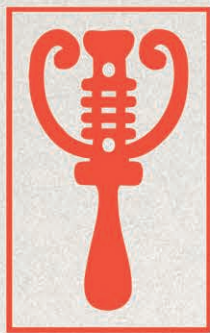


JULY 18 - 19, 2026



THE GUARDIAN

Life

Vol. 21, Iss. 1210

Frizzy coils?

Your rainy-season
survival guide

BEYOND PITCH!
10 NIGERIA'S BEST-DRESSED
FOOTBALLERS

+ Nightlife Review:

Why Federal Palace Hotel & Casino
remains Lagos classic



Ycee:

A tale of Olodo Uprising



FEATURED



4 COVER
Ycee: A tale of *Olodo Uprising*



7 GUARDIAN MUSIC
Nikita Kering: Gets Her Lick Back



10 GUARDIAN WOMAN
UNILAG Law Ladies' Day champions mentorship among young women



12 FILM
Aba Blues: In Jack'enneth Opukeme's morally complex women

THIS ISSUE

BEST OF 5
Nollywood films worth leaving home for this July 3

SPOT REVIEW
A Night Out at Iconic Federal Palace Casino 6

STYLE
10 stylish Nigerian footballers with remarkable fashion tastes 8

MARIE CLAIRE
The death of outfit repeating shame — one fashion rule we're finally letting go of + Your definitive guide to keeping hair coils healthy through rainy weather 9

GUARDIAN WOMAN
NAF foundation advances women's political leadership with voices of change 10

GUARDIAN ANGEL
Faith Benjamin: Parents should create quality time to teach children values + Initiative says 37m Nigerian girls face period poverty 11

LOVE AND RELATIONSHIP
Home training, or does he like you? + Ask Life's Big Sister 13

COLUMN
Entertaining every idea does not make you a visionary 14

FOOD
Citrusy Carnitas + Classic Margarita 15

EDITORIAL TEAM

Creators

Toke Alex Ibru, *Chief Executive Officer*
Anita Athena Ibru, *Chief Strategy Officer (Global)*

Editor, Guardian Woman

Ijeoma Thomas-Odia (07033422652)

Contributors

Musa Adekunle, Chinonso Ihekire, Mayowa Iyiola, Chidinma Enweani, Ese Oghenetega, Ashim Ojeh, Oluwagbemisola Sadare, Geraldine Akutu, Rotimi Agboluaje

Design/Graphics

Mayowa Iyiola

Marketing/Adverts/Partnerships

Cyril Anyika (08030567059)
Blessing Oma (07088373524)
Angela Ifediorah (08165066434)
Olayinka Bolarinwa (08086951129)

CONNECT. LEARN. EXPLORE.

GuardianTV
SUBSCRIBE Guardian Nigeria

Guardian Nigeria

GUARDIAN.NG
TV.GUARDIAN.NG

5 Nollywood films worth leaving home for this July

by Musa Adekunle

Rainy days can make staying home tempting, but the cinema offers a warm escape. This July, Nollywood brings crime, family secrets, grief, romance and comedy to the big screen. Here are five films worth seeing this rainy season.



1 *The Return of Omotara Johnson*
Omotara Johnson believed her criminal past was finally behind her. Then her son is accused of murder, and the quiet life she fought to build begins to crack. Old enemies return, a lover's double life comes to light, and a friend's betrayal leaves her questioning everyone around her. To save her son, Omotara must face the people and secrets she once escaped. Directed by Adeoluwa Owu, the two-hour drama stars Bukky Wright, Richard Mofe-Damijo, Chidi Mokeme, Ali Nuhu, Nse Ikpe-Etim, Shaffy Bello, Timini Egbuson and Lilian Esoro. If family secrets, dangerous loyalties and survival battles pull you in, Omotara's return deserves your ticket.



2 *Alechenu*
Most teenagers travel to Lagos chasing a dream. Alechenu comes looking for the mother he has never met. His journey from Oyo places him at the centre of a family carrying secrets that have survived for years. As questions pile up, his presence forces everyone to revisit choices and face truths they would rather avoid. Beneath the mystery is a story about acceptance, identity and a young boy trying to understand where he belongs. Directed by Biodun Stephen, the film stars Akinyoola Ayoola, Bimbo Ademoye, Blessing Obasi, Femi Adebayo, Mike Ezuruonye, Niyi Johnson, Royal Aziomaku and Wumi Toriola. Take this heartfelt journey to the cinema.



3 *Blood Debt*
Some cases refuse to stay inside a police file. In Blood Debt, a police superintendent investigates a string of murders and discovers that the trail leads into corruption, former vigilantes and powerful people with plenty to hide. Each clue pulls the officer deeper into a world where justice and revenge are difficult to separate, and where finding the truth may create more enemies. Directed by Chukwuka Ndife, the action drama stars Ebele Okaro, Jide Kene Achufusi, Norbert Young, Patrick Diabuah, Segun Arinze, Tony Umez and Uzoamaka Power Aniunoh. For anyone who enjoys police thrillers, this case may be worth following to the cinema.



4 *Remi & Nneoma*
Remi & Nneoma follows two women brought together by grief after losing people close to them. Rather than leave her mother-in-law, Nneoma, Remi chooses to stay as they face their pain and the pressure society places on widows. Their shared loss slowly creates a stronger bond and helps them begin rebuilding their lives. As healing comes, Remi also finds herself opening her heart to love again. Directed by Lyndsey F. Efejuku, the drama stars Bisola Aiyeola, Buchi Franklin, Eucharika Anunobi, Ifeanyi Kalu, Liz Benson-Ameye, Tina Mba and Uche Montana.



5 *On Different Grounds*
On Different Grounds follows a divorced billionaire couple forced to reunite for their eldest daughter's wedding. Their return to the same space awakens old feelings, unresolved disagreements and family tension. Unknown to them, their daughter is not only planning her wedding. She is also quietly trying to bring her parents back together. Her secret plan creates misunderstandings, emotional confrontations and comic moments as the family prepares for the celebration. Directed by Mildred Okwo, the romantic comedy stars Abena Akuaba, Bob-Manuel Udokwu, Ifeanyi Kalu, Jennifer Eliogu, BamBam, Uche Montana and Vineet Raina. If second-chance romance and wedding chaos are for you, then head to the cinema for laughter this July.

Ycee: A tale of *Olodo Uprising*

by Chinonso Ihekire



NEED TO KNOW

Ycee, born Oludemilade Martins Alejo, is a Nigerian rapper, singer and songwriter who broke through with Jagaban in 2015.

He has released projects including Ycee vs Zaheer and worked with Davido, Olamide and Bella Alubo, blending hip-hop, Afrobeats and R&B.

His second album, *Out of Sight, Out of Mind*, was released in June 2025 through his ANBT label. The 14-track project explores his four-year hiatus, mental health recovery and creative rebirth.

Ycee recently sparked debate with *Olodo Uprising*, criticism of anti-intellectualism, brain rot content and a culture that rewards virality over substance.



igerian rappers rarely go viral for their ideas. The conversation often centres on music, scandal or money. So, when Oludemilade Alejo, popularly known as Ycee, sparked debate with *Olodo Uprising*, critique of intellectual

decline, it felt bigger than another trending podcast clip.

That willingness to speak his mind was clear when Ycee arrived at *Guardian Life Studios* in a yellow Aloha shirt, showing little sign of fatigue from a week of media rounds. "People don't know this, but I'm a yapper. I like to express," he says, adjusting his microphone. That candour has shaped the 33-year-old rapper's decade-long career and his second studio album, *Out of Sight, Out of Mind*.

Released through his ANBT label, the 14-track album draws from his life during a hiatus marked by mental health recovery. In this conversation with *Guardian Life*, the Lagos-bred rapper and Nigerian music's Jagaban discusses the story behind *Out of Sight, Out of Mind*, his inspirations, creative process, mental health journey and campaign against dependence on brain rot content.

How did you get the name Ycee?

When I was in primary four, I had a little accident and cracked my wrist. I went to school with a POP around it, and the other kids kept saying, 'You broke your arm.' I said, 'No, my arm didn't break. It just cracked.' They started calling me Cracker. As I got older, I got into Fat Joe's music, and he was Joey Crack. Obviously, I wasn't going to keep calling myself Cracker, so I shortened it and became Young Crack. When I started making music, Ycee meant Young Crack. Then I got my deal with Tinny Entertainment, and the name had to change.

At what point did you realise you had made another album?

The recording process started as far back as 2022 and continued until around February this year. It wasn't until last year that I said, 'Okay, this is actually an album.' Initially, the plan was to release two EPs simultaneously on the same day. One was going to be *Out of Sight*, and the other was going to be *Out of Mind*.

"I didn't finish university because I was trying to balance school and music."

— Ycee

So, why did you decide to call it *Out of Sight, Out of Mind*? Definitely. It was a play on the phrase 'out of sight, out of mind.' In my own case, the contrasting opinion was that, as much as I was out of sight, I was still very much top of mind. There were many instances over the last four years when I wasn't even present on social media, but I was trending. People were asking about me — "Where is Ycee?" and all of that.

At the time, I was still dealing with some things. When I decided I wanted to release music again, one reason I considered the double-EP route was that I already had the vision and title for my next album. I had already announced *Heavy Rain*, and some fans knew that was supposed to be my next album. The challenge is that *Heavy Rain* is supposed to be my first hip-hop-dedicated project.

What's your creative process like? Do you constantly keep a pen, paper or notes around?

The funny thing is that I mostly write when it is a rap song. When I am making Afrobeats or R&B records, those songs are emotionally driven. I find it too easy. The main

“In 2020, I was diagnosed with a mental health condition.”

— Ycee

challenge is getting the melodies, harmonies and the bass of the record. Once I can hum it, filling in the lyrics is easy because it is like having a conversation.

Out of Sight, Out of Mind arrived after a long period away. How did you handle the pressure of staying connected to music while also taking time for yourself? One thing about the last four years is that even though I wasn't releasing music, I was actively consuming or creating it. Music is a large percentage of everything I do. Even when I am sleeping, music is playing.

Music has gotten me through so much. I used to be one of those people who would hear a fan say, 'Ycee, your music helped me through a difficult time,' and I would think, 'What did I say on Jagaban that had that effect?'

In 2020, I was diagnosed with a mental health condition. I was in London during peak lockdown, and I was in and out of hospital for about three months. There were three songs I kept on rotation that lifted my spirit: Omah Lay's *Bad Influence*; *DRB LasGidi's Trouble* featuring Tems; and *Life* by Slimmz, featuring me and Del B.

When I returned to Lagos, I still had to deal with a lot of mental health issues. Music remained a constant. Even when everything else wasn't making sense, I knew that pressing play on a particular song and hearing those lyrics could do something for me.

That experience pushed me away from consuming or creating music only because a sound was trending, because I wanted a hit, a Top 100 record or something for the clubs. I make music now as a therapeutic release. If I am feeling a certain way, it should reflect in the music.

I have always had that tendency. During my first major breakup, I made *Late Night Vibrations*, the EP with Bella Alubo. I was going through a terrible breakup throughout that project.

You recently made comments about an intellectual decline. Was that something you only realised recently? Not really. Maybe I recently found a name for it. The phrase *Olodo uprising* is not something I coined. I had seen it on social media since 2025.

Mr Dele Farotimi said that what I called the *Olodo uprising* was something he had spoken about during the Abacha era: weaponised ignorance. That explains what I was trying to say even better.

A lot of people missed my point and tried to make it seem as though I was being classist or elitist because I have some level of education. Mind you, I only have my secondary-school certificate. I don't have a university degree.

When I spoke about intellectualism or intelligence, I was not basing it solely on educational background. There is something wrong with our moral fabric as a society and a country. I don't even know whether schools still teach Moral Instruction. When we were in primary school, we had Moral Instruction and Social Studies. As you progressed academically in Mathematics and English, your character was also being developed.

I hate what the pursuit of money has done to us as a society. A lot of Nigerians are operating out of survival. People are struggling to get basic amenities. That is why leaders feel comfortable entering a community and sharing rice or spaghetti, or announcing that they will empower 2,000 women with N50,000 each, rather than building a functional system.

It is sad because Nigerians have shown what we can achieve when we are exposed to a functional society. Put a Nigerian in a system that works and give that person time.

We should be a beacon of greatness to the African continent because we have the ability. Alex Onyia set



“*Olodo uprising*’ is not something I coined. I had seen it on social media since 2025.”

— Ycee

up the South-East Mathematics Olympiad and recently took three students to Rome. They won gold medals. Those are the kinds of achievements we should celebrate. I have nothing against what anyone else is doing to survive, but as much as you celebrate Big Brother Naija and viral entertainment, let people see achievements like that, too. The prevailing conversation is, 'I have a degree, and I don't have anything, so what is the point?' That is dangerous.

Is that what you meant when you tweeted, 'I have seen what makes you cheer; your boos don't mean anything to me'?

That was because the fans of the guy (Peller) came after me and had a lot to say. I had seen what they celebrated, so their insults didn't carry much weight for me. I was never trying to attack him personally.

A lot of these people do not even exist in my worldview. Sadly, because of the algorithm and social media, if you are online long enough, you come across brain-rot content. I am chronically online, so I consume brain-rot content every now and then. Life is about balance. The problem comes when the sole channel of entertainment in the country is brain rot.

You also appeared on Carter Efe's livestream around that period. What was that experience like?

I only went there to close out the live stream. It wasn't until I watched the stream back that I said, 'Okay, never again.' It was fun at the moment.

He had been trying to get me to come on the stream

since I did *Man to Man* with Dremo around February. I didn't originally want to go. My guys and my team said I might as well do it.

I didn't think his audience was the target audience for my new album, but there could still be people on his side who would listen and connect with it.

Before I watched any of his content, the first thing I saw was the follower count — seven million, 15 million. The more I watched, the more I realised the kind of content it was. Even some other skit makers were saying similar things.

I don't have anything against streamers. I understand that everybody has a lane. My concern is the culture that rewards shock value and empty virality above substance.

“I hate what the pursuit of money has done to us as a society. A lot of Nigerians are operating out of survival.”

— Ycee

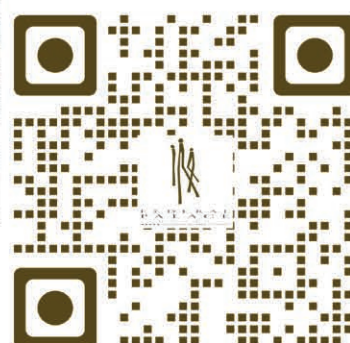
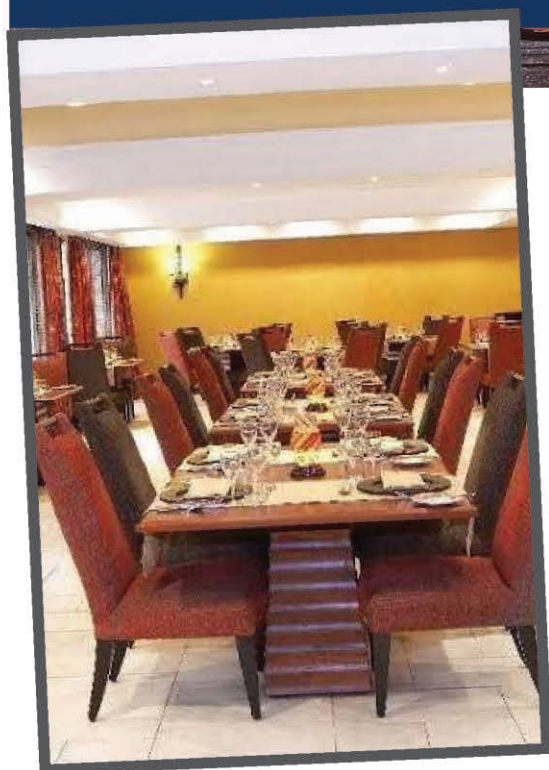
Now, what does fulfilment look like to you?

For every year that passes, I want anything I released in the previous timeline to receive a new level of appreciation. There are people who made music when I made music, whose work you cannot listen to today. There are also people discovering my music for the first time now. Finally, if you could change one thing about the music industry today, what would it be?

Stan culture. It was born from a beautiful place, but what it has become is terrible. Even with newer artists, you have one fan base fighting another fan base. What are we doing? People need to return to enjoying music as a beautiful thing and being lovers of music.



SPOT REVIEW



A Night Out at Iconic **Federal Palace Casino**

by Chidinma Enweani

Whether you are a seasoned player or simply looking for a sophisticated night out, here is why this spot should be at the top of your itinerary.

A Legacy of Luxury

The Federal Palace is more than just a hotel and casino complex; it is a piece of Nigerian history. It was here the historic Nigerian independence treaty was signed in 1960. Today, that legacy of prestige is woven into the fabric of the establishment. Stepping onto the gaming floor feels like a walk through a classic, refined era, yet the space is perfectly tuned to modern entertainment standards. It is this balance of heritage and contemporary luxury that makes it a premier destination for both international corporate expats and Lagos's own elite.

The Casino Floor

The casino floor is designed to cater to a variety of players, offering a comprehensive selection of games that keep the energy high. If you are a fan of the classics, you will find tables for American Roulette and Blackjack that offer a thrilling, fast-paced environment. For those who prefer the solitary excitement of modern gaming, there is a wide array of state-of-the-art slot machines that offer both traditional appeal and high-tech features.

If you are serious about your gameplay, the casino provides a polished environment for bankroll management and focused play. For

those looking for something even more exclusive, the VIP treatment here is second to none. The private gaming rooms offer a discreet, high-stakes experience, complete with elite guest services and complimentary perks designed to make every visitor feel like royalty.

Beyond the Gaming Floor

The beauty of a night at the Federal Palace is that it doesn't have to end at the tables. The venue is strategically positioned to offer some of the most stunning Atlantic Ocean views in the city.

After a round of gaming, you can step away from the noise and enjoy the serene atmosphere by the pool or indulge in a world-class meal. Fine dining options, such as the renowned Ancestors Bar, provide the perfect setting to unwind, socialise, and enjoy a cocktail while reflecting on the evening's excitement.

Why You Should Visit

As a hub for international travelers and business professionals, the Federal Palace Casino continues to boost Lagos's profile as a top-tier entertainment destination in West Africa. It is the centerpiece of a luxurious Victoria Island itinerary. Whether you are visiting for business and want to unwind after an executive meeting, or you are a local resident looking to celebrate in style, this venue offers an amazing experience. It's vibrant, historic, and undeniably glamorous everything you want from a night out in Lagos.

If you are looking to elevate your nightlife experience in Lagos, Federal Palace Casino is where the city's high-rollers and leisure seekers meet. Located in the prestigious Victoria Island, this isn't just a place to test your luck; it is a landmark rooted in history and designed for those who appreciate finer things in life.



Photo by Aj Collins

Kenya’s Nikita Kering Gets Her *Lick* Back

by Chinonso Ihekire

The Kenyan chanteuse speaks about grief, industry hurdles, and her growing vision for Swahili pop.

There is a new spark in Nikita Kering’s artistry. The Kenyan singer, who entered the public eye as a child, sounds fierce, edgy and decisive on her latest project, *The Lick Back*. This fresh flavour to her music gets its groove and message from her recent life experiences. It’s a snapshot of her renewed fuel for life; a quest to reclaim her confidence after grief, personal losses and a hectic fallout with her former major label. Spawned within a month, the five-tracker spin saw Nikita Kering dive headfirst into a raspier creative flow. She flipped on her rap persona, wrote all her tracks to completion once she started, and explored social commentary seriously in her lyrics - a sizzling twist from her usual romantic expressions. From heartbreak stories to protest, Nikita Kering documents her new perspectives, frustrations and resolve in the fusion-focused project. For Kering whose sojourn has been a trail of achievements - from a countrywide breakout at 16, to multiple continental honours at the All Africa Music Awards - this new direction seems marked with promise. With the *Lick Back*, the 24-year-old singer is evolving

from Nairobi’s teen-prodigy into East Africa’s charming pop princess. Catching up with Guardian Music, the young singer opens up on her musical evolution; the making of *The Lick Back*; the pangs of celebrity life; her Swahili pop ambitions; and her mission to keep shifting the standard of East African music.

Congratulations on *The Lick Back*. What is the story behind the title? The *Lick Back* is about revenge. This whole process has given me a lot of character development. My journey through the music industry, my journey as an artist and my journey as a human being have come with many lessons. There have been more nos than yeses, a lot of rejection and a lot of learning. For a while, I was humble about the process and allowed it to push me around. I eventually realised that you have to push back if you are going to make it. The strongest people make it because they are most likely to overcome their challenges. I came to that realisation towards the end of last year. I had been absorbing all the stress and sadness from everything that happened: the fallout with my

major label, grief, losing friends and other experiences. I realised that I was the only person who could bring myself out of it, so I had to grow up.

When did you record the project? I think I had only completed one song last year. I made most of the songs within one month, around March. I already had music stored from the previous two years, but I felt those songs no longer represented who I am today. My team suggested compiling the music I already had for an EP. I asked them to give me one month and told them I would return with a complete project. I worked on the entire EP and wrote about 99 per cent of it myself. Stylistically and lyrically, there is so much growth. It represents a more mature and bolder version of

“There have been more nos than yeses, a lot of rejection and a lot of learning.”

– Nikita Kering

me. In the past, even when I approached love or rebellion, I was very reserved. I worried about how people would perceive me. This time, I honestly do not care. I realised that I only have one life. The longer I keep trying to fit into a mould, the greater the chance that I will reach 40 and fail to recognise the person I have been because I was not living in my truth.

Did you have any doubts while making it? One hundred per cent. I did not know whether I was good enough to create a five-song project within one month. I had to be decisive. By the end of every week, I needed to have completed at least one song. I am an overthinker, so I cornered myself by giving the team a release date. We worked backwards from that date, and it forced me to make decisions. At some point, I decided that I would not keep listening repeatedly to the mixes and masters. I would record the music, send it and move forward. I do not think the EP would have been ready without that decision.

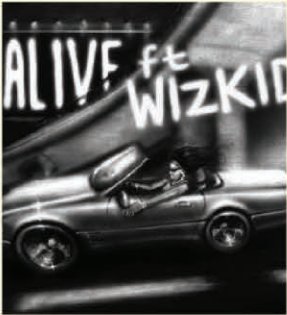
How different was the creative process from the way you approached your earlier records? Whenever I entered a session, I had to finish the song. Previously, I would begin an idea and abandon it once I stopped liking it. That left me with about 100 unfinished ideas. This time, I needed to complete the lyrics, harmonies, background vocals and instrumental before leaving the session. I was also more aggressive lyrically. I played with double entendres and challenged myself to rap. I wanted to try something different, even though I knew some members of my fan base might be upset. Whenever I wrote a bar, I recorded it immediately. I did not give myself room to negotiate.

Read the full story on www.guardian.ng/life

PLAYLIST OF THE WEEK

by Mayowa Iyiola

Get ready to enjoy your weekend with some good music. Whether you feel like dancing or just relaxing, these recently released songs will match your mood and energy. Turn up the music and make your weekend fun and memorable.



Alive – Jorja Smith ft Wizkid



What you need – Tems



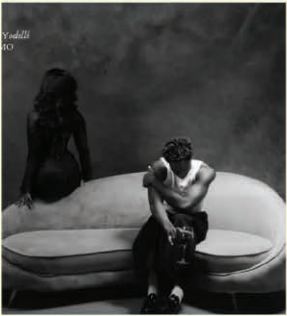
Miss You – Fave ft Chike



Roberry – Fola ft Gabzy



Gorgeous – Kunmie ft Lojay



Stars Misaligned II - Shiloh Yodelle ft Oshamo, Abefe



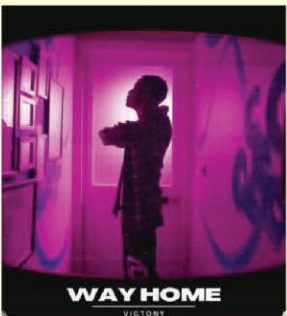
Treat u right – Fola ft Ayra Starr



GO GO! – Khaid



Aura Salas – Mavo ft SSSoundGawd



Way Home - Victory ft Shorae Moore

10 *stylish Nigerian footballers with remarkable fashion tastes*

by Ese Oghenetega

From building a career in the round leather game, Nigerian footballers have proved that they can also be stylish and rank among the best-dressed sportsmen in the continent.

Either in corporate outfits, luxury designer wears, and magnificent traditional attire, these stylish Nigerian footballers have made bold statements over the years. Check out some of the trendy Super Eagles players below:

1. Victor Osimhen

Super Eagles playmaker, Victor Osimhen, loves bold designs, neck chains, and he turns heads wherever he goes. Beyond his powerful football displays, the 27-year-old has won many hearts with his simple yet commanding personality.

2. Odion Ighalo

Ex-Super Eagles star Odion Ighalo is not only blessed with good looks, he is an epitome of timeless elegance. With his classy designer suits and casual wears, his wardrobe is a perfect inspiration for style icons.

3. Victor Boniface

When it comes to rocking oversize shirts and blending them with luxury trousers, Victor Boniface fits into this category. He gives off a youthful vibe with his trendy designs and funny character.

4. William Troost-Ekong

Former Super Eagles captain, William Troost-Ekong, exudes class and a simple but premium fashion taste. He is often admired for his handsome looks and leadership qualities.

5. Ola Aina

Beyond his contribution to the team as a reliable defender, Ola Aina loves to dress

up in his luxury t-shirts, baggy trousers, and plaited or loosened hair.

6. Alex Iwobi

Alex Iwobi is not just a creative midfielder, he is a musician and one of the stylish Nigerian footballers. He puts some effort to maintain his dreadlocks while rocking his magnificent outfits and premium caps.

7. Maduka Okoye

Goal keeper Maduka Okoye has been trending for weeks for his well-structured body and fine face. He is a perfect definition of football meets fashion and he is among the top stylish football stars in the world.

8. Ademola Lookman

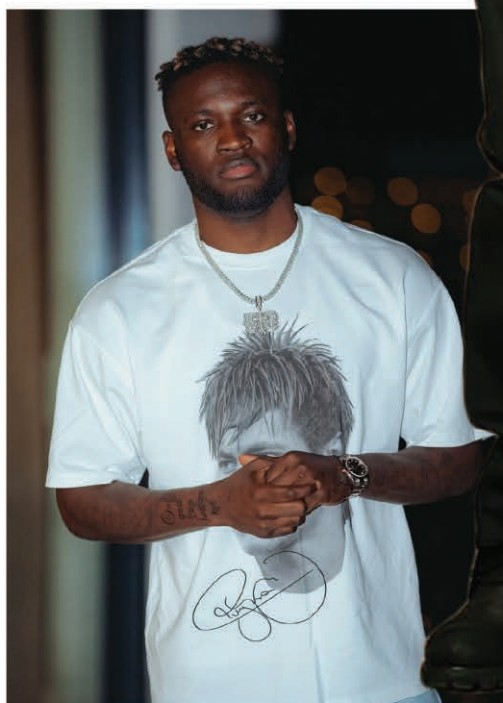
If simplicity was a person, then it would be Ademola Lookman. Reserved, shy, and talented best describes this Super Eagles striker. When he is not scoring goals on the pitch, he is rocking his designer wears as he flaunts his fashion side.

9. Calvin Bassey

26-year-old Fulham and Super Eagles defender, Calvin Bassey, loves to keep his wardrobe with some smart casual outfits. He is also particular about his dreadlocks and ensures that he always looks sharp.

10. Tolu Arokodare

One of the most fashionable Super Eagles player is Tolu Arokodare. He loves to look clean and has an amiable personality off and on the pitch. He loves his dreadlocks and is often seen touching them. When the names of the fashionable Nigerian players will be curated, Arokodare will comfortably make the list.



Photos by Magnific

FASHION

The death of outfit repeating shame — one fashion rule we're finally letting go of

by Ashim Ojeh

At different points in your life, you'll come across that one clothing item you can't live without. Naturally, you wear it again and again, until you've truly gotten your money's worth. And honestly, that's exactly how it should be. Clothes are meant to be worn, not admired from the back of a wardrobe. Wearing them constantly reduces the need to repeatedly buy new clothes, helping to cut down on unnecessary consumption and textile waste. In fashion, less can often do more. So if a small wardrobe can offer that much variety, why did outfit repeating become such a taboo in the first place?

Why did outfit repeating become a taboo

The rise of social media played a huge role. On Instagram, anyone could scroll back and see every outfit you'd posted, making it seem like everyone noticed and cared if you wore the same clothes.

The belief was further fuelled by the idea that being stylish meant constantly buying new clothes. New arrivals and trends suggested that staying fashionable meant always shopping, leaving little reason to rewear what you already owned.

In reality, great style is about knowing how to make the most of what you have.

What is causing the shift in how people see the repetition of clothing

More people are becoming conscious of overconsumption, textile waste, and the environmental impact of constantly buying new clothes. As a result, re-wearing what you already own is seen as a more responsible way to consume fashion.

Another reason outfit repetition has become more widely accepted is the rising cost of living. In Nigeria, especially, people are feeling the effects of inflation in almost every area of life. When everyday essentials become more expensive, constantly buying new clothes naturally becomes less of a priority. As a result, people are shopping more intentionally.

How to repeat an outfit without repeating the look

When it comes to repeating an outfit, how you style it makes all the difference. Swap your shoes and bag, add a belt, throw on a blazer, experiment with jewellery, or play around with layering. Dress the outfit



up for dinner or tone it down for a casual day out. Even small styling changes can completely transform the look of the same clothing item.

That's the beauty of a well-curated wardrobe. Having pieces that can adapt to different occasions, seasons, and moods allows you to create countless outfits from the same foundation. In many ways, that's what personal style is all about.

The end of an outdated fashion rule

At the end of the day, you can wear your clothes as many times as you want. And

the truth is, nobody cares as much as we think they do. Social media can make it feel like everyone is paying attention to what you're wearing, but in reality, most people are too busy living their own lives to keep track of how many times you've worn the same outfit.

We're moving away from the pressure to always wear something new and towards wearing what we genuinely love. As more people embrace thoughtful shopping and personal style, outfit repetition is becoming a sign of confidence, creativity, and a wardrobe that's truly working for you.

FASHION

Your definitive guide to keeping hair coils healthy through rainy weather

by Ashim Ojeh



There's a common misconception that rain is inherently bad for natural hair, but the real issue isn't the rain itself. Prolonged exposure to moisture, high humidity, and poor aftercare can affect the health of coily hair. When hair gets wet, it absorbs water, and the hair shaft swells. As it dries, it contracts again. Repeated swelling and shrinking over time can weaken the hair, making it more susceptible to breakage.

Humidity presents an even greater challenge. Excess moisture in the air lifts the hair cuticle, leading to frizz, shrinkage, tangles, and loss of curl definition. Wet hair is also at its most fragile, meaning rough handling can increase breakage. A damp scalp left untreated can also create an environment where bacteria and yeast thrive, potentially causing irritation, itchiness, and dandruff flare-ups. The key to rainy-season

hair care is protecting moisture balance, reducing friction, preventing tangles, and treating wet hair gently.

Conversations with a natural hair girlie

To understand how experienced naturalistas navigate the rainy season, I spoke with Awele, a woman with 4C hair who has learned to embrace her natural texture in every season. Unlike many people who worry about rain ruining their hair, Awele says she no longer fears it because she understands how her hair behaves.

She explains that her only concern during the rainy season is whether she has stretched or blow-dried her hair. Otherwise, she simply lets her hair exist in its natural state, accepting shrinkage instead of fighting it.

Her favourite rainy-season styles are protective options such as two-strand twists, braids, and wool kiko styles. These keep her hair manageable while reducing tangling. If she gets caught in the rain unexpectedly, she removes styles like buns, gently combs through her hair, and puts it into a few plaits once it has dried. This not only helps minimise shrinkage and tangles but also prevents moisture

from lingering long enough to encourage bacterial growth.

Awele also believes less is more when it comes to products. The one product she never skips is her leave-in conditioner, Aunt Jackie's Quench!, which helps keep her hair moisturised without weighing it down. She cautions against excessive product use, explaining that build-up combined with rain can leave hair smelling damp.

The key takeaway

For Awele, healthy hair always comes before chasing the perfect look. She recommends washing hair as needed, moisturising consistently despite shrinkage, and using low heat or a heat protectant when blow-drying. Above all, she considers protective styles the easiest way to maintain healthy hair during the rainy season.

The biggest lesson is that healthy natural hair isn't about avoiding the rain; it's about understanding your hair's needs. By embracing shrinkage, keeping your routine simple, and prioritising moisture and protection, it's possible to maintain healthy, thriving coils throughout the rainy season. Rather than fearing the weather, working with your natural hair is the best approach.

Visit www.marieclaire.ng to read more

UNILAG Law Ladies' Day champions mentorship among young women

by Oluwagbemisola Sadare



The 12th edition of the University of Lagos (UNILAG) Law Ladies' Day brought together legal practitioners, business executives, creatives and students to champion women's empowerment, leadership and professional excellence, with speakers urging young women to pursue success through consistency, mentorship and service.

Held under the theme, "Her Win, Our Win," the event featured keynote addresses,

panel discussions, awards, pageantry and entertainment, all reinforcing the message that every woman's achievement creates opportunities for others.

Delivering the keynote address, Senior Advocate of Nigeria (SAN), Mrs. Funmi Falana, traced the evolution of women's participation in the legal profession, recalling that women were excluded from legal practice in England before 1919. She also highlighted landmark legal victories

against discriminatory policies affecting women in Nigeria, stressing that individual achievements often become collective victories.

"Every generation inherits unfinished work. Yours is not only to enjoy the opportunities created by others but to create greater opportunities for those who will come after you," she charged the audience.

Dean of the Faculty of Law, Prof. Abiola Sanni (SAN), described Law Ladies' Day as a defining tradition within the faculty, noting that excellence transcends gender and remains the hallmark of legal education. Vice President of the Law Students' Society, Aaliyah Rahman, encouraged students to embrace leadership through service, while Chairperson of the Nigerian Bar Association (NBA), Uchenna Ogunedo Akingbade, underscored the importance of mentorship, noting that every successful lawyer benefits from guidance and support.

Speaking during the first panel session, Chief Legal Officer at Oando Plc, Mrs. Efuntomi Akpeneye, emphasised that excellence should become a lifelong habit rather than an occasional achievement.

"You cannot be excellent today and careless tomorrow because perception is powerful, and once broken, it is hard to repair," she said, adding that credibility is built through preparation long before opportunities arise.

Founder of Women in Successful Careers (WISCAR), Mrs. Amina Oyagbola, urged young women to actively seek mentorship and sponsorship while embracing volunteerism as a pathway to leadership. She challenged participants to support one another, stressing that collective progress depends on women lifting other women.

Partner at Banwo & Ighodalo, Mrs. Seyi Bella, encouraged participants to balance

strategy with execution, while Partner at Olumuyiwa Ayinla LP, Mrs. Folashade Oluyadi, highlighted resilience as an indispensable leadership quality.

Group Head, Marketing and Corporate Communications at United Bank for Africa (UBA), Mrs. Tolu Alero Ladipo, stressed the importance of consistency in building professional credibility, while Principal Partner at Cedrus Chambers, Mrs. Adenike Oluwafemi, and Head of Corporate Communications at NTEL, Mrs. Ariyike Akinbobola, encouraged participants to cultivate an ownership mindset in every organisation they serve.

The second panel explored career diversification beyond traditional legal practice. Fashion and intellectual property lawyer, Eleojo Unwuchola Peace, encouraged students to embrace emerging sectors, describing law as a profession that intersects with virtually every industry.

Actor and wellness advocate, Angel Anosike, advocated intentional self-care, noting, "I want you to understand that rest is not a reward you earn after working yourself to exhaustion. It is part of being productive. The small promises you keep to yourself every day are what help you avoid burnout."

Award-winning actress Omowunmi Dada emphasized, "visibility is not vanity; it is legacy. If people cannot see your work, they cannot experience your impact. There is a Yoruba saying that the sky is wide enough for every bird to fly without colliding with another. I believe that reminds us there is room for every woman to thrive without seeing another woman's success as a threat."

Media personality Stephanie Coker also encouraged participants to focus on impact and legacy, describing community building as the true essence of the event's theme.

NAF foundation advances women's political leadership with voices of change

by Oluwagbemisola Sadare

The NAF Foundation for young women has concluded the training phase of its Voices of Change: Legislative Edition. This civic leadership programme equips young women with skills and confidence to participate in governance, legislative processes, and democratic engagement ahead of Nigeria's 2027 general elections. The initiative directly addresses the persistent under-representation of women in political leadership.

Following a highly competitive process with over 100 applications, 20 fellows completed six weeks of intensive virtual training covering legislative leadership, constitutionalism, elections and political representation, public speaking, and ethical leadership.

Sessions were led by experts from

governance, law and public leadership, including two alumni from the maiden edition, showcasing the programme's growing pipeline of young women leaders who continue to contribute to civic and democratic development.

Transitioning from theory to practice, fellows attended a capacity-building workshop on May 23, 2026, which prepared them for a Youth Mock Assembly simulation. During the mock session, participants assumed legislative roles, debated public policy issues, applied parliamentary procedures, and presented recommendations for societal challenges.

The programme culminates in a graduation ceremony on Friday, June 12, 2026, in commemoration of Nigeria's Democracy Day, a national observance that honours



the country's democratic journey and the enduring struggle for democratic governance under the theme "Young Women Shaping Nigeria's Democratic Future."

The event will celebrate the fellows and reflect on the role of young women in strengthening democratic governance and political representation.

Executive Director of the NAF Foundation for Young Women, Nafisa Atiku Adejuwon said, "We remain committed to building a generation of informed and engaged young women leaders, these fellows are fully prepared to contribute meaningfully to democratic development at local, state, and national levels."



Faith Benjamin: Parents should create quality time to teach children values

by Geraldine Akutu

Faith Benjamin is an experienced educator with over 15 years of teaching across nursery, primary, and tertiary levels. As founder of FirstClass Advantage Academy, a thriving nursery and primary school in Lagos, Nigeria, she doubles as a Parent Coach and Child Development Advocate. She is also passionate about helping children overcome academic struggles and reach their full potential. Faith is the convener of 360Parenting, equipping parents on positive parenting strategies and also the founder of Project Kidpreneur, a skills and vocational initiative empowering children aged 6-18. In this interview, she speaks on the need for parents to be present in the lives of their children.

What inspired you to be a parent coach and what does the work entail?

Working with children and interacting with them, I noticed a decline in their moral standards and level of critical thinking, and all these are largely traceable to the fact that a lot of parents have gotten so busy trying to make ends meet, robbing them off the time to teach, correct and instill sound values in their children. Hence my decision to become a voice, letting parents know that there's more work to be done than financial provision.

Can you explain what makes parenting more challenging in this day and age?

A whole lot has changed. Back in the days, our parents and teachers were our primary source of information and the society looked out for the well-being of the child, but now, technology has changed everything. Children now have access to all sorts of information and influence online a lot of which have negative effects on their behaviour, unfortunately, parents now have to work twice as hard. So, they're no longer available as they ought to be making it harder to effectively parent their children and correct these negative

influences. There's also the challenge of how our values and moral standards have dropped drastically as a society, everyone has become so consumed with the idea of self, putting parents in a constant rat race of shielding children from its effects on their children.

With all that is going on in the country, especially with the economy, parents go through a lot of stress to put things together. What can parents do to reduce stress?

First thing is to accept what you have no control over, that will greatly reduce your mental stress, live within a realistic budget and this includes the school fees and rent, prioritise your rest and avoid all unnecessary outings, and get passive sources of income if possible.

From your experience, can you explain why not spending quality time with your children can be detrimental to their development?

As parents, we must know that we're not the only ones raising our children, the society is also co-parenting with us indirectly but unfortunately, we can no longer vouch for the safety and positivity of today's society. That is why it's important

to create quality time to deliberately teach your children good values, have meaningful conversations with them so you know who they interact with daily and the kind of influence these interactions have on them. It also affords you the opportunity to correct the misconceptions and bad habits they may have picked daily, and also building healthy relationships with your children where they can talk to you about everything is none negotiable, because if they're not talking to you, they're talking to someone else. So, let that someone be you.

Can you give few reasons on the need for parents to quality spend time with their children?

It affords you the opportunity to know the child you're raising: You know how best to harness their strengths, help them overcome their weaknesses. It also reduces a lot of misbehaviours in children because you recognise it early enough to nip it in the bud. For much younger children, it supports healthy brain development which is the foundation for sound cognitive abilities.

As a child development advocate, can you share a moment your advocacy made an impact in a child's life?

I just concluded a Behaviour Modification Programme I organised online, where parents learned how to diagnose misbehaviours in children. One of the testimonials that particularly stood out for me is a parent whose teenage daughter had become rude, difficult, uncomfortable, and had started keeping late nights. The mother said she was able to pinpoint where the whole problem started from, and in the last two weeks, they have repaired their relationship to the point that the daughter now enjoys spending time with her, helps her with the cooking and even takes care of her younger siblings. In her words she said, "honestly, I thought I had failed as a mother, and that it was over but now, my daughter doesn't want to leave my room, she's always here to gist about one friend or the other. These are the kind of testimonials I receive from parents, and I'm grateful to God that I can make such impact.

We all face challenges but looking back at how you started and now, would you say it has been a smooth journey?

I would say my journey has been eventful and filled with several life experiences. I have learned from them all, making me the woman I am today. No regrets, just wisdom gained.

Initiative says 37m Nigerian girls face period poverty

From Rotimi Agboluaje, Ibadan

The Engage Youth Africa Initiative has raised concern over the growing burden of period poverty in Nigeria, revealing that about 37 million women and girls lack access to safe and affordable menstrual hygiene products. The initiative warned that the situation continues to undermine the health, education and dignity of millions of girls and women.

The organisation raised this concern during the fifth edition of its PADHER Programme, held at Talenty Boarding School, Osagie, Ajibode, Ibadan, with the theme, "Sensitisation of the Girl Child in Secondary Schools."

Speaking at the programme, the organisation's Community Manager, Oluwabukola Balogun, said the initiative was established to break the silence surrounding menstruation, promote menstrual hygiene

education through awareness campaigns and the distribution of sanitary products. According to her, menstruation should never be treated as a source of shame, stressing that parents, teachers, guardians and communities have a collective responsibility to provide young girls with accurate information and the support needed to navigate puberty with confidence.

She noted that many girls still lack access to menstrual hygiene education and sanitary products, exposing them to health risks, absenteeism from school and social stigma.

"We are creating awareness on period poverty, sensitising young women and girls, and ensuring they understand proper menstrual hygiene. There is nothing to be ashamed of when it comes to menstruation. It is a natural part of life and should be



discussed openly," she said.

Balogun disclosed that the PADHER initiative has reached communities in Kano, Abuja, Ibadan and other parts of the country, describing the current outreach as the fifth edition of the programme. "We have about 37 million women and girls still affected by period poverty. That figure shows that we still have a long way to go. Our goal is to reach as many girls as possible. With the right partnerships, reaching 10 million girls over the next five years is achievable," she added.

Also speaking, the Project Lead of the event, Miracle Oluwatoyin Adedugba, urged girls to embrace menstruation as a normal biological process rather than something to conceal or fear.

Delivering a session on "Menstrual Health and Dignity," Adedugba said menstrual periods should never become a barrier to education or personal development. "Menstruation should never stop your education. Every girl should understand her body, know her menstrual cycle and have access to the right information needed to manage her period safely and confidently," she said.

She urged the students to replace sanitary pads every four to six hours, wash their hands before and after changing pads, clean the genital area with clean water, dispose of used pads properly, drink adequate water, get sufficient rest and always keep emergency sanitary pads in their school bags.

Aba Blues:

In Jack'enneth Opukeme's morally complex women

by Oluwagbemisola Sadare

Jack'enneth Opukeme has a type when it comes to writing female characters. Across *Adire*, *Farmer's Bride*, and now *Aba Blues*, he keeps returning to women who want more than society expects, love too messily, and refuse to fit the usual roles Nollywood hands its female leads.

A *ba Blues* is a romantic film set in 1989. But beneath the love triangle, the film is really about desire, memory, and the impossible choices people make when the past refuses to stay in the past.

At the centre is Amara, played by Angel Anosike in her first leading role. She is happily married to Uzor until Dirim, the man she once loved, returns to Aba after years away. What follows could easily have become a familiar story about infidelity or temptation. Instead, Opukeme is interested in something more difficult. He asks what happens when a woman genuinely loves the life she has built while still grieving the one she never got to live.

If you've seen Opukeme's earlier films, that fascination won't come as a surprise.

In *Adire*, his heroine refused to be boxed in by the expectations of marriage, making choices that served her rather than everyone around her. In *Farmer's Bride*, another woman rejected a life chosen for her in pursuit of a love she feels is true. Neither film rushed to judge its female lead, and *Aba Blues* continues that pattern.

Amara isn't written as a woman caught between a good man and a bad one. She loves her husband, but she also carries feelings for Dirim. The film doesn't force Amara's emotions into neat boxes or reduce them to moral lessons. The film lets her feel both without shame, and that's what makes her character feel real and relatable.

Angel Anosike rises to the challenge. There is something quietly heartbreaking about her performance. You can see Amara trying to hold herself together even as old feelings begin to crack open a life she thought was settled. Even when the screenplay occasionally asks her to jump emotionally before the story has fully earned it, Anosike keeps the character believable. She gives Amara enough vulnerability and self-awareness that you understand her, even when you don't agree with her.

What stands out just as much is the way the women interact with one another. They talk about work. They worry about money. They discuss family, responsibility, and the compromises that come with

growing older. Men are part of those conversations, but they are rarely the centre of them. It's refreshing to have this kind of female relationship in contrast to mainstream Nollywood, where female relationships too often exist only to fuel rivalry. Here, friendship is allowed to be warm, complicated, frustrating, and deeply familiar.

Ironically, the men don't receive the same attention. Dirim and Uzor aren't written like real people with their own inner lives. One represents safety; the other represents the love she lost. They exist mainly to give her something to choose between, not to be understood on their own. Because the film spends so much time exploring Amara's inner life, both men remain emotionally underdeveloped. It's one of the film's biggest weaknesses, especially since the central conflict depends so heavily on them.

The title also promises more of Aba than the film ultimately delivers. The city appears often enough, with its streets and busy markets providing texture, but it rarely feels essential to the story. You could move much of the plot elsewhere, and it won't change very much. Some of the dialogue doesn't help either. Now and then, characters speak in ways that sound written rather than lived, making a few emotional moments feel less natural than they should.

Still, those flaws never completely overshadow what Opukeme achieves. Three films in, and it is clear that Opukeme has a pattern. He keeps returning to women who refuse to fit neatly into the roles society expects of them. They make questionable decisions. They carry conflicting emotions. They want things they probably shouldn't. Most importantly, the films never punish them simply for being complicated. That has quietly become Opukeme's signature.

The men in *Aba Blues* may not be as fully realised as the women, and the film doesn't always make the most of its setting, but Amara lingers long after the credits roll. She isn't a symbol or a cautionary tale. She's simply a woman trying to make sense of two lives she wishes she could live at once.





Photos by Freepik

Home training or does he like you?

by Oluwagbemisola Sadare

He pulls out your chair. He calls to make sure you got home safely. He remembers you don't eat sweet corn and quietly moves it to the other side of the plate before you even notice, he keeps a seat for you and never misses your big days. For a while, you enjoy the attention. Then you start questioning his intentions and attentions.

Is he treating me differently because he likes me or is he like that to everyone?

Sometimes we all wish we could read minds. Because it would definitely make life so much easier. It can be quite frustrating not knowing whether someone likes you or not. You don't want to assume wrong and end up embarrassing yourself.

Many men were taught to greet properly, offer help without being asked, stand up for elders, and make women feel comfortable. Those things are admirable, but they don't automatically mean romance.

So how do you tell when kindness is just good upbringing and when it's something more?

Most studies has shown that when a man likes a woman, his body language will reveal it. So, pay attention to the way he looks at you, and the way he

talks to you, and the way he touches you. If he looks at you with a bright smile, or a bright eyes as if he were looking at a gift, it means he is interested or attracted to you. Body language is a powerful indicator. Another thing to look out for is consistency.

A man with good home training is usually courteous to everyone. He greets the security guard with respect, thanks the waitress, helps his aunt carry groceries and offers his seat to an elderly woman on a bus. That's simply who he is.

But if his attention changes when it comes to you, that's worth noticing. Maybe he remembers tiny details from conversations you barely remember having. Maybe he creates time for you even when his schedule is packed. Maybe you're the first person he calls after a long day. Those aren't just habits. They're choices.

Good manners often respond to what's

happening in the moment. If you're walking together, he'll hold the door. If you're carrying something heavy, he'll offer to help. Someone who likes you usually goes a step further. He checks in first. He asks how your presentation went because he remembered you mentioned it three days ago. He sends a message just because you crossed his mind, not because the conversation needed restarting.

The better test is how he behaves in ordinary moments. Is he still thoughtful when he's exhausted after work? Does he still make time when life gets busy? Is he patient when there's no audience to notice? That's usually where the difference becomes clearer.

Kind people make others feel welcome. People who are genuinely interested want to know who you are.

A person who likes you ask questions that go beyond surface-level conversation. They remember your worries as easily as your favourite meal. They notice when something feels off before you mention it. They're paying attention because they genuinely want to understand you, not because they're trying to impress you. One more thing people often overlook is intentionality.

A polite man doesn't necessarily mind sharing your attention with everyone else.

He's simply being himself.

A man who likes you usually looks for opportunities to have you to himself. He suggests meeting outside the group. He wants longer conversations. He wonders who else you're spending time with but not in an unhealthy or controlling way, but because he's trying to figure out whether there's room for him in your life.

The desire to be chosen often says more than grand romantic gestures ever could. None of this is to say you should become suspicious of every respectful man you meet. Good home training is still one of the most attractive qualities anyone can have, and it's becoming rarer than it should be. The mistake is assuming that every thoughtful gesture is a declaration of love. Sometimes he's opening the car door because that's how his mother raised him. Or sometimes he's opening it because, somewhere along the way, you became the person he wants beside him.

The difference isn't usually found in one grand gesture. It's found in the pattern. Good manners are offered generously to everyone. Real interest has a way of finding the same person, over and over again.



Ask Life's Big Sister

Have a relationship dilemma or burning question? Ask Life's Big Sister by sending your questions to life@guardian.ng. Selected answers will be published in the magazine each weekend. Follow us on social media to join the conversation.



Why does he keep giving me mixed signals?

Mixed signals often reveal unclear intentions. He may enjoy your attention without wanting commitment. Do not waste time decoding every message. Focus on how his actions make you feel. Healthy interest should bring clarity, not constant confusion.



Should I match his energy?

Yes, stop doing all the work alone. Give him room to show genuine interest. Do not keep calling when he rarely checks on you. Effort should come from both sides. Protect your time and emotional peace.



When should I walk away?

Walk away when uncertainty becomes a pattern. You should not beg for basic communication. Notice when excuses replace real effort. Believe consistent actions over sweet promises. Choose relationships where you feel respected and secure.



We talk every night, but he has never asked me out. Is he serious?

Regular calls can create closeness, but they do not confirm commitment. Notice whether he makes plans to see you. If he avoids defining the relationship, he may only enjoy the attention. Ask him clearly what he wants. Do not build a relationship around assumptions.



Sarah Stephen, co-founder of Knightsbridge real estate agency R&S, brings over 16 years of property expertise, driving multimillion-pound deals. A dedicated charity trustee, she champions women's financial empowerment and visibility through public speaking and advocacy.

Entertaining every idea does not make you a visionary

by Sarah Stephen

If you ever want to build something ambitious, what separates the people who last from the ones who burn out is rarely a lack of limits, but the opposite.

The ones who last are the ones who know precisely where their limits sit and who use that clarity to build something disciplined enough to withstand pressure. A business built on client-centric values needs boundaries around what you will not compromise on to make money long before it needs you standing confidently in rooms where the numbers are large and the margin for error is small.

Boundaries are what allow you to survive your own mistakes in the business terrain rather than be undone by them, because ambition of any real size invites compromise, and a difficult season will cause you to question almost everything you thought you understood about your business.

What steadies you in that moment are the boundaries you already have in place around your own standards, the refusal to let a hard stretch push you to compromise what you know to be true, the fundamentals still holding even when your confidence wavers.

Over time, you realise the cost of saying yes is far more detrimental than the revenue it brings in, and the boundary must hold even when confidence does not, because that is precisely what a boundary is for.

Saying no is, in its own quiet way, one of the most protective things you can do for a business, because it guards both the vision and the health of everything being built, and entertaining every idea that comes your way does not make you a visionary; it makes you scattered, and it teaches the people around you that nothing is ever really decided.

Not every opportunity is your opportunity, and without a filter to sort the real ones from the merely tempting, you end up spending your energy on things that were never going to build anything lasting.

Saying no to unrealistic timelines protects the quality of the work and the people delivering it. In my experience in business, I have discovered that clients remember quality over timeline, so saying no to distractions that masquerade as strategy, the opportunities that look

urgent and important but pull you away from what you actually set out to do, protects the clarity of the vision itself.

Saying no also extends to meetings that exist for their own sake and drain a day without moving anything forward, because research in cognitive science shows that this kind of constant interruption breaks concentration and lowers the quality of what you produce afterwards.

Fewer distractions mean more meaningful progress, and the discipline of saying no consistently sets a tone for the brand that people come to recognise and trust, which in turn is what accelerates growth rather than slowing it.

Every yes has a cost, and learning to spend that yes carefully rather than handing it out to anything that arrives dressed as opportunity is what allows a business to grow in a direction rather than simply grow in size.

Clear limits, not variety, build momentum because momentum is built rather than inherited, and the best founders and executives are made rather than born. Boundaries signal professionalism, not weakness.

How to build boundaries that actually hold?

Saying no is reinforcement, not rejection. It is the shift from reactive hustle to intentional leadership, made one boundary at a time.

Know your non-negotiables before you are tested. Decide which values you refuse to trade for money, because that clarity is what holds when the pressure is on.

Every interaction is an assessment. Business has a brutal way of revealing what an organisation is truly made of, and each exchange quietly tests whether you can hold your North Star.

Start with the end in mind. Let your daily decisions serve the destination, not the distraction.

Refuse self-neglect as firmly as you refuse a bad deal. Self-sacrifice is not dedication; it is simply a slower way of running out.



Photos by Magnific

THE DISCIPLINE OF A CLEAR VISION

Word Search

V	I	S	I	O	N	A	R	Y	I	A	M
T	B	R	E	A	T	H	I	N	G	B	O
I	M	O	G	C	L	A	R	I	T	Y	M
M	E	G	U	D	C	M	W	A	H	I	E
E	U	T	R	N	T	I	O	N	A	I	N
L	T	U	M	D	D	E	A	L	T	H	N
I	L	E	E	P	R	A	F	S	M	S	T
N	K	F	S	U	L	S	R	U	J	L	U
E	M	E	D	I	T	A	T	I	O	N	M
S	N	S	J	E	R	I	B	S	E	O	B
D	I	S	C	I	P	L	I	N	E	S	E

**Visionary
Boundaries
Clarity**

**Momentum
Discipline
Timeline**

RECIPE



Photo by Caroline Chambers

Citrusy Carnitas

by Chidinma Enwean

For those seeking a reliable and flavorful centerpiece for their next gathering, the Citrusy Carnitas offers a perfect balance of ease and gourmet appeal. Carnitas are slow-roasted pork butt (or pork shoulder) that are tender on the inside and crispy on the outside.

This dish is celebrated for being insanely flavorful and requiring minimal prep work, particularly if the meat is cubed by a butcher in advance.

Ingredients

While the specific quantities can be adjusted based on the size of your gathering, the dish relies on the following components:

Lean, cubed pork is the essential protein for this dish.

Citrus: The hallmark of this recipe is its bright, acidic profile, derived from a blend of citrus juices that tenderise the meat during the cooking process.

Complementary Toppings: To complete the meal, serve the carnitas with a medley of fresh vegetables, such as charred corn, sliced avocado, cherry tomatoes, and a handful of fresh cilantro.

A sprinkle of cheese or a dash of seasoning

helps balance the richness of the pork.

Instructions

The beauty of this recipe lies in its simplicity. Because it is designed to be a crowd-pleasing meal, the focus is on achieving a tender, succulent texture with minimal effort. Once the pork is seasoned and braised in the citrus mixture, the result is a savoury and tangy dish that pairs effortlessly with an array of fresh, vibrant sides.

When presenting this dish, consider plating the carnitas alongside your vegetable mixture to showcase the colours and textures of the ingredients. Whether you are hosting a formal dinner or a casual get-together, this recipe is a stress-free solution for any host looking to impress their guests without spending hours in the kitchen.

TIPS

Classic Margarita

by Chidinma Enweani

A classic margarita is an excellent choice to pair with your citrusy carnitas feature, as its bright, acidic nature complements the tangy feel of the pork dish. Here is a straightforward recipe for a classic margarita:



Ingredients

Get 2 oz of high-quality Blanco or Reposado tequila.

Get 1 oz of freshly squeezed lime juice.

Get 1/2 oz of orange liqueur (such as Cointreau or Triple Sec).

This is optional 1/4 oz of agave nectar for a slight touch of sweetness.

A lime wheel and coarse sea salt for the rim of the glass.

Instruction

Run a lime wedge around the rim of your glass and dip it into the coarse sea salt to coat the edge.

Fill a cocktail shaker with ice. Add the tequila, fresh lime juice, orange liqueur, and agave nectar.

Shake vigorously for about 15-20 seconds until the exterior of the shaker feels very cold.

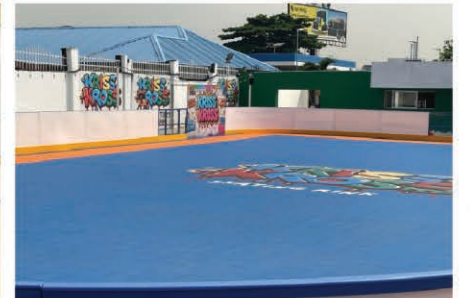
Strain the mixture into your prepared glass filled with fresh ice. Garnish with a lime wheel.

RECREATION



FEDERAL
PALACE
HOTEL & CASINO
★★★★★ VICTORIA ISLAND • LAGOS

Federal Palace Resort offers a variety of recreational and entertainment activities available to individuals, families, and groups



Football Pitch Rental | Volleyball Court | Basketball Court
Lawn Tennis Court | Table Tennis | Yoga (every Saturday morning)
Rounders (full playing set: ball, bats and posts)
Lower Deck Lounging Pool | Krisskross Skating | Magic Padel

RELAX. REPLAY. RECONNECT. RESET

ENQUIRIES | RESERVATIONS: ☎ +234 (201) 277 9000 ☎ +234 706 497 4458

✉ info@federalpalace.com 📷 federalpalace