

# GLAMSQUAD

MARCH 2023

NEW YORK  
FASHION  
WEEK 2023

HOW TO  
BUILD THE  
PERFECT SKIN  
CARE ROUTINE

INTERESTING  
FACTS ABOUT  
LOUIS VUITTON  
YOU NEVER  
KNEW

OPRAH  
WINFREY:  
THE GIFT  
THAT KEEPS  
ON GIVING

10 EASY  
WAYS TO  
INSTANTLY  
LOOK MORE  
FASHIONABLE

EXCLUSIVE

## Tems:

*Rise Of Nigeria's Grammy  
Award Winner*

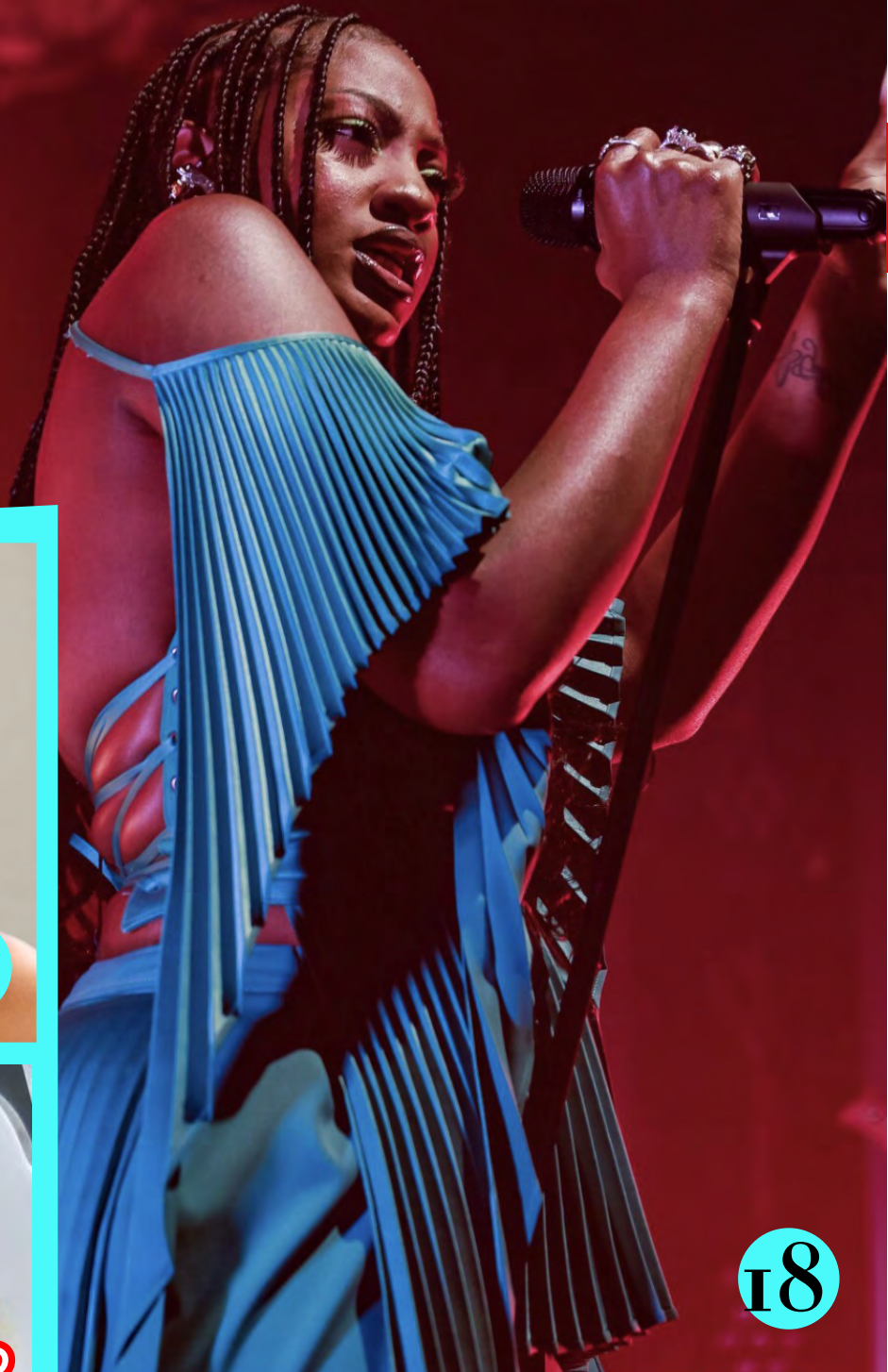
Glamsquad  
Style &  
Heroes  
Awards





# TEMS:

## *Rise Of Nigeria's Grammy Award Winner*



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## Top 50 Spring 2023 Ready-to-Wear Runway Photos

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We pay for exclusive celebrity stories.

**T**ears rolled down my eyes as I watched Tems pick up her Grammy Award. It was such an emotional moment for me for many reasons. My flatmate here in Manchester rooted for a different nominee to clinch the award in that category, but she shared the moment with me and spoke on what a beautiful career and life Tems is having.

How did a self-taught musician and producer who only stepped onto the scene in 2018 manage to win a Grammy Award four years later? Tems' story is one that is both inspiring and challenging. I have been a longtime fan and will continue to be one.

After watching the ceremony and extended interviews, I lay on my bed. I flipped through my messages and emails – and there it was, an email for my amiable Editor-in-Chief, informing me to do a feature on Tems for our current edition.

Like Tems, Glamsquad Magazine has grown tremendously within a short period. Our magazine now ranks

on Yimpu as one of the most consistent and widely read magazines across the globe, and we would not be here without you – our lovely reader.

This edition is a complete package – with a feature on Oprah Winfrey, we highlight the significance of women in society.

If you love fashion and style, then this is the edition for you. Our editors and writers went all out to deliver another masterpiece, and I am more than happy to share with you another enriching edition packed with love.

Enjoy!

Sincerely Yours,



**A.D** Ameena Dayo  
Editor, G.S

## FASHION



**20 + 2**  
**Must-Haves**  
**Accessories**  
For The Perfect  
21st-Century  
Chic List



**10**

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We remain committed to supporting intellectual property and creativity.

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# GLAMSQUAD STYL AWARDS 2022

## AWARD CATEGORIES & NOMINEES

### MOVIE DIRECTOR OF THE YEAR



KUNLE AFOLAYAN



RYAN KYLE COOGLER



TYLER PERRY

### MOVIE OF THE YEAR



WOMAN KING (2022)



ANIKULÁPO (2022)

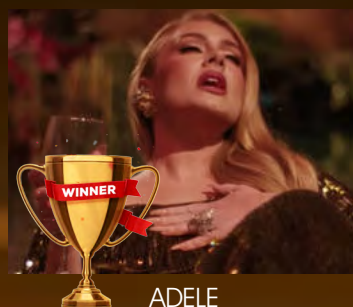


BLACK PANTHER 2:  
WAKANDA FOREVER (2022)

### MUSIC ARTISTE OF THE YEAR



RIHANNA



ADELE



TWA SAVAGE



# LE & HEROES

## MUSIC VIDEO DIRECTOR OF THE YEAR

20 Categories – 60 Nominees  
– 20 Glamsquad Style and Heroes Awards! Once again, greatness is upon us as we unveil the Best-of-the-Best who took their crafts to the zenith in 2022.

Glamsquad has preserved the rich history of creativity that births style, fashion, entertainment, and the pistons on which the fulcrum of our everyday existence runs. Here, we bring you the world's most outstanding achievers at your fingertips.

From Adele, Tiwa Savage, Selena Gomez, and Naomi Campbell to Tiffany Haddish, Tyler Perry, Lupita Nyong'o, Mayowa Nicolas, and Ngozi Okonjo Iweala, explore the nominees and winners of the prestigious Glamsquad Style and Heroes Awards 2022.

**Go on.....experience greatness!**



TG OMORI



DAPS



UNLIMITED LA

## SONG OF THE YEAR



CALM DOWN, BY REMA  
FT. SELENA GOMEZ



I DRINK WINE, BY ADELE

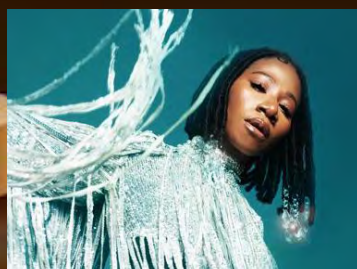


LAST LAST, BY BURNA BOY

## MUSIC ALBUM OF THE YEAR



LOVE, DAMINI, BY  
BURNA BOY



V, BY ASA



MR. MONEY WITH THE  
VIBE, Y ASAKE



AWARD CATEGORIES & NOMINEES

FASHION ICON OF THE YEAR



TIWA SAVAGE



RITA DOMINIC



NAOMI CAMPBELL

DESIGNER OF THE YEAR



ADELE DEJAK



AISHA AYENSU



PALESA MOKUBUNG

MODEL OF THE YEAR



MAYOWA NICOLAS



ANOK YAI



ADUT AKECH



# COMEDIAN OF THE YEAR



TAAOMA



TIFFANY HADDISH



REAL WARRI PIKIN

# WOMAN OF THE YEAR



SAMIA SULUHU HASSAN



SAHLE-WORK ZEWDE



NGOZI OKONJO-IWEALA

# OAP OF THE YEAR



SARAH OSIORIAMHE



TEGA ONOJAIFE



UCHE SMITH

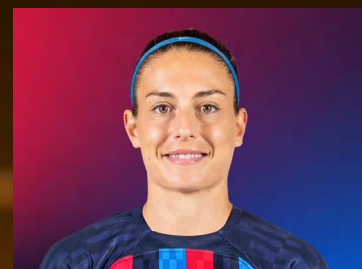
# SPORTS PERSONALITY OF THE YEAR



CHISOM MBONU



ASISAT LAMINA OSHOALA



ALEXIA PUTELLAS SEGURA



# BEAUTY COMPANY OF THE YEAR



HOUSE OF TARA (HOT)



BM PRO MAKEUP



ZARON COSMETICS

# ACTRESS OF THE YEAR



LETTITA MICHELLE WRIGHT



LUPITA AMONDI NYONG'O

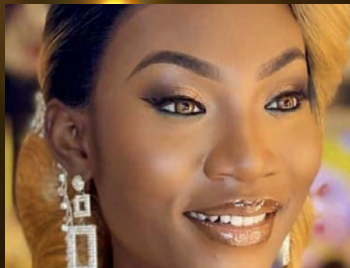


VIOLA DAVIS

# ACCESSORY DESIGNER OF THE YEAR



PAM SAMASUWO-NYAWIRI  
(ZIMBABWE)



AYA KEITA  
(COTE D'IVOIRE)



AKUDO IHEAKANWA  
(NIGERIA)

# SOCIAL MEDIA INFLUENCER OF THE YEAR



BOITUMELO THULO



BONANG MATHEBA



SYMPLY TACHA



AWARD CATEGORIES & NOMINEES

ENTREPRENEUR OF THE YEAR



TETA ISIBO - FASHION  
(RWANDA)



MONICA MUSONDA  
- FOOD (ZAMBIA)



LORNA RUTTO - RECYCLING  
(KENYA)

ADVOCATE AND SOCIAL  
CHANGE AGENT OF THE YEAR



GRETA THUNBERG



RINU ODUALA



MEAZA ASHENAFI

PHILANTHROPIST OF THE YEAR



PURITY KAGWIRIA



LYN COLE



PATRICIA HAMZAAHEE



# 20 + 2 Must-Haves Accessory Perfect 21st-Century



HEELS



CHARM BRACELET



STUD EARRINGS



BASEBALL CAP

SNEAKERS

CROSS-BODY BAG

ALUDA PIJU

Sasha Bokamoso

**F**rom cute hair accessories to trendy jewelry, every lady needs an arsenal stocked with colorful beads and baubles that can add sass to any ensemble. Unsure of where to start? Let our fashion editors guide you to draft the perfect chick list that notes every accessory you should have. Accessories make for great conversation starters. If you are someone who fancies accessories, then you should be used to people walking up to you to complement an accessory you have on. For some, the curiosity is out of admiration, while for others, it is to inquire if there is a story behind that particular

item. Sometimes there is, and most times, there isn't. That's why they say go down the vintage road, and you will find out that each piece is unique and tells a story. Even if you are a minimalist, certain accessories should make their way to your chic list. We hope this list acts as a simple add-on to your must-have wardrobe basic list. There's lots of room to experiment with accessories, and this list could have been endless.

*Here's a list of 20 + 2 must-have basic accessories to use with your expanded wardrobe basics.*



STOCKINGS

SLIM BELT



# Accessories For The



WATCH



FLOPPY SUN HAT



CLUTCH



BANDANA



HAIR ACCESSORIES



STATEMENT NECKLACE



SUNGLASSES



SCARF



LONG NECKLACE



STATEMENT EARRINGS



VARIETY OF RINGS



SANDALS



HOLDALL



WAIST BELT



# 10 Easy Ways To Instantly Look More Fashionable

Chioma Esui



**L**ooking more fashionable isn't always about wearing the coolest trends, mastering complicated styling tricks, or wearing the most expensive clothes. (Who has the bank account for that, anyway? Can't be me.) It can really be as easy as loosely tucking in your shirt, throwing on a pair of sunglasses, or adding more layers to your look. Even if a specific ensemble feels outside of your comfort zone, just go around and act like it's something you wear all the time—your outfit is as much about your attitude as it is the clothes and accessories. But if you still want some easy tips to help pull off an over-the-top 'fit or look fashionable without trying too hard, here are 10 ways to get the compliments rolling in.

## 1 Wear your Jacket on your Shoulders

Don't think of your jacket as a jacket. Think of it as a cape with sleeves that fall by your arms. Especially going into transitional weather, it's a simple way to wear a jacket that won't make you overheat, but will still give you the coverage you want.

## 2

## Pair a Blazer with a Graphic Tee

A luxe blazer over an edgier graphic T-shirt paired with jeans pulls off that "high-low" look. It's an effortless 'fit that's both casual and dressed up, no matter where you're heading.





**Fashion Styling 101**

**3**

**Colour Coordinate**

Pick two or three colors to base your outfit around (in this case mint green and off-white), and then go off that with your clothing and accessories—and even your makeup! You'll look pulled together and elevated no matter what scheme you go with.



**Wear Sunglasses**

**4**

If you put on an outfit and it feels like it's missing something that you can't quite put your finger on, odds are it's a pair of sunglasses. Even better if they coordinate with the rest of your outfit, like this lilac pair here. They're also easier to put on than eye makeup, just saying'.



**5**

**Change up your Footwear**

Whatever you would normally choose for footwear, choose the opposite. Trade your high heels for flat booties, your sneakers for high heels, and your sandals for sneakers. The more wrong it feels, the more right it is. Trust me on this one.



## Layers, layers, and more layers

# 6

The more layers you have, the less likely any one piece is to really make or break your outfit, so go crazy—e.g., wear a coat, over a dress, over a m  
Wear your Jacket on your Shoulders

Don't think of your jacket as a jacket. Think of it as a cape with sleeves that fall by your arms. Especially going into transitional weather, it's a simple way to wear a jacket that won't make you overheat, but will still give you the coverage you want. esh shirt, with tights, like seen here. Basically, think of yourself as a fashionable onion. A bonus: This tip works well in the winter time when you need to bundle up anyway!



## Mix Textures

Pile on a bunch of different fabrics in one look—ribbed knit, snakeskin print, suede, silk, leather, etc.—and it's super chic. You can opt to go bold with your color choices or keep them all in the same shade to make the texture mixing more subtle.



## 7 Wear your cross-body bag in the front

Pull that thing around to the front and show it off. You know it's your favorite part of your outfit anyway. Another trick is to adjust it so that the strap is shorter and sits closer to your waist as opposed to the top of your leg.





8



10

## 9 Opt for Monochrome

Pick one hue and go for it! (You definitely don't have to match your hair lol, but you can if you want.) This option makes getting dressed for the day wayyy faster since it narrows down your choices, and you can match head-to-toe without spending too much time on your outfit.

## Don't tuck in your top all the way

Whether it's a sweater, a tank, or a collared silk shirt, just grab that middle front piece, loosely tuck it down, and watch your style cred increase instantaneously. The less effort you put into the tuck, the better.



# 10 Interesting Louis Vuitton Facts

Chioma Esui



1 Louis Vuitton opened his first store in 1854, he began making handbags after the 1892 world's fair.

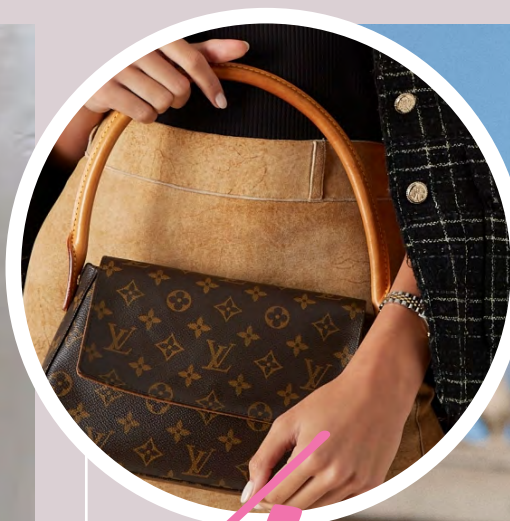
The brand's iconic monogram logo print and stylish handbags are timeless and there's no monogram easier to recognise than Louis Vuitton. But did you know that Louis Vuitton changed the way luggage was made?

**Here are a few interesting facts about Louis Vuitton:**

2 All Louis Vuitton handbags are handmade. It takes about a week to create one handbag.



3 After every season, if any of LV products are not sold then, they are sent back to its factory in France and are shredded or burnt, in order to sustain an item's value and class of brand.



4 You will never find Louis Vuitton on discount.



5 Louis Vuitton bags are waterproof and fireproof. This is one of the reasons why they are so expensive.

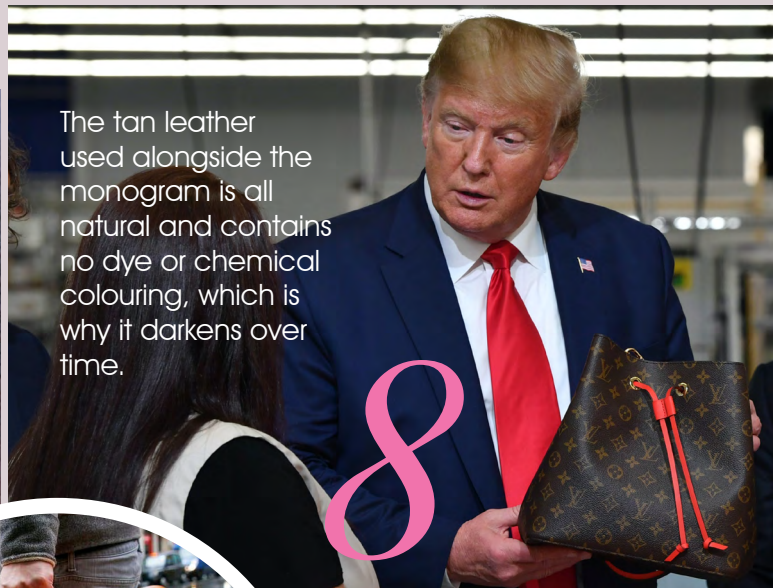


# Big Facts About Louis Vuitton You Never Knew



6

The Alma was originally custom designed for Coco Chanel herself.



The tan leather used alongside the monogram is all natural and contains no dye or chemical colouring, which is why it darkens over time.

8



9

Both Louis Vuitton's famous Damier and Monogram prints were created to avoid copycats.



7

Louis Vuitton, the man, got his big break as the official box-maker and packer of Napoleon Bonaparte's wife, Empress Eugenie de Montijo of France.

10

Louis Vuitton began his career as a trunk maker at age 16.





# Tems:

## *Rise Of Nigeria's Grammy Award Winner*

*By Amenna Daayo,  
Affa Acho, & Shalayne Pulia*

**T**emilade Openiyi, popularly known as Tems, is a Nigerian singer, songwriter, and self-taught producer TEMS. She broke onto the music entertainment scene in 2018 with her hit single "Mr Rebel."

The Lagos-born artist actually taught herself how to produce (via YouTube) just to release the track, which highlights her unique, soothing sound built on an Afrobeats foundation. "Me releasing my first song is me believing in myself," she recounts.

Since then, betting on her talent has paid off. Tems has carved a space for herself not only in the Nigerian music industry but on the global music stage. Her fresh take on R&B even caught the attention of Tommy Jeans, a brand known for its legacy of outfitting icons from '90s hip-hop, rap, and R&B culture.

Tommy Jeans recently cast TEMS in its new "Play to Progress" campaign, where she can be seen rocking the Reversible Chicago Windbreaker.

With 'Play to Progress,' Tommy Jeans is highlighting creators who give themselves the license and freedom to innovate and inspire positive, creative change in others, exactly the kind of legacy Tems hopes to leave for younger artists. "In general, I know that I'm going to open so many doors for African music," she says. "[I want to] encourage as many people as I can while I'm here and be a support, a coach to anyone that needs me."

In what many pundits say is the perfect recognition of her contribution to Afro music on the global stage, Tems won a Grammy Award at the 2023 event. Analysts say the award is a spell of good things to come for female musicians in the Nigerian music





**Glamsquad  
Exclusive:**





“

*“It’s incredible. I get to work with people that, five years ago, were on my playlist. You know, I was jamming with them, and now I’m working with them. It’s such a pleasure, and I feel like this is just the beginning.”*





scene amid stereotypes in the creative space.

When the nominees for the 2023 Grammy were announced on November 15, 2022, many Nigerian music aficionados were happy that Tems was on the list.

The 27-year-old Nigerian singer, however, made history on 5th February 2023, after becoming the first Nigerian female artist to win a Grammy. However, others argue that the first Nigerian female singer to achieve the feat was British-Nigerian singer Sade, whose real name is Helen Folasade Adu. She has won the award four times.

Tems won the Best Melodic Rap Performance category for her contribution to the hit song *Wait for U* with Future and Drake. She was nominated in

a category that had heavy music weights like Latto (*"Big Energy (Live)"*), Jack Harlow (*"First Class"*), Kendrick Lamar (*"Die Hard"*), and DJ Khalid.

For Tems, her rise to the top can only be described as phenomenal, given that she started music professionally in 2018 after she quit her job to pursue a career in music. Just over four years later, she's a Grammy winner with a list of collaborations with notable international stars.

After she released her debut single, *"Mr Rebel,"* in 2018, a song which she produced herself, she dropped another single, *"Try Me."* Tems released her debut extended play, *For Broken Ears*, in September 2020. The project was produced primarily by her, and the single *"Damages"*

from the EP became another follow-up hit to *"Try Me,"* peaking at number one on the Nigerian Apple Music chart and number six on the then-newly launched TurnTable Top 50 chart and garnering five million views on YouTube.

Impressive as her past projects were, it was her appearance on WizKid's 2020 single *Essence* that helped propel her to global prominence when the song reached the top 10 of the Billboard Hot 100 chart after the release of a remixed version with an additional feature from Justin Bieber, and earned her a Grammy nomination. The track was dubbed the song of the summer and introduced to a global audience.

For the Grammy award-







American rap superstar Future tapped Canadian super Star Drake and Tems, Future noted that what makes a big part of

"*Wait For You*" is such a special song in Tems' sultry voice.

Tems' vocals originally appeared on "*Higher*" from her 2020 debut EP *For Broken Ears*. Even though she's sampled on the song, the 27-year-old earned her first No. 1 single on the Billboard Hot 100 thanks to Future listing her as a feature on "*Wait For U*." It's just her third Hot 100 hit following Wizkid's "*Essence*" (No. 15) and Drake's "*Fountains*" (No. 26).

Not a stranger to international accolades, Tems was the first African female artiste to debut at number one on the Billboard Hot 100. Tems bagged two BET Awards, becoming the first Nigerian female to win 'Best International Act' at the BET Awards.

Tems hit the number 1 spot on the Billboard Charts With a Cover Of "*No Woman No Cry*." She also became the first Nigerian artiste with the most Billboard Hot 100 appearances.

Tems spontaneity and unique music sound also endeared her to the international sporting company Reebok. The singer got an endorsement deal

with the brand less than two months after she got the deal with Tommy Hilfiger. The sportswear brand announced the deal on Monday, January 7, via a campaign tagged "*Life is Not a Spectator Sport*."

According to the campaign director and Senior Director of Marketing Creative & Design at Reebok, Jide Osifeso, the campaign aimed to motivate consumers to follow their passions, celebrate their individuality, and become active participants in the world around them.

In addition to this, Tems also bagged a partnership deal with Coca-Cola to take African music to the next stage. For Tems, having achieved a lot in the last five years, without



a doubt, the sky is her starting point. In an interview with Rolling Stone magazine, the singer says winning the Grammy was “just the beginning” for her.

“It’s incredible. I get to work with people that, five years ago, were on my playlist. You know, I was jamming with them, and now I’m working with them. It’s such a pleasure, and I feel like this is just the beginning,” she says.

Speaking to Vogue after her Grammy win, Tems said, “I’ve never been in the same place with so many artists in one space before, People coming together to celebrate work and art.”

Tems added that the Grammys carried poignant significance throughout her childhood. “Back in the day, the Grammys were an event,” she says. “So attending the ceremony was a full-circle moment.”

Accordingly, “Tems’ Grammy win last weekend is a spell of good things to come for female musicians in the Nigerian music scene. Since the 60s, often dubbed the Golden Era of music in West Africa, women have been underserved, undermined, and underrepresented in the creative space, particularly in show business.”





# Model To Celebrate





# Oluchi Onweagba

## -The Face of Africa

*Sasha Bokomoso*

Oluchi Onweagba-Orlandi is best known for her work as a Victoria's Secret lingerie model and a Sports Illustrated Swimsuit model. She appeared in six Victoria's Secret Fashion shows in 2000, 2002, 2003, 2005, 2006 and 2007. She appeared in the Sports Illustrated Swimsuit Issue four times from 2005 to 2008.

Onweagba has modeled on the runway for Christian Dior, Chanel, Giorgio Armani, John Galliano among others. She has been in campaigns for Ann Taylor, Banana Republic, Express, Gap, Gianfranco Ferré, Victoria's Secret and others. Onweagba appeared on the cover or been featured in many international fashion magazines including Elle, Arise, Pop Vogue, Vanity Fair, V and W Marie Claire, Allure among others.

She has the distinction of being one of the first faces of Africa in the modeling industry and being one of the tallest at 6'0". She started her own modeling agency in South Africa in 2008 and is the host/head judge of Africa's Next Top Model.

She was born on August 1, 1980 in Lagos, Nigeria. She was discovered when she won the inaugural Face of Africa competition in 1998, entering at the urging of a family friend. She was married in August 2005 to fashion designer Luca Orlandi, with whom she has a son, Ugochukwu.





# Top 50 Spring 2023 Ready-to-Wear Runway Photos



*Sarah Karmali, Amy De Klerk  
& Sasha Bokamoso*

*Akris*



Another season of fashion shows has now wrapped, with the spring/summer 2023 collections debuting in New York, London, Milan and Paris.

After the past two years of pandemic-related disruptions and cancellations, we were treated to a relatively normal month of shows – aside from in London, which coincided with the official period of national mourning, following the death of Her Majesty Queen Elizabeth II. While shows from the likes of Harris Reed, Erdem and Christopher Kane went ahead, a number had to be rearranged due to closures in the capital, particularly on the day of the funeral itself.

But it was business as usual in the other three cities. In New York, we had Fendi celebrating the 25th anniversary of the iconic Baguette, alongside the latest collections from Michael Kors, Tommy Hilfger and Tom

*Valentino*



*Givenchy*



ear  
os



Zimmermann





*Stella McCartney*



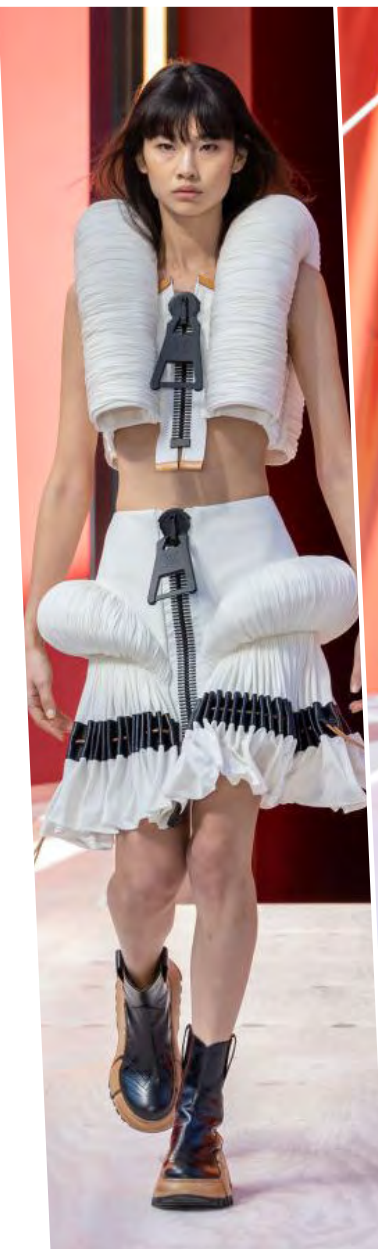
*Miu Miu*







*Chanel*



*Louis Vuitton*





*Alexander McQueen*



*Raf Simons*







*Roksanda*



*Ralph Lauren*





# Naomi Campbell

## *Puts Street Style Edge on Classic Suiting In Wide-Leg Trousers & Slingback Pumps*

*Ashley Rushford & Praise David*

**Y**ou can always count on Naomi Campbell to serve a look. The legendary model was sharply suited as she arrived at Elton John's AIDS Foundation Gala Benefit at Annabel's in London last year.

Campbell put a modern twist on a monochromatic moment. For the occasion, the "Empire" alum wore a double-breasted blazer jacket. The formal outerwear included wide lapels, a cinched waist, and slits near the hem. She paired the overcoat with loose-fitting wide-leg pants.

To add a touch of glam to her look, Campbell accessorized with oversized square frames and layered gold chains. She touted her essentials in a small leather handbag and sealed the deal with her signature neutral makeup.

Campbell continued with a classy vibe by pulling it all together with a pair of black slingback pumps. The sleek silhouette had a

satin pointed-toe, suede uppers, and a tiny curved heel.

On the topic of classic shoes that always manage to reinvent themselves, nothing comes close to the timeless slingback heel. A loyal slingback will be there for you when pumps feel too formal, and sandals are too bare.

Campbell has an utterly chic and modern sartorial taste that she wears during live appearances and in streetwear photos alike. She is one of the fashion industry's most popular supermodels and has worked for over 40 years. Campbell has modeled in campaigns for labels like Versace, Givenchy, and Calvin Klein. She has also walked runway shows for brands like Alaïa, Valentino, Louis Vuitton, and Marc Jacobs.

**Check out how the supermodel stepped out!**



**DOUBLE-BREASTED  
BLAZER JACKET**

**SLINGBACK PUMPS**





WIDE-LEG  
TROUSERS





# Oprah Winfrey:

## *The Gift that Keeps on Giving*

*Kimberley Schoeman*

There are many high profile talk show hosts, billionaire philanthropists and Oscar-nominated actresses, but few come close to Oprah Winfrey. Upon reaching her 69th birthday, the media mogul's generosity shows no signs of slowing down. She is the gift that keeps on giving.

The Oprah Winfrey Show ran for 25 years until 2011, making it the highest rated daytime talk show in the history of American television. But the talk show is only one of many highlights that punctuate the career of the most influential women in media.

Oprah's origins in rural Mississippi, giving birth at the

age of 14, and becoming the first black anchor for her local news broadcaster equipped her to master the art of intimate conversations, compelling confrontations and telling human interest stories. She was the first black woman to become a billionaire, which she did in 2003 as seen in the Forbes list.

Oprah's film debut as Sofia in *The Colour Purple* (1985) earned her a nomination for Best Supporting Actor at Academy Awards and, in 2013, she was awarded the Presidential Medal of Freedom, the United States' highest civilian honour.

### OPRAH BEFORE SHE WAS OPRAH

Born into poverty, the only expectation for Oprah was she would become a housekeeper, as her mother and grandmother were.

"As a child I was raised by my grandmother who used to whip me often. I would get beaten and not allowed to have any emotion about it", Oprah said on *Oprah & Eckhart Tolle: A New Earth*.

At the age of 13, unable to





bear the circumstances, Oprah ran away from home, but became pregnant and gave birth prematurely.

"After I gave birth at 14 years old ... when that child died my father said to me, 'this is your second chance. This is your opportunity to seize this moment and make something of your

life,'" Oprah said on Oprah's Life Class.

Her natural tendency to perform well in school and excellent articulation secured her a part-time news anchor position at a local radio station. Three years later, she was breaking ground for black women in the South as the first

black anchor at WLAC-TV, a Tennessee-based news channel.

In 1984, Oprah hosted her first episode of AM Chicago, which evolved over two years and was renamed The Oprah Winfrey Show. But what makes her a force to be reckoned with, and allows her talk shows to expand is she refuses to stay silent. That same year Oprah started her own media company, Harpo Inc, which proves to be one of the most successful media empires.

## THE OPRAH EFFECT

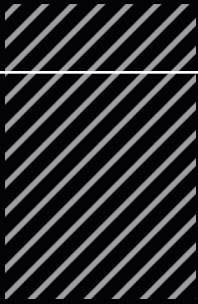
Everything Oprah touches turns to gold — the "Oprah Effect". Through Oprah's Book Club — now a partnership with Apple — and Oprah's Favourite Things, she has boosted sales and triggered wider conversations about books, political causes, movies and fashion. There is even a documentary called The Oprah Effect.

The Oprah Effect also has an adverse effect. The Texas cattle industry had a beef with Oprah after a 1996 episode called Dangerous Food, about the Mad Cow Disease. Oprah declared that the disease "stopped [her] cold from eating another hamburger".

The Texas cattle industry, which featured in the episode, said meat sales dropped and filed a lawsuit against Oprah, claiming more than \$10 million in damages. After winning the case in 1998, Oprah credited the ruling as a win for free speech.

"I will continue to use my voice," Oprah said to a cheering crowd outside the





courthouse. "I believed from the beginning this was an attempt to muzzle that voice. I come from a people who have struggled and died in order to have a voice in this country, and I refuse to be muzzled."

Her fight against silencers infuses her philanthropy, including the Oprah Winfrey Leadership Academy for Girls (OWLAG), in Meyerton, Johannesburg.

"Each student has had to overcome childhood poverty and trauma during their lives, yet also possesses a resilience, courage and spirit seldom that make them stand out among their peers," reads the OWLAG website.

"This school is my greatest legacy," says Oprah.

## EVERYBODY GETS A CAR!

For a 2004 episode of *The Oprah Winfrey Show* the audience was selected based on nominations from friends and family who said that person desperately needed a car. She gave 11 people a Pontiac and said one more person would win a car if there was a key in the box each member of the audience had been given.

But, upon opening their boxes every member of the audience discovered they would receive a new car. Giveaways of products advertised on TV is nothing



new, but Oprah made it the main event.

## BIGGEST INTERVIEWS IN HISTORY

From the *Oprah Winfrey Show's* debut in 1986 until 2011, Oprah has conducted more than 37,000 interviews. Some interviews are more memorable than others.

The 1993 film *Michael Jackson Talks ... to Oprah* was

viewed by 90 million people, where Oprah speaks to the then untarnished King of Pop, in his first interview in more than a decade. It's difficult to watch the interview through a 2023 lens when Jackson speaks about surrounding himself with children as an adult to compensate for a lost childhood.

Children surrounding Jackson would later file lawsuits against him claiming sexual abuse. Funnier scenes include Jackson audaciously beatboxing and singing, while Oprah asks him



“

*I believed from the beginning this was an attempt to muzzle that voice. I come from a people who have struggled and died in order to have a voice in this country, and I refuse to be muzzled*

questions. Oprah is the queen of good delivery.

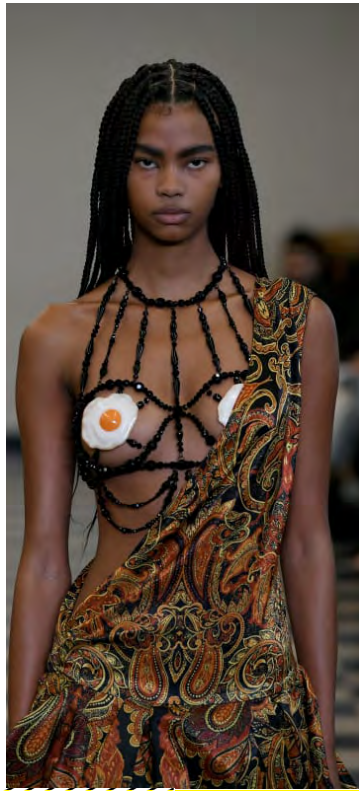
The 2009 interview with Whitney Houston saw the singer talk about the power of love, drugs, rehab, relapse and redemption, topics most black women did not have the luxury to speak about publicly at the time.

As the biggest day-time host in history, Oprah will not be silenced. Her newer talk film format also shocks and spawns pop culture moments. It is hard to forget the line, Oprah asked Meghan, Duchess of Sussex, “Were you silent or were you silenced?” accompanied by a zipper-like gesture.

Oprah shows no signs of stopping her philanthropy, stamps of approval, and interviews that keep audiences on the edge of their seats. She’s slated to appear in her first movie in five years — her last role was in Ava DuVernay’s 2018 adaptation, *A Wrinkle In Time*. The Oscar nominated actress will star in a new Netflix movie, directed by her pal, Tyler Perry, called *Six Triple Eight*, about an all-black, all-female unit that fought in World War II. The streaming service hasn’t confirmed a release date yet.







*All You Miss at the*

# New York Fashion Week 2023

*Praise David*

The New York Fashion Week 2023 has kicked off the year on a perfect note. Fashion Week has taken over New York City once again with six days of Fall-Winter 2023 shows.

As you would recall, last season marked the return of nearly all in-person shows, and A-List celebrities descended on the city for a packed schedule of slick high-production shows all around Manhattan and

Brooklyn. This week, the trend toward iconic backdrops and grand architecture continues, with shows taking place at the historic main branch of the New York Public Library, classic hotspot the Rainbow Room, and the Solomon R. Guggenheim Museum.

At the New York Fashion Week 2023, the mood was high fantasy as Rodarte kicked off the official schedule inside the neoclassical Williamsburgh





Savings Bank, transforming the landmarked Brooklyn institution into an otherworldly banquet populated by gothic fairies.

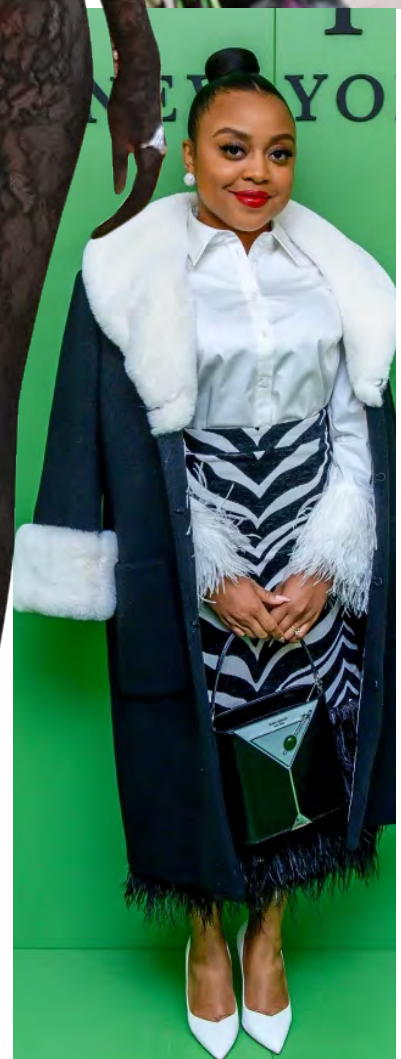
Rodarte's romantic collections have a loyal celebrity following, and guests include actors Brie Larson, Jemima Kirke, and Natasha Lyonne. Models walked to the sounds of buzzing flies and thumping techno,



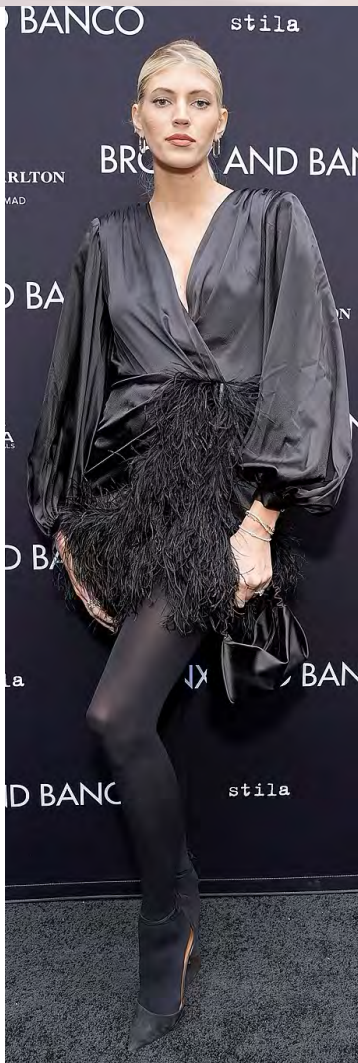


while colors shifted from vibrant to black, signaling decay. Celebrity runway cameos have included Lindsay Lohan's siblings Ali and Cody, who walked Christian Siriano's early Thursday show (with Lohan present in the front row), as well as a surprise appearance from "White Lotus" actor Jon Gries on the Eckhaus Latta runway on Saturday night. Emily Ratajkowski closed Simkhai's presentation of power-dressing ensembles. Other celebrities spotted front row during the week have included the always-masked South African singer Orville Peck and Japanese Breakfast frontwoman Michelle Zauner, the latter who showed up to Rodarte and cool-girl staple Sandy Liang. "I'm so flattered that people get

it," Liang said of cultivating a loyal following, which includes Bella Hadid and Phoebe Bridgers. Liang's latest collection imagined the dress as a "modern, everyday uniform," mixing feminine silhouettes — with signature bows, rosettes, and ballet point flats — with utilitarian additions. Check out our collection of cool pictures which caught our eye, and we are certain will catch yours also.









# Tems Make History at Grammy Awards 2023

+ *Our Best Red Carpet Looks*



TEMS

*Praise David*

In what turned out to be one of the highlights of the night, Nigerian artist Tems, whose full name is Temilade Openiyi, won her very first Grammy at the 2023 Awards ceremony. The 27-year-old musician—who, last year, worked with Beyoncé, Rihanna, Drake, and Future—was up for multiple awards, including Best Melodic Rap Performance and Album of the Year.

Tems attended the event in a beautiful dress which attracted non-stop clicks from the paparazzi. “Back in the day, the Grammys were definitely an event,” Tems said.

So attending the ceremony was a full-circle moment. For the personal milestone, the artist opted to wear a gold gown designed by British label Vivienne Westwood that incorporated a va-va-voom silhouette, a corset, and criss-crossing pearl necklaces







MANESKIN



MARY J  
BLIGE



SHAGGY



DOJA CAT



LIZZO





SAM SMITH

and straps. Tems described her look as the perfect mix of “soft, but sultry.”

She says she was particularly drawn to wearing a Vivienne Westwood design in light of the label’s namesake and founder’s recent death at 81. “There were other options — but I just thought it was so special,” Tems says of the dress, which was completed two weeks before last night’s ceremony. “I really wanted to wear Vivienne.”

According to Tems, the look neatly aligns with her penchant for duality. “I feel like I’m feminine. But I think everyone has some type of ratio of feminine and masculine energy,” she says. “Mine just switches out sometimes. Sometimes I’m more feminine, sometimes I’m more masculine. I like to express that in what I wear.”

Here, we have shared our best Red Carpet photos from the event – of course, Tems was our favourite!



HARRY STYLES

BEBE REXHA

SHANIA  
TWIN





DJ KHALED



BRANDI CARLILE



PHARRELL WILLIAMS



TAYLOR SWIFT



CARDI B & OFFSET



MICK FLEETWOOD



# Rihanna Returns to the Stage with Super Bowl 2022 Performance

*Rhian Daly & Ameena Daayo*

**R**ihanna delivered a stunning Super Bowl Halftime Show during the game between the Philadelphia Eagles and the Kansas City Chiefs on February 12.

The star took to the stage during the biggest American football game of the year to give her first live performance in five years.

Rihanna started her 13-minute set on a moving platform that hovered high above the stage on the pitch below. She kicked off the setlist with a version of her single "Bitch Better Have My Money," before airing "Where Have You Been," which also featured elements of "Cockiness (I Love It)" mixed into the track.

Her platform lowered to the





# The Big Stage 3 Halftime Show







stage for “We Found Love,” which led into a choreography-featuring rendition of “Rude Boy.” “Work,” which appeared on her last album *Anti*, put Rihanna in the position of conductor to her dancers, the white-clad figures bending, bowing, and crawling in line with her own gestures. After airing her DJ Khaled collaboration “Wild Thoughts,” the singer performed “Pour It Up” from her 2012 album *Unapologetic* before rounding out the set with some of her biggest hits and

team-ups. The performance closed out with snippets of Kanye West’s “All Of The Lights,” Jay-Z’s “Run This Town,” and Rihanna’s own “Umbrella” and “Diamonds.” Watch Rihanna’s Super Bowl Halftime Show in full here. Rihanna sparked much speculation during the performance that she was pregnant with her second child after rubbing her stomach and, at times, seeming to dance gingerly. A representative for the star later confirmed the news to

be true.

Days before the Super Bowl, Rihanna shared details of her performance at an Apple Music press conference. She jokingly said that she was relying on her Fenty beauty line – which made a cameo during the performance – to stay looking sharp and also revealed that she had gone through 39 iterations of a setlist for the show.

A trailer was also shared at the event, which featured a young child at home on Rihanna Way in



“

*My whole life was shaped on  
this very road. I was just a little  
girl flying kites in the cemetery  
...But I had big dreams.*



Barbados. The girl stole her mother's sunglasses before strutting down the street, soundtracked by "Run This Town." At the end of the video, the young girl flew a kite above a cemetery before a quote from Rihanna floated across the screen. It read: "My whole life was shaped on this very road. I was just a little girl flying kites in the cemetery...But I had big dreams."





## Sofia Coppola - Lost In Translation

Being part of a filmmaking dynasty can be daunting. Sofia Coppola's father, Francis Ford Coppola, was the man behind The Godfather Trilogy; to the eyes of Hollywood, she had big shoes to fill, especially after making less than a stellar impression with her acting in The Godfather Part III.



# 10 Female Directors & Their Most Iconic Film

**T**hese incredibly talented women have given audiences many excellent movies throughout their careers, but only one stands as their most iconic film.

Female directors have been enthralling audiences. Ida Lupino managed to have a consistent directorial career at the height of the studio system, paving the way for many female filmmakers to come.

However, it's undeniable that the gap between male and female directors is still absurd, especially considering the sheer amount of female talent behind the camera.

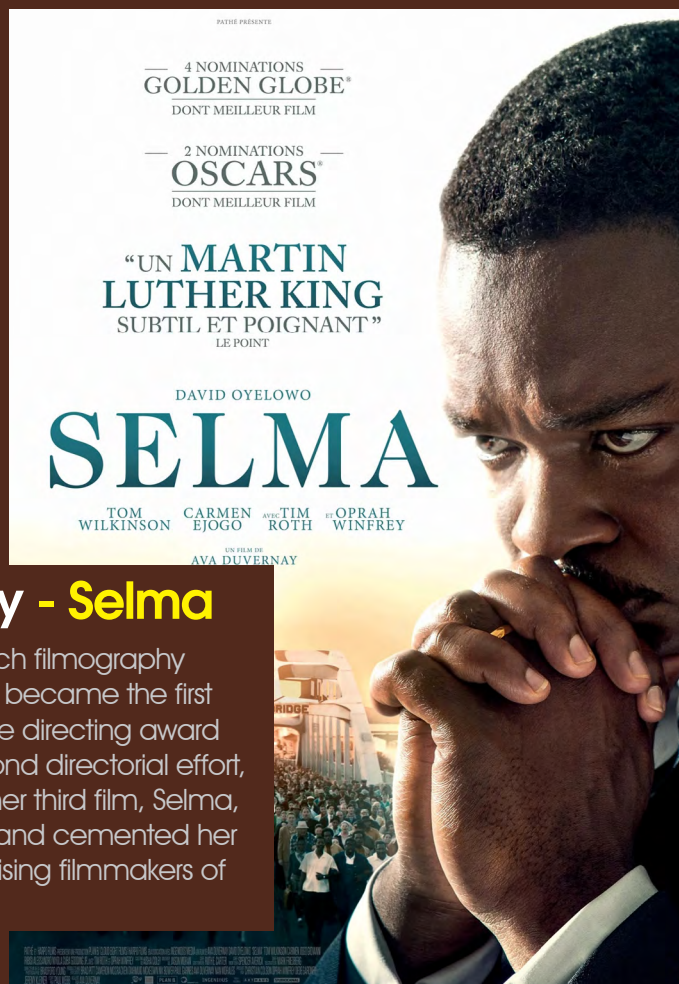
Throughout their careers, these women have directed some incredible films that will surely stand the test of time. And while their body of work speaks for itself, they, like any other director, have one particular project that stands out as their most iconic.

David Caballero



## Ava DuVernay - Selma

Ava DuVernay has a rich filmography in film and television. She became the first Black woman to claim the directing award at Sundance for her second directorial effort, Middle of Nowhere, but her third film, Selma, elevated her to the A-list and cemented her as one of the most promising filmmakers of the new millennium.





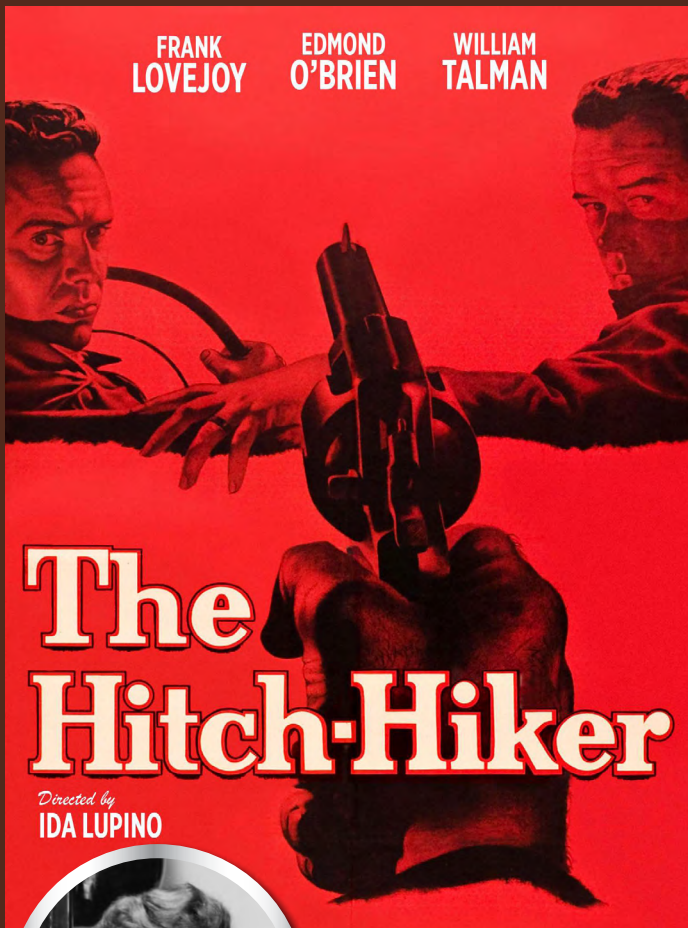
ORIGINAL MOTION PICTURE SOUNDTRACK

# THE PRINCE OF TIDES



## Barbra Streisand - The Prince Of Tides

Barbra Streisand was one of the original pop stars who transitioned to Hollywood. She won the Oscar for her big-screen debut, 1968's *Funny Girl*, and remained a major box office draw thanks to films like *What's Up, Doc?* and *The Way We Were*.



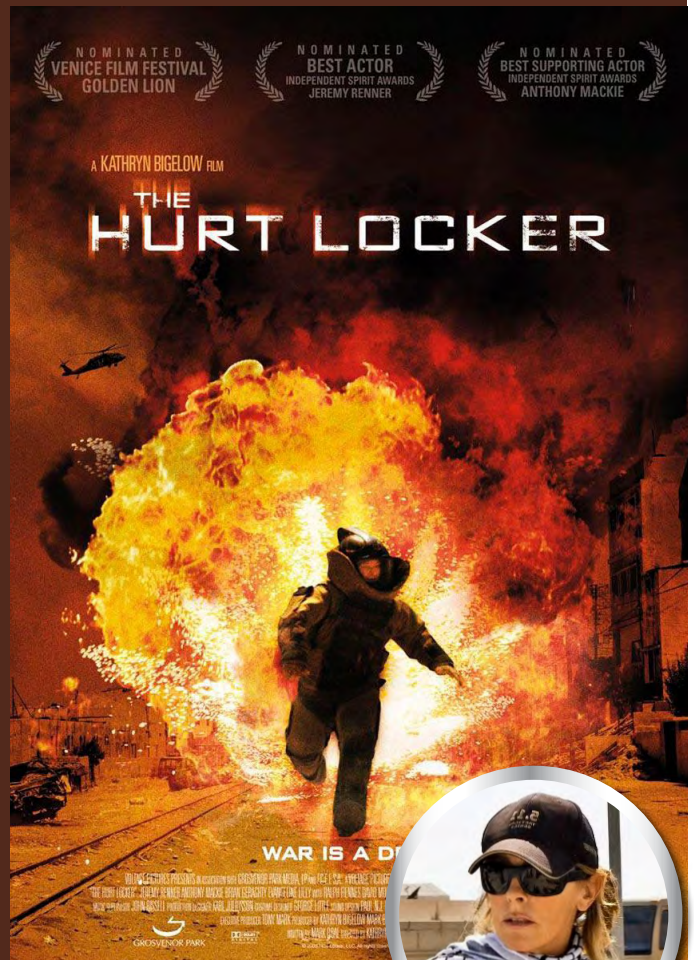
# The Hitch-Hiker

Directed by  
IDA LUPINO



## Ida Lupino - The Hitch-Hiker

Ida Lupino began her acting career in the 1930s and starred several high-profile movies during the 40s, most notably *High Sierra* and *The Hard Way*. By the end of the decade, dissatisfied with the roles that came her way, she chose not to renew her contract with Warner Brothers and started an independent studio with her husband, Collier Young.

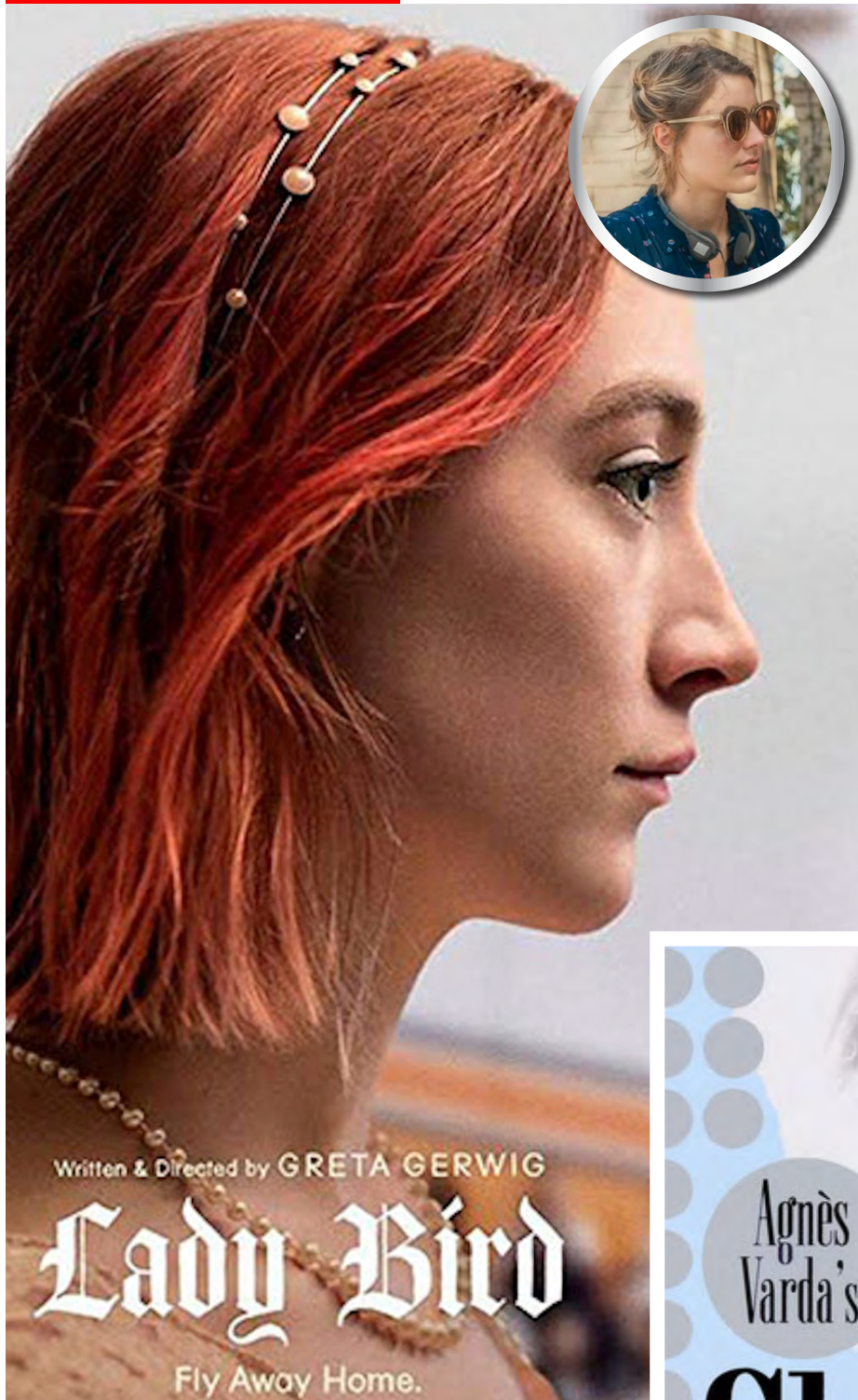


## Kathryn Bigelow - The Hurt Locker



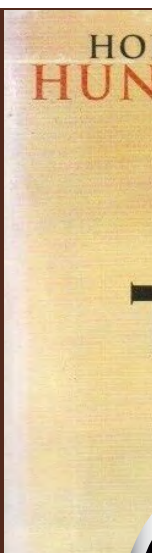
Kathryn Bigelow has been directing films since the late 80s, helming such hits like *Point Break* and cult classics like *Near Dark* and *Strange Days*. In 2010, Bigelow became the first woman to win the Oscar for Best Director for her gripping war thriller, *The Hurt Locker*.





**Greta Gerwig**  
- **Lady Bird**

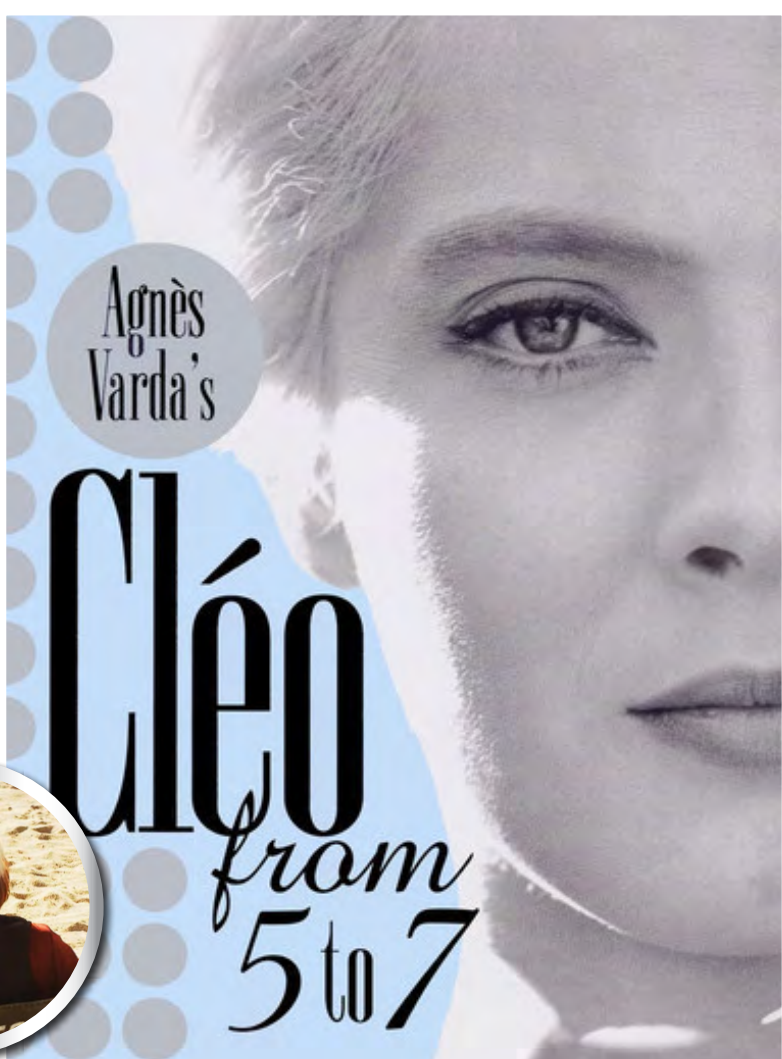
Like other female directors, Greta Gerwig began her career as an actress, earning acclaim for her performances in films like *Frances Ha* and *20th Century Women*. However, she achieved international acclaim as a director thanks to her debut effort, 2017's *Lady Bird*.



**Jane Campion -**  
**The Piano**

In a career spanning forty decades, Jane Campion has achieved critical acclaim. Notorious for her distinctive visual approach and recurring themes, Campion's work often explores subjects like eroticism and female liberation, using cinematic language to the fullest to portray her characters' emotions, often without any words.

Written & Directed by GRETA GERWIG  
**Lady Bird**  
Fly Away Home.



Agnès Varda's

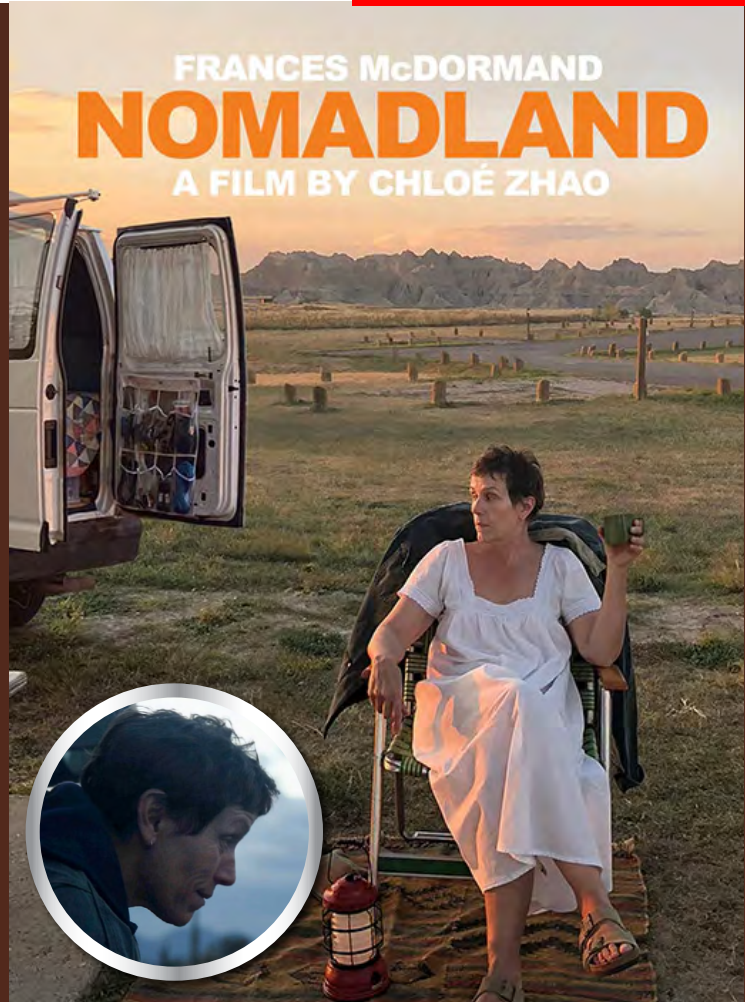
**Cléo**  
*from*  
**5 to 7**



**Agnes Varda - Cléo**  
**From 5 To 7**

Once described by Martin Scorsese as "one of the gods of cinema," Agnes Varda is a cinematic institution. The French director, famous for her overtly-realistic yet experimental approach to filmmaking, was instrumental in developing the French New Wave movement of the 50s and 60s.





**Chloé Zhao - Nomadland**

Known primarily for her independent films, Chinese-born filmmaker Chloé Zhao became the first woman of color to win the Oscar for Best Director. Zhao rose to prominence with her 2015 debut, *Songs My Brothers Taught Me*, before earning further critical praise with her sophomore effort, 2017's *The Rider*.



**Kemi Adetiba - The Wedding Party**

Kemi Adetiba is a famous Nigerian filmmaker, television director and music video director, whose works have appeared on Channel O, MTV Base, Sound City TV, BET and Netflix. Some of her most iconic movies include *The Wedding Party* (2016), *King of Boys* (2018), and *King of Boys: The Return of the King* (2021).



Starring: Babalola, Danielle Down, Iyabola Doyle, Emmanuel Edunjobi, Adesola Eromi, Oluwalumika George, Oyetoro Hafeez, Kunle Idowu, Samkelo Jiyambah, Idris Ismail, Ayo Makun (AVI), Richard Mofe Damijo, Beverly Naya, Enyinna Nwigwe, Sambisa Nzeribe, Josephine Oluwalana, Sola Sobowale, Banky Wellington, Depelun, Michael Ogunlade, Akeji Oloruntimehin, Andrew Webster, Tosin Oluwalana, Kemi Adetiba, Mo Abudu, Moses Babatope, Chris Jayiba, Chinazo Onuzo, Ijeoma Agukoronye, Don Omopu, Zulu Oyibo, Kemi Adetiba



# All the Best Hairstyles From The Spring 2023 Runways

Sasha Bokamoso



**Y**ou never know what crazy hairstyles may appear during fashion weeks. From bob cuts to bold mullets, take a look at some of the hair trends you might see dominating the Spring/Summer 2023 season.

Can you feel it? The seasons are changing and that can only mean one thing: it's time for

your hair to change too.

Whether you opt for a quick switch-up by using a hair gloss to refresh your color or you invest in hair growth shampoos to finally achieve the lengths of your dreams, finding the right inspo is so important.

Check out our best hairstyles from the Spring 2023 Runways.

## VINTAGE LOCKS

The mullet made a striking appearance in runway shows such as Prabal Gurung Spring/Summer 2023. The '80s style haircut paired perfectly with the show's eclectic vibe. The show even gave us a bit of the '70s with the shaggy bowl cut.



## SIDE-SWEPT PIXIE

While the rocker pixie was popular in past seasons, clearly Spring/Summer 2023 is all about the "clean look." To achieve this more tamed hairstyle, simply part your hair to the side and gel, gel, gel.



# Styles 2023



## TEASED

Teased tresses are a trend straight from the runways as seen with Tom Ford Spring/Summer 2023 and Fendi Spring/Summer 2023. Show your wild side next season with this daring hairstyle.



## BOB CUT

It's official, the bob cut is the hairstyle for the upcoming spring and summer seasons. Nearly every designer highlighted a bob cut to some degree. The bob is a classic cut that never misses. This bold hairstyle instantly adds an edge to any look.

## LOW PONYTAIL

The low ponytail made an appearance at Chanel and Miu Miu. To achieve the look, simply opt for some pomade to slick the hair down, pull it back, and accessorize with a brooch to elevate the hairstyle.





## BANGS

The best thing about bangs is that it's such a simple style yet it can completely transform a look. Bangs made a big comeback for the spring and summer season by making multiple appearances on the catwalk. Designers really played around with length as well, with various collections highlighting bangs of different lengths.



## BOLD HUES

Color is to be expected for next spring. Striking hues of teals, pinks, and greens adorned this year's runways and will for sure make their way to the masses in no time.





## DEEP SIDE PART

The middle or side part debate has been shut down by collections such as the Tommy Hilfiger Fall/Winter 2022 runway show. The deep side part look dominated the show and solidified this hairstyle's elite status.



## SLICKED BACK

Sleek and structured is also a recurring theme of the season. It's safe, classic, and doesn't draw too much attention away from a look.





# *Again...* Madonna Re-Invents Herself with a New Look

*Amenna Daayo*

**T**he Queen of Pop, Madonna, who is currently 64 – (but doesn't look it), left fans surprised and other celebrities talking in hushed voices when she took to the stage at the Grammy Awards 2023 to deliver a speech ahead of an electric performance by Sam Smith.

Anyone who knows Madonna knows that she is no stranger to invention – she has reinvented

herself more times than Doctor Who, but Madonna's latest look has left fans concerned.

A Twitter user spoke the mind of everyone when she tweeted that "If they didn't announce that it was Madonna I'd have no idea who this person presenting at the Grammy's was."

To many critics, it is obvious that Madonna has touched up different parts of her body, but the Queen of Pop insists she has never admitted

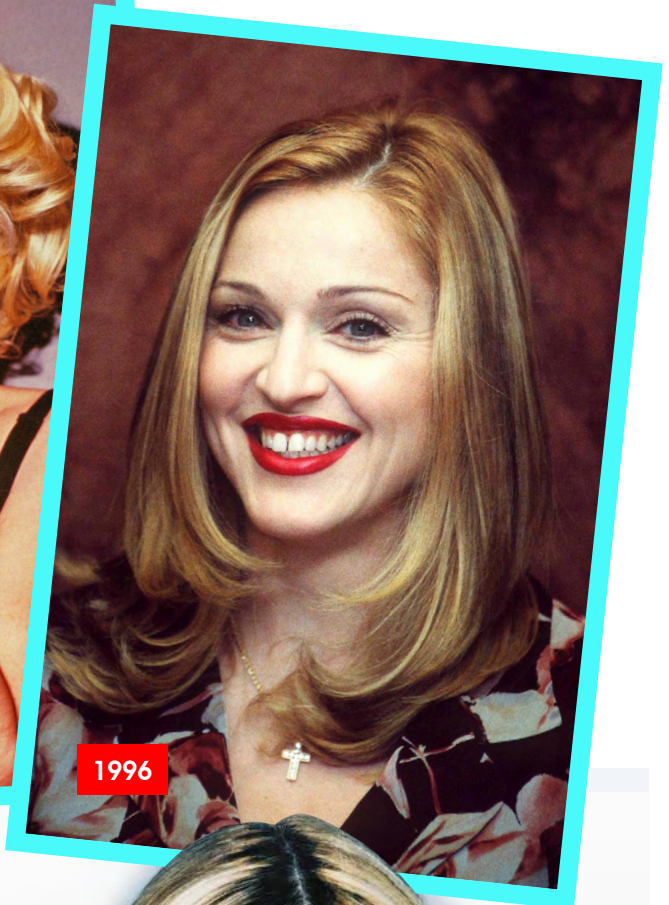




1990



1992



1996



1999



2001





2008



2012



2013



2021

to having work done on her face, telling the press in 2012: "I am certainly not against plastic surgery.

However, I am absolutely against having to discuss it."

It is highly suspected she has had collagen implants, Botox, and facial peels. In 2019, following a performance on New Year's Eve at New York's Stonewall Inn, it was widely speculated Madonna had butt implants.

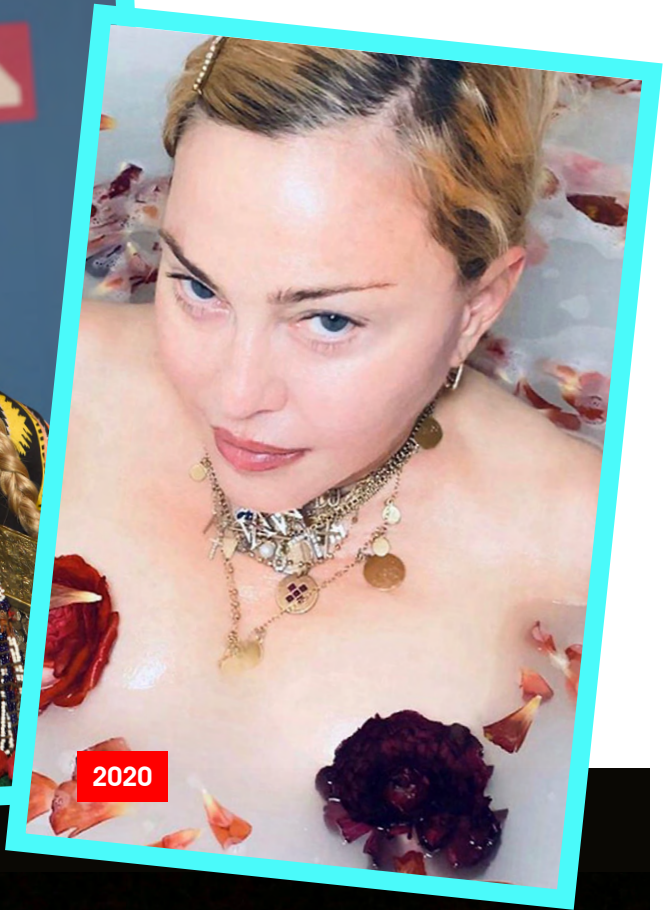
In response to the claims, Madonna said in a post: "Desperately seeking no one's approval... and entitled to free agency over my body like everyone else!"

To others, if Madonna is not engaging in plastic surgery, then she is definitely an alien. The singer got more associated with the term last year after some fans claimed Madonna looked like an "alien" in a teaser for her Frozen Remix music video.

The new look, as we saw at the Grammys, has got everyone talking again, especially as it juxtaposes with her look over the years.

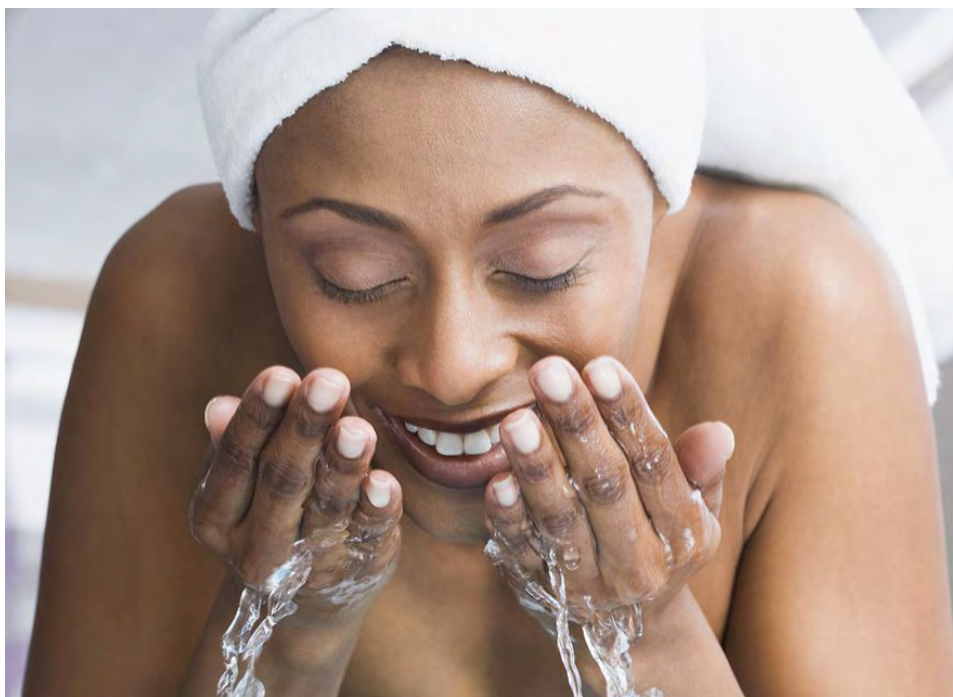
Now we take a look back at Madonna's changing face over the years.







# How to Build the Perfect Skin Care Routine



Sasha Bokamoso

**I**t's not enough to have good skin-care products: For your products to be most effective, you also need to apply them in the correct order.

Your routine will depend on your skin type, the ingredients and formulations of your products, and the time of day. A good rule of thumb, though, is to apply in order of texture, from thinnest to thickest, since thin products won't be able to penetrate thicker ones.

**Whether you have a three- or nine-step routine, there's one thing anyone can do to improve their skincare, which is to apply products in the right order. No matter your skin concerns, you'll want to start with a clean, toned base, then apply concentrated, active ingredients, and finish by sealing in moisture—and, of course, SPF in the daytime.**

**Here are the steps for a good skincare regimen:**

## WASH YOUR FACE

Morning and night, rinse your face with water and rub a small amount of gentle cleanser between clean palms. Massage face wash all over your face using gentle pressure. Rinse your hands and massage your face with water to rinse your face until you've removed the cleanser and grime. Gently pat your face dry with a soft towel. If you wear makeup, you may need to cleanse twice at night. First, remove your makeup with cleansing oil or micellar water. Try leaving dedicated eye-makeup removers on for a couple of minutes to allow the makeup to come off more easily and avoid rubbing your eyes. Follow up with a full-face gentle cleanse.





## APPLY SERUM

Morning is a great time to use a serum with antioxidants—like a brightening vitamin C serum—because they protect your skin from free radicals you'll encounter throughout the day. Nighttime is a good time to use a moisturizing serum with hyaluronic acid, which keeps your skin from drying out at night, especially if you're using anti-aging or acne treatments that can irritate and dry out the skin. Serums can also contain exfoliants such as alpha-hydroxy acids (AHA) or lactic acid. Whatever you're using, always remember: Water-based serums should go underneath moisturizer; oil-based serums should be applied after moisturizer.



## USE SPOT TREATMENT

It's a good idea to use acne spot treatments at night, when your body is in repair mode. Be wary of layering acne-fighting ingredients like benzoyl peroxide or salicylic acids with retinol, which can cause irritation. Instead, make sure you're doing the most to keep skin calm and hydrated.



## APPLY EYE CREAM

You can apply regular moisturizer to your under-eye area, but if you decide to use a specialized eye cream, you'll typically want to layer it underneath moisturizer, since eye creams tend to be thinner than face moisturizers. Try using an eye cream with a metal roller-ball applicator and storing it in the fridge to counteract puffiness in the morning. Using a hydrating eye cream at night can cause fluid retention that makes eyes look puffy in the morning.



## APPLY FACE OIL

If you use face oil, make sure to apply it after your other skin-care products since nothing else will be able to penetrate the oil.



## APPLY SUNSCREEN

It may be the last step, but nearly any dermatologist will tell you that sun protection is the most important part of any skin-care regimen. Protecting your skin from UV rays can prevent skin cancer and signs of aging. If your moisturizer doesn't contain SPF, you still need to wear sunscreen. For chemical sunscreens, wait 20 minutes before going outside for the sunscreen to be effective. Look for broad-spectrum SPF, meaning that your sunscreen protects from both UVA and UVB radiation.

## MOISTURIZE

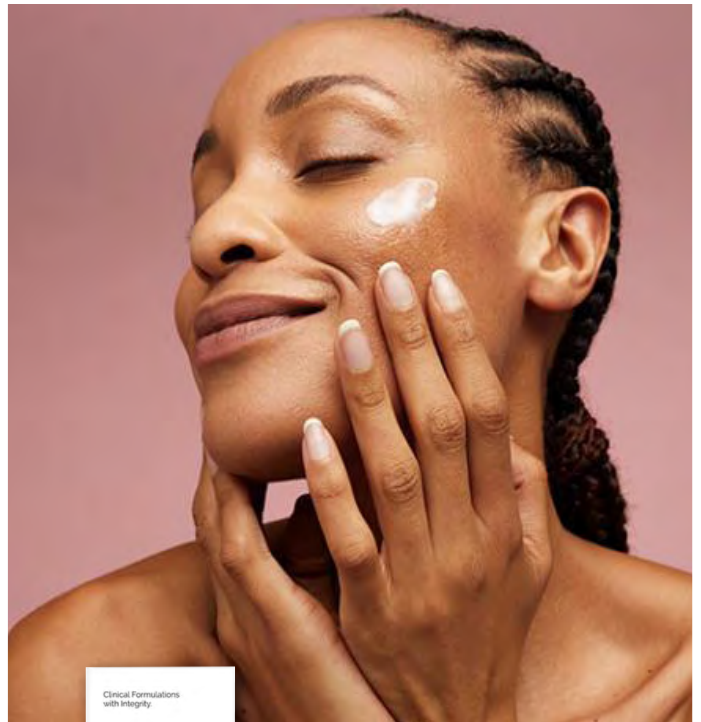
Moisturizer both hydrates skin and locks in all the other layers of product you've applied. Look for a lightweight lotion for the morning, ideally with SPF 30 or higher. In the evening, you can use a thicker night cream. Those with dry skin may want to use a cream morning and night.





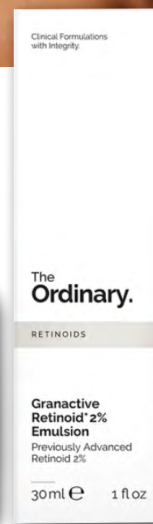
## APPLY TONER

If you use toner, apply after cleansing your face and before everything else. Pour a few drops of toner into your palms or a cotton pad and gently swipe onto your face. If your toner is exfoliating—meaning that it removes dead skin cells with ingredients like glycolic acid—use only at night. Hydrating formulas can be used twice a day. Do not use exfoliating toner and retinoids or other exfoliators at the same time.



## APPLY RETINOID

Retinoids (vitamin A derivatives including retinol) can reduce dark spots, breakouts, and fine lines by increasing skin-cell turnover, but they can also be irritating, especially for sensitive skin. If you use retinoids, know that they break down in the sun, so they should only be used at night. They also make your skin extra-sensitive to the sun, so sunscreen is a must.







NIKE MESH-  
PANELED  
LEGGINGS



VAARA  
BONDED  
SPORTS  
LEGGING



YEAR OF  
OURS RIBBED  
FOOTBALL  
LEGGINGS



# 20 Best Workout Leggings that Would Make Working Out a Fun-Fashion Affair

Karissa Franklin & Dr. Nkechi Omosun

**E**very year, you tell yourself, “new year, new me,” but this year, you’re serious. The vision boards are ready, the sneakers are laced, and now you just need the perfect workout clothes to slay any gym look.

Your perfect workout leggings will feel custom-made for you and support all your

body goals. There are numerous styles to meet your every gym need, like moisture-wicking fabric for those intense sweat days and double-lining to prevent anything from peeking through.

You may want to show off those glutes, but I don’t think you mean like that. Those fleece-lined leggings will be your best





*friend when you hit the streets during those chilly winter months. You can never own too many pairs when it comes to your comfort and style.*

*We live in our athleisure, so our workout leggings have to work for the gym and errands without completely issuing an outfit change.*

*Here, we have listed the best workout leggings that would make working-out a fun-fashion affair.*



GAP POWER  
SPLIT-HEM  
LEGGING

SWEATY ROCKS  
ANKLE-TIE  
LEGGINGS

GYMSHARK WHITNEY  
HIGH RISE LEGGING



CALVIN KLEIN  
STIRRUP LOGO  
LEGGINGS

SWEATY ROCKS  
ANKLE-TIE LEGGINGS

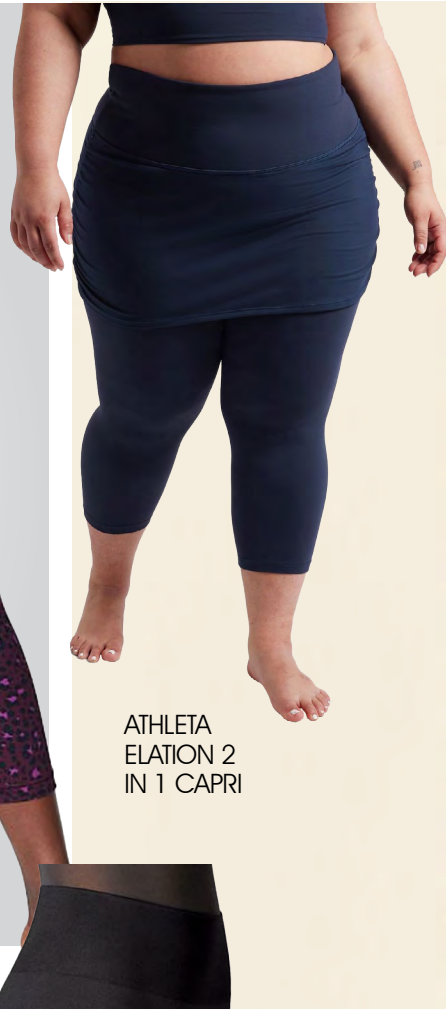
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MATERNITY  
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# Cape Town:

## The City that Ignites Loves

### *Praise David*

**Cape Town is a port city in South Africa located on a peninsula beneath the imposing Table Mountain. Slowly rotating cable cars climb to the mountain's flat top, from which there are sweeping views of the city, the busy harbor, and boats heading for Robben Island, the notorious prison that once held Nelson Mandela, which is now a living museum.**

**As a port city nestled right on the coast of the Atlantic Ocean, there are many incredible beaches for people to enjoy and endless amounts of fantastic seafood for consumption. Cape Town is a popular location for tourists and is one of the three capitals of South Africa.**

**Being home to iconic mountain ranges, stunning natural wonders, thrilling landscapes, and ocean vistas, Cape Town offers no shortage of adventures. Known as the adventure capital of South Africa, the lifestyle of locals and visitors alike centres around the outdoors and an active lifestyle uniquely crafted for lovers.**

**Over the years, Cape Town has become a city that ignites love and a choice destination for overs and tourists across the globe. Here are the reasons why...**



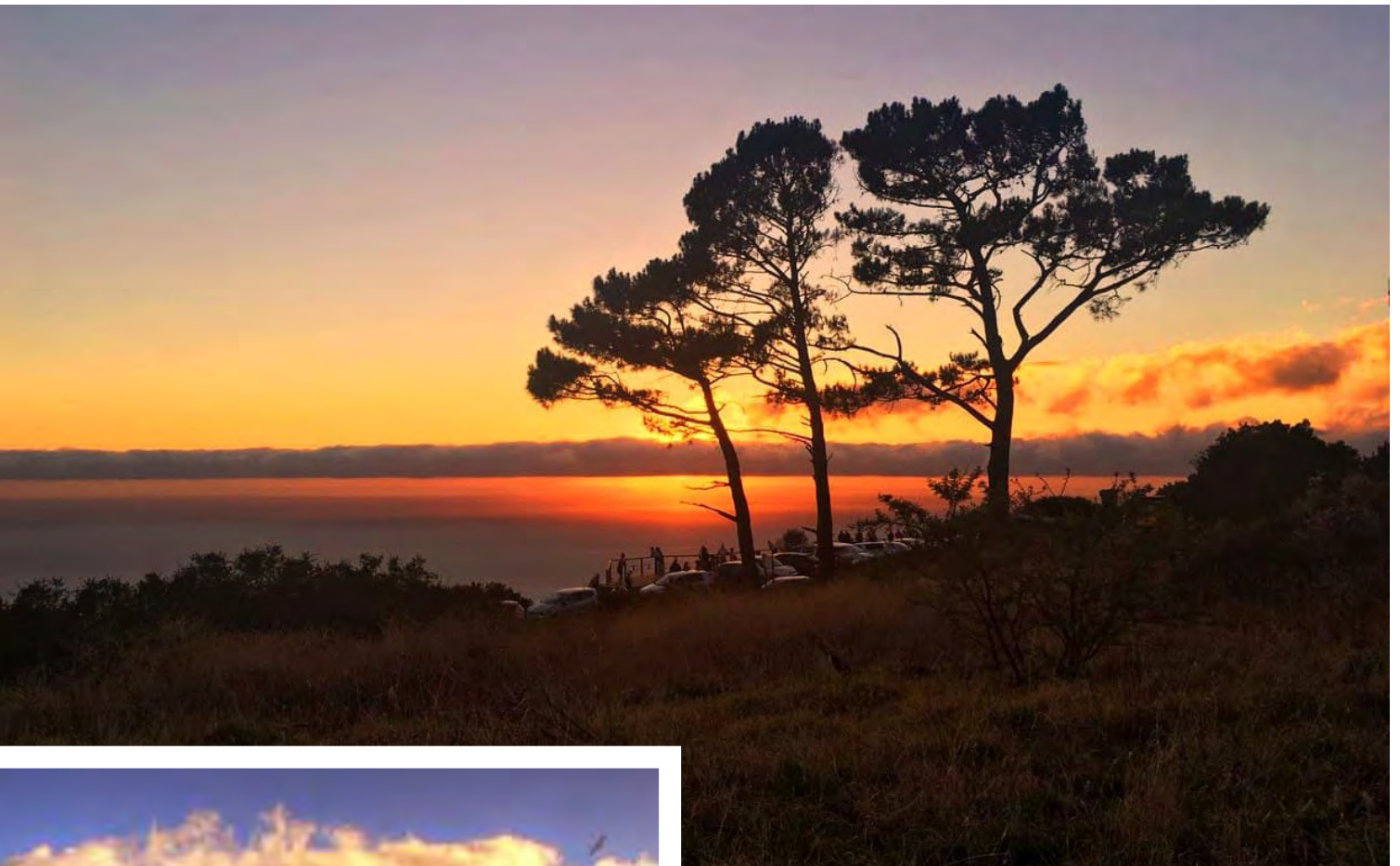














# How To Prepare The Perfect Egusi Soup At Home

*By Chef Amaka*



**A** Egusi is a West African name for the seeds of plants like squash, melons, and gourds that, when dried and ground, become a staple ingredient in many West African dishes.

Particularly, in Nigerian culture, egusi is popular with pounded yam. These seeds are rich in fat and protein, and add these essential nutrients into West African Cuisine.

Nigerian Egusi Soup is a soup thickened with ground melon seeds and contains leafy and other vegetables.

It is one of the most popular soups prepared by most tribes in Nigeria with considerable variation and often eaten with dishes like Pounded Yams. Prepare it with goat, beef, fish, or shellfish!







## RECIPE

- 1 cup blended onions (about 3- 5 and fresh chillies, to taste)
- 4 cups egusi (melon seeds, ground or milled)
- 1/2 – 1 cup palm oil
- 2 teaspoons fresh Une (Iru, locust beans)
- Salt (to taste)
- Ground crayfish (to taste)
- 7– 8 cups stock
- Cooked Meat & fish (quantity and variety to personal preference)
- 2 cups cut pumpkin leaves

- 1 cup waterleaf (cut)
- 3 tablespoons bitter leaf (washed)

## EGUSI PASTE

Prepare the egusi paste:

Blend egusi seeds and onion mixture. Set aside.

## MAKE THE SOUP

- In a large pot, heat the palm oil on medium for a minute and then add the Une.
- Slowly add the stock and set on low heat to simmer.
- Scoop teaspoon size balls of the egusi paste mixture into the stock. Be sure to keep ball shape.

- Leave to simmer for 20 – 30 minutes so the balls cook through.
- Add the meat and fish and other bits which you'd like to use.
- Add cut-up pumpkin leaves.
- Add the waterleaf.
- Stir and put a lid on the pot and allow to cook for 7–10 minutes, till the leaves wilt.
- Add the bitter leaf. Leave the lid off while the cooking finishes for another 5-10 minutes.
- Stir, check seasoning and adjust accordingly.



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Contributing to conversations on contemporary fashion, dining, beauty, wellness, music, and movies; our goal is to positively shape the conversation on these topics in a way that informs, inspires, empowers, and ultimately entertains Nigerian and African women.

Glamsquad is for the sophisticated, tasteful, yet fun-loving woman.

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