

# THE INDEPENDENCE ISSUE

# MODE

## MEN

style & simplicity

WHAT  
INDEPENDENCE  
MEANS TO THE  
MODERN  
NIGERIAN MAN:  
FROM STRUGGLE  
TO STRENGTH

THE NEW  
ABUJA UNDER  
THE RENEWED  
HOPE MANDATE

THE PURPOSE  
DRIVEN MAN:  
LEADING WITH  
STRENGTH, SERVICE,  
AND RESPONSIBILITY



ASUQUO EKPENYONG  
OSASU IGBINEDION  
DR. IDONUAGBE O. AKOGUN  
JACKIE AINA  
MEL ROUGE  
NATASHA AKPOTI  
PETRA AKINTI ONYEGBULE  
BIKIYA GRAHAM-DOUGLAS

ECONOMIC  
REFORMS  
AND BEYOND:  
A NEW ERA  
FOR NIGERIA

OJUDE OBA  
FESTIVAL 2025:  
CULTURE CAPITAL AND  
HERITAGE IN MOTION

NIGERIAN  
WOMEN  
REACHING  
NEW HEIGHTS

*In his own words...*

# Dr. Dakuku Peterside

*Building Bridges Between  
Policies and People*

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# MODE MEN

Style & Simplicity



# Celebrating 19 Years of Style and Simplicity



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# Content

OCT/NOV 2025

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Giorgio Armani died on September 4, 2025, aged 91, leaving a multibillion-dollar fashion and lifestyle empire and questions over its future. The Lux Afrique Jewellery, Watch & Home Expo 2025 in Lagos showcased global brands, auctions and business panels, underscoring Africa's growing luxury market. Fragrance news: Creed's Oud Zarian, built on frankincense, Rose Centifolia and aged Oud Chorom, and Clive Christian's limited 20th-anniversary Iconic duo.

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# Content

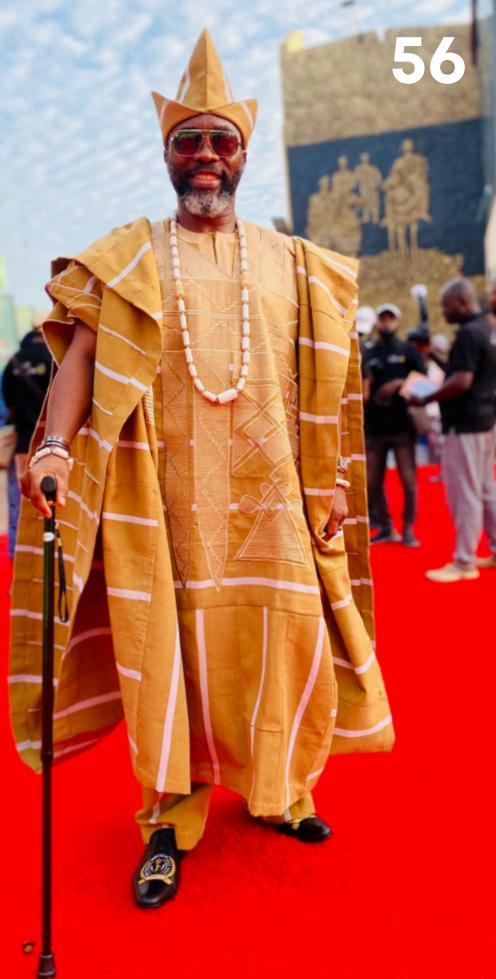
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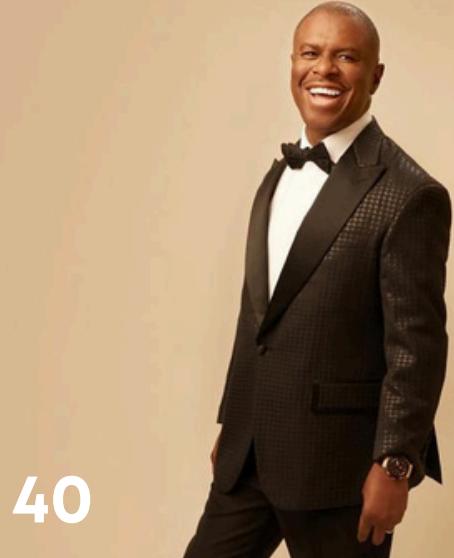
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# Contributors



**O'TEGA  
BABATUNDE FADINIYI**

With over a decade and a half in the Maritime and Entertainment industry, Tega is a lifestyle enthusiast, art lover, and writer, a man of many talents, and an editor with a passion for all things -fashion, business, wellness, books, cars, events etc. His background spans Military and Commercial Shipping operations, Marine / Land - Business Solutions Providing, Consulting, and Lecturing. He is a contributing editor to MODEMEN Magazine and as well is the Operations designate of the MODEMEN Team.



**DANIEL SETH  
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Daniel S. Bowman is the embodiment of the modern gentleman, an entrepreneurial powerhouse whose decade-long journey marries boardroom savvy with a genuine commitment to men's well-being. As a serial founder, he's mastered the art of elevating brands through razor-sharp marketing, strategic storytelling, and seamless project execution. Off the clock, he channels that same creativity into public-health advocacy and compelling books that speak directly to today's man: ambitious, health-conscious, and unapologetically authentic. It's this blend of innovation, leadership, and narrative finesse that keeps Bowman at the forefront of both business and lifestyle conversations.



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Wale Ogundeko is a Civil Engineer who is specialized in fire safety design of high rise buildings. He is the founder and CEO of Safety Oracle Limited, a fire safety & engineering consultancy in the UK.

[www.safetyoracle.co.uk](http://www.safetyoracle.co.uk) Amongst several qualifications, he holds an MBA from the University of Leicester. Wale is an oracle of knowledge both in the building/fire safety space as well as most works of life. Wale is a great listener & speaker who uses his skills to mentor and support individuals professionally and in other spheres of life.



**SUNDAY YASHIO AUDU**

Sunday is a dynamic individual with a profound passion for Political Science and International Relations. With a diverse background that spans over a decade in banking and finance. His expertise in these fields has allowed him to develop a deep understanding of political affairs and global issues. His combination of knowledge in political affairs and love for football allows him to provide insightful analysis and commentary on the intersection of sports and global affairs.



**VIOLET AKELEMO**

Violet is a passionate writer, skilled Public Relations practitioner, and creative collaborator. She holds a Bachelor's degree in Public Administration and Advertising and has worked as the PR/HR for ENE MAYA LTD, BGM Magazine, and Fotolighthouse LTD. She is a consulting Editor to MODEMEN Magazine and General Manager, MODEMEN Group.



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Victor Oyewole is an agribusiness professional specializing in data-driven solutions for sustainable farming and agribusiness development. With expertise in enhancing productivity and decision-making across the agricultural value chain, he bridges innovation with practical application in agribusiness. Victor's passion for writing extends to his role at MODE MEN, where he contributes as a member of the editorial team.

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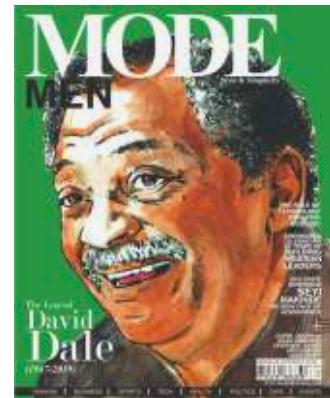
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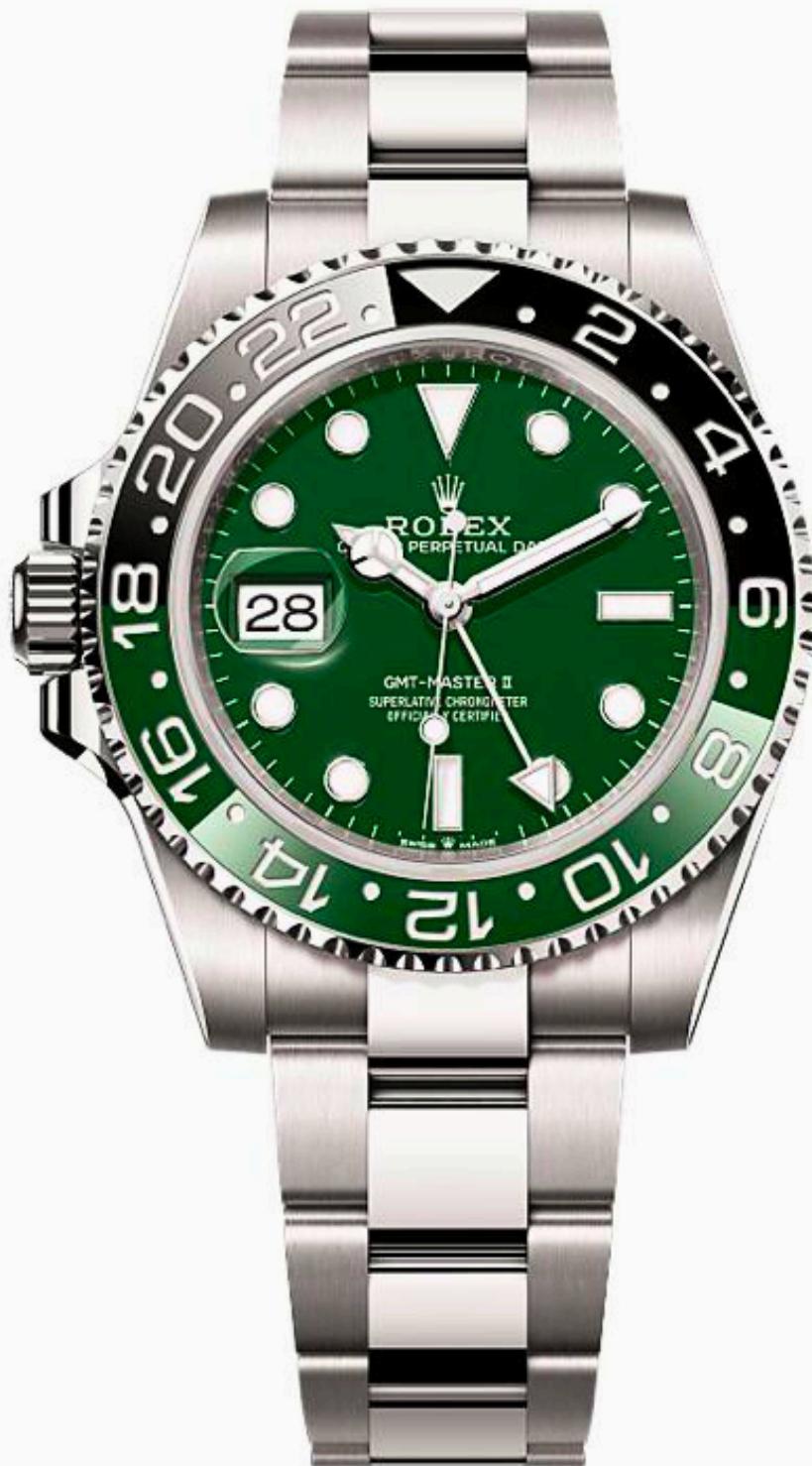
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**ROLEX**

# EDITOR'S *note*

## THE THREAD OF LEADERSHIP

**T**o me, leadership is service! There's a certain weight that comes with holding a nation's history in your hands and as I sat down to write this, my mind drifted to the black-and-white photographs of our founding fathers. I stared at the steady gaze of Sir Abubakar Tafawa Balewa, the resolute composure of Gen. Yakubu Gow-

on, the smiling face of Dr. Nnamdi Azikiwe. They were forged in the furnace of nation-building and defined by selflessness. Their leadership was not about personal glory but service to One Nigeria. They made sacrifices, navigated treacherous waters, and upheld our unity with a quiet, purposeful determination.

It is in the shadow of those giants that we find modern leaders trying to emulate that ethos. Our cover personality for this Independence edition, Dr. Dakuku Peterside, is one such example. Across his public service roles he has shown less interest in noise and more in delivery, putting people and nation first. He bridges the past we admire and a future we hope for.

The present conversation rightly turns to the administration of President Bola Ahmed Tinubu. His Renewed Hope agenda and economic reforms are bold, but they have also contributed to a rising cost of living felt in markets and households across the country. Still, I believe a silver lining can be found. Read our feature on page 32, "Economic Reforms and Beyond: A New Era for Nigeria." From where I stand, there is a quiet restructuring underway aimed at making Nigeria more self-sustaining and less dependent on foreign loans. The process is painful, but the goal is economic independence.



That spirit of self-reliance is spreading beyond policy. The current economic strain has awakened entrepreneurial drive across Nigeria. Many are diversifying incomes, innovating, and adapting. This makes the recent book by Femi Otedola, *Making It Big: Lessons from a Life in Business*, especially timely. Equally noteworthy was his daughter Temi's wedding to Tosin Eazi Ajibade, a tasteful display of elegance and restraint that offered a model worth emulating. At MODE MEN we are evolving too.

We hosted dignitaries and friends at our 19th-anniversary event at Rich-Bridge Hotel in Abuja a few months ago (photos on pg. 18). That evening was a prelude to our 20th anniversary next year, for which we are already preparing bigger and more exciting plans.

As we mark Nigeria's Independence, the challenges are real: economic pressure, security concerns, and uncertainty. Yet we must hold to hope. Our diversity can remain our strength and fuel the innovation we need. Let us draw on our history and the resilience of everyday Nigerians to work toward a future where opportunity is more widely shared.

May God bless Nigeria, and may we emerge from this chapter stronger, more united, and more hopeful.

With love for the nation!

A handwritten signature in black ink, appearing to read "Abubakar Tafawa Balewa".

ABUBAKAR TAFAWA-BALEWA

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# MODE *Radar*

## THE LUX AFRIQUE EXPO: AFRICA'S LUXURY STAGE

The Lux Afrique Jewellery, Watch & Home Expo (LAJWH) 2025, held at Centrepoint, Ikoyi, Lagos, reaffirmed its position as one of Africa's leading luxury trade events. Founded by Alexander Amosu, the expo showcased global and regional luxury houses, including Rolls-Royce, Clive Christian and Dom Pérignon, and drew hundreds of high-net-worth attendees. Highlights included a business summit with panels such as "Unlocking Africa: The Next Billion-Dollar Market for Luxury," live auctions handled by Bonhams, and workshops on wine investment and art collecting. Sponsored by Moët Hennessy and Access Bank, the event underscored Africa's growing influence in the global luxury market while also celebrating local craftsmanship. The expo culminated in a closing party with performances by Timi Dakolo and Kele Le Roc.



## HOUSE OF CREED RELEASES BRAND NEW FRAGRANCE

From the House of Creed, this brand-new fragrance is exquisitely crafted using some of nature's most elusive gifts. Oud Zarian unfurls with a spellbinding air of mystique brought by resinous and resplendent frankincense intertwined with a warming spice accord. This soon drifts away to reveal a radiant heart of rare Rose Centifolia blooming atop a base of creamy sandalwood, patchouli and myrrh. Crowned with the most precious 80-year-aged Oud Choron that bestows an unmatched aromatic intensity and woody depth, this is more than just a fragrance; it is a testament to patience and the pursuit of perfection.





## THE FASHION WORLD MOURNS A LEGEND

Giorgio Armani, the Italian designer who transformed modern fashion with his understated elegance and signature unstructured jackets, died on September 4, 2025, at the age of 91. Armani passed away peacefully at home, surrounded by loved ones, after recent health struggles that included liver failure and bronchopneumonia. His career spanned decades and brought him global renown: he built a multibillion-dollar empire that includes fashion, accessories, fragrances and hospitality, and he became a red-carpet staple after dressing Hollywood stars such as Richard Gere. Armani continued working into his final years, even planning a 50th-anniversary celebration for his brand. With no direct heirs, questions remain about the future ownership and stewardship of his privately held fashion house.



## CLIVE CHRISTIAN RE-RELEASES LIMITED 20<sup>TH</sup> ANNIVERSARY ICONIC PAIR

Clive Christian Perfume is celebrating its 20th anniversary with the re-release of the Anniversary Collection: two limited-edition fragrances, Iconic Masculine and Iconic Feminine. The collection pays homage to the brand's heritage, tracing its roots to the Crown Perfumery Company of 1872. The bottles feature platinum-colored caps and decorative cages inspired by historic designs, merging vintage elegance with contemporary craftsmanship. Iconic Masculine opens with bright yuzu and citrus accords and is supported by cedarwood and Haitian vetiver, while Iconic Feminine centers on Damask rose, saffron and honey to evoke opulence. Both fragrances are formulated at a high concentration for exceptional longevity and are accompanied by an exclusive oil-based elixir produced in an extremely limited run. The release celebrates Clive Christian's longstanding reputation for luxury perfumery.



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AND MANY MORE.

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# editor's pick



## Bulova '70's Oceanographer: Elevate Your Time Experience

An homage to Bulova's iconic 1970s Oceanographer diver, this automatic timepiece is driven by a self-winding movement with a 42-hour power reserve. The stainless-steel case features a screw-back and screw-down crown, while a black-and-green unidirectional bezel surrounds a green three-hand dial with luminous markers and a date window. A boxed sapphire crystal with blue anti-reflective coating protects the face. It's fitted with a stainless-steel bracelet that uses a double-press fold-over clasp with safety bar and extender, and is water-resistant to 200 meters (666 ft). ISO certified.

# THE EMERALD COLLECTION: THREE GREEN TIMEPIECES IN NATIONAL COLORS

This special independence edition feature celebrates the intersection of horological excellence and national pride through these four exceptional green timepieces. Each watch represents the highest achievement in its category while honoring the vibrant green that symbolizes Nigerian heritage.

## 1. IWC PORTUGIESER CHRONOGRAPH: NAUTICAL ELEGANCE

The IWC Portugieser Chronograph (Ref. IW371615) presents a sophisticated expression of green luxury with its maritime-inspired design and exceptional craftsmanship. A study in nautical refinement, the stainless-steel Portugieser Chronograph pairs a precise chronograph movement with a sunray green dial that shifts from deep forest to bright emerald as light changes. Its maritime-inspired aesthetic continues IWC's legacy of instrument-like clarity and function.

## 2. JAEGER-LECOULTRE REVERSO TRIBUTE: ART DECO REVIVAL

An Art Deco revival, the rectangular Reverso (45.6 x 27.4 mm) houses a manual-wind movement beneath a sunray-brushed green dial. The green sunray-brushed dial creates a stunning visual effect that changes character in different lighting conditions, from subtle and understated to brilliantly vibrant. The trapezoidal applied indexes echo the form of the Dauphine hands, creating a harmonious design that pays homage to the original 1931 Reverso while incorporating contemporary elements.

## 3. OMEGA SEAMASTER DIVER 300M IN TITANIUM AND BRONZE GOLD

The 42mm Omega Seamaster Diver 300M, inspired by the 007 edition and worn by James Bond in *No Time To Die*, pairs a domed sapphire crystal with a lightweight titanium mesh bracelet and dim grey brushed finish. Bronze Gold accents, a green aluminium dial with vintage Super-LumiNova, and an optional green rubber strap complete the look. It houses the METAS-certified Co-Axial Master Chronometer Calibre 8806 with a 55-hour power reserve, marrying reliable performance with timeless Bond style.



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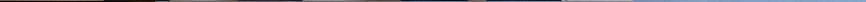
# MODEMEN

# 19<sup>TH</sup>

## ANNIVERSARY

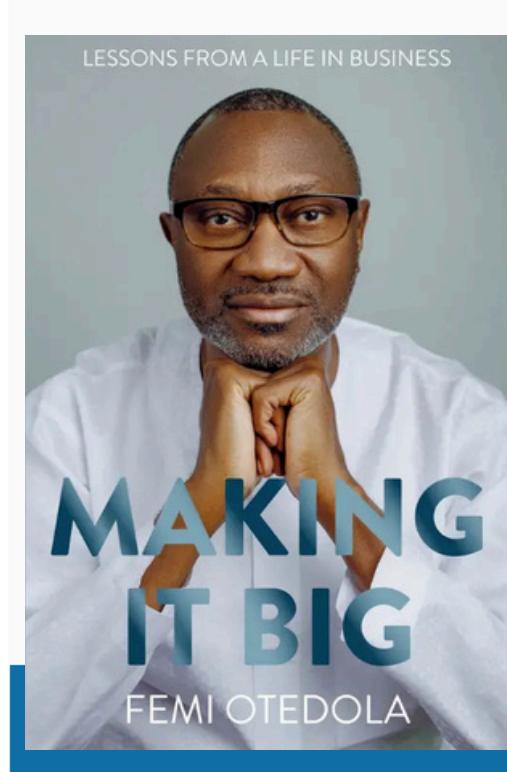
A NIGHT OF GLAMOUR AND  
CELEBRATION OF FELIX ALAITA Ⓜ50





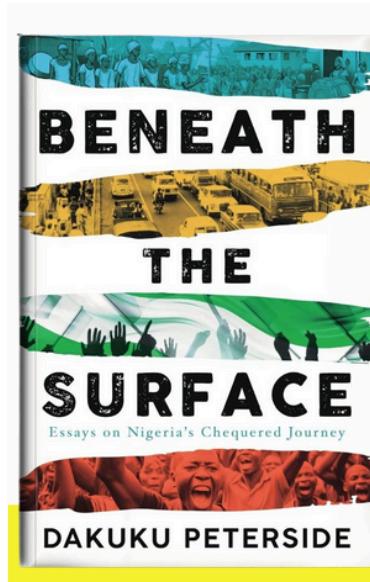
# MODE ESSENTIALS





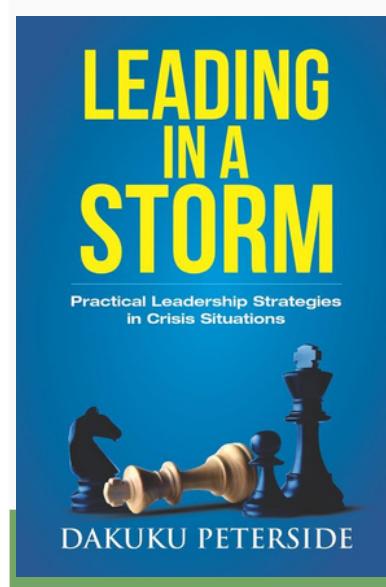
**Title:** Making It Big:  
**Lessons From A Life In Business**  
**Author:** Femi Otedola,  
**Publication Date:** 18 August, 2025

Making It Big: Lessons from a Life in Business is an inspiring memoir by entrepreneur and philanthropist Femi Otedola. A self-made billionaire, Otedola built his first business dream before age ten and reached his first billion by 41. Part memoir, part business guide, the book traces his ambition, setbacks, recoveries, and eventual turn to large-scale philanthropy. Otedola transformed Forte Oil into a top performer on the Nigerian Stock Exchange, earned the national honour of Commander of the Order of the Niger (CON) in 2010, and serves in roles with Save the Children UK and Augustine University, Epe. Packed with practical lessons and personal philosophy, Making It Big offers hope and actionable guidance for entrepreneurs across Africa and beyond.



**Title:** Beneath The Surface  
**Author:** Dakuku Peterside,  
**Publication Date:** 14 October, 2025

Nigerian publishing company Masobe Books proudly announces the forthcoming release of "Beneath the Surface: Essays on Nigeria's Chequered Journey" by Dr. Dakuku Peterside. Scheduled for publication on October 14, 2025, under the Makere imprint, this insightful collection explores Nigeria's complex landscape. Public presentations will take place in Lagos and Abuja. The book offers an in-depth examination of governance, leadership, youth engagement, conflict, and Nigeria's global role.



**Title:** Leading in a Storm:  
**Practical Leadership**  
**Strategies in Crisis Situations**  
**Author:** Dakuku Peterside,  
**Publication Date:** 14 October, 2025

Safari Books Limited are set to release *Leading in a Storm*, a timely new book by Dr. Dakuku Peterside, in October 2025 (Nigeria and internationally). Drawing on decades in politics and turnaround management, it distils crisis leadership into eight practical pillars: situational intelligence, calm confidence, sense-making, decisive strategy, clear communication, flexibility, teamwork and learning.

“Crisis does not build character, it reveals it.” Available in print and digital worldwide.

# Independence Day RICE

A NIGERIAN TWIST ON A CLASSIC BY CHEF DEE

A fragrant, herb-forward rice perfect for celebrating Independence Day; bright, lightly spiced and served with sweet peas and a boiled egg.

## Method

1. Heat oil over medium. Sauté onion and spring onions 2–3 minutes.
2. Stir in crayfish and seasoning 1 minute.
3. Add ugwu and scent leaf, black pepper and uziza; cook 2–3 minutes until wilted.
4. Pour in 1 cup (250 ml) beef stock; simmer 4 minutes.
5. Cool slightly, blend until smooth to extract the herb jus. Top up with stock or water to make 3 cups (750 ml) total liquid.
6. Add rinsed basmati and herb jus to a pot. Bring to a boil, reduce to low, cover and simmer 15–18 minutes until liquid is absorbed. Rest covered 5–10 minutes, then fluff.

## Tips

- Use full beef stock or a knob of butter for richer flavour.
- Swap spinach for ugwu if needed.
- Adjust black pepper and uziza to taste; uziza gives a warm, peppery aroma.



## Ingredients (serves 4)

- 2 cups basmati rice, rinsed
- 200g ugwu (fluted pumpkin) leaves, roughly chopped
- 80g scent leaf, roughly chopped
- 100g ground crayfish
- 100g onion, roughly chopped
- 50g spring onions, chopped
- 20g ground black pepper
- 30g uziza seed
- 50g vegetable oil
- 2 tbsp seasoning powder (or to taste)
- 1 cup (250 ml) beef stock (plus more to make 3 cups total liquid)
- 1 boiled egg per person (or to taste)
- Sweet peas, to serve

## To Serve

Spoon the rice onto plates, top with sweet peas and a sliced boiled egg.

Happy Independence Day — enjoy!

**Ladipo Ayodeji (Chef Dee) — The Food General**  
**Culinary Director | Private Chef | Food Consultant**  
**Instagram: @chefdeee · Email: chefdeekitchen28@gmail.com**

I'm a self-taught chef with 10+ years' experience in catering, private dining, TV, restaurant consulting, events, and food blogging. I've trained 700+ students and consulted for local and international restaurants and hotels. Inspired by my parents' home cooking, I turned that passion into a career focused on elevating Nigerian and African cuisine through flavour, artistry, and refined dining. I'm seeking strategic partners to create projects that showcase our food culture worldwide.



A Nigerian Classic

# The Ginger Snap



A spicy, invigorating cocktail that lets the heat of ginger play with the herbs of the schnapps. Simple yet powerful. The fiery sweetness of ginger beer is a perfect match for Seaman's Schnapps, creating a drink that is both refreshing and bold.

#### Recipe:

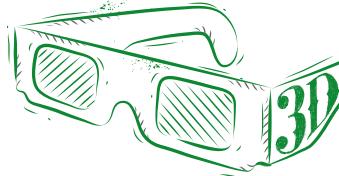
- 60ml Seaman's Schnapps
- 15ml Fresh Lime Juice
- Top with Spicy Ginger Beer
- Fill a tall glass with ice. Add schnapps and lime juice.

Top with ginger beer. Garnish with a lime wedge and candied ginger.

**Impression:** A drink of contrasts—fiery yet refreshing, herbal yet sweet—that unfolds in distinct, satisfying layers.

**Aroma:** The first encounter is a potent, inviting scent of sharp, spicy ginger intertwined with the distinct, herbaceous bouquet of Seaman's Schnapps. A bright, clean note of fresh lime zest cuts through, promising a refreshing experience.

**Mouthfeel:** The cocktail has a medium body from the ginger beer, with a prickly, effervescent texture that makes it incredibly refreshing. The combination of spice and carbonation creates a warming yet light sensation.



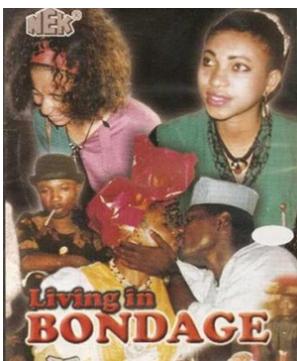
## PRODUCTIONS THAT SHAPED NIGERIA'S MOVIE INDUSTRY

For this special Independence edition, our Movie Column takes a nostalgic journey back in time, tracing the evolution of Nigerian cinema and television, and celebrating how far we've come. From humble beginnings marked by raw storytelling and modest visuals, to the sophisticated productions of today, Nollywood has grown into a global force while staying true to its roots. Over the decades, Nigerian movies have adapted with the times, improving in storytelling, visuals, sound, and cast diversity. They've captured our struggles, celebrated our triumphs, and mirrored the resilience of the Nigerian spirit.

For Nigerians, these films and series were never just entertainment. They reflected who we were, who we are, and who we can become. Here are a few handpicked productions that not only shaped Nollywood, but also defined generations of cultural pride, and national identity.

### THINGS FALL APART (1987 – FILM ADAPTATION)

Before the name “Nollywood” even existed, this televised adaptation of Chinua Achebe’s legendary novel gave us one of our first global cultural imprints. Pete Edochie’s Okonkwo embodied the stoic, proud African man - flawed, powerful, bound by tradition yet challenged by change. For Nigerian men, it was both a lesson and a warning: strength without balance can lead to downfall. It remains a cornerstone of how African literature and cinema can merge to shape identity.



### LIVING IN BONDAGE (1992)

“Andyyyyyy”... Everyone will always remember how Merit called that name as it put fear in our hearts. The film that lit the match for Nollywood’s wildfire. A straight to video thriller about wealth, greed, and redemption, Living in Bondage tapped into a core Nigerian fear - the cost of shortcuts. It showed that choices have consequences, and no matter how sweet the promises of power or money, there is always a price to pay. Its runaway success proved one thing: Nigeria had its own cinematic voice, and it could be heard loud and clear.



### OSUOFIA IN LONDON (2003)

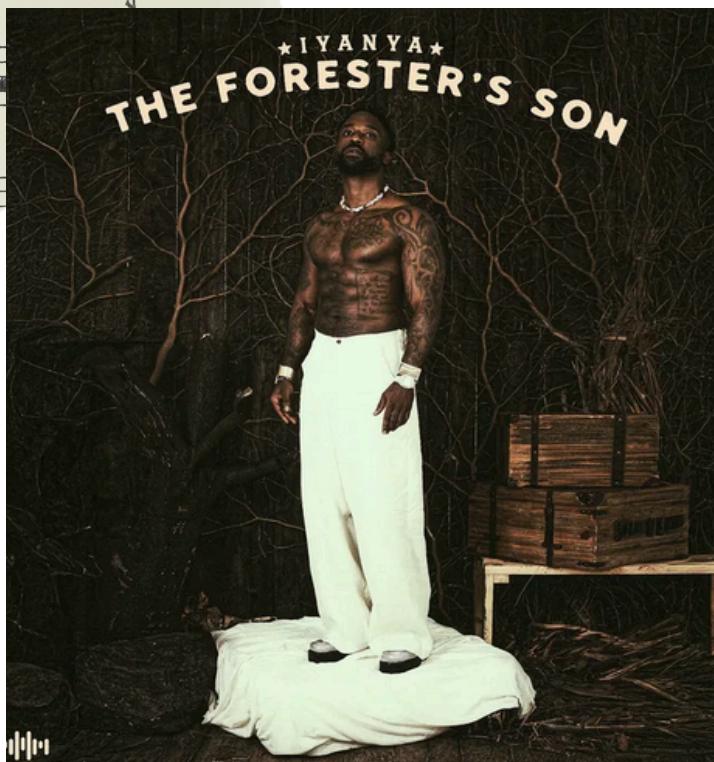
Nkem Owoh’s Osuofia was more than comedy... it was a cultural bridge. A rural Nigerian man thrown into the London society, Osuofia’s antics exposed the humor, pride, and awkwardness of cross cultural identity. For Nigerians at home and abroad, it resonated deeply. It said: no matter where you go, your roots follow you. And sometimes, laughter is the best way to navigate a changing world.



**Osuofia  
in London**

**It's a Wrap** While this list highlights some of the defining moments in Nollywood’s journey, it is by no means exhaustive. Productions like Checkmate, Glamour Girls, The Figurine, and The Wedding Party equally played pivotal roles in shaping Nigeria’s movie industry, each leaving behind cultural imprints that continue to inspire new generations of filmmakers and audiences alike. Together, these works remind us that Nollywood’s strength lies not just in its stories, but in its ability to capture the soul of a nation in motion.





# IYANYA'S TRIUMPHANT RETURN

## The Forester's Son Reignites the Afrobeat Scene

Nigerian Afrobeat star Iyanya is making a monumental comeback with the release of his fifth studio album, *The Forester's Son*, which dropped on September 19, 2025. This marks his first major project since 2015's *Applaudise* and signals a powerful return after six years away from the spotlight. The lead single "Sorry" featuring rising talent Fido has already struck a chord with audiences, weaving themes of love, regret, and reconciliation into a soulful mid-tempo Afrobeat groove. Iyanya's signature velvet vocals pair seamlessly with Fido's fresh energy, making it a standout introduction to the new era. Another single "Blue Waters" has also built strong momentum, heightening anticipation among fans worldwide.

## Album Highlights

Spanning 10 tracks, *The Forester's Son* showcases Iyanya's artistic growth, blending slick R&B with Afro-pop and electronic influences. Renowned for hits like "Kukere" (2013) and "Biko" (2016), Iyanya has long demonstrated an ability to evolve with the soundscape while staying rooted in Afrobeat authenticity. Lyrically, the project explores themes of introspection, growth, and redemption. It reflects Iyanya's personal journey from winning Project Fame West Africa in 2008, to co-founding the Made Men Music Group, and now reclaiming his place as one of Afrobeat's leading voices.

## The Forester's Son Tour: Reconnecting with Fans

To celebrate the album, Iyanya will headline the "Forester's Son Tour" across the United States from October through November 2025. His first U.S. tour since 2019 will feature stops in major cities including Brooklyn, Boston, Atlanta, Los Angeles, and Houston. Iyanya has described the run as a "comeback concert" and a chance to reconnect with fans after years away. Industry insiders predict it could be his most impactful international outing yet, solidifying his return to the forefront of the global Afrobeat movement.

## A Resurgence in Rhythm

Iyanya's resurgence arrives at a time when Afrobeat is dominating worldwide charts. His unique blend of heartfelt storytelling and infectious rhythm positions him perfectly for renewed success. Collaborating with emerging artists like Fido also signals his commitment to nurturing fresh talent while continuing to evolve sonically. For longtime supporters, *The Forester's Son* is proof of Iyanya's enduring artistry. For new listeners, it is an invitation to experience one of Nigeria's most dynamic performers, an artist whose roots remain unshakable even as his sound takes flight again on the world stage.

# OSASU IGBINEDION

## THE VOICE OF A NEW GENERATION IN NIGERIA'S MEDIA LANDSCAPE

In a nation brimming with potential and poised for transformative growth, Osasu Igbinedion stands as a beacon of excellence, dedication, and impactful influence. A woman who has redefined pan-african storytelling through her groundbreaking work with TOS TV Network. Her journey, from communications student to influential media entrepreneur, encapsulates the resilience, innovation, and vision that define modern Nigeria.

Osasu's story is not merely one of personal achievement but a testament to how determined individuals can harness their platforms to amplify voices, drive accountability, and inspire national progress. For this Independence Edition, spotlighting Osasu Igbinedion aligns perfectly with our tradition of highlighting leaders shaping Nigeria's future across politics, business, technology, and culture.

### From Global Education to Grassroots Impact

Osasu's path to media prominence began abroad but was forever shaped by her commitment to Nigeria. After studying Communication Studies at Stonehill College in Massachusetts and earning a master's degree in Corporate and Organizational Communication from Northeastern University, she initially pursued a career in television marketing with Metro Goldwyn Mayer (MGM). But in 2014, during the heat of Nigeria's political campaigns, she felt a pull back home.



Her journalism sits alongside practical social investment. Through **The Osasu Show Foundation** she has provided start-up capital to hundreds of women, supported schooling for girls in the North, and built shelters for internally displaced persons. Her flagship project, the Osasu Social Enterprise Centre in Edo State, aims to offer mentorship, technical training and recreation to youth and women, part of a strategy to create local opportunity and reduce migration pressures.

### Reserved Seats For Women Bill

Osasu is also a public advocate for fairer political representation. She has championed reserved seats for women in the National Assembly, arguing that deliberate structural change is needed to move women from beneficiaries to decision-makers. That stance complements her wider belief that media, philanthropy and policy must work together to produce measurable progress.

Her work marries storytelling with outcomes: rigorous reporting that holds power to account, and targeted interventions that seed entrepreneurship and education. As she often reminds young people, "There is no dream too big for you to dream." For a generation seeking clarity and action, Osasu Igbinedion offers both—proof that media can be a catalyst for change and that empowered citizens can reshape the nation.

# ASUQUO EKPENYONG

THE EMERGENCE OF NIGERIA'S YOUNGEST SENATOR



Asuquo Ekpenyong rose rapidly from private-sector finance to public office, serving as Cross River State Commissioner for Finance before winning the Cross River South Senate seat in 2023. At 40 he is among the youngest members of the 10th National Assembly and has been billed as a fresh, technocratic voice in the Senate.

In the powerful, often thunderous theatre of Nigerian politics, a different kind of presence is making its mark. Not with bombast, but with the quiet confidence of a man who reads balance sheets as easily as he reads a room. Senator Asuquo Ekpenyong, the youngest member of the current Senate, carries himself with a thoughtful reserve that belies the significant weight of his trajectory. His story begins not on the campaign trail, but in the precise world of finance. Before the title of Senator, there was the analyst, a man who understood that the true story of a people is often told in their economic data. This background is his foundation; it's the lens through which he views public service. It's a perspective less about political spectacle and more about sustainable architecture, building systems that last.

Ekpenyong's tenure as Cross River State Commissioner for Finance was defined by prudent management and fiscal discipline rather than grand gestures. That quiet competence built trust and propelled him to the national stage. Now representing Cross River South in the Senate, he brings the same measured focus, observing and calibrating the legislative process like a strategist.



Photo Credit: ThisDayLive

*His youth matters less as a headline than as a bridge to a generation that wants dynamic, forward-thinking governance. Ekpenyong exercises influence in quiet ways: drafting careful bills, asking incisive committee questions, and standing by principle. For readers who value craft and restraint, his understated style is his strongest statement.*

# DUFFLE BAGS

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*a mini escape*  
**DISCOVER**  
**IKOGOSI WARM**  
**SPRINGS RESORT**

Tucked away in the lush landscapes of Ekiti State, Nigeria, the Ikogosi Warm Springs Resort is one of Africa's most fascinating natural wonders and a must-visit destination for travelers seeking both relaxation and adventure.

What makes Ikogosi truly unique is the rare natural phenomenon where warm and cold springs flow side by side, meeting at a confluence without losing their individual temperatures. This remarkable sight attracts visitors from around the world, offering both scientific intrigue and breathtaking beauty. The resort is set against rolling hills, thick forests, and serene walkways, making it the perfect retreat for nature lovers, honeymooners, families, and even corporate getaways. Guests can enjoy guided tours of the springs, hiking trails, cultural displays, and soothing dips in the pools fed by the natural springs.

Accommodation at Ikogosi Warm Springs Resort blends comfort with rustic charm. Well-appointed chalets and lodges provide modern amenities while keeping you close to nature. The on-site restaurant serves both local and continental dishes, allowing visitors to savor authentic Nigerian flavors after a day of exploration. Beyond the springs, Ekiti State offers a cultural immersion with warm hospitality, vibrant markets, and nearby attractions such as the Arinta Waterfalls. Together, these experiences make Ikogosi an unforgettable travel escape.

At MODE MEN, we highly recommend Ikogosi Warm Springs Resort as a top travel destination. Whether you're looking for a romantic getaway, a family adventure, or a unique holiday spot, Ikogosi delivers. Even better, MODE MEN can help arrange your travel plans to ensure a seamless and memorable experience.

# ECONOMIC REFORMS AND BEYOND: A NEW ERA FOR NIGERIA

By Victor Oyewole

**T**he present administration's economic reforms have been a subject of intense debate, with some hailing them as a much-needed corrective measure and others criticising them for their potential impact on the most vulnerable members of society. As we explore the positives of these reforms, it becomes clear that they are a crucial step towards building a more sustainable and resilient economy.

One of the most significant reforms introduced by the present administration is the unification of the exchange rate. This move has simplified the foreign exchange system, eliminating the gap between the official and parallel market rates. The benefits of this reform are multifaceted. For instance, it has increased transparency and reduced corruption in the foreign exchange market, making it easier for businesses to access foreign exchange and promoting economic activity. Additionally, it has sent a positive signal to investors, both local and foreign, that the government is committed to creating a stable and predictable economic environment.

The removal of the fuel subsidy has also had a positive impact on the economy. The subsidy had become a significant burden on the government's finances, and its removal has freed up resources that can be used to fund critical infrastructure projects and social welfare programs.

Furthermore, the government's efforts to improve tax compliance and reduce tax evasion have resulted in increased revenue from taxation. This increased revenue can be used to fund essential public services, such as healthcare and education, which are critical to improving the standard of living for Nigerians.

The economic reforms have also created new opportunities for economic growth. The government's focus on promoting non-oil exports and diversifying the economy has resulted in increased investment in sectors such as agriculture and manufacturing. This diversification is critical to reducing Nigeria's dependence on oil exports and creating a more resilient economy. Moreover, the government's efforts to improve the business environment, including the introduction of initiatives to support small and medium-sized enterprises (SMEs), have created new opportunities for entrepreneurs and businesses to thrive. While the economic reforms have yielded several positives, it is essential to acknowledge the challenges that have arisen. The removal of the fuel subsidy has led to increased costs for consumers, and the devaluation of the naira has resulted in higher prices for imported goods. However, these challenges also present opportunities for innovation and growth. For instance, the devaluation of the naira

naira has made Nigerian exports more competitive in the global market, which can lead to increased demand and revenue for local businesses.

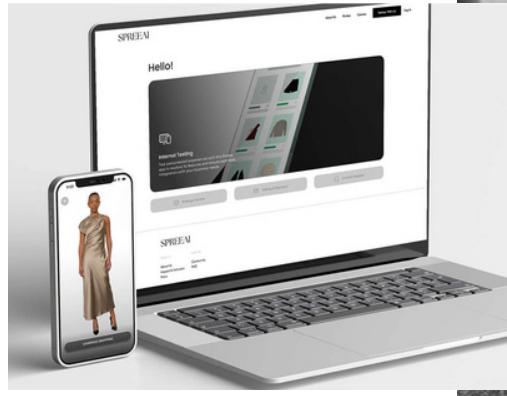
As Nigeria continues on its path of economic reform, it is essential to build on the positives while addressing the challenges. The government must ensure that the benefits of the reforms are shared equitably among all Nigerians, particularly the most vulnerable members of society. This can be achieved through targeted social welfare programs and investments in critical infrastructure projects that benefit the broader population. With careful planning and implementation, Nigeria can create a more sustainable and resilient economy that benefits all its citizens.

In conclusion, the economic reforms introduced by the present administration have set Nigeria on a path towards economic growth and development. While there are challenges to be addressed, the positives of the reforms are undeniable. With determination and hard work, Nigeria can unlock its vast potential and create a brighter future for all its citizens. The journey ahead will not be without its challenges, but with the right policies and investments, Nigeria can emerge as a major player on the global economic stage.



# SPREEAI

## From a tech prodigy to CEO of a billion-dollar AI company



From dismantling his family's computer at seven to leading a revolutionary AI firm, John Imah's path is a study in curiosity, grit, and imaginative leadership. As founder and CEO of SpreeAI, Imah built a company now valued at \$1.5 billion by applying artificial intelligence to solve a persistent problem in online retail, and by doing so he has influenced how people shop and how retailers think about fit and returns.

Raised in Dallas as a first-generation Nigerian American, Imah moved against the grain of expectations that often point toward professions like law or medicine. His talent emerged early: at seven he took apart the family computer and successfully reassembled it, an episode his mother later encouraged and supported financially and emotionally. By 16 he had already founded and sold two companies, one a mobile game studio and the other a solutions provider for 3D professionals, an entrepreneurial run that foreshadowed his future successes.

Imah refined his skills at major technology companies including Samsung, Amazon (Twitch), Meta, and Snap Inc., where he served as Global Head of Partnerships and Business Development. At Snap he helped design and execute strategies that significantly increased revenue and user engagement, gaining deep insight into consumer behavior, digital ecosystems, and the value of strategic collaborations. Those corporate experiences, combined with his early startup wins, made him a persuasive and credible founder.

The genesis of SpreeAI came in 2023, when Imah set out to solve a core issue in online fashion: uncertainty about how clothes will look and fit. SpreeAI lets users upload a photo and see photorealistic try-ons from many brands, and the platform's sizing tool reports 99 percent accuracy in predicting fit. These capabilities reduce returns, raise buyer confidence, and cut costs for retailers. The company is also developing an AI stylist and a virtual wardrobe, features intended to personalize shopping and keep users engaged over time.

### Core innovations include:

- Photorealistic try-on, where users see life-like previews that reduce purchase hesitation.
- A sizing tool with very high accuracy in predicting fit, which lowers return rates and environmental waste.
- An AI personal stylist in development, designed to offer tailored recommendations and democratize fashion advice.

A major engine behind SpreeAI's rapid rise has been Imah's personal brand and track record. The company has raised roughly \$100 million, reflecting investor faith in his judgment, vision, and leadership. As he put it, "It wasn't necessarily about the product, investors were investing in me." That narrative, combined with his story as a successful serial entrepreneur and a first-generation immigrant who champions diversity, helped propel SpreeAI to a \$1.5 billion valuation in May 2025. High-profile backers include supermodel Naomi Campbell, who sits on the company board.

Imah's influence has been recognized internationally, including being named a Visionary Founder on the AFROTECH Future 50 list. From a curious child in Dallas to a leader reshaping retail technology, his journey is both a personal triumph and a guide for how varied perspectives and relentless curiosity can transform entire industries.

# THE NEW ABUJA UNDER THE RENEWED HOPE MANDATE

by Daniel Seth Bowman

As Nigeria marks her Independence Day, there's a new energy pulsing through the streets of Abuja. The capital, once criticized as a city of half-finished projects and abandoned master plans, is being jolted back to life under the Renewed Hope Mandate. At the helm is Minister Nyesom Wike, whose bold, high-tempo leadership has made the Federal Capital Territory (FCT) one of the nation's most discussed frontlines of reform.

This Independence Day, Abuja embodies both the promise and paradox of Nigeria itself: a city racing ahead with construction, housing projects, and political shifts, yet wrestling with questions of inclusion, justice, and long-term sustainability.

## The Visible Gains: Concrete, Asphalt, and Momentum

If there's one thing residents can't miss, it's the speed of construction. The completion of arterial roads like the Outer Southern Expressway, rehabilitation of inner-city routes, and long-delayed bridges have all reshaped daily commuting. Taxis, buses, and private cars are flowing faster; business owners in satellite towns report shorter travel times to the city center.

***"For the first time in years, I can drive to the city in half the time. My passengers notice it, too," says Kabiru, a taxi driver who plies the Nyanya-Central Area route.***

Wike has prioritized project completion reviving works abandoned for over a decade and mobilizing contractors with strict deadlines. Unlike the slow-motion governance Abuja has often been associated with, this new tempo has made residents feel a tangible difference.

Alongside roads, the Renewed Hope Housing Initiative has gained traction in Abuja. With promises of "Renewed Hope Cities" and new estates across satellite towns, the federal government is aiming to tackle housing shortages while anchoring new growth corridors. For middle-class families squeezed by Abuja's spiraling rent, this represents a glimpse of relief.

## Political Shifts: Wike, the Presidency, and 2027 Shadows

But Abuja's renewal is not just about concrete, it is about power. Wike, known nationwide as a master political tactician from his Rivers State days, has now become a national figure with daily visibility. His confrontational but effective style has injected urgency into the FCT ministry, aligning visibly with President Tinubu's "Renewed Hope" message. Insiders argue that his performance in Abuja has elevated him into the conversation for future national ambitions. The capital, traditionally a low-profile administrative seat, has under Wike become a theater of political signaling. His ability to deliver visible results quickly has earned him respect across party lines, but it has also sharpened rivalries. For many analysts, the question is not just whether Abuja is transforming, but whether the minister himself is being positioned as a central player in Nigeria's next political chapter.

## The Friction: Whose City Is Being Renewed?

For every applauding resident enjoying smoother roads, there's another nursing loss from demolitions. The FCT's enforcement drive, voiding land leases, reclaiming undeveloped plots, and demolishing illegal structures has hit homes, shops, and small businesses.

**"Yes, roads are good. But what about the shops demolished without warning? My cousin lost his business overnight," laments Chinelo, a trader in Lugbe.**

The government argues that it is restoring Abuja's master plan, correcting decades of irregular allocations and illegal developments. Critics counter that enforcement without robust resettlement plans amounts to punishing the vulnerable while protecting elites with political connections. This paradox sits at the heart of Abuja's transformation: a city built for order and beauty, but whose renewal often sidelines the very citizens it is meant to serve.

## Budgets, Governance, and Scrutiny

Behind the cranes and bulldozers lies a hefty fiscal engine. The FCT's statutory budget under Wike is one of the largest in recent years, and the minister has fiercely defended its allocations before the National Assembly. His emphasis on "project completion" is partly about optics, delivering visible proof of investment; but it has also raised scrutiny.

Watchdogs and civil society groups have demanded transparency in procurement, insisting that contracts should prioritize local contractors and Nigerian firms. Critics also warn that without accountability, today's infrastructure boom could become tomorrow's corruption scandal.

## Future Rails: Where Abuja Goes Next

The city's trajectory depends on whether the gains of renewal can be institutionalized beyond political personalities. Some future rails include:

- **Inclusive Housing:** Ensuring Renewed Hope Estates are affordable and not elite enclaves.
- **Transparent Land Reform:** Fast-tracking title disputes while curbing rent-seeking practices.
- **Transit-Oriented Growth:** Expanding public transport to match new housing clusters.
- **Community Consultation:** Embedding citizen voices into master plan enforcement.
- **Sustainable Governance:** Moving from personality-driven change to institution-driven reforms.

## 5 Projects Redefining Abuja

1. **Outer Southern Expressway Completion:** Cutting commute times and reducing city congestion.
2. **Rehabilitation of Central Business District Roads:** Improving accessibility for businesses.
3. **Renewed Hope Housing Estates:** New estates in satellite towns to expand affordable housing.
4. **Rural Access Road Expansion:** Linking outlying communities into Abuja's economic orbit.
5. **Bridge & Flyover Constructions:** Easing choke points across Gwarimpa, Wuse, and the CBD.

## Resident Voices:

### The Human Side of Renewal

1. "We see progress, but it must come with fairness. You cannot beautify a city by making people homeless." — Halima, University of Abuja student
2. "The demolitions hurt, but we also can't deny that Abuja looks cleaner and more organized now." — Adeyemi, civil servant in Garki
3. "I just hope the housing projects don't become estates only the rich can buy into. If Renewed Hope is real, it must reach ordinary people." — Amaka, young professional in Wuse

## Abuja @ 75: Independence in the Future Tense

Looking 11 years ahead, what might Abuja look like by Nigeria's 75th Independence anniversary? If current reforms stick, it could be Africa's most modern capital: a city of functional roads, inclusive housing, transparent governance, and vibrant cultural spaces. But if demolitions outpace housing, and politics overshadows planning, Abuja risks becoming a divided capital, shiny at the center, excluded at the margins.

## "A New Abuja": A Capital in Motion

This Independence Day, Abuja tells a story of motion, bold, messy, ambitious. Under the Renewed Hope Mandate, Minister Wike has injected urgency, delivered visible results, and forced Abuja back into the national conversation. But the city's true renewal will not be measured by asphalt and bridges alone; it will be judged by whether ordinary residents feel included in its promise. For now, the New Abuja is a work in progress; a marching tune still searching for its chorus, much like Nigeria itself.

# WHAT INDEPENDENCE MEANS TO THE MODERN NIGERIAN MAN: FROM STRUGGLE TO STRENGTH

BY OTEGA B. FADINIYI

Independence is not just a date we remember every October first in Nigeria - It is a mindset, a daily battle, and a constant test of grit. For the modern Nigerian man, independence means waking up every morning to wrestle with reality, carry responsibility, and carve out freedom in a country that throws obstacles at every turn you make. Our fathers fought for the flag. Today, we fight for dignity, for stability, and for progress. The struggle is real, but so is the strength.

### **The Hustle Never Sleeps**

In Nigeria, the hustle is not a choice. It is survival. From the men hustling under the scorching sun in the streets, to the corporate worker who leaves the office after twelve hours only to face three more in traffic, the Nigerian man is defined by his grind.

Take Bayo, in Lagos, a banker by day and a small business owner by night. His independence is not measured by luxury cars or designer suits but by the simple fact that he can put food on the table, pay his children's school fees, and look his wife in the eye knowing he is doing his part. For him, success is not about noise or recognition but about the quiet dignity of showing up every single day.

Independence for the Nigerian man is not comfort. It is the decision to keep moving, to keep working, and to refuse to quit no matter how difficult things become. That is strength.

### **The Silent Battles Men Carry**

The world tells us men should not cry. That real men must carry their weight in silence. But the modern Nigerian man knows that true strength is not about being made of stone. It is about being human... not just being a human being. Like the saying goes, we must Exist... not Live.

Chike, a software developer in Port Harcourt, lost his job during a round of downsizing. For months, he spiraled into depression but kept a brave face for his friends and family. Eventually he realized his strength would not come from pretending but from admitting he needed help. By opening up to his close circle, he regained his confidence, learned new skills, and started freelancing online. His independence was in breaking free from the chains of silence that society placed on him.

Many men fight invisible battles every day. Pressure to provide. Pressure to succeed. Pressure to be strong when inside they are tired. For Nigerian men today, independence means allowing yourself to breathe, to seek help when you need it, and to fight back on your own terms.

### **Brotherhood is Power**

Even the strongest man needs a brotherhood. Independence does not mean isolation. Ask the offshore worker who spends twenty eight days at sea on a rig. It is the bond with his crew that keeps him grounded. They laugh together, they share meals, and they watch each other's backs when work gets tough.

From football viewing centers in Lagos to professional networks in Abuja, Nigerian men thrive when they move as a unit. True freedom is not about being alone. It is about knowing that you are never alone.

Independence in this sense is collective. It is the awareness that every man is stronger when he has brothers who stand with him.

### **Redefining Freedom and Success**

For our fathers, independence was about land, family, and legacy. For the modern Nigerian man, freedom comes in many forms. Some dream of building houses in Lekki or Maitama. Others want to escape the 9-5 cycle and create businesses that outlive them. The younger generation looks at freedom in creative ways: music, tech, fashion, digital media.

Consider Emeka, a twenty seven year old content creator. He grew up being told that real men must become doctors, lawyers, or engineers. He refused to accept that script. He followed his passion, built an online brand, and now inspires thousands across the globe. His independence is choosing his life on his own terms, proving that there is no single definition of success for the Nigerian man.

Independence today is not about fitting into tradition but about writing your own story.

### **Carrying the Load with Pride**

Every Nigerian man knows that responsibility is part of the package. Sending money to parents back home. Paying school fees for siblings. Supporting extended family. Protecting the family name. These may feel heavy, but for most men they are badges of honor.

A man's independence is not measured only by what he achieves for himself. It is also reflected in the lives he uplifts. The man who pays his sister's university tuition. The man who invests in his nephew's business idea. The man who stands as a pillar in his community. That is the mark of strength.

Responsibility may weigh on the shoulders, but it is what earns a man respect in his home, in his workplace, and in his community. Independence means carrying the load and carrying it with pride. There's a saying that goes "I have never prayed to God for a lighter burden... but for Broader Shoulders"

### The Man and His Country

Nigeria does not hand anyone an easy life. A friend who underwent some trouble once told me "Guy....may we never be Nigeria'd". Imagine – no it's not imagination anymore – it's reality that - Power goes out without warning; Inflation makes every paycheck feel smaller; Roads are rough; systems are slow, and opportunities often seem limited. Yet the Nigerian man does not fold. He adapts. He pushes. He creates opportunities where none exist.

Think of the okada rider in Ibadan who saved bit by bit until he can buy his own bike. The young coder in Kaduna who plugs into the global tech space through nothing more than data bundles and determination. The offshore worker in Eket who sacrifices comfort to provide stability for his family. The father in Yenagoa who may not be wealthy but teaches his children integrity, discipline, and faith.

These stories are the real face of independence. They show that freedom is not about waiting for the perfect government policy or miracle. It is about choosing to rise in spite of obstacles.



Nigerian Youths Celebrating the 2024 Independence Day  
Source: Unsplash

### Independence of Mind

At the heart of it all, the modern Nigerian man understands that independence is also a state of mind. It is not just about financial stability or social standing. It is about owning your decisions, being accountable for your actions, and having the courage to shape your own path.

The independent man is not afraid to think differently. He is not afraid to say no to shortcuts, corruption, or easy ways out. He knows that true freedom lies in integrity and in the ability to live with his choices.

This independence of mind is what separates the man who merely exists from the man who truly lives.

### From Struggle to Strength

The story of the Nigerian man is the story of Nigeria itself. It is not just a story marked by scars, by resilience, by constant struggle, but also by relentless strength. Independence is not a one time victory. It is a daily decision to rise, to keep going, and to refuse defeat.

So as the flag goes up this October, let every Nigerian man remember that independence is not just about history. It is about you. The man who hustles. The man who protects. The man who builds. The man who refuses to back down. The struggle is real, yes. But the struggle is the strength. And the strength is the man.

So once again, let's not pray for lighter burdens, but for broader shoulders to keep moving forward.

Otega.

BIOCERAMIC  
MOONSWATCH  
COLLECTION

MISSION ON EARTH



Ω  
OMEGA  
x  
swatch<sup>+</sup>

# Men's Talk with Wale

## THE PURPOSE-DRIVEN MAN: LEADING WITH STRENGTH, SERVICE, AND RESPONSIBILITY

**I**n a world rapidly shifting and redefining its values, one truth remains clear: the need for men to step forward as responsible leaders—in their homes, communities, and within themselves. Leadership today is not about dominance or control but about presence, integrity, and purpose. The call is simple yet profound: men must lead not only with strength but with service.

### Leadership Begins at Home

Being a man isn't just about what you do in the world; it's about who you are behind closed doors. Responsible leadership starts in the home. Whether as a husband, father, son, or brother, the family is the first, and perhaps most important, place where a man's leadership is tested and proven.

Too often, men are taught to define their worth by how much they earn or how tough they appear. But the truth is, emotional presence matters just as much, if not more, than financial provision.

Your children need your voice, your example, your prayers, your correction, and your love.

A man who leads at home teaches his sons how to love and protect, and shows his daughters what to expect from a good man. He leads not by barking orders but by setting the tone through consistency, humility, discipline, and compassion.

### From the Living Room to the Street: Impacting the Community

Strong families build strong communities. But leadership doesn't stop at the doorstep. Our streets, schools, and neighborhoods desperately need men who will mentor, guide, and protect.

Whether coaching a youth team, mentoring young men in church, organizing a neighborhood clean-up, or simply being a dependable presence in a fatherless generation, your involvement matters. A man who serves his community becomes a light in the darkness and a steady hand in unstable times. In a society struggling with division and discouragement, male leadership rooted in service, not self-interest, can transform everything.

**“The greatest legacy a man can leave his children is not his money or his name but his example.”**

**“When men rise with purpose in their communities, crime falls, hope rises, and future leaders are born.”**

# 5 Habits of a Purpose-Driven Leader

If you want to lead with purpose and responsibility, here are five habits to cultivate:

1. **Show Up Consistently:** Your presence matters more than your perfection.
2. **Listen More Than You Speak:** Great leaders listen first.
3. **Lead by Example:** Your actions speak louder than your words.
4. **Stay Accountable:** Find mentors, brothers, or friends who challenge you to grow.
5. **Serve Others First:** Leadership is about lifting others up, not standing above them.

## The Man the World Needs Now

Our families need men who will fight for their marriages and invest in their children. Our communities need men who will speak against injustice, stand for the vulnerable, and raise the next generation with wisdom and care. Our world needs men who lead not with ego but with purpose.

Now is the time to rise. To lead. To live with purpose. Because when men lead well, everyone rises.

*"The world doesn't need perfect men. It needs present men. Purposeful men. Responsible men who understand that leadership isn't about power, it's about service."*



A BEACON OF LEADERSHIP, POLICY,  
AND PROGRESSIVE DEVELOPMENT

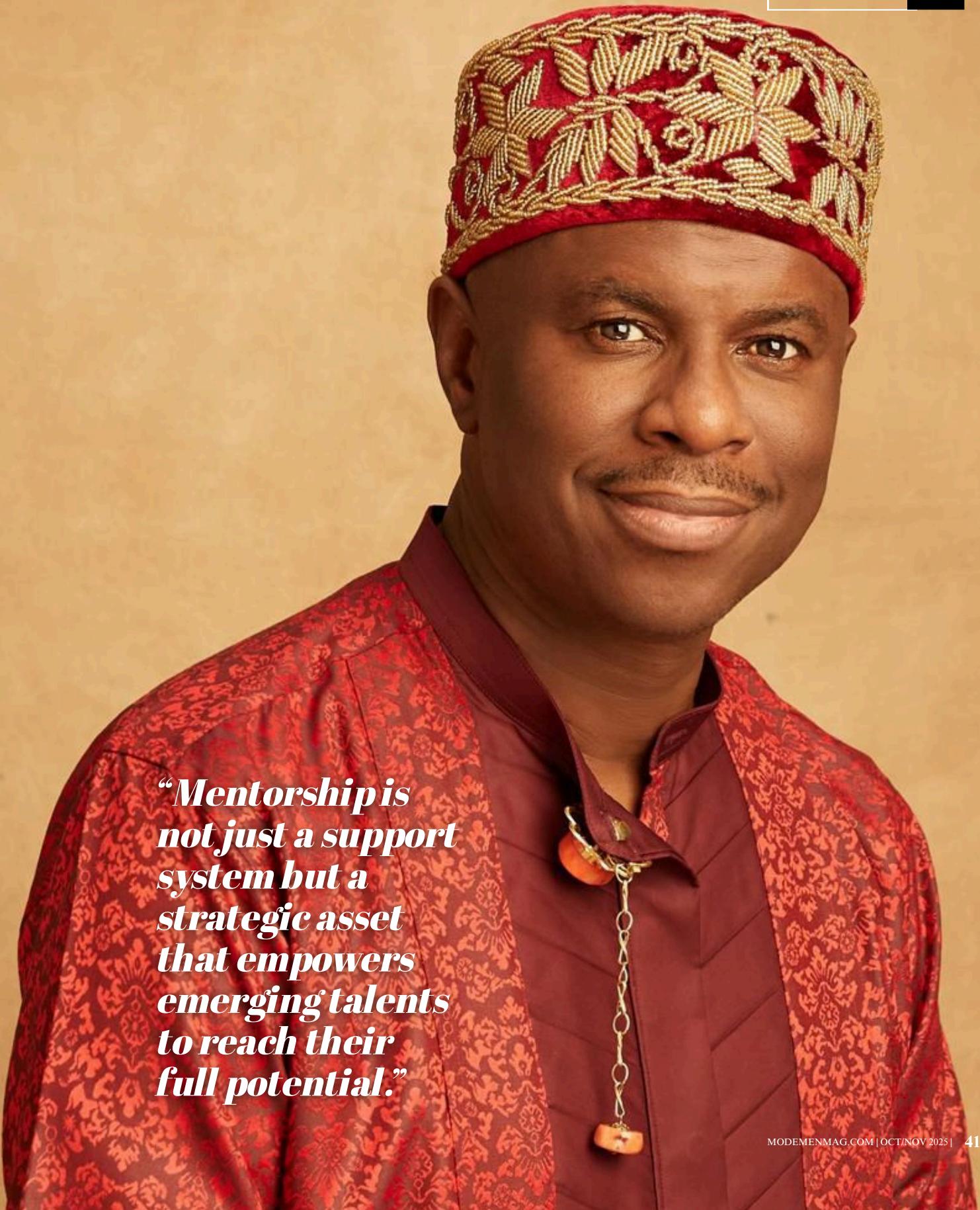
# *Dr. Dakuku Peterside*

*Dr. Dakuku Peterside, OFR; Amaopusenibo (Warrior-Statesman) of Opobo Kingdom, is a distinguished Nigerian statesman, scholar-practitioner, public policy analyst, business leader and public sector management turnaround expert. Celebrated for his unwavering integrity, precise execution capacity, and commitment to excellence, he has established a legacy of transformational leadership. From his earliest public service role as a Local Government Chairman, Dr. Peterside went on to serve twice as Rivers State Commissioner of Works before representing the Andoni/Opobo-Nkoro federal constituency in the House of Representatives, where he chaired the Strategic Petroleum Resources Committee. Throughout his career, he has earned a reputation for practical governance, ideas generation and institutional reform.*

*An adjunct lecturer at leading Nigerian business schools, he founded and led the Development and Leadership Institute (DLI). He advises public-private initiatives and is a prominent speaker across Nigeria and internationally on topics including oil and gas, public sector reform, motivation, public policy, corporate-government strategy, and leadership. Widely recognized as a pioneer in investor relations, he has attracted investments worth millions of dollars to Nigerian subnational entities in just three years. Educated in Nigeria and the USA in Medical Laboratory Sciences, Business Management, Strategy & Leadership, and Public Administration, Dr. Peterside blends technical rigor with strategic vision. His current focus is on capacity building, policy advisory, investor relations, and projects that transform resource wealth into sustainable local development, while mentoring a new generation of leaders across multiple sectors.*

*In this interview, MODE speaks with Dr. Dakuku Peterside about his journey, his projects, and his vision for translating policy and networks into lasting impact.*

*Photographs by: Richard Bamidele Eko*



***“Mentorship is not just a support system but a strategic asset that empowers emerging talents to reach their full potential.”***

**MM:** *Looking back on your journey, what moments shaped your path into leadership and public service?*

**DP:** Growing up across diverse and vibrant cities such as Azumini and Aba in Abia State, Bori and Port Harcourt in Rivers State, and Kaduna exposed me to a rich tapestry of cultures, perspectives, and socioeconomic realities from an early age. This cosmopolitan upbringing broadened my worldview and instilled in me a deep appreciation for Nigeria's diversity and complexity. It was within this environment that my curiosity about society and governance first took root.

My earliest encounters with politics—through community discussions and school debates—ignited a passion for public affairs and justice. Even as a primary and secondary school student, I found myself playing leadership roles as class monitor and school prefect, where I learned the importance of responsibility, communication, and representing the voices of others. These formative experiences laid the groundwork for a lifelong commitment to leadership.

At university, this commitment deepened significantly through active student activism. The challenges and opportunities I encountered there sharpened my understanding of advocacy, collective action, and the power of organized leadership to drive change. My election as National President of the National Union of Rivers State Students in 1992 was not just a personal milestone but a pivotal point that affirmed my sense of purpose in public service.

Looking back, these moments, rooted in early exposure, authentic engagement with community and student issues, and progressive responsibility; shaped a leadership philosophy centered on service, inclusivity, and transformative impact. They continue to guide my path as I work to bridge governance and meaningful development for my country.

**MM:** *As a former National President of the National Union of Rivers State Students, how did this experience influence your later career?*

**DP:** As a former National President of the National Union of Rivers State Students (NURSS), my experience in that role profoundly shaped my later career. I led the union during a critical period of transition from military to civilian government under President IBB, an environment that demanded strong leadership and adaptability.

Leading students from diverse cultural and socio-economic backgrounds and political leanings taught me essential lessons in diversity management, diplomacy, active engagement, and the importance of integrity in earning trust. Believe me, this was a period of great suspicion and tension.

The presidency of NURSS at the time also instilled in me the virtue of courage, the value of inclusiveness, and the necessity of building networks with governmental authorities. I learned how effective communication can bridge divides and how to tackle complex challenges by embracing diverse ideas and thinking creatively. Being vocal and having allies among students who share your vision came naturally. The period grounded me in the management of the rich diversity that characterized the old Rivers State, giving me a lasting sense of belonging and sensitivity to diverse perspectives, which has continued to inform my approach in governance, public policy, and leadership throughout my career.

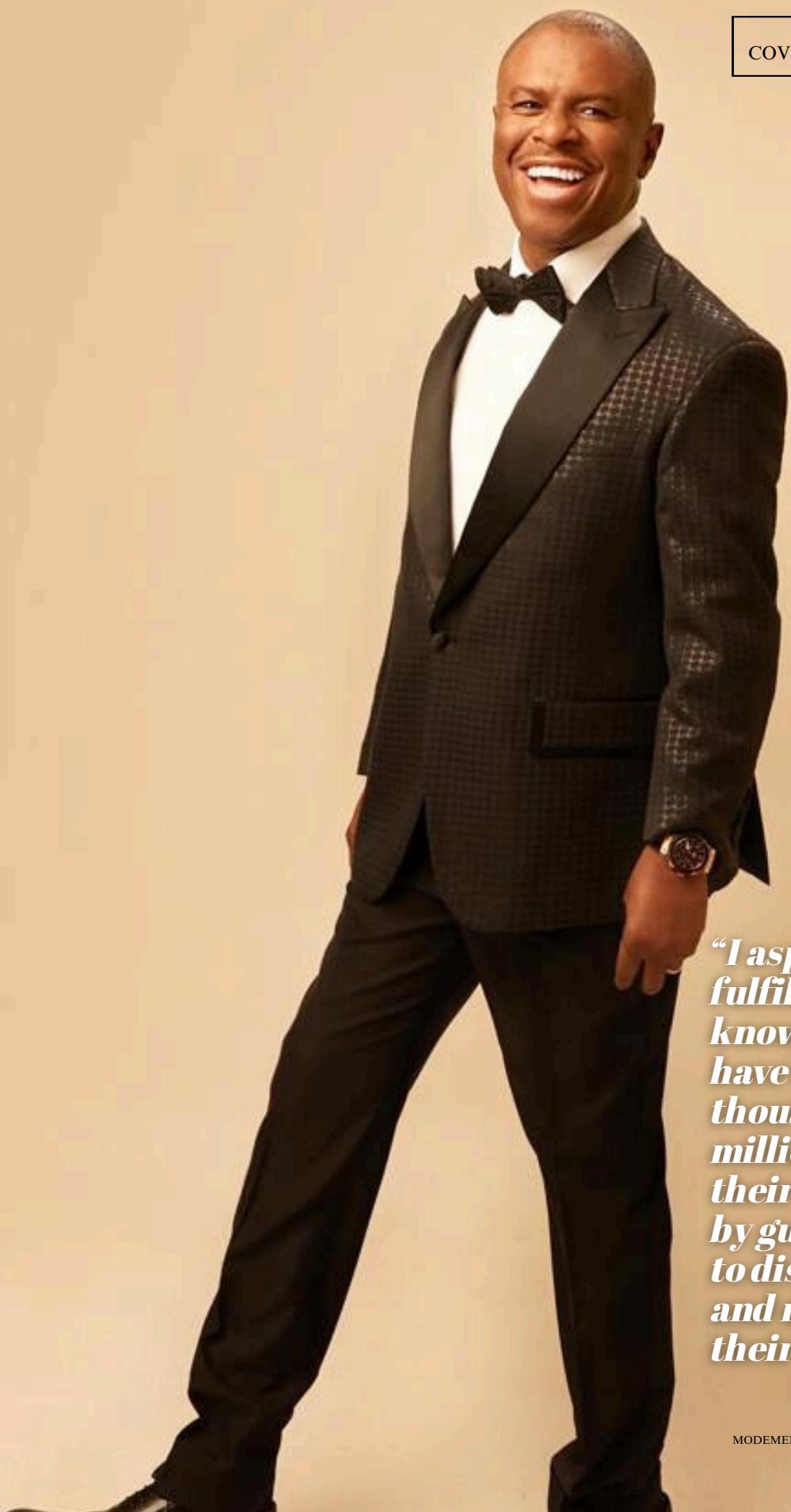
In my later roles in life, whether in National Assembly, NIMASA, in continental and global bodies, managing diversity has always been my area of strength.

**MM:** *What were some of the most significant challenges you faced during your tenure as Director-General of NIMASA, and how did you overcome them?*

**DP:** During my tenure as Director-General of NIMASA, some of the most significant challenges included the fact that I inherited a severely damaged agency reputation both locally and internationally, widespread staff demoralization, broken systems that eroded trust, limited staff capacity, and the neglect of the agency's core mandate due to political interference. These issues created an urgent need for comprehensive reform.

To overcome these challenges, I implemented a multi-faceted strategy focused on systemic transformation and culture change. This included launching a reputation re-engineering and rebranding program to restore public trust. Internally, I led restructuring efforts and refreshed the organizational culture through a renewed focus on transparency, accountability, and measurable results over mere activity. I focused on digital transformation too.

We introduced regular performance appraisal and data-driven performance management to enhance accountability. We established knowledge transfer sessions to build staff capacity. A new staff reward system was created, complemented by public celebrations and recognition to motivate employees. I also modeled the behaviors expected



*"I aspire to find fulfillment in knowing that I have helped thousands, even millions, fulfill their dreams by guiding them to discover and maximize their potentials."*

from staff to lead by example. These combined efforts engagements a deliberate focus on key national challenges . revitalized NIMASA, aligning it back to its core mandate and restoring confidence among stakeholders. NIMASA is often cited as a case study of successful institutional turnaround into a model maritime administration in Africa.

The most pressing issues for Nigeria's development are the absence of a unifying national vision, poor governance and leadership practices, endemic corruption, inadequate infrastructure, mismanagement of the economy leading to rent-seeking, inequality, and weak rule of law. These deeply rooted issues are fundamentally leadership problems driven by a lack of elite consensus.

**MM: Your time in the Nigerian House of Representatives, what were some of the key issues you focused on, and how did you work to address them?**

**DP:** During my time in the Nigerian House of Representatives, this was between 2011 and 2015, I focused on several critical issues that I believe are central to Nigeria's development and security. First, I was actively involved in reforming the oil and gas sector. Recognizing the sector's potential to generate revenue for national development, I, alongside some colleagues, reintroduced the Petroleum Industry Bill (PIB) as a private member bill. We saw the PIB as a key instrument to unlock oil and gas revenues more effectively, enabling the government to tackle pressing development challenges across the country. I was also in the forefront of capacity building and policy appraisal related to the oil and gas industry.

To address these challenges, Nigeria must move beyond conventional or pedestrian thinking and deliberately create spaces where capable thinkers and effective executors come together. The key is to harness existing human resources more strategically by appointing the right people—those with competence and integrity—to critical roles. We don't lack capable hands just that we don't recruit and use them. Only through purposeful elite collaboration and rigorous governance reform can Nigeria hope to build a productive, inclusive, and lawful socio-economic system.

**MM: What role do you believe mentorship has played in your career, and how important is it for young professionals?**

Secondly, I was deeply concerned about the proliferation of small and illegal arms within our communities. I introduced a bill to amend existing laws to tackle illegal possession of small arms and I supported initiatives aimed at curbing the inflow of such weapons, understanding that enhancing security is foundational to stable governance and economic progress. Education was another major focus. I championed education reform bills and complemented this legislative work by establishing an overseas scholarship scheme for my constituency. Over four years, this program sponsored 10 postgraduate students annually to study abroad, thereby investing in the capacity and leadership of our youth.

**DP:** Mentorship has played an indispensable role in my career from the very early days. Whether by design or happenstance, I have always been fortunate to have mentors, allies, and sponsors across different facets of my professional life—be it in politics, business, or academia. Having principal mentors in each of these areas has provided me with invaluable access to their wealth of experience, knowledge, and networks. More than not, it is the guidance and support from these mentors that have propelled me to where I am today.

Mentors have not only helped me hone my skills and build confidence but have also significantly enhanced my decision-making abilities. Their influence has been critical to my personal and professional development by enabling me to navigate complexities with greater clarity and assurance.

Finally, I prioritized active, ongoing constituency engagement. I maintained regular contact with my people in Andoni-Opobo/Nkoro to ensure their voices were heard in Abuja and to bridge the gap between federal policy-making and local realities. This approach ensured that development efforts were better aligned with the needs and aspirations of my constituents.

For young professionals, I strongly encourage being intentional about seeking out mentorship, coaching, sponsorship, and building strong alliances. These relationships are essential for growth, opening doors, and sustaining a successful career journey. Mentorship is not just a support system but a strategic asset that empowers emerging talents to reach their full potential.

**MM: As a thought leader and prolific writer, what topics do you feel are most pressing for Nigeria's development, and how do you think they should be addressed?**

**MM: You've held leadership positions across various sectors. What qualities do you think are most essential for effective leadership?**

**DP:** You may have noticed from my writings and public

**DP:** Effective leadership, especially in a complex and volatile



*“Effective leadership...hinges on having a clear and practical vision, acting with integrity and accountability, and demonstrating competence to execute plans.”*

society like ours, hinges on several core qualities. These include having a clear and practical vision to guide others, acting with integrity and accountability, and demonstrating competence to execute plans. Equally important are active listening and communication skills to foster trust and alignment, courage to make difficult decisions, respect for diverse perspectives, and flexibility to adapt to change. Finally, a growth mindset that embraces continuous learning and improvement is vital for sustained leadership success. These principles are extensively discussed in my books *Strategic Turnaround* and *Leading in a Storm*.

**MM: How do you balance work life and personal life, Sir?**

**DP:** Balancing professional commitments with personal interests and family life is a continuous work in progress for me, especially because I face challenges with time management. It requires intentional planning, setting clear boundaries, and consistent prioritization. I make it a point to allocate dedicated time slots strictly for work and for family, guarding important personal and family moments against work interruptions.

My wife and children are quite understanding but it is no excuse. Given that much of my work involves extensive traveling, in 2024, I had 12 speaking engagements abroad across six countries and 13 within Nigeria, averaging two per month, and in 2025, 12 abroad and 24 locally; this demands deliberate scheduling and a reliable support system. My investor relations and advisory business adds to this intensity.

To maintain balance, I integrate my personal engagements into daily routines, such as early morning walks and spiritual reflections, which help renew my energy and maintain focus. Technology is a useful tool, but having good staff to complement it is essential. This is one area we need to do something - quality of our graduates. I also practice regular prayers, spiritual exercise and self-reflection to proactively adjust this balance as priorities and circumstances evolve.

This ongoing approach helps me navigate the complexities of leadership and advocacy work while staying connected to my family and personal well-being.

**MM: What legacy do you hope to leave behind, and how do you want to be remembered?**

**DP:** I have been legacy minded almost all my life, which shaped my decision to establish the Development and Leade

rship Institute at age 31. This institute was created to raise a new generation of leaders who not only make impactful contributions but also uphold integrity in their leadership. My foremost legacy would be to be remembered as a man who devoted his time and energy to grooming the next generation of leaders who have made tangible differences in society. I aspire to find fulfillment in knowing that I have helped thousands, even millions, fulfill their dreams by guiding them to discover and maximize their potentials. My vision is to make a significant impact on society by transforming the way we approach development and public service, ensuring that these fields are driven by genuine commitment and innovative strategies.

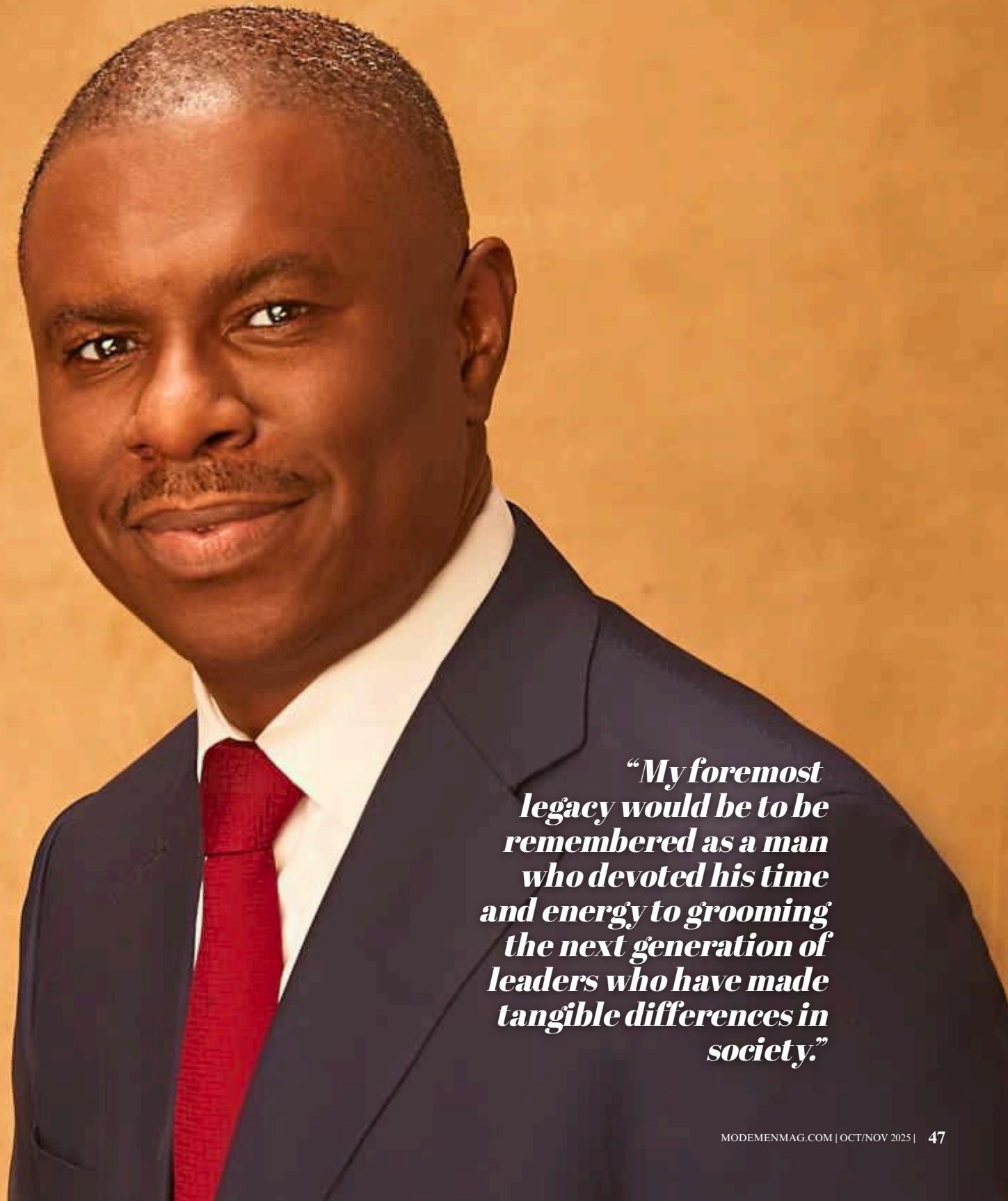
Additionally, I want to serve as a catalyst to shift the global perspective on politicians, demonstrating that there can be politicians of integrity who consistently deliver results and build trust with the people. Lastly, I hope that my thoughts and experiences will be preserved in several books that inspire and provoke change, leaving a lasting intellectual legacy that continues to influence and improve the world.

**MM: How do you stay motivated and inspired, especially when facing challenges in your work?**

**DP:** To stay motivated and inspired, especially when facing challenges in my work, I remind myself constantly of the broader mission and vision behind what I do. Keeping sight of the larger purpose fuels my commitment and resilience. A practical tool I use is my "WORK TRACKER," where I document what I want to achieve along with the objectives behind each task. This helps me stay organized and focused.

I also break down challenges into manageable tasks to avoid feeling overwhelmed, enabling steady progress. Continuous learning is essential to me—I regularly read memoirs and psychology books that narrate success stories and exemplify the power of perseverance. I believe in dreaming big and pursuing large projects, but I anchor these ambitions firmly in concrete actions.

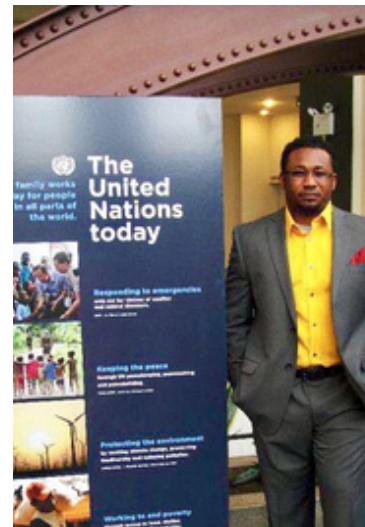
Celebrating small wins along the way keeps my momentum alive, and I engage in regular self-reflection to foster personal growth and refine my approach. Drawing inspiration from stories of resilience and success within my field strengthens my resolve. Finally, I balance intense work periods with restorative activities to maintain my mental and emotional health. I don't compromise on my early morning walks, which provide space for clarity and renewal. Prayer and spiritual exercises are my pillars. My hobbies of writing, travelling, reading also play crucial roles in sustaining my motivation and overall well-being.



***“My foremost legacy would be to be remembered as a man who devoted his time and energy to grooming the next generation of leaders who have made tangible differences in society.”***

D R . I D O N U A G B E O . A K O G U N

# Perseverance, Compassion, Integrity

BUILDING E-DON AND A NEW  
VISION FOR NIGERIAN EDUCATION

## BACKGROUND

Growing up, I attended local schools in Nigeria, great institutions that helped shape much of the person I am today. Schools such as the Nigerian Military School Zaria in Kaduna and the Air Force Military School Jos in Plateau State gave me lasting friendships, discipline, and cherished memories of exploring the rich culture and traditions of my homeland.

My father, an amazing and brilliant retired Army Colonel, Rt. Hon. Col. Tunde Akogun (OFR), taught me three valuable lessons among many: perseverance, compassion, and integrity. These principles have shaped who I am and continue to guide me in my personal and professional life. As I moved from teenager to young man, I applied these lessons in both my academic and professional journeys. These values have been instrumental in building trust between myself and the organizations affiliated with the Electronic Education Initiative (E-DON).

[www.e-don.global](http://www.e-don.global)

## PERSEVERANCE

During my college years at Lincoln University in Jefferson City, Missouri, USA, I faced numerous challenges that tested my resolve. I remained committed to my goals and worked diligently to overcome obstacles. That determination

became the foundation for my work with E-DON, where I have continued to persevere through setbacks and adapt to changing local and global circumstances.

For example, in E-DON's early stages I had difficulty securing partnerships with educational institutions. Instead of giving up, I persisted and eventually established relationships with several universities across the United States and Africa, demonstrating the power of perseverance in achieving long-term success.

## COMPASSION

Compassion has played a significant role in shaping my personal and professional relationships. One instance that highlights this was when I encountered a struggling student during my time at college. By extending empathy and support, I was able to create a lasting connection and positively impact their educational journey.

Through E-DON, I have continued to prioritize compassion by ensuring that our initiatives address the unique needs of educators and students in Nigeria and nations in the developing world. By placing people at the heart of our work, we've built trust and rapport with our partners.

# BE PART OF THE *solution* DON'T JUST TALK ABOUT PROBLEMS

## INTEGRITY

Integrity has underpinned E-DON's transparency and accountability. Over 15 years of building the initiative, I have followed ethical standards and kept open lines of communication with stakeholders. When difficult financial or partnership decisions arose, I prioritized honest dialogue, which built our reputation for trust and led to enduring collaborations across Africa. The values of perseverance, compassion, and integrity have shaped my growth and E-DON's impact, and they are lessons I continue to pass on to my children and to those we serve.

## FAMILY VALUES

My father's service as a soldier and public servant taught me discipline, leadership, and community service—principles that inspire my work. Our family values—respect, unity, and a commitment to education—are central to social wellbeing. In Nigeria, strengthening family bonds requires more open communication, shared experiences, and mutual support. I see changing social values as driven largely by globalization, urbanization, and wider access to technology, especially social media, which expose Nigerians to new ideas and influences.



## EDUCATION AND ICT

I founded and coordinate the Electronic Education Initiative (E-DON) in 2009 to help transform education in Nigeria and other developing societies. My background in technology and international education has informed practical solutions that bridge gaps between Nigeria, Africa, and developed countries. I have consulted for the NUC, NIDCOM, and currently the NCCE—work that has been challenging but rewarding.

E-DON aims to give every child in developing communities access to quality education. Through partnerships with universities, polytechnics, colleges of education, and international institutions, we foster knowledge exchange and capacity building. I acknowledge supporters who broadened our reach, including Senator Effiong Bob, Prof. Julius Okojie, Dr. Gabrielle Malfatti, Dr. Felix Edoho, and Prof. Muhammed Junaid.

## MEASURING IMPACT AND ALIGNMENT

We track student outcomes, teacher satisfaction, and partnership growth, while testing sustainability, scalability, and adaptability across basic and tertiary levels. Our objective is to enhance classroom teaching and graduate experiences using technology, aligned with the Federal Government's digital economy policy; and to reconnect the diaspora as part of a positive brain gain. I appreciate Hon. Abike Dabiri's advocacy on diaspora engagement.

## CHALLENGES AND PARTNERSHIPS

Key obstacles include limited infrastructure, funding shortages, unreliable power, and occasional resistance to change. We mitigate these by building public-private partnerships, leveraging appropriate technologies, and promoting a culture of continuous learning and innovation. E-DON attracts partners by proving value through success stories and transparent communication. International collaborations—with bodies such as UNESCO, the Institute of International Education, and the Abdul Samad Rabiu Africa Initiative—bring resources, fresh perspectives, and innovations that strengthen our work.



## STRATEGY AND LONG-TERM GOALS

Long-term, E-DON seeks to expand across Nigeria and Africa, deepen partner networks, and influence policies that encourage technology integration in education. We will use data-driven strategies, stakeholder engagement, and continued government collaboration to scale impact and create a more educated, tech-capable population. I thank the NCCE, Executive Secretary Professor Paulinus Chijoke, and directors for their partnership. I also appreciate the interventions and dedication of our Tertiary Education Trust fund (TETFUND) under the stewardship of its Executive Secretary Arc. Sonny S.T. Echono as well as Committee of Provosts Nigeria Colleges of Education its Chairman the wonderful Prof Farouk Haruna as well as its Fed Committee led by Prof Ali Adamu.

## LOOKING AHEAD

We are developing new edtech and virtual reality projects to create immersive learning experiences that improve educational quality in Nigeria.

## ADVICE TO YOUNG NIGERIANS

Identify your strengths, build resilience, and collaborate with like-minded people. Be part of the solution, don't just talk about problems. Continuous learning, adaptability, and commitment to positive impact will open the way to success.

## INSPIRATIONS AND GRATITUDE

My role models include Muhammad Ali, Bruce Lee, Ted Turner, Martin Luther King Jr., Sir Abubakar Tafawa Balewa, Malcolm X, and J.K. Rowling. I appreciate my siblings, Ms. Tokunbo Giwa-amu, Ologun Akogun (LOGSY KBL), Unu Akogun, and Pastor Bally Akogun—for their support. To my children, Prince Ohimai and Princess Arianna, I urge you to exceed your own expectations and be the best versions of yourselves. To my mother, Dame Dr. Tumi Akogun, and my father: your blessings mean everything.

## STYLE AND FASHION

Fashion is a vehicle for cultural exchange, identity, and education. By showcasing African designers on global stages, we promote heritage, creativity, and industry growth. I wear agbada and dashiki at cultural events to express this connection. Emerging designers to watch include Orange Culture, Andrea Iyamah, Tongoro Studio, Thebe Magugu, and Loza Maléombho.

**Signed,  
Dr. Idonuagbe O. Akogun (MNHSS)**

“

*A US based Nigerian, made history as the first to create a sustainable education program linkage between institution of learning in Africa, through an electronic education program, an education that will ease the struggle of African migrants travelling abroad to get quality education. His initiative is targeted at universities, polytechnics, and Colleges of Education in Nigeria and underdeveloped countries.*



ROLEX



# NAVAL BASE, ABUJA CELEBRATES WORLD LAKE DAY 2025

Naval Base Abuja on Wednesday, 27 August 2025, joined the global community in marking World Lake Day 2025 with a special event held at the Pearl Hotel, Jabi Lake, Abuja. The gathering brought together senior military officers, representatives of government agencies, environmental experts, paramilitary organizations, and other stakeholders to deliberate on challenges facing inland water bodies and explore sustainable solutions. The Editor in Chief of Mode Men Magazine, Barrister Abubakar Tafawa Balewa was also in attendance at the colourful event. The celebration provided a platform to raise environmental awareness while highlighting the Nigerian Navy's role in safeguarding the nation's maritime and freshwater environments in support of national development.

In his welcome address, the Chief Host, Commodore Oluseyi Ekundayo Oladipo, noted that the theme "Securing Our Lakes, Sustaining Our Future: Stewardship for Clean and Safe Waters" was chosen to emphasize the connection between security and the sustainability of lakes and other water resources. He stressed the need for greater collaboration among stakeholders to preserve inland waters for national water and food security. Commodore Oladipo also described the programme as a step toward strengthening civil-military relations in line with the Navy's commitment to national development. Delivering the keynote address, the Special Guest of Honour, Chief of Defence Civil-Military Relations, Rear Admiral Olusanya Abiodun Bankole, underscored the importance of shared responsibility in lake stewardship. He remarked that effective management of lakes cannot be left to government alone but requires the active involvement of all stakeholders. He further emphasized the need to adopt sustainable practices such as pollution control, community engagement, climate change mitigation, research, and continuous monitoring.

Highlights of the event included a base presentation, a panel discussion, goodwill messages from invited guests, as well as product and service exhibitions by event partners. The ceremony concluded with the presentation of souvenirs and a group photograph to celebrate the day.



# LAJWH EXPO 2025

SHAPING THE FUTURE

As Nigeria marks Independence, MODEMEN spotlights LAJWH EXPO 2025 a premier platform where entrepreneurs, innovators, and creatives converge to spark partnerships and showcase ideas. From tech and sustainability to fashion and wealth creation, the Expo highlights Nigeria's drive to lead and innovate on the global stage.



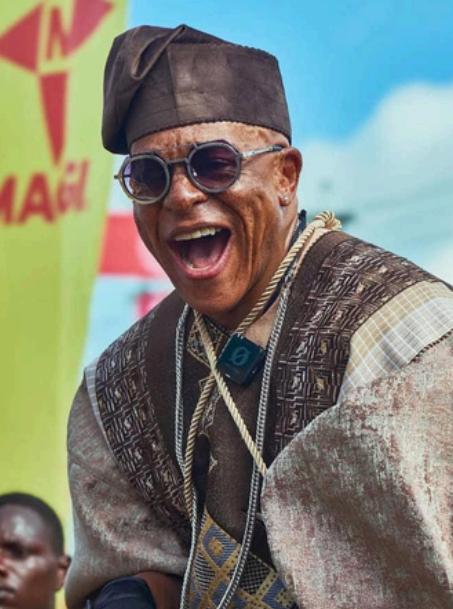
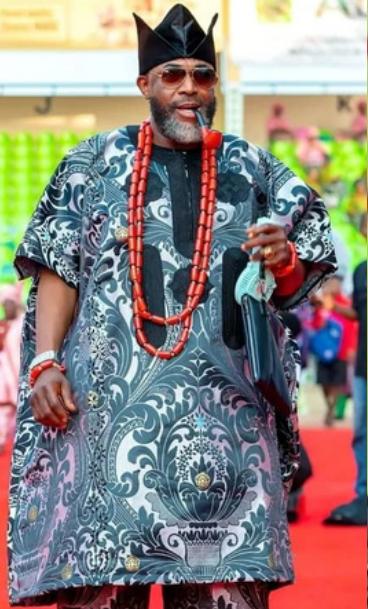


# OJUDE OBA FESTIVAL

## 2025: CULTURE CAPITAL AND HERITAGE IN MOTION

The Ojude Oba is a vibrant and deeply significant Yoruba festival held annually in Ijebu Ode, a historic town in Ogun State, Southwestern Nigeria. Translating to "*The King's Forecourt*" the festival is a spectacular display of culture, heritage, and communal loyalty that transcends its religious origins. The celebration is a symphony of color, music, and movement. The regberegbe, comprising men and women of similar age ranges, compete in dazzling displays of fashion, drumming, and dancing. Each group, adorned in identical, specially designed aso ebi (family cloth), processes into the arena with energetic steps, accompanied by their own drummers and praise singers. The air fills with the rhythmic beats of the báta and dündún drums, songs praising the Awujale and recounting the history of the Ijebu people, and the joyous cheers of the crowd. Beyond the age groups, the festival features a majestic parade of horsemen, often sons and daughters of influential Ijebu families. These riders, clad in opulent traditional attire and regalia, gallop at high speed towards the palace, offering prayers and paying homage to the Awujale in a thrilling display of bravery and prestige. The event also serves as a platform for philanthropic activities, with individuals and groups publicly announcing donations for community development projects, schools, and hospitals, reinforcing the Ijebu value of communal progress. Usually celebrated with pomp and pageantry by about 1,000,000 people from different parts of the world and Nigeria especially those from Yoruba origin and most especially by people of Ijebu descent all over the world, the Ojude Oba is more than just a festival; it is a homecoming. It strengthens social bonds, fosters a sense of belonging, and passes traditions from one generation to the next, ensuring the rich cultural tapestry of the Ijebu people continues to thrive for years to come.





# NIGERIAN WOMEN REACHING NEW HEIGHTS

Bold, brilliant and unapologetically driven, the women we admire turn conviction into action. They lead with craft and courage, reimagining institutions, creating art that challenges and heals, and building businesses and movements that open doors for others. Whether in public service, the studio or the boardroom, they blend skill with stewardship, proving that influence measured by impact is the truest form of leadership.



In the high-stakes, often murky arena of Nigerian politics, where perception can dictate power and narratives shape nations, standing out requires more than just skill, it demands unwavering integrity. Few embody this powerful combination like Petra Akinti Onyegbule, a political communication expert whose career is a masterclass in influence, impact, and impeccable principle.

With a career marked by transformative work and a passion for effective communication, Petra has established herself as a leading figure in shaping the landscape of political public relations. Her appointment as the Chief Press Secretary to the Governor of Kogi State was not just a personal achievement but a historic breakthrough, making her the first-ever female Chief Press Secretary in Northern Nigeria. This landmark role was a testament to her capabilities, shattering a formidable glass ceiling and paving the way for a new generation of women in political leadership.



# PETRA *Akinti* ONYEGBULE

*The Strategist  
Reauthoring  
Political Narratives  
with Principle and  
Precision*

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With nearly two decades of experience, Petra's strength lies in her surgical ability to craft compelling narratives and shape public perception, even in the most volatile crisis situations. She is a highly sought-after strategist because she understands that political communication is not about mere publicity; it's about building trust and forging connections. Her expertise in building and executing perception-shaping campaigns has made her an invaluable asset to politicians, policymakers, and institutions navigating complex political landscapes. From her crucial role in President Buhari's electioneering campaign to steering the communications for Libraprime Communications, her specialized PR firm, Petra has consistently demonstrated a Midas touch.

An associate of the Advertising Regulatory Council of Nigeria (ARCON), she brings a disciplined, professional rigour to her work. But beyond the strategy, what truly sets Petra apart is her code of ethics. She is widely recognized as a brilliant A+ publicist who knows the ethos of her job and leverages her God-given talents to deliver exceptional results. However, she is not an "all-in" publicist. Petra exclusively works on clean slates and possesses the remarkable courage to walk away if her integrity could be stained, a principle she has bravely acted upon in the past. In a field often compromised, her unwavering standards make her a rare and enviable beacon of trust.

Petra's journey in shaping narratives began not in the political war room, but in the heart of advocacy. Her illustrious career includes impactful roles such as Executive Secretary and Advocacy Officer for the Credit Bureau Association of Nigeria (CBAN). A pivotal early endeavor that showcases the heart of her character is the founding of the Tiny Beating Hearts Initiative, a pioneering effort to save premature babies and improve maternal health. This endeavor reveals her deep-seated passion for humanity, a driving force that predates and profoundly informs her impactful work in politics.

This passion continues to fuel her desire to give back. Petra has been lauded for her commitment to improving maternal and infant health in underserved communities, an initiative that seamlessly aligns with her advocacy for women's participation in politics and socio-economic development. She doesn't just talk about change; she builds it from the ground up.

Today, as the Head of Corporate Communications and Branding at Digitivant, Petra continues to leverage her strategic acumen. Petra Akinti Onyegbule is more than an expert; she is a phenomenon. She is the strategist who wins with wisdom, the advocate who leads with heart, and the woman we admire for proving that the most powerful narrative of all is one built on principle.

#### **WHY WE ADMIRE PETRA**

We admire Petra for combining razor-sharp strategic skill with uncompromising integrity. She wins public trust not only by crafting persuasive narratives and delivering results, but by choosing projects that reflect her values and by walking away when those values are at risk. Her dedication to advocacy, maternal health, and mentoring other women shows that her influence extends beyond politics into real social change. Petra models how principled leadership and professional excellence can reshape public life and inspire the next generation of leaders.

*“A virtuous  
wins trust by  
choosing work  
that reflects her  
values and  
walking away  
when integrity  
is at risk.”*

~ PETRA AKINTI ONYEGBULE

# Natasha Hadiza Akpoti-Uduaghan

Forging Change: A Campaign for Industry, Inclusion and a New Senate Voice

Natasha Hadiza Akpoti-Uduaghan is a lawyer, social entrepreneur and one of Nigeria's most outspoken public figures. Born in Ilorin to a Nigerian father and a Ukrainian mother, her multicultural background informs a broad, pragmatic view of nation-building that blends legal rigour with grassroots activism.

She became nationally prominent for leading the campaign to revive the Ajaokuta Steel Mill, producing investigative reports for the National Assembly that exposed mismanagement and pushed for accountability. That advocacy earned her formal recognition from the engineering community: in December 2017 she received a presidential award from the Nigerian Society of Engineers for her work on the steel industry.

Akpoti-Uduaghan also built a practical platform for private-sector development. She founded the Builders Hub Impact Investment Program (BHIIP), a social-enterprise vehicle that supports entrepreneurship and economic empowerment at the community level — a through-line to her larger aim of turning policy wins into jobs and viable businesses.



**"We shall break every unjust law to make Ajaokuta work for and by the good people of Nigeria... In God whom we trust, I know we will succeed."**

~ Natasha Hadiza Akpoti-Uduaghan

Her electoral victory in 2023, when she became the first woman elected to represent Kogi Central in the Senate, broke a long gender barrier for the state and placed her among a tiny band of female senators in Nigeria's 109-seat upper chamber. In the Senate she has carried the same blend of technical focus and public advocacy that defined her campaigning, insisting on transparency and tangible development outcomes for her constituency.

## *Why we admire Natasha:*

Akpoti-Uduaghan's career is defined by persistence and practical action. She converts research and public pressure into concrete campaigns, from Ajaokuta to small-business support, and she does so despite entrenched opposition. Her work is a reminder that policy change often starts with sustained investigation, local organising and the courage to hold institutions to account, qualities that make her a compelling figure in Nigeria's evolving political landscape.

# Mel Rouge

*Performance that breaks the frame*



Mel Rouge is an artist whose work moves fluidly across music, film, fashion collaborations, and performance. Her recent short film, executive produced by the British Council, has toured internationally, screening in Barbados, heading to Minneapolis and Bradford, and drawing a packed audience at the UN Short Film Challenge. She is currently developing a major, investor-backed project that promises to push creative boundaries.

For Mel, art is magic. “I feel most alive when I’m creating,” she says. “Whether it’s a film, a song, a live performance, or a piece of fashion, each is a different language for the same feeling, an urge to express, to connect, to leave an impact.” This multidisciplinary drive fuels everything she does, turning every medium into another way to tell her story.

Looking ahead, Mel hints at a “major feature film” that will be “completely out of the box,” while also planning a return to her first love—music. Fans can also expect new sounds and performances in 2026. After rebuilding her online presence with a brand-new Instagram page, she’s embracing this moment as both a creative renaissance and an invitation for audiences to follow her evolving journey.

## Why We Admire Mel Rouge

Mel Rouge is the kind of artist who refuses to be boxed in. She moves effortlessly between music, film, fashion and live performance, treating each medium as a new language for the same honest impulse: to create and to connect. Her short film’s international festival run and packed screenings at events like the UN Short Film Challenge prove she can make work that travels and resonates. More important is her courage to experiment—taking on investor-backed projects and hinting at a “major feature film” that promises to push creative limits. As she puts it, “I feel most alive when I’m creating.” That drive, combined with a strategic rebuild of her online presence, makes Mel not just a restless talent but a cultural force: bold, generative, and unmistakably future-facing.

# Beyond The Screens

THE BIKIYA  
GRAHAM-DOUGLAS  
PRODUCTION

In the dynamic landscape of Nollywood, few figures embody the spirit of a modern multi-hyphenate with as much grace and grit as Bikiya Graham-Douglas. To label her simply an actress would be to overlook the tapestry of roles she masterfully juggles: a producer with a discerning eye, a cultural curator, and a champion for female-driven stories. As she gears up for the highly anticipated release of *Remi X Nneoma* and prepares for the next edition of the BEETTA Film Festival, Graham-Douglas is not just participating in the industry; she is actively reshaping it.

Her journey is a testament to the power of artistic evolution. Audiences globally have seen her commanding presence in projects like *The Ministry of Ungentlemanly Warfare* and *Wrath and Revenge*, proving her mettle on both national and international stages. But for Graham-Douglas, being in front of the camera was only the beginning. She co-founded Five 2 Media Entertainment, a production company dedicated to "authentic African stories with global appeal." This move positioned her squarely in the driver's seat, transitioning from interpreter of vision to architect of entire worlds.

This autumn, her architectural skills are on full display with *Remi X Nneoma*, a film where she wears the dual hats of producer and star. The project, a modern adaptation of the biblical story of Ruth and Naomi, signals a "bold creative reset" for Five 2 Media. It's a poignant narrative that delves into grief, personal rebirth, and the unbreakable bond between women. For Graham-Douglas, the film is deeply personal. "This film is a story about transformation," she explains. "We wanted to tell a story that challenges outdated norms, champions female agency, and reflects the beauty and complexity of real relationships." Her commitment to complexity and agency extends beyond the silver screen. As the founder and lead organiser of the BEETTA Film Festival, Graham-Douglas has created a vital platform for new voices and diverse narratives within the African film ecosystem. The festival is more than an event; it's a mission to nurture the next generation of storytellers, providing a space for connection, learning, and exhibition. This dedication to community-building mirrors the themes she explores in her productions—a belief that powerful stories can forge powerful connections.

In *Remi X Nneoma*, which boasts a stellar cast including Bisola Aiyeola and Liz Benson Ameye, Graham-Douglas and her team have crafted a film that promises to be "one of the most talked-about Nigerian cinematic events of the year." But for her, the buzz is secondary to the impact. The project, like the BEETTA Film Festival, is part of a larger vision to expand what is possible for African cinema.

## *Why We Admire Bikiya*

Bikiya Graham-Douglas is a creator who understands that influence is best used to open doors for others, a producer who bets on the quiet strength of stories about women, and an actress whose most compelling role might just be the one she is playing behind the scenes: a visionary leader charting a new, exciting course for Nollywood.



# JACKIE AINA

## From Military Service to Beauty Rebellion

In an industry often criticized for its narrow standards and exclusionary practices, Jacquelyn Lonje Olayiwola Oyeshola Bolayemi Aina, known globally as Jackie Aina, has risen as a formidable force. With her unapologetic advocacy for inclusivity and her remarkable journey from military service to beauty mogul, Aina embodies the spirit of independence that MODE MEN Magazine celebrates in this special October/November issue. Her story is far more than makeup tutorials and product reviews. It is about dismantling systemic barriers, amplifying underrepresented voices, and building an empire rooted in authenticity.

*"I couldn't go to makeup counters and get the help that I needed. I would ask, How do I apply concealer? or How do I contour? And the response was always discouraging. It felt like my skin tone was a deterrent. I was told, Well, you're dark, so you can't really do that."* That firsthand experience with exclusion fueled Aina's determination to transform the beauty landscape for women of color, especially those with deeper complexions who had long been ignored by major cosmetics brands. Her path to industry disruption was anything but traditional. After two years of college, Aina joined the United States Army Reserve, where she developed resilience, leadership skills, and a global perspective that would later inform her entrepreneurial vision.

In 2009, she launched her YouTube channel as a creative outlet. What began as a personal escape quickly evolved into a mission-driven platform after repeated rejection at makeup counters made one thing clear: the industry had no space for people like her.

While working at MAC Cosmetics in Hawaii, Aina saw firsthand the deep gap between the beauty industry's offerings and the needs of consumers with darker skin tones. That realization ignited her mission. Soon after, Harper's Bazaar would call her the "most influential voice in beauty today." Her content was groundbreaking not just because it showcased makeup. It adapted mainstream beauty trends for deeper skin tones, techniques that the industry had long ignored.





# How Jackie Aina Forged an Independent Path to Challenge Giants

Aina's advocacy work remains her most significant contribution to beauty. She challenged the misconception that inclusivity meant simply adding a few darker shades to a foundation line. Instead, she pushed for a holistic approach to representation, ensuring that blush, lipstick, and eye shadow performed just as beautifully on dark skin as they did on lighter tones. One of her most powerful demonstrations came in a viral black-and-white video tutorial, where she deliberately used mismatched products. When she revealed the result in full color, the dramatic contrast highlighted how poorly the industry served darker-skinned consumers. The creative delivery made complex issues of colorism and representation accessible and unforgettable. Beyond content, Aina held brands accountable for structural diversity. In an interview with *Essence*, she pressed companies with piercing questions:

**"Are you employing disenfranchised people? Are you hiring Black professionals on your social teams? Are you building diversity from the ground up, not just in products but in the boardroom?"**

## FORVR MOOD: Redefining Self-Care

In 2020, Aina launched FORVR MOOD, a self-care lifestyle brand that began with candles and expanded into fragrances and accessories. Pre-launch, over 45,000 customers signed up for the waitlist, signaling the power of her vision. Today, the brand sells nationwide at Sephora, with collections often selling out within hours. FORVR MOOD embodies Aina's belief that beauty extends beyond cosmetics to the rituals of everyday life. Her follow-up platform, Lavishly Jackie, further expands her influence into luxury home and lifestyle content across Instagram, TikTok, and YouTube, encouraging her audience to embrace indulgence and self-care.

## From YouTube to Netflix

Jackie Aina's latest chapter demonstrates her expanding cultural reach. As executive producer and star of "The Black Beauty Effect", a Netflix docuseries, she explores how Black women have shaped social change through beauty. The series not only celebrates these contributions but also asserts narrative control, placing stories of Black beauty in global view, told authentically by those who lived them.

## A Legacy of Impact

Aina's groundbreaking work has earned her major accolades, including NAACP's first-ever YouTuber of the Year, Glamour Woman of the Year, Refinery29 Beauty Innovator of the Year, WWD Beauty Inc Influencer of the Year, the AdWeek Creator Visionary Award, and three E! People's Choice Awards nominations. These honors go beyond industry success, cementing her as a cultural leader redefining beauty. From soldier to influencer, advocate to entrepreneur, Jackie Aina's story is one of resilience, creativity, and a relentless push for justice in an industry that once excluded her. Today, she stands as a mogul whose impact stretches far beyond makeup counters, shaping conversations on representation, authenticity, and independence.

# Why Clients *are* *at* the Mercy *of the* ARCHITECTS They Choose

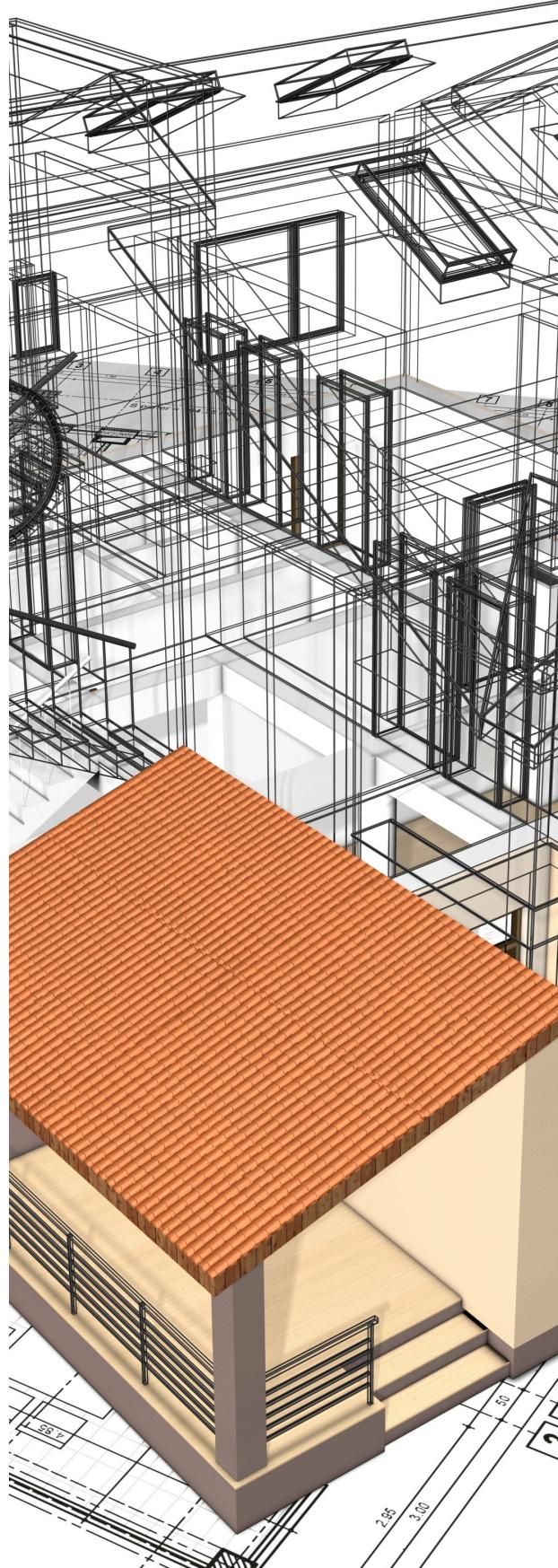
When it comes to building a home, office, or investment property, most people worry first about budget or land titles. But what truly determines the success or failure of your project? It's simple: the architect you choose to engage. Yes, that's the real deal-breaker.

Architecture isn't just about good-looking structures. It's about translating vision into function, line into life, and structure into legacy. It's about navigating a complex blend of space, people, purpose, regulations, and future unknowns. At the center of all this stands the architect, the one person who shapes everything before the first brick is even laid.

## Why the Wrong Architect Can Cost You More Than Money

Most clients don't realize how much power architects have over the outcome of a project. Once the contract is signed, the client is essentially at the mercy of the designer's technical skill, ethical standards, and design philosophy.

And not every architect approaches design the same way. Some simply "draw something that fits." But the best ones breathe life into space. They anticipate how you'll live, work, and evolve within that space, even years down the line.



## Design Is a Living Entity Only Designers Truly Understand

Let me explain it this way: Designs, especially floor plans, are not just drawings. They are living entities.

I once told a client, *“Every design I give you is like a child of mine that I’m giving up for adoption.”* That’s how deeply personal and important they are.

In my work, I classify designs into two categories:

- **Dead Designs** – Rigid layouts that no amount of tweaking can improve. They lack adaptability, and once your needs evolve, you’re stuck.
- **Live Designs** – Smart, flexible floor plans that can be remodeled as your taste, lifestyle, or status changes. They are living, breathing structures capable of growing with you.

This is why design matters so much, and why the architect behind the design matters even more.

## How This Affects Clients, Developers, and Investors

Whether you’re a homeowner, real estate developer, or financial investor, engaging the wrong architect can lead to:

- Poorly optimized spaces that hurt resale or rental value
- Inflexible designs that limit remodeling potential
- Legal and regulatory delays due to compliance oversights
- Increased costs from poor technical coordination
- Emotional dissatisfaction from living or investing in a space that doesn’t feel right



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Contact: +234 903 985 9100

Email: [chimneyconsultltd@gmail.com](mailto:chimneyconsultltd@gmail.com)

But with the right architect, you get more than a beautiful drawing, you get a vision that works, a plan that grows, and a space that evolves with time and need.

## What to Look for in a Responsible Architect

- Design Philosophy – Do they see designs as static layouts or as living, evolving frameworks?
- Technical Competence – Can they ensure structural, electrical, and spatial harmony?
- Experience & Track Record – Have they successfully handled similar projects?
- Regulatory Understanding – Can they guide you through local approval processes?
- Client-Centric Approach – Do they listen, guide, and educate, or just impose?

At Chimney Consult Ltd., we don’t just draft floor plans. We create living designs—functional blueprints that serve you now and adapt to who you’ll become later. Our designs are born with purpose and handed over with care, like children moving from creator to caretaker.

## Final Word

Choose your architect wisely, because behind every great building is either a well-thought-out plan or a costly mistake waiting to happen.

Let your design be alive. Let it serve you. Let it grow with you.



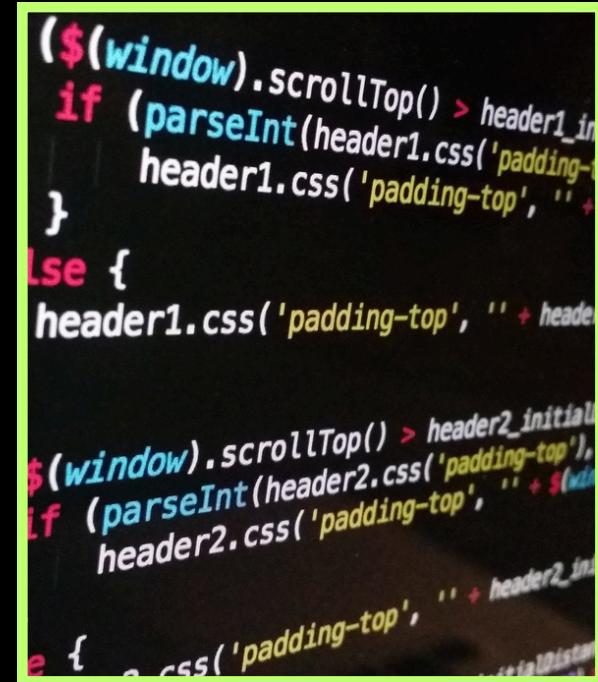
# IS CODING GOING THE WAY OF THE DODO BIRD? RELAX, LET'S UNPACK THIS AI BUZZ

There's a lot of noise right now about AI and no-code tools making programming obsolete. Headlines promise that you can build apps, websites, and business systems using plain English, drag-and-drop interfaces, or a few simple prompts. It sounds magical, and for some simple projects it almost feels that way, but the reality is more nuanced.

No-code and low-code platforms, supercharged by AI, are undeniably opening doors. People without formal training can turn ideas into prototypes, launch simple services, and test concepts faster than ever before. That shift democratizes creation and accelerates early-stage work, letting more people experiment and iterate without the barrier of learning syntax.

Still, someone had to build those platforms. Skilled developers designed the architectures, models, and infrastructure that make AI assistants possible. Complex systems, high-performance applications, and mission-critical software do not yield easily to a handful of prompts. Building a secure payment system, a distributed backend, or specialized scientific software still requires deep knowledge and careful craftsmanship.

AI also makes mistakes. When a generated solution behaves oddly, understanding why often requires insight into code, system design, and the assumptions behind the models. Debugging, optimization, and hardening systems remain human tasks. More than typing commands, coding teaches a mindset: how to break problems down, design logical solutions, and anticipate edge cases. Those cognitive skills are durable and widely transferable. The future of software work will emphasize



new blends of skill. Professionals will need to prompt and guide AI effectively, validate its outputs, and design architectures at a higher level. Routine boilerplate will increasingly be handled by tools, freeing humans to focus on design, security, performance, and novel ideas. In short, coders will spend less time on repetitive details and more time shaping systems and experiences.

For anyone deciding whether to learn to code, the answer is clear. Understanding the principles of computation, system design, and problem solving remains a powerful advantage. Even a basic grasp of coding gives you the vocabulary to lead projects, evaluate AI outputs, and collaborate with engineers.

## The MODEMEN Take

Is coding dead? No. Core skills like logical thinking and system design are more important than ever. AI is a powerful assistant, not a replacement. Learn the principles, get comfortable with AI tools, and you'll be on the right side of this shift.

Relax. Coding is not going the way of the dodo. It's learning new moves, and that's something to celebrate. Stay curious.

# Her

Cultivate the art of gifting with effortless elegance from our curated “HER” selection; MODE Men’s top accessory picks for that perfect gift this independence.



SELARA LUX KIMONO

VALENTINO COLORGRAPH LONG LASTING DUAL-END EYELINER



GUCCI GREEN DIONYSUS LEATHER MINI BAG

EMERALD AND DIAMONDS COSTUME JEWELRY SET



VALENTINO BORN IN ROMA GREEN STRAVAGANZA

GIUSEPPE ZANOTTI GREEN STRAP PUMPS



DIOR VERNIS RUSH HOUR GREEN NAIL LAQUEUR



GUCCI WOMEN'S OVERSIZED SUNGLASSES WITH GG LOGO LENS



24K GOLD EMERALD AND DIAMOND RING SET

## iPhone 17

## PRO

**iPhone 17: Small Price,  
Bigger Upgrades?**

Apple's iPhone 17 starts at \$799, offering solid mainstream value for buyers who want modern features without Pro pricing. The phone runs on the A19 chip, delivering faster CPU and GPU performance and an improved Neural Engine for smarter on-device features and photography. The display is a 6.3-inch Super Retina XDR panel with ProMotion up to 120 Hz, so scrolling and animations feel noticeably smoother.

Camera upgrades center on a 48 MP main sensor and smarter capture tools that produce sharper photos and more flexible framing. Dual capture video records from the front and rear at the same time, which is handy for creators. Battery life and charging are improved, with USB-C and faster wired charging that can reach roughly 50 percent in about 20 minutes with a compatible adapter.

In practice the iPhone 17 feels faster, shoots better, and is more convenient for daily use. If you skipped recent models or want a future-proof iPhone without Pro prices, it is a strong choice. Power users who need top-tier zoom or the largest sensors will still prefer the Pro models.

With a \$799 entry price and these upgrades,  
is the iPhone 17 worth it for you?





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Elevate your daily routine with ORÍKÌ's curated grooming collection—where nature's purity meets purposeful performance. Designed for the modern individual, each product blends potent botanicals with advanced skincare science to deliver transformative results. From precision shaving to revitalizing body care, discover the tools to refine your ritual and reveal your most confident self.



#### Mint Sugar Body Scrub

A natural exfoliator that sloughs away dead skin and pore-clogging residues. Infused with mint, it invigorates the senses while helping to minimize the appearance of lines and wrinkles for a visibly glowing finish.



#### African Black Soap.

Crafted using traditional methods, this multitasking soap deeply cleanses, fights acne, and gently exfoliates. Raw ingredients like plantain ash and shea butter purify and rejuvenate skin for a healthy, balanced glow.



#### Youthful Skin Niacinamide Serum 10%.

A hydroquinone-free brightening serum that targets discoloration, dark spots, and environmental damage. Formulated to even skin tone and refine texture, it leaves skin radiant and revitalized.

#### 2-IN-1 Anti-Aging Facial Exfoliator.

This dual-action exfoliator gently buffs away impurities and dead skin while toning and smoothing the complexion. Powered by organic squamosa and nutri peptides, it stimulates collagen production for firmer, youthful-looking skin.



#### Beard Oil with Jojoba.

Formulated to moisturize the skin beneath facial hair while promoting healthier, softer growth. Jojoba oil conditions and tames strands, doubling as a lightweight styling agent for a polished look.



#### Skin Rejuvenating Face Cream with Vitamin B3.

A protective, ultra-hydrating cream that renews and firms the skin. Vitamin B3 brightens and moisturizes while shielding against environmental stressors, promoting a firm, healthy complexion.

#### Skin Nourishing Body Lotion.

An intensely hydrating lotion that brightens and restores suppleness to all skin types. Lightweight yet powerful, it delivers lasting moisture and improves overall skin texture.



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The ORÍKÌ Ritual: Essentials for Modern Grooming

# 4 *In the Spirit of Independence* Green Bottles for October



## PARADIGM EAU DE PARFUM

Prada Paradigme Eau de Parfum for men redefines masculine elegance with a woody-fresh blend. Top bergamot meets green Bourbon geranium and soft rose; heart of amber wood, Peruvian balm, benzoe and Guaiac wood; finished with airy musk. Refillable — available in 50, 100 and 150 ml. Perfect for the ember months.

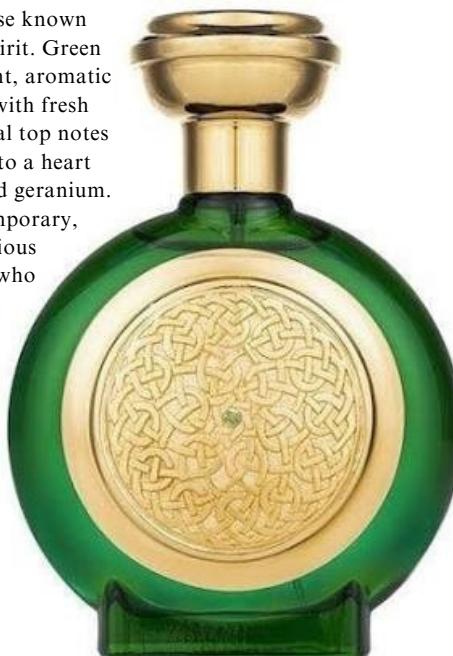


## BOND NO. 9 NEW YORK MUSK

A modern twist on a classic note. This is not your traditional musk; it is clean, urban, and surprisingly green. It blends earthy accords with creamy white florals and a sleek musk core, creating a scent that is both intimate and expansive like a walk through Central Park after a rainfall. Effortlessly chic and versatile.

## BOADICEA THE VICTORIOUS GREEN SAPPHIRE

A jewel from a house known for its audacious spirit. Green Sapphire is a vibrant, aromatic fougère, sparkling with fresh bergamot and herbal top notes before unfolding into a heart of lush lavender and geranium. Timeless yet contemporary, made for the victorious modern individual who carries themselves with nobility and strength.



## ROJA PARFUMS APEX

For the connoisseur who accepts no compromises. APEX is a profound and powerful leather fragrance, masterfully blended with citrus, floral, and woody notes. It is intensely sophisticated, confident, and undeniably luxurious, a scent that commands attention and signals you have arrived at the peak of success.



MEN'S VITAMINS 101

# Why Omega-3s Are Your Body's Secret Weapon

They're easy to include in everyday meals

They can come from both plant and animal sources

They help support your body's daily functions

They help keep meals more satisfying and well-rounded

They support a variety of systems in the body



**G**entlemen, let's cut through the noise. You fuel your car with premium. You maintain your gear. But what about the most complex, high-performance machine you own: your body? Forget fleeting trends; the real power move for sustained health, sharpness, and resilience lies in something fundamental: omega-3 fatty acids. These aren't just another health buzzword; they're essential building blocks your body craves but can't make enough of on its own. It's time to make them non-negotiable.

### The Omega-3 Edge: More Than Just Heart Health

Sure, you've probably heard omega-3s are "good for your heart." That's true, but it barely scratches the surface. Think of omega-3s (specifically EPA and DHA, found predominantly in fatty fish) as your body's elite anti-inflammatory task force and premium lubrication system. Here's how they level up your game:

**1. The Heart's Heavy Lifter:** Omega-3s are proven warriors against heart disease, the leading cause of death for men. They help lower triglycerides (blood fats), may slightly reduce blood pressure, combat inflammation in the arteries, and can help prevent dangerous blood clots. It's like installing a high-efficiency filter and stabilizer for your engine.

**2. Sharpen the Mind, Boost the Hustle:** Feeling foggy? DHA is a major structural component of the brain. Adequate intake is linked to sharper focus, improved memory, faster cognitive processing, and potentially a lower risk of cognitive decline as you age. In a world demanding peak mental performance,

omega-3s are your natural cognitive enhancer.

### 3. Silence the Silent Enemy:

**Inflammation:** Chronic, low-grade inflammation is the root of many health problems, from joint pain to metabolic issues. Omega-3s are potent inflammation fighters. They help dial down this internal fire, promote faster recovery from workouts, reduce stiffness and joint pain (crucial for staying active), and support overall cellular health. Less internal friction means smoother operation.

### 4. Mood & Resilience: The Inner Armor:

Studies suggest omega-3s, particularly EPA, play a vital role in brain chemistry and mood regulation. They're linked to lower rates of depression and can help manage stress responses. Think of it as fortifying your mental resilience, essential for navigating life's pressures with clarity and calm.

**5. Eyes on the Prize:** DHA is also concentrated in the retinas. Getting enough supports healthy vision and may help protect against age-related macular degeneration, keeping your sight sharp for the long haul.

### Fueling Up: Where to Find Your Omega-3 Fix (No Capsule Required)

The best sources are delicious and pack a serious nutritional punch. Ditch the idea that health food is bland:

### The Champions (High EPA/DHA):

Fatty fish: salmon (wild-caught is tops), mackerel (Atlantic is best), sardines, herring, anchovies, trout, tuna (especially albacore, consume in moderation due to mercury). Aim for at least 2 servings per week. Grill it, bake it, toss it in a salad, make it a staple.

**Solid Supporters (ALA, converts to EPA/DHA less efficiently):**

- Flax & chia seeds:** grind flax, sprinkle on oats, yogurt, or smoothies. Chia makes great puddings.
- Walnuts:** a handful daily, easy snack or salad topper.
- Hemp seeds:** nutty flavor for salads, soups, smoothies.
- Canola & soybean oil:** check your cooking oils and dressings.
- Fortified foods:** some eggs, yogurts, and milks.

### Modern Men's Omega-3 Action Plan

- Fish twice a week:** Salmon Tuesday, sardines Friday, make it routine.
- Boost with seeds:** Keep flax or chia handy, add to oats, shakes, or even burgers.
- Snack smart:** Swap chips for a handful of walnuts.
- Read labels:** Choose omega-3-fortified foods when available.
- Supplements (if needed):** Use quality fish or algae oil. Check purity and EPA/DHA amounts. Consult your doctor if on blood thinners.

### The Bottom Line

Omega-3s aren't about dieting, they're about smart fueling. They protect your heart, sharpen your mind, strengthen your joints, and steady your mood. Feel strong, focused, and perform at your peak, today and decades ahead.

**Age stronger. Think sharper. Live better. Fuel with omega-3s.**

# NORD MOTORS REDEFINES AFFORDABLE LUXURY CARS FOR NIGERIANS

**Nigerians Can Now Buy Brand-New Cars Starting from \$10,000 Thanks to Nigeria Automotive Manufacturing Company NORD**

The Nigerian auto industry has long been dominated by foreign brands, leaving buyers with expensive imports that were not always suited to local conditions. Nord Motors is changing that narrative. Founded as Nigeria's first fully indigenous automobile brand, Nord is designing, assembling, and delivering vehicles built for African realities.

With prices starting from just \$10,000, Nord has positioned itself as a disruptor in an industry where new cars often feel out of reach. In just a few years, the company has expanded its lineup to include sedans, SUVs, and utility vehicles, each one combining durability with modern styling.

## Accomplishments and Growth

Nord Motors has grown into one of Nigeria's fastest-rising automotive companies, capturing attention not just for its affordability but also for its bold vision. The company's production facilities in Lagos employ local talent, support local supply chains, and contribute to reducing Nigeria's dependence on imported cars. Within a short span, Nord has rolled out several models including the A9, Demir, Tusk, and A5 Luxury, each designed with a balance of performance, safety, and comfort.





## Affordable. Durable. Stylish. Proudly Nigerian. This is Nord.

Nord's impact has not gone unnoticed. Industry observers point to the brand's ability to combine world-class standards with a deep understanding of Africa's road conditions. High ground clearance, robust suspension systems, and reinforced safety features make Nord vehicles reliable companions in a market where durability often decides customer loyalty.

### Challenges and Determination

Despite its successes, Nord faces the significant challenge of competing against well-established global automakers with deeper pockets and decades of brand recognition. Access to foreign exchange for component sourcing, the high cost of local manufacturing, and limited infrastructure are hurdles the company continues to battle. Yet, Nord's resilience and focus on innovation have kept it firmly on course. The company's ability to attract customers with value-driven pricing while steadily improving quality reflects its long-term commitment.

MODEMEN celebrates excellence, innovation, and resilience, and Nord Motors embodies all three. In an industry where few believed a Nigerian brand could compete, Nord has proved otherwise by creating cars that Nigerians are proud to own. The company's story is not just about selling vehicles, it is about inspiring confidence, creating jobs, and reshaping perceptions about what is possible in Nigeria.

With measurable impact in the local economy, bold strides in product innovation, and a commitment to making new cars accessible to everyday Nigerians, Nord Motors stands as the worthy choice for M Wheels this edition.





*Honoring The  
Life & Legacy of*

# CHIEF AUDU OGBEH

We close this edition in honour of a man whose life and service left an indelible mark on Nigeria's history — Chief Audu Ogbeh, OFR.

Chief Ogbeh was more than a statesman; he was a visionary who dedicated his life to the pursuit of progress, justice, and the nourishment of our people, both in spirit and in sustenance. His leadership, wisdom, and courage inspired generations, reminding us that true greatness lies not in titles held but in the lives touched and futures shaped.

As a farmer, he fed a nation. As a patriot, he stood firm in times of trial. As a mentor, he gave of himself selflessly, investing in people and ideas that would outlive him. His humility, eloquence, and deep love for Nigeria made him a rare breed of leader whose legacy will endure in the hearts of all who knew him and in the annals of our national story.

At MODEMEN Magazine, we celebrate Chief Audu Ogbeh not just for what he achieved, but for the values he embodied; integrity, service, and unwavering commitment to building a better tomorrow. His departure leaves a void, but also a challenge: to carry forward the torch of excellence and nation-building that he bore so brightly.

Rest well, Chief. Your legacy remains a guiding light.

— Editor-in-Chief, MODEMEN Magazine



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# LIVE FOR GREATNESS

EVERY ROLEX IS MADE FOR GREATNESS. THE MILGAUSS, INTRODUCED IN 1956, WAS DESIGNED TO MEET THE DEMANDS OF THE SCIENTIFIC COMMUNITY AND IS CAPABLE OF WITHSTANDING MAGNETIC FIELDS OF UP TO 1,000 GAUSS. AFTER RIGOROUS TESTING BY CERN ENGINEERS, IT EARNED ITS REPUTATION AS THE PERFECT MAGNETIC SHIELD. TODAY'S MILGAUSS FEATURES A PARACHROM HAIRSPRING THAT PROVIDES ADDITIONAL PROTECTION FROM THE EFFECTS OF MAGNETISM.

## THE MILGAUSS



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