LA MODE

VOL 18 MAY 2017

EXCLUSIVE:
BIG BROTHER NAIJA 2017 HOUSEMATES

Uriel Oputa
Ese Eriata
Cocoice (Mojisola Sowole)
Bassey Ekpenyong
Soma Anyama

LA MODE - NG
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Does Fashion Affects **Self Esteem?**

JPKouture LookBook

These 5 talents from the Big Brother Naija 2017 Game, are out with a Bang. They are ready to take over!

FAME. OPPORTUNITY. DIVERSITY. TALENT.

LA MODE

THE YEAST AND THE EYE

BY IJEOMA EZENNE

Most of the time I get testimonies of people who appear to have used yeast as a remedy for failing eyesight,or to improve vision. It has always got me wondering what the correlation is between the human eye and the yeast. As an eyecare practionner, I seldom subscribe to that line of thought except it has been proven scientifically. But after a carefully conducted research, I've come to that realization too. The yeast is very beneficial to the eye in a subtle " double-edged sword" way. This means it nourishes the body which in turn nourishes the eye.

WHAT IS YEAST?

Yeast is a valuable,nutritional supplement(added as a support) that contains high levels of proteins,vitamins ,minerals and some antioxidants. It contains about 15 amino acids, which are important constituents of protein. Vitamins include Vit B complex--Vit B and Folic acid. Phosporus,Chromium,Iron,Zinc and Selenium are some of the minerals it contains. It also contains some strong antioxidants such as Lecithin,Lutein and Flavin.

WHAT IS ITS EFFECT ON THE BODY AND EYE?

The effect of the yeast on the body and eye stems from what its constituents compounds does in the body. A few are outlined below:

AMINO ACIDS: These are important constituents of protein and helps the body repair and regrow its tissues. Therefore if an injury occurs, it helps its healing process, thereby reducing further damage to the tissue e.g corneal injuries.

VIT. B12: This is vital for the replenishment of red blood cells which functions to carry oxygen to different parts of the body. This also strengthens the immune system. Yeast therefore helps to fight conditions such as allergies.

CHROMIUM: This is a trace element that contains GTF(Glucose Tolerance Factor) which works with insulin to bring down high blood sugar levels. It also functions to reduce blood pressure levels. These in turn can prevent some severe eye disorders such as diabetic retinopathy.

LUTEIN, LECITHIN AND FLAVIN: These are carotenoids which are plant pigments that can absorb light. These protect the eye by filtering out harmful ultraviolet(UV) rays. These also prevent degeneration of the Macula (the vision center of the eye) and cataract formation.

With these explanations, I hope you have been convinced on the vital nature of the yeast to the eye. Even if you still do not believe, please try not to discourage others who already see the good in it and its health benefits.

Although some people are sensitive and allergic to yeast, do well to consult your physician before consuming yeast, if you are allergic to it.

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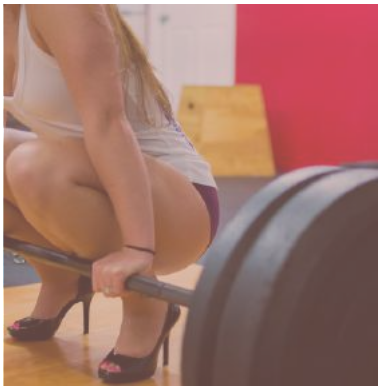

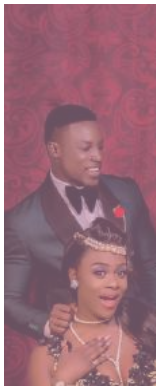

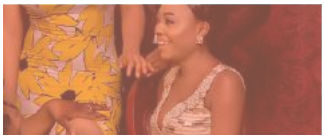

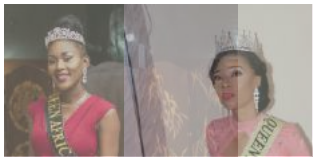

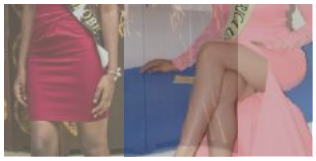

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Ankara Catalogue

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LA MODE

EDITOR IN CHIEF/ PUBLISHER'S NOTE

Hello Lovelies!

We bring to you another mind blowing edition. This is the 18th edition, tagged **FAME*OPPORTUNITY*DIVERSITY*TALENT*.** The cover personalities for this edition are the big brother Naija Housemates; **Uriel. Cocolce, Ese, Bassey and Soma.**

These personalities represent the Fame. Class, Talent and Diversity that the cover tagged.

This edition spreads across interesting topics on health, wealth, luxuy, fashion, lifestyle and the list goes on...

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

Let's have a great time with La Mode....
Sandra Odige(Mrs)
Editor in Chief/Publisher

Ankara Zone:

21 Ankara Outfit Ideas to ear to a Dinner Party!

Choosing what to wear to a dinner party can be hard so I have put together 21 Ankara outfit inspiration slayed by stunning fashionistas to inspire you.

Ankara Zone:

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Ankara Zone:

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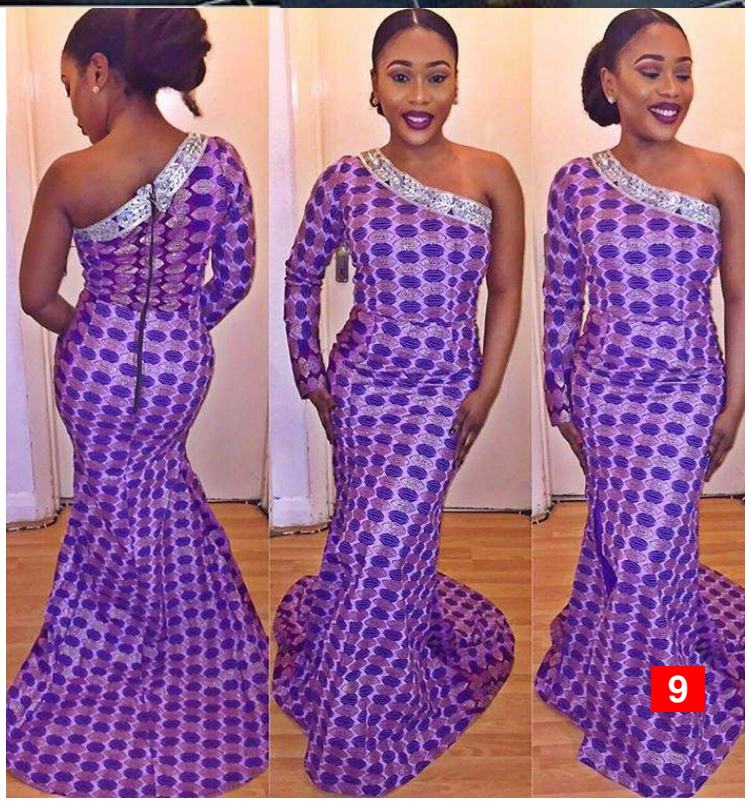

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BENEFITS OF WEIGHT LIFTING FOR WOMEN

BY PRINCE EHIRIM

NO! NO!! NO!!! I don't want to look muscular", that is the response I get whenever I try to encourage most women to lift weight. You hear women and weights and you might picture oily body builders in bikinis. Good luck getting to that shape. It is scientifically proven that it is extremely tough as you would need to alter your hormone balance, change your diet considerably, stop drinking and dedicate yourself to body building. Weight lifting is an important part of staying fit and healthy especially in women, yet a lot of women still do not take it seriously. Most women who exercise are spending most of their time at the gym doing cardiovascular exercises and less time using resistance that challenges their bodies. Weights have been known to be a great fat burner especially in those hard to shed places. In terms of all round health, weight lifting can positively impact core strength, posture, weight control, bone and muscle density, heart conditioning, body awareness and mental fortitude. All useful for life outside the gym.

BENEFITS OF WEIGHT LIFTING INCLUDES:

WEIGHT CONTROL - Adding a weight lifting routine to a cardio workout helps with weight control. Weight lifting helps build muscle and muscles are more metabolically active than fat tissues which means that you are likely to burn more calories even when you are at rest if you increase your muscle mass. However, keep in mind that muscle is also heavier than fat, so if your training is effective the results may not show on the scale. You can use waist or arm circumference to monitor fat loss.

REDUCED RISK OF OSTEOPOROSIS - Women experience a lot of hormonal changes as they get

older so they naturally lose bone density which puts them at risk of developing osteoporosis. Weight lifting frequently helps your bones grow stronger hence reducing the chances of developing osteoporosis.

REDUCED RISK OF INJURIES, ARTHRITIS AND BACK PAIN - Weight lifting helps build connective tissues and increases joint stability which acts as reinforcement for the joints. Weight lifting can give you an 80% success rate in reducing or getting rid of lower back pain.

REDUCED RISK OF HEART DISEASE - In several ways weight lifting can improve cardiovascular health in several ways like increasing High-Density Lipoprotein (good cholesterol), lowering Low-Density Lipoprotein (bad cholesterol) and lowering blood pressure. These benefits are maximized when cardiovascular exercises is added.

BETTER BODY TONE - Cardiovascular exercises may burn more calories and decrease fat but weight lifting improves the appearance of the body by toning and making the muscles firm. These effects may not make much difference in body weight but can still result in drop of dress sized increase body confidence.

REDUCED RISK OF DIABETES - In adulthood diabetes is a growing problem for women and men. Research indicates that weight lifting can increase glucose utilization in the body by 23% in four months by improving the way your body processes sugar.

CONCLUSION:

A regular weight lifting program helps you reduce body fat and burn calories more effectively which can lead to healthy weight loss. Weight lifting helps preserve and enhance your muscle mass and bone mass regardless of your age. Inactive adults experience a 3 to 8 percent loss of muscle mass per decade. Weight lifting can increase resting metabolism about 7%and help minimize muscle loss. The benefits of weight lifting for women and those over the age of 40 far outweigh those that do cardio exercises.

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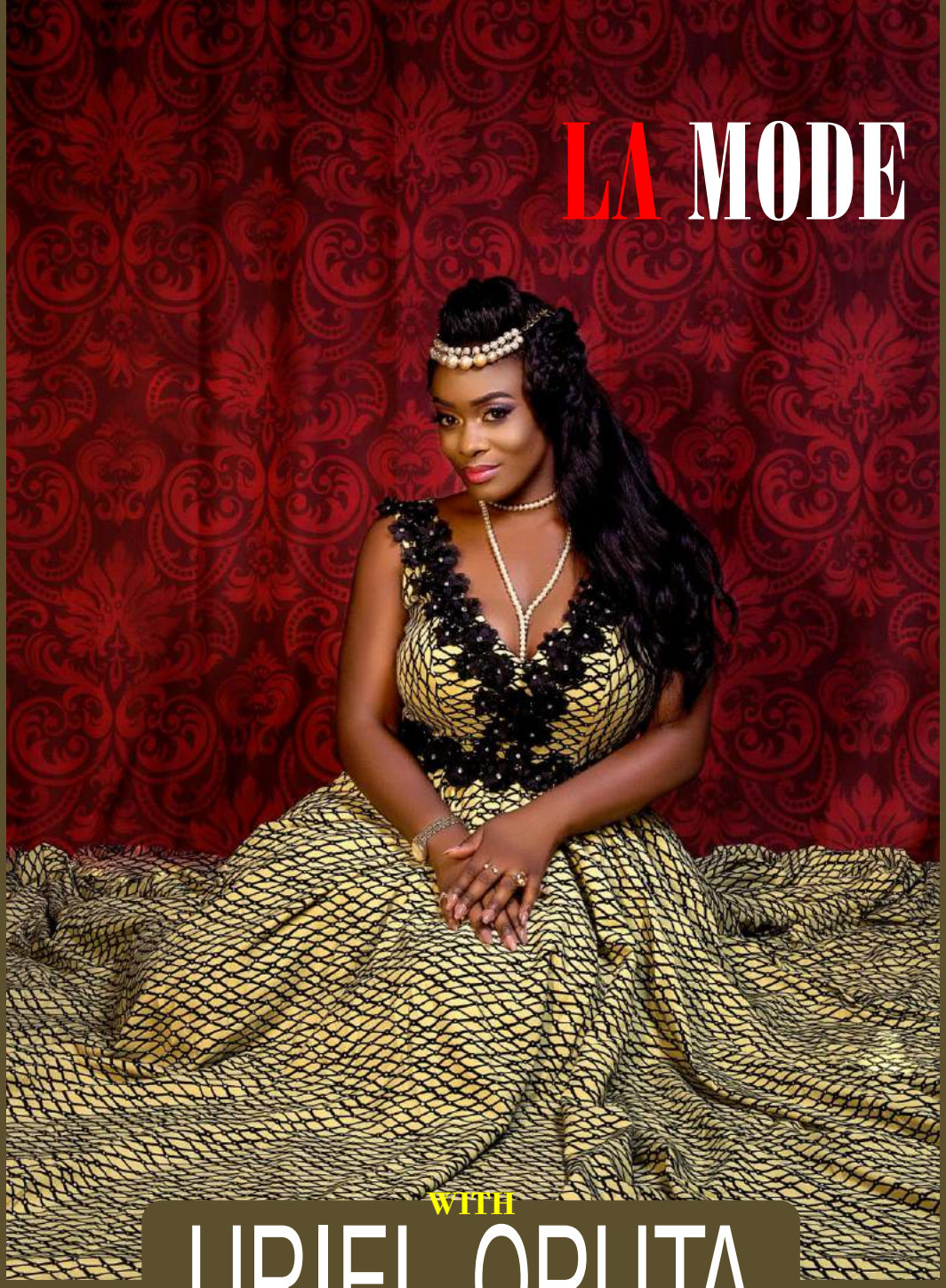
EXCLUSIVE INTERVIEW

EXCLUSIVE INTERVIEW



WITH

URIEL OPUTA

OF BIG BROTHER NAIJA 2017!

LA MODE: Tell us about Uriel?

URIEL: My name is Uriel Oputa before I auditioned for Big Brother I was a full time carer for my mum and was also trying to break into the music industry as a House music Artist.

LA MODE: Tell us about your background and Educational details?

URIEL: I studied nursing in the United Kingdom

LA MODE: You are musician; tell us about how you started music

URIEL: I started music at a very young age I come from a very musical family, so from a young age music has always been my Escape my passion.

LA MODE: How did you feel about your eviction in general?

URIEL: well I was shocked I felt it was too soon for me to leave but everyone has their

set time, so I guess 6 weeks was mine. I miss the Big brother house tho just the house lol.

LA MODE: The big brother platform is a big platform, how do you intend to make use of this great opportunity haven been evicted from the big brother house?

URIEL: I plan to make use of this huge platform by pushing my business my music I believe in multitasking, I have so much lined up.

LA MODE: Being a hair business guru, MUA and Musician, how are you going to combine them with your musical career?

URIEL: well I have a passion for hair and music and I have ten fingers not one lol so I can do all things I set my mind to. And based on logistics I be igbo girl loool.

LA MODE: Do you intend to release any song soon?

URIEL: I am planning to release something defo.

LA MODE: Tell us about fashion style

URIEL: My style is Mama Africa with a Uk swag. I love being African I love our fabrics and Jewelry I actually have a Jewelry line coming out.

LA MODE: Which international and local fashion magazine is your favorite?

URIEL: local La Mode Magazine you guys rock and international Vogue

LA MODE: Who motivates you?

URIEL: Honestly my mum, she was diagnosed with Dementia with affects her memory she needs round the clock care, before she loses all her memory and forgets me , I want to tell her mum I made it. I want her to be happy she's all I have.

LA MODE: How do you see your brand in the next 4years from now?

URIEL: yo man!!! I'm going to have wig shops wig brands Jewelry lines, sold out concerts. Restaurants. Uriel Uriel.

LA MODE: What is your advice for people who look up to you?

URIEL: stay true to yourself I have been trying for over 8 years to break in both in Nigeria and Uk, please stick to what you believe in, Dreams come true. Always place yourself around positive people, Dream big and work towards it,

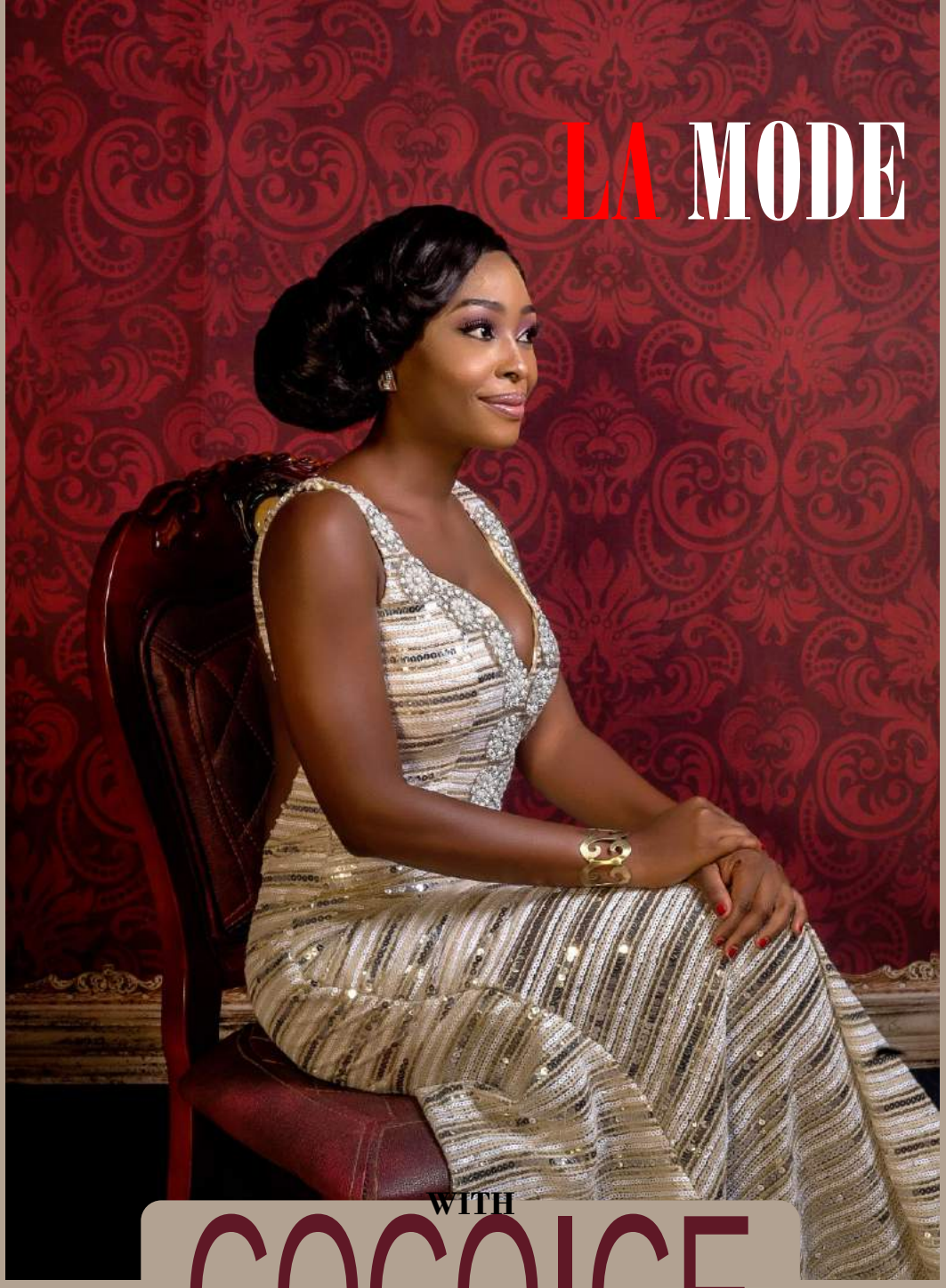
"I started music at a very young age I come from a very musical family, so from a young age music has always been my Escape my passion"

"My style is Mama Africa with a Uk swag. I love being African I love our fabrics and Jewelry I actually have a Jewelry line coming out"

"yo man!!! I'm going to have wig shops wig brands Jewelry lines, sold out concerts. Restaurants. Uriel Uriel."

"stay true to yourself I have been trying for over 8 years to break in both in Nigeria and Uk, please stick to what you believe in, Dreams come true"

EXCLUSIVE INTERVIEW



EXCLUSIVE INTERVIEW

WITH

COCOICE

OF BIG BROTHER NAIJA 2017!

LA MODE: Can we meet you?

COCOICE: I am Cocoice, a rapper, entrepreneur and a family oriented person. I can be a bit conservative, in my free time I sketch bag designs, write articles however I love to do business, I run an agency that outsources household staff.

LA MODE: How did the name Cocoice come about?

COCOICE: I used to known as Mo'blaq but changed the name few years ago. Coco is from coconut, rough on the outside, pure and mysterious on the inside. ICE represents 'breaking of the ice' (Breakthrough)

LA MODE: What inspired you into rapping?

COCOICE: Rap has been a part of my life, I started with poetry years ago in secondary school and got inspired listening to the likes

of Erick sermon, notorious B.i.g, heavy D, da brat, missy elliot & the likes.

LA MODE: Would you say you are making good use of the opportunities given to you by the just concluded Big Brother Naija Game

COCOICE: I am absolutely making use of the opportunities however What is worth doing is worth doing well. I love to put in my best in whatever I am doing.

LA MODE: Tell about your new Video…

COCOICE: My new video is something to watch out for, I love to surprise my audience and as you know I let my work speak for me.

LA MODE: What makes you different from other artists in the industry?

COCOICE: I dont release a song for releasing sake, I bring something new & just do my thing. My style of rap is versatile & different in many ways.

LA MODE: Do you have any unique fashion style for your brand?

COCOICE: I am very weird when it comes to fashion. I wear what I am comfortable in but my style is edgy and eclectic.

LA MODE: Which international and local fashion magazine is your favourite?

COCOICE: Vogue magazine & La Mode

LA MODE: The Cocoice brand , where do you see it going in the next couple of years.

COCOICE: The Cocoice brand is a work in progress and definitely going global as work progresses by Gods grace.

LA MODE: What is your advice for people who look up to you?

COCOICE: First I will like to say thank you to everyone out there who keeps supporting & believing in me, I can't thank you enough.

For anyone looking up to me I will say do something you are passionate about, be yourself and be honest with yourself. Never give up and put GOD first. Every other thing will follow

"I can be a bit conservative, in my free time I sketch bag designs, write articles however I love to do business, I run an agency that outsources household staff."

"Coco is from coconut, rough on the outside, pure and mysterious on the inside. ICE represents 'breaking of the ice' (Breakthrough)"

"My new video is something to watch out for, I love to surprise my audience and as you know I let my work speak for me."

"I dont release a song for releasing sake, I bring something new & just do my thing. My style of rap is versatile & different in many ways."

CANCER is NOT THE KILLER, DENIAL IS.

Today, fifteen (15) Cancer Survivors (Champions) gathered in our office for the first meeting after the official launch of the Abuja Breast Cancer Support Group (ABC-SG) by Project PINK BLUE.

I was overwhelmed by their stories. Don't ever tell a cancer patient I understand "how you feel". You can never understand except you are a cancer survivor. The meeting was a mix of the old, young, single, married and also a male breast cancer survivor.

This is the most captivating moment for me: READ THIS! We played a film to the support group and were asked to share lessons from the film.

A 30-year-old patient whom has absconded from her cancer treatment for over a year, asked, "I thought that once someone's breast is cut-off, the person would die".

She spoke from her innermost innocence, poor knowledge and the several voices she has been hearing from different angles, that is "dem say, dem say this or that".

> "Cancer is NOT a death sentence; removal of lump, removal of breast or any part of human body cannot kill"

One of the Champions, responded, "as you see us here, some of us have just one breast, some dont have at all, but, my dear, you can get anything that you want in life, 'IF YOU ARE ALIVE', you can get better breast after loosing a breast. So many people have lost one part of their body or the other, what matters most is your LIFE".

Another Champion, continued, "have you heard of Angelina Jolie? she removed all her breasts when she checked her cancer risk, you will NOT die if your breast is removed"

I simply feel fulfilled today. This overwhelmed me! These amazing and wonderful people have reinforced my commitment to cancer

control in Nigeria. They have touched my soul and I pledged to continue to support people impacted by cancer.

Cancer is NOT a death sentence; removal of lump, removal of breast or any part of human body cannot kill. There are thousands of people across Nigeria who had one form of cancer or the other and they survived it. Cancer is NOT the KILLER Denial is. Once someone is diagnosed of cancer, the right action is instant treatment, but as a result of denial, so many people wait for months, years looking for other options; as they are wasting time, the cancer is spreading and advancing. Hence, you see someone who reported stage I and returning back to the hospital with stage IV after a year. At late stages, only palliative care/end of life care could be offered. PLEASE **LET'S ALL SHARE THIS MESSAGE WITH EVERYONE AROUND US. Cancer is NOT the Killer, Denial is.**

Runcie C.W. Chidebe is a cancer control advocate and he is the Executive Director of Project PINK BLUE (www.projectpinkblue.org). He tweets at @runciecwc **#chokecancer**

EXCLUSIVE INTERVIEW

EXCLUSIVE INTERVIEW

WITH

ERIATA ESE BLESSING

OF BIG BROTHER NAIJA 2017!

LA MODE: Can we meet you?

ESE: My name is Eriata Ese Blessing, I am 23yrs old, I was born March 26th 1993, I am from Edo state(Esan by tribe). I am an actor, online comedian, singer, model and a makeup artist.

LA MODE: Tell us about your background?

ESE: From a family of six; two boys and two girls, I am the last child. Born in Benin city, I graduated from college of education (benin), studied economies education. I attended 3 secondary schools when I was a child, did my nursery at international home school, my primary at Golden touch, secondary at spring field. I never really had friends as a growing child apart from neighbors maybe because I was a bully. However, that pushed me to have older friends around me and that is how I got used to making friends with older people because I had more to learn from them compare to my mates. I love dancing, singing (karaoke) , acting, swimming, listening to

music, playing football, basketball, table tennis. I love makeup, fashion, food (not so much of a foodie). I did a reality TV show in 2014 popularly known as Gulder Ultimate Search(season 11) after which I opened my makeup studio in Benin city then I moved to Lagos in December 2015 because I wanted to pursue my career as an entertainer. I started going for auditions. Then proceeded to making instagram skits which opened way for me. I have done couple of movies, billboard advert and TV commercials. I currently went for another reality TV show "big brother naija" 2017 and I went in as a fake house mate. I recently dropped my first song with the video titled "super love" and I intend to push my music really far but it won't stop me from doing movies, intagram skits etc.

LA MODE: Your do you combine your Comedy, Acting and Musical Talents?

ESE: People usually say "you can't do all at the same time" Being a jack of all trade and a master of all it takes; time, calculations and planning there is always time for everything.

LA MODE: Would you say you are making good use of the opportunities given to you by the just concluded Big Brother Naija Game?

ESE: Hmmm big letter "YES". Ever since I got out it has been amazing, my followership increase, things I find hard to get now comes easily, I no longer have to stand for hours under hot sun just to audition for movies or commercials, most places that I go to i don't have to introduce myself. This platform has indeed changed a lot I'm forever grateful to God for this and also to the people who show me love.

LA MODE: Tell about your new Video…

ESE: My new video is to promote my first song ever titled "superlove". The video was directed by avalonokpe, it was an amazing experience, being the fact that it is my first and I'm so excited about it. Though, it wasn't easy running around to get costumes and nice location that would interpret the video properly and to God be the glory everything came out really nice.

LA MODE: Who inspires you?

ESE: My mother and my sister. My mum is a definition of a strong woman, so bold and determine, she never gives up on what she sets her mind on and she never stops praying even for her enemies. She prays for them. She has made me understand that "life cannot be sweet all the time, when bitter times come you should be ready to stand the test of time". She has also made me realize that "pride comes before a fall" and in all ways "be humble", the list is endless. Same goes to my sister she is my second mum and most of the things I know today I learnt from her as well.

LA MODE: Which international and local fashion magazine is your favorite?

ESE: My favorite international magazine is "Elle" it is all about fashion, lifestyle and entertainment. My favorite local is "La Mode" If not that I have the opportunity to be in it, I would not have believed the pictures were taken in Nigeria and the quality of the magazine is so classy.

LA MODE: Where do you see your brand in 5 years?

ESE: In 5 years from now I hope for my brand to be well known in Africa and also remain relevant in the entertainment industry.

LA MODE: Any advice for readers?

ESE: Free your mind from hate, always love yourself, always believe in yourself and don't let what people say bring you down because talk is cheap. Always put God first. Thank you.

"Ever since I got out it has been amazing, my followership increased, things I find hard to get now comes easily"

> This platform has indeed changed a lot I'm forever grateful to God for this and also to the people who show me love.

"People usually say "you can't do all at the same time" Being a jack of all trade and a master of all it takes; time, calculations and planning there is always time for everything."

"I love dancing, singing (karaoke) , acting, swimming, listening to music, playing football, basketball, table tennis. I love makeup, fashion, food (not so much of a foodie)"

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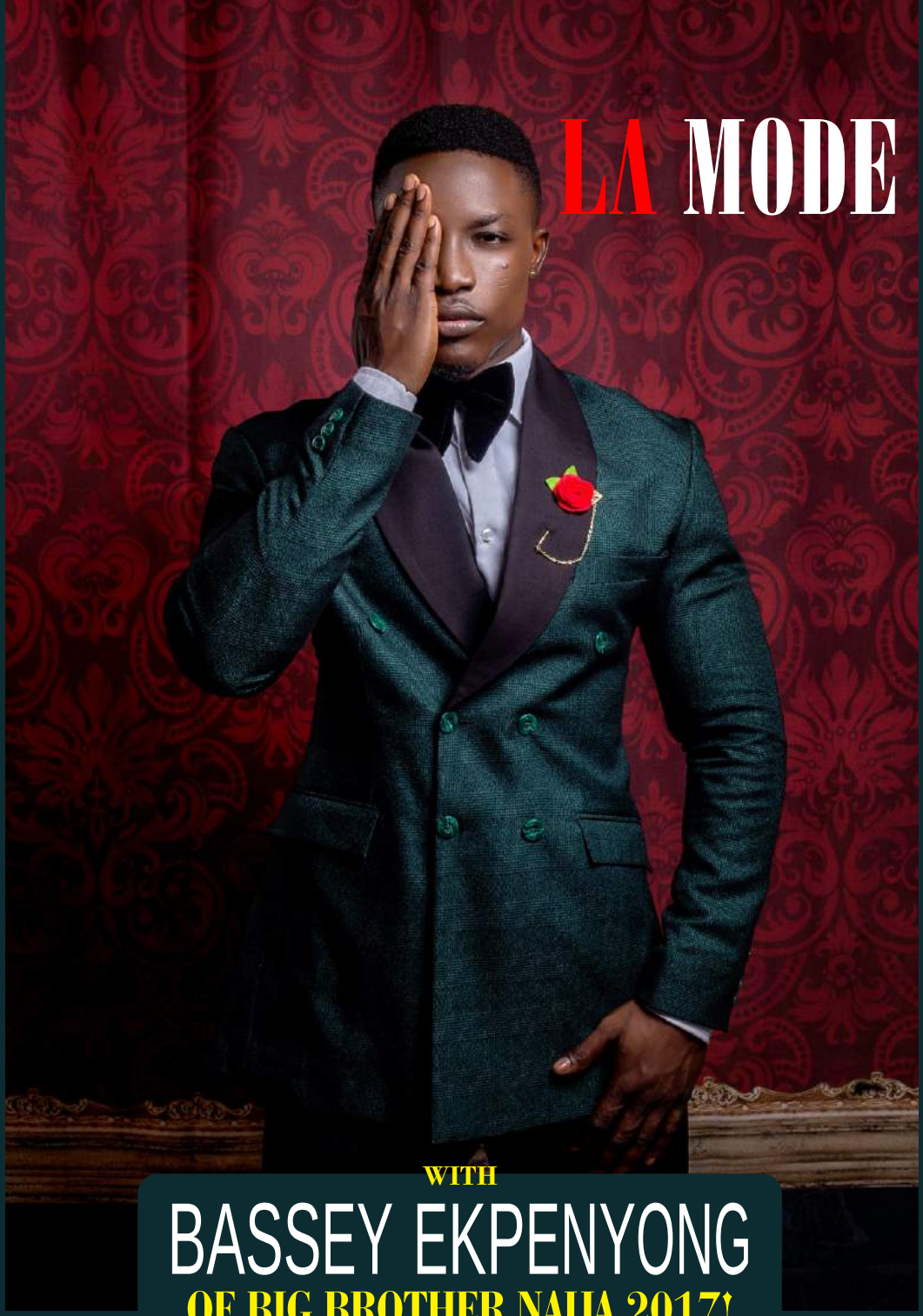


LA MODE

WITH

BASSEY EKPENYONG

OF BIG BROTHER NAIJA 2017!

LA MODE: Can we meet you?

BASSEY: I am Bassey Ekpenyong Aka BlackBassey. I am a Nigerian Youth driven by a passion to succeed and determination to create an impact in my society either by my art or craft. I am a 'positivist' (if there's a word like that) and I believe that life only serves us what we create.

LA MODE: Tell us about your background?

BASSEY: I was born into a polygamous home And by that reason have a lot of half brothers and sisters but as we know family is family And we cannot sulk over what we cannot/could not control so we work with life's given And make the best of it all. Schooled in Saint Anne's Nursery And Primary school Lagos, NYSC Model Secondary School Calabar, Government Secondart School Anantigha Calabar And then the prestigious Univesity Of Calabar where I studied Theatre And Media with a major in media And acting. I graduated with a degree; second class upper division.

LA MODE: Tell us about the Bassey Brand

BASSEY: Bassey as a brand represents the season of possibility. Bassey is an Actor, A Tv presenter, and An Event MC. These are all industry specific branches that Bassey thrives in. Bassey represents strength, endurance, peseverance, strategy, And Bravery; features that have over the years attracted people /companies of interest to the brand. Above all, Bassey is that boy from Your neighbourhood so yeah...You can call him Your 'Area Boy'

LA MODE: Would you say you are making good use of the opportunities given to you by the just concluded Big Brother Naija Game

BASSEY: Yes I am. But You see opportunities are ever continuous And it takes strong will And discernment to identify them And jump on them. I have identified a few And have taken them by the horn. Moreso; I am surrounded by a calibre of people who are 'hungry' too so we work all day finding And creating opportunities. By God's grace we hit gold.

LA MODE: Any new projects?

BASSEY: yeah. I just concluded a movie project with ace actors Ini Edo And Seun Akindele in play as produced by the amazing Emem Isong for Iroko Tv (watch out for that one lol) And almost at the same time hosted the Peakmilk Blue Carpet at one of the biggest comedy event in Africa- AY LIVE 2017. Now in View I will be hosting the black carpet to Africa's Greatest Retail Conference And have more than a couple of weddings to host while we yet strive to land a good TV gig as a Presenter. In all, The Land Looks Green.

LA MODE: What are your challenges being a top star in Nigeria?

BASSEY: Sincerely I don't see myself in that light...at least not yet. Being a star in Nigeria would imply that You have given Your life to Your course And have entered satisfactorily into every home, minds And mindsets of Nigerians And have been accepted as one who is deserving. So to that end, I still have a lot of work to do, a lot lot lot more work to do before I am tagged a star. Until then, I am just known.

LA MODE: Who motivates you?

BASSEY: My family motivates me greatly. The stories And reality we share is enough motivation for me to succeed cos we always strive to be better than our parents.

LA MODE: Which international and local fashion magazine is your favorite?

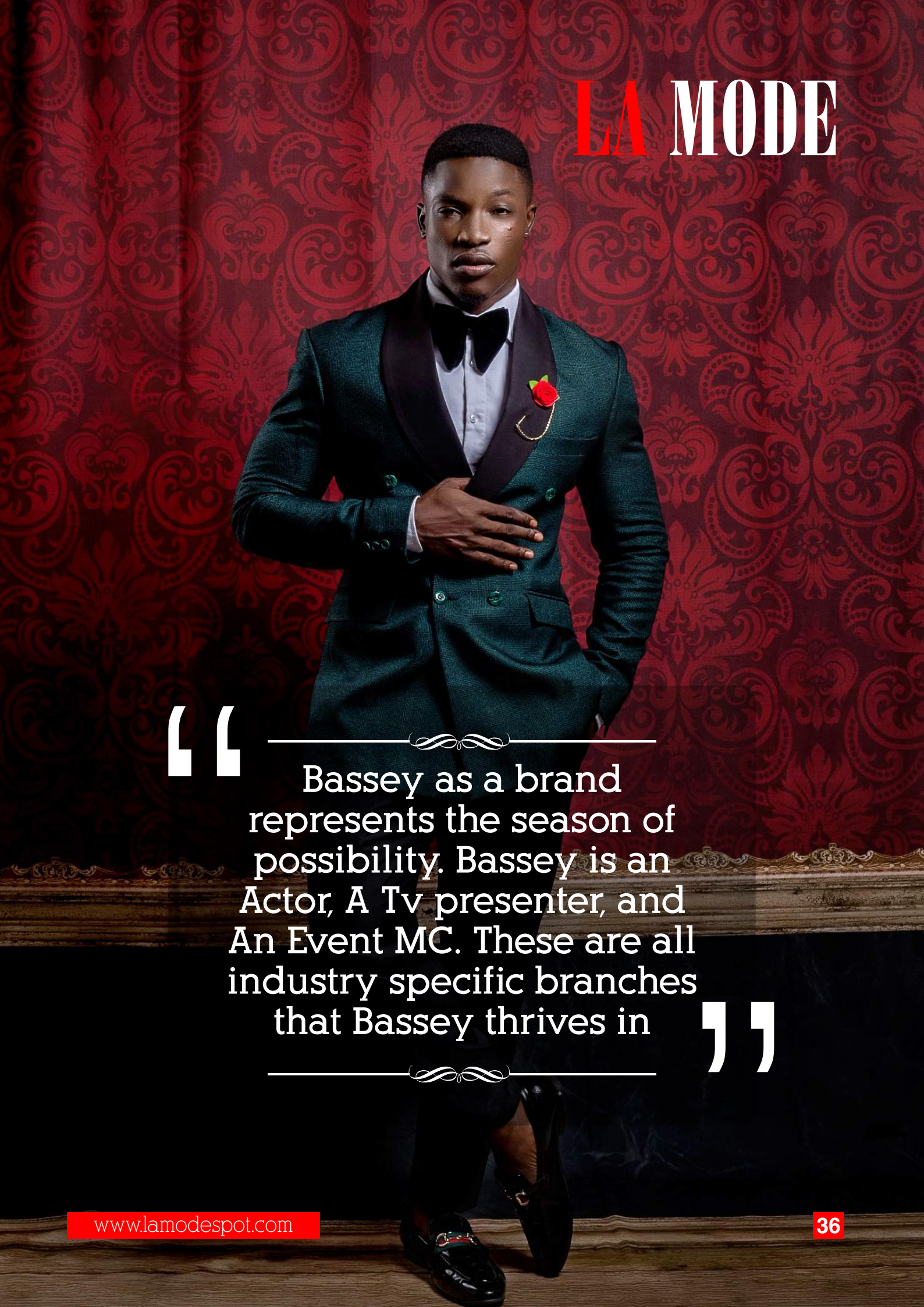
BASSEY: I love La'mode. I literally legit grew up hearing about the brand And now that I am even featured in it, "I DON BLOW" lol

LA MODE: Where do you see your brand in 5 years?

BASSEY: In 5 years I see Bassey on the lips And TV screens of every Nigerian. Not as a filler but as the main content either in Acting, Presenting or hosting an event. I hope to become a household name And by then I shall have earned the tittle 'a star'

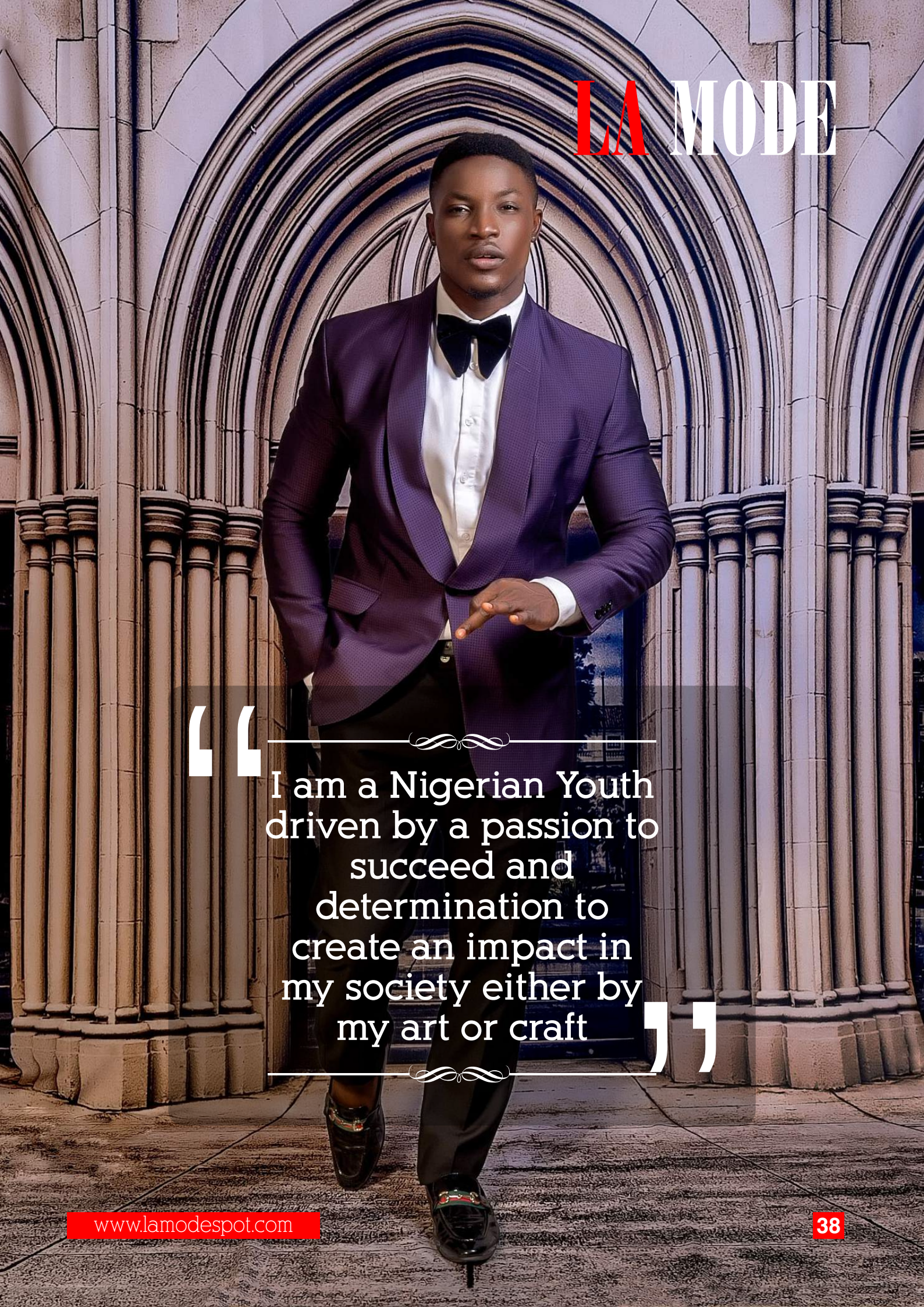
La Mode: Which quote is your favorite?

BASSEY: Success is not a bastard. Her relatives are hardwork, determination And positivity.



> Bassey as a brand represents the season of possibility. Bassey is an Actor, A Tv presenter, and An Event MC. These are all industry specific branches that Bassey thrives in

> Bassey represents strength, endurance, perseverance, strategy, And Bravery; features that have over the years attracted people /companies of interest to the brand



"I am a Nigerian Youth driven by a passion to succeed and determination to create an impact in my society either by my art or craft"

> "I am a 'positivist' (if there's a word like that) and I believe that life only serves us what we create."

LA MODE DOES FASHION REALLY AFFECT ONE'S SELF-ESTEEM?

By Elizabeth Ighorodje

Self esteem reflects a person's overall subjective emotional evaluation of his or her self worth. Different people have different things that reflect their attitudes, moods or self esteem. And yes, fashion is one of them for some people. For these people, it has a major role to play in their confidence and self esteem.

Give a girl the right shoes and she can conquer the world'- Marilyn Monroe. Naturally people feel confident when they think they look good, be it in a good pair of shoes, good accessories or new outfits in general. The right outfit according to one's perspective, can improve his/her self esteem.

Looking at it from a deeper angle, there's said to be quite a difference between emotionally and physically wearing a good outfit. The tingling sense that you get when you put on an outfit, it's like you automatically take after the character of what you wear even without realizing it. For instance, a lady in a pair of red stiletto heels feels sexy and fabulous or another example of a man in a good suit, who feels like a boss and have a sense of being in control.

Looking at an individual who is not confident about a particular feature of their body, the right clothes may not completely guarantee her confidence back, but it definitely goes a long way in making her feel assured of herself for a start.

Fashion sometimes reflects a person's personality. An example would be of people would love dressing in bright colors being optimistic.

Another way fashion might reflect on our self esteem is price tags. For some people, they feel self-assured when they wear pricey or expensive clothes or shoes, or better still designer brands
For individuals with low self esteem, it would be advisable to know and understand your flaws or what you feel ashamed of, and learn to love it or work on it if it's correctable. Nobody's perfect and imperfections are beautiful. However, here are a few ways you can improve your mood of self esteem by fashion;

1) Know your body type: There's a style or fashion for every body type. Know your body type and proportion and wear clothes that accentuates you in the way you desire.

2) Beauty doesn't always have to be painful: Comfort is major key if you want to feel confident in your outfit. Pick the right sizes, avoid too tight clothes or shoes. When you're comfortable in your outfit, it shows in your expressions and mood.

3) Pick flattering colors: Don't be afraid to go after colors you feel are flattering to your body, putting into consideration that some colors bring out your best features even more.

4) If you can afford it, spoil yourself a little; Retail therapy does help sometimes to improve mood/confident, just be careful not to go overboard.

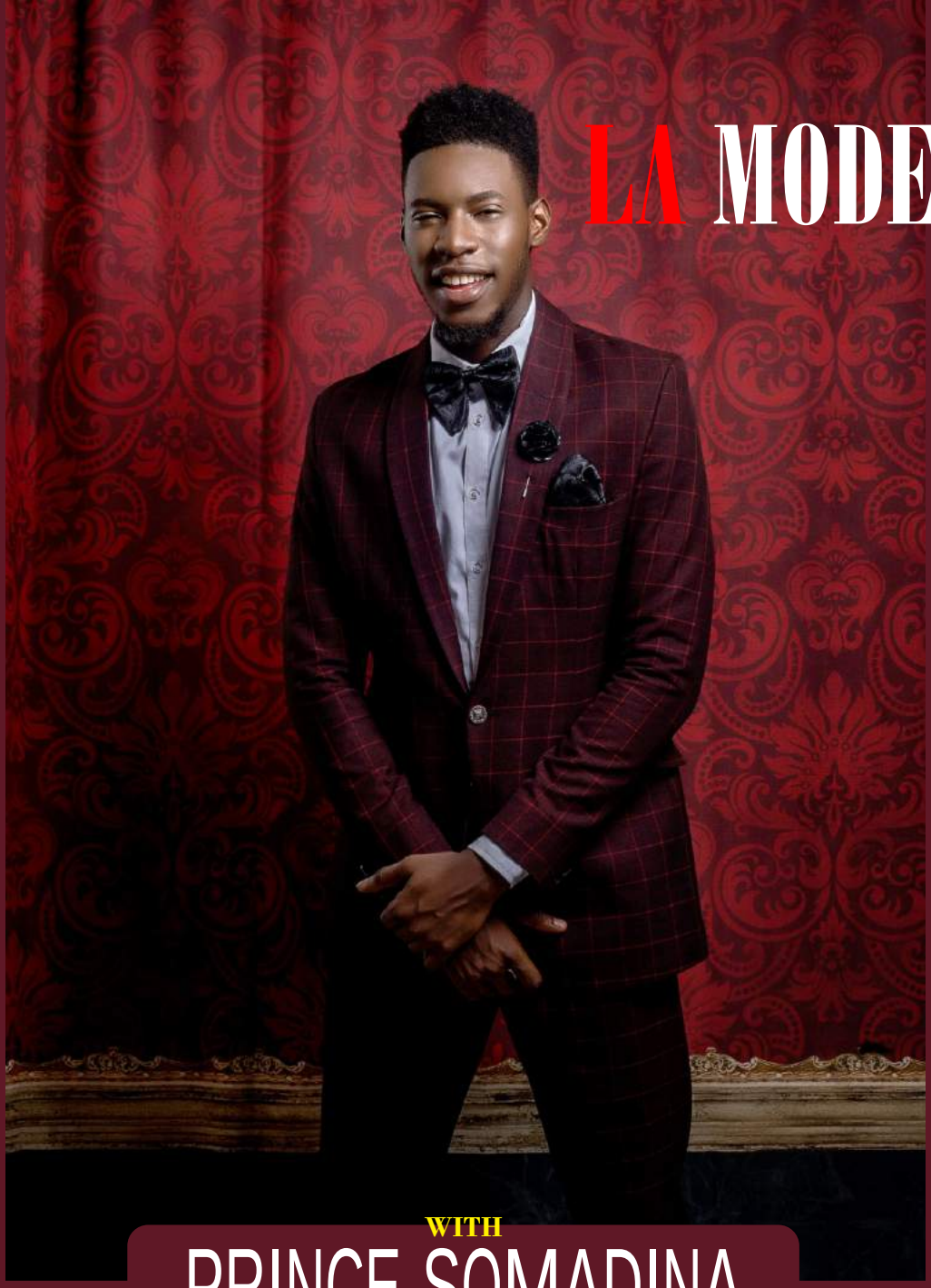
'While clothes may not make a woman, they certainly have a strong effect on her self-confidence; which I believe does make the woman' - **Mary Kay Ash.**

LA MODE

EXCLUSIVE INTERVIEW

LA MODE

EXCLUSIVE INTERVIEW



WITH

PRINCE SOMADINA

OF BIG BROTHER NAIJA 2017!

LA MODE: Can we meet you?

SOMA: My full names are Anyama Prince Somadina, I am from Imo state born in port Harcourt, River State. I have two siblings, I am the first, born into a Christian home, my dad is a pastor and my mum a singer. I am a model, music producer, singer-song, graphic designer and actor. I love animals, love to play video games and travel

LA MODE: Who is Soma behind the camera?

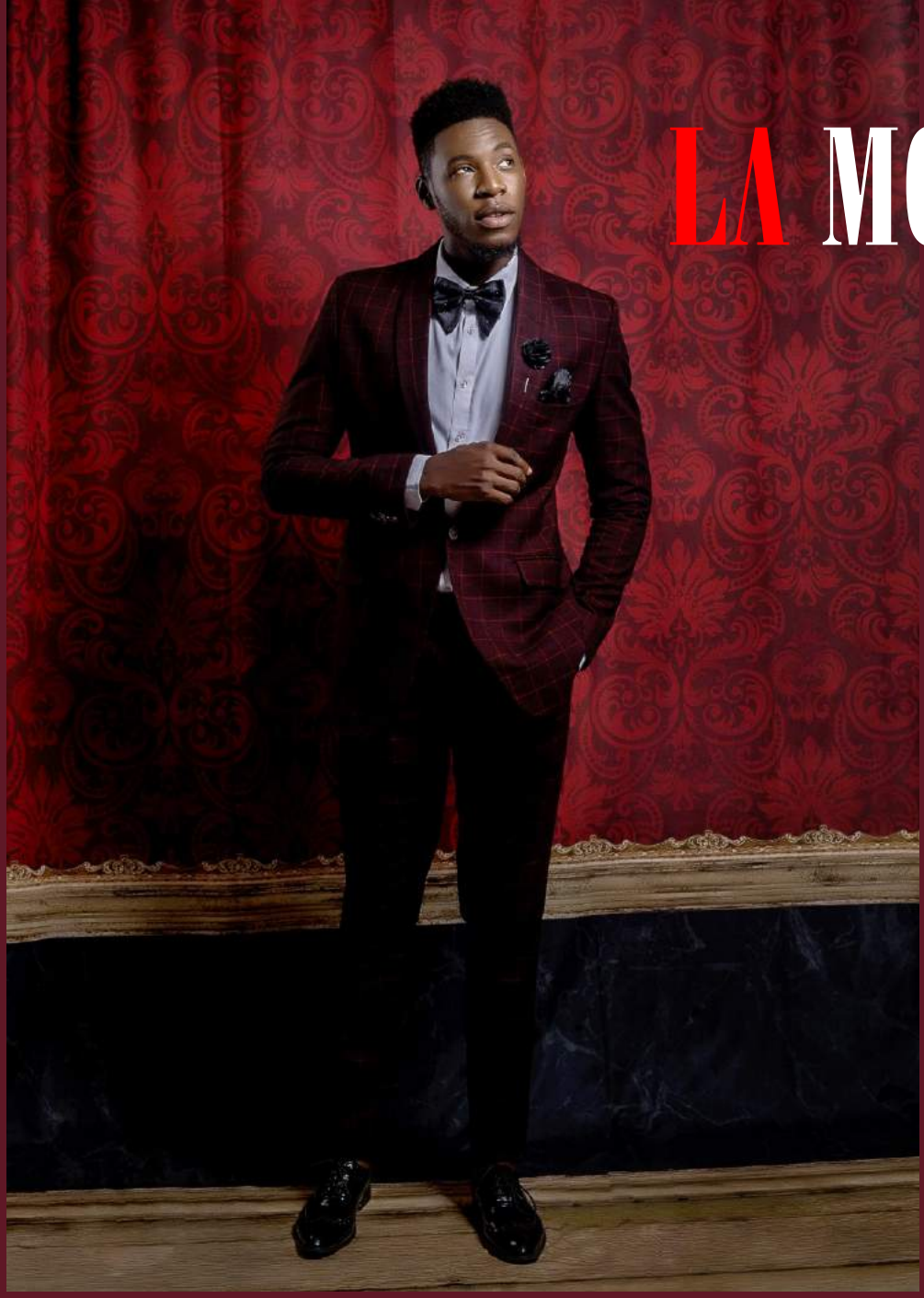
SOMA: Wow...Soma is a spontaneous person, always ready to help out, happy and outgoing, I love God.

LA MODE: What kind of people inspires you?

SOMA: Peoples stories inspire me, especially the ones I can relate to... I am also inspired by my parents

LA MODE: How do you handle fame?

SOMA: I have always been a local champion of some sort lol, so it's quite easy for me to handle this; it's just like being the popular kid on the block on a larger scale.



LA MODE: Would you say you are making good use of the opportunities given to you by the just concluded Big Brother Naija Game?

SOMA: By God's grace I am.

LA MODE: What major project are you currently working on?

SOMA: I have a show called TRICK'D showing, working on collaborations with some "A" list artists, currently also working on an E.P

LA MODE: Which international and local fashion magazine is your favorite?

SOMA: Forbes and la mode magazine

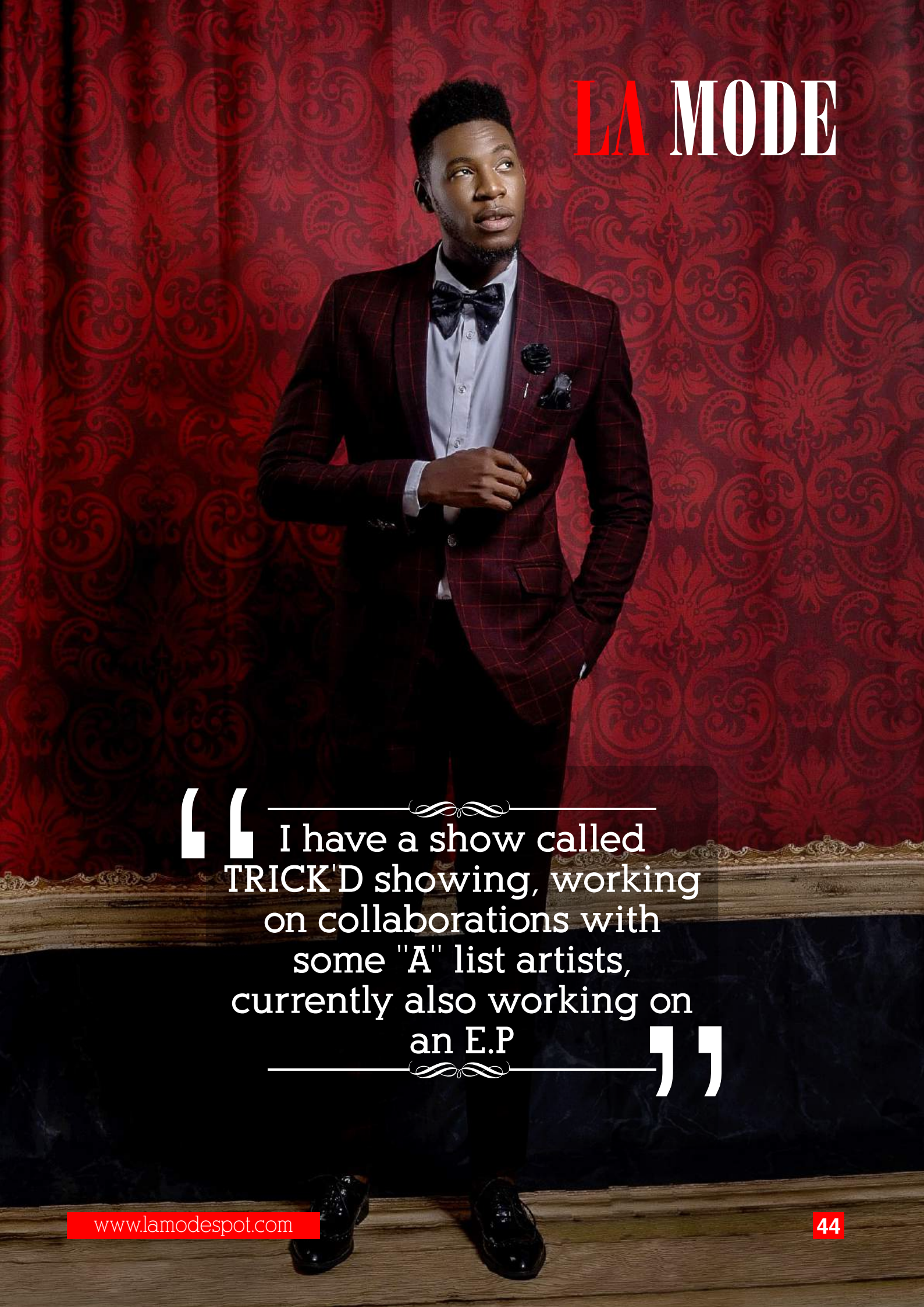
LA MODE: Where do you see your brand in 5 years?

SOMA: internationally recognized with a couple of awards

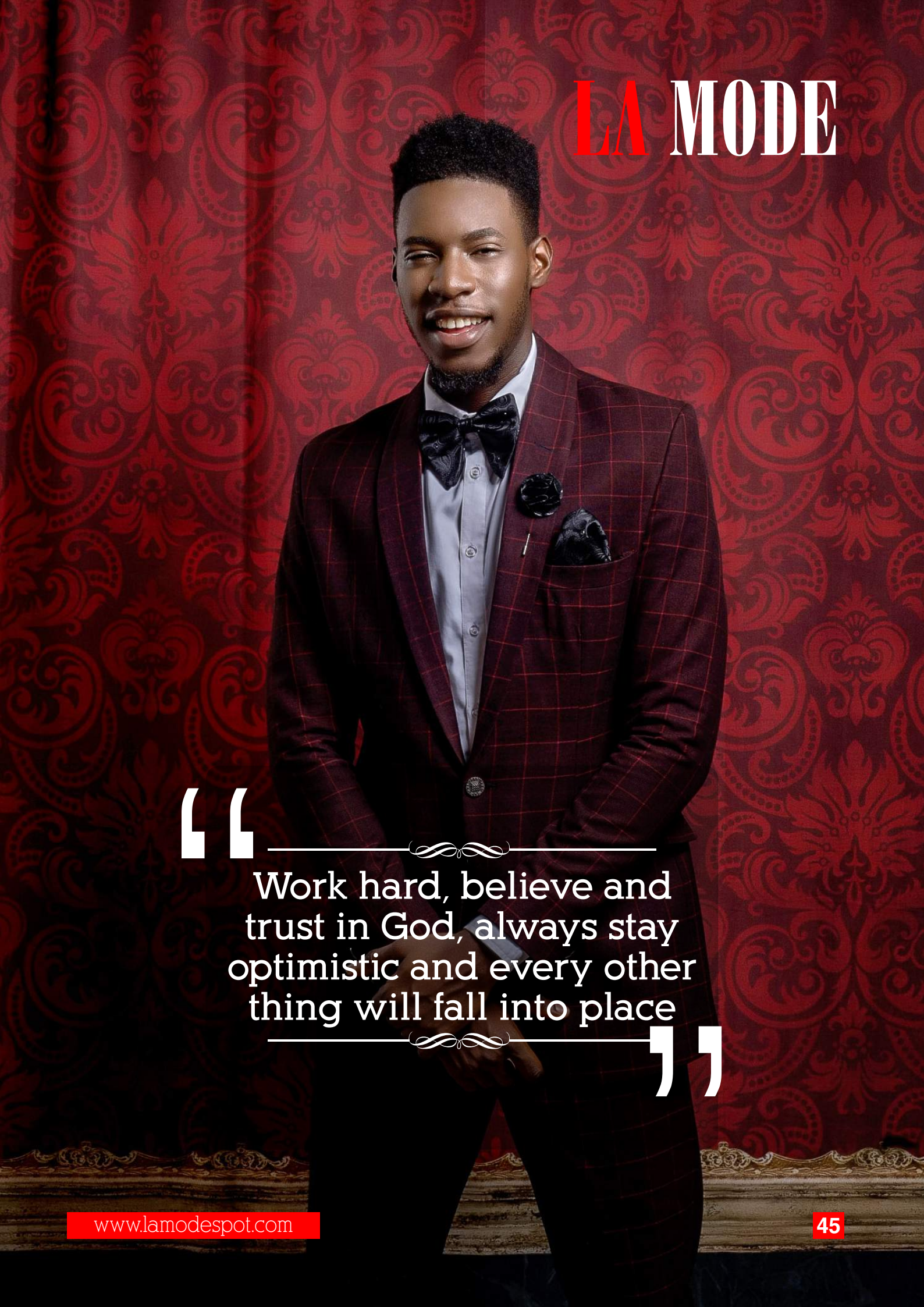
LA MODE: What Is Your Advice To People Who Look Up To You?

SOMA: Work hard, believe and trust in God, always stay optimistic and every other thing will fall

Soma: Wow...Soma is a spontaneous person, always ready to help out, happy and outgoing, I love God.



"I have a show called TRICK'D showing, working on collaborations with some "A" list artists, currently also working on an E.P"



"Work hard, believe and trust in God, always stay optimistic and every other thing will fall into place"

"I have always been a local champion of some sort (lol,) so it's quite easy for me to handle this; it's just like being the popular kid on the block on a larger scale."

"I am a model, music producer, singer, song-writer, graphic designer and actor.
I love animals, love to play video games and travel"

FASHIONJUNKIE9JA EASTER TRIPLE F FESTIVAL

Fashionjunkie9ja Easter Triple F festival was organized in collaboration with Fayrouz Nigerian Breweries which seeks to promote fashion, culture/craft and the art of culinary in a relaxed atmosphere, and also create an awareness for the services or products offered by every participant.

We are happy to let you know that it was a huge success and watch out for all our vendors because they are the next big thing!

We want to Thank God for a successful festival as well as thank you for all your contribution to make it a success.

We can't wait to announce the next city we are hitting!!

It can only get better and bigger

Ifeoluwa Adeniyi

Ife is 5 year old . She is a twin currently in kindergarten along side her brother. She loves to sing , dance and loves taking pictures. She is an exceptionally bright kid currently on the honor row in her school (ECA in Maryland USA). She loves fashion, loves to help around the house and she loves meeting people. Ife is passionate about God and is very knowledgeable about Gods love towards her. She is not afraid to talk about God and his grace over her everywhere she goes. She loves to participate in events that showcases Gods love to human kind and she strives for the best in everything she does. That makes her an exceptional child .

LOOKBOOK: JPKOUTURE

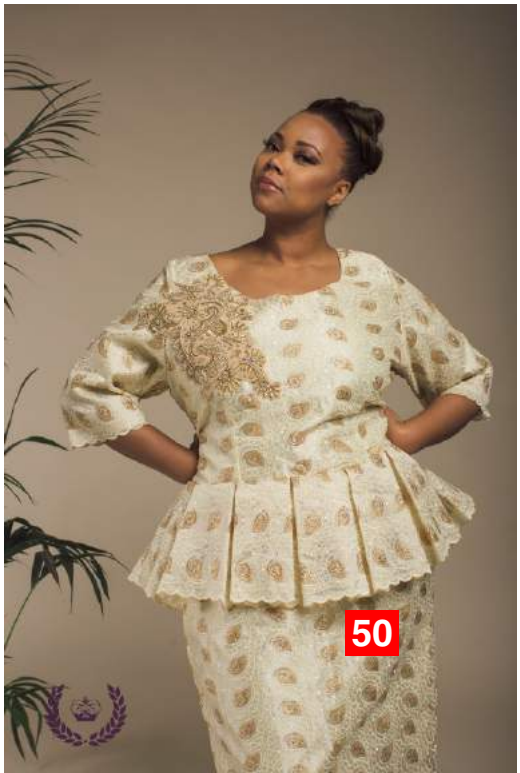
A Pioneer Plus Size Fashion Brand In Nigeria!

BY HADASSAH

JPKOUTURE by Hadassah is an award winning luxury enterprise creating inspirational architectural couture pieces with blend of ankara, sequin, lace, etc. Each piece is carefully designed and handmade to enhance the curves and create elegant silhouette for full figured ladies, making her feel beautiful and flawless not only in JPKOUTURE but in her own skin."

JPKOUTURE has now extended its brand to cater to ladies of all sizes, because they believe every body type is beautiful and every woman deserves to feel both elegant and flawless whether regardless of her size.

@JPKOUTURE



LOOKBOOK: JPKOUTURE

Meet

Caesar Ume-Ezeoke

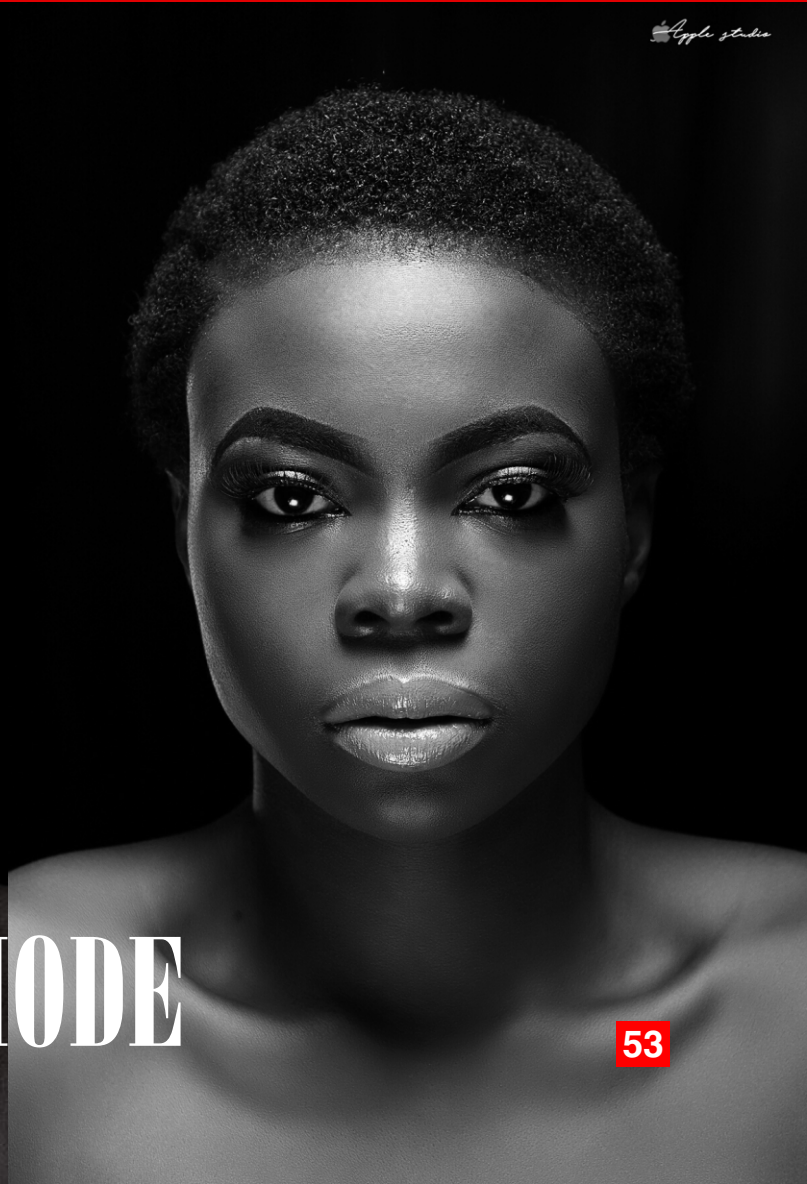
TV Personality, Battle Rap Host, Song writer and President Royal Empire Entertainment.

His Father is from Anambra state and mother from Barbados. He played major roles in movies and Television shows like Tinsel, The Prodigal, Four crooks and a rookie, and a couple of others. Currently he is the Host of Rap Nation and Producer of Showbiz weekly on Wazobiamax and Wazobia TV.

Worked with Hiptv as Presenter and reporter. Currently a Presenter/ Producer and Head of events at Wazobia TV /Wazobiamax.

EZEH Cynthia

Model



Project PINK BLUE

HONOURS BREAST CANCER SURVIVORS WITH CHAMPION'S MEDAL

Project PINK BLUE has honoured nine (9) breast cancer survivors and launched Abuja's first breast cancer support group during the 2017 World Cancer Day commemoration event with global theme: "We Can I Can" and sub-Theme: "Medical Tourism & Cancer Care: The Urgent need for the establishment of National Agency on Cancer Control in Nigeria" took place on 7th February, 2017, at Transcorp Hilton Abuja.

The Executive Director of Project PINK BLUE, Runcie C.W. Chidebe, explained, "for us at Project PINK BLUE, once anybody is diagnosed of cancer, we instantly consider the person a survivor (a champion), because we believe that with the right care; he/she will survive. It is on this premise that we honoured cancer survivors, and launched Abuja Breast Cancer Support Group, a network for cancer survivors (champions) to network, care for each other, advocate and lead the fight against cancer in Nigeria".

He continued "Cancer is responsible for 72,000 deaths per annum in Nigeria. This number is set to increase given that there are 102,000 new cases of cancer every year. As the number of cancer incidence continues to grow in Nigeria, it is becoming ever more important to address the unique needs of cancer survivors. Many cancer survivors face stigma, limited access to healthcare specialists, a lack of information about promising new treatments, inadequate or no

insurance, difficulty finding employment, and psychosocial struggles. Today, United States celebrates 14.5million people living with cancer and beyond cancer, how many cancer survivors are we celebrating in Nigeria? Our goal is mobilize and get cancer survivors to come out from their closest to advocate and help other people battling with cancer to survive".

The Deputy Chairman, House Committee on Health Services, and co-sponsor of the bill for the establishment of National Agency on Cancer Control, Hon. Muhammed Usman, explained "poor funding of the health sector is one of the key causes for the increasing rate of cancer in Nigeria. In 2016, the budget to health is 4.13%, and this 2017 is 4.17%, if you consider the challenges facing the health sector; you would know that the allocation is poor".

Mr. Emeka Ibe, Managing Consultant, James Daniel Consulting, who was the Special Speaker, delivered a speech on "Medical Tourism & Cancer Care in Nigeria". He asserted "In 2013 alone, India granted medical visas to 40,000 patients and medical dependents in Nigeria. As a nation, Nigeria is loosing her millions of dollars and national reputation to medical tourism. We must do everything possible to strengthen Nigeria's healthcare system. Most importantly Central Bank of Nigeria (CBN) must stop the preferential allocation of Forex exchange for medical treatment".

The National Coordinator of National Cancer Control Programme (NCCP) , Dr. Ramatu Hassan asserted "that most people affected by cancer believe in traditional or spiritual method in the management of cancer. Hence, the Federal Ministry of Health (FMoH) is

focused on creating awareness to get people report to the hospital early enough".

All the nine (9) Breast Cancer Survivors endowed with Champions Medal by Project PINK BLUE, expressed happiness for the honour and they believe that Abuja Breast Cancer Support Group would be a dynamic platform for them to motivate other patients never to give to cancer despite all the pains.

Miss Comfort Oyayi Daniel, a 35 year old lady said "I was diagnosed of stage II breast and my boss replaced me while I was still in the hospital bed. I don't have anybody to run to, and I needed N9million for my treatment; later

the cost increased to N15million because of exchange rate. Thank God for Project PINK BLUE who raised the entire N15million for me and right now I have started my chemotherapy. I will give my best to the support group to help other women".

The event was also attended by His Royal Majesty Dr. Kabiru Musa, the Emir of Azara; Dr. Jawa Mohammed, representative to Dr. J.A.F. Momoh, Chief Medical Director of National Hospital Abuja; Mrs. R. Shinaba, vice president of Nigerian Cancer Society; Matron Afeofo. Dogho, patient navigator and lecturer at National Hospital Abuja among other specialists. The panel of discussion expressed regret on the high rate of medical tourism hence, called for the need to strengthen Nigeria's healthcare sectors.

Olujimi Adeniyi

Jimi is 5 year old. He is Ifes twin brother also in kindergarten. Jimi is charming, eloquent, passionate and caring. Jimi likes to play soccer and basketball . He loves fashion , very helpful at home and he loves his twin sister dearly. Jimi is very inquisitive and we trust him to always ask the right questions . Jimi has great communications skills and everyone who has met jimi

QUEEN AFRICA BEAUTY PAGEANT!

Queen Africa beauty pageant is an international pageant that aims at promoting PEACE, TOURISM and cultural heritage value in AFRICA and globally...

This year's event which took place in Benin city Edo STATE is a glam style gathering of top personalities and dignitaries across Africa and internationally..

Also was an award night "AFRICA GOODWILL ICON AWARDS host by the CEO MISS CHRISTABEL IWUALA who spokes by saying" they have never been an event as colorful and standard as this and today we stand to say grace is at work...

QUEEN AFRICA BEAUTY PAGEANT!

LA MODE

V[illegible] 2017

EXCLUSIVE:
BIG BROTHER NAIJA 2017 HOUSEMATES

Uriel Oputa
Ese Eriata
Cocoicé (Mojisola Sowole)
Bassey Ekpenyong
Soma Anyama

LUMEDESIGNS
the One Stop Fashion and Beauty Shop

KUBI "ALAYE"

FAME. OPPORTUNITY. DIVERSITY. TALENT.