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Joy Omewa: Super Falcons goal machine making headlines in WSL



TRAVEL

How Nigerians can explore 20 African countries in a month

Currency



EDUCATION

Skills Over Degrees: The New Currency of the UK and EU Labour Markets

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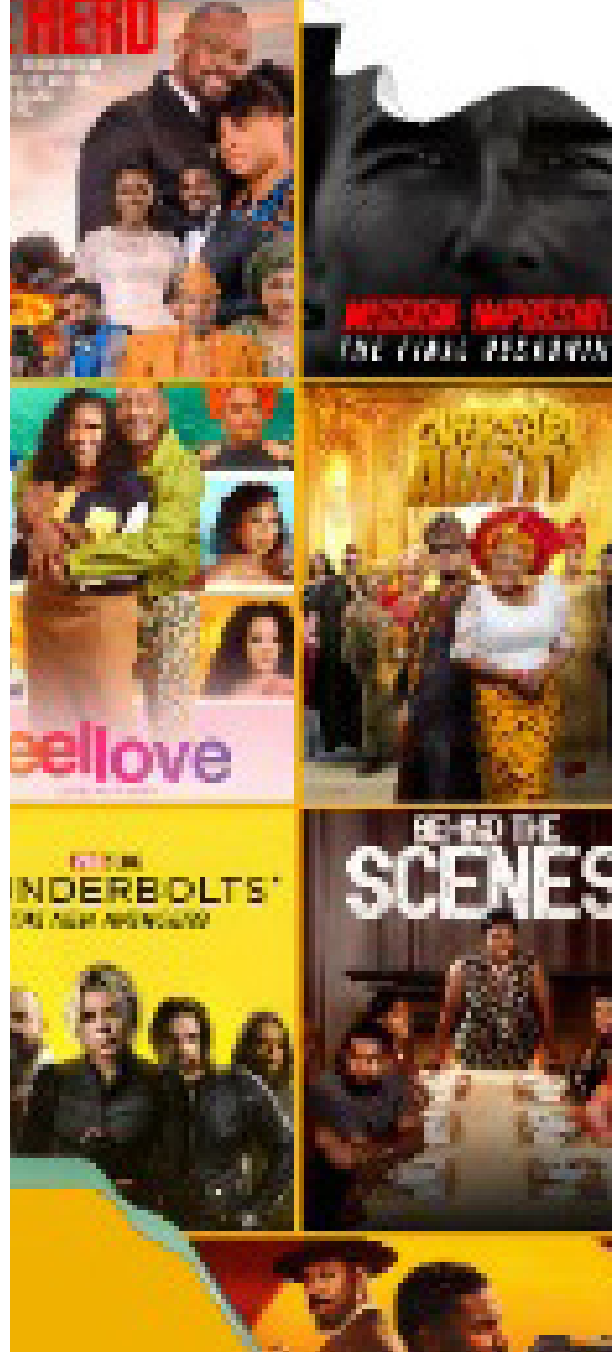
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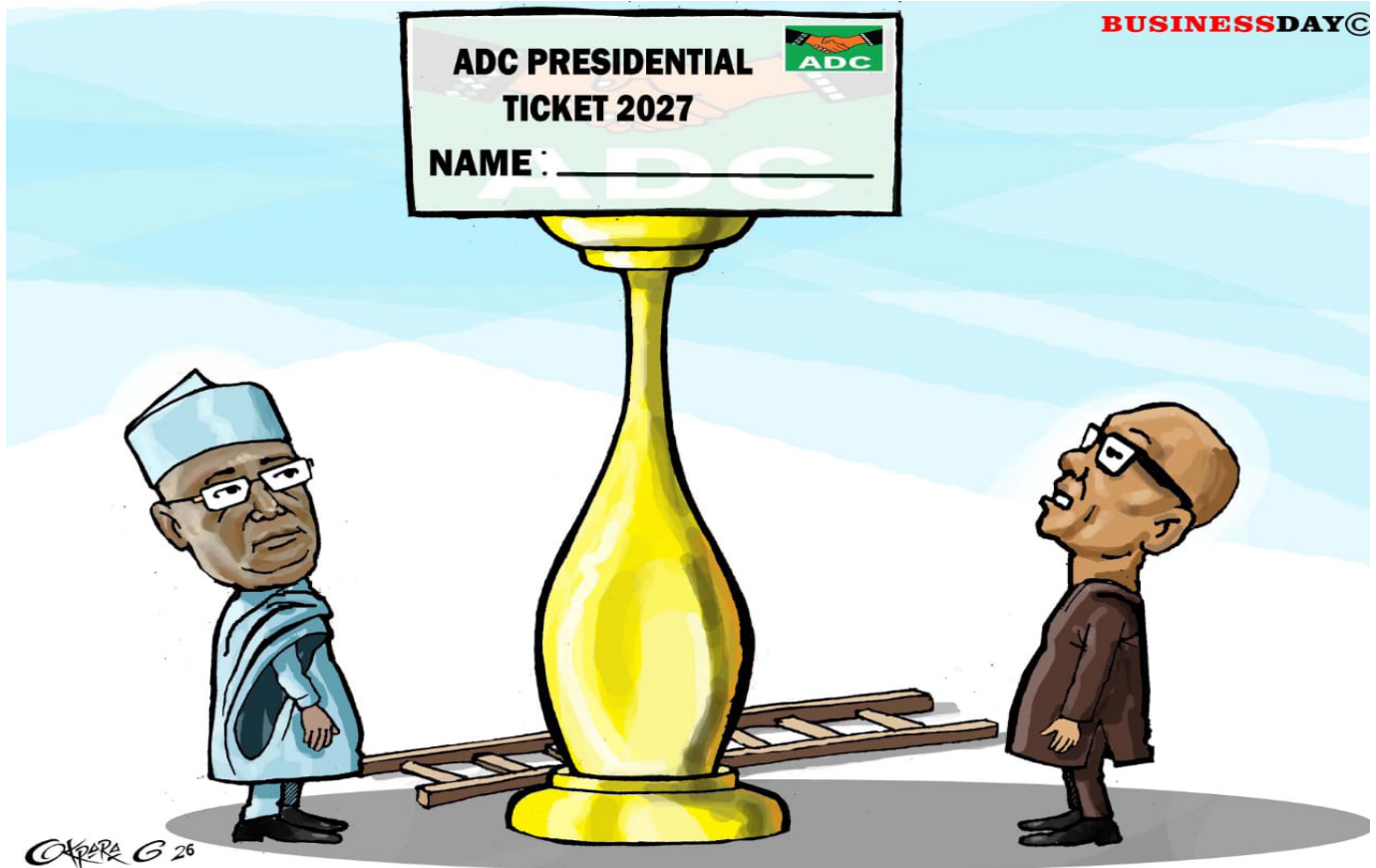
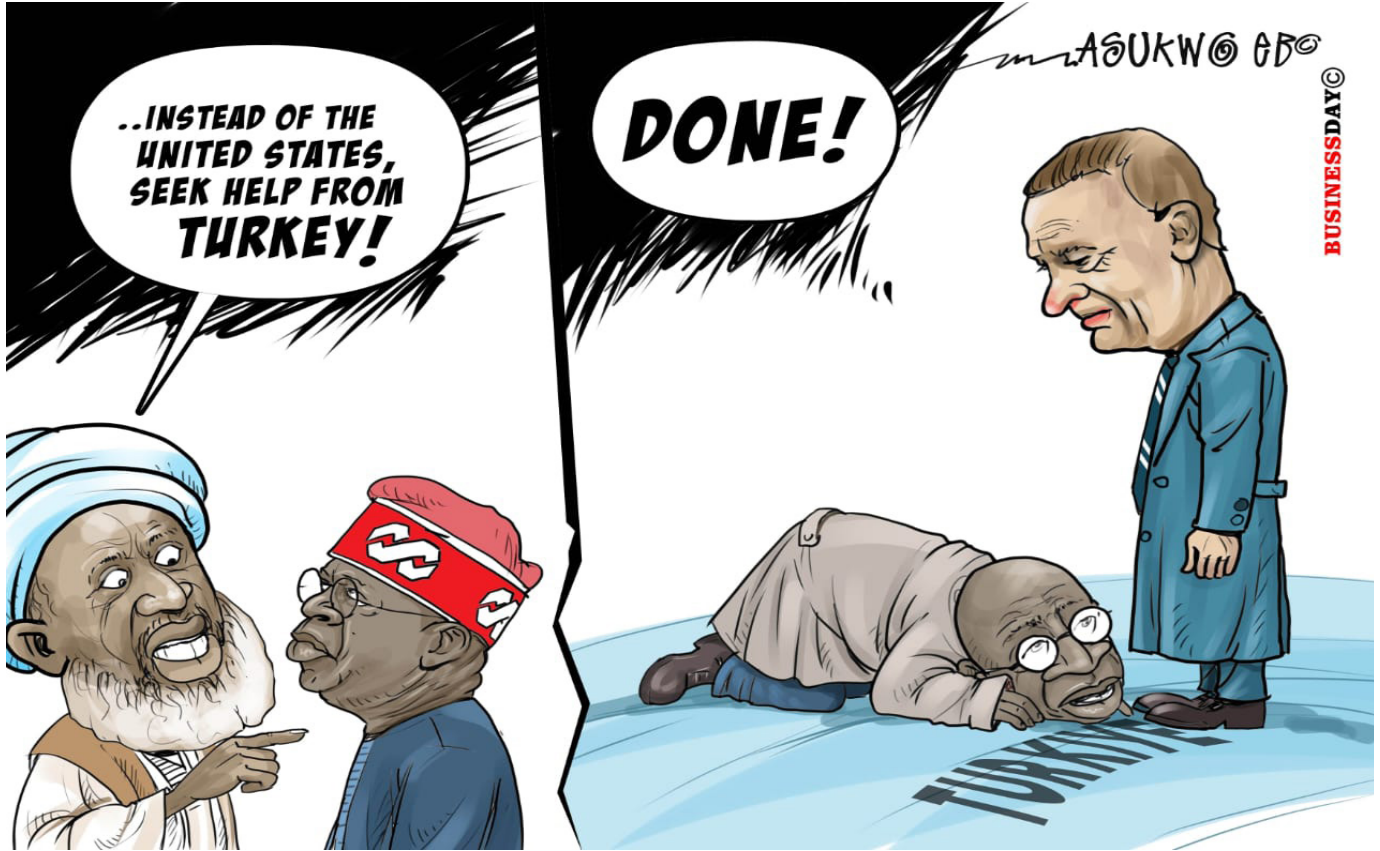
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JOY OMEWA: SUPER FALCONS GOAL MACHINE MAKING HEADLINES IN WSL

ANTHONY NLEBEM



Super Falcons forward Joy Omewa has become the latest Nigerian star to make waves in English women's football after completing a high-profile move to Nottingham Forest Women, marking a major milestone in her rapidly rising career.

The 23-year-old striker joined Forest from Danish giants Fortuna Hjørring, signing a contract that runs until the end of the 2025/26 season. The move sees Omewa step into the spotlight of the Women's Super League 2 (WSL2), as Nottingham Forest push for promotion and greater relevance in England's women's game.

From Denmark to England Omewa arrives in England with an impressive pedigree. During a prolific three-year spell at Fortuna Hjørring, she scored 52 goals in 85 league appearances, establishing herself as one of the most consistent finishers in Scandinavian women's football. Her time in Denmark was decorated with silverware, including two Danish Women's Cup titles and the Kvindeligaen league crown in the 2024/25 season.

Her performances did not go unnoticed. Omewa was a key figure in Fortuna's domestic dominance and earned widespread praise for her movement, composure in front of goal and ability to deliver in high-pressure moments.

Forest's New Attacking Weapon
Nottingham Forest confirmed Omewa's signing this week, with head coach Carly Davies expressing excitement about the Nigerian international's arrival.

"We are absolutely thrilled to welcome Joy Omewa to Nottingham Forest," Davies said.

"Joy's incredible goalscoring prowess speaks for itself. She's a dynamic forward with a natural instinct in front of goal, and her ability to score consistently makes her a fantastic addition to our squad.

"She's exactly the type of player who can help us push forward and achieve our ambitions."



Forest are currently sixth in WSL2, level on points with Newcastle United, and face a demanding run of fixtures against promotion contenders Birmingham City and Charlton Athletic. Omewa's arrival is viewed as a timely boost as the club looks to climb the table.

A Journey Rooted in Nigeria

Omewa's rise has been shaped by steady progression. She began her football journey in Nigeria with Confluence Queens, where her raw talent quickly stood out. In April 2021, she moved to Denmark to join Boldklubben af 1893 (B.93), scoring three goals in nine appearances and earning a swift promotion to the top tier with Fortuna Hjørring later that year.

Across her European journey, Omewa has matured into a complete forward—combining physicality, intelligence and a ruthless edge in the final third.

Super Falcons Recognition

At the international level, Omewa has represented Nigeria at the U-17 and U-20 levels before making her senior Super Falcons debut. She has since earned two caps and featured in Nigeria's two-legged victory over Benin, which secured qualification for the 2026 Women's Africa Cup of Nations (WAFCON).

'An Ambitious Club'

Speaking after completing her move, Omewa said Nottingham Forest's vision played a decisive role in her decision.



"I am delighted to sign for Nottingham Forest," she said.

"It's an ambitious club, and I'm excited to be part of this team. I can't wait to get started, and I believe I can add a lot to an already talented group here."

Beyond the pitch, Omewa also becomes the latest Nigerian player associated with Nottingham Forest, following in the footsteps of Ola Aina and Taiwo Awoniyi on the men's side.

As she begins this new chapter in England, expectations will be high. For Joy Omewa, the challenge is clear: translate her prolific European form into the English game and help power Nottingham Forest's push for promotion, while continuing her ascent as one of Nigeria's brightest attacking talents.

HOW NIGERIANS CAN EXPLORE 20 AFRICAN COUNTRIES IN A MONTH

CHISOM MICHAEL



From Morocco, travellers can fly to Egypt. A sticker visa can be obtained on arrival, while boarding clearance is required before flying.

From Egypt, the tour moves to Tanzania using Ethiopia Airlines. Travellers can explore Addis Ababa during the stopover. An e-visa for Tanzania can be obtained through an authorised agent before departure. From Tanzania, travellers can fly to Rwanda, which is visa free. The next stop is Uganda, where an e-visa can be obtained online.

Nigerians who want to explore Africa can plan a one-month tour covering 20 countries with little or no visa restrictions. The journey can begin from Nigeria.

Travellers can start by road, heading first to Benin. Nigerians do not need a visa to enter. From Benin, the next stop is Togo, which is also visa-free. The journey continues by road to Ghana, where Nigerian travellers can enter without a visa.

From Ghana, the next destination is Côte d'Ivoire. Nigerians can obtain a visa on arrival, making it the fifth country on the tour. From Côte d'Ivoire, travellers can fly to Senegal. No visa is required to enter Senegal. From Senegal, the tour can continue to The Gambia, which also allows entry without a visa.

The next destination is Cape Verde. Travellers can obtain the airport clearance document online prior to departure. From Cape Verde, the journey continues to Morocco. Nigerians can secure either an e-visa or a sticker visa before travel.

From Uganda, travellers can fly to Kenya. Entry is visa free, making Kenya the 15th country on the tour. From Kenya, the journey continues to Mauritius, where a visa on arrival is available. From Mauritius, travellers can fly to Seychelles. Travel authorisation can be arranged online prior to travel.

From Seychelles, the next destination is Madagascar. A visa on arrival is available. From Madagascar, travellers can fly to Namibia. Nigerians can obtain an e-visa or a sticker visa before departure. The final stop is South Africa. Entry requires either a sticker visa or an e-visa. South Africa is the 20th country on the tour.

After completing this itinerary, travellers can return to Nigeria and prepare for visits to the remaining African countries. This route allows Nigerians to explore multiple regions of Africa efficiently, using a combination of road travel and flights, with visas arranged online or on arrival.

SKILLS OVER DEGREES: THE NEW CURRENCY OF THE UK AND EU LABOUR MARKETS

IFEOMA OKEKE-KORIEOCHA

Skills as Currency



The 2026 job market is defined by a “Twin Transition”—the simultaneous shift toward a Digital and Green economy.

While general hiring has stabilized, “skills-first” recruitment is at an all-time high. Employers are no longer just looking for a “Software Developer”; they are looking for a developer who understands AI Ethics or Green Coding.

Based on recent data, the job markets in the UK and Europe are experiencing significant demand for skilled professionals, driven by digital transformation, an aging population, and a push toward green energy. Over five million job vacancies exist in Europe, with a high demand for roles in technology, healthcare, and engineering. Here are seven occupations in the

UK and Europe till date:

1. Software Developers and Engineers (IT)

Digital transformation has evolved. In 2026, over 76 percent of businesses have expanded their AI investments.

It’s not just about writing code anymore. The hottest roles are AI Interaction Specialists and Prompt Engineers who bridge the gap between human intent and machine output.

Salary Insight: In London, senior AI specialists are commanding premiums of 56 percent over non-AI roles, with salaries often exceeding £120,000.

Rapid digital transformation makes full-stack developers, software architects, and Java/JavaScript specialists critical in both the UK and EU. These professions are extremely high demand, especially in fintech and e-commerce.

2. Healthcare Professionals (Doctors, Nurses, Care Workers):

With Europe's aging population reaching a tipping point, healthcare is the most "recession-proof" sector.

The Context: The UK's NHS entered 2026 with over 110,000 vacancies. This has led to "Fast-Track" visa sponsorships for international nurses and care managers.

3. Data Scientists and Analysts

Data is the "new oil," but in 2026, it's also heavily regulated.

The Context: With the full enforcement of the EU AI Act, companies are desperately hiring Data Governance and AI Ethics Specialists to ensure their algorithms don't violate new privacy laws.

The Shift: Data Scientists are moving from "finding data" to "measuring impact," particularly in ESG (Environmental, Social, and Governance) reporting.

Companies are prioritizing data-driven decision-making, requiring experts in AI, machine learning, and data visualization.

Outlook: High demand, particularly in London's financial sector and EU tech hubs.

4. Renewable Energy: The "Green Collar" Workforce:

As the UK pushes for its "Clean Energy Superpower" status, green jobs are growing twice as fast as the rest of the economy.

There is a massive need for Grid Modernization Engineers and Wind Farm Technicians. "Green" roles currently enjoy a 23 percent pay premium compared to traditional engineering roles due to the extreme talent scarcity.

5. Skilled Trades: The "Modern Artisan"

There is a massive "retirement cliff" in the trades. In the UK alone, nearly 1 million new recruits are needed by 2032 to meet housing and green energy goals.

Plumbers and electricians are now being retrained as Heat Pump Installers and EV Charging Point Technicians.

6. Logistics & Supply Chain: Resilience Specialists:

Post-Brexit and amidst global tensions, supply chains are being "reshored."

The Demand: It's no longer just about truck drivers; it's about Supply Chain Analysts who use AI to predict disruptions before they happen.

In the UK, the shortage of HGV drivers remains a strategic priority, leading to significantly higher wages and signing bonuses compared to five years ago.

7. Sales and Marketing Professionals (Digital Marketing, Business Development):

The boom in e-commerce and digital services requires specialists in SEO, content marketing, and business development. The demand for digital growth experts has continued to increase.

HOW A NIGERIAN TECH FOUNDER IS REDEFINING GLOBAL DIGITAL INFRASTRUCTURE INTELLIGENCE

FAVOUR OKPALE





At a time when nations are investing billions in digital connectivity, a critical gap remains, understanding how infrastructure truly functions as a system. Ogaba Joseph Attah, Nigerian-born technology leader is working to close that gap through a new category of innovation known as Infrastructure Intelligence.

Now based in the United Kingdom, Attah is the Founder and CEO of Nexintell Ltd, a technology company building advanced decision systems for governments, regulators, and infrastructure operators.

Its flagship platform, Infralytics-GIIS (Global Infrastructure Intelligence System), is designed to help institutions make better decisions about where and how digital infrastructure is built, governed, and financed.

For Attah, the journey began far from boardrooms and data centres. Growing up in rural Nigeria, he developed an early fascination with technology by dismantling broken radios to understand how unseen signals could carry sound across distances.

That curiosity evolved into a career dedicated to building and improving the invisible systems that now underpin modern economies.

Between 2018 and 2025, Attah served as Founder and CEO of Evolve Digital Africa, where he led infrastructure programmes delivering more than 150 kilometres of fibre-optic networks and connecting over 1,000 homes, schools, enterprises, and government institutions.

His work also extended beyond Nigeria, including participation in the development of a secure, IoT-enabled correctional facility in Equatorial Guinea, in collaboration with technology partners from Kenya, Israel, and Germany.

Alongside infrastructure delivery, Attah has invested heavily in human capital development. Over the past decade, he has trained and mentored more than 2,000 young professionals in fibre optics, networking, and digital skills, contributing to the growth of Africa's emerging technology workforce.

However, his experience exposed a deeper systemic issue: while infrastructure deployment is accelerating globally, decision-makers often lack the integrated intelligence needed to deploy capital efficiently.

"Industry studies estimate that as much as \$700 billion in telecommunications infrastructure worldwide is underutilised or duplicated, even as nearly three billion people remain offline.

"This paradox is what Infralytics-GIIS seeks to address. Unlike traditional mapping or reporting tools, the platform is built to model relationships, dependencies, and trade-offs across digital infrastructure systems.

"By turning fragmented data into structured, explainable intelligence, it aims to support more effective planning and investment decisions, particularly as the world seeks to mobilise the estimated \$428 billion required to achieve universal connectivity by 2030," he said

Attah describes the platform's mission as making infrastructure "legible and decision-ready," helping leaders understand not just where assets exist, but how they interact, where vulnerabilities lie, and which investments deliver the greatest social and economic return.

His work reflects a broader shift in how infrastructure is viewed, not merely as physical assets, but as interconnected systems that shape national development, inclusion, and competitiveness.

From dismantling radios in rural Nigeria to designing intelligence systems for global digital infrastructure, Attah's journey illustrates how local curiosity can evolve into solutions with international impact.

As countries across Africa and beyond accelerate their digital transformation agendas, innovations like Infralytics may prove vital in ensuring that connectivity expansion is not only faster, but smarter and more equitable.

10 COMMON KITCHEN HABITS THAT POSE SERIOUS RISKS TO HUMAN HEALTH

ESTHER EMOEKPERE



In many homes, the kitchen is seen as a place of nourishment and routine. Meals are prepared daily, often following habits passed down over time or picked up for convenience. Yet some of these practices persist not because they are safe, but because they are familiar, cheap, or poorly understood.

Across Nigeria and beyond, public health experts continue to flag domestic food preparation as a major source of preventable illness. From chemical contamination to bacterial exposure, the danger often lies in everyday choices made during cooking, storage, and cleaning.

Below are ten common kitchen habits that can significantly harm human health if left unchecked.

Cooking with paracetamol

Using paracetamol as a cooking ingredient, often to soften meat or beans more quickly, is extremely dangerous. Paracetamol is a drug intended for controlled medical use, not heat exposure. When heated, its chemical structure changes and can cause serious liver damage when consumed.

Repeated intake, even in small amounts, increases the risk of organ failure and long term toxicity.

Using dangerous items for fermentation

In some households, detergents, cleaning agents, or kerosene are added during the fermentation of cassava to speed up the process for making akpu or fufu. These substances are highly toxic and are not meant for contact with food. During fermentation, cassava absorbs these chemicals, which are not destroyed by washing or cooking. Consuming food prepared this way can lead to poisoning and long term health problems, including damage to the nervous system, kidneys, and other vital organs.

Cooking food in cellophane or nylon

Cooking or reheating food in cellophane, nylon bags, or thin plastic wrappers is still common. When exposed to heat, these plastics release chemicals that migrate into food. Several of these substances have been linked to hormonal disruption and increased cancer risk. The practice is especially dangerous with oily or acidic foods, which absorb chemicals more easily.

Using tyres for roasting meat

Roasting meat with burning tyres introduces toxic substances directly into food. Tyres contain heavy metals and synthetic chemicals that release poisonous smoke when burned. These toxins settle on meat and enter the body when eaten, increasing the risk of respiratory disease, cancer, and long term organ damage.

Using “Sniper” to preserve beans

The use of Sniper, a pesticide, to preserve beans or kill weevils is extremely poisonous. Even small residues can cause acute poisoning, organ failure, or death. Washing or cooking does not reliably remove the chemical. This practice remains one of the most dangerous food handling habits and has been linked to multiple fatalities.

Poor waste management in the kitchen

Allowing rubbish, food scraps, or dirty dishes to accumulate creates an ideal environment for flies,

rodents, and bacteria. These pests spread pathogens that contaminate surfaces and food. Poor waste management also increases the risk of gastrointestinal infections and food poisoning, especially in warm conditions.

Reusing cooking oil excessively

Reusing oil until it becomes thick, dark, and greasy produces free radicals. These compounds are linked to inflammation, cardiovascular disease, and certain cancers. Each reheating cycle increases toxicity, especially at high temperatures. Regular consumption of food cooked in degraded oil poses cumulative health risks.

Not cleaning the fridge regularly

A fridge that is rarely cleaned can harbour bacteria, mould, and spoiled food. Leaking liquids from raw meat or expired items contaminate other foods. Low temperatures slow bacterial growth but do not stop it. Without regular cleaning and proper food separation, the fridge becomes a source of cross contamination.

Excessive use of seasoning cubes

Seasoning cubes and powders often contain very high levels of sodium and additives. Excessive intake contributes to high blood pressure, kidney strain, and increased risk of heart disease. Because these seasonings are added routinely, many households consume far more salt than recommended without realising it.

Using dirty kitchen cloths and sponges

Kitchen clothes and sponges are often used repeatedly without proper washing. They trap moisture and food particles, allowing bacteria to multiply rapidly. Wiping surfaces or utensils with contaminated cloths spreads germs across the kitchen, increasing the risk of illness.

5 LAGOS MARKETS WHERE FOODSTUFFS ARE SURPRISINGLY CHEAPER

ESTHER EMOEKPERE



Food prices in Lagos continue to put pressure on household budgets. While supermarkets and small neighbourhood shops offer convenience, they often reflect higher costs driven by rent, logistics, and multiple layers of reselling. Traditional markets that operate as major supply and redistribution centres still provide better value for food buyers.

These markets remain affordable because of high turnover, access to bulk supplies, and their strategic locations within Lagos's food distribution network.

Below are five Lagos markets where foodstuffs are cheaper, with each market's location and key products woven into how they operate.

Mile 12 Market

Mile 12 Market is located in Kosofe Local Government Area, along Ikorodu Road, and is widely recognised as Lagos's main gateway for fresh produce from northern Nigeria. Trucks arrive daily carrying tomatoes, peppers, onions, beans, and grains, making the market a critical link between northern farms and Lagos consumers.

The market is best known for tomatoes and peppers, which are often cheaper here than anywhere else in the city. Because many traders operate at wholesale level and aim to sell quickly to avoid spoilage, prices are competitive and negotiable. Even shoppers buying smaller quantities benefit from the sheer volume of supply and rapid turnover.

Oyingbo Market

Situated on the Lagos Mainland, close to Lagos Island, Oyingbo Market serves as a major food supply point for Island communities. Its location reduces transportation costs for traders moving goods into high demand areas, which helps keep prices more stable than in smaller Island markets.

Oyingbo Market is known for fresh vegetables, spices, dried peppers, grains, smoked fish, and palm oil. It functions as both a wholesale and retail market, with large early morning sales to traders followed by retail activity later in the day. Buyers who shop early often get better prices before goods are broken down and resold.

Daleko Market

Daleko Market is located in Mushin Local Government Area and is widely regarded as Lagos's main wholesale market for grains and dry food items. Many retailers across the city source their stock from Daleko before selling to end consumers at higher prices.

The market is especially known for rice, beans, maize, millet, sorghum, and groundnuts. Because most transactions happen in bulk, prices per unit are lower. Although Daleko primarily serves traders, individual shoppers can still save money by buying slightly larger quantities than usual or shopping alongside bulk buyers.

Iyana Iba Market

Iyana Iba Market is located in Ojo Local Government Area along the Badagry axis, an area that benefits from proximity to farming communities in Ogun State. This geographic advantage significantly reduces transportation costs for fresh produce entering the market.

The market is known for vegetables, cassava, plantain, maize, fruits, and other locally grown foodstuffs. Because much of the produce is sourced nearby, prices tend to be more stable and less affected by fuel or haulage costs. Iyana Iba is particularly popular with households seeking fresh food at lower prices without travelling to central Lagos.

Oshodi Market

Located in Oshodi-Isolo Local Government Area on the Lagos mainland, Oshodi Market sits at one of the city's busiest transport junctions. This location makes it a natural entry and exit point for food supplies coming from different parts of the country. As a result, the market handles a wide range of foodstuffs daily.

Oshodi Market is known for its variety. Traders sell rice, beans, yam, garri, palm oil, vegetables, tomatoes, peppers, and dried foods in large volumes. The steady inflow of goods and the high number of sellers create strong competition, which keeps prices relatively low. For buyers, especially those shopping early in the morning, Oshodi offers both freshness and value.

VALUES-BASED LEADERSHIP: ALIWA CONVENES NATIONAL LEADERS TO REIMAGINE GOVERNANCE

CHARLES OGWO



At a time when trust in leadership is being tested, the African Leadership Initiative West Africa (ALIWA) gathered national leaders together for an honest conversation about what leadership should truly stand for, and why values must come first.

In its quest to enthrone values-driven and ethical leadership in Nigeria, and sub-Saharan African countries, ALIWA hosted its inaugural National Leadership Dialogue (NLD) in Lagos, bringing together leaders from public service, business, finance, technology, entrepreneurship, civil society, and media to reflect on the future of leadership in Nigeria.

The inaugural dialogue which was held under the theme: “Reimagining Leadership in a Changing World,” provided a space for leaders to explore the personal values, institutional frameworks, and collaborative approaches needed to navigate today’s complex social, economic, and governance challenges.

Soji Apampa, president of ALIWA Nigeria, in his address emphasised the importance of values-based leadership. “In times of uncertainty, leadership must be anchored in integrity, clarity, and a shared commitment to practical action, not symbolism.

Platforms like the ALIWA National Leadership Dialogue are critical to shaping leaders who can define reality honestly and work collectively to deliver meaningful change for our country," he said.

Okechukwu Enelamah, ALIWA Fellow, chairman of African Capital Alliance, and former minister of industry, trade and investment in his the keynote address, emphasised that integrity is the cornerstone of leadership.

"Integrity in leadership cannot survive on good intentions alone. It must be reinforced by strong systems, transparency, and accountability, because leadership, when exercised as stewardship, has the power to transform nations," he said.

The dialogue featured two panels: one on building resilient leadership for the 21st century, focusing on ethical decision-making, inclusion, and leading under pressure; the other on building resilient systems through governance, technology, partnerships, and institutional reforms.

Together, these sessions highlighted the need for principled individuals and strong, accountable institutions to drive sustainable national progress.

The event also had sessions such as the 2026 economic outlook by the Nigerian Economic Summit Group (NESG), and an ALIWA Fellow impact presentation by Amina Oyagbola, founder of WISCAR, and Fabian Ajogwu, founder of the Society for Corporate Governance, showcasing the practical impact of ALIWA's work on institutions and communities.

The national dialogue leadership represents a landmark step in ALIWA's mission to nurture values-driven leaders who move from individual success to societal significance.

Through its Fellowship and Youth Leadership programmes, ALIWA equips leaders with the clarity, courage, and networks to translate personal influence into sustainable national impact.

Ayo Maji, the executive director at ALIWA, earlier highlighted the importance of the initiative, when she said; "ALIWA is about moving leaders from success to significance. We are challenging a generation of leaders to look beyond personal achievement and ask a deeper question, what responsibility do I carry to my society?"

"Our fellowship is designed to shape leaders who are grounded in values, committed to ethical decision-making, and prepared to use their influence to strengthen institutions and improve lives."

Besides, she disclosed that a key feature of ALIWA's approach is the emphasis on ventures and initiatives led by Fellows. These ventures, whether social enterprises, policy interventions, or civic initiatives, are designed to translate leadership learning into tangible societal impact.

"By creating programmes, institutions, and initiatives that address community needs, fellows extend the reach of ALIWA's principles beyond individual development, fostering innovation, accountability, and sustainable solutions that strengthen institutions and improve the lives of communities across West Africa," she noted.

ALIWA is part of the Aspen Global Leadership Network, a global community of over 4,000 values-based leaders committed to addressing society's most pressing challenges.

Through its Fellowship and Youth Leadership Programs, ALIWA equips leaders across sectors with the clarity and conviction to move from success to significance.



7 DAILY HABITS TO GROW AND PROTECT YOUR NATURAL HAIR

CHIOMA ONUH

Growing natural hair, especially textured hair, takes patience. Length retention, healthier follicles and smart styling choices that reduce breakage and protect your edges are some of the things you have to consider. Below are evidence-based tips and trending practices you try.

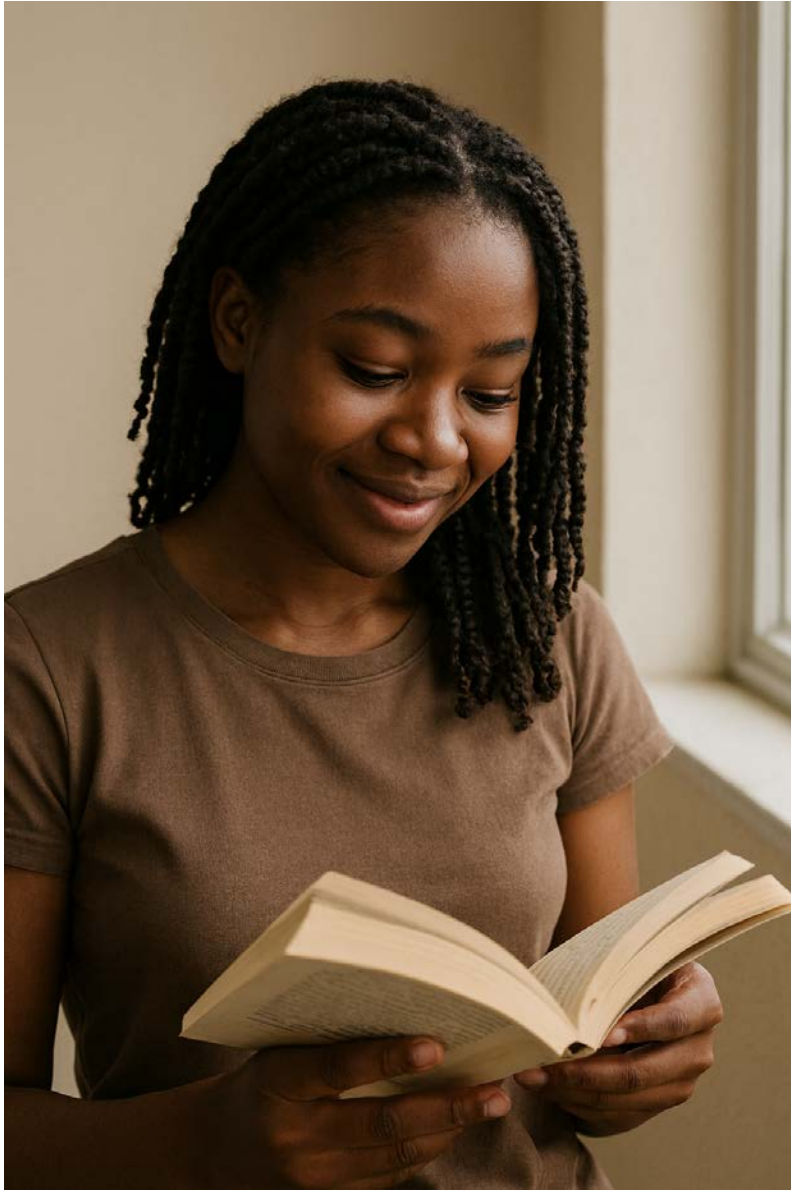
1. Keep your hair moisturised and use the right methods

One of the biggest factors in hair health is hydration. African hair textures tend to be drier because natural oils from the scalp don't travel easily down the hair shaft. Experts recommend methods like LOC (Liquid, Oil, Cream) or LCO (Liquid, Cream, Oil) to lock in moisture effectively. Start with

a water-based leave-in conditioner, then add a light oil (like olive or coconut oil) and finish with a cream or butter such as shea butter. Moisture helps reduce breakage, which makes your hair look like it's "growing" because it retains length better.

2. Use protective hairstyles the right way

Protective styles are called "protective" because they reduce manipulation and friction, which can lead to breakage and slow growth. Styles like braids, cornrows, twists, flat twists and faux locs are shown to help hair retain length when done correctly. Loose, low-tension braids or twists give your hair a break, but tight styles that pull on edges can actually damage them.



So avoid pulling edges too tightly, keep styles moisturised with regular spritzes of water + leave-in and limit styles to 4–6 weeks to avoid dryness and breakage.

3. Treat your edges with extra care

Edges (the hairline) are delicate and prone to thinning from tension. Experts recommend using natural ingredients that support circulation and hydration such as honey, aloe vera, castor oil or olive oil on the edges. Regular, gentle scalp massage increases blood flow to hair follicles, which encourages healthier growth.

Simple home treatments you can try are: Honey mixed with aloe or olive oil applied to edges and rinsed after 20–30 minutes, aloe vera gel on the hairline to soothe steady circulation or castor oil massages 2–3 times a week.

4. Eat for strong hair, it may sound funny but it is true

Your hair reflects your internal health. Hair is mostly made of keratin, a protein... so inadequate protein intake can hinder growth. Eating a balanced diet rich in protein, iron, vitamins (especially A, C and E) and staying well-hydrated supports stronger, healthier hair from the inside out. A deficiency can slow growth even if your hair care routine is on point.

Simple foods that help are eggs, beans, fish, nuts, leafy greens and do not forget water to keep hair follicles hydrated and healthy.

5. Be gentle and reduce excessive combing or brushing sessions

The less you manipulate your hair, the more it retains length. This means fewer combing sessions, less brushing and careful detangling actually reduces breakage. Avoiding heat tools like flat irons or blow dryers also keeps hair strong, since heat can strip natural oils and cause brittleness.

To reduce breakage, try finger-detangle gently rather than harsh combing, avoid daily styling that puts repeated stress on your hair strands and limit heat to occasional use with heat protectants.

6. Sleep on satin, not cotton

Sleeping on a satin or silk pillowcase, bonnet or scarf dramatically reduces friction that causes breakage and dryness, especially around edges and ends, which are the oldest and most fragile parts of your hair. Cotton absorbs moisture and rubs hair shafts the wrong way, leading to frizz and breakage over time.

7. Trim split ends regularly

While trimming does not make hair grow faster, it helps you keep length by removing split ends before they travel up the hair shaft and cause more damage. Checking your ends every few months or as needed and snipping the damaged bits keeps hair healthier...which shows up as better overall growth and stronger strands.

While many online trends promise lightning-fast growth, experts warn against practices like DIY scalp scrubs with undiluted essential oils and inversion methods (hanging your head upside down). These can irritate the scalp and potentially damage follicles if done incorrectly. Always prioritise safe, evidence-based tactics over social media “hacks.”

FILMONE'S 2025 YEARBOOK CAPTURES THE CULTURAL SHIFTS SHAPING NIGERIA'S CINEMAS



FilmOne Entertainment has launched the seventh edition of The Nigeria Box Office Yearbook, Nigeria's definitive annual industry publication documenting verified theatrical box office performance across cinemas nationwide.

First published in 2019, the Nigeria Box Office Yearbook has, over seven

consecutive editions, established itself as credible, consistent, and authoritative record of box office activity in Nigeria.

The 2025 edition continues this legacy, providing validated data across both Nollywood and Hollywood theatrical releases, alongside audience insights, cultural analysis, and market intelligence.

FilmOne Entertainment has been consistent in ensuring the Yearbook serves a trusted reference, enabling filmmakers, studios, distributors, exhibitors, brands, investors, media, and policymakers track performance over time, benchmark success, and make informed, data-driven decisions in a fast-evolving market.

Designed as both an industry reference book and a strategic intelligence tool, The Nigeria Box Office Yearbook 2025 captures box office performance, audience behavior, cultural moments, and key milestones shaping Nigeria's theatrical film landscape. It reflects not only what audiences are watching, but how the market is evolving in scale, sophistication, and commercial viability across consecutive years.

The publication also reinforces Nigeria's growing influence within the Pan-African and global cinema ecosystem, positioning the country as one of the most transparent and data-led theatrical markets on the continent.

Speaking on the significance of the seventh edition, Kene Okwuosa, Group CEO, Filmhouse Group (FilmOne Entertainment, Filmhouse Cinemas, FilmOne Studios), said: "Sustaining the Nigerian Box Office Yearbook over seven consecutive years reflects our commitment to consistency, accuracy, and transparency. This publication has become foundational to the industry, offering credible insight into how films perform, how audiences engage, and how the market is maturing. It enables filmmakers, distributors, cinema owners, media, and investors to operate with greater confidence and clarity as Nigeria's cinema economy continues to grow."

The Yearbook tracks performance across genres, release windows, and audience segments, while also documenting industry milestones and release patterns that shape long-term market understanding. As such, it functions not only as a historical record, but as a planning and benchmarking tool for stakeholders across the value chain.

Ladun Awobokun, Chief Content Officer, FilmOne Entertainment, added: "What gives the Nigeria Box Office Yearbook its strength is continuity. Across seven editions, it has evolved into an institutional record of how audiences engage with cinema in Nigeria.

"It allows producers, distributors, and exhibitors to assess performance year-on-year, compare outcomes across titles, and understand audience behavior within a consistent and reliable framework. Beyond the data, it tells the story of a theatrical market where Nigerian and international films are increasingly thriving side by side."

Compiled by FilmOne Entertainment and powered by Filmhouse Group's ecosystem, the Yearbook reflects a long-term commitment to industry leadership, data integrity, and sustainable market development. It contributes meaningfully to the global conversation on Nollywood, international film performance in Africa, and the commercial future of theatrical cinema in emerging markets.

The 2025 edition of The Nigeria Box Office Yearbook is now available to press, industry stakeholders, partners, researchers, and institutions, with archived editions dating back to 2019 accessible for reference, comparative analysis, and historical insight.

'SOMEWHERE NEAR LOVE' EXPLORES GRIEF IN LAGOS

CHISOM MICHAEL



resolutions, the film focuses on how its characters continue living through uncertainty.

The cast also includes Bimbo Manuel, Iremide Adeoye, Ronke Oshodi Oke, Mallum Arik, Victory Adeoeye, Raymond Umenze, Gbemi Akinlade, Fisayo Fosudo and Seyi Ademeso.

Speaking on the project, executive producer Gafar Gbolahan said, "This project is very different from anything we've done before. It's bold, emotionally resonant, and intentionally crafted to meet a global audience while staying deeply rooted in a Nigerian story. I'm excited for audiences to finally see it".

Somewhere Near Love (SNL), a Lagos-set film centred on love and grief, completed filming in January. The project stars Scarlet Gomez, Tomi Ojo, Shamz Garuba and Bimbo Akintola, bringing together younger actors and established names within the industry.

Set in Lagos, the film follows young adults dealing with loss, substance use and emotional distance. Their stories unfold across the city as they attempt to form and maintain relationships while carrying personal grief. Rather than offering clear

Produced by Blaiton Production, Somewhere Near Love is directed by Gbolahan Gafar, with cinematography by Lucas Oluwole. The film is produced by Olayemi Oshodi and Bolanle Onifade, while executive producers include Gbolahan Gafar, Fisayo Fosudo, Moyin Osho and Faruk Sanni.

Developed by a team focused on stories about young people, the film avoids conventional romantic structures and instead follows characters as they navigate daily life and emotional strain.

TOP 10 COUNTRIES OFFERING POST-STUDY WORK VISAS IN 2026

CHISOM MICHAEL



For international students planning their next move in 2025, post-study work (PSW) visas remain a deciding factor when choosing where to study.

Beyond tuition and rankings, many students now focus on what happens after graduation: how long they can stay, whether they can work freely, and if the system supports a move into long-term residence.

Across several regions, governments continue to use PSW routes to retain global talent. Here is a list of 10 countries offering post-study work options that matter to graduates planning for 2026.

1. United Kingdom

The UK offers a Post-Study Work (PSW) visa that allows graduates to live and work for up to two years without employer sponsorship. During this period, graduates can move into the Skilled Worker visa if they secure a qualifying role.

2. Canada

Canada's Post-Graduation Work Permit (PGWP) allows graduates to stay and work for up to three years. Work experience gained under the PGWP can support Permanent Residency applications through the Express Entry system.

3. Australia

Australia's Temporary Graduate visa (subclass 485) permits graduates to remain for between two and four years, depending on qualification level. Holders can work full-time and later apply for permanent migration routes.

4. New Zealand

New Zealand allows graduates to stay and work for up to three years under its PSW visa. The length depends on the qualification and place of study, with options to transition to skilled migrant residence visas.

5. Germany

Germany provides an 18-month post-study work permit for graduates of recognised institutions. Graduates may work in any field while seeking employment related to their qualifications.

6. Ireland

Under the Third Level Graduate Programme, bachelor's graduates receive one year of post-study work, while master's graduates can stay for up to two years. This period supports a move into longer-term employment permits.

7. Netherlands

The Netherlands offers a one-year "Orientation Year" visa. Graduates can use this time to find work or start a business within the country.

8. France

France issues a one-year temporary residence permit known as the Autorisation Provisoire de Séjour (APS) for master's graduates seeking employment. Some graduates may qualify for extended options based on their field of study.

9. Singapore

Graduates from Singaporean institutions may apply for Short-Term Visit Pass extensions or employment passes. These routes offer access to roles in finance, technology, and life sciences.

10. South Korea

South Korea's D-10 Job-Seeker Visa allows graduates to remain for up to two years while searching for employment, particularly within technology, manufacturing, and research sectors.

WHEN ARCHIVES BREATHE: 4 ARTISTS REANIMATING FORGOTTEN HISTORIES IN AFRICAN ART



The first thing you notice in an archive is not what's there, but what's missing. A photograph without a name. A document that ends too soon. A life reduced to a line item. For many African artists, these absences are not dead ends. They are where the work begins.

In this digest, we look at how contemporary African artists engage archives as unstable, emotional spaces rather than neutral records. Through photography, installation, performance, and research-based practices, these artists work inside gaps left by colonial administration, apartheid bureaucracy, and institutional neglect—retrieving what can be held, questioning what cannot, and refusing easy narratives of recovery.

This is not a theoretical overview, nor is it a celebration of museums. It is a close look at how specific artists reanimate forgotten histories by sitting with silence, mislabelling, and incompleteness—and letting those conditions shape the work.

1. Sammy Baloji — Reading Against the Colonial Image

Sammy Baloji's work has long returned to the Belgian colonial archive of the Congo, not to correct it, but to expose its fractures. By overlaying archival photographs of colonial-era labour with contemporary images of mining landscapes in Lubumbashi, Baloji forces different temporalities to collide. The archive, in his hands, becomes visibly inadequate—unable to contain the violence it helped normalise. His exhibitions at institutions such as Tate Modern and documenta 14 have made clear that archival images are not evidence of truth but artefacts of power.



Sammy Baloji, a photographer from the Democratic Republic of the Congo

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2. Santu Mofokeng — What the Archive Cannot See

Santu Mofokeng approached photography with skepticism, especially its claim to visibility. Working with apartheid-era images and his own extensive photographic practice, he asked what Black life looked like beyond protest and spectacle. His engagement with archives—shown in exhibitions at the Walther Collection and elsewhere—focused on spiritual life, interiority, and the everyday. Mofokeng treated the archive as something ethically fragile, insisting on restraint rather than exposure.



Santu Mofokeng (October 19, 1956 – January 26, 2020),
South African news and documentary photographer

3. Lebohang Kganye — Family Archives as Reconstruction

Lebohang Kganye works with family photographs and inherited memory, inserting her own body into reconstructed scenes from the past. These staged images are not nostalgic reenactments; they are acknowledgements of rupture caused by migrant labour, separation, and early death. Exhibited at institutions including the Standard Bank Gallery and the South African National Gallery, Kganye's work reframes the family archive as both intimate and incomplete—something continually rewritten.



Santu Mofokeng (October 19, 1956 – January 26, 2020),
South African news and documentary photographer

4. Délio Jasse — Bureaucracy as Material

Angolan artist Délio Jasse treats passports, visas, and stamped documents as visual language. His layered photographic works incorporate immigration records and personal photographs, often partially obscured or overwritten. Shown at venues such as Tate Liverpool and Palais de Tokyo, his practice highlights how movement, identity, and belonging are mediated through paperwork. The archive here is not historical distance—it is lived restriction.



Délio Jasse, Visual artist
& Archival Researcher for
Artistic Purposes

What connects these practices is not resolution. None of these artists promises recovery or healing. Instead, they allow the archive to remain unsettled—to feel present, unfinished, and demanding. In doing so, they shift how history is encountered: not as something safely behind us, but as something still shaping what can be seen, named, and remembered.

The question that lingers is not what the archive holds—but what it still refuses to give up.



Keturah Ovio

Keturah Ovio is an Executive at Patrons Modern & Contemporary African Art. She is also an engineer and Founder of Dukka, a Fintech startup providing bookkeeping and payments solutions for small businesses. Keturah is passionate about African Art and has been collecting art since her early 20s. Now, she advises, curates, and manages collections for individuals and corporate organisations looking to start or diversify their wealth management through art collecting. She strongly believes that a fine marriage exists between Art and Technology

THE LANGUAGE OF PACKAGING

FEYISITAN IJIMAKINWA

They say don't judge a book by its cover—but let's be honest, everyone does. The same is true for products. Before someone even touches your product, they've already made a judgment based on your packaging design. It's the silent salesperson sitting on the shelf. In a world where customers scroll, swipe, and shop at lightning speed, your package design could be the reason they stop—or skip.

Why packaging design matters?

The game has been altered by e-commerce. Before making a purchase, customers no longer speak with sales representatives. Rather, they depend on images, reviews, and packaging. Effective packaging design involves more than just wrapping; it also involves branding, evoking feelings, and telling a story. Consider the elegant white boxes of Apple. You purchase an experience rather than merely a phone. Or the recognisable red cans of Coca-Cola. The colour itself is brilliant branding.

Important factors that make packaging design important today:

- In crowded marketplaces, it draws attention.
- It fosters trust (cheap product = flimsy packaging).
- It makes unpacking more enjoyable.
- It conveys ideals like luxury or sustainability.

The psychology behind first impressions

Packaging affects your subconscious more quickly than you may realise. Before you even realise you're looking at something, your brain interprets those visual cues and forms emotional conclusions.

- Colours: Black conveys premium, green implies natural or healthful, and red creates urgency.

- Typography: Sans serif appears crisp and contemporary, serif fonts are dependable and well-established, and script can convey luxury or playfulness.

- Surface treatments: Glossy surfaces attract light and draw attention, while matte finishes convey quality and restraint.

That 70% shelf-decision statistic highlights how crucial packaging is. Most people aren't doing extensive research—they're making quick visual assessments based on what feels right in the moment. However, packaging psychology only functions when the visual promise and the real product match. When a low-cost product has opulent packaging, it leads to disappointment. Customers will quickly feel duped if the visual language doesn't accurately convey what's inside.

Brand identity in packaging

Your packaging is more than just wrapping paper; it's a showcase for your brand. Your brand values should be whispered (or shouted) on every label, font, and fold.

- Sustainability is immediately communicated by a skincare company that uses eco-friendly custom packaging.
- A high-end perfume bottle with simple text conveys exclusivity.
- A children's cereal box with vibrant colours and mascots conveys excitement and vitality.

Keys to eye-catching packaging

What distinguishes packaging in a crowded market? The difference is in the details.

- Psychology of colour: Select hues that evoke the feelings you desire.
- Fonts: Keep personality and readability in balance because fonts speak louder than words.

- Visuals and imagery: Images, drawings, or designs that create the ideal atmosphere.
- Form and organisation: Distinctive packaging designs cut through visual clutter.
- Uniformity: Maintain uniformity in your branding and packaging for every product.

For instance, Pringles is excellent at this. You wouldn't mistake the tube for anything else on the shelf because it is instantly recognisable and functional.

Making quick decisions for customers is essential. Your packaging should convey quality, purpose, and brand identity to a customer without them having to think about it while they are swiftly perusing a shelf.

Custom vs. stock packaging

Should you use stock packaging or go custom? This is the age-old question.

Personalised packaging

Advantages: Enhances unboxing, distinctive, branded, and memorable.

Cons: More expensive and time-consuming production.

Stock packaging

Advantages: Quick, flexible, and reasonably priced.
Cons: Less uniqueness and the possibility of becoming just like rivals.

As a general rule, investing in custom product packaging is worthwhile if you're creating a long-term brand. Stock packaging is effective when testing or bootstrapping.

Packaging as a marketing tool

Here's the thing—packaging isn't just a box; it's a billboard. Packaging as a marketing tool works on multiple levels:

- Attracting attention on shelves or search results.
- Reinforcing your brand message (culture-sensitive, eco-friendly, luxurious, fun, minimal).
- Encouraging sharing on social media—hello, free marketing.
- Driving repeat business by making customers feel valued through design.

Tips for standout packaging

Okay, so this is the useful toolkit:

- Don't overcrowd with text; keep it simple.
- Employ striking images—whether they are loud or minimalist, just be deliberate.
- Tell a tale and include a succinct tagline or mission statement that ties everything together.
- Consider tactile: Matte, textured, or embossed finishes improve perception.
- Sustainability triumphs because eco-friendly packaging is not only in style but also expected.

LAST LINE

Packaging is more than just packaging; it's your silent marketing tool, your brand ambassador, and your first impression. Emotional impact, signal quality, and even social sharing can all be enhanced by well-designed content. Before anyone even tries your product, your decisions—from colour psychology to unique packaging—tell a story.



FEYISITAN IJIMAKINWA

Feyisitan Ijimakinwa is a Reputation and Perception Management expert. He is a prolific writer and researcher who, at different times, served as Head of Corporate Communications of top brands quoted on the Nigerian Stock Exchange. A versatile communications specialist, he practiced extensively as a print journalist and was variously engaged in the broadcast media, working on radio and television. Feyisitan continues to write on corporate communications, brand reputation and perception management, and brand intelligence, among others. He organises the 'Brand Intelligence and the Marketplace' masterclass. Feyisitan advocates a pollution free and sustainable environment

JOY

UDY OSARO-EDOBOR

...This story was born out of grief

The recent loss of one of my closest friends tore something open inside me. It taught me brutally how fleeting life truly is. I have known pain before but not this kind.

This kind of pain settles in the chest and refuses to leave. The kind that reminds you every single day that you will never see that person again, never hear their voice, never argue, laugh or reconcile again.

I am learning, painfully, what it means to lose someone you love. They say time heals all wounds and for now, I am holding tightly to that hope.

This is Joy's story.
Her name was a cruel contradiction.

From the very beginning, life demanded more from Joy than it ever gave back. She grew up in an orphanage, learning early how to survive without asking for too much. When she was adopted as a teenager by a warm, childless couple, she finally tasted something unfamiliar—a sense of belonging. They loved her fiercely, called her their daughter and for the first time, Joy allowed herself to believe that maybe life was finally smiling at her.
But joy, it seemed, was never meant to linger.

The couple died in a car accident barely two years later. The house that once echoed with laughter became unbearably silent. When relatives were contacted, no one wanted her. Joy was not blood. She was not their responsibility. So she turned to her church for help. It was either that or the streets.

Her life became a community project. School fees arrived late. Meals were shared, sometimes skipped. There were many children and not enough resources, so needs were often unmet. Joy learned patience. She learned gratitude for crumbs and resilience in scarcity.

Then, unexpectedly, grace knocked.

Months earlier, she had applied for a scholarship from a telecommunication firm and forgotten about it. The phone call inviting her for an interview felt unreal. The acceptance letter was nothing short of a miracle. That scholarship changed everything.

To survive, she also worked as a server in a small restaurant. The pay was poor but the meals she was allowed to eat once or twice a day sustained her. Those meals meant survival. Those meals meant she could keep going.

Joy excelled.
She graduated as the best student in her set, her brilliance was undeniable. After her youth service, the same firm employed her. For the first time in her life, the ground beneath her feet felt steady.
She shared an apartment with colleagues. She bought a small car. Life was good... or so she thought.

Things were about to change.
The economic downturn forced the company to leave Nigeria. Jobs were lost. Dreams collapsed. Joy became unemployed. Her impressive résumé offered no rescue. Two years passed. She sold her car. She downsized her life, moved into a smaller apartment and learned once again how

to start over.

When the next job came, it felt like recompense for years of suffering. It was fulfilling. It paid well. It restored her dignity.

And then she met Dennis.

He loved her deeply and became her safe place. Their son, Greg, was born into a home filled with laughter, warmth, and peace. Dennis was an exceptional husband, a devoted father, and the kind of man people admired effortlessly.

At work, he was known as “Mr Efficient.” Always early.

Always dependable.

So when he didn't show up for the early morning session on the second day of his company retreat, concern spread quickly. Knocks on his door went unanswered. The door was broken.

Dennis was found lifeless.

Beside him lay a suicide note.

The shock shattered everyone but it destroyed Joy.

Dennis, the life of the party, the man who danced freely, who made people laugh, who seemed whole had been fighting battles no one saw. The note was long and heartbreaking. It spoke of depression, exhaustion and despair he had worn quietly for years. Joy had never known. She had no idea. No clue.

Grief became her constant companion but she refused to let tragedy define her. She was determined not to become a casualty of her misfortunes. So she poured herself into work. She chose survival not because it was easy but because she had no other choice.

Then came Reggie.

Reggie was kind, handsome, hardworking and gentle. He cared deeply for Joy though he hid his feelings behind fear and uncertainty. Everyone noticed. Everyone saw it. But Reggie hesitated.

Joy once asked him why he had never married. He wondered if that was a problem for her. He liked her too much, and the fear of rejection held him back.

One afternoon, Joy took Greg to the hospital and realized she had forgotten his medication at the pharmacy. She left Greg briefly in her office while she rushed out. Reggie had volunteered to go for her or send someone but she had to do a quick stop somewhere else, so she left.

Reggie checked on Greg and the conversation they had, changed everything.

Greg spoke freely about how his mother mentioned Reggie often and how he believed she liked him. Reggie was stunned. Hope bloomed quietly. The little boy had stirred courage in him and had given his silent approval.

When Joy returned, he would finally speak. He would tell her how much he loved her. How he wanted to be part of her life and Greg's.

But Joy never returned.

A drunk teenager rammed into her car. The impact sent her into shock. Days later, she suffered a cardiac arrest. Then she slipped into a coma and never woke up. Just like that, Joy was gone.

And Greg became an orphan.

Reggie stood at her graveside, shattered by grief and regret. He never told her how he felt. He never got the chance.

In the end, Reggie became Greg's chosen family, not by intention but by circumstance.

Some lives are not long, but they are meaningful. Joy's life was light. And even after she was gone, that light refused to go out.

This story is lovingly dedicated to my dear friend, Mary Aworetan.

You left far too soon and your absence still echoes in ways words cannot fully capture. Though I may never hear your voice again or see your smile, your impact remains alive in my heart.

You are missed more than words allow and remembered in every quiet moment.

Sleep well, my friend.

You are deeply loved.

You are forever remembered.

You will be sorely missed.



Udy Osaro-Edobor

Udy Osaro-Edobor is the Content Creator for SoTv (Supernatural Online TV) Nigeria. She is a movie/ scriptwriter, editor, and proofreader.

She has several stories to her credit which she posts for free on her Ebook called Udy's Chapter. She is currently working on two short movies. Udy is also a wife, mother, and a “serial entrepreneur”.

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Learning to Be Yourself in a World That Wants You to Fit In-A Review of Tomisin Oyemade's Blu and Pinky

Title: Blu and Pinky
Author: Tomisin Oyemade
Year of Publication: 2025
Number of Pages: 36
Category: Children's Book

BLU AND PINKY

TITILADE OYEMADE

Tomisin Oyemade's books are known for their strong moral lessons, and this story is no exception. Her writing prioritises values and personal growth, making her work especially impactful for children navigating everyday social experiences.

One noticeable improvement in this book is the quality of the illustrations. The colours are richer, more lively, and visually appealing, making the book a joy to look at. It is clear that with each new project, the author continues to grow and refine her craft. The book is not only thoughtful but also beautiful.

The story centres on friendship and the importance of appreciating one's uniqueness, ideas that sound simple but are often difficult to practise, especially for young people. Many children who have struggled to make friends at school will find themselves reflected in Blu, the main character. Like many of us, Blu wants to belong, but repeated rejection makes that desire painful. It is not Blu's difference that causes his struggle, but his inability to see the value in that difference until someone helps him recognise it.

Readers are likely to empathise deeply with Blu because his experience mirrors moments many of us would rather forget: the longing to be accepted, the disappointment when efforts fail, and the emotional weight of feeling left out. These moments may stir uncomfortable memories, but the story does not dwell in sadness. Instead, it moves towards hope, growth, and valuable lessons. Along the way, readers are also introduced to new vocabulary, thoughtfully explained by the author, saving children the frustration of reaching for a dictionary or searching online.

Another strength of the book is how it highlights resilience. Despite repeated challenges, Blu continues to try, teaching readers the importance of perseverance. While some may view his persistence as desperation, it ultimately becomes a lesson in courage. The story introduces a range of characters, the unkind, the friendly, and the genuinely compassionate mirroring real life. By the end, it is clear that the author hopes readers will choose to be like the kind ones.

Just as in real life, the story reminds us that when we feel closest to giving up, something meaningful often begins to unfold. This message is handled with sensitivity and optimism, making it both comforting and empowering.

Ultimately, the book leaves readers with a simple but powerful takeaway: everyone needs a "Pinky" in their life, someone encouraging, kind, positive, and brave. Most importantly, it reminds us that being different is not a flaw but a strength. May we all find friends like Pinky and learn to appreciate our own uniqueness along the way.



Titilade Oyemade is a business executive in a leading organisation and holds a degree in Russian Language. She's the convener of the Hangoutwithtee Ladies Event and the publisher of Hangoutwithtee magazine. She spends her weekends attending women conferences, events and book readings. She loves to have fun and to help other women have the same in their lives. Email: titi.oyemade@gmail.com Social: [@tiipreeofficial](https://www.instagram.com/tiipreeofficial)

WEEKEND QUOTES



1

Stars don't fight the gather.
Hey, look up!
.....WhispersbyTEN

2

Enjoy peace while God
captures the boat
.....WhispersbyTEN

3

Delay sometimes is
interventions.
Receive wisdom
.....WhispersbyTEN

4

Things that pertain to life
and godliness are already
available for grabs... don't
doubt it, take it!
.....WhispersbyTEN