

GLANCE

EVENTS & LIFESTYLE

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VENDORS
TO LOOK
OUT FOR IN
2021

**UCHECHI
NWAGWU
EZENWANKWO**

SOPHIA THE PROMOTER
SOCIAL MEDIA GURU

**TRENDING
WEB SERIES**

ISSUE NO. 10



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GLANCE

MAGAZINE

FOR YOUR

- EXCLUSIVE INTERVIEW
- EDITORIAL FEATURE
- BIOGRAPHY PROFILING

- EVENT MANAGEMENT
- EVENT COVERAGE
- EVENT SHOWCASE

- ADVERT PLACEMENT
- BRAND PROMOTION
- PR SERVICES

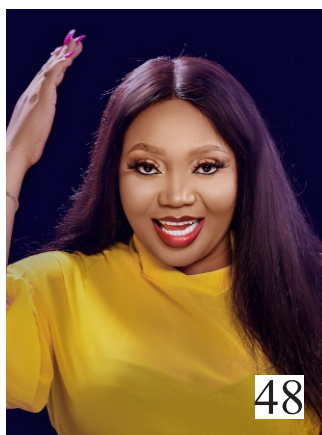


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glancemagng@gmail.com

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Glance magazine is a publication of glance media enterprise, a registered media outfit into magazine publication, event management, and PR services.

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For comments, criticism, suggestions and editorial submissions: Kindly write us via Glancemagn@gmail.com



@glancenigeria

Letter from the editor



We are excited to bring you the 10th edition of your favorite events and lifestyle publication. This edition is largely about entrepreneurship.

We have reached a milestone and I am so proud of what we have achieved over the years, so, in the spirit of the celebration, we are shining our spotlight on 20 online vendors you should totally patronize and watch out for in 2021.

Our content revolve around business, and lifestyle, and no, we didn't leave out fashion,

movies, travels and more.

At this point, please turn to the next page and enjoy the rest of glance magazine.

Maureen Kennedy
Editor In-chief/Publisher

Glance magazine was founded in 2016
by Maureen Kennedy.

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Glance Media possesses the rights to all published interviews and articles.

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ESTEEMED LONGRICH TEAM LONGRICH HUB

I AM MRS IDARA KUFRAY, A WIFE, MOTHER, A FINANCIAL ANALYST BY PROFESSION, A TEAM LEAD OF ESTEEMED LONGRICH TEAM/LONGRICH HUB

Facebook Name: Idara Kufray
Instagram page: @longrichhub
Contact: 08063813704



WHAT IS LONGRICH HUB ALL ABOUT?

Longrich hub is a platform that creates awareness, educate the masses on turning your daily consumables into income, the platform promotes sales, registration and sign up into the longrich company. The daily consumables are skin and beauty cosmetics, baby accessories, household accessories, health series, shoes, paper assets, furniture's, and MLM sector

WHEN AND HOW DID YOU DECIDE TO JOIN THE LONGRICH BUSINESS.

I officially joined longrich in Jan 2019

I was financially stressed so my best friend Chimama introduced the company also I had a loved one who had critical health issue and the longrich product solved it permanently so I researched more and my entire family decided to be part of this Asian multi billion dollars conglomerate and today I am thankful to God I said "yes" to longrich international.

WHATS YOUR APPROACH TO MARKETING?

My approach is sharing the opportunity to everyone on my

media handle, family, friends and anyone I come across because the products longrich has is the daily consumables we all use every day: toothpaste, body cream, soap, body wash, laundry detergents, sanitary napkins, pant liners, roll on, hand sanitizer, baby cream, soap, power bank, shoes etc. over 2000 products worldwide and they are all organic without chemical to harm anyone.

HOW WOULD YOU DESCRIBE YOUR ENTREPRENEURSHIP JOURNEY SO FAR?

This journey has made me fulfilled, I have built a team of over 2000 around the globe, I have touched lives, families and have solved health challenges. I have empowered people, I have had a personal development, created top leaders including a 3.5m naira car qualifier, a Dubai trip qualifier all within 2 yrs.

I have also produced over 5 senior stuckists in major cities across Nigeria and more are on queue, I have produced team in UK, Dubai, Spain, Canada and over 20 cities in NIGERIA, this is just a tip of the iceberg and this year I hope to do a lot, longrich is an investment every family should consider alongside their job or any other business.

GIGI FRUITIQUE

MY BUSINESS NAME IS GIGI FRUITIQUE A SUBSIDIARY OF GIGI FRUITIQUE AND ACCESSORIES.



WHAT IS YOUR BUSINESS NAME AND HOW DID YOU COME UP WITH IT?

My business name is Gigi fruitique a subsidiary of Gigi fruitique and accessories. Gigi is a nickname given to me by my husband. He calls me Gigi even before we got married.

WHAT INSPIRED YOU TO BECOME AN ENTREPRENEUR

My love for creativity. Aside my fruit art business, I make beads as a side hustle hence the business name Gigi fruitique and accessories. The first time I stumbled on fruitie world page on IG, I got glued and knew I wanted to go into the business because of the health benefits and the unlimited creativity involved in the business.

HOW LONG HAVE YOU BEEN IN BUSINESS AND WHAT HAS BEEN YOUR BIGGEST MOTIVATION

3 years now and my biggest motivation is the look on people's faces when they behold my work. The joy of eating fruits just because of the presentation. It makes me want to do more.

WHAT SERVICES DO YOU OFFER AND WHERE ARE YOU LOCATED

I am into fruit arts; fruit trees, platters, fruit kebabs, fruit bouquet, carving, parfait, etc. Our services are available for all events be it wedding, meetings, birthdays, gift ideas, burial, etc.

We also produce and sell Greek yogurt (traditionally made and strained). We are based in Kubwa, Abuja

SHARE WITH US ANYTHING ELSE YOU'D LIKE OUR READERS TO KNOW ABOUT YOUR BRAND

A little about the face behind the brand. My name is Eunice Bassey, happily married to a man specially made for me, blessed with two amazing kids. I'm also a Banker; yes I have a 9-5 job (lolz) and because I have such a great team, I'm able to sustain my business.

CONTACT

IG: @gigi_fruitique

WHATSAPP: +2348135956201

FACEBOOK: gigifruitique



SEDUCTION BY KP

CONTACT KARL

Ig: @seductionbykp

Twitter: @seductionbykp

Fb: @seductionbykp

PLEASE INTRODUCE YOURSELF AND BUSINESS

My name is Karl, I am the brain behind seductionbykp. Seductionbykp is a premium brand that deals on men's grooming. We have a range of products that focuses on maintaining a proper beard care

WHAT INSPIRED YOU TO START UP A BUSINESS?

Well, I saw a need, a problem that was very common amongst young men. Getting a solution was my main inspiration.

HOW LONG HAVE YOU BEEN IN BUSINESS AND WHAT WOULD YOU SAY HAS BEEN YOUR DRIVING FORCE

I have been in business for over 3 years and my major driving force even when I feel like giving up would be the satisfaction of our amazing customers

HOW WOULD YOU DIFFERENTIATE YOURSELF FROM YOUR COMPETITORS

We have added a distinct touch of excellence to our brand. Right from purchase to usage, we have an amazing customer relationship and our customers are delighted

WHAT THREE LESSONS HAVE YOU LEARNED AS AN ENTREPRENEUR?

Consistency would get you there. Ease is a greater threat to progress than hardship. When you feel like giving up, you're allowed to take breaks and re-strategize



LUXURIOUS AND DESIGNER CAR SEAT COVERS

TELL US ABOUT YOURSELF AND BRAND

I am immaculate Chidinma Ugbala, from Imo state Nigeria, I'm single and I own two businesses

Feminine_teabyimmaculate

A Luxurious premium detox tea that helps women with severe menstrual cramps, heavy flow, aids fertility, Detoxifies the virginal and womb for those that must have had abortion, reduces bloating and constipation.

With reviews on my social media platform, you get to know that the feminine detox tea is a product that speaks for itself. So get a pack if you haven't.

Car_accessoriesbyimmaculate

We deal on luxurious and designer car seat covers and car accessories, to give your car interiors an exquisite revamp. And with my luxury car accessories collection you get to give your whip a transformation it would be grateful for. For this

specialization; I'm popularly known as the car accessories Queen

WHAT INSPIRED YOU TO START UP A BUSINESS

I have always had the entrepreneurial mindset. Having businesses in my own name, being known globally and securing legit bags

HOW LONG HAVE YOU BEEN IN BUSINESS AND WHAT WOULD YOU SAY HAS BEEN YOUR DRIVING FORCE

It's been a year and 11 months, and I would say my dreams, destination and aspirations are my driving force.

HOW DO YOU DIFFERENTIATE YOURSELF FROM YOUR COMPETITORS?

I have created a brand for myself, which speaks well on my behalf and that alone makes a clear difference.

WHAT 3 LESSONS HAVE YOU LEARNED AS AN ENTREPRENEUR

Work smart, consistency and above all working with God in your business.

IG: @car_accessoriesbyimmaculate

WHATAPP: +2348148333138

LYDYCHETY FOOTWEAR

TELL US ABOUT YOURSELF AND BRAND

My name Lydia Okorie. I am an entrepreneur, the CEO of Lydychety footwear based in Lagos State. We sell High Quality foot wears.

WHAT INSPIRED YOU TO START UP A BUSINESS

My love for fashion, I loved helping people look good especially women, seeing them stand out and looking good in their outfits.

HOW LONG HAVE YOU BEEN IN BUSINESS AND WHAT WOULD YOU SAY HAS BEEN YOUR DRIVING FORCE

I have been in business for 12 good years, and my driving force? I will say customer satisfaction, Nothing is more pleasing than seeing your customers satisfied.

HOW DO YOU DIFFERENTIATE YOURSELF FROM YOUR COMPETITORS?

We believe that honesty is the best policy, I don't

compromise when it comes to Quality, and I go for the best always! Also affordability and our customer service is top notch! You can say I have the best customer relationship.

WHAT 3 LESSONS HAVE YOU LEARNED AS AN ENTREPRENEUR

Lots of lessons but the three most important lessons I have learned would be:

1. I have learned that working closely with God and putting him first in everything you do makes things easier for you
2. I have learned How to relate with different kinds of people
3. How to be extremely patient with customers

Contact Lydychety footwear

Social Media handles:

Instagram @lydychetyfootwears

Contact no 08187946065



LUXURIOUS DESIGNER PERFUMES AND MILANI PRODUCTS.

TELL US ABOUT YOURSELF AND BRAND

My name is Mary Awo-osagie. A Graduate of ABU Zaria. Studied political science BSc. I have been married for almost 17 years and Blessed with 3 kids (2 boys and a girl)

My Business name is Meera L'afrique and we deal on strictly luxurious designer perfumes and Milani products. They are all 100% authentic.

WHAT INSPIRED YOU TO START UP A BUSINESS?

Inspiration came from my love for authentic designer perfumes, I have a collection of designer perfumes, I love when people around me smell good or when people walk pass me and smell so nice. Yes those little things really inspired me to start up my business, I just love good fragrances! Smelling good is good Business!!

HOW LONG HAVE YOU BEEN IN BUSINESS AND WHAT WOULD YOU SAY HAS BEEN YOUR DRIVING FORCE

I just started my Business few months ago and so



far it has been great!

My driving force - I will say my passion, when you are passionate about something; go for it, pursuing your passion often pay off.

HOW DO YOU DIFFERENTIATE YOURSELF FROM YOUR COMPETITORS

It's quite simple, we go for only the best and authentic products without compromise.

WHAT 3 LESSONS HAVE YOU LEARNED AS AN ENTREPRENEUR

First, in everything I do God comes first. Second, never compromise on your Standards and third, be Consistent.

Contact Mary Awo-osagie

Social media Handles

IG: @meera_lafrique

WhatsApp: 0802999083

ND MEN'S WEAR



TELL US ABOUT YOURSELF AND BRAND

My name is Ndidi Amaka and I am the owner of ND MEN'S WEAR, I deal on strictly Luxury menswear and I am based in Port Harcourt Nigeria.

WHAT INSPIRED YOU TO START UP A BUSINESS

My friend is the best inspiration I ever had, she has this high spirit that inspires me. I get low at times but her high spiritedness and motivation pushes me.

HOW LONG HAVE YOU BEEN IN BUSINESS AND WHAT WOULD YOU SAY HAS BEEN YOUR DRIVING FORCE

I have been in business since 2005, and my main driving force is success.

HOW DO YOU DIFFERENTIATE YOURSELF FROM YOUR COMPETITORS?

We offer a unique range of high-quality menswear to suit your budget, and we do not compromise.

WHAT 3 LESSONS HAVE YOU LEARNED AS AN ENTREPRENEUR

It's more than three actually, but the most important three would be;

1. I have learned that, you need to be patient with customers.
2. I learned to trust and put God first in every business decision I make
3. I have also learned that consistency is the key, if not I wouldn't be here still doing business 16 years after.

Contact Ndidi Amaka

Social media Handle

Instagram: @nd_menwears

WhatsApp: +234 803 312 0374

MAKEUP ARTIST

INTRODUCE YOURSELF

My name is Mary Alao, I'm the head makeup artist for fabulous shadows. I have been in the makeup business for over four years now. I love to boast my ladies confidence with the right face beat.

TELL US ABOUT YOUR EXPERIENCE AS A MAKEUP ARTIST?

My experience as a makeup artist has been challenging and fun but most especially growth, because I come across different kind of clients every time and it has not been easy.

WHAT ARE YOUR FAVORITE COSMETIC PRODUCTS FOR PERSONAL USE?

Well for personal use, I like varieties like Mary Kay, black up, Zikel cosmetics.

HOW OFTEN DO YOU CLEAN YOUR MAKEUP TOOLS SUCH AS BRUSHES AND COMBS? HOW DOES IT AFFECT THE WEAR AND TEAR OF YOUR TOOLS?



I clean my brushes and beauty blender everyday like I don't repeat same set of brushes or beauty blender on another client until they are washed. I take hygiene very seriously and for time that we are in now (Covid era) I don't take chances.

WHAT ARE THE BIGGEST CHALLENGES MAKEUP ARTISTS HAVE TO FACE?

At the moment my biggest challenges are creating promotion and publicity for my brand as a makeup artist. I am a young entrepreneur whose business is still very new. I will like to create that awareness and publicity my business needs. Trying to reach target audience has been very challenging (for instance training of students) and of course getting more clients. And another challenge is photography.

TELL US WHAT MAKES YOU STAND OUT FROM OTHER MAKEUP ARTISTS

Competence and diligence. This has brought me far in this field. I always deliver in all my jobs. And I have been consistent

Phone – 07037651435

I.G: @fabulous_shadows.

Address: No1 Dada Street (junction) off Oyemeku, College Road, Ogba Lagos State

NONY DESIGNZ.

TELL US ABOUT YOURSELF AND YOUR BRAND...

My name is Nwachukwu Nonso Frank and I represent my brand NONYDESIGNZ. This is a creative studio specializing in the areas of graphic design, cartoons, illustration, artworks, Branding services etc. I have been in the graphic design field for three years this January. My most recent project was with a forex trading academy. I was tasked with redesigning their logo, press kit and packaging.

Since it was a branding overhaul, it required a lot of attention trying to retain the original design and updating it for the 21st century.

I particularly enjoy working in this industry because no 2 days are the same, when things get new I find it easy to throw myself into the work

HOW DO YOU DISTINGUISH YOURSELF FROM YOUR COMPETITORS?

As much as I believe business competitions, I believe a very "healthy" business competition.

We all know that unless we show customers what makes us different, there is little or no reason for them to patronize us, hence the below keeps me different.



- 1) I focus on my customer's solution
- 2) I allow the customer see solutions they did not think we're possible
- 3) I build trust

WHAT MOTIVATES YOU?

I'm human and I have days, and sometimes weeks, where creativity doesn't come to me the way I want it. Life can be overwhelming and sometimes stressful, but I have found it is very important to stay curious and not let life get the best of me. I keep Design images that motivates me

AS A DESIGNER, HOW DO YOU GENERATE NEW IDEAS?

There is no magic wrapped around it, whenever I get saturated due to work, I take a break and let things sink in my mind and trust me when I say the second time around, it is often much more fruitful

WHAT'S YOUR FAVORITE METAPHOR FOR DESCRIBING ENTREPRENEURSHIP?

My favorite metaphor for describing entrepreneurship - Liquidity of asset

Instagram - @nonydesignz

Contact detail

07064681330

FABRICS BY NONSO



TELL US ABOUT YOURSELF AND BRAND

My Name is Ken & I Run the Brand *Fabrics by Nonso*. The Brand which operates at a very professional model in business & customer relationship deals on Bespoke Fabrics/Materials used in making fashionable outfits like senator wears etc.

The Fabric & Materials we deal on include:

Cashmere: 5 Star and 7 Star, Tesil, Stock, Bale, CSS 580, Wool, Bespoke ONLY.

WHAT INSPIRED YOU TO START UP A BUSINESS

Mid way Into NYSC I was contemplating on what to do, just in case the white collar jobs doesn't come through, then I decided to invest in the fabric business. And with focus and dedication, I have made so much progress and we thank God for the process so far.

HOW LONG HAVE YOU BEEN IN BUSINESS AND WHAT WOULD YOU SAY HAS BEEN YOUR DRIVING

It's been three and half year since I started, and it's been an amazing experience/journey. My driving force is consistency, I make sure I don't let my shortcomings draw me back.

HOW DO YOU DIFFERENTIATE YOURSELF FROM YOUR COMPETITORS?

I treat every customer as a priority & make sure I deliver necessarily and efficiently.

WHAT 3 LESSONS HAVE YOU LEARNED AS AN ENTREPRENEUR

- I've learnt to be Patient, you know they say it's a virtue
- Focus on my work & deliver in stipulated time.
- Consistency, I just keep pushing against all Odds!

CONTACT

IG: @fabrics_by_nonso

WHATSAPP: +2349056423200

WORLD CHOCOLATE3C



PLEASE INTRODUCE YOURSELF AND TELL US ABOUT CHOCOLATE3C WORLD

My name is Colette Chukwumaobi, C.E.O Chocolate3cworld. I'm a Longrich Global partner. Chocolate3cworld is an online store that deals on quality hair bundles, wigs, frontal, braided wigs and hair extensions. We deliver worldwide and customers satisfaction is our goal.

WHAT INSPIRED YOU TO START UP A BUSINESS

I've always been business oriented and have been with Longrich for a while, but chocolate3c world started officially in October 2019 and since then we've been growing. We have plans to expand offline.

WHAT WOULD YOU SAY HAS BEEN YOUR DRIVING FORCE?

Bringing out the queen in every woman with quality affordable hairs and having a good relationship with

them.

HOW DO YOU DIFFERENTIATE YOURSELF FROM YOUR COMPETITORS?

At Chocolate3cworld, customer's interest is our goal. We offer extraordinary services.

WHAT 3 LESSONS HAVE YOU LEARNED AS AN ENTREPRENEUR

1. Telling people the truth
2. Deliver on time
3. Researching and making good contacts.

CONTACT:

Instagram: chocolate3cworld

Whatsapp: 08070621268

Twitter: Chocolatecoly

KINGS FASHION WORLD



PLEASE INTRODUCE YOURSELF AND TELL US ABOUT YOUR BUSINESS

My name is Williams and I am an entrepreneur, I deal majorly on male wears, accessories, and perfumes. I am planning on starting a clothing line soon

WHAT INSPIRED YOU TO START UP A BUSINESS

I am passionate about men style and I have always wanted to be an entrepreneur as a child.

HOW LONG HAVE YOU BEEN IN BUSINESS AND WHAT WOULD YOU SAY HAS BEEN YOUR DRIVING FORCE

I started the fashion business way back in my university days but after I graduated I stopped to pursue a career in cinematography, then in 2018 I decided to take it up full time.

My dad had always been my driving force until he passed on, he has always believed in me and siblings.

HOW DO YOU DIFFERENTIATE YOURSELF FROM YOUR COMPETITORS?

My unique sense of style makes me stand out.

WHAT 3 LESSONS HAVE YOU LEARNED AS AN ENTREPRENEUR

1. Patient at all times with customers/clients
2. Not everyone will patronize you even after inquiring for price.
3. Never feel frustrated if sales aren't coming as usual. Keep Pushing.

Contact Williams

Personal IG: @king_vee1

Business IG: @king_fashion_world247

@kings_collectiblez

Whatsapp - 08053224770

BUJUONY UNDERGARMENTS, UNDERWEAR AND LINGERIE.



TELL US ABOUT YOURSELF AND YOUR BRAND. WHY DID YOU CREATE THIS BUSINESS?

I am Onyiah Obianuju Azuka dealer in all kinds of ladies undergarments, underwear and lingerie.

I started the business as a way of making underwear readily available and at an affordable price for women of all ages and sizes.

WHAT HAS BEEN YOUR DRIVE THROUGH THE YEARS?

Passion, commitment to give my customers value for their money and ensuring their satisfaction

HOW DID YOU ADAPT TO THE MARKET?

By not expecting stability and profit too soon, but focusing on your values rather than my fears

WHAT ARE YOUR SERVICES?

Working with any woman and everywoman on every level to help them feel more comfortable and confident with their various choices

WHY SHOULD YOUR CUSTOMERS CHOOSE YOU OVER YOUR COMPETITORS?

Easy accessibility, convenience, quality and great value

WHAT ASPECT OF YOUR BUSINESS BRINGS YOU THE MOST FULFILMENT?

Customer's satisfaction and true relationship built

HAS SOCIAL MEDIA CONTRIBUTED TO THE GROWTH OF YOUR BUSINESS?

Yes it has

HOW HAS THE PANDEMIC AFFECTED YOUR BUSINESS? AND HOW HAVE YOU BEEN ABLE TO KEEP IT AFLOAT AND RUNNING?

I have become more sensitive, because I run personal services, I communicate more with my clients making them understand the issues on ground

WHAT DO YOU ENJOY MOST ABOUT BEING AN ENTREPRENEUR?

Solving undergarments problems with clients and working where I love

TELL US WHY WE SHOULD PATRONIZE YOU IN A SENTENCE

Bujuony is affordable, good quality and readily available because we're at your doorstep.

IG Handle:@bujuony

WhatsApp: 08081149966

Phone Number: 08035591133



DEBBYDOT ATTRactions

TELL US ABOUT YOURSELF AND YOUR BRAND. WHY DID YOU CREATE THIS BUSINESS?

My name is Debbie Nduka-Joshua, I am the CEO of Debbydot Attractions, #1 E-commerce online store where people buy and sell their products. This E-commerce was created to support entrepreneurs to improve sales online

WHAT HAS BEEN YOUR DRIVE THROUGH THE YEARS?

Passion. I love the act of buying and selling and I would want to do everything to support that cause

HOW DID YOU ADAPT TO THE MARKET?

We study the market and always provide the need of our customers as well as audience. We adapt to our environment and always proffer solutions to arising problems

WHAT ARE YOUR SERVICES?

E-commerce! Buying and Selling of all products/services on our website www.debbydot.com. We promote individual's Products and Services especially young entrepreneurs who desire to increase and improve sales online

WHY SHOULD YOUR CUSTOMERS CHOOSE YOU OVER YOUR COMPETITORS?

We carry out due diligence on our Vendors thereby confirming their authenticity. Our products are well packaged and inviting. Consumables are well taken care of following strictly the precautions for COVID-19, we ensure topmost hygiene. So both Vendors and Customers get value for money

WHAT ASPECT OF YOUR BUSINESS BRINGS YOU THE MOST FULFILMENT?



Customer Satisfaction. When Customers are satisfied with their products and Vendors are happy as their products are sold on our website, I am fulfilled!

HAS SOCIAL MEDIA CONTRIBUTED TO THE GROWTH OF YOUR BUSINESS?

Absolutely! Social media is the bread and butter of our online E-commerce business. Ads are done on social media and now we have more people in that space, so it has tremendously contributed to our business.

HOW HAS THE PANDEMIC AFFECTED YOUR BUSINESS? AND HOW HAVE YOU BEEN ABLE TO KEEP IT AFLOAT AND RUNNING?

Pandemic....hmmmmn! It actually affected our business as we recorded a de-growth on our Fashion line however, our food business and healthy living products increased and covered for it. Diversity works it

WHAT DO YOU ENJOY MOST ABOUT BEING AN ENTREPRENEUR?

Creating new business, taking risks and getting rewarded for efforts put in. Entrepreneurs innovates, improvise and always ready to help others. I love the entrepreneurial skills in me.

TELL US WHY WE SHOULD PATRONIZE YOU IN A SENTENCE

We are authentic, fast, guarantee of solving a problem!



THE PENG E-COMMERCE SITE

e-commerce
site for vendors
to buy & sell

www.debbydot.com

SHOP NOW →



health

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fresh food

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artworks

kitchen items



+2348122222454



info@debbydotattractions.com

UJ.ORGANIC SKINCARE

TELL US ABOUT YOURSELF AND YOUR BRAND.

WHY DID YOU CREATE THIS BUSINESS?

My name is Mrs Uju Ita Elijah, I am a trained skin therapist. At Uj.organic skincare, we produce/formulate skin friendly luxurious skincare range of products that works effectively to repair, enhance, maintain and give you an overall flawless skin tone. For me skincare started way back in school at Lasu, I offered solutions to various skin problems without attaching a fee to it. I researched for friends who had skin issues and I discovered that whatever I told them to do, worked. After school I decided to go into skincare full time, I went for trainings and Uj organic skincare was birthed.

WHAT HAS BEEN YOUR DRIVE THROUGH THE YEARS?

The testimonials, back to back reviews, customers satisfaction and of course the money too. Lol

HOW DID YOU ADAPT TO THE MARKET?

We modify existing products and services.

Sometimes we develop new products

WHAT ARE YOUR SERVICES?

We sell quality nontoxic skincare products for all skin types. Products like body lotions, scrubs, black soap, cleanser, body oils, face creams and super whitening, dark knuckles cream, pimples cream, sunburn cream & exfoliating body wash etc.

WHY SHOULD YOUR CUSTOMERS CHOOSE YOU OVER YOUR COMPETITORS?

We value our customers

We are affordable

We don't compromise

We offer freebies, and our customer service is top notch.

WHAT ASPECT OF YOUR BUSINESS BRINGS YOU THE MOST FULFILMENT?



When my customers are satisfied

HAS SOCIAL MEDIA CONTRIBUTED TO THE GROWTH OF YOUR BUSINESS?

Of course it has tremendously

HOW HAS THE PANDEMIC AFFECTED YOUR BUSINESS? AND HOW HAVE YOU BEEN ABLE TO KEEP IT AFLOAT AND RUNNING?

The sales during the pandemic kind of dropped but we bless God it has picked up

WHAT DO YOU ENJOY MOST ABOUT BEING AN ENTREPRENEUR?

The fact that my clients are satisfied and the business is very rewarding.

TELL US WHY WE SHOULD PATRONIZE YOU IN A SENTENCE

We sell peace of mind.

Contact Uju Skincare

Social media Handle:

Instagram: @uj.organic_skincare

WhatsApp: +234 803 448 2239

VITALS MARKET

TELL US ABOUT VITALS MARKET

Vitals market is an online unisex fashion store that offers an up to date, affordable and durable fashion items at an amazing deals ranging from men and women apparels, sandals, jewelries, bags, e.t.c

WHY DID YOU CHOOSE TO RUN A FASHION STORE?

Well, working in fashion allows you to meet so many people all with different backgrounds, experiences, you know with different stories. I'm a social person and very comfortable approaching people on how to combine things, what they wear and I'm also a fashionista in every sense of the word. I also follow the latest fashion blogs to know what's obtainable and what's trending. My family and friends come to me mostly to help them decide on what to wear and how to combine whatever they are wearing and also I know a lot about fabrics, about shoes, about anything. I think the major reason why I choose fashion is to style people.

WHAT EXCITES YOU ABOUT ENTREPRENEURSHIP?

What excites me about entrepreneurship is that every day is different, there's always new business opportunities to explore, new ideas to think of, get to meet new people, especially when you love what you do. You'll never get bored, every day presents you with new challenges which serves as an opportunity to keep you on your toes, And also it gives you time to adjust your schedule, spend time with your family, attend functions especially the children's school activities. It also gives you time for your own personal life.

DO YOU HAVE A PHYSICAL STORE OR AN ONLINE STORE?

No, we don't have a physical store, we have an online store but we have an office where you can pick up from if you don't want the goods to be delivered

DO YOU ACCEPT RETURNS/EXCHANGES? IF SO, HOW LONG DO CUSTOMERS HAVE TO CONTACT YOU?

In some cases, we do. Especially if you are in Lagos, but that's why we take our time to ask you about your size, fittings, measurements and the full information, to get your accurate size to avoid the issues of returns coming up. So most times, the issue of returns doesn't happen, but if it does, we just advise our customers to let it get to us within 24 hours if you are in Lagos. And if you re outside Lagos, you just have to waybill it back to us and give it like 2-3 days.



Abimbola Olayemi
CEO Vitals Market

HOW LONG DOES IT TAKE YOU TO PROCESS AN ORDER BEFORE IT IS DISPATCHED

Like I said earlier, we don't delay. If you order today, we deliver tomorrow if you are in Lagos and if you are not in Lagos, we waybill your items to you and you pick it up from the driver or their office as the case may be.

ANYTHING YOU WILL LIKE TO SAY BEFORE WE SAY BYE?

I hope I've been able to convince and not to confuse (laugh) you why you should buy from vitals market. See it, love it, buy it and enjoy it.

CHRISTIANDOR BEAUTY ISLAND

TELL US ABOUT YOURSELF AND YOUR BRAND.

WHY DID YOU CREATE THIS BUSINESS?

My name is Christian Doris, a mother of 5 kids, after I gave birth to my 4th child, my color faded and I began to feel less good about myself, then I started looking for a solution, explored different skincare products which didn't give me results. I became curious and attended series of trainings on skincare, I still wasn't satisfied, and finally my husband introduced me to a Thailand woman that thought me everything about skincare. She became my best friend and my supplier. I can honestly say that every product I've produced, I whole heartedly believe in, I have helped thousands of people regain their skin confidence.

HOW DID YOU ADAPT TO THE MARKET?

By making sure we are able to hit every curve ball that comes our way

WHAT ARE YOUR SERVICES?

We offer health and beauty services

WHY SHOULD YOUR CUSTOMERS CHOOSE YOU OVER YOUR COMPETITORS?

We encourage our customers to buy from us because our products are effective yet affordable and we give our customers the best.

WHAT ASPECT OF YOUR BUSINESS BRINGS YOU THE MOST FULFILMENT?

Witnessing growth in my brand, when you are able to hit the pause button and reflect on the substantial change, I feel a sense of purpose. Practicing gratitude for this change propels me with the motivation to continue striving for success and makes all of my sacrifices worth it. Like: Contributing to my customer's skin confidence, challenging myself to grow.



HAS SOCIAL MEDIA CONTRIBUTED TO THE GROWTH OF YOUR BUSINESS?

Yes, social media has really contributed to the growth of my businesses

HOW HAS THE PANDEMIC AFFECTED YOUR BUSINESS? AND HOW HAVE YOU BEEN ABLE TO KEEP IT AFLOAT AND RUNNING?

The pandemic did not really affect my business because it's an online business

WHAT DO YOU ENJOY MOST ABOUT BEING AN ENTREPRENEUR?

The major things I enjoy about being an entrepreneur is having time for myself and my family, it has given me a chance to stand up for what I believe in, in fact I smile a lot more as an entrepreneur than I ever did working for someone else.

Social media Handle:

Instagram: @christiandorbeautyisland

WhatsApp: +234 810 728 7114

MAKE UP ARTISTE

ABOUT MYSELF

My name is Theresa Christopher Etim, from cross River state.

Well I would say I'm a hustler, driven, passionate about success, and won't stop till my dreams are realized by God's grace.

Terexdee is a brand birthed from passion that exudes excellence in beauty.

INSPIRATION TO START A BUSINESS

I've always loved make up! Even as a little girl. And the more I practiced makeup, the more passionate I became and so I decided to start a business.

HOW LONG I'VE BEEN IN BUSINESS AND DRIVING FORCE?

I started around 2015 so that's 6 years now.

My driving force has always been my love for makeup and the desire to expand.

DIFFERENTIATING MYSELF FROM MY COMPETITORS

Staying original is one thing I love, Learning new ideas, always taking short courses and always making room for improvement.

3 THINGS LEARNED AS AN ENTREPRENEUR

1. It's not easy but being consistent and focused will make you grow.
2. The makeup market is broad but if you're committed and passionate about what you do, the sky is just your starting point.
3. Doing things for free won't make you successful.



Social Media Handles:

Instagram: @terexdee_beauty_house

WhatsApp: +234 706 505 3903

REKIYA

Rekiya Yusuf is fast becoming a household name after making her big break playing the role of “MiMi” in the TV comedy drama “My Flatmates”. It didn't take long for Rekiya Yusuf to engrave the character “Mimi” into the hearts of the fans as she played the role of Frank's girlfriend perfectly, with her sense of humor and troublesome nature. However, “My Flatmates” is not the only project Rekiya Yusuf has been part of, she has featured in series of movies and TV shows including “Calabash”, “Drunk in love”, “Spotlight”, “The Siege” amongst others.

Rekiya Yusuf is an indigene of Kogi State, where she studied and got her bachelor degree in industrial microbiology. How does a microbiologist have a sudden change in career and divert into acting? These are some of the questions that will be answered.

Journey to fame:

In 2014, I decided to go to acting school (Royal arts academy) owned by Emem Misodi Isong in Lagos. The plan was to go into presenting but the course duration for presenting was quite long so I opted for certification in acting instead which took about three months.

What influenced her passion for acting?

The passion at first wasn't for acting, it was for presenting. I'd been told to try it by close family friends because I love talking. And I've always loved a good TV show... The poise and eloquence of the presenters I watched were amazing and I thought to myself that I could actually do this. But then I found myself in acting school and the passion came gradually after I went on several film sets. I fell in love with the entire process of film making.

One word for the first time she saw herself on TV

Hilarious. For some reason it felt weird seeing myself on TV like that. So I was laughing at myself. I couldn't believe it really.

How she get the roles she play?

I used to attend a lot of auditions. At the grassroots of my career that was how I got most of my roles but as I kept going, roles came on referrals from producers, actors, directors etc...

Fitting into the role of Mimi

Fitting into this role was a gradual process. If you watched the first episodes aired you might be able to tell I struggled with the character a little before embodying it. It was challenging though but I believe I've been able to interpret the character in the best possible way.

Working with the cast and crew of MY FLATMATES

It is always fun. And I believe the show has become a huge success but we complement each other on the show. We help each other with comeback reactions and all. Safe to say that we rub off each other. The FLATMATES crew are the hardest working film crew I've ever worked with in my entire career. Their creativity is second to none.

Favorite role so far?

Playing the Character Doris on Paul Igwe's sitcoms the OJAYS has to be my favorite role I've played. This is because it was my first major role played in a sitcom. The show is a classic situation comedy about a widower and his challenges in raising seven daughters and in as much as it seems like a dysfunctional family, they stick together against all odds. A beautiful family series if you ask me.

Roles she'll love to play

I'd love to play more emotionally challenging roles... Like the character Rose in Fences played by Viola Davis. Also the character Elizabeth Sloane in the movie Miss Sloane played by Jessica Chastain one of my favorite actors.

One thing you'd be most surprised to know about her;

I'm an extremely shy person... Lol Yes it's true. That why when you meet me in person I come off as mean probably because I always have a bland expression or rather a straight face.

Most ridiculous rumor about her;

So I heard that I got married. I don't know to who or where or even when. Lol I'm still single please.

Most hurtful comment about her?

So here's the thing. People's opinion about my personal life or my work is an absolute reflection of themselves. Their knowledge of understanding of me as a person and as an actor so I'm hardly ever hurt by that. Now while I take people's constitutive criticism about my work serious I'm pretty tough skinned to negative comments.

People will always talk. The earlier you understand that the easier for you to move past negativity but then again that's my opinion.

What to expect from her?

I'm planning to try my hands on production sometimes in the year. Got my first script for a short film which should have been shot in June this year. But with the ongoing pandemic one is yet to know the effects on the industry so for now we wait. Man proposes but God disposes. Also I have a movie coming out this year so fingers crossed.

Biggest Challenge when taking on a Role

One major challenge I have is breaking out of character for another role. For instance, because I've been playing the character MIMI for four years now, whenever I get cast for another movie, during the course of shoot I tend to flash some of the traits of the character MIMI. So it takes repeated conscious reminders that I'm playing a different role.

First thing that comes to mind before the cameras start to roll

I always say a short prayer after which I tell myself I can do this. I take deep breathes and 5 seconds speech exercise before the Director yells ACTION. Every time!!!!

If she could change one thing in the Entertainment industry?

Content Distribution. Now while global digital markets are changing, I realized producers still have it difficult trying distribute their content. If I had a magic wand I'd create a working and reliable system through which content creators can conveniently distribute their creative work without the loopholes.

How many movies have she been part of?

That will be hard to tell but between 30-40 movies. A rough estimate that is

On a scale of one to ten how excited she is about life

I'll say a hard 7. I've always been a happy girl. Through the thick and thins I realize there's so much to live and

CELEBRITY ZONE

be grateful for and every time I count my blessings I'm amazed at how far I've come as a person and In my career. There's still so much I want to do and I'm pretty excited about the journey and work ahead

Her biggest career moment

That'll be easy to tell. When I got cast to play the character MIMI in 2016. I didn't believe I would be starring alongside the biggest names in the comedy industry.

It was a dream come true. Also another huge high in my career was my first paid endorsement by MAON homes. Brought in the first millions I ever made in my career. I knew I had to be doing something right and it motivated me to be better as a person and as an actor.

How she improves on her acting?

I read a lot which is one of my favorite things to do. I read classics and biographies/autobiographies, acting books, etc.

Also I watch movies a lot. I try to act out scenes I love, I record myself acting out monologues. Also I think I am my biggest critic

Five actors she wants to work with

1. Jessica Chastain
2. Viola Davis
3. Idris Elba (because he's cute lol)
4. Meryl Streep
5. Morgan Freeman
6. Regina Hall

Funniest person in person among the FLATMATES cast

This is pretty hard to say. They are all so uniquely hilarious but I can tell you who the trouble makers are but that's not part of the question LOL

Biggest Fear

As a person, my biggest fear is leaving this world without leaving my mark. Which is why I try to be kind to people no matter their story or situation.

My biggest fear as an actor is to become irrelevant and what I mean by that is an actor whose work who can be easily replaced in the industry or an actor who is not missed not necessarily famous. when a role comes up and a casting director can say that I am best for the job

then I'd have been an accomplished actor

Super power

Ability to read minds of course

Two truth and a lie

I'm a coffee freak

I love music

I'm a great dancer

Her annoying habits?

I get really horrible mood swings. It's annoying to even be me most times

Three things she always have in her bag

My mifi, my wallet and a perfume vial

What she will play if her life was to be made into a movie?

I'd play my mother! An incredible woman and I don't

need to tell you the level of sarcasm African mothers have... Lol

One message for her fans

Without you there won't be me... So I appreciate you all immensely from my heart and I hope I make you all so proud. Love and light always!





What's a four-letter word that ends in "k" and means the same as intercourse?

Talk.

I come in a lot of different sizes. Sometimes, I drip a little. If you blow me, it feels really good. What am I?

Your nose.

You stick your poles inside me. You tie me down to get me up. I get wet before you do. What am I?

A tent.

What four-letter word begins with "f" and ends with "k," and if you can't get it you can always just use your hands?

A fork.

I'm spread out before being eaten. Your tongue gets me off. People sometimes lick my nuts. What am I?

Peanut butter.

What three-letter word starts with S and ends with X and has a vowel in

the middle?

Six.

I start with a "p" and ends with "o-r-n," and I'm a major player in the film industry. What am I?

Popcorn.

You truly enjoy this when you spread it. What is it?

Butter.

You can't taste it unless you undress it, what is it?

A banana.

10 JAW DROPPING CUSTOMS FROM ACROSS THE WORLD

As humans, our culture is what bonds us together in groups and dictates how we think and live our lives. Experiencing different culture and traditions, makes traveling even more exciting: we get to experience new customs, food, events, tourist sites etc.

Every culture has its own rituals and traditions, and while some might seem stranger than others, they're a normal custom in their homeland. We've rounded up some strange cultural traditions around the world that will leave you in awe.



Monkey Buffet Festival - As the name suggests, this is a buffet for monkeys. Monkeys feast at this annual event in Thailand where over 3,000 kgs of fruits and vegetables are on display for the monkeys to feast on



Eating the baby's placenta - In some countries, mothers eat their own placenta after giving birth to take in other nutrients that the placenta is known to have. This tradition is followed in China, Jamaica, and some parts of India.



Don't show up on time in Venezuela – Getting to a venue on time is considered rude in Venezuela and it is recommended to reach at least 15 minutes later than the scheduled time. Sounds like Nigerians to me! We are never on time.



El Colacho, Spain - This tradition is practiced in Castrillo de Murcia, in the north of Spain, and has been a local tradition since the 17th century. In way to cleanse a new baby's soul; babies born in the previous year are laid on a mat. Men dressed as the devil run between and jump over the babies. Next, the leaders of the Catholic Church in the Burgos Region cleanse them with holy water.



Eating the dead's ash in Venezuela and Brazil - That is exactly what the Yonamamo tribe from Brazil and Venezuela does. Since tradition forbids them from keeping any body part, it is burned and crushed, and the remains are divided amongst the family members and consumed by all.



Polterabend - Break the dishes and get the newlyweds to clean the mess in Germany.



Red Ink, South Korea - Using red ink is a huge 'no' throughout the country, especially to write down a name. It's considered rude and a sign of ill-will against the person whose name is noted. So, if you find yourself in the bustling cities or in the calm countryside's of South Korea, avoid using red ink. Historically in Korean culture red ink was only used to note the names of the dead on the family register



Carrying pregnant wife over burning coal in China - In China, it is believed that if the husband carries his pregnant wife over burning coal with bare feet, the wife has an easy delivery. So, physical pain for the husband to ease out the wife's labor?



Bride kidnapping by Romani Gypsies - Kidnapping a girl you like is very much legal. And it also means that you've won her and have the right to marry her, provided that you are able to keep her as a hostage for 3-5 days.



Finger cutting when someone dies in Indonesia - This tradition in the Dani tribe in Indonesia takes bizarre to a whole new level. When a family member passes away, women from this tribe have to suffer physical pain besides suffering from emotional grief. And to do so, they cut off a part of their fingers. This is supposedly done to 'satisfy ancestral ghosts.'

ASOEBI STYLES





In the previous edition, we defined branding as a name, term, design, symbol or any other feature that identifies one seller's good or service as distinct from those of other sellers.

Brands are used in business, marketing, and advertising for recognition and, importantly, to create and store value as brand equity for the object identified, to the benefit of the brand's customers, its owners and shareholders.

The three types of branding are Corporate, Product and Personal Brand. There's something these three different types of branding have in common.

These three brand types need -

Development: All forms of branding must be created through a thoughtful process that considers how you want to be remembered, and the branding must be demonstrated well. The business must have

- Business cards
- Website
- Social media

And other forms of communication that are professional and give off the right image.

This is just as important for a person as it is for a company or brand.

Consistency: Good corporate branding is consistent across all media, and all uses.

There's no point in having a branding package (logo, printed materials, signage, etc.) if it isn't consistent.

This is also true for personal branding.

Does your Facebook profile – although personal – show a party personality while your LinkedIn profile shows a quiet professional?

Consider how potentially confusing that could be to people with whom you do business or from whom

you are seeking employment.

Protection: Protect your brand's reputation by making sound decisions that are consistent with your mission and message.

Both brands and individuals must take the necessary steps to be aware of what is being said about them and having some element of control over what can be said about them both in the real world and online.

The History of Branding

The practice of branding is thought to have begun with the ancient Egyptians, who were known to have engaged in livestock branding as early as 2,700 BCE.

Branding was used to differentiate one person's cattle from another's by means of a distinctive symbol burned into the animal's skin with a hot branding iron.

If someone's cattle got missing, anyone else who saw the symbol could ascertain the actual owner.

The term can be stretched to mean a strategic character for a product or business, so that "brand" now suggests the values and promises that a customer may perceive and buy into.

Over time the practice of branding objects extended to a broader range of packaging and goods offered for sale including oil, wine, cosmetics, and fish sauce but in the 21st century, branding has been extended even further into services Legal, financial and medical services, political parties and people e.g Public Figures (stars - Actors, musicians etc.)

In modern era, the concept of branding has expanded to include deployment by a manager of the marketing and communication techniques and tools that help to distinguish a company or products from competitors, aiming to create a lasting impression in the minds of customers.

The key components that form a brand's toolbox include a brand's identity, personality, product design, brand communication (such as by logos and trademarks), brand awareness, brand loyalty, and various branding (brand management) strategies.

Many companies believe that there is often little to differentiate between several types of products in the 21st century, hence branding is among a few remaining forms of product differentiation.

I would love to get a feedback from you. I work with Start-Up brands. Contact me, let's get started.

Whatsapp +2348056645331

Instagram @peace.eni

Facebook @ Peace Eni - Success by Design

Twitter @pe_eni

10 SMALL SCALE BUSINESS IDEAS IN NIGERIA.



Some of them can be started with very little capital. It covers ideas that can help you make money online and offline.

1. Mobile Car Wash Business
2. Restaurant Business
3. Sports Betting Agency
4. Website Design and Maintenance
5. Liquid Soap Production
6. Ice block Production and Sale
7. Plantain Chips Production and Sales
8. Mobile Phone Repairs/Sale of Mobile Phone Accessories
9. Poultry Business.
10. Laundry business

10 WAYS TO MARKET YOUR BUSINESS ON ZERO BUDGET.



No Money? No Problem. Here are ways to market your business on zero budget, if you are just starting out. Having no budget is no longer an excuse to not market your business

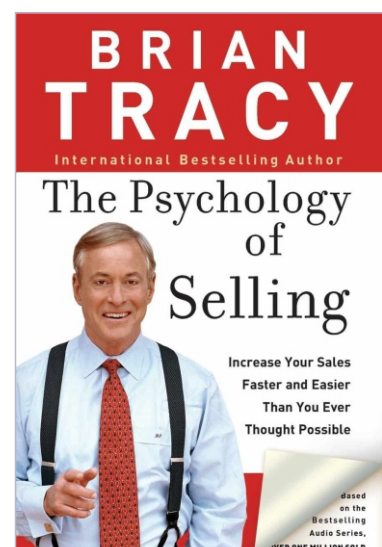
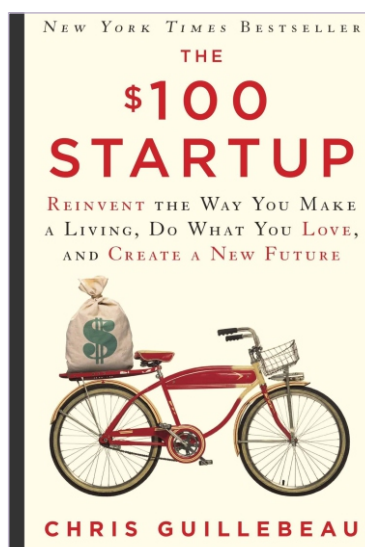
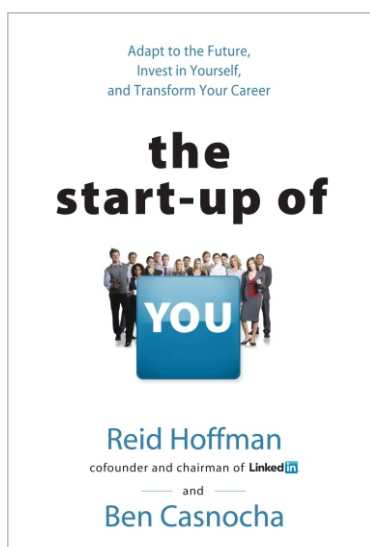
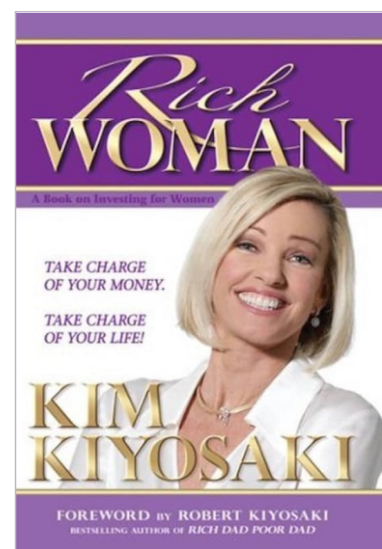
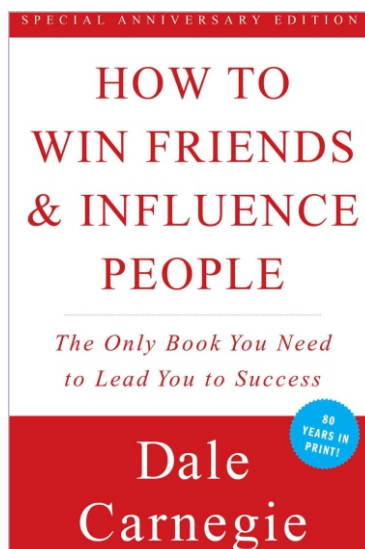
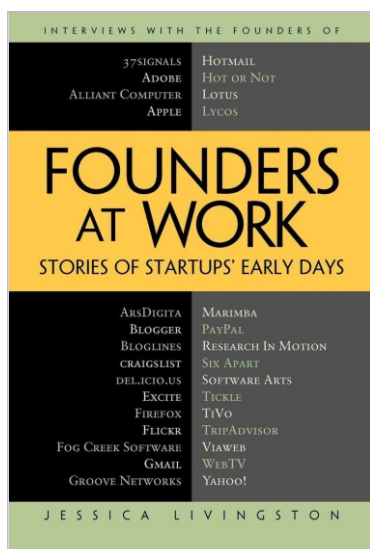
1. Create a free Google My Business account
2. Don't sleep on LinkedIn
3. Post (and engage) on social media
4. Use hashtags!
5. Turn employees into brand ambassadors
6. Ask for referrals.
7. Get Added to Internet Directories
8. Network and Collaborate
9. Offer Deals or Giveaways
10. Get Added to online business Directories

6

ESSENTIALS BOOKS FOR ENTREPRENEURS

Being an entrepreneur is all fun until you realize that you're actually not as experienced as others. And your knowledge might not be at the same level as those who've been in the business for twenty years! If you are looking for ways to level up your game, then you need to read, not just read: devour.

The following books will help you grow both in life and in business. The world of innovation and entrepreneurship feeds on information.



STYLE CRUSH

ALEX EKUBO



We've had an eye on Alex's style for a while and now we get to share his style with you.

We'd like to define his style as a mix of class and sophistication. And Alex sure has the confidence that comes with looking good.

STYLE CRUSH

ASOGWA ALEXANDRA



**IF WE MOVE
WAS A PERSON
IT WOULD BE
ALEX UNUSUAL**



EDITOR'S STYLE PICK

WHEN IN DOUBT WEAR BLACK





COMMON SKINCARE CONDITIONS AND HOW TO GET RID OF THEM

Learning about proper skin care and taking care of your skin is a job on its own, and sometimes it may seem like your skin is impossible to manage.

The good news is that there are ways to prevent and treat common skin problems. Here are some skin concerns we all come face-to-face with on the regular, and we've taken it upon ourselves to make your life and your skin care routine a bit easier. Read on for a guide to addressing 10 common skin problems.

ACNE

A pimple starts when the pores in the skin become clogged with a type of oil called sebum, which normally lubricates the skin and hair. Acne is common during puberty when hormones go into overdrive, causing the skin to overproduce sebum.

Here are some tips to help prevent breakouts and clear them up as fast as possible: Wash your face twice a day with warm water and a mild soap made for people with acne. Don't pop pimples. Avoid touching your face with your fingers or leaning your face on objects that collect sebum and skin residue like your phone. If you wear glasses or sunglasses, make sure you clean them frequently to keep oil from clogging the pores around your eyes and nose. Protect your skin from the sun

SCARS

Scars are beautiful and all, but sometimes there get too much and all we can think of is how frustrating there are and how we can get rid of them.

It's quite simple. What's needed is keeping new scars out of the sun because the sun can slow their healing and getting rid of scars with laser treatment and corticosteroids or a silicone gel.

You can also treat scars with honey. Blend honey, dry oats and Aloe Vera gel and make a fine paste. Apply this paste on

your face and leave it for 30 minutes. After 30 minutes, wash the pack with lukewarm water.

DARK CIRCLES

This is very common and makes you look deprived of sleep and your eyes feel swollen. And don't it just get tiring explaining to people you have a dark circle that has nothing to do with you getting enough sleep or not.

First off, you need to be sure it's not caused by allergies because dark circles might be caused by allergies and if it's established it's not allergies. Then making use of cool compress and cream containing cortisol or caffeine can help.

WRINKLES

Isn't wrinkles one of the reasons we wish we don't get to grow older? How do we stand our beautiful face getting wrinkled up? Retinoid creams works for this. It works by slowing down the body's breakdown of collagen which helps to keep the skin firm and maintain its elasticity. Also, photo facial treatments help reduce the appearance of wrinkles by using pulsed light technology to help restore your skin to its natural state.

DARK SPOTS

Dark spot stick just like a stain on the body. It's like they just come to mess up our beautiful skin. And this comes from sun damages. There can be treated with laser treatments for immediate effect or more slowly with the use of microdermabrasion.

DRY SKIN AND OILY SKIN

A lot of people have really dry skin and some really oily skin. Both can be frustrating

For dry skin, you only need to switch up on more than just your moisturizer. Get a moisturizer that's formulated just for your skin type.

And for oily skin, add a face scrub few times a week to your routine and skin exfoliation weekly to your schedule to remove excess dirt and oil from your skin.

SPIDER VEIN

Spider vein are the blue or purple burst of veins under the skin (of the leg) and these can be very irritating, making you want to wear clothes that can cover them up.

While they can be covered with leg makeup temporarily, a permanent solution involves the injection of a mediums that makes the vein collapse and become scars which clear overtime and this is known as "Sclerotherapy" or also, the use of Laser treatment.

STRETCHY MARK

One of the biggest skin problem is stretch mark. They come out in almost any part of the body and make you feel odd.

Stretch mark can be treated by the use of "sugar scrubs." Make a mixture by adding sugar, almond oil and few drops of lemon juice. Gently rub the mixture on the affected area in a circular motion for at least 10 minutes and wash it off with normal temperature water. Or by visiting a dermatologist and treating it medically. Chemical peels, dermabrasion and laser treatment are all ways of getting rid of stretch marks.

GROOMING GUIDELINE FOR WOMEN IN BUSINESS

As a business woman, "A first impression is made every day". Even the small details count in the rules of workplace grooming. Dressing for success includes a lot more than just choosing the right outfit, you must also consider accessories and personal grooming. How you present yourself to others can make or break your business. You should always dress to impress clients, investors, and customers because a winning sales pitch is not enough to seal the deal.

With that being said: here are helpful basic grooming guidelines for women in business.

- **Moisturize, moisturize, moisturize!** Nobody wants to see dry, flaky skin
- **Keep your nails short, clean and neutral-colored.** One of the biggest offenses is overly long, false nails or elaborate nail art.
- **Go easy on the perfumes and fragrances.** "Someone should not be able to smell you unless they come in for a hug,"
- **Mascara is a must.** "Adding a little bit of mascara will help you look more awake
- **Your hairstyle should be neat and conservative,** and preferably off the face

Paying attention to the details of your appearance sends a message to others that you will also pay close attention to business details and the needs of your

customers and clients.





ITALIAN STEW

Ingredients

Fresh Tomatoes or Tin Tomatoes
 Scotch Bonnet
 White Onions
 Ginger and Garlic
 All-Purpose Seasoning
 Oregano
 Basil Leaves
 Curry and Thyme
 Carrot
 Green Pepper
 Stock Cube
 Salt
 Vegetable Oil

PREPARATION:

Blend your fresh tomatoes and scotch bonnet, steam and set aside. Shred your carrot and green pepper to equal sizes. Dice your white onions and set aside. Put your pot on medium heat. Add a little amount of vegetable oil. Pour in your white onions and give it a stir for about 2 minutes. Proceed to add your grated ginger and garlic and give it a stir. You can now go ahead to add your tin tomatoes or fresh tomatoes and allow to cook for 5 minutes. Next you add your all-purpose seasoning, stock cube, salt to taste, oregano and basil leaves and give it a stir. Allow to cook for 10 minutes or more on medium heat. Lastly, proceed to add your shredded carrots and green pepper and give it a stir. And it's ready to serve.

NOTE:

You can choose to add any protein of your choice but it tastes better with your meat ball.



BROCCOLI AND CHICKEN STIR-FRY

Ingredients

Broccoli
 Boneless Chicken
 Green Pepper
 Bell Peppers
 Spring Onions
 Soy Sauce
 Vegetable Oil
 Ginger and Garlic
 Curry and Thyme
 Stock Cube
 Salt
 Chicken Seasoning
 Rosemary Leaves
 Black Pepper

Preparation:

Steam your broccoli till its tender and set aside. Steam your chicken as well and set aside too. Put your pot on medium heat and add little oil. Fry all your veggies for 2 minutes. Then add your chicken and broccoli and give it a stir. Check for taste and add stock cube and any other seasoning you wish to add and it's ready to serve.

Can be eaten with steamed rice, steamed spaghetti or steamed macaroni.

Note: The chicken can be a substituted with beef.



LET'S MEET YOU

Hi, my name is Nora Peter Udo, I am a Nigerian contemporary realism artist currently based in Lagos. My primary mediums of expression are charcoal, pastel, and paint. I use my art to tell stories, and express thoughts and feelings as they come; with the hope of awakening my audience to the endless possibilities of what could be.

IS ART A FULL CAREER FOR YOU? AND WHY DID YOU CHOOSE art?

Yes, art is a full career for me in that I dedicate ample time, resources, and energy to creating every piece of art whether for a client's commission or a personal project.

However, I didn't exactly choose art. It was more of a situation where art chose me time and time again; in fact, I always imagined myself becoming a newscaster. But then I was always that girl whose biology diagrams had more details and whose geography maps looked the best in class.

COULD YOU DESCRIBE A REAL LIFE SITUATION THAT INSPIRED YOUR ART WORK?

Sometime ago, my mind started to pick up on the trends that surrounded a typical Nigerian "gist" setting



NORA PETER

especially at the hair salon. I noticed that the gisting parties put aside all differences for the sole purpose of letting the gist flow. At that point generosity and kindness were at their peak. They shared everything down to their children's food to show solidarity to each other. The unity of mind and purpose within that short space of time was simply one of a kind - and is truly unique to the Nigerian setting.

This was my inspiration for the "As e dey hot" art piece.

WHAT TREND ARE YOU CURRENTLY FOLLOWING, IN RELATION TO ART?

I am not consciously following any art trend in particular. Although some may find my style to share similarities with some trends.

WHO ARE YOUR BIGGEST INFLUENCES

Two major people stand out for me and they're my friends **Barry Yusuf** and **Anne Adams** (the clay bender). We do not particularly share similarities in our art styles but their sheer tenacity and zeal have given them a level of success that could only be attributed to hard-work and consistency. This has been a major drive for me through my journey.

HOW DO YOU REFER TO YOUR GENRE OF ART? ARE YOU SKILLED IN OTHER GENRES?

My genre of art is called Contemporary realism. Still under the umbrella of fine art, I am also skilled in the abstract/representational genre of art

WHAT IS THE BIGGEST CHALLENGE YOU FACE PROFESSIONALLY?

My biggest challenge has been the scarcity of quality art materials in Nigeria. I find myself having to import certain art materials and the dollar rates make it even more difficult to do so.



A SURPRISING TURN

Her phone rang.

She stretched her hand, grabbed it from the coffee table where she had earlier deposited it, looked at the screen, saw the caller ID, muttered something under her breath, smiled at him and dropped it face down back on the coffee table, wondering why the silly old goat would choose that exact moment to call, was it to rain on her parade? She asked herself, silently seething with anger for the unnecessary interruption.

She smiled at him and urged him to continue. "As I was saying, Pierce Brosnan is a much better 007 character than Daniel Craig, he possesses more finesse and is way cuter, and as a matter of fact Timothy Dalton was even more suave than Craig, Craig is uncouth, too rough around the edges and looks like an Albino and seriously..." James would have kept going had her phone not started ringing again. Again, she ignored it.

James looked at the phone and then at her, "Lydia, I think you should get that" he encouraged her and then picked the phone from the coffee table and handed it to her. His deliberate attempt at averting his eyes from the screen did not go unnoticed. She reluctantly took the phone from his hand, smiled apologetically, but didn't make any attempt to answer it. Sensing her discomfort, James offered that if she required some privacy, she could take the call in his guest bedroom.

That was probably what she wanted to hear because she bolted from the sitting room immediately he pointed her in the direction of the guestroom.

Alone in his sitting room, James began to mull over Lydia's reaction to that caller. It wasn't as if she hadn't received calls in the middle of their dates before, so why was she acting strange over this particular one, he asked himself. Something didn't add up. There was obviously some history between her and this caller because she became terribly uncomfortable as soon as she saw the caller ID. Who was 'Chief C' anyway and why did he seem to get right under her skin?

He looked at his 2021 Edition Bond Series Swatch Irony Chronograph watch, twenty minutes had already gone past and she hadn't returned to the sitting room. He leaned towards the guest room, heard muffled sounds but couldn't make out what she was saying. Overcome by curiosity, he began to inch his way towards the guest room. Lydia's muffled voice became more audible, clearer. James began to hear her end of the conversation.

"Listen Chief, I don't have time for this nonsense. I'm giving you the best years of my life, raising your son, your only child." Slight pause. With an unsteady voice she continued. "Do you have any idea how much grief this whole affair has brought me? My dad won't speak to me except through infrequent text messages just to enquire how his bastard grandson is doing." She paused and listened for a while and apparently piqued at something the Chief said she lashed out.

"Shut up chief, don't tell me that! How can you even say that? Do you know that at this very moment I'm receiving this call from the guest bedroom of some really cute guy who ever since we met has shown me nothing but respect, consideration and warmth? He is single, intelligent, industrious, drop-dead gorgeous and God-fearing and best of all, he adores me. Chief what else could a girl want? But sadly, I can't be true to him or give my heart to him as much as he desires because I have the misfortune of being the silly girl who is raising the bastard son of a millionaire who has no intention of divorcing his barren wife, not even on account of his only child and the height of it is that you don't want me to be with anyone else!"

At this point, James decided that he had heard enough. "My goodness, what did I just hear?" he muttered to himself. Drained of energy and spirit, he could barely walk, he staggered back to his seat, "Curiosity killed the cat, curiosity killed the cat, curiosity killed the cat" His mother's words reverberated in his head; "Jay baby" his mother would fondly call him, "keep that nose of yours out of people's business."

He finally made it back to the sitting room and collapsed

on the sofa, his mind racing at full speed, this girl had fooled him. She had led him to believe that she was a single girl raising her nephew whose parents died in a car crash and that the child insisted on calling her 'mommy' because he was orphaned long before he was weaned and that she was the only parent he knew.

He raised both hands, put his chin between his thumb and index finger, contemplating his next line of action... no he didn't need to contemplate or plan, it was clear to him, what he needed to do was obvious. He would kick this lying, two-timing adulterous female to the curb. Yes, that was the logical thing to do. He nodded at his conclusion. But wait, he mused, why is it so damn hard to find a decent, honest, down-to-earth God-fearing girl in this town? The city just seems to be crawling with promiscuous, diabolic, psychedelic, young girls who were just out for money and a good time.

"Earth to James. Hey!". With that he was brought out of his reflection. He looked up and into the twinkling eyes of the mother of all lies standing over him, face clad in her mischievous smile. An untrained observer would hardly imagine that it was the same person who was moments ago in a heated argument with her baby daddy. "Did I take too long or were you just fantasizing about me?"

He tried to speak but the words wouldn't form, he couldn't hold her gaze for long, he looked away then back at her. A look of discernment passed across her face and she immediately froze. "Oh no James you didn't."

She moved to the single settee, sat heavily on it and held her face in her hands. "James, oh James, you shouldn't have eavesdropped." She began to sob. She jumped to her feet, reached across, grabbed her handbag from the coffee table and made a beeline for the door with tears running down her cheeks. Lydia unlocked the door then slowly turned towards him. "James, James, nothing I say right now will make any sense to you, but I will talk all the same." She paused, heaved a sigh, saw that she had his attention and went on. "I shouldn't have lied about Daniel's paternity..." "And your relationship with the Chief C", James added. "Yes, and my relationship with Chief C. "What does the 'C' stand for anyway?" James queried. "Christian" she replied. "Hmm, what an irony. Please go on, I'm listening."

She cleared her throat. "As preposterous as this might sound to you, I did what I did for the sake of love and I'd do it a million times over if I thought it would save the woman I love, no matter the consequence." The look of utter befuddlement on his face almost made her laugh, she smiled and went on. "My dad ran into some real serious debt trying to save my mom's life. Mom had a

heart condition that went undetected for years." Lydia paused again, walked back to the sofa, gently sat on it and placed her bag on her thighs and held onto it as it were for dear life.

"Dad tried all he could, consulted with all the best physicians in the country, each one of them recommended the same thing, that mom be flown abroad for surgery. There was so much cash involved, fees for international passports for himself and mom, visa processing fees, flight tickets, accommodation and of course the hospital bills. Clearly dad couldn't afford these expenses on his lowly civil servant's salary and I on the other hand couldn't sit idly and watch my parents suffer, I had to..." She was once again interrupted by the ringing of her phone which she quickly brought out of her bag looked at the caller ID, shook her head, turned to James told him it was Chief again and that she had to take it otherwise he would just keep calling.

"Hello Chief, I'm having a very serious conversation with James, the cute guy I told you about some minutes ago, I'll call you back when we're done talking, bye."

She ended the call and picked up where she had left off. "I had to do something James, mom was dying little by little right before dad and me. The woman that raised me had become a shadow of the shadow of herself, if you get my meaning.

Dad's financial incapacity to help mom, his childhood sweetheart and bestie weighed heavily on him so much so that he too began to deteriorate in health. With no other option available, I turned to Chief Christian. Before now, Chief had been on my case, ever since he mistakenly drove into a puddle of water which splashed on me, drenching me. I can't for the life of me recall exactly where I was headed that day. Anyways, he pulled over, rushed out of his BMW X6, apologized profusely and insisted on buying me a new dress. I naturally declined the offer and hundreds of offers after that." She moved her handbag from her thighs and deposited it on the side stool beside her phone.

"So, I went to Chief, narrated the dilemma to him, he listened without interrupting me and at the end asked how much we needed, I told him dad needed 4.8 million to add to what my parents had raised. He wrote me a cheque for five million naira and told me it was a non-interest loan that I'd have to come work in his telecommunications outfit, the customer care unit could use a voice like mine; that was one offer I couldn't decline."

Caught in the story and eager to hear more, James urged her to go on.

"So, I took the cheque home, told dad I got a job and a salary advance, and showed him the offer of employment from CC-Comms Nigeria LTD.

In less than no time, all was set, dad took mom to India for the surgery and I resumed work at CC-Comms." Lydia paused again, probably to gather momentum for the rest of the story.

"One evening, Chief showed up at my house, my parents weren't back from India at the time, so I was all alone. I let him in, offered him a seat and something to drink, he took a seat and opted for water which I gave him.

After exchanging niceties, he began to ramble on and on about how he couldn't get me off his mind, how much he needed me, how that the sight of me made him both happy and unhappy at the same time, he'd do anything at all for me, blab bla bla. Long story short, he literally went on his knees and begged that all he needed was a kiss and he'd be off my case forever. That seemed like a good idea at the time, wanting to get it over with, I quickly kissed him and was about to turn away when he grabbed me with both hands. It was at that instant I smelled the alcohol on his breath. I did the best I could to fight him off but he was faster, stronger and determined to have his way..." her voice broke, she covered her face with her hands and she began to sob.

James immediately rushed to her, pulled her to himself and held her. "Oh my God, I'm sorry, I'm so sorry baby. I had no idea... sorry...sorry." Voice still shaky she attempted to finish the story. "So Chief raped..." James stopped her. "Shh, say no more. I'm sorry, I misjudged you. Now I understand. I'm so sorry."

She pushed him away, dried her eyes, rose from the sofa, straightened her dress folded her arm across her chest and went on.

"You need to hear the rest of the story James." She wagged a finger at him to silence his protest.

"The filthy animal took me against my will, took my virginity and dignity and it hurt like hell James. The pain that tore through me was so excruciating that I nearly passed out and then what? Weeks later I discovered I was pregnant. Do you know how many times I tried to take my own life after that unfortunate discovery? Long story short, Chief found out I was pregnant, pulled his weight to make sure that I didn't abort the pregnancy, he went as far as moving my parents from India to John Hopkins hospital US for better medical care for mom, got me my own apartment just to make sure I have his child because his wife had been unable to have a child

for over 10 years."

James moved closer to Lydia, gently pulled her to the sofa, sat next to her and took her hand in his.

"You are raising the son of your rapist, living like a prisoner in the house he provided for you and all the while watching life pass you by. You're not in good terms with your dad and I assume it's as a result of Chief, I am so very sorry I misread the whole scenario and was too quick to judge." He let go of her hand, moved closer, put an arm around her dropped shoulders. "Nobody is perfect, you did what you had to do to save your mother's life, and there is no shame or blame in that." He took her face in both hands. "You should have trusted me with this from the outset, you should have been forthright." Lydia bent her head. "I didn't want to scare you away with all the drama in my life. I'm sorry James. I am not having an affair with Chief Christian, the time he raped me was the first and last time he ever touched me. I'm never alone with him. There, that's the story of my life... can I go now please?"

James knew deep down that there was absolutely no way he was letting her go. "Go where?"

"I've to go talk to Chief", she replied. He shook his head. "No, you don't. As a matter of fact, you don't need to talk to him ever again, you've done enough for him as it were. Today is exclusively for you, Daniel, and me, where is he anyways?"

Pleased at what she just heard; she couldn't hide her smile. "I dropped him off at my cousin's." James jumped to his feet, grabbed his car keys from the TV stand, reached for her, pulled her up, and took her in his arms. "It's the last time you've cried sad, bitter tears my baby, from here on you'll only cry happy tears, I promise." He held her chin with his thumb and index, gently placed his lips on hers. Her hands moved slowly, engulfed his narrow waist, slide upwards to his chest and upwards again, around his shoulders. She couldn't remember the last time she felt this good.

THE END.

George Wonah is a multimedia Copywriter, Content Strategist and Storyteller. He currently heads the Content and Digital Services team at The Workplace Centre Limited, Ikoyi, Lagos.



DR. (MRS.) JANET DAVID EKPENYONG
DG. CRS. PRIMARY HEALTH DEVELOPMENT AGENCY

Dr. (Mrs.) Janet David Ekpenyong acquired a Bachelor of Medicine, Bachelor of Surgery (M.B.B.S.), Medicine, from the prestigious Igbinedion University, Okada and then proceeded to the University of Glasgow, United Kingdom for a Master in Public Health (MPH)

In her continuous quest for knowledge, Dr. Janet Ekpenyong also obtained Certifications at the University of Washington on Leadership and Health Management in 2016 before adding another on Prevention and treatment of Infectious Diseases for Nigeria from Southern Medical University, Guangzhou China in 2018; As well as Health Financing Policy for Universal Health Coverage, Domestic Resource Mobilization and Public Financial Management (DRM and PFM).

Until her appointment on 2nd January, 2020 by His Excellency, Senator Prof Ben Ayade, as the second Director General of Cross River State Primary Healthcare Development Agency (CRSPHDA), she was Health Financing Technical Advisor TB/HIV DRM and PFM Activities (USAID-Health Policy plus Project)

Dr Janet Ekpenyong is committed to the attainment of Universal Healthcare Coverage in Cross River before 2023. As Director General of CRSPHCDA, her desire is to consolidate on the recent gains by the previous leadership of the agency under the watchful eyes of Dr. Betta Edu and take the agency to even greater heights where Sound Primary Health care services will be

made available, accessible and affordable to Cross Riverians and other residents in line with the vision of the Governor, His Excellency Senator Prof. Ben Ayade.

WHAT MAJOR ADJECTIVES DESCRIBES YOU?

God-fearing, Peaceful, Humble and just a jolly good fellow.

GIVE US AN INSIGHT OF YOUR PROFESSIONAL RESPONSIBILITIES

I am first a medical doctor, and as a doctor of course I have the responsibility of ensuring that people around me are healthy. Apart from that; as director general Cross River State Primary Health Care Development Agency I am saddled with the responsibility to make sure that about 70 percent of the population in Cross River State rural communities have access to quality and accessible health care services.

IT'S BEEN OVER A YEAR SINCE YOU WERE APPOINTED THE 2ND DG OF CRSPHCA... HOW WOULD YOU DESCRIBE THE JOURNEY SO FAR

It's been an interesting year so far. Just when I was trying to get grab of things, **COVID** came along; so it's been a year of learning, having to take responsibilities of a lot of things, fostering great relationships, it's been a year of growth in general.

As for the agency, like I said; I came in just before COVID19 arrived. So it's been trying to fight a pandemic while also ensuring that there is that high demand for health care services and having to work with people with different believes and orientation about life.

WHAT ARE THE MAJOR CHALLENGES FACED BY HEALTH CARE CENTERS AND WHAT IS THE AGENCY DOING TO IMPROVE HEALTH CARE IN RURAL COMMUNITIES

The entire health sector have lots of challenges, which is expected; but first we must have a functional health facility which has been achieved.

However we still have challenges in terms of infrastructure, ensuring that every community in Cross River State have access to a primary health care center with the right equipment's and human resource required to provide those services. But however I am glad that I have a very wonderful and committed Boss, His Excellency Professor Ben Ayade who is committed to see that we strengthen the entire health system, ensure that we build more health facilities and also renovate the ones we have and making sure there are well equipped.

WHAT HAS BEEN THE ROLE OF THE PRIMARY HEALTH CARE AGENCY AS REGARDS THE PANDEMIC?

As an agency, we are saddled with the responsibility of ensuring that everyone in Cross River State is aware of what Covid-19 is all about. Before COVID-19 hit Nigeria we already commenced a lot of sensitization across

board to ensure that people in the remote villages are aware.

During the time we had laser fever outbreak in nearby states, we were already doing a lot of advocacy and sensitization so we took the opportunity to seamlessly integrate the COVID message as well.

We also intensified surveillance, we have surveillance and notification officers in all the LGAs who go about identifying cases of diseases in our environment, we also have health workers who spend 30 percent of their time in health facilities, 70 percent in the community while also ensuring that they go in to provide all the necessary health education as well as communicate with any community informant that might have information on possible outbreak in the community.

In our health facilities we had to set up mini isolation centers or holding areas where possible cases of COVID and suspected cases are held up and moved to the nearby isolation center. So the primary health care has done a whole lot of work in the fight against COVID. We have social mobilizers and health educators in the local governments disseminating all the information.

With the recent introduction of the vaccines, as an agency it is our responsibility to ensure that our citizens are immunized with the COVID vaccines. It's our responsibility to ensure that all Cross-Riverians are immunized against covid19, the same way we have been ensuring our children have access to immunization which has also helped us to put an end to polio in Cross River State and the entire country. We have a huge role to play in the fight against COVID and we are not tired, we are still trying our best.

NIGERIA RECENTLY RECEIVED THE ASTRAZANCA VACCINES WHEN IS IT GETTING TO CROSS RIVERIANS AND HOW DO YOU HOPE TO DISTRIBUTE IT EVENLY?

We recently got about 3.9mil vaccines in the country. We have four phases in the introduction of the vaccines, the first phase is targeting health workers and other frontlines, the second phase will be targeting the elderly, from 50 years and above. Then the third phase we are targeting people that have comorbidities even if they are younger than 50 years, the remaining is targeted for the fourth Phase that's 18 years and above. And we are hoping that between this year and next year we should have vaccinated about 70 percent of the population in Nigeria. We have taken delivery already in Cross River State. And we have a functional cold store to receive and store those vaccines and of course we will make sure that we push this vaccines to the various local governments; we will ensure that the vaccines gets to the health faculties and everyone eligible for this

phase.

THE STATE RECENTLY LAUNCHED THE STATE HEALTH INSURANCE SCHEME. ARE PATIENTS IN THE PHC CENTRES COVERED BY THE SCHEME?

Yes. The beauty about health insurance is; it's more like a social service, not only does it cater for those who are buoyant, it also gives opportunity for the vulnerable to have access to quality health care services without going into any form of financial hardship. And another beautiful thing is we have the basic health care provision funds that is actually targeting the vulnerable group, which are the pregnant women, children under five and the elderly. What health insurance does is, it provides more money for the health sector; that's expanding the physical space for health. This also allows us to ensure that people leaving in the rural communities can access health care services whenever and wherever with just a token of 1000 Naira. While the vulnerable group are being offered free health care services by the state government as well as the federal government. This helps strengthen the health system entirely because we are going to ensure that infrastructures and facilities are ready, we will ensure that we have drugs, the right equipment and right work force to provide the necessary services, so it's a win win situation for all of us

CAREER WISE WHAT WILL YOU CONSIDER YOUR GREATEST ACHIEVEMENT?

I have had some very wonderful times in my life as God will have it, I just keep going higher and higher. Being appointed the Director General, Cross River State Primary Health Care Development Agency would be the highest height so far. By God's grace I know I will keep going higher, it's been an interesting one and I know there are greater things ahead.



SOCIAL ANXIETY & TIPS TO CONQUER THE FEAR OF SOCIAL REJECTION

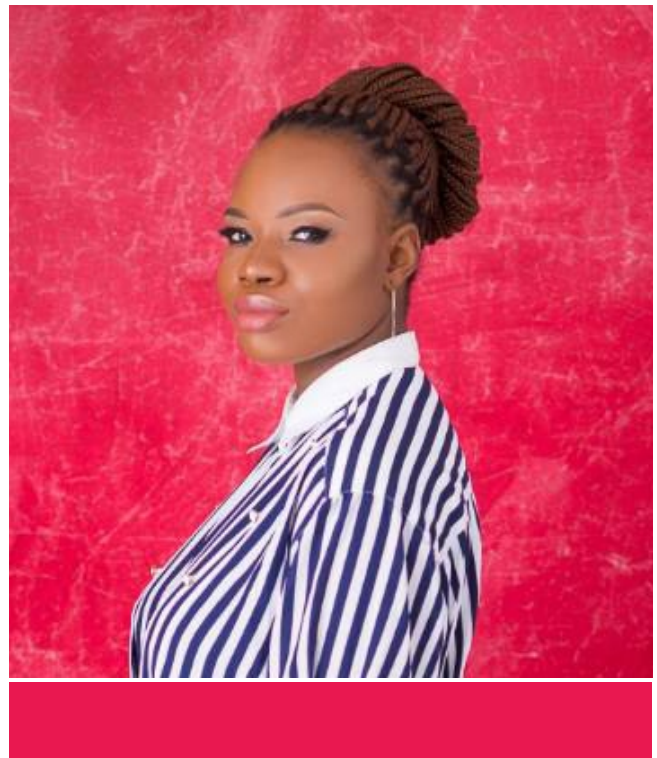
Social anxiety no doubt comes with the fear of being rejected or being disliked especially in a social gathering. It's one of the major reason for low self-esteem and you find yourself doing almost everything to please others just so you won't get rejected or disliked. Again it stops you from reaching out to people and making new friends because the fear of rejection keeps on being a constant obstacle.

If you are extremely afraid of being judged by others, very self-conscious in everyday social situations, or you avoid meeting new people; you may have a social anxiety disorder.

But social anxiety disorder shouldn't stop you from reaching your potential, and that's why I'm sharing these tips which can help you overcome the fear of rejection.

- Acknowledge your fear
- Avoid negative self-talk
- Build your Confidence
- Build your mind and sub consciousness
- Meditate
- Do not use alcohol as a remedy
- Socialize more
- Know your worth.
- Validate your feelings.

The bottom line; Rejection can sting and make you doubt yourself. But fearing it may limit you, and prevent you from experiencing much of what life has to offer. Choosing to look at rejection as an opportunity for growth can help you feel less afraid of the possibility.



YOUNG AND ENTERPRISING

TELL US ABOUT YOURSELF

I am Ezech Amarachi, From Enugu state, Obeagu in Enugu South local government Area Enugu. A student of Peace land college of Education and I am 22 Years old.

WHAT'S YOUR BUSINESS ALL ABOUT?

I sell Underwear's for both Male and Female, Adult and children Nightwear's, Undiluted oil perfume and Fashion Glasses.

DOES YOUR BUSINESS AFFECT YOUR STUDIES?

No, it doesn't.

HOW FAST DO YOU DELIVER?

I pride myself in prompt and quick delivery.

HOW CAN YOU BE CONTACTED?

I can be contacted via whatsapp on 09094501371

TO CHANGE A HABIT

By Mamman Jamilu Abaji

I remember a river, a very beautiful one flowing at the frontage of my house as a kid. It had coarse sand, just like the type used to mould blocks. The air around it was always dank and it smelled of something old but I grew to love the smell. Often, we'll go out to play at the bank of the river with my friends, sometimes baba would carry me on his shoulder high and I remember having a feeling of jealousy whenever he carries the other neighborhood kids on his shoulder.

Baba was a very tall man with a nice physique, I remember him teasing children to stay still on his shoulder else they'll fall and break their legs. He was a man who was much respected in the street we resided. He was also the only adult I remember coming out to the river bank to play with the kids.

I was about fourteen when I realized that the river I'd been accustomed to wasn't a river but water deposit from both rainfall and an overflowing dam in the town closest to ours. I remember feeling conflicted to the revelation, and I still called it 'river' afterwards until we left the house.

It was around the same time I learnt about the dam and the rainfall deposit that I also learnt about a bad aspect to my dad, he was a smoker, a chronic one and I got to learn later that he had been smoking long before I was

born.

It didn't matter to him that we were Muslims and Islam shuns against intoxicants.

All through my adolescent life was spent in trying to change him. We were so close and he was so honest. He told me stories of how he started smoking and stories of how he's been struggling to quit for so long. I listened and listened to him whenever we talked until I couldn't take it anymore. It was getting embarrassing to me and it became obvious at a point that he wasn't going to change. I was of the view that smoking kills and since it goes against the ethics of our religion, he should be able to change from smoking if he wills.

I got admitted to the university and our communication grew bare. He'd call but I'd ignore, I couldn't cope with a father that smokes.

One day, I got a call that he died and I was disturbed for a very little while and then I became alright barely a week afterwards because my mum was there.

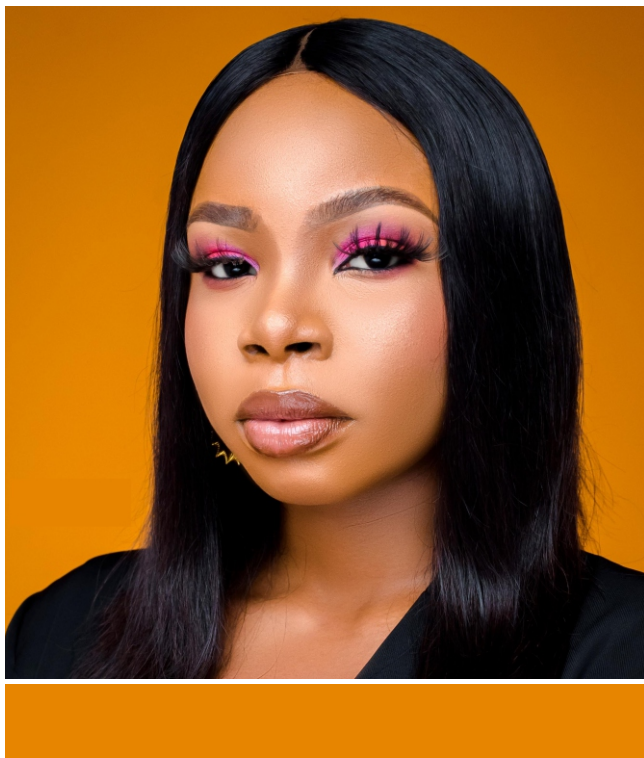
I had since then made a solemn promise to be the best dad morally and materially to my future kids and I have achieved that. Recently though, an unending thought has crept up my mind, I am wondering now whether I had been fair to my dad or not, in judging and distancing myself from him.

Some months ago, my oldest son was teaching my youngest to perform the ablution for prayers, at the beginning, he said "bismillah" and I called to correct him.

"It is bismillah-rahmani-rahim and not bismillah?"

"It is just bismillah Baba", he countered immediately and his self assurance made me to call other people for enquiry but lo and behold, it is the truth.

Now I am already used to the complete recital before the beginning of ablution but then I was asked to shorten it to just the first sentence. I tried, sometimes I do remember but most of the time, it is always at the middle of the ablution or while I'm in the prayer that I often realize that I didn't read it as I was told. It got me wondering 'if for months I can't change just a sentence,' did I do justice to my dad for wanting him to change a more sophisticated habit of his.



YOUNG AND ENTERPRISING

INTRODUCE YOURSELF:

My name is Amarachi Oparah, I'm 22years old. I'm from Imo state and a lawyer by profession.

TELL US ABOUT YOUR PRODUCT AND HOW'S THE ACCEPTANCE RATE SO FAR?

Mave cosmetics are beauty products. But for now, we just have the Mave eyeshadow pallets There're basically little necessary luxuries every woman needs to own. So far, people love it.

WHY THE BEAUTY INDUSTRY?

I'd say the high demand makes the business efficient because every woman uses one or two makeup products.

HOW DO YOU CONNECT LAW AND BEAUTY?

I feel it's easy to do anything if you love it. I've always wanted to be a lawyer, I appreciate the conceptualization of everyday living and law is that for me. Beauty on the other hand is who I am. I've always had a knack for beauty products, what's what in the beauty industry: so, doing the two for me is basically doing me and so far, none has come in the way of the other.

WHAT INSPIRES YOU?

Seeing the smile on people's faces as well as the numerous positive reviews whenever my products are used keep me going.

WHAT'S YOUR FAVORITE PART OF BEING A LAWYER?

Seeing people get the justice they deserve.

IF YOU WERE TO CHOOSE AND FOCUS ON ONE, WOULD IT BE LAW OR ENTREPRENEURSHIP?

It's a hard choice; I'll take both.

HOW WOULD YOU DEFINE BEAUTY?

To me, beauty is self-confidence.

DO YOU PLAN TO LAUNCH MORE BEAUTY PRODUCTS?

Of course, there are more products on the way.

WHAT DO YOU WANT TO BE KNOWN FOR?

I want to be known for Quality, Class and Luxury.

YOU SEEM TO LOVE FASHION A LOT, WHAT'S YOUR FAVORITE FASHION ACCESSORY?

I'd say my shoes.

WHAT'S IN YOUR MAKEUP BAG?

A whole lot of beauty products ranging from foundation, powders, but my favorite are my (Mave) eyeshadow pallets.

COVER

A close-up portrait of Uchechi P. Nwagwu, a woman with long, dark hair, smiling warmly at the camera. She is wearing a bright yellow top and has her hands framing her face. She is wearing a gold chain bracelet on her left wrist and a black leather watch on her right wrist. Her nails are painted a vibrant pink. The background is a solid black, making her and her yellow top stand out.

UCHECHI P. NWAGWU EZENWANKWO

Uchechi P. Nwagwu Ezenwankwo, is a Nigerian from Nkpologwu, Aguata L.G.A in Anambra State. Well known by her business name **SOPHIA THE PROMOTER** (@sophia_the_promoter) with over 40,000 online following on Instagram. She is a social media brand Influencer and the creator of Vendors On Instagram (@vendors_on_ig) with over 17,000 online following. She gives small and large businesses the best online visibility, help grow their social media accounts especially on Instagram, Facebook and WhatsApp. And she has helped thousands of businesses gain online presence.

With her knowledge as a banking and finance graduate (Bsc) from Abia State University Uturu, 3years experience as a digital marketer, social media influencer, graphic designer, Business Coach and a YouTube content creator. We can boldly and confidently call her the Social media Guru.

HOW DID YOUR JOURNEY START AS A SOCIAL MEDIA ENTREPRENEUR

I got tired of spending so much on physical shops. And social media is the new currency; so why not?

WHAT IMPORTANT LESSONS HAVE YOU LEARNED SO FAR?

So many! The most important is the power of consistency and collaboration! You want to succeed on social media? You need to learn how to collaborate with other brands and you don't have to give up on yourself or your business, is not always smooth but when you are consistent, you will definitely achieve your goals.

YOU ARE A SIGNIFICANT BUSINESS INFLUENCER, WHAT ADVICE DO YOU HAVE FOR OTHER PEOPLE WHO WANT TO GROW THEIR FOLLOWERS ON IG

Like I said earlier, "consistency and collaboration" is the key. Growing organic followers on Instagram is not easy but very achievable, so apart from collaboration and being consistent I will also advise them to run adverts too.

HOW DID SHOP SOPHIA START.

As an influencer people come to me daily to recommend vendors, and most times they don't get what they want swiftly, I will post requests on my vendor's page (@vendors_on_ig) and for weeks no vendor has the product, so I decided to create a platform where I can literally sell anything and everything. That's how "Shop Sophia 24/7" started.

YOU ARE A MOTHER OF A BEAUTIFUL BABY GIRL, AND YOU HAVE TO JUGGLE BUSINESS,

MOTHERHOOD, INSTAGRAM. HOW DO YOU DO IT?

Timing! And when you have the right people around you, you can literally do everything! My family understand how demanding my job is, so we schedule everything. And my assistants are also very helpful.

NAME ONE THING PEOPLE DON'T KNOW ABOUT YOU

Hahaha; me wanting to be a wrestler or rap artist is no longer a secret because I have mentioned that in previous interviews. But another thing people don't know about me is that I am scared of cockroaches.

WHAT ARE THE 3 STRUGGLES THAT YOU EXPERIENCED WHEN STARTING THE SOPHIA_THE_PROMOTER BRAND?

Number one was getting people to trust and believe in my brand, online marketing is a lot harder than offline marketing, because people are scared of being scammed by fake influencers, vendors etc. So how do you convince total strangers to trust you? I had to put in the work and gained their trust overtime.

The second would be visibility, it was a bit of a struggle when I started; but now I am the Queen of visibility.

The third one, I will say working with different kinds of people! Very exhausting. When I started it was very challenging but I learned to be more patient, like I had to be very patient.

ANY ADVICE FOR BUSINESS OWNERS

Yes! To that business owner out there, you are doing great, don't let anyone roll up on you and tell you otherwise, my advice to you is that you should never give up no matter the challenges, you need to be consistent, learn how to collaborate with people and please invest more on sponsored adverts.

Contact Sophiathepromoter

Social media handles:

@sophia_the_promoter

@vendors_on_ig

@shopsophia247

Website: www.sophiathepromoter.com

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NATURAL MANAGEMENT OF ASTHMA

By Adeboye Olusoji B. Pharm MPSN

INTRODUCTION

Asthma is a condition in which your airways narrow and swell and may produce extra mucus. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath.

For some people, asthma is a minor nuisance. For others, it can be a major problem that interferes with daily activities and may lead to a life-threatening asthma attack.

Asthma can't be cured, but its symptoms can be controlled. Because asthma often changes over time, it's important that you work with your doctor to track your signs and symptoms and adjust your treatment as needed.

SYMPTOMS

Asthma symptoms vary from person to person. You may have infrequent asthma attacks, have symptoms only at certain times — such as when exercising — or have symptoms all the time.

Asthma signs and symptoms include:

- i) Shortness of breath
- ii) Chest tightness or pain
- iii) Wheezing when exhaling, which is a common sign of asthma in children
- iv) Trouble sleeping caused by shortness of breath, coughing or wheezing
- v) Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu

10 Natural Remedies for Asthma

Many things get credit for being natural asthma remedies. But because studies on complementary and alternative treatments for asthma have been limited, it's not clear how safe and effective all of them are.

These natural remedies have been studied:

Acupuncture. This traditional Chinese treatment involves inserting thin needles into specific points on the body. While some people with asthma say acupuncture eases their symptoms, there's little proof that it works as an asthma treatment.

Biofeedback. Learning to control your heart rate may help you manage your asthma, but more studies are needed to confirm a benefit.

Herbs and natural dietary supplements. Many people use herbs, plants, and supplements, especially Chinese herbs, to treat asthma. It's not clear how well many of them work. More research is needed on supplements like magnesium and fish oil (omega-3 fatty acids). But vitamins C, D, and E may help lower your risk of symptoms.

Asthma diet. If you have a food allergy, avoiding trigger foods may also help with some asthma symptoms.

Plant-based diet. Several studies have found benefits for people with asthma who follow the Mediterranean diet. It involves lots of fruits, vegetables, whole grains, nuts, seeds, and healthy fats like olive oil. You eat more fatty fish and poultry than red meat. Experts think this diet helps with asthma symptoms because it helps fight inflammation in your body. A similar eating plan called DASH (Dietary Approaches to Stop Hypertension) may also improve asthma control.

Weight loss. Most people who have extra pounds carry them in the middle of their body. This can make it harder for your lungs to work. Losing weight can improve lung volume and lower your chances of conditions that make asthma worse, like diabetes or high blood pressure. It may also make exercise easier, which could improve your asthma symptoms.

Caffeine. Caffeine is a mild bronchodilator, which means it helps open your airways. Studies have found that it may improve airway function in people who have asthma.

Yoga. Stress may trigger asthma symptoms. Breathing exercises used in yoga have been found to help some people with asthma control breathing and relieve stress, a common asthma trigger.

Buteyko breathing. This technique focuses on slow breathing and short periods when you hold your breath. It doesn't treat asthma, but it may help improve the pattern of your breathing.

Papworth method. This relaxation and breathing system teaches you to breathe from your diaphragm so your lungs fill with as much air as possible.

CONCLUSION.

While there's no cure, there are steps you can take to keep your asthma in control and prevent an attack.

Identify Asthma Triggers. ...

Stay Away From Allergens. ...

Avoid Smoke of Any Type. ...

Prevent Colds. ...

Allergy-Proof Your Home. ...

Get Your Vaccinations. ...

Consider Immunotherapy Allergy Shots. ...

Take Asthma Medications as Prescribed.



8

FACTS YOU NEED TO KNOW ABOUT DEPRESSION

Depression is often misunderstood as just feeling sad.

But it's a complex medical condition that can impact the

way you think, feel, and engage in daily activities.

Depression could be caused by a combination of factors, including genetic, biological, psychological, and environmental triggers. Mental health problems are challenging and complicated, and it's important to get support when faced with them.

Researchers have made great progress in learning more about this common mental health disorder and here are facts about depression that might surprise you.

- EXERCISE CAN HELP MANAGE DEPRESSION
- DEPRESSION IS OFTEN EXPERIENCED WITH COEXISTING ANXIETY.
- DEPRESSION ISN'T THE SAME AS BEING 'LAZY' OR 'WEAK'
- DEPRESSION IS MORE THAN FEELING SAD
- DEPRESSION SYMPTOMS CAN BE PHYSICAL AS WELL AS MENTAL
- ONE IN SEVEN NEW PARENTS MAY HAVE POSTPARTUM DEPRESSION.
- DOGS GET DEPRESSED, TOO.
- A HOT BATH MIGHT EASE SOME DEPRESSION SYMPTOMS.

Talking about how you feel with a trusted friend or family member is an important step. However, mental health professionals can offer treatments and strategies that are an important part of the recovery journey when faced with depression.

BAG

IN



- 1. MICRO BAG
- 2. BOTTLE BAG
- 3. BUCKET BAG
- 4. BOXES
- 5. GEOMETRIC

BUSINESS HOROSCOPE

Aries (Born between March 21st to April 19th)

By the grace of Jupiter's transit through Aquarius, the year 2021 shall begin on a very positive note for your career and profession as per Aries career and business horoscope 2021. There are planetary recommendations for when you go to a meeting or when you discuss with new people about business progress. You will not let your emotions ride you, and you will be highly rational.

Taurus (Born between April 20th to May 21st)

Your lord of the profession and career Saturn will be positioned in the house of luck and fortune throughout the year. Hence your ideas and efforts will be ably supported by luck and fortune which will see grow leaps and bounds in your career. Travels undertaken will bring you great benefits. Some of you in government jobs are likely to get favorable transfers along with promotion or increment. The businessmen may witness ups and downs, fluctuations during this whole year.

Gemini (Born between May 22nd to June 21st)

As per the Gemini career and business horoscope 2021, the year 2021 will be quite supportive and interesting for Gemini natives, as the true meaning of success will be witnessed by Gemini natives this year. Many of you who couldn't find a satisfactory job last year, will see the light at the end of the tunnel. You can easily find a good job at the start of the year, maybe even before the end of February 2021.

Cancer (Born between June 22nd to July 22nd)

Career and business-wise the year 2021 will have mixed results, shows the Cancer business and career horoscope 2021. As far as career is concerned, there shall be steady progress for cancer natives who have been working in service for someone. Steady progress will be seen month on month which will be due to your efforts and hard work.

Leo (Born between July 23rd to August 22nd)

You are likely to get brilliant results in terms of the profession throughout the year 2021. The presence of Saturn in the sixth house will help you achieve great achievements in your professional fields. The presence of maximum planets in your Earth signs indicate that you will be productive and efficient at your workplace and your diplomacy and tactful

behaviour will help you tackle difficult situations. The businessmen might have to remain content with mediocre results during this year 2021.

Virgo (Born between August 23rd to September 22nd)

You will start the year on a promising note with the presence of multiple planets in your fifth house providing you with great observation and analytical skills, which will help you move forward. The period between the months of April and September will be a great period to make important decisions. The businessmen will also get great benefits during the initial months of the Year 2021, especially till 06 April 2021, as maximum planets will be in the earth signs which are good for finance.

Libra (Born between September 23rd to October 22nd)

As seen in Libra 2021 career horoscope predictions, the year 2021 is likely to be special for you. There is a high possibility that you will be successful in your career if you work hard to earn money. But at the same time, you need to take care that the efforts are not diluted. This is the only condition that you will have to keep in mind.

Scorpio (Born between October 23rd to November 22nd)

According to Scorpio 2021 career horoscope, the year 2021 may be a cheerful year for you. It may enhance your career prospects. You are likely to be happy and even content with the achievements and goals that you may easily surpass with each passing month. According to Scorpio business horoscope 2021, the transit of Jupiter and Saturn is closely responsible for the progress in career.

Sagittarius (Born between November 23rd to December 21st)

As per Sagittarius 2021 career horoscope, the year 2021 is likely to be favorable for career and professional growth for Sagittarius individuals. At the start of the year, the perfect complement of Jupiter and Saturn is creating an alignment of cosmic force that is ideal for business and self-development.

Capricorn (Born between December 22nd to January 20th)

2021 will provide auspicious results professionally for natives born under the sign of Capricorn. Saturn placed in your ascendant will have its exalted aspect on your tenth house indicating that you will be more organised towards your work, helping you to gain rewards and recognition. Multiple planets will see you growing by leaps and bounds. This conjunction will see you getting good support from luck. Those in business will achieve success and

profits during Jan to Mar, Jun, Oct to Dec.

Aquarius (Born between January 21st to February 18th)

Aquarius individuals are known for their hard work and determination. According to Aquarius career horoscope 2021, you are someone who may take up the right step in career and business to fulfill your dreams. The year 2021 is likely to be in your favor and may help you to bring a rise in your career and business, says Aquarius 2021 career predictions.

Pisces (Born between February 19th to March 20th)

According to Pisces career horoscope 2021, this year is likely to be progressive for you. Especially if you are working on an offshore project, you are likely to get an extension to your tenure later this year. However, you will

have to earn this by proving your credibility in the first half of the year.



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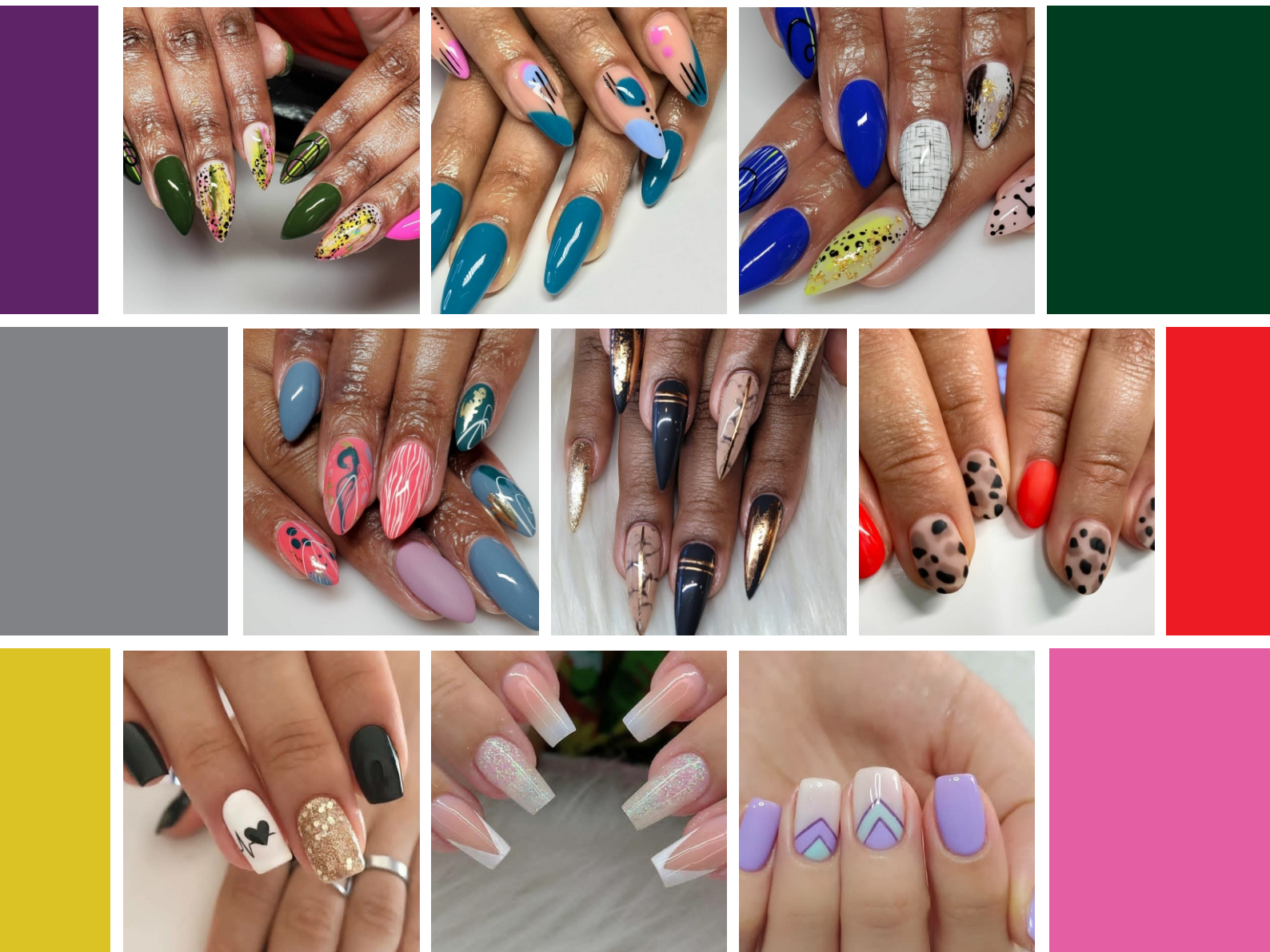


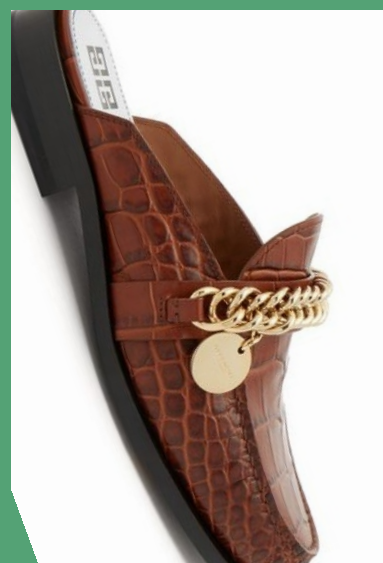
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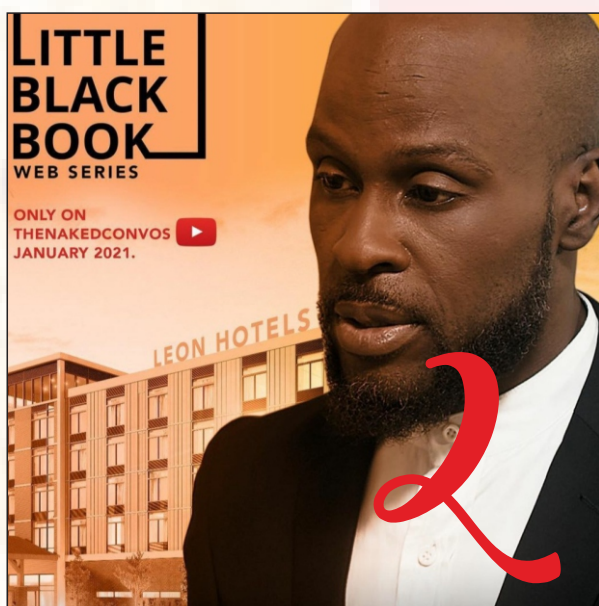
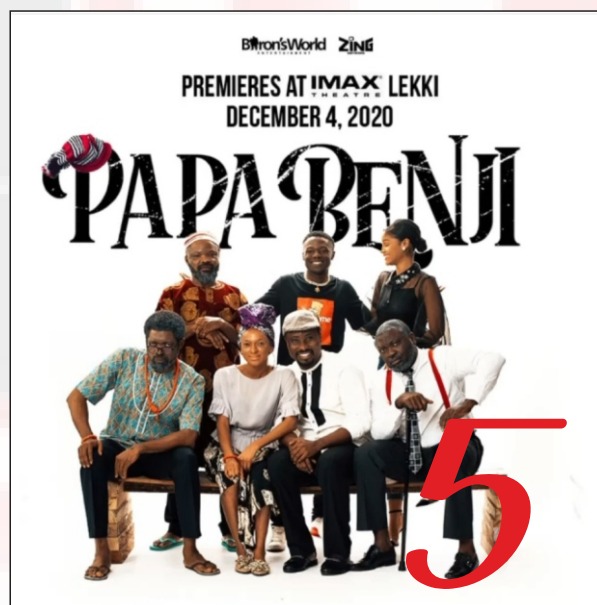


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NAIL ART INSPIRATION







WEB SERIES TO BINGE ON

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2. LITTLE BLACK BOOK (THE NAKED CONVO)
3. GAME ON (NDANI TV)
4. GROWN UP OR NUTS (SETWERK TV)
5. PAPA BENJI (BASKET MOUTH)

2021

ANTICIPATED MOVIES

With the COVID-19 pandemic still very much around, it's hard to imagine a time where we'll be able to enter a cinema to take in a blockbuster. But we're hoping for a day where we can comfortably go outside and reclaim the joys of life that we've missed for the majority of 2020.

While still saying safe, we should be able to take in some solid entertainment, and 2021 *does* have some solid movie releases, here's a look at the most anticipated movies of 2021.

'Malcolm & Marie'

Director: Sam Levinson

Starring: Zendaya, John David Washington

Distributor: Netflix

Release date: Feb. 5

'Coming 2 America'

Director: Craig Brewer

Starring: Eddie Murphy, Arsenio Hall, Jermaine Fowler, KiKi Layne, Leslie Jones, Shari Headley, John Amos, Tracy Morgan, Wesley Snipes, James Earl Jones

Distributor: Amazon Studios / Paramount Pictures

Release date: Mar. 5

'Mortal Kombat'

Director: Simon McQuoid

Starring: Ludi Lin, Joe Taslim, Tadanobu Asano, Jessica McNamee, Mehcad Brooks, Lewis Tan, Josh Lawson, Chin Han, Hiroyuki Sanada

Distributor: HBO Max / Warner Bros. Pictures / New Line Cinema

Release date: Apr. 16

'Spiral'

Director: Darren Lynn Bousman

Starring: Chris Rock, Samuel L. Jackson, Max Minghella, Marisol Nichols

Distributor: Lionsgate / Twisted Pictures

Release date: May 21

'The Suicide Squad'

Director: James Gunn

Starring: Margot Robbie, Idris Elba, John Cena, Joel Kinnaman, Peter Capaldi, Sylvester Stallone, Viola Davis

Distributor: HBO Max / Warner Bros.

Pictures / DC Films / Atlas Entertainment

Release date: Aug. 6

'Deep Water'

Director: Adrian Lyne

Starring: Ben Affleck, Ana de Armas, Tracy Letts, Rachel Blanchard, Lil Rel Howery, Finn Wittrock, Jacob Elordi, Kristen Connolly, Dash Mihok

Distributor: 20th Century Studios / Regency Enterprises

Release date: Aug. 13

'Dune'

Director: Denis Villeneuve

Starring: Timothée Chalamet, Rebecca Ferguson, Oscar Isaac, Josh Brolin, Stellan Skarsgård, Dave Bautista, Stephen McKinley Henderson, Zendaya, David Dastmalchian, Chang Chen, Sharon Duncan-Brewster, Charlotte Rampling, Jason Momoa, Javier Bardem

Distributor: HBO Max / Warner Bros.

Pictures / Legendary Entertainment

Release date: Oct. 1

'Mission: Impossible 7'

Director: Christopher McQuarrie



Starring: Tom Cruise, Hayley Atwell, Rebecca Ferguson, Ving Rhames, Simon Pegg, Pom Klementieff, Vanessa Kirby, Esai Morales, Shea Whigham, Henry Czerny

Distributor: Paramount Pictures / Skydance Media / TC Productions

Release date: Nov. 19

'King Richard'

Director: Reinaldo Marcus Green

Starring: Will Smith, Aunjanue Ellis, Jon Bernthal, Saniyya Sidney, Demi Singleton, Tony Goldwyn, Dylan McDermott

Distributor: HBO Max / Warner Bros. Pictures / Overbrook Entertainment

Release date: Nov. 19



TOP MUSIC

Focus - Joyboy

Away - Ayra Starr

High Way - DJ Kaywise & Phyno

The Best - Davido

Godly - Omah Lay

Ginger - Wizkid Ft. Burna Boy

Up - Cardi B

Driver's License - Olivia Rodrigo

Save Your Tears – The Weeknd

Good Days – SZA

Positions – Ariana Grande

Go Crazy – Chris Brown & Young Thug



INTRODUCE YOURSELF

My name is Ekpenyong Ememobong Edet. Popularly known by my stage name Superstar Partyfixer Djstarzy. I'm from Akwa Ibom state, born and raised in Calabar. I'm a student of the University of Calabar. (Unical) studying Public Administration.

HOW DID IT START OUT FOR YOU, WHEN DID YOU DECIDE YOU WOULD LOVE TO BE A DJ AND HOW LONG HAVE YOU BEEN DJING?

I started having passion for Djing at a very early age (16). I've always been a music lover. I joined a Music team back then in my secondary school. I started learning Dj'ing immediately after my WAEC in 2012. Someone introduced me to Dj Noro who mentored me into becoming who I am today. I've been Dj'ing for over 8 years now.

WHAT ARE THE MISCONCEPTIONS ABOUT BEING A DJ AND WHAT'S THE REALITY?

People think being a Dj makes you irresponsible, uneducated and broke. For me, I've achieved a lot with Dj'ing and more to come.

DO YOU THINK BEING IN CALABAR LIMITS YOU?

Calabar is my starting point, and so far, so good I've been able to make good use of it. I put in my best here, I work in the best radio station here Hit FM &

the biggest Night club Baysbar Reloaded.

My experience and exposure here in Calabar will definitely help me push my career to an international level. Calabar is a small place so we don't expect anything big compared to Lagos where the market is. But in general, the entertainment market here is not strong enough.

DO YOU THINK THE MUSIC INDUSTRY HAS EVOLVED IN THE STATE AND HOW?

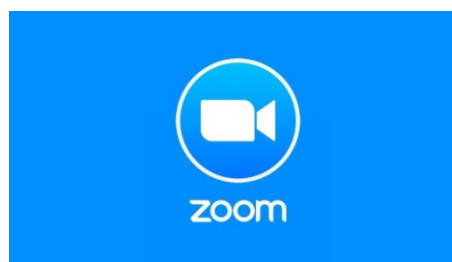
The state is a peaceful place for any kind of investment. The music industry here is gradually developing so I believe with time it will be stronger and better.

WHAT WOULD YOU SAY IS THE MOST REWARDING PART OF BEING A DJ?

Providing satisfaction to my clients

5 APPS THAT WILL MAKE YOUR ENTREPRENEUR LIFE EASIER!

With so much to do as an entrepreneur, there is a need to become tech savvy and incorporating productivity apps to help you remain on the right track. Below are essentials apps for entrepreneurs.



CANVA
EVERNOTE
DROPBOX
ZOOM
INSHOT

TRAVEL SAFETY TIPS

Traveling during a pandemic requires a few extra steps to stay safe! And nothing ruins an adventure quicker than getting sick, scammed or robbed!

With that in mind, here are a few travel safety tips.

Covid19 Travel Tips

- Know the COVID-19 Rate Where You Live
- Assess COVID-19 Rates at Your Destination
- Get tested Before, During, and Even After Your Trip
- Be Choosy About Where You Stay
- Don't Let Your Guard Down
- Be Smart About Each Activity
- Reevaluate at Every Turn
- Practice good hygiene
- Wear a face mask and keep your distance

Hotel safety

- Choose accommodation that has unmarked 'swipe cards' rather than numbered keys for each room. If you lose your swipe card or if it is stolen, intruders won't know which room to rob.
- Take note of emergency exits, stairwells, fire escapes and emergency plans, just in case.
- Always lock your hotel door when retiring for the night
- When arranging to meet people you've never met before (such as business associates), wait for them in the lobby. Don't ask them to come up to your room.

Travel safety

- Keep your travel plans, including accommodation details, to yourself.
- Try not to travel at night.
- Ask your hotel manager for advice on 'safe' versus 'unsafe' local areas.
- As a general rule, city streets that include children and women suggest the area is safe for families.
- Keep a photocopy of your passport and all other important documents in a safe place.
- Use ATMs during the day, when there are people around.
- Avoid incidents such as fights, riots or civil disturbances at all times

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- Moi moi
- Gizdodo

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- Chicken Curry with Irish Potatoes
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- Yaramita • Waffles
- Mongolian Chicken and Brown Rice
- Vegetable Rice
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