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wrap lover?*

10 classy ways to crown
your look

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Creating calm, beauty
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10 classy ways to slay in African head wraps

by Ese Oghenetega

African head wraps have transcended from being mere accessories for covering the head to becoming global trends. There are several creative styles and patterns one can rock to stay in vogue. Check out some of them below.

Create drama with a high turban:

This style is elegant and provides a dramatic look for occasions. It is preferably worn to owambes as it exudes luxury and sophistication, making it a perfect choice for anyone who wants to turn heads.

Stay timeless with the classic crown:

One of the timeless head wraps that can be paired with traditional and contemporary attire is the classic crown. It is neatly arranged, ready-to-wear, and gives a fabulous look.

Look gorgeous with rosette wrap:

If you want to look trendy, the rosette wrap is a style to try. It can be achieved by turning the fabric into a rose design, which accentuates your fashion taste.

Stay unique with side knot:

This design gives you a unique look when you tie your fabric to one side of your head. It looks simple, but it is one classy style you can try.

Glow with layered turban:

You can achieve this style by creating a

bold front bow with your fabric. It looks trendy for fashion lovers.

Exude simplicity with back knot:

If you are a minimalist who values simplicity, go for the back knot head wrap. Let the finish of this design be at the back. It gives you a simple look while your outfit does the talking.

Show your fashion taste with bow style:

This head wrap is timeless for ladies who love to look glamorous. This style allows you to create a bow with your fabric in any size you desire.

Look classy with twisted crown style:

Show off your love for creative head wraps with the twisted crown design. It is versatile, characterised by a sleek twist, and leaves you looking classy.

Look extra with the double twist pattern:

This style can be made by combining two matching fabrics to create a special look. The double twist design shows how far a creative person can go to look glamorous.

Flaunt your style with the twisted halo wrap:

This style is perfect for flamboyant events. It is twisted carefully around the head, which elevates the face beautifully.



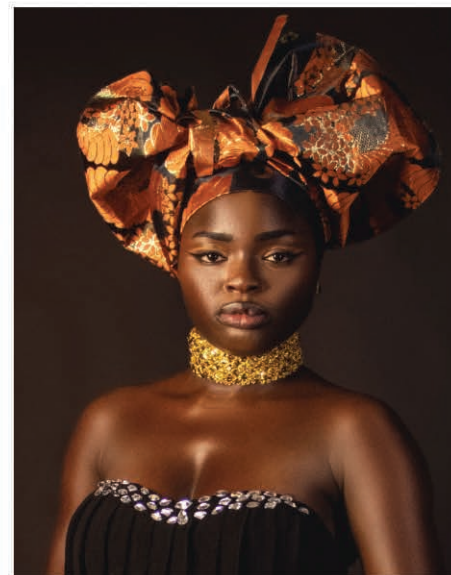
Back knot



Side knot



Layered turban



Bow style



Classic crown



Double twist



Rosette head wrap



Halo head wrap

From Lagos to London:

Seyi Tinubu leads polo's Unity Cup clash

by Tunji Bada

When Lagos Polo Club travelled to England to play Guards Polo Club, Tunji Bada went along to introduce us to the sport of kings.

Polo is like playing golf in a Ferrari. I wonder if this simile is true and whether polo is beginner-friendly. To find an answer, I am about to watch the Unity Cup match between Guards Polo Club and Lagos Polo Club in the picturesque Great Windsor Park, near Windsor Castle in Berkshire, England.

As the players prepare to play by donning their knee pads and boots, this is a great time to find out about the basics of polo.

Like football, the aim is to score a goal by hitting a ball between two posts. Unlike football, you have to hit the ball with a stick with your right hand while riding a horse that can gallop at 30 to 35 miles per hour (mph), which is about 48 to 56 kilometers per hour (km/h..

There are other rules of note.

This includes swapping sides every time a goal is scored to allow each team to experience the different ground and weather conditions on each side. For example, one side might be slanted, be windier, or have more direct sunlight. This ensures no team has an unfair advantage.

Polo players also swap horses at least every seven minutes and 30 seconds to prevent exhaustion. Horse care is paramount in polo. The seven minutes and 30 seconds of playing time is called a chukka. The name derives from the Hindi language in India.

Highly competitive matches can have six to eight chukkas, but friendly tournaments like today's match can have only four chukkas. Speaking of which, Lagos Polo Club lost the first chukka and is currently making a comeback in the second chukka.

The numbers on the players' shirts state their position on the polo field. There are only four players at a time. The number one focuses on scoring, like a striker in football. Number 2 is the offensive playmaker. The tactical leader is number three, who calls out instructions to other players. Finally, the number four is like the defender and goalkeeper in one.

It is now halftime, which means the polo tradition of stomping the divots. This is when spectators walk onto the field and press back the grass and dirt torn up by the horses' hooves. On a practical level, it prepares the field for the second half, but it's also an opportunity to pose and take pictures for IG and WhatsApp friends.

As the Tod's loafers and Chanel pumps push back the turf, I wonder if anyone knows that polo is the oldest team sport in recorded history.

The oldest team sport

It was first played about 2500 years ago (around the 6th century BCE) by nomadic tribesmen in Persia, modern-day Iran. Persian kings, noblemen, and elite cavalry units adopted it as military training exercises to keep both horses and warriors combat-ready.

During the 1850s British tea planters and cavalry officers learnt about polo from Manipuri tribesmen in the Assam region. They brought the game to England and played the first official match in 1870.

Modern polo was born in 1875 when rules were established via London's Hurlingham Polo Association. From there, it spread across the world, including Nigeria, where Lagos Polo Club was founded in 1904. This makes the Lagos Polo Club 51 years older than Guards Polo Club, which was founded in

1955 by Queen Elizabeth II

Guards and Lagos Polo Club friendship

The relationship between the two is one of camaraderie as they view themselves as part of the same global polo family. However, the matches are still competitive, with Lagos having just won 6-5. The Unity Cup flies to Nigeria for the first time since its inauguration in 2024.

This is an impressive achievement, but why would Lagos Polo Club fly 3000 miles to play at Guards? A response came from Adeyemo Alakija, President, Lagos Polo Club.

"We are not just playing a match. We are taking a rich, decades-old Nigerian polo tradition to the global stage. 'The LPC Goes to England' is a celebration of our club's growth, the incredible talent of our players, and the enduring, global appeal of the sport of kings."

"The Lagos Polo Club has always been more than just a sports venue; it is a custodian of heritage, a community of passionate sportsmanship, and a vibrant symbol of Nigerian excellence."

Back on the field, it is time to present the trophies with Hollywood actor Djimon Hounsou shaking hands with the victorious Lagos players, who include: Seyi Tinubu, Usman Dantata, Bashir Dantata, Lorenzo Larumba, with Ope Oyinlola and Khalifa Dangote as substitutes.

Advice for beginners

I spot Bashir Dantata and ask him for advice for beginners.

"Start easy and allow polo to take its course naturally. Don't rush it. I would say for any beginner, before you hold any stick, make sure you learn how to ride for at least two years. This is important because polo is not an accident-free sport. You need to build confidence and connection with the animal. Some will tell you to do it in six months or one year, but most people who do it in that time never progress past a certain level. You want to be very comfortable on the horse before you take the stick. That's my personal opinion."

The academy at Lagos Polo Club is one place to start learning.

Women players

With regards to women players, Honorary Secretary Yemi Oreagba was very positive and encouraging.

"We have a few women members and some women-centric tournaments, including the Ladies Invitational, an international women's

"Polo opens doors. My groom is from a humble background. His first flight was on the presidential jet."



— Hadi Sirika, former aviation minister.

tournament where ladies from all over come to play in Lagos. We need to get women involved and developing in the sport."

The cost

Polo is expensive, but you can play to your level. If you own horses, then the maintenance of the horses is the primary expense. They need care all year-round: grooms, vets, stabling, insurance, and travel. But you don't have to own horses to play. You can rent them for between N50,000 and N100,000 per chukka.

You can also simply watch a game and bring your friends, partners, and family. Some matches are free, and there are family days where kids can play. People assume it's exclusive, but it is open and friendly.

If it costs so much and there are safety and horse welfare considerations, then why play?

"Polo is like Pringles. Once you start, you can't stop," jokes Hadi Sirika, former aviation minister. "The adrenaline, the speed, the thought processes, and the game. You enjoy yourself. You love the animals; you care for them. They're like your babies."

The unexpected benefits

I did not know polo could be so addictive, so I asked Mr Sirika if there are any unexpected benefits.

"For me, social contact is one. Two, the physical fitness it provides, and the ecstasy and pleasure. More importantly, you create a community where you interact with people and benefit socially. You also create contacts and businesses on the pitch and after polo."

"Polo opens doors. My groom is from a humble background. His first flight was on the presidential jet. He has since travelled to Malaysia, Argentina, Dubai, England, South Africa, and many other places."



• Adebayo Karim and Eugenio Imaz



“
The Lagos Polo Club has always been more than just a sports venue; it is a custodian of heritage, a community of passionate sportsmanship, and a vibrant symbol of Nigerian excellence.



— Adeyemo Alakija, President, Lagos Polo Club

I dined with Xi Jinping, the late Queen of England, and in the White House, but the most lavish dinner I’ve ever seen was in Morocco.

We walked 350 meters on a silk carpet with gold threads and entered the hall where the food is served. There were a thousand people, and we had a 14-course meal in a serene atmosphere. Everyone was a minister, a head of government, or a king. I sat there with my groom, who was raised from a humble background, dining next to the king because of polo. That's what polo offers: a passport to the world.”

So is polo really like playing golf in a Ferrari?

“This is more than accurate,” says Honorary Secretary Yemi Oreagba. “There is no better feeling than being on a horse cantering at thirty or forty miles an hour. Even if you're not going to play polo, experiencing that is one of the greatest things ever. If you can get involved with polo in any way, it will open up opportunities to see the world. Horses and polo are a passport to the world.”

Polo is not just for kings. It's for everyone, but know your level. You can play, watch, and enjoy the rosé and suya at the Lagos Polo Club.

A beginner's guide to Polo spectating

Polo is as much a competitive sport as it is a social occasion.

Here are some insights to get the most out of your time.

The Vibe is Elevated Casual

The atmosphere is welcoming, social, and deeply appreciative of good horsemanship

Dress Code

Avoid high heels; they will sink into the grass. Go for comfort and elegance: flats, wedges, and loafers.

Sundresses, tailored linen, smart chinos, blazers, and smart t-shirts; comfortable traditional clothes are fine.

Skip the heavily branded sportswear, gym clothing, or ripped jeans.

Participate in the Divot Stomp

Walk onto the field during the halftime interval and stomp the torn-up patches of turf (divots) till it's flat.

It is a classic social tradition and an easy way to mingle and take photos.

Matchday Behaviour Basics

Stay alert and look out for runaway balls or horses near the sidelines.

Keep noise respectful and avoid booing the players or horses.

Applaud great defensive plays, not just the goals.

Lagos Polo season

Lagos polo season runs from September to April. To continue playing, you can join the European polo season, which runs from April to September.

Contact the club, check their website and Instagram for match days.

“
Start easy and allow polo to take its course naturally. Don't rush it.

— Bashir Dantata.

Core rules and gameplay

Teams: Each team has four players on the field.

Player Positions:

Number 1: Attacker/forward, focuses on scoring.

Number 2: Offensive playmaker, aggressive runner.

Number 3: Tactical leader, moving play from defence to attack.

Number 4: Primary defender, guards the goal.

Player Ratings: Players are rated on a scale of -2 to 10 goals based on horsemanship, team play, and hitting ability. A 10-goal rating is exceptionally rare.

Team Handicap: The individual handicaps of the

four players are added together to get the team's total rating (e.g. a 2, 6, or 22 goal tournament).

Duration: The teams play for 7 minutes and 30 seconds in periods called chukkas. There can be 4, 6 or 8 chukkas in a game depending on the competitiveness of the match.

The Field: The game is played on a grass field that measures 300 yards/ 273m long by 160 yards/146m wide (roughly the size of nine football fields).

Scoring: Players hit a small plastic ball through goalposts. Teams switch ends after every single goal scored to account for different wind and field conditions at each end.

● Seyi Tinubu (behind is Noor Khadra)

Horse care and safety

Horse Care is primary: A player uses a different horse for each chukka to prevent exhaustion. A single horse can usually play up to two chukkas in a match.

Safety Gear: Players must wear a protective helmet, tall leather boots, and thick leather knee guards. The horses' legs are wrapped in bandages (polo wraps) to prevent impact injuries.

Polo Ponies: Though called ponies, they are actually full-sized horses bred for speed, agility, and stamina. Ponies were originally used, and the name stuck.

Mallet: Made of a flexible bamboo shaft and a hardwood head. Players must hold the mallet in their right hand for safety reasons; left-handed playing was banned in 1975.



• Eugenio Imaz (Noor Khadra behind) and Adebayo Karim



• The Lagos team - Ope Oyinlola, Usman Dantata, Bashir Dantata and Eugenio Imaz

“We didn’t just play a match. We took a rich, decades-old Nigerian polo tradition to the global stage.”

— Adeyemo Alakija,
President, Lagos Polo Club



• Bashir Dantata, Oli Fanshawe, Eugenio Imaz and Seyi Tinubu

5 steps to learn Polo

You can join the polo academy at Lagos Polo Club or even learn in UK, Spain, and Argentina. Here are some basics

1. Learn to ride a horse without holding a mallet. Focus on balance, guiding with one hand, and using your legs.
2. Practice four basic swings on a wooden horse at a club. You can also practice walking and hitting the ball across the grass.
3. Practice hitting the ball on a real horse, master the swing, and do not hit with power
4. Safety is paramount, so learn the “Line of the ball” safety rules to prevent dangerous collisions
5. Play Your First Instructional Match with a coach on the field



DOWEN COLLEGE CELEBRATES CLASS OF 2026

Dowen College, Lagos, celebrated the graduation of its Class of 2026 on Friday, 26 June 2026, with a colourful Valedictory Service and Graduation Ceremony that brought together students, parents, alumni, and distinguished guests.

The ceremony was marked by the recognition of the school's Co-valedictorians, Olumide Makanju and Titoluwanimi Odeneye, who secured scholarship offers worth more than \$1 million combined to pursue higher education in the United States, which highlighted the academic excellence of the graduating class.

Addressing the gathering, the Founder of Downen College, Dr. Olumide Phillips, commended the graduates for their resilience and achievements. He paid special

tribute to the Co-valedictorians, describing their outstanding academic performance and exemplary character as a reflection of the school's commitment to nurturing excellence and leadership.

The event featured Mr. Dare Adeyeri, a prominent business leader, as the Distinguished Guest of Honour. Also in attendance were The Rt. Revd. Dr. Senasu Okupevi, Diocesan of Lagos Diocese; The Rt. Revd. Dr. Akinpelu Johnson, Diocesan of Lagos Mainland Diocese; Lady Maiden Ibru, Publisher of The Guardian Newspapers; Ven. Olasupo Ajado; parents of the graduates; and other notable personalities from across the country.

The graduation ceremony concluded with a dinner held in honour of the Class of 2026, providing an opportunity to celebrate the accomplishments of the graduates and their transition to the next phase of their academic and professional journeys.



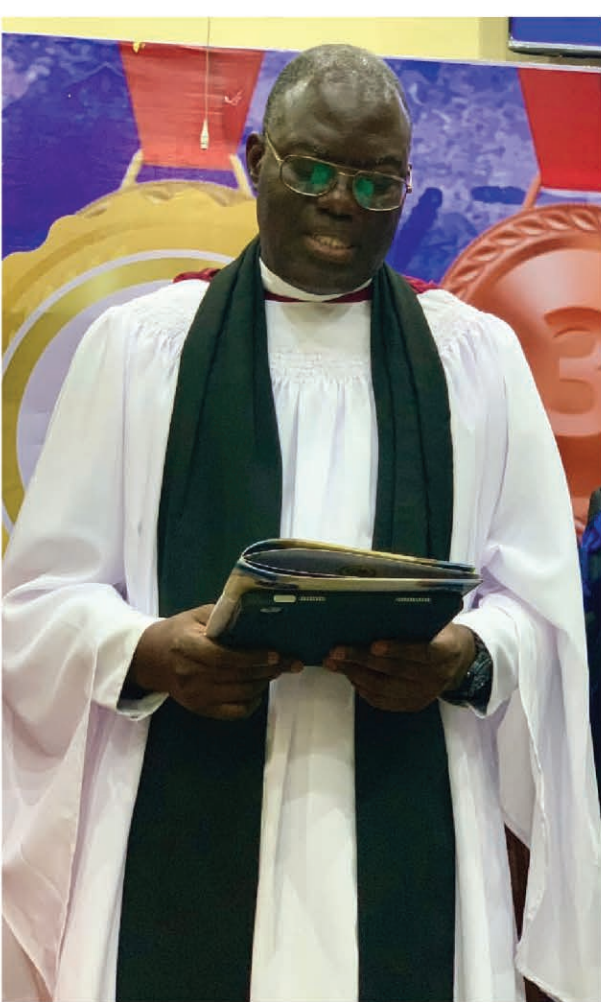
Vice-Principal, Rev. Dotun Akanbi (left), Principal, Dr. Adebisi Layiwola, the Ven. Olasupo Ajado, and Distinguished Guest of Honour, Mr. Dare Adeyeri.



A Violinist at the Valedictory Service for the Class of 2026



Dr. Olumide Phillips, Founder DCL (left), and the Rt. Revd. Dr. Senasu Okupevi, the Lord Bishop of the Diocese of Lagos



The Ven. Olasupo Ajado, the Preacher at the Valedictory Service



Goodluck Nwigwe receiving a Certificate from Lady Maiden Alex-Ibru



Olumide Makanju, Co-Valedictorian (left), Dr. Olumide Phillips, Founder Downen College Lagos; and Titoluwanimi Odeneye, Co-Valedictorian



Graduating Class of 2026



Guest of Honour, Mr. Dare Adeyeri, CEO, New Unusual



Class of 2026 with the Founder, Dr. Olumide Phillips, Ven. Olasupo Ajado, the management and the HODs of Downen College Lagos.



Class of 2026 Headboy, Olumide Makanju (left), and Headgirl, Nifemi Ojo



All set for Graduation Dinner - Class of 2026



Some members of the DCL Orchestra

LIFESTYLE

Elevate & Illuminate: This July, we welcome the second half, rains and all

by Denise Eseimokumoh



The year has turned its corner. July arrives, and with it the reckoning that half of the year is already spent. What began in January as intention — the plans, the resolutions, the futures we sketched for ourselves — has either taken root or quietly slipped away, and there is a strange honesty to this midpoint. It asks us to look at what remains.

The rains came in earnest this season, and they have been unforgiving. The floods, more so. Streets I have walked all my life have become rivers; mornings begin with the calculus of which roads are passable and which have surrendered to the water. There is a resilience the wet season demands of us, an insistence on moving forward even as the skies hold their grey and the ground

refuses to stay dry. We adapt, as we always do. We carry umbrellas we know may fail us. We arrive damp and carry on regardless. Perhaps that is what colours this stretch of the calendar. Not a beginning. Not quite an ending. A threshold, and a sodden one. Yet something is steadying in crossing it anyway, in deciding to seek reprieve rather than wait for the weather to offer it. Lately I have been thinking about comfort — not as escape, not as denial of the difficulty, but as the small, deliberate choices that carry us through it. To find warmth where we can. To stay soft when everything outside is hard and wet and grey. To trust that the sun returns, as it always does, even when the clouds do not indicate it.

That spirit shapes this month's edition of

Elevate & Illuminate. These are the products, pieces, and discoveries moving me through the season with grace, comfort, and a generous measure of joy.

Denise's July edit
Skincare
Cream Skin Cerapeptide Toner & Moisturizer Laneige - N44,818

Anthelios UVMune 400 Invisible Fluid SPF50+ La Roche-Posay - N31,500

Fragrance
The Nuptial Bouquet Atkinsons 1799 - £148

Un Jardin sur le Toit Hermès - \$170

Makeup
Photo Finish Smooth & Blur Primer Smashbox - N74,800

Yummy Skin Liquid Blurring Balm Setting Spray Danessa Myricks - N55,800

Fashion
The Drape Dress

Mugo Mugo - N790,000

The Anike Sandal - Aso Oke in "Pink" Maple Street - N35,000

Wellness
Safety Rain Boot with Steel Toe Generic -N13,800

Butterfly Pea Flower Bigelow Tea - N14,000

Let the people you love fill your rooms
A final thought, offered gently. The grey days have a way of pulling us inward, and for those of us prone to melancholy, the rainy season can deepen a quiet that begins to feel like isolation. So this is your reminder to reach outward.

Call the friend you have been meaning to call. Say yes to the dinner, even when the rain makes staying in the house an easier choice. Let the people who love you fill the rooms that the weather tries to empty.

Reprieve is not only found in beautiful things, though I hope the ones gathered here bring you some. It is found, most of all, in each other. The sun will return, as it always does. Until then, may you stay warm, stay soft, and stay close to the ones who feel like home.

FASHION

The fantasy of summer vs the rainy reality — how to dress for the weather and still look chic

by Ashim Ojeh

Overseas, people are gearing up for summer and the holidays. Social media is full of "summer body loading" posts. People are bringing out their dresses and lighter outfits. Bikinis are packed, wardrobes are being switched around, and everything is focused on beach days, sunshine, and outdoor plans.

However, if you're reading this from anywhere in Nigeria, you already know that reality looks a little different. There's only so much one can fantasise about when the skies are grey, the roads are flooded, and your outfit has to survive both heat and heavy downpours.

Still, the rainy season doesn't mean your style has to go into hiding. You don't have to shrink your wardrobe or abandon dressing like that girl just because the weather is unpredictable. Instead of a rigid style guide, think of this as an essential checklist for how to stay weather-proof while still serving looks all season long.

Go for lightweight fabrics
Cotton is fine, but it holds water. Instead, lean into materials like crepe, chiffon, nylon, and lightweight denim. They dry faster and

don't cling awkwardly to the body when wet, unlike materials like linen.

Short hems
To avoid the uncomfortable situation of your hem dragging on the ground, opt for midi skirts, cropped trousers, or knee-length dresses. They keep you stylish while also helping you stay clear of the muddy floors and water.

Footwear matters more than anything
Good-quality rubber or waterproof footwear is your best friend this season. Think Crocs, water clogs, rubber slides, or sandals with a solid grip that can handle wet, slippery ground. You can also go for waterproof shoes or platform sandals to keep your feet elevated above puddles and splashes. Avoid suede or any material that easily absorbs water.

Choose colours that hide rain splashes
Setting white aside, go for darker tones like black, navy, or deep green, or choose busy prints that naturally hide splashes and stains. These choices help you stay good even when the weather is unpredictable.



Carry a good bag
This season, go for bag materials that can withstand water without getting ruined. Leather is a solid option, as well as faux leather, rubber bags, or even woven styles that dry easily. On the other hand, avoid fabric bags because they tend to soak up water quickly.

Waterproof makeup
With makeup, the main thing to focus on is using waterproof products and a matte foundation. These help your makeup last longer, stay in place, and avoid that runny

or overly shiny look when the weather gets unpredictable.

Small style tweaks that make all the difference in rainy weather
Dressing for the rainy season honestly isn't too complicated or very different from your usual style. The key is just paying attention to small details that help your outfits adapt to the weather.

So think of this as your reminder that the weather doesn't have to ruin your style; we just make a few smart adjustments, and you're good to go.

Visit www.marieclaire.ng to read more



Funmi Mayaki: Gender inclusion promotes equity, psychological safety

by Geraldine Akutu

Dr. Funmi Mayaki is a Consultant Ophthalmologist with the Lagos State Health Service Commission and serves as the Head of the Ophthalmology Department at General Hospital, Ijede. She is a co-author of two recent publications on diabetic retinopathy. A member of the VitreoRetinal Society of Nigeria (VRSN) and African Retinal Society (ARS), beyond her clinical and academic contributions, Dr. Mayaki serves as Public Relations Officer of RCCG City of Joy Good Women. In this interview, she speaks on her passion for work and challenges women face in the field.

What motivated you to pursue a career in Ophthalmology?

My interest in ophthalmology began when I recognised its unique blend of medicine, surgery, and technology, combined with the opportunity to build meaningful, long-term relationships with patients. Vision is fundamental to a person's independence and quality of life, making the ability to preserve or restore sight especially rewarding. Unlike many surgical specialties, where patient interactions may end once recovery is complete, ophthalmology often allows physicians to accompany patients throughout their lives. Whether managing chronic conditions such as glaucoma and macular degeneration or providing life-changing restoration through cataract surgery, ophthalmologists have the privilege of making a direct and lasting impact. The opportunity to help patients maintain their independence and improve their quality of life through sight has given me a profound sense of purpose that I have not found in any other specialty.

What do you consider to be the most significant milestone in career?

For me, the defining moment was transitioning into a consultancy role, where my responsibilities extended beyond patient care and overseeing clinical services to leading initiatives that expand access to eye care.

Stepping into a position where I could shape clinical protocols, drive service development, and lead a department has been just as rewarding as any single successful operation. The opportunity to influence systems of care and improve outcomes on a broader scale has been one of the most fulfilling aspects of my career.

What are the challenges faced by women in Ophthalmology and what is the way forward?

Surgical specialties often require an intense level of stamina and lifestyle commitment that can be difficult to sustain over time, and this challenge is not unique to Ophthalmology. In addition, the long years of residency and fellowship training often coincide with peak family-building years, making it particularly demanding to balance career progression with personal and family responsibilities.

Addressing these challenges requires

intentional structural changes, including creating more inclusive workplaces, ensuring transparent recruitment and advancement processes, supporting flexible career pathways, and strengthening mentorship networks. Ultimately, designing a more sustainable work environment for women enhances efficiency, wellbeing, and resilience for all healthcare professionals.

Gender inclusion has been an important topic of discussion. How do you promote it in your team?

I promote gender inclusion by fostering a culture where every team member feels respected, heard, and valued, with a focus on equitable opportunities and psychological safety. This includes encouraging diverse perspectives in discussions, ensuring equal access to professional development opportunities, supporting flexible work arrangements where possible, and addressing bias when it arises. I believe inclusion is most effective when it is embedded in everyday practices rather than treated as a separate initiative.

What is your take on mentorship and are you open to mentoring young

Ophthalmologists?

Mentorship is one of the most powerful tools for professional growth and an essential part of career development. Medicine is, at its core, an apprenticeship profession. A good mentor not only shares knowledge and experience but also provides guidance, encouragement, and constructive feedback. To this day, I continue to benefit from mentors who help me navigate challenges and identify opportunities for growth. In turn, I would be delighted to mentor young ophthalmologists, supporting their clinical and professional development and helping them build the skills, confidence, and judgment needed for a fulfilling and successful career.

Are there female mentors or role models who have influenced your career path?

Yes, I have been fortunate to learn from accomplished women who exemplified excellence in clinical practice, leadership, research, and education. Their resilience, professionalism, and dedication to patient care showed me that it is possible to build a successful career while remaining authentic to one's values. Their legacy is something I carry into my clinical and surgical work every day.

TWN confab deepens leadership conversations

by Ijeoma Thomas-Odia

Talented Women Network (TWN) Africa has launched the inaugural edition of its Beyond Talent corporate conference, creating a platform for women leaders to explore how success can be sustained through intentional leadership, community building and personal development.

The conference, held on Thursday, July 3, at the Federal Palace Hotel, Victoria Island, Lagos, brought together business executives, entrepreneurs, founders and professionals under TWN Circle, the organisation's private membership community for high-achieving African women.

Built around the themes of home, work and community, the event examined the evolving realities confronting women as they navigate leadership responsibilities, career growth and family life while contributing to national development.

Delivering the opening address, Founder and Convener of Talented Women Network

Africa, Dr. Amarachi Chinweoke Okuwobi, said the initiative was designed to redefine how success is measured, arguing that talent alone is insufficient for sustained leadership and impact.

"Talent opens the door, but it is discipline, character and community that keep a woman in the room. Beyond Talent is our reminder that a woman's value does not end with what she can do," she said. Okuwobi explained that the conference marks the beginning of a recurring platform under TWN Circle aimed at strengthening mentorship, strategic relationships and peer support among African women, noting that the goal is to build an enduring ecosystem rather than host isolated events.

The programme featured keynote presentations, panel discussions and networking sessions that encouraged participants to reflect on balancing



Chief Operating Officer and Executive Director of SAS Textiles, Toyin Bakare; founder and convener, Talented Women Network Africa, Dr. Amarachi Chinweoke Okuwobi and Coach, Abiola Adediran

professional excellence with personal fulfilment and social impact.

Among the speakers were Family Business Advisor and Executive Coach, Abiola Adediran; Founder and Group Chief Executive Officer of GMYT Group, Princess Kelechi Oghene; Founder and Group Chief Executive Officer of Rubellite Beauty, Omobolaji Mogaji; and Chief Operating Officer and Executive Director of SAS Textiles, Toyin Bakare.

The panel session featured Chief Marketing Officer of Filmhouse Group and Head of Marketing, Growth and Public Relations at KAVA, Mojisola Oladapo, alongside music minister, life coach and entrepreneur, Minister Anny, who shared perspectives on leadership, purpose and building resilient communities.

Throughout the sessions, speakers emphasised the importance of intentional leadership, emotional intelligence, collaboration and mentorship as critical drivers of women's advancement in business and society.

Closing the conference, Okuwobi reiterated that the vision of Beyond Talent is to inspire women to pursue holistic success that transcends career achievements.

"A woman's value does not end with what she can do. It extends to who she is at home, who she becomes at work, and what she gives back to her community. That is what Beyond Talent stands for, and it is what TWN Circle will keep building toward, one gathering at a time," she said.

Curating timeless wardrobe with coral beads, pearls

by Oluwagbemisola Sadare

Jewellery does more than complete an outfit. It becomes part of your presence, something people remember long after the moment has passed. For twenty years, Cornucopia Jewellery has built its identity around creating pieces designed to last rather than follow passing trends.



Start with a standout piece: The Faari Coral Necklace Set

Some pieces complement an outfit. Others become the outfit. The Faari Coral Necklace Set belongs firmly in the second category.

Three strands of warm orange coral beads meet an intricate gold-filled filigree clasp, creating a piece that feels deeply connected to Nigerian style traditions while remaining polished enough for contemporary dressing.

The Faari Coral Necklace Set is designed for moments that call for presence. Styled with ivory or white, the coral takes centre stage. Against black, it creates a stronger, more dramatic contrast.



Build around a signature: The Festival Sets (Blue and Purple)

Available in sapphire blue and rich purple, the Festival Sets are among the most distinctive pieces in the collection.

Designed as lariat-style necklaces, each set features two strands of beads suspended from a floral brooch detail, creating movement and structure without feeling heavy. Matching bracelets and drop earrings complete the look, removing the guesswork from styling. These sets move beyond occasion wear. The blue version feels elegant for evening events but adaptable enough for cultural celebrations, while the purple variation, finished with rose quartz details, offers something softer and more romantic.



Invest in longevity: The Zuri Grace Pearl Set

Pearls have always carried an enduring appeal, and Cornucopia builds on that with the Zuri Grace Pearl Set.

This, the collection's most elaborate offering, combines multiple strands of pearls with coral accents, textured amber rings, and amethyst details. The result feels layered and expressive rather than traditionally formal.

Worn long, it elevates simple silhouettes. Styled differently, it takes on a more sculptural feel. It is a set designed less for trends and more for longevity.



Embrace subtle drama: The Drape Bundle

Not every statement piece needs volume to make an impression. The Drape Bundle is the most accessible piece in the anniversary collection and arguably one of its most versatile. Fine seed beads in blush, peach, and champagne tones fall in soft layers, paired with crystal flower earrings and a delicate bracelet. It works especially well with minimalist dressing, allowing texture and movement to carry the look. For women drawn to detail without excess, this set strikes a thoughtful balance.



The Cornucopia Babe

What ties these pieces together is not simply craftsmanship or material choice. It is a way of dressing.

This collection is created for women who want their wardrobe to reflect intention; women who choose pieces they can return to repeatedly rather than wear once and set aside.

Davido, Tiwa Savage, Chioma Ude, Dammy Twitch, and Florentina Agu Honoured as Rolling Stone Africa Partners with Martell for Culture in the Room



The inaugural edition of Rolling Stone Africa's Culture in the Room brought together leading figures from music, film, fashion and the creative industries in Lagos on June 20, creating a platform to recognise individuals whose work continues to shape Africa's cultural landscape.

Presented in partnership with Martell, the invitation-only gala featured the Mwankom Vanguard Awards, with Martell sponsoring the Music and Visual Storytelling categories. Davido was recognised with the Music Award for his contribution to Afrobeats and his influence in taking the continent's sound to a global audience, while Dammy Twitch received the Visual Storytelling Award in recognition of his creative direction and contribution to contemporary African visual storytelling.

Martell's partnership with Rolling Stone Africa reflects its long-standing belief in celebrating individuals whose vision, dedication to their craft and cultural influence continue to shape what comes next. For more than 300 years, Maison Martell has championed those who pursue excellence on their own terms, creating opportunities to recognise the people driving culture forward and inspiring future generations.

Speaking on the partnership, Ikechukwu Agu, Commercial Director at Pernod Ricard Nigeria, said:

"For more than three centuries, Martell has believed that the most meaningful achievements come from remaining true to your vision rather than seeking external validation.



That philosophy continues to guide us today. Our partnership with Rolling Stone Africa reflects a shared commitment to recognising individuals whose dedication to their craft and lasting cultural impact continue to inspire progress. We are proud to support platforms that create opportunities for connection, recognise excellence and champion the voices driving cultural progress across the continent."



The evening also featured the unveiling of Rolling Stone Africa's latest cover featuring actor Boris Kodjoe. Welcome remarks by Senior Vice President Itohan Barlow reaffirmed the publication's commitment to strengthening cultural exchange across the continent, while performances by Emma Drumz, Jire Smith and Amma reflected the diversity and vibrancy of Africa's creative scene. Martell also hosted the event's VIP Lounge, providing a setting for artists, entrepreneurs and industry leaders to connect, exchange ideas and celebrate the people shaping Africa's creative future.

As Culture in the Room begins its journey as a platform for recognising Africa's cultural pioneers, Martell's partnership with Rolling Stone Africa reinforces the brand's commitment to supporting platforms that celebrate creativity, recognise excellence and inspire the next generation of cultural leaders.

LIVING



In an era marked by relentless pace, digital overload, and increasingly demanding lifestyles, home gardening is emerging as a practical and rewarding way for people to reconnect with nature, improve their well-being, and restore balance to everyday life.

More than a hobby, gardening has become a source of peace, purpose, and personal fulfilment, offering a meaningful connection to nature in the midst of busy lives.

The beauty of home gardening lies in its accessibility.

A thriving garden does not require

vast acres of land. A few potted plants on a balcony, a small vegetable patch in the backyard, or a collection of flowering plants by a window can transform an ordinary space into a vibrant sanctuary.

These green corners add colour, freshness, and life to the home while creating a welcoming environment for family and visitors alike.

Beyond aesthetics, gardening offers remarkable physical and emotional benefits. The simple acts of digging, planting, watering, and pruning provide gentle exercise that promotes health

Nurture your space with home gardening

by Geraldine Akutu

and well-being.

At the same time, tending to plants encourages mindfulness, helping gardeners slow down and focus on the present moment. Watching a seed grow into a flourishing plant can bring a sense of accomplishment that few other activities provide.

Home gardens also serve as valuable learning spaces. Children who participate in planting and harvesting gain firsthand knowledge about nature, responsibility, and patience. Families often find that gardening creates opportunities for teamwork, conversation, and shared experiences that strengthen relationships.

Perhaps the greatest lesson a garden teaches is that growth requires care, patience, and perseverance. Every flower that blooms and every vegetable that ripens reflects dedication and hope. In nurturing plants, gardeners often discover they are nurturing their own resilience, creativity, and sense of

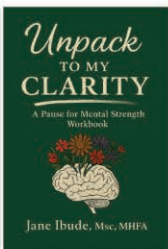
purpose. Ultimately, a home garden becomes more than a collection of plants; it becomes a reflection of the life growing within.

The benefits of gardening extend far beyond aesthetics. Tending plants involves activities such as digging, watering, pruning, and planting, all of which provide gentle physical exercise. At the same time, the process encourages relaxation and mindfulness, helping to reduce stress and improve emotional well-being. Watching a seed develop into a thriving plant brings a unique sense of achievement and satisfaction.

Home gardens also serve as valuable learning spaces. For children, gardening teaches patience, responsibility, and an appreciation of the natural world. Families can use gardening as an opportunity to spend quality time together, creating lasting memories while nurturing living things.



Jane Ibude is a mental health nutritionist, researcher, author, and founder of Thrive and Heal Hub. She writes on The Unpack Nigeria, a weekly column on practical mental and physical well-being for Nigerians. She is also the author of *Unpack to Clarity: A Pause for Mental Strength*.



When hunger becomes part of daily life

by Jane Ibude

As food prices continue to climb, millions of Nigerians are no longer choosing what to eat. They are choosing what they can survive on, with consequences that extend beyond the dinner table and into their mental well-being.

There is a particular kind of hunger that is embarrassing to admit. The kind where someone passes by any food, and you say yes, please, because you have managed the hunger quietly and drunk water to stretch it. You tell yourself you will eat later, later becomes evening, and evening becomes night. You go to bed having eaten once, maybe nothing, and you wake up and start the whole cycle and calculation again.

In my survey of 231 Nigerians, 67 people said they skip meals often or always because the cost of food and stress have made eating regularly feel like something that belongs to another kind of life. One respondent described surviving in this economy as: "Just being able to eat at least once every day." Another wrote: "Eating anything to live." A third described it as "like drowning with two-ton blocks strapped to each foot." This is what hunger under financial pressure actually feels like from the inside.

HOW IT SHOWS UP

Meal skipping is rarely about one missed meal. It tends to travel with other things. In my data, the same people skipping meals were also sleeping less, withdrawing from friends and family, and reporting the highest levels of anxiety. Almost always anxious in the past three months, 22 of the 67 skippers said. Another 20 said often, that is 42 out of 67 people living with frequent or near-constant anxiety, while also not eating enough.

67

Respondents skip meals often or always due to cost or stress

119

People eat less when stressed or overwhelmed; hunger and anxiety feed each other

30

Of the 67 skippers, those aged 25 to 30 years old are the generation carrying the heaviest load right now

This matters because hunger and anxiety are physiologically connected and uncomfortable together. When the body is undernourished, cortisol (the stress hormone) rises. When cortisol is consistently elevated, the body struggles to regulate mood, sleep, and focus. Skipping meals has become a mental health problem, and not only a food problem, over time.

"I'm 25, and I feel like I'm 50 already. My 20s just dey waste. This country go just make person dey behind his peers."

That response came from one of the 67. She wrote it as a side comment, almost apologetically, but it captures something that clinical language often misses: the grief of lost time coupled with the exhaustion of being young and already depleted; midlife crisis.

WHAT PEOPLE ARE DOING

When I asked the 67 skippers what keeps them mentally strong, the answers were almost uniformly spiritual. God, prayer, faith, and Jesus, a few mentioned family, and hope. Almost no one mentioned food, which makes sense, because food is the very thing that has become unreliable. People anchor themselves to what they can still access, and for many Nigerians, that is faith. That answer deserves its own column, and it will get one. But for now, the point is this: people are coping, holding on to the tools they already have, and just need a few more alongside them.

WHAT CAN ACTUALLY HELP

The World Health Organisation and food security researchers are consistent on this: the goal when resources are constrained is not perfection. It is frequency, function, and to eat something more often, with whatever is available.

As a mental health nutritionist, these are the approaches I recommend when

the budget is tight and the day is long:

Prioritise frequency over quantity: Three small portions of anything will do more for your mood and energy than one large meal. Your brain needs glucose at regular intervals. Missing that rhythm creates the fog, irritability, and low mood that many skippers describe.

Keep a hunger emergency on hand: Groundnuts, chin-chin, even a wrapped sweet in your bag. Something that costs very little and buys your body time. This will serve as a bridge between where

you are and when eating is possible.

Name what is happening: Skipping meals due to stress or cost is not a personal failure. It is a systemic pressure with a physiological cost. Calling it what it is, rather than normalising it or feeling shame around it, is the first step toward addressing it.

Being able to eat at least once every day should not be a goal. But for too many people in this survey, it is. And we need to say that out loud.

If you recognised yourself in any of this, you are not alone. 67 people in my survey are living the same quiet arithmetic.

TIPS

How to stretch food without losing yourself

Cook once, eat twice

When you can, prepare food that can serve more than one meal. Beans, stew, rice, yam porridge, moin moin, and soup can carry you for longer than buying food one plate at a time.



Buy food in small shared portions

If bulk buying is too expensive alone, share staples with a neighbour, friend, or colleague. Splitting rice, beans, garri, pepper, oil, or crayfish can reduce the pressure of buying everything by yourself.



Use market timing wisely

Some food items become cheaper late in the day when sellers want to clear stock. Tomatoes, peppers, vegetables, and fruits can sometimes cost less near closing time.



Keep one "no-cook" option at home

On days when stress, light, gas, or transport ruins your plan, have something that does not need cooking. Garri, oats, pap, bread, banana, or groundnuts can stop hunger from becoming worse.



Photos by Magnific

RECIPE



Photos by Magnific

Turkey and Yam Pepper Soup

by Chidinma Enwean

Turkey and yam pepper soup is a spicy, aromatic Nigerian comfort food that pairs tender turkey pieces with soft, hearty cubes of white yam in a rich, herbal broth. This dish is a Nigerian classic, perfect for a rainy Lagos day. It is comforting and packed with flavor.

Ingredients

- Get 500g of turkey (cut into bite-sized pieces)
- Get 300g of yam (peeled and cut into small, even cubes)
- 2 tablespoons of Pepper Soup Spice
- 2 tablespoons of groundCrayfish
- Fresh Peppers Atarodo/Scotch Bonnet you can blended or finely chopped, depending on your spice preference
- 1 medium Onions(finely chopped)
- Chopped scent Leaves (Efinrin/Basil)
- 2 Seasoning Cubes
- Salt to o taste
- Pour enough water to cover the ingredients

Instructions

Wash the turkey pieces thoroughly and place them in a pot. Add the chopped onions, one seasoning cube, and a pinch of salt. Add just enough water to cover the meat and bring to a boil for about 10-15 minutes until partially cooked.

Add the cubed yam to the pot. If the water level is too low, add a little more to it.

Add the pepper soup spice, ground crayfish, and the fresh peppers. Add the remaining seasoning cube. Cover the pot and let it simmer on medium heat.

Allow the soup to cook for another 15-20 minutes, or until the yam is soft enough to be pierced with a fork and the turkey is fully tender.

Taste and adjust the salt if necessary. Finally, stir in the chopped scent leaves. Let it simmer for just 1-2 minutes so the leaves remain vibrant and release their aroma, then turn off the heat.

Serve hot in a bowl, either on its own or accompanied by a cold drink.

TIPS

Ginger Lemonade

by Chidinma Enweani

This refreshing ginger lemonade is the perfect balance of zesty citrus and a warm, spicy kick. It is the ideal companion for your Turkey and Yam Pepper Soup.



Ingredients

- 150g fresh Ginger (peeled and roughly chopped)
- Fresh Lemons 4-5 large (juiced; you should have about 1 cup of juice)
- 3/4 cup of sugar or honey: (adjust to your preference)
- 5 of watercups (divided: 1 cup for syrup, 4 cups for dilution)
- Ice Cubes for serving.
- Get fresh mint leaves or thin lemon slices.

Instructions

Place the chopped ginger and 1 cup of water into a blender. Blend until smooth.

Pour the blended ginger mixture into a small pot. Add the sugar (or honey) and

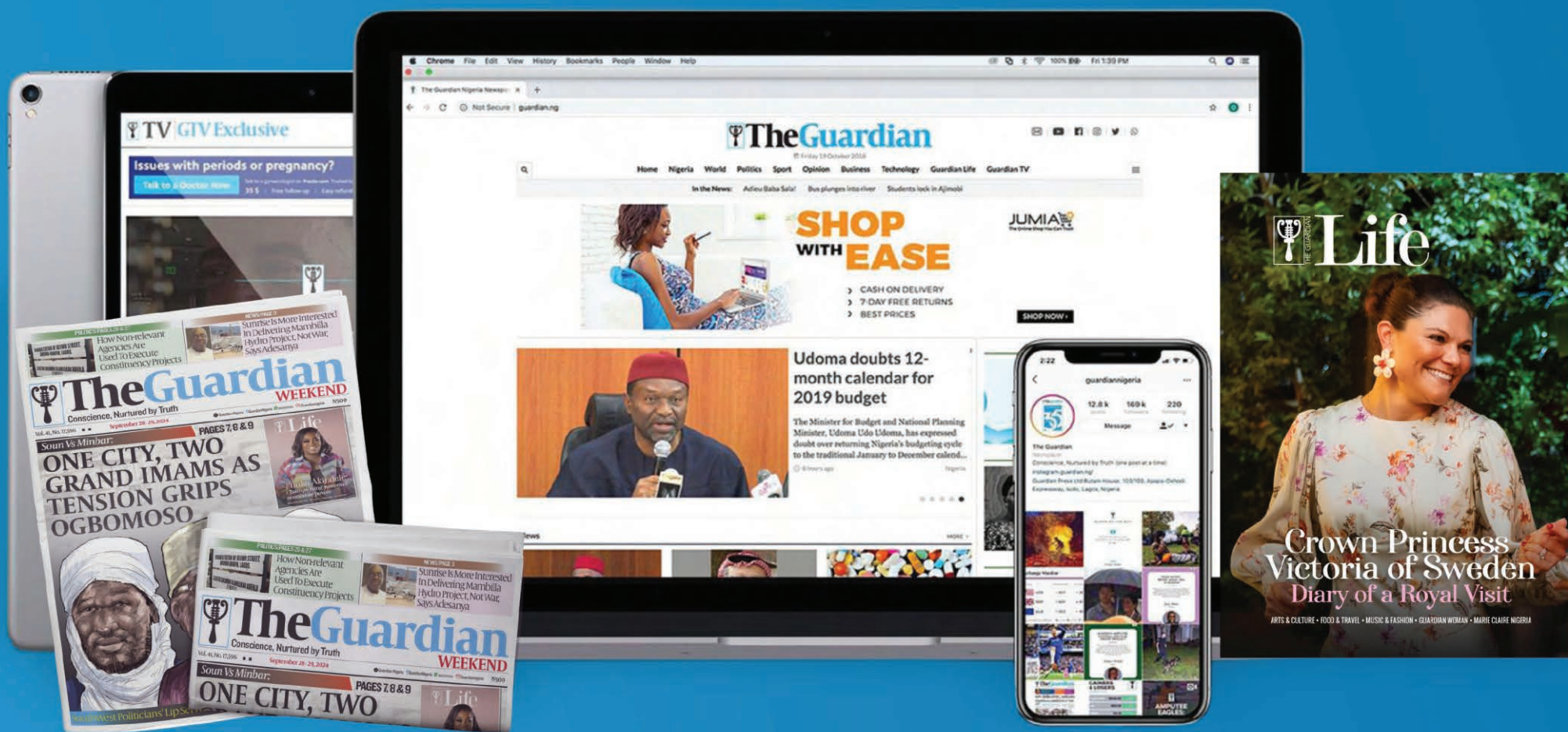
bring to a gentle boil over medium heat. Let it simmer for about 5-8 minutes so the liquid becomes fragrant and syrupy.

Remove from heat and strain the mixture through a fine-mesh sieve into a pitcher, pressing down on the ginger pulp to extract all the flavorful juice. Discard the pulp.

Add the fresh lemon juice to the pitcher with the ginger syrup. Stir in the remaining 4 cups of cold water.

Taste and adjust sweetness or acidity if needed. Serve chilled over plenty of ice, and garnish with lemon slices or mint leaves for a professional, vibrant finish.

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