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Life

Famous Pluto

on hustle, Amapiano
and finding his sound

+ *High Blood Pressure?*

Your guide to 10 foods
doctors recommend

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OWAMBE GUIDE TO
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Tobi Bakre

"Just getting started!"



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9 new Lagos restaurants, lounges worth visiting

by Musa Adekunle



1. Oasis Gourmet

Location: Victoria Island
Elegant, quiet and polished, Oasis Gourmet is already attracting Lagos diners looking for a more upscale experience. The restaurant combines indoor dining, outdoor seating and a calm poolside atmosphere suitable for private dinners and social gatherings.

2. Lilly and the Berry

Location: Ikoyi
Health-conscious Lagosians are already paying attention to Lilly and the Berry. Located inside a padel club, the café serves smoothies, salads and wellness-inspired meals in a calm outdoor setting.



3. Rora Lagos

Location: Victoria Island
If dinner dates had a Lagos address right now, Rora would probably be one of them. With its tropical-inspired setting, stylish interiors and poolside bar, the restaurant mixes fine dining with relaxed nightlife energy. It works for cocktails, birthdays and those long Friday night conversations that



4. Frozen Cabana

Location: Victoria Island
Frozen Cabana is built for sweet cravings and easy evenings. The dessert and cocktail spot serves frozen treats, indulgent drinks and rooftop hangouts in a youthful setting that feels relaxed without trying too hard.



5. Cone Cafe

Location: Lekki
From waffles to pastries to oversized dessert cones, Cone Cafe leans fully into soft-life culture. The café's cosy interior and colourful presentation make it perfect for quick dessert stops and content-friendly moments.



6. Ile Eros

Location: Victoria Island
Ile Eros brings Nigerian flavours into a more refined dining space. The Afro-fusion restaurant combines local dishes, nostalgic design and warm hospitality in a way that feels both modern and familiar.



7. Cafe Blu

Location: Victoria Island
Cafe Blu keeps things simple and stylish. The café serves continental and local meals in a relaxed environment that works well for brunch meetings, coffee catch-ups and daytime dining.



8. Mamatcha

Location: Victoria Island
Minimalist cafés are having a moment in Lagos, and Mamatcha understands the assignment. You can go there for matcha drinks and calming aesthetic. The café feels like the kind of place where people come to work quietly and stay longer than planned.



9. Koyo Lagos

Location: Victoria Island
Koyo blends luxury dining with nightlife culture. From signature cocktails to elegant interiors, the restaurant and lounge has quickly become one of the new spots for stylish evenings out in Lagos.

Tobi Bakre:

“Just getting started!”

by Musa Adekunle



Photos provided by Tobi Bakre

NEED TO KNOW

Tobi Bakre left banking for entertainment after spending years in the corporate world. He won Best Actor at both the 2023 AMVCA and AMAA Awards.

Bakre was accepted into the Berlinale Talents 2024 programme, one of the film industry's respected global platforms.

He became one of Nollywood's highest-grossing actors following the success of films like *Brotherhood* and *The Blood Covenant*.

Away from fame, Bakre says he enjoys quiet family time, video games and a simple lifestyle.

B

efore the awards, many Nigerians knew Tobi Bakre as the lively Big Brother Naija housemate who knew how to hold attention. Fame came fast. So did the pressure.

Years later, he has built a different name for himself in Nollywood. With films like *Brotherhood* and *Gangs of Lagos*, Bakre has moved from reality TV fame into a more serious acting career.

In 2023, he won Best Actor at the AMVCA and AMAA. He also got into Berlinale Talents 2024, placing him in wider film conversations beyond Nigeria.

But away from the wins and film sets, Bakre sounds calmer than the public image people know. He says he is more religious, family-oriented and happiest around his wife, children, food and good internet for video games.

Speaking exclusively with *Guardian Life*, Bakre talks about fame, family, money, acting, ambition and why he believes he has not scratched the surface yet.

You left banking, entered Big Brother Naija, and years later became one of Nollywood's highest-grossing actors. When you look at your life now, what part of that journey still feels unreal to you? All of it. The young me saw a future in corporate life and nothing particularly tied to my current reality. Doing what I do now, to love it, be loved for it and be successful at it. I'd say it's all God's grace, and for that I am always grateful.

“I don't feel like I have scratched the surface with my talent and career path.”

— Tobi Bakre

There is a version of Tobi Bakre the public sees: confident, energetic, always switched on. But who is the man people close to you know when the cameras disappear?

I am still the same person. But sometimes a lot calmer, religious and very family-oriented. Spending time with my family is my favourite thing to do. I can be really introverted these days. Leave me with food and good internet for my video game, and I'd be just fine.

Fame came to you very publicly through reality television. Did becoming famous before fully understanding yourself ever confuse your identity or sense of purpose?

I always knew who I was and was always understanding of the fact that I would change as a person over the course of my life and experiences, and I have always been open to that fact. How I was in the transition of fame and the different levels of fame simply helped reaffirm who and what I thought I was.

Your father is a respected businessman and traditional title holder. How much pressure came with carrying the Bakre name while trying to build your own legacy outside banking?

I have always had the most supportive parents. They have been very present and encouraging on every step of my journey. They are the most amazing humans, and my goal is to live a good life that they will be proud of and will be worth all their sacrifices.

“I do not put myself under any of the pressures that come with fame and popularity.”

— Tobi Bakre

Nollywood is currently obsessed with intensity, masculinity and dominance. Your performances often carry physical strength but emotional vulnerability, too. What kind of African man are you trying to represent onscreen?

Every story has different characters. It is never up to me to determine the nature of the person I am trying to play on screen. My job as an actor is to stay true to the character and how it ties to the story. And that can take so many different forms.

You have moved from reality TV star to actor, producer, conversations, box office conversations and cultural conversations. What do you think people still misunderstand about your intelligence or ambition?

I honestly do not feel misunderstood with regard to my intelligence or ambition. A lot of people witnessed the beginning of the journey and have seen what it has become thus far. I guess it's just curiosity about where eventually all of this will lead. I have been very intentional and authentic on my journey, and I believe people see that clearly.

In many ways, your generation of actors grew online. Every marriage moment, parenting moment or career move becomes public discussion. Has fame made it harder for you to protect intimacy and genuine happiness?

I prioritise happiness for myself and my loved ones. I believe happiness is a mindset. Fame does make it somewhat difficult or slightly impossible to live a private life. I knew what I was signing up for. So while I'm here, I plan to stay true to myself and enjoy the journey. I live a very normal life regardless of the fame. I do not put myself under any of the pressures that come with fame and popularity. That makes it easier to be happy

You once lived a structured corporate life with salaries and predictability. Now you work in an industry built on uncertainty and reinvention. What has success taught you about money, fear and survival?

Financial literacy has always been a strong part of my growing up and adulthood. More than anything, I see the importance of being financially savvy and knowledgeable with the way income is structured in the creative space. In simpler terms, you don't spend all you earn, invest and prepare

for the calm seasons. Reinvention, expansion or breaking new ground will require investment that majorly has to come from you. So yes. Save and invest wisely.

You have had a remarkable run, from AMVCA and AMAA wins to Berlinale Talents and major box office success. When you look at all that recognition, how do you keep your hunger alive without letting awards define your sense of worth as an actor?

I don't feel like I have scratched the surface with my talent and career path. I'm still very fresh in it all. I love film, and I really love to tell compelling stories. That keeps my urge to work very much alive. The awards are nice and appreciated when they come, but nothing beats the satisfaction of a beautiful story well told. And that gives the win. Which, in my books, is emotions from the audience. The fact that you can make them feel something. **What does a perfect day look like for Tobi Bakre when nobody needs**

“Fame does make it difficult to live a private life, but I knew what I signed up for.”

— Tobi Bakre

anything from you?

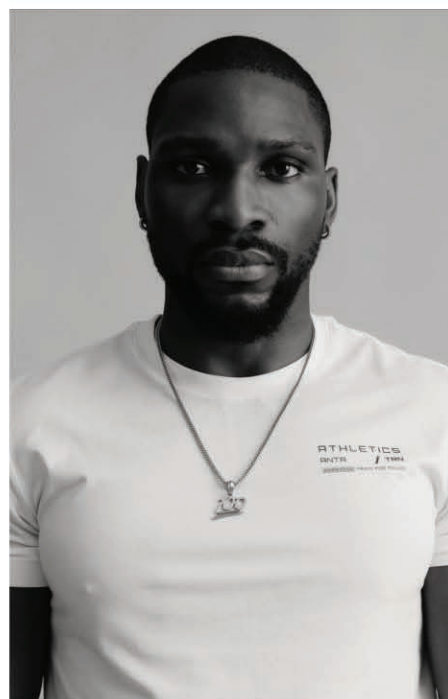
I start my day with prayers. Working out. And spending all of the day with close family and friends without any sad events or news about the country or fellow citizens, and also earning passive income while at it.

You are now a husband, father and one of Nollywood's bankable faces. What part of the old Tobi did marriage and fatherhood force you to quit?

I didn't have to kill any part of myself. I only had to adjust a few things to fit my new reality. I have always been family-oriented. I just had to learn that the dynamic of being a husband is different from being a son or sibling. Every part of that process has been interesting and beautiful.

When people write the full story of Tobi Bakre years from now, what do you hope they say you changed about celebrity culture, Nollywood or modern African masculinity?

I can't predetermine or think of what my journey will change in celebrity culture, Nollywood or modern masculinity, but I sure hope it is a lot of positive things. I remain very true to who I am. I put my best into all that I do. I don't set out to be an exemplary human being; I only try to be a better version of myself by that day. And the world is open to a lot of the transitions in our lives, and I hope people find hope and inspiration from my journey.





Famous Pluto:

From Benin City to Nigeria’s Street Pop Therapist

by Chinonso Ihekire

“Na Famous Pluto!” This catchphrase introduced Osahon Uzama, better known as Famous Pluto, to the Nigerian audience circa 2024, when he appeared on *Feel D Mood* alongside Tega boi DC, Outsyd DJ, and Outsyd Eddie.

The young Benin popstar has since climbed up the ranks with his infectious Amapiano-leaning clubby tunes bursting with street slang, groove and energy. Famous Pluto, the youngest of the Uzama siblings, the family that also produced Nigerian superstars Shallipopi and Zerry DL, released his debut EP, *Uzama The Third*, last year, introducing his witty, comical and party-starting sound to a wider audience. Collectively, the siblings are part of a growing shift in Afrobeats, where indigenous pop fusions are taking centre-stage, just as their ‘Beninpiano’ sound has since become a staple of Nigerian club nights. Now, with his debut album, *Street Therapist*, the 20-year-old rapper-singer joins his siblings as the latest torchbearers of the South-South Benin pop expansion, making a statement with the 10-track spin as the latest pulse of the street. He tags team vibrant newcomers Zaylevelten, Mavo,

Muyeez, Brazy and industry veteran Zlatan into his versatile soundscape that documents his ghetto gospels and hustler ambitions. In this interview with *Guardian Music*, Famous Pluto gives us a bird’s eye view into his origins from Benin City to countrywide superstar; his muses and lore behind *Street Therapist*, as well as his mission to keep racing to the top of Afrobeats’ blossoming hemisphere, among others.

When did music start for you?
I started writing songs when I was in Primary Two or Primary One, I guess. But I stopped and started dancing. Later, I went back to music in 2024. I was doing freestyles in 2020 and dropping them on TikTok, but officially, I’d say I started singing in 2024.

How did you get the name, Famous Pluto?
I stole the name Famous from my

neighbour in 2020. There were two names, Famous and Popular, and I was thinking of stealing Popular at first. But when I searched Famous on TikTok, I saw that nobody was seriously using it, so I stole Famous, and Shallipopi added Pluto to it.

You grew up in Benin City. What was that experience like?
Growing up in Benin was not easy, but it was a nice experience. There was always fighting, but we survived. When I was in Benin, I was always moving around, looking for friends and people to connect with.

“I stole the name Famous, and Shallipopi added Pluto to it.”
— Famous Pluto

Before music, you were dancing. How did that start?
I started dancing through parties. My mum used to take me to birthday parties my neighbours were doing, just to win rice. That was how I started dancing.

Did you always know you wanted to be an entertainer?
At some point, I was confused. I didn’t know whether I should do comedy, act in movies, sing or dance. I was just confused about what to choose at that time.

Did you ever consider school seriously outside music?
Yes. I wrote WAEC last year, and I’m still going to go to school. I’d probably study theatre arts.

You also did music promotion before recording your own songs. What was that grind like?
The grind was not easy at all. I started in 2024 doing music promotion, but I got tired of it because it was only me. People would text me, asking why I had not done their videos, but I was still going to school then. Some days, I was not free except weekends, so I could only deliver videos on weekends. They would disturb me on Monday and Tuesday, but I couldn’t do any video because I was in school. That was why I stopped doing music promotion.

Was “Feel D Mood” your first official song?
Yes, “Feel D Mood” was my first song. That was my first release.

Your brothers were already doing music and gaining attention. Did that motivate you?
Yes, there was a lot of motivation. When Shallipopi blew up from “Elon Musk,” it motivated me to do a lot of things, even the dancing itself. They used to tell me, “Wetin you dey do? You just dey house, you no dey do anything. Try to do something.” At that time, I was still confused about whether to do comedy, movies, singing or dancing.

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

PLAYLIST OF THE WEEK

by Collins Etunim

Here's another weekend to raise the volume and let every beat take control. This week's playlist focuses on shaping the atmosphere and lifting your spirit. These carefully selected new releases deliver passion, feeling and just the right amount of musical enchantment.



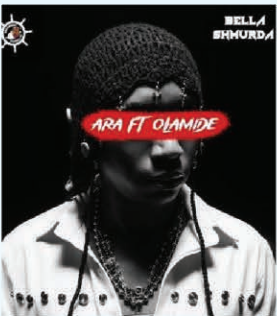
Nostalgia – Zinoleesky



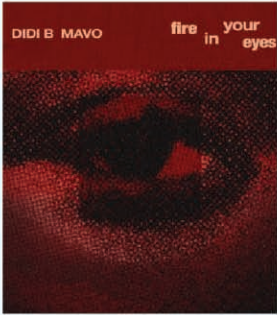
Fine Ting (Fine \$hit) – Fola



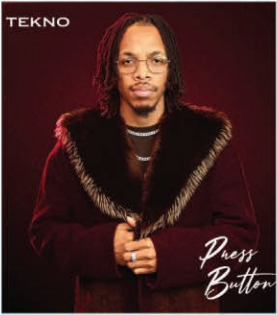
Attack – Ayo Maff



Ara (600M) – Bella Shmurda ft. Olamide



Fire In Your Eyes – Didi B & Mavo



Press Button – Tekno



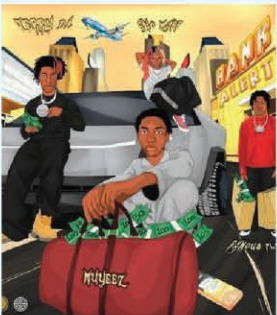
Back Outside – BNXX & Sarz



Jam – Fally Ipupa ft. Wizkid

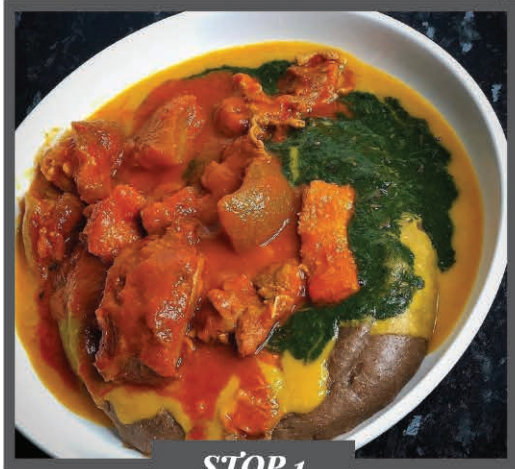


420 – Plutomania ft. Shallipopi



Bank Alert – Muyeez, Zerrydl, Ayo Maff, Famous Pluto

Buka Tourism



STOP 1

LAGOS & IBADAN BUKKAS

Lagos has the most documented buka conversation in the country, and it never fully resolves. There is Amala Shitta in Surulere, Ghana High on Lagos Island has been providing the city with its ewa agoyin since the late 1980s, Ajisafe in Ikeja remains the definitive case for pepper rice. Bukka Hut is a popular modern, semi-formal chain known for consistent local favourites. Ola Sheu in Agege, famous for its authentic Amala and Ewedu. Iya Eli in Surulere, a popular spot known for traditional meals. Oniru Pepper Rice a top choice for affordable Buka stew.

But Lagos is not the only city with this conversation, and it is not always the loudest one worth having. Ibadan's buka culture is older. Amala Skye is located on Bodija-U.I. Road, this is likely Ibadan's most famous joint, known for its busy atmosphere, peppery stew, and assorted meat. Inastrait Food Canteen, Mokola Hill, is known as one of the best spots for authentic amala and goat meat in the city. Mama Ope, Mokola Hill, is a 30+ year-old establishment known for its rich red pepper and tomato-based stew. Iya Adija, Adeoyo, located in Oke Aremo, is popular for traditional Nigerian food.



STOP 4

KANO BUKKAS

Kano State reframes the buka entirely. Here, the conversation is tuwo shinkafa, miyan kuka, and suya finished over an open flame, and sometimes you can find spots to eat other local Nigerian meals. Hajia Zulaifi (Ling Muzza U): Noted as a top spot for traditional Kano breakfast dishes. Amala Diner is identified as a top spot for finding authentic Yoruba cuisine, including Amala and Ewedu. Alata Foods & Confectioneries: Popular for serving a wide range of Nigerian meals, including pounded yam and various soups. Aduk by Kano Launch Express Hadejia RoAn is an affordable option near the Buhari Shopping Complex, noted for offering a "fine dining" atmosphere at buka prices.



STOP 2



The art of finding Nigeria's best hidden local restaurants

by Oluwagbemisola Sadare

The buka taste

Every Nigerian has a buka story, not a restaurant story, but a buka story, the kind that starts with "there is this place" and ends with someone reciting directions to a spot that has no address, no signage, and a queue at noon on a Tuesday that communicates everything a review ever could.

The case for treating buka-hunting as serious tourism is not complicated: nowhere else in Nigeria is the food leaving a lasting impact. Hotel restaurants cook Nigerian cuisine. Buka owners are cooking it also, but there is a difference you taste immediately and cannot unfeel. That pot positioned in front of the room is not a decoration. It is the kitchen, the menu, and the rating all at once.

The culture around it also shows something about Nigerians that the country does not always show about itself. A buka has always been a class leveller. The man with the tinted-window SUV and the student with a thousand naira in her pocket sit on the same wooden bench, eat from the same pot, and both go back for more.

PORT HARCOURT'S BUKKAS

Port Harcourt's bukkas bring the Niger Delta directly to the table in ways that deserve their own article, their own argument, and significantly more column space than they currently receive. Bukka by Choice is known for traditional soups and a comfortable, yet casual setting, often with live entertainment. Collins Bukka, located at Peter Odili Road, is popular for local, home-cooked style meals and outdoor catering services. Abacha Villa by Jenny's Native Kitchen is highly recommended for native delicacies like Abacha and Isi Ewu. BoleKing is one of the prominent, popular spots for Port Harcourt's signature roast plantain (bole) and fish.



STOP 3

ENUGU BUKKAS

Enugu is quieter about its food in a way that rewards the curious. The spots around Ogbete Market serve ofe onugbu and ofe akwu with a seriousness that tells you this is not lunch, it is a position.

Ntachi-Osa is renowned as one of the most affordable and popular spots, with locations in New Haven, Bisalla Road, and Old Airport Road, Emene. Open Sheraton is located on Chime Avenue, New Haven, known for a variety of rice dishes, soups, and late-night fries. The Village Bistro is highly rated for its local, rustic setting, offering native food and fresh palm wine.

What every good bukka shares, regardless of which city you are in, is an owner who is the entire operation. The food is personal. The sourcing is personal. The reputation belongs to one pair of hands. It cannot scale. It is not meant to.

Children's DAY...

towards a healthier,
safer future for the Nigerian child

by Ijeoma Thomas-Odia

As Nigeria prepares to celebrate Children's Day on May 27, colourful events, speeches, and school parades will once again dominate public spaces. But beyond the fanfare lies a painful contradiction, millions of Nigerian children are growing up too fast, burdened by hunger, poverty, violence, labour, displacement, and exclusion from education.



NEED TO KNOW

Nigeria currently has one of the highest numbers of out-of-school children globally
10.2 million children of primary school age not in school and girls account for its nearly 60 per cent
Children represent over 30 percent of the nation's population
More than 1,500 students have reportedly been abducted from schools across the country

On major roads across Lagos, Kano, Abuja, Port Harcourt, and several other cities, children weave through traffic selling sachet water, fruits, and household items. Some should be in classrooms learning mathematics and reading storybooks. Instead, they negotiate prices under the scorching sun, dodge reckless drivers, or sleep in overcrowded displacement camps far from home.

For many Nigerian children, survival has replaced childhood.

Nigeria currently has one of the highest numbers of out-of-school children globally, with about 10.2 million children of primary school age not in school, according to UNICEF. The agency also estimates that one in every five out-of-school children in the world is Nigerian. Girls account for nearly 60 per cent of that population, exposing a deep gender disparity in access to education.

In parts of northern Nigeria, the crisis is even more severe. School attendance in some communities remains

as low as 53 per cent, while insecurity has compounded the problem. Over the last decade, more than 1,500 students have reportedly been abducted from schools across the country, particularly in northern states, forcing many families to choose safety over education.

The result is a generation of children growing up amid uncertainty and fear.

Despite these realities, Nigeria has not been entirely stagnant in child protection efforts. The country adopted the United Nations Convention on the Rights of the Child and domesticated the Child Rights Act across most states. Yet, implementation remains uneven.

Founder of the Child Health Advocacy Initiative, Dr. Elizabeth Lola Alonge, acknowledged the progress made so far but warned that significant gaps still exist. "Nigeria has made some commendable progress by adopting the United Nations Convention on the Rights of the Child and domesticating the Child Rights Act in most parts of the

country. It is heartwarming that 34 out of the 36 states in Nigeria have domesticated the Child Rights Act."

However, she expressed concern that Kano and Zamfara states are yet to domesticate the law, describing it as reflective of "the scant regard some political leaders still have for the welfare and protection of children."

With Kano, Katsina, and Jigawa reportedly accounting for about 16 percent of Nigeria's out-of-school children population, legislation alone has not translated into protection.

Across the country, child labour remains deeply entrenched. The International Labour Organisation estimates that Nigeria has more than 62.9 million children between ages five and 17, representing over 30 per cent of the nation's population. Many are engaged in street hawking, domestic labour, scavenging, transport work, farming, and street begging.

For Dr. Alonge, the problem is not the absence of laws but the weakness of enforcement. "I believe the greatest challenge is poor enforcement combined with insufficient

"A nation cannot truly progress while its children remain malnourished, traumatised, medically neglected, and emotionally unsupported."



— Child psychologist, Eunice Nwigwe

“In some communities, girls are betrothed at birth, children are sent out to work very early, and some are pulled out of school because the family simply cannot survive otherwise.”

— Founder, Beyond the Classroom, Raquel Kasham



political will. Too often, cases of child abuse, trafficking, exploitation, and neglect are ignored or poorly prosecuted. “Many families depend on child labour for survival because of widespread poverty and unemployment. Tackling child exploitation must go beyond legislation; it must include economic empowerment for families, social welfare support, and access to affordable education.”

According to UNICEF, two out of every three Nigerian children live in multidimensional poverty, lacking access to healthcare, nutrition, education, clean water, and protection. More than half reportedly experience some form of violence before age 18.

In many communities, child marriage continues to cut short the dreams of girls, with reports showing that two in five Nigerian girls are married before age 18 in some areas.

There have been interventions. The Federal Government’s National Home-Grown School Feeding Programme, reintroduced in 2016, was designed to improve nutrition and increase school enrollment among children from low-income homes. Studies indicate that the programme has helped improve attendance in several public primary schools.

Dr. Alonge believes Nigeria must place children at the centre of national development planning.

“Children should be at the center of national development planning, not an afterthought. Failure to prioritise children in our national development agenda remains a stain on our collective conscience.

“At Child Health Advocacy Initiative, we believe education

must also include practical empowerment opportunities. This is why we support girl-child education through free vocational and technology-based training programmes that equip young girls with practical skills for employment and entrepreneurship.

“Investing in education is not charity; it is nation building. Countries that prioritise education consistently experience stronger economic growth and social stability.

“As we celebrate Children’s Day, we must remember that children are not just the leaders of tomorrow; they are citizens of today who deserve protection, dignity, opportunities, and a voice. We cannot talk of progress in Nigeria when our children are on the streets begging for money to eat.

“Now is the time for Nigeria to invest deliberately in children and accelerate progress toward a healthier, safer, better educated, and more prosperous future for every Nigerian child.”

Founder of Beyond the Classroom, Raquel Kasham Daniels, said the use of children as economic support systems did not begin overnight.

“Parents using their children as part of survival is not something that started today. In some communities, girls are betrothed at birth, children are sent out to work very early, and some are pulled out of school because the family simply cannot survive otherwise.”

While condemning the practice, Daniels insisted that conversations around child protection must also confront the wider economic realities facing families.

“If a parent cannot feed their family, cannot afford school fees, or has no stable income, the pressure on children becomes heavier.”

For children displaced by conflict and insecurity, the consequences are even more devastating.

Daniels recalled her interactions with girls in Internally Displaced Persons camps during one of her organisation’s projects.

“One thing that stayed with me was how many of them talked about interruption. Interrupted school. Interrupted childhood. Interrupted dreams. Some had not been in a classroom for months. Some for years. And honestly, that is what insecurity and conflict do. They disrupt everything.”

The emotional and psychological damage often goes unnoticed.

Child psychologist, Eunice Nwigwe, warned that millions of vulnerable Nigerian children are effectively invisible within the country’s healthcare and social support systems.

“For children involved in street trading, displaced by conflict, orphaned, abused, or living in extreme poverty, these gaps become even more severe.”

According to her, the long-term effects of neglect extend

beyond physical deprivation. “Psychologically, many of these children develop long-term trauma-related conditions such as anxiety, depression, and Post-Traumatic Stress Disorder. Constant exposure to fear, violence, exploitation, and survival stress can negatively affect brain development and emotional regulation.”

She noted that many children eventually normalise abuse and exploitation because it becomes part of daily existence. “Physically, these children often suffer from malnutrition, untreated illnesses, injuries, exhaustion, and exposure to unsafe environments. Many are denied access to healthcare and proper nutrition during critical developmental years.”

The implications for national development are enormous.

“Failure to prioritise children in our national development agenda remains a stain on our collective conscience.”

— Dr. Elizabeth Lola Alonge, Founder Child Health Advocacy Initiative



“We lose human potential when children are denied education, safety, and healthy development. Cycles of poverty become deeply entrenched, particularly for girls who experience exploitation, early pregnancy, or forced caregiving responsibilities.

“Government must also prioritise early childhood development. The first five years of life are foundational to a child’s cognitive, emotional, and physical development. Investment in maternal healthcare, nutrition, immunisation, early learning, and parental support programmes should be treated as national priorities.

“Children’s Day should not simply be a moment of celebration. It should be a call to action and accountability. Every year we delay meaningful intervention, more children are lost to preventable suffering, exploitation, and neglect.”

TEST YOUR KNOWLEDGE: *Nigerian Children by the Numbers*

1 How many children of primary school age are currently out of school in Nigeria?
A) 5.4 million
B) 8.1 million
C) 10.2 million
D) 12.7 million

2 What share of Nigeria's out-of-school children are girls?
A) Nearly 40%
B) Nearly 60%
C) Just over 50%
D) Nearly 70%

3 How low does school attendance drop in parts of northern Nigeria?
A) 30 per cent
B) 22 per cent
C) 13 per cent
D) 8 per cent

4 How many students have reportedly been abducted from schools across the country in the last decade?
A) More than 500
B) More than 1,500
C) More than 3,000
D) More than 800

5 Which two states are yet to domesticate the Child Rights Act?
A) Lagos and Rivers
B) Kaduna and Sokoto
C) Kano and Zamfara
D) Borno and Yobe

Answers
1. A. 10.2 million
2. B. Nearly 60%
3. C. 13 per cent
4. B. More than 1,500
5. C. Kano and Zamfara

FASHION

Y2K fashion and beauty trends that make us miss old Nollywood — and deserve a comeback

by Ashim Ojeh



Nollywood in the 2000s was a defining era for Nigerian entertainment, remembered not just for its dramatic storylines but also for its lasting influence on fashion and beauty. The women in those films shaped many of the Y2K-inspired trends resurfacing today, from iconic beauty looks to standout fashion moments. Although some of these styles still appear occasionally, they've never fully returned, making the era a rich source of nostalgia and inspiration worth revisiting.

Metallic lips

While we're seeing a lot of shimmer on the lids, cheeks, and even the body, there's still room for a full-on comeback of metallic lips.

There was something unforgettable about Nollywood stars with lips painted in bold gold or silver metallics, sometimes lined with a darker pencil. It wasn't subtle at all, and that was the point. It gave that unmistakable, main character energy.

Bedazzled everything—stoned outfits

As a collective, we need to remember we

have free will and maybe start bedazzling every single item we own again. Looking back at Nollywood styles, you'd see that everything just needed a bit of sparkle.

Crystals, rhinestones, and sequins were everywhere, especially on jeans and handbags. That "bling-bling" energy was impossible to miss. It's exactly the kind of boldness we need to bring back right now.

Patterned head scarves

Headscarves were doing a lot of heavy lifting in the Y2K Nollywood era. Silk scarves, printed bandanas, and even slightly sheer wraps were styled in many different ways. A simple jeans-and-top combo instantly looked way better with a scarf.

Sunglasses half the size of your face

Tinted sunglasses, both indoors and outdoors, were a whole moment. It didn't matter where you were; nobody really needed to see your eyes clearly. While we still see variations of them today, we need to bring back those oversized frames again, the ones so big that one can't help but stare.

Flair in the air — boot cut jeans

Bootcut jeans were a go-to staple in the Y2K era as well. That slight flare at the hem was enough to add a little pep to your step and elevate the whole look. It was what all the cool girls were wearing, no doubt, and we

need it back as soon as possible.

Heels with everything

Back then, extra height was part of the dress code. All the women were stepping out in heels every single time. Cute sandal heels, wedges, stilettos, it was heel heaven. I say in 2026, enough playing it safe — give us heels, give us height, give us drama.

The most unpredictable hair era

There isn't just one specific hairstyle from that era we can point to and say, "This needs to come back," because they all need to make a resurgence.

What really stands out from that time is the variety of hairstyles people were experimenting with. That's what we need back. Back then, there were no real rules. It was just creativity and a bit of magic happening all at once. That's the energy that deserves a comeback.

Maximalist accessories on the go

Today's Gen Z jewellery stackers would have been in heaven if they were around in the Y2K Nollywood era. Everybody was shining. The accessories, the layered chains, the belts, chunky jewellery, the oversized earrings, the bangles — making a statement was all the energy. The Jewellery was never subtle and added that extra layer to every outfit.

CULTURE

Kemi Adetiba's repeated AMVCA Best Director snub left me with a lot of questions

by Oyindamola Adebisi

The AMVCA winners have been announced, and alongside the usual debates about deserving wins and surprising losses, one omission stood out: Kemi Adetiba was absent from the Best Director category. Considering her consistent delivery of some of Nollywood's most ambitious and culturally significant projects, the repeated lack of recognition naturally raises questions.

While the AMVCA undoubtedly has internal criteria and technical considerations the public may not fully understand, it increasingly feels as though, like many award institutions, it occasionally develops blind spots toward certain forms of creative excellence. This raises a bigger question: do awards define the best creatives, or are there times when exceptional work goes under-recognised?

Kemi Adetiba's AMVCA history tells an interesting story

If this happened only once, it might be easy to dismiss. But when similar patterns

appear across multiple projects, it becomes difficult to ignore.

2026: "To Kill A Monkey" and the most glaring omission yet

This year's omission feels striking because "To Kill A Monkey" earned six nominations, including recognition for cinematography, editing, lead performances and supporting roles. Bucci Franklin even won Best Supporting Actor for his role in the project.

Yet Adetiba herself was excluded from Best Director.

That disconnect is difficult to overlook. Direction influences every major creative decision in a film, from performances and pacing to tone and storytelling. To celebrate almost every aspect of a project while excluding the person responsible for shaping its vision creates a contradiction many viewers find hard to reconcile.

2019: "King of Boys" was recognised, but not fully rewarded



"King of Boys" firmly established Adetiba as one of Nollywood's most commanding directors. The film earned eight AMVCA nominations, making it one of the most recognised projects that year.

It won the NFVCB Award for Best Nigerian Film, while Adesua Etomi and Sola Sobowale also received acting awards. Adetiba was nominated for Best Director but did not win.

Still, many felt the AMVCAs recognised the film's excellence without fully rewarding the creative force behind it. "King of Boys" elevated Nollywood's political crime drama space with bold storytelling, scale and precision.

When awards miss the mark

Ultimately, this conversation extends beyond Kemi Adetiba or the AMVCAs. Award institutions everywhere have long had blind spots. They sometimes reward what feels

timely over what becomes timeless, or favour safer choices over bold, disruptive work.

The Oscars, GRAMMYS, and literary institutions have all faced criticism for overlooking creatives whose cultural influence eventually outweighed their trophies. Awards are shaped by human judgment, and human judgment will always carry subjectivity.

That is why awards alone cannot define greatness. They can validate and amplify excellent work, but they are not the sole measure of impact or legacy.

Would a Best Director AMVCA win for Kemi Adetiba be deserved Absolutely. But the absence of a trophy does not diminish her contribution to Nollywood. At some point, consistent excellence speaks for itself. The bigger question is whether award institutions are truly keeping pace with the excellence they are meant to honour.

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Elishama Ideh: Women must be bold enough to step into spaces where decisions are made

by Geraldine Akutu

Dr. Elishama Rosemary Ideh is a Nigerian evangelist, humanitarian, and advocate for national transformation. Through Christ the Ever-Present Ministry, she is empowering vulnerable communities across Nigeria. She also founded the Partnership For A New Nigeria (PFANN) to champion restructuring and leadership reform. Her 2019 presidential ambition brought her into national attention as a voice for change. A Mass Communication graduate of Bowie State University, Maryland, USA, she has devoted years to supporting widows, orphans, street children, persons living with disabilities, and the less privileged. In this interview, she talks about low representation of women in leadership, barriers hindering women and emphasised on the need to dismantle stereotypes that causes limitation.

What sparked your interest in politics?
I am not a politician per se but my journey into politics was born out of burden and compassion for Nigeria. As an evangelist, I traveled across different parts of the nation and witnessed firsthand the suffering, hopelessness, and systemic challenges faced by ordinary Nigerians. I realised that beyond preaching salvation, there was also a need to speak to governance, justice, and nation-building. God began to stir my heart toward national reformation and raising a new consciousness among the people. That passion led me into advocacy and eventually into active political engagement, including my aspiration for the office of the President of the Federal Republic of Nigeria in 2019. My desire has always been to see a Nigeria built on righteousness, justice, accountability, and godly leadership.

You founded Partnership For A New Nigeria. What is it all about?
Partnership For A New Nigeria (PFANN) is a socio-advocacy movement committed to awakening the consciousness of Nigerians toward national transformation and responsible citizenship. It was birthed from a deep passion to see the emergence of a New Nigeria founded on truth, justice, integrity, and the fear of God. PFANN seeks to mobilise citizens, especially the youth and women, to become active participants in nation-building rather than passive observers. We advocate for good governance, ethical leadership, social justice, and policies that prioritize the welfare of the people. Our goal is to inspire hope and restore the belief that Nigeria can indeed become great again.

Have you ever been discriminated against in a leadership position because you are a woman?
Yes, there have been moments where gender bias was evident, especially in spaces traditionally dominated by men such as politics and leadership. Sometimes people underestimate women or question their capacity simply because they are female. However, I have never allowed discrimination to define me or limit what God has called me to do. I believe competence, character, vision, and grace ultimately speak louder than stereotypes. Rather than becoming

bitter, I chose to remain focused, resilient, and committed to excellence.

There seems to be so much talk around low representation of women in leadership positions, what's your opinion on this?
I believe women possess tremendous leadership capacity and have a vital role to play in shaping society. Unfortunately, cultural limitations, systemic barriers, and lack of opportunities have contributed to low female representation in leadership. Women bring compassion, wisdom, resilience, and balance to leadership. We need to intentionally create environments where women are encouraged, trained, supported, and given equal opportunities to lead and contribute meaningfully. A society that sidelines women is depriving itself of enormous potential.

How can leaders and organizations more effectively challenge and change these barriers to ensure inclusion?
Leaders and organisations must become intentional about inclusion. It starts with changing mindsets and dismantling stereotypes that limit women and marginalised groups. Policies should promote equal opportunities, mentorship, education, and leadership development. Organizations should also create safe and supportive environments where women can thrive without intimidation or discrimination. Inclusion is not just about representation; it is about giving people a voice, value, and opportunity to contribute meaningfully.

As a woman who is so passionate about good leadership, what are the important qualities for leading during uncertain or challenging times?
In difficult times, leaders must possess courage, integrity, wisdom, compassion, and vision. A true leader remains calm in crisis and provides direction even when circumstances are uncertain. Leaders must also be prayerful, discerning, and people-centered. During challenging seasons, people need hope, honesty, and reassurance. Great leadership is not about power; it is about service, sacrifice, and the ability to inspire others to keep moving forward despite adversity.

What are the things you do to empower women and girls?

Through mentoring programs, leadership initiatives, ministry outreach, and humanitarian interventions, I work to help women and girls discover purpose, build confidence, and maximize their potential. Through Christ The Ever-Present Ministry and Mentoring Women/Raising Leaders initiatives, we support widows, young girls, vulnerable women, and the less privileged through counseling, empowerment programs, spiritual development, and leadership training. My passion is to raise women who are spiritually grounded, intellectually equipped, emotionally healthy, and socially impactful.

You're also a minister of the gospel. What are the unique blessings you've received as a woman in ministry?

One of the greatest blessings has been the privilege of seeing lives transformed through the power of God. Ministry has allowed me to bring healing, hope, restoration, and encouragement to countless people across different nations and backgrounds. As a woman in ministry, I have also experienced God's grace in unique ways breaking barriers, opening doors, and using my voice to impact generations. It has taught me total dependence on God and shown me that when God calls a person, He also equips them.

HerCademy maiden cohort push for stronger women's political inclusion

by Ijeoma Thomas-Odia

The Executive and Legislative arms of government in Nigeria, alongside members of the diplomatic community and development partners, have reaffirmed their collective commitment to advancing gender equity, inclusive governance, and increased female representation in leadership positions across the country.

This commitment was expressed at the graduation ceremony of the inaugural cohort of the HerCademy Leadership Institute, an initiative of TOS Foundation Africa, held at the National Assembly Complex in Abuja. The historic and widely attended event brought together senior government officials, legislators, diplomats, policy advocates, and civil society leaders to celebrate the successful completion of the Institute's intensive six-week legislative mentorship and policy leadership programme designed to prepare women for greater participation in governance and public leadership.

Representing the President of the Federal Republic of Nigeria, His Excellency Bola Ahmed Tinubu, the Honourable Minister of Education, reaffirmed the Federal Government's commitment to women's empowerment under the administration's

Renewed Hope Agenda.

According to the President, establishing a leadership institute such as HerCademy represents a strategic investment in Nigeria's future and in the development of a new generation of transformational leaders. "Establishing a leadership institution is not merely an investment in education; it is an investment in the future of our nation and humanity. Programs such as these are vital to our national development because they nurture imagination, encourage innovation, and challenge participants to think critically about real-world solutions," the President stated.

On the legislative front, the President of the Senate, His Excellency Godswill Akpabio, represented by Senator Irete Kingibe, Chairperson of the Senate Committee on Women Affairs, described the current underrepresentation of women in Nigeria's parliament as a "democratic emergency." Highlighting that women currently occupy only 3.67 percent of seats in the 10th National Assembly, the Senate President stressed the urgent need for structural reforms to guarantee women's participation in governance.

At Int'l Day of Families, children wellbeing takes centre stage

by Geraldine Akutu

Parents of children with special needs have been urged to reject stigma, embrace their children with love and patience, and advocate for inclusive opportunities that allow them to thrive in society.

The call was made in Abuja during the 2026 International Day of Families commemorative event organised by the Jewels Leading Lights Foundation, where stakeholders also demanded stronger implementation of inclusive education policies and improved support systems for children living with developmental disabilities.

The event, themed “Families, Inequalities and Child Wellbeing,” brought together parents, teachers, therapists, government officials, and disability advocates to address the social and economic barriers confronting families raising children with autism, ADHD, Down syndrome, dyslexia, cerebral palsy and other developmental conditions. Speaking at the event, the keynote speaker and Founder of the Linda Hope Initiative, Queen Linda Turner, said many parents still experience emotional trauma and social rejection after discovering that their children have special needs because of widespread ignorance and cultural misconceptions surrounding disability. She urged families to see children with disabilities not as burdens or punishments, but as individuals deserving dignity, acceptance, and equal opportunities.

“My message to parents is to embrace their children with patience and love. Children with disabilities are not punishments; they are opportunities for society to learn compassion, acceptance, and humanity,” she said.

Turner noted that the way families and communities respond to children with developmental conditions would largely determine their confidence, emotional wellbeing, and future integration into society.

She also stressed the need for sensitivity in discussing disability issues, warning that harmful labels, stereotypes, and insensitive language often worsen the emotional and psychological burden carried by parents and caregivers.

The keynote speaker further called on government to treat autism and developmental disorders as important public health and social welfare concerns by expanding intervention centres, awareness campaigns, and support services for families.

According to her, despite the existence of disability-related laws and policies in Nigeria, many children living with autism still lack access to specialised educational services and intervention support.

Earlier, the Executive Director of Jewels Leading Lights Schools, Mrs. Oluwatoyin Oboh, said inequality remained one of the biggest obstacles affecting children with special needs and their families.

According to her, access to diagnosis, therapy, and inclusive learning environments still depends largely on a family’s financial capacity, leaving many children from low-income homes undiagnosed and unsupported.

“A child born into a family that can afford intervention is more likely to thrive, while another child with the same condition may never even receive proper diagnosis simply because the parents cannot afford it. This is not destiny; this is inequality,” she said. Oboh maintained that inclusive education

should no longer be treated as a privilege available only to wealthy families, insisting that it must become a standard practice across the country.

She also called for effective implementation of the Discrimination Against Persons with Disabilities (Prohibition) Act, 2018, and the National Policy on Inclusive Education, stressing that policies alone would not improve realities unless governments deliberately invested in schools, teachers, and families.

“Inclusion is not charity; it is justice. Every child deserves dignity, opportunity, and support regardless of their condition,” she stated.

The education advocate commended parents raising children with disabilities for their resilience despite social stigma, emotional stress, and financial hardship. “You have become therapists in your homes, advocates in your communities and pillars for your children despite the burden you carry,” she told the parents.

She equally praised teachers working in overcrowded classrooms with limited training and inadequate teaching materials, saying many educators continued to support children with diverse learning needs despite systemic challenges.

Oboh explained that the foundation was established to extend inclusive education services to underserved families beyond fee-paying schools.

She disclosed that since 2013, the organisation had worked with children living with autism, ADHD, dyslexia, Down syndrome, cerebral palsy, speech delays and other developmental conditions through teacher training, subsidised therapy, early intervention services, scholarships and



bursaries.

“We are committed to ensuring that no child is left behind because of disability or poverty,” she said.

Parents at the event also highlighted the emotional, financial and educational challenges associated with raising children with special needs, while urging government agencies to strengthen monitoring and enforcement of inclusive education policies. One of the parents, Mrs. Ire Charles-Osagiede, described the repeated rejection of autistic children by schools as painful and discriminatory.

“My son is intelligent and has so much potential, but finding schools and facilitators that truly understand autism has been very difficult,” she said.

She accused some schools of claiming to operate inclusive systems without adequately training teachers or creating supportive learning environments for neurodivergent children.

9-year-old Adedoyin Shanu inspires children to stand against bullying

by Geraldine Akutu



In an inspiring display of intelligence, courage, and creativity, 9-year-old young author Adedoyin Precious Shanu has captured hearts with the launch of her children’s book titled, Tola The Bully.

The book, which focuses on the dangers of bullying among children, was officially unveiled at a colourful event held in Lagos, where pupils, teachers, parents, and guests from different schools gathered to celebrate

the young writer’s achievement.

Beautiful, brilliant, and full of wisdom beyond her age, Shanu used her book to send a powerful message to children across society that bullying should never be tolerated in schools or among friends. Instead, children should learn to support, encourage, and love one another.

The event attracted children from various schools who came together to witness the book launch and participate in activities surrounding the publication. One of the major highlights of the occasion was the book review, where speakers explained the book’s lessons and values.

The book teaches children about the emotional pain caused by bullying and why every child deserves kindness, friendship, and respect. Through relatable characters and simple storytelling, Shanu encourages

children to speak up against intimidation and treat others with compassion.

According to reviewers at the event, the book serves as an educational tool that can help schools, parents, and teachers guide children toward positive behaviour and healthy relationships.

They noted that bullying remains a serious challenge in many schools and that books like Tola The Bully can help shape better attitudes among young people.

Beyond addressing bullying, the book also promotes hard work, discipline, unity, and love. It inspires children to believe in themselves, work hard toward their dreams, and become good examples in society.

Guests applauded Shanu for her confidence and intelligence, describing her as a role model for other children as many applaud her impactful message.

What to eat if you have high blood pressure

by Fiyinfoluwa Odukoya

One in three Nigerian adults lives with high blood pressure, according to the World Health Organisation (WHO) and recent local studies. In this practical guide, Fiyinfoluwa Odukoya explains how everyday foods can support treatment, protect the heart and help people make better choices.



Fiyinfoluwa Odukoya is a clinical and public health nutritionist, author, and founder of YourDietBoy. He writes *The Nutrition Gap*, a weekly column on practical nutrition for Nigerian life. He is also the author of *How To Think Like A Nutrition Consultant*.



1 Bananas
Bananas are cheap, common and easy to eat. They contain potassium, which helps balance the effect of salt in the body. For many people, eating bananas regularly is a simple habit that can support blood pressure control.

2 Leafy vegetables
Ugu, spinach, waterleaf and bitter leaf are already familiar in many homes, but they are more than soup ingredients. They contain potassium, a mineral that helps the body remove excess salt. Since too much salt can raise blood pressure, eating more vegetables regularly can support better control.



3 Beans and legumes
Beans is one food we should stop underrating. Brown beans, black-eyed beans and lentils contain fibre, magnesium and potassium, which help the blood vessels relax and support better blood flow. For someone managing high blood pressure, beans is not poor man's food. It is heart-friendly food.



4 Oily fish
Mackerel, sardines and catfish contain omega-3 fatty acids, which support the blood vessels and may help reduce inflammation in the body. The cooking method also matters. Grilled, boiled or lightly stewed fish is a better option than fish soaked in oil.



5

Garlic
Garlic is already common in many kitchens, but it does more than add flavour to stew, soup and sauce. It contains allicin, a compound that some studies have linked with lower blood pressure. Garlic should not replace medication, but using it often in meals can support a heart friendly diet.



6

Watermelon
Watermelon is more than a sweet fruit for hot afternoons. It contains citrulline, which may help blood vessels relax and allow blood to flow better. It also helps with hydration, especially in Nigeria's hot weather.



7

Yoghurt
Plain yoghurt can support blood vessel health because it contains calcium and probiotics. But the type matters. Many sweetened yoghurts contain too much sugar, so plain or low sugar yoghurt is the better choice for people watching their blood pressure.



8

Fluted Pumpkin Seeds
Many people throw away Uguw seeds while preparing pumpkin leaves, but the seeds contain magnesium and zinc, which can support blood pressure regulation. They can be dried, lightly roasted or blended into meals instead of being wasted.



9

Bitter kola
Bitter kola has been used traditionally across West Africa for many years. Some early research suggests it may support blood flow by helping blood vessels relax. Still, it should be taken with caution because it is not hypertension medicine and should not replace treatment from a doctor.



10

Water
Water may sound too ordinary, but it matters. When the body does not have enough water, blood vessels can become narrower, and the heart may work harder. Many people go through the day with very little water, especially when busy, and that habit does not help the body.





Photos by Magnific

Foreplay: Why best intimacy starts long before the bedroom

by Chidinma Enweani

When it comes to discussions around physical intimacy, the conversation often rushes straight toward the main event. In this article we're going to take a close look at foreplay, tips and tricks for better foreplay.

What is Foreplay

Foreplay is a combination of sexual and non-sexual, physical, emotional, and psychological things we do with our partners to feel close to them. Foreplay is essential for getting in the mood for sex. Most often, foreplay takes place right before intercourse. However, foreplay might look different for different people

Foreplay can be all the small actions and interactions you have with your partner in between your time in the sheets. It's the cheeky glances, sweet compliments, holding hands while you go on a walk, and helping your partner do something when they ask you.

HERE'S WHY YOU SHOULD PAY ATTENTION TO FOREPLAY

Helps with natural lubrication

Foreplay can prolong sexual excitement, but it can also help get the body ready for penetrative sex. While vaginas are naturally lubricated, this doesn't happen

immediately, and having penetrative vaginal sex without lubrication can lead to discomfort or pain during sex. Experts suggest that engaging in intimate acts such as kissing, touching, and caressing stimulates blood flow and heightens sensitivity, which is especially important for women who may need more time to become physically ready for penetration.

Enhances pleasure and orgasms

Engaging in prolonged foreplay can offer enhanced sensations during sex because it gives our bodies more time to get aroused. Sexual arousal for both the body and mind often takes time to build, with peak arousal typically taking between 10 and 30 minutes and people with vulvas generally need longer than those with penises to reach this state.

Spices up your sex life

There are many different ways to engage in foreplay. Because of that, it's very easy to add novelty to your relationship. One time, you might engage in oral sex instead

another time dirty talk. You have the power to decide. There is no script to follow. Embracing spontaneity and creativity can lead to more exciting and pleasurable experiences

FOREPLAY TIPS FOR BETTER INTIMACY

The Power of Mental Foreplay

The human brain is arguably the most powerful organ when it comes to desire. Without mental engagement, physical touch can feel clinical or routine. Mental foreplay is the practice of preparing the mind for intimacy long before any physical contact takes place.

In a busy world where career stress, household chores, and financial responsibilities dominate our thoughts, it can be incredibly difficult to simply switch on desire at a moment's notice. This is where mental preparation becomes essential. It acts as a bridge, helping partners shift their focus from the stress of daily life into a state of romantic connection.

Mental foreplay can be as simple as sending a thoughtful text message during a lunch break. A message that says, "I was thinking about our date last weekend," or "I cannot wait to see you tonight," plants a seed in your partner's mind. Throughout the afternoon, their brain processes that thought, gradually building a sense of warmth and excitement. By the time you meet in the evening, the emotional groundwork has already been laid.

Talk dirty, show Desire

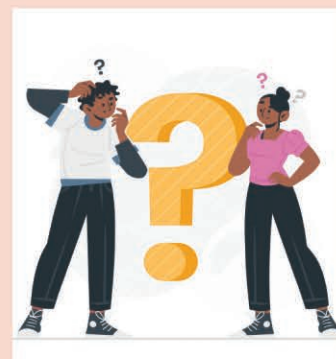
For many individuals, the idea of vocalising desire can feel incredibly intimidating. The phrase dirty talk often creates exaggerated images, awkward dialogue from films that feels completely unnatural in real life. Because of this, many couples choose to stay completely silent in the bedroom. However, communication during intimacy does not have to be dramatic to be effective. At its core, the language of desire is simply about validation and direction. It is a highly effective way to build confidence and deepen the connection between partners. Hearing a partner express their enjoyment out loud is one of the most direct ways to fuel mutual desire.

If you are new to incorporating vocal expression into your relationship, the best approach is to start small and keep it authentic. You do not need to adopt a false persona. Begin by simply describing what you like in the moment. Whispering a simple compliment, such as "I love it when you touch me there," or "You look incredibly beautiful tonight," can completely shift the energy in the room.

As comfort levels grow, this language can expand outside the bedroom. Sharing a private, suggestive comment while out at a dinner party or whispering a secret thought into your partner's ear creates an exclusive world that belongs only to the two of you. This shared secrecy is highly stimulating and keeps the romantic flame alive.

Build Anticipation

When it comes to romance, speed is often the enemy of excitement. The most memorable experiences are those that are prolonged through deliberate anticipation. Anticipation is all about creating a sense of mystery and delay. It is the art of teasing the senses so that when intimacy finally



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.



My husband is having an affair with a 25year old co-worker. What should I do?

I am so sorry for the pain you are feeling right now. Take a deep breath. Do not make any major decisions while you are still in shock. Keep copies of the texts or proof in a safe place where he cannot delete them. Speak to him calmly. Show him what you know and watch how he reacts.



I have been applying for jobs. I am frustrated and tired already, I am losing hope. I need help.

It is completely okay and highly recommended to step away from applications and take a total mental health break. Don't isolate yourself. Reach out to your loved ones, a partner, or trusted professionals to share the load. Focus only on what you can control right now, which is taking care of yourself

happens, the emotional and physical reward is significantly heightened.

One effective way to build anticipation is through the use of non-sexual touch throughout the day. A prolonged hug before leaving for work, a gentle caress of the lower back while making tea, or holding hands while watching television all serve to build subtle tension. These small actions send signals to the nervous system that your partner is desired, creating a baseline of safety and attraction.

Another powerful method is the deliberate use of time. Instead of rushing into intimacy the moment you both get home, create a rule that slows things down. Spend an hour sitting on the sofa just talking about your day, or cook a meal together while playing your favourite music.

Owambe on a budget: How to slay without breaking the bank

by Ese Oghenetega

Owambe parties in Nigeria are not just about celebrating an occasion or an individual; they are a fashion showcase for exhibiting daunting styles, beautiful accessories, gorgeous silhouettes, and bold makeup.

Every guest at a party is focused on flaunting creative aso-ebi designs, which feels more like a competition of who does it better. An owambe party displays attractive colours, stylish geles and caps, which gives the vibe that the guest must have spent a notable sum to look glamorous.

While looking classy is the goal of turning up for an owambe, one must also be conscious of one's finances. You don't have to break the bank to turn heads. There should be a deliberate attempt to make a fashion statement on a budget.

Plan ahead

One way to slay at owambes on a budget is by planning. This helps to have more variety and enough time to source your materials. Rush hour buying leaves you with fewer options and forces you to make choices that may be out of your budget. While the time is short, you quickly take what is available without checking for cheaper alternatives.

Consider local vendors

Also, if you want to slay on a budget, you have to consider local vendors who sell at relatable prices. Designer labels may give you sophistication, top-notch fabrics, and accessories, but it does not take away the fact that you can also get those materials

at cheaper rates. However, the location may not have the aesthetics that attract people to the designer labels.

Accessorise your outfits

Another method to adopt so that you can look glamorous at owambes on a budget is by accessorising your outfits. You can wear a simple dress with sassy jewelries on your neck, ears, and wrist, which can highlight your entire look. You can go extra by rocking magnificent shoes and resplendent bags, causing you to glow and giving you a show-stopping vibe.

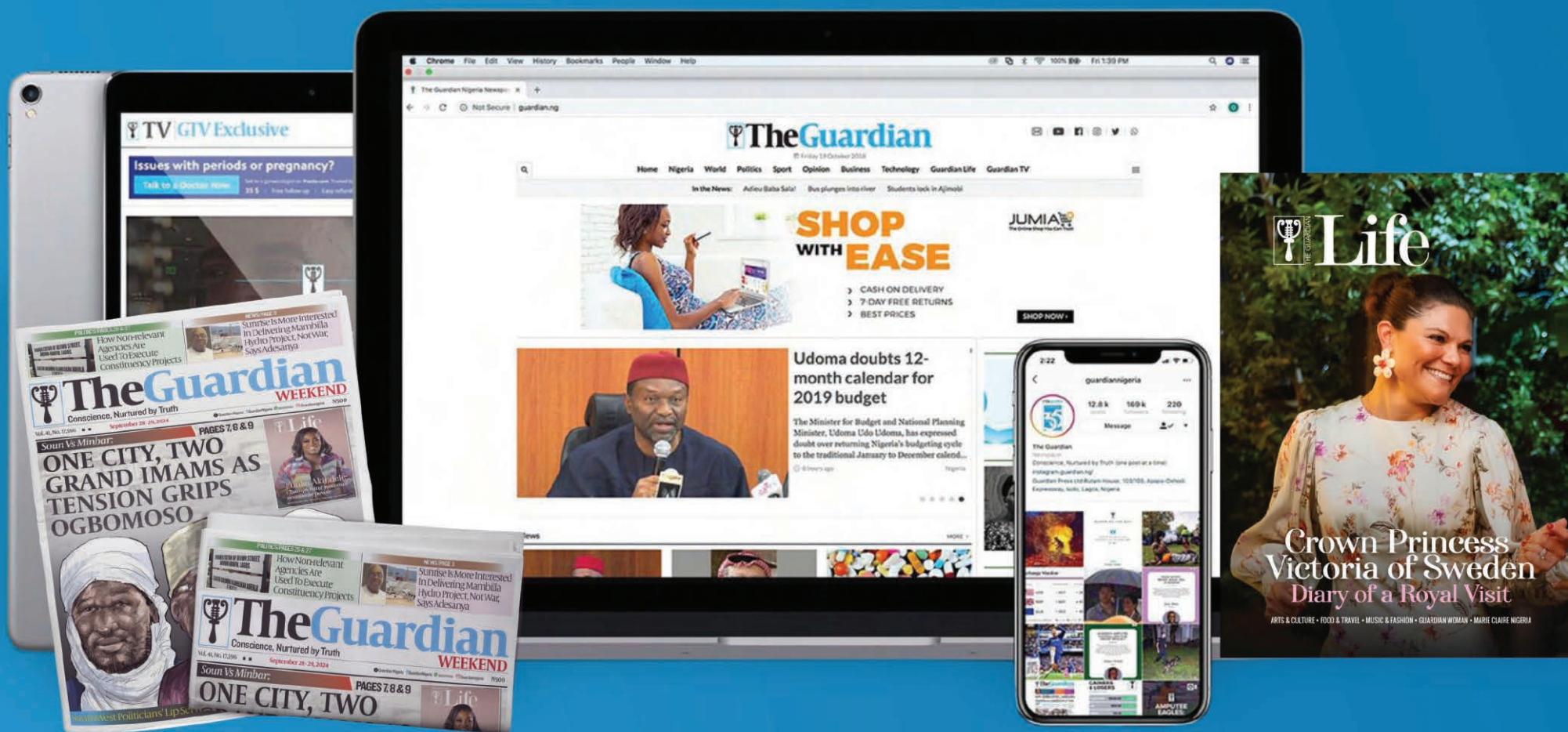
Do you know that bold makeup can spur a fabulous look? As you plan to flaunt some gorgeousness at your next owambe, kindly consider skilful makeup artists who do not charge in hundreds of thousands but can still beat your face perfectly. Some of these beauty technicians do not have celebrity clients, nor are their brands popular among fashion enthusiasts. Nevertheless, they can deliver and give you a good return for your money. If you want to slay on a budget, then these are your best picks.

As you plan to attend your next owambe party, do not go overboard to impress people when you know you are not financially capable. Do what works for you because there will always be more parties to attend.



Photos by Sam Adeyoyin Photography and Shieu Fatat IMV

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