory Capacity.
3. Preparedness and Emergency Response.
4. Human Resource Management for Effective Disease Surveillance and Epidemic Preparedness.
5. Institutional Capacity Building, Project Management, Coordination and Advocacy.

She oversees the deployment of additional staff to states to support outbreak monitoring and rapid responses, manages team performance; strengthens emergency operation centres (EOCs) at states level; and ensures that Infection Prevention Commodities are provided and distributed to health facilities across the nation. She is currently managing the establishment of additional isolation and treatment centres in the country; and has overseen the disbursement of emergency funds to all states & FCT. She will spearhead the new World Bank-funded Nigeria COVID-19 Preparedness and Response Project (Nigeria Co-PREP).

A team leader with excellent people management skills, Kemi is an asset to the NCDC family and is working with the REDISSE project team to contribute to the goal of attaining Health Security for all Nigerians.

ABIOLA FASHINA
Maintainance of Quality Healthcare

Is the the founder of EHCON, the only organization in Nigeria comprised of residency and fellowship trained emergency care specialist from some of the best medical institutions in the world.

Fashina identified a dearth of training opportunities in emergency and critical care medicine as a key impediment to a robust healthcare system and founded EHCON. Her groups of physicians have expertise in prehospital care, medical education and training, programme development, evaluation and capacity building,

health policy and more. Dr Fashina between April and July served as head of Intensive care Unit (ICU) of the Eti Osa Isolation Centre at Landmark with oversight from the Lagos state health service commission.. The centre was a seventy-six bed facility with 15 high dependency unit (HDU) beds and 5 intensive care unit (ICU) beds brought to fruition and financed through the vision of the Lagos chapter of the Young President's organization (YPO).



BABATUNDE OLAJUMOKE
Providing & Securing Testing Kits
DEPUTY DIRECTOR, NCDC

She works with NCDC and currently leads the NCDC Central Public Health Laboratory, Lagos where she ensures that Laboratory Operations and protocols for the detection and reporting of diseases of public health importance and priority diseases are implemented. She started her career in the Hospital Services Department of the Federal Ministry of Health about 27 years ago.

In line with the National Strategy to expand NCDC lab network with molecular RT-PCT testing for COVID-19, she supported the establishment of molecular laboratory for COVID-19 testing at NCDC, CPHL Laboratory in Lagos. Diagnostic testing is an essential strategy to interrupt the transmission of COVID-19 by informing patient management.

As the outbreak of COVID-19 pandemic increased in Nigeria with Lagos State as the epicenter of the outbreak, CPHL became the distribution hub of emergency response materials across the south west geopolitical zone.

She coordinates the distribution of reagents and consumables to all the testing Laboratories in the South West region thereby preventing stock outs of reagents and ensuring continuous testing in all the Laboratories. In addition, emergency response materials such as PPEs were distributed to all the treatment centres in Lagos, Oyo, Ogun, Osun and

Ondo States and POE-airports sea and land borders through port health services.

She also receives and coordinates donations from donor agencies both public and private to support the National response to COVID-19 pandemic.

She has attended and participated in organizing both local and international trainings that bother on improvement and strengthening the diagnosis of emerging and re-emerging diseases of National and international public health importance.

She is a member of the National Laboratory Technical Group (NLTWG) set up by the Federal Government of Nigeria. The aim of NLTWG is to develop a National Health Lab Policy and strategic plans that are in line with existing National Health Improvement plans and IHRs. These policies and strategies are needed to ensure laboratories are governed by appropriate regulations, receive managerial and technical support and advice.

She is an Associate member of Medical Laboratory Science Council of Nigeria (MLSCN). She holds a Bachelor of Science degree in Biology from University of Lagos and a Master of Science degree in Microbiology from Covenant University. She is currently undergoing a Master of Science degree in public health in the University of Lagos.

JUMOKE AKURE
Ensuring Proper Maintenance of Facilities

In a professional career spanning over 23 years, which started off in Estate Management under the professional guidance in the reputable firms of Adegbemile Agangan Akinlosotu & Co., Shote Dawodu & Co and Akin Olawore & Co.; Adejumoke has accumulated extensive experience in Property Management, Valuation, Agency, facilities management, hospital facilities & operations management, healthcare services management, technologies, training and skills development. From an unsure involvement in Healthcare management, Adejumoke has deepened her passion and grown her competency as a zealous driver of excellence in service delivery.

She has coordinated and supported international quality accreditations such as JCI (Joint Commission International) and Cohsasa (Council of Health Services Accreditation of South Africa), she also served as an invited quality auditor for the Cohsasa team in Nigeria. She conducts various international

fact-finding project teams in Nigeria, workshops and seminars.

Prior to coming on board at GOA/Estatelinks, she served as the Chief Executive Officer of a social enterprise (Pro-medical Support Services Ltd), which was set up as a support service hub to provide hospital and pre-hospital assistance services to healthcare and non-healthcare corporate organizations.

Adejumoke is an associate of the Nigerian institution of Estate Surveyors and Valuers (NIESV), a member of the Royal Institution of Chartered Surveyors (RICS), the International Facilities Management Association (IFMA) as well as the Independent CPR and AED instructor group.

Akure was the Operational Manager of Eti Osa Isolation Centre. She was in charge of operational and facilities coordination of the centre including patient experience





FIONA BRAKA,
*Coordinating National
Response*

Dr Fiona Braka is a public health professional and serves as the Immunization Team Lead at the World Health Organization Country Office in Nigeria. WHO works closely with the Government to improve the health and well being of Nigerians. WHO has presence in all the states and the Federal Capital Territory, as well as the six geo-political zones. This network of offices across the country has enabled the country team to be timely and responsive to the needs across the Federation.

Dr Braka leads the immunization team at WHO to support the Government to eradicate polio, strengthen the routine immunization programme and introduce new vaccines into the routine immunization programme. The dedication and commitment of the WHO team in Nigeria, working under the strong leadership of the Federal and State Governments, and the close collaboration with partners collectively contributed to the great strides in interruption of wild polio virus in the country. The African Region was certified wild polio virus-free on 25 August 2020.

Dr Braka was an inaugural member of the Presidential Task Force (PTF) on COVID-19, in her capacity as Acting Country Representative at WHO during March to June 2020. The PTF was inaugurated on 17 March 2020 to coordinate the overall national response to COVID-19. In line with WHO guidelines for a whole-of-government approach, the PTF embodies a multi-sectoral response involving several

ministries and MDAs. WHO provides technical guidance at the strategic and coordination level of the PTF and National Emergency Operations Centre at NCDC, sharing global guidelines that are adopted to the national context. At the field level, the WHO team works closely with the State Incident Management Structures/ Emergency Operations Centres to coordinate the response, build capacity for the different aspects of the response and support implementation of the incident action plans including case investigation, contact tracing and surveillance.

Since the start of the COVID epidemic in Nigeria in late February 2020, the large polio infrastructure has been repurposed to support the COVID response. The assets and lessons learned in outbreak response over the years, have been galvanized to respond to the outbreak. A one UN response – a collaboration of UN Agencies in Nigeria under the leadership of the UN Resident Coordinator, has facilitated strong support to the response with contributions from donors to provide swift strategic, logistical and operational support to the response.

WHO urges countries to remain vigilant in the fight against COVID-19. The virus spreads easily and we must all remain resolute about suppressing its transmission and saving lives by: empowering people to protect themselves; preventing amplifying events; focusing on public health basics; and protecting the vulnerable.



CHIBUZO ENEH
Coordinating Logistics

Mrs. Chibuzo Eneh is the Human Health Sector Coordinator of the Regional Disease Surveillance Systems Enhancement Project (REDISSE II-Nigeria) and also leads the Logistics and Supply Chain division at the Nigeria Centre for Disease Control (NCDC).

With over 29 years of experience in public health, she has spent 16 of those years working on Quality Management Systems and good manufacturing (GMP) inspections of pharmaceutical manufacturing facilities, logistics and supply chain management.

Mrs. Eneh previously served as a pioneer staff of the quality management system of drug evaluation and research directorate of the National Agency for Food and Drug Administration and Control (NAFDAC), where she was responsible for leading and providing guidance to pharmaceutical manufacturers and inspectors on GMP. She has extensive experience in quality improvement, capacity building, and guideline & policy development for pharmaceutical manufacturers in the Nigeria food and drug regulatory health system.

Since January 2016, she has led the Logistics and Supply Chain division and has been a key player in the development and implementation of a national emergency preparedness and response plan. She is extensively involved in strategic planning and creating an efficiently managed and evidence-based organisation with a clear focus on health promotion and disease prevention. As part of the ongoing response to the ongoing pandemic, she oversees

the procurement, storage, handling, and distribution of Infection Prevention and Control materials at the National and States level.

Mrs. Eneh assumed her role as Human Health Sector Coordinator in May 2020 and directs the response to systemic weaknesses within the human health systems in Nigeria. She engages with states, developing and reviewing the Incident Action Plans (IAPs) to ensure adherence to World Bank and World Health Organization (WHO) standards and mitigate the communal spread of COVID-19. She also coordinates the distribution of Infection Prevent and Control materials to health facilities and the deployment of Technical Assistants to support states response to COVID-19.

Chibuzo holds a Bachelor of Pharmacy degree from University of Nsukka, Nigeria, a postgraduate certificate in Internal Health Consultancy from the Liverpool School of Tropical Medicine, and a certificate in Program Management for Epidemic Preparedness from the International Union Against Tuberculosis and Lung Disease. Her training and experience in medical countermeasures through the Centre for Disease Control (US-CDC) has been instrumental in the activation of the multi-sectoral medical countermeasures action plan for COVID-19 response in the country. She is keenly interested in contributing to the success of health organizations. She is a result-oriented professional with skills in program management, monitoring and evaluation, budget and finance management, and practical leadership.

Africa Avant- Garde

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HEALTHY HOME PLANTS

BY FUNKE
BABS-KUFEJI

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WISDAY Style
ber 13, 2020

It's true when they say there's no place like home. And while some cities are enjoying relaxed social distancing restrictions, we can all agree that we're spending more time at home now than ever before. And whether we're working, studying or just relaxing at home, we need a suitably comforting and healthy space to lower stress and anxiety levels, and increase creativity and peace of mind. Fortunately, you don't need a prescription or therapy session – all it takes is a simple visit to your local garden store to achieve this. The following are the best indoor plants for enhancing your health at home with no green thumbs necessary.

FOR STRESS RELIEF



Chrysanthemums

Flowers of every kind brighten up anyone's day – their colours, shapes and scents are a foolproof formula for boosting one's mood. Chrysanthemums in particular, can help minimise stress symptoms thanks to their aroma, and adding a couple of leaves to your daily tea time is the perfect way to relax the body after a long workday (or a Netflix binge, who's to judge?).

Cactus

From the desert to your living room. Cacti can be a beneficial addition to your home – obviously they make stylish centrepieces, but according to the principles of feng shui, they also protect the home from bad energy. Even if feng shui isn't really your thing, it's hard to deny the convenience aspect of cacti as houseplants: they only need minimal water to survive, so no stress if you occasionally forget to water them.



FOR BETTER SLEEP

Snake Plant

If you have trouble sleeping, the snake plant – or 'mother-in-law's tongue' – is a safe bet... despite its nightmarish names. During the night, it produces oxygen and absorbs carbon dioxide, creating a cleaner sleeping environment. You only need to water it every two weeks, as its leaves and roots store a lot of moisture. We recommend keeping it in indirect light for better care.



Spider Plant

Another scary-sounding plant that can actually bring sweet dreams, spider plants rank high for their ability to purify the air and eliminate toxins. In addition, by absorbing carbon monoxide and benzene, they can help improve headaches, ensuring you're well-rested by sunrise. Still not convinced? The spider plant needs minimum attention and care, so even if you weren't born with a green thumb, it's pretty hard to do wrong by this one.



FOR IMPROVED FOCUS

Rosemary

If you're having difficulty meeting deadlines, we've got one word for you: rosemary. The aroma of this herb has been shown to improve memory and concentration, resulting in increased productivity. Plus, the scent exhibits mood-enhancing properties, helping you stay focused and feeling good. Out with distractions, in with sweet aromas.



FOR OVERALL HEALTH

ZZ plant

Native to Africa, the ZZ plant is ideal for rookie plant parents. If you're one of those people who forgets to water their greenery, it still has a pretty good chance of surviving in your home, as it requires minimal amounts of water (once a week) and can be kept in a place with little light. Easy, right? But more importantly, it is said to reduce moisture and toxin levels, resulting in more purified air and fewer allergies and lung problems.



Bird Of Paradise

This eye-catching plant not only adds an exotic touch to any room, thanks to its vibrant flowers, but its long leaves are considered excellent air purifiers; ideally place this one somewhere you spend a lot of time, to ensure better lung health. In order for it to grow as it should, a bird of paradise will need plenty of sunlight. Also, be sure to fertilise it during the hotter months.



FADE OGUNRO



Polo
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THE BUTTERFLY LOOK

BY ISIOMA USIADE

Get into this butterfly inspired makeup look by beauty influencer, Vanessa Gyimah. Products used to achieve this look.



Foundation
Anastasia Beverly
Hills Luminous
Foundation
500C Concealer



Anastasiabeverlyhills
banana loose setting
powder



Eyes Inglot gel
liner #77
Anastasia
Beverly Hills –
Norvina Vol 1
& 2



Juvia's place –
Bella Lips



Fenty Beauty
Pro fitt
Concealer 410
Cream contour



Kylie Cosmetics
Exposed



Marena Beante
Ebène pressed
setting Powder
Blush

FUN FACTS ABOUT BUTTERFLIES

Butterfly Wings Are Transparent

How can that be? We know butterflies as perhaps the most colorful, vibrant insects around! Well, a butterfly's wings are covered by thousands of tiny scales, and these scales reflect light in different colors.

Butterflies Taste With Their Feet

Butterflies have taste receptors on their feet to

help them find their host plants and locate food.

Butterflies Live on an All-Liquid Diet

Speaking of butterflies eating, adult butterflies can only feed on liquids—usually nectar. No matter the meal, they suck it up a straw.

A Butterfly Must Assemble Its Own Proboscis—Quickly

A butterfly that can't drink nectar is doomed. One of its first jobs as an adult butterfly is to assemble its mouthparts.

Butterflies Drink From Mud Puddles

A butterfly cannot live on sugar alone; it needs



Butterflies Can't Fly If They're Cold

Butterflies need an ideal body temperature of about 85 degrees Fahrenheit to fly.1

A Newly Emerged Butterfly Can't Fly

It emerges with its wings collapsed around its body. The butterfly must immediately pump

minerals, too. To supplement its diet of nectar, a butterfly will occasionally sip from mud puddles, which are rich in minerals and salts.

body fluid through its wing veins to expand to their full size before it can take its first flight.

Butterflies Often Live Just a Few Weeks

Once it emerges from its chrysalis as an adult, a butterfly has only two to four short weeks to live, in most cases. During that time, it focuses all its energy on two tasks: eating and mating. Some of the smallest butterflies, the blues, may only survive a few days.

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