

JUL/SEPT 2020

ISSUE 8

FOURWALL

M A G A Z I N E

CINDY KANYIMBA

Miss
Humanitarian
Zambia

YOUR
POSING TO
GLAMOUR
PHOTOGRAPHY

5 DAYS
WORKOUT
PLAN TO
LOSE
WEIGHT

**AMAKA
FAVOUR**
Fourwall
Model of
The month

*Mercy
Macjoe*

Meet the Nollywood
Philomena Actress &
Filmmaker

+
GET CONTACTS
of models for
Commercials
Pageant
Runway
Photoshoot
Video vixen

FASHION | MODELS | PAGEANTS | ENTERTAINMENT

EXPLORA

IT FEELS GOOD TO BE IN CONTROL

DStv



FORGET THE REST, EXPLORA IS THE BEST

Somkele Iyamah-Ihalama (Actress)

Winner, 2017 AMVCA Trailblazer Award



Best viewed on the Explora



THE DESTINY SHAPER

Super extreme Compression

100% Latex =====



A-grade Velcro, strong sticky;

PRODUCT FUNCTION: Shaping, waist training, waist support, correct posture, improve hunchback, flattens stomach completely

Three-belt design, applying extreme pressure in stages, simultaneously stomach, waist, abdomen, super

SUITABLE FOR PEOPLE: waist fat people, sports enthusiasts, fashionistas, and postpartum woman.

PRICE:
N20,000

SUITABLE TO BE WORN TO
THE OFFICE | HOME | THE GYM | OUTDOOR FITNESS RUNNING

WE ARE BACK!

After several months of being off the newsstands due to COVID-19 we are back with a bang! I am glad to present the 8th edition of Fourwall Magazine. We are sorry for being a bit long away. However, we believe the issues are behind us now and we are ready to roll for the long run.

This edition is tagged FAME, OPPORTUNITY and DIVERSITY features all your regular sections and a little more. As usual we have cover interview featuring Nollywood actress, Mercy Macjoe and also the winner of Miss Unity Nigeria 2019/20, Queen Igwe Emmaunella.



The Model's Page Section of this edition feature lots of model's portfolio of all type of models available for all modeling jobs, brand influencing and endorsement. We have other interview with models about their journey so far and how they break into the modeling industry.

This edition also feature some insightful articles contributed by our team columnist like Ephrian Abudhl and our Ambassador, Queen Chigozie Jane. We wish to inform you that Fourwall has launched Premium Model Services to help both aspiring and professional model gain more exposure in the modeling market and to get direct jobs from modeling clients.

We thank you for your consistent support and look forward to bringing more innovation into the modeling industry. As you journey along, you will find out that all these were put in place for you to know that Fourwall Magazine is a key player in fostering better modeling industry for its nation and beyond.

WATCH OUT!!!

EMMANUEL ABAZU
Editor in Chief | Publisher
Fourwall Magazine

C O N T A C T



MODELS

YOUR POSING TO GLAMOUR PHOTOGRAPHY

HOW TO KNOW A CREDIBLE PAGEANT ORGANIZATION

5 DAYS WORKOUT PLAN TO LOSE WEIGHT



EDITORIAL TEAM

Publisher/Editor-in-chief:

Featured Writer:

Staff Writer:

Cover Design:

Creative Design:

Ambassadors:

Emmanuel Abazu

King Ephraim Abdullahi, Queen Chigozie Jane

Pearl Margaret, Precious Ojei,

@morphene

Akinyemi Ezekiel @easykoncept2

Vivian Egbenedion, Chigozie Jane, Emmanuella Emenelo,

Christabel Lupkata, Amara Esther and Doris Amushi

CONTACT US

Call/WhatsApp:

Email:

To download our online edition – Visit www.thefourwallmag.wordpress.com

+2347062445649

fourwallmazine@gmail.com

FOLLOW US OUR SOCIAL MEDIA

Instagram:

Facebook:

Twitter:

@fourwallmag

Fourwall Magazine

@fourwallmag

Fourwall Magazine is Nigeria's no.1 model and pageant magazine published quarterly. Fourwall Magazine possess the right of every interview, articles, and pictures unless otherwise. For suggestion and editorial submission, kindly write us via email to fourwallmagazine@gmail.com

DISCOVER & BE DISCOVERED!



WITH FOURWALL MAGAZINE YOU'RE
ASSURED TO GAIN EXPOSURE AND
SPOTLIGHT IN THE MODELING MARKET.

Be Visible!

Clients only book models they can see...

**BUILD YOUR
MODELING
CAREER
WITH US!**

- Sign up for our Premium Models Package and enjoy 25% discount of ONE YEAR promotion.
- Stay connected
 - Get a professional portfolio
 - Listed on our model's booking portal
 - Be discovered
 - Stay active

Phone: 07062445649 Email: fourwallmagazine@gmail.com
Instagram: [@fourwallmag](https://www.instagram.com/fourwallmag)



EXCLUSIVE INTERVIEW WITH **QUEEN NNORUKA ADAEZE NGOZI**

MISS BOLD AND UNIQUE NIGERIA 2019/20.

WHAT DO YOU THINK GAVE YOU AN EDGE OVER OTHER CONTESTANTS?

I always believed in myself, although it was a tough one.

HOW DID YOUR FAMILY REACTED TO YOUR VICTORY?

They were so excited

HOW LONG HAVE YOU BEEN MODELING?

Just one year now.

DID YOU ALWAYS WANTED TO BE A BEAUTY QUEEN, IF NOT A BEAUTY QUEEN WHAT WOULD YOU BEEN?

I always wanted to be a beauty queen and a pharmacist.

WHO IS YOUR ROLE MODEL?

My role model is Beauty Etsanyi Tukura won the Miss Nigeria 2019 pageant.

WHICH PROJECT HAVE YOU EMBARKED ON SINCE CROWNED?

I have embarked on a project such as going to the motherless babies' home and feeding the streets.

HOW HAS WINNING THIS CROWN CHANGED YOUR LIFE?

It has changed my life a lot, it made me more courageous and it gave me fame.

YOU HAVE A GOOD APPEARANCE FOR ACTING, SO ANY SUCH BIG SCREEN PLANS OR YOU WANT TO STICK TO MODELING FOR NOW?

Smiles. I want to have big screen appearance but haven't gotten any for now.

Nnoruka Adaeze, who hails from Abatete in Idemili north LGA in Anambra state, unexpectedly took the crown of the Miss Bold and Unique Nigeria pageant. Because of her looks, confidence and charisma. It's twice as pleasant that Nnoruka was considered the right girl to the crown among all the contestants at the grand finale of the Pageant by the judges. The judges made the right choice, as she bypassed all the contestants and was crowned the winner. In this interview with Fourwall Magazine, she shared her impressions on winning the crown and future plans.

EMERGING THE WINNING OF MISS BOLD AND UNIQUE NIGERIA, HOW DOES THAT MAKE YOU FEEL?

Winning Miss Bold and Unique Nigeria makes me so happy.

WHAT WAS THE MOTIVE PARTICIPATING IN THE CONTEST?

My motive was that I believed I possess some traits to go for the contest, which are good sense of style, adaptability, a positive attitude, excellent stamina, communication skills, ability to look good at all times, and outstanding facial projection.



WHAT IS YOUR MODELING DREAM JOB?

Becoming a brand ambassador to commercial brands and modeling for some top fashion designers.

WHERE DO YOU SEE YOURSELF IN THE NEXT TWO YEARS?

Well I'm really excited to be in this position because in two years, I'd like to be seen as someone with deep expertise in the modeling sector, and I know that there something that I'll have an opportunity to do here. I'm also really excited to take on more responsibilities in the next few years and potentially even take the lead on some projects. I've been lucky enough to

work with some amazing managers, and so developing into a great manager myself is something I would really be excited about."

LASTLY, ANY MESSAGE TO ASPIRING PAGEANT MODELS DREAMING OF BEING IN YOUR POSITION?

People often think that modeling is just about looks. This misconception turns a beautiful person into just a body with no skills. Modeling is not about having the perfect "looks." The key to successfully modeling is the mindset. With just one thought, a photographer can take his or her models to the next level.



EDIDIONG UMOH

Location: Calabar

Height: 5.6

Waist: 32

Bust: 34

Hips: 37

Dress Size: Medium

Shoe Size: 8.5, 39

Skin Color: Light
brown

Hair Color: Blonde

Eyes Color: Brown

Tattoos: No

Piercing: No



BOOK MODEL

My Services: Commercial, Parts, Spoke, Prints and
Photo Model

Agency: Freelance

Instagram: @thequeen_edidiong

Contact: (234) 08069428159

Available to Travel: Yes



MADUAGWUNA PRECIOUS

Gender: Female

Location: Anambra

Height: 5'5"

Waist: 27

Bust: 32

Hips: 35

Dress size: 6

Shoe size: 8/39

Skin color: honey
brown

Hair color: black

Eyes color: black

Tattoos: None

Piercings: None



BOOK MODEL

My Services: Commercial, Brand Awareness and
Fashion/Editorial

Agency: Grandeur Models

Instagram: @e4maa__

Contact: 08060091433

Available to Travel: Worldwide



POSING GUIDE TO GLAMOUR PHOTOGRAPHY

Glamour Modelling is part of the Modelling Categories that falls into Commercial, Advertorials and Promotional projections. Glamour Models are usually curvier and voluptuous than other kinds of models. They often work as swimsuit and Lingerie Models. Glamour models are more sexually suggestive or alluring than what a fashion model would do.

To make poses for Commercial Photographs easy and achievable, they are certain guide & tips that one can Achieve effortlessly, some of which include:

1. Master the three-quarters Pose, make use of your body by turning slightly away from the camera so that only three-fourths of your body is visible. This adds poise and makes your pose more visually appealing.

2. Angle your legs and arms if only slightly, try to be rigid and flat; then standing; sitting or looking straight while staring at the camera. Keep your fingers loose; flaunt them but avoid making fists. This type of shoot is done to show full body poses.

3. Follow your Photographer's direction on where to look out for, they help give better angles as they become your creative director at that particular moment; for they know all your secret curves that can sell you better; but note this can be achievable only with a professional photographer.

Looking directly into the camera is gradually fading off and may no longer work in all cases, you can either look behind the camera or into the eyes of the photographer to give you a head up and dazzling gaze. When you're also asked to look at a direction: follow with your eyes: the exact direction that your nose is pointing out to. This secret is one with a pure and honest pose for a candid shot. It is also Perfect for picking up your eyes, lifting them a bit pointing to the sky.

4. Use your hands in face poses to add another element of interest, playing with your hair and touching your cheeks can frame your face and helps your composition.

5. Tilting of the head is another key secret of achieving a pose. From tilting of the head to the left or right can lend you an interest: quizzical look with an

extra effort with a chin down posture. This shows Serious thoughts and intensity; while chin high shows curiosity and excitement.

6. The Shoulder Pose; this works like magic with an extra modification, look over your shoulder towards the camera, however you must be careful with your eyes when looking in order not to fall out of gaze with a white eye. Instead allow your gaze to follow your nose, while doing this, be conscious of shadows falling on your face.

7. Laying Down is the most common pose with Glamour Modelling as this conveys little: more sensual and sexual image. Side poses can work perfectly in this case then elongate your torso and legs. Be conscious of your muscles and control the lines being made with your body. This is the most famous pose that can be seen in many famous ads.

8. Leaning Back: This should help you to be sexier and playful with your head leaned backward and limbs draped over a chair. Crossing your legs and thighs, showing them off in a seductive manner. Different Modes can be captured with just this pose depending on how good the photographer is.

9. Learning Forward: This becomes Perfect with a Support of your elbows near your knees, it conveys a sense of intensity. With your knees apart, you convey assertiveness and with your knees together, the image results to a feeling of lustfulness and excitement. Putting your knees with your ankles apart depicts Playfulness too.

10. Against the wall Pose: walls are just too amazing to play with; you can lean against the wall to achieve a good pose. Having a wall add more drama and Hint of interest to your compositions and gives you the model another focal point to work with. In the changing of the poses against the wall: you can look away, look at the wall or interestingly look at the photographer. The legs and the arms positioning are endless with a wall. Just try to be sexy with it to generally Achieve Amazing Photos. Focus on your curves, to keep a tight core in making amazing lines with your body.

KING EPHRAIM ABDULLAHI
DRBLITZ4FASHION
CEO-BLITZMODELZ

LUKPATA BENITA

Location:

Anambra/Calabar

Height: 5'6

Waist: 27

Bust: 35

Hips: 37

Dress Size: 8

Shoe Size: 39

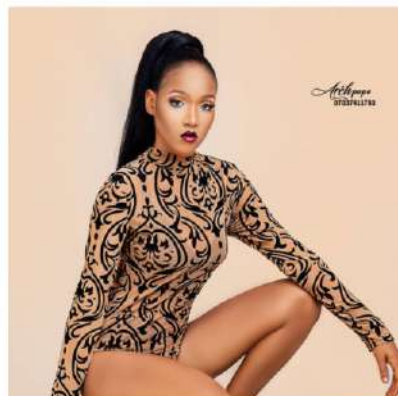
Skin Color: Fair

Hair Color: Brown

Eyes: Black

Tattoos: None

Piercing: None



BOOK MODEL

My Services: Fashion and commercial model

Agency: Freelance

Instagram: @Bae_nii_tah

Contact: 08029414942

Available to Travel: Yes



INTERVIEW SECTION WITH **KING ERIC** MR STAR NIGERIA WORLD 2019

CAN WE MEET YOU?

My name is Obielo Eric, a student of Yaba Tech, Lagos. Born and brought up in Lagos. Reside in Lagos at Yaba axis. Am a young man with great dreams and aspirations never minding the difficulties I will face.

HOW DOES IT FEEL EMERGING MR STAR NIGERIA WORLD?

That was one of the happiest moment ever. Because if I could remember how I prepared for the event, my strength, time, resources and at the end I didn't finally win, then I will feel bad. Even though they were so many strong contenders but the organization finds me worthy.

WHAT WERE YOUR BIGGEST CHALLENGES DURING THE CONTEST?

My biggest challenge was my

marketing strategies in terms of ticket sales. It was really hard but all thanks to God, I scaled through. Going to meet friends far and near soliciting for support. Those who will tell me to come and end up giving me stories.

HOW HAS WINNING THE CONTEST CHANGED YOUR LIFE?

It has changed my life in the aspect of knowing my potential as a model not just a Pageant King. But to push further into the industry. And I was taught so many things during camp that I can boldly say that Mr. and Miss Star Nigeria organization taught me. It wasn't just a pageant but an empowerment program. And I know that those that didn't win went home with something to hold on to in the future years to come. I was taught how to walk strictly on runways and also on pageant and the runway walks are

really helping me now through the help of one of their catwalk instructor called Mr. Stefan.

WHY DID YOU CHOOSE TO PURSUE MODELING AS A CAREER?

I choose to pursue modeling as a career because I have great and undying passion for it. If I watch top models walk on the runway looking good and nice, I do wish to be there with them. Modeling as a profession is one of the most respected profession and highly lucrative. Even if am not there for the sake of cash but my drive is 101%. Modeling gives me joy and you will surely do what gives you joy...

WHAT IS YOUR DREAM MODELING JOB?

My dream modeling job is to be catwalk instructor and a high fashion (runway) model

WHO IS YOUR ROLE MODEL?

My role model is my Dad

HAVE YOU DONE ANY PROJECT, TELL US ABOUT IT

No project yet due to the pandemic. But I have gone out for interview on Kaftan TV on Startimes Decoder.

WHAT IS THE EXPERIENCE LIKE BEING A MODEL?

The experience has been fun. Meeting and greeting with top celebrities and also will be representing my country in Mister Universe International.

WHICH BRANDS WOULD YOU LIKE TO MODEL FOR?

I would love to work for LOUIS VUITTON, VERSACE, DOLCE & GABBANA

WHERE DO YOU SEE YOURSELF IN THE NEXT FIVE YEARS?

5 years is too big because I believe in no distance time, all my heart desires would come to fulfilment but nevertheless I would love to see myself as a top class model, verified on all handles, a role model to others, a positive and public figure to Nigeria and the world at large



EXCLUSIVE INTERVIEW WITH **CLEMENT PRECIOUS** MISS STAR NIGERIA UNIVERSE 2019

TELL US ABOUT YOURSELF?

My name is Clement precious, I hail from Anambra state but reside here in Lagos, I am a 3rd year student of the university of Ibadan studying accountancy. I am also the CEO of PCD World clothing line, model, a beauty queen, a brand influencer and a movie actress.

WHAT WAS THE FEELING WHEN YOUR NAME WAS ANNOUNCED AS THE WINNER?

I was so excited when my name was being called up as miss star universe 2019.

IN YOUR WORD, WHAT DO YOU THINK STOOD YOU OUT FROM OTHER

CONTESTANTS?

In my words I'd say I believed in myself, my ability and capability that I can achieve whatever I set my mind to do.

WHAT WAS THE BIGGEST CHALLENGE COMPETING IN THIS CONTEST?

My biggest challenge was having to make all of my costumes myself with the limited time available.

HOW LONG HAVE YOU BEEN IN THE MODELING INDUSTRY?

I have been in the modelling industry for 3 years

ARE YOU CURRENTLY SIGNED UNDER ANY AGENCY?

Yes, I am under a modeling agency.

HOW HAVE YOU BEEN COPING WITH THE TASK OF BEING A BEAUTY QUEEN?

Being a beauty queen entails a lot of things like being a perfect role models, having to put a smile on the faces of others, putting on a brave face in challenging periods, attending numerous events, being a motivational speaker.

WHAT IS YOUR ULTIMATE AIM IN LIFE?

My ultimate aim in life is to become a renowned successful young woman in all endeavors.

WHO ARE YOUR ROLE MODEL?

My mom is my role model.

ANY ADVICE FOR THOSE ASPIRING TO BECOME MODELS?

I would advise those aspiring models to believe in themselves cause the biggest step to success is having total confidence in yourself notwithstanding the challenges or obstacles because it's bound to happen and that's what makes us stronger.



AMUSHI DORIS AMARACHI

Location: Ebonyi/Port

Harcourt

Gender: Female

Height: 5;8ft

Hip: 40

Bust: 36

Waist: 28

Shoe Size: 41/42

Skin Color: Dark

Hair Color: Black

Eyes Color: White and
black

Tattoos: None

Piercing: Yes "Ear"



BOOK MODEL

My Services: Commercial, Runway, Fashion and
Parts Model

Phone Number: 08134185665, 08153963500

Instagram: dorisamushi Agency: Freelance

Model Available to Travel: Yes

NMESOMA NICHOLAS OBAJI

Gender: Female

Location: Port

Harcourt

Height: 5'5

Waist: 29

Bust: 32

Hips: 24

Shoe Size: 39

Hair Color: Black

Skin Color: Brown



BOOK MODEL

My Services: Commercials, TV adverts and
Photo shoot Available to Travel: Yes I will

Phone: 08148055063

Email: nmesomanicholas@gmail.com

Instagram: Messi_nick23 Facebook: MESSI NICK



MOSUN'S BEAUTY & SKIN CONSULT

SOLUTIONS TO ALL SKIN ISSUES

DEALERS IN ALL TYPE OF SKIN AND BEAUTY
CARE PRODUCTS SUCH AS

- › LOTION › SCRUBS › TOOTHPASTE › PERFUMES
- › ROLL-ON › BODY SPRAYS › ACNE & PIMPLES SOLUTIONS
- › SKIN CARE CONSULTANT

 07032531474  @mosun_oriflame



EXCLUSIVE INTERVIEW WITH CINDY KANYIMBA MISS PERSONALITY ZAMBIA.

TELL US ABOUT YOURSELF?

My name is Cindy Kanyimba aged 23, born and bred in Lusaka, Zambia. I come from a family of 5, all girls. I am a holder of a bachelor's degree in public administration and currently working as the HR administrator for an NGO. My Hobbies are modeling, traveling and Reading.

WHEN YOUR NAME WAS ANNOUNCED AS THE MISS PERSONALITY, HOW DID YOU REACT?

When my name was announced as Miss personality, I was shocked, and could tell from the crowd that everyone was shocked, the whole room was quiet, almost like they are giving me a moment of silence. It felt like Time stopped. I was very sure I had won the competition because I put my best and my all. But guess what, things don't always turn out the way you expected.

IN YOUR WORD, DO YOU THINK YOU STOOD YOU THE CHANCE WINNING THE MAIN CROWN?

Yes, I believe I stood a huge chance at winning this competition, because I put in everything I had. I made

sure that after the competition I shouldn't say I wish I did this or that. But I believe it just wasn't my time. And am happy for the girl that won.

HOW LONG HAVE YOU BEEN IN THE MODELING INDUSTRY?

I have been modeling for 2 years now, this year I will be clocking 3.

ARE YOU CURRENTLY UNDER ANY MODELING AGENCY?

Yes, am with a modeling agency called The Ace Models Zambia, its actually one of the best agencies in Zambia.

HOW HAVE YOU BEEN COPING WITH THE TASK OF YOUR NEW OFFICE?

Well my reign strategy was visiting school and giving motivational and career talks especially in rural areas, I chose this because as I was doing my Miss Humanitarian Project. I noticed a lack of interest and motivation in school. But the task has been really challenging due to COVID 19, schools are closed, movement are limiting and with this whole social distance thing. you can't really do much. But I have been using social media to get some things done.

WHAT IS YOUR ULTIMATE AIM IN LIFE?

My ultimate goal in life is too touch as many lives and make a significant difference in society. That's one of the reasons I started modeling, pageantry to be specific. It gives me a platform to be a role model to people and influence their lives.

WHO ARE YOUR ROLE MODELS?

I biggest role model is Oprah Winfrey, she started from nothing, and now is one of the riches black women in the world and she uses all her resources to bring good change in society. That's something I really admire.

ANY ADVICE FOR THOSE ASPIRING TO BECOME MODELS?

My advice to those aspiring to become models is knowing why you are becoming a model. And make sure your reason is big enough to enable you to withstand the pressures of being a model. Because its hard out there so you will have to be hard as well. And the only this that keeps you going is your why?



MEET QUEEN DOREX EKPEREBI

3rd Runner up, Face of Image Housemates TV Show

A beauty Queen, Actor, brand influencer, facial/commercial model and also a makeup artist. She hails from Ikom in Cross River State. A graduate of Mass communication from Heritage Polytheistic, Akwaibom State



Queen Dorex is a creative thinker capable of exploring, maximizing and marketing any platform /opportunity given her. Her quest for self-discovery, fame and success got her to audition for the just concluded “Face of Images housemate's TV show, same way she auditioned for Big brother Naija Pepper Dem. She made it through “Face of Images house mates TV audition and became one of the housemate among 37 others, she scaled through all the evictions and made it to the top 5 and emerged 3rd runner up.

She didn't win the star prize but she believes she won in her own

way because to her, it was a tough game. Queen Dorex further expressed how her experience in the house has molded her into a better and stronger person as she has always been a fighter and a go getter, She's resilient and promise to keep striving and trusting God, believing that soon her hard work will pay in an unimaginable way.

Dorex has strong passion for acting and want to make a career in it and she's availably open for endorsements, product advert, brand influencing and awareness.



RAJI BUKOLA

Gender: Female

Location: Lagos

Height: 5'5

Waist: 28

Bust: 34

Hips: 38

Dress Size: 8

Shoe Size: 40

Skin Color: Brown

Hair Color: Black

Eye Color: Black



BOOK MODEL

My Services: Fashion, commercial & glamour model

Agency: Freelance

Available to Travel: Yes, within Nigeria.

Phone: 09025187161 IG: @kingbukolaraji

Facebook: Bukola raji

DAVID OLIVE

Location: Port-Harcourt

Height: 5.6

Waist: 32

Bust: 42

Hips: 35

Dress Size: Medium

Shoe Size: 40

Skin Color:

Hair Color:

Eyes Color:

Tattoos:

Piercing:



BOOK MODEL

My Services: Commercials, Parts, Fashion, Prints and Photo Model

Agency:

Instagram: @olivedavd1613

Contact: 08035747408, 08097510080

Available to Travel: Yes



5 DAYS WORKOUT PLAN TO LOSE WEIGHT

Want to lose some weight for the upcoming family function or anniversary? Though it is not recommended to go for intense diet regimes as they can be pretty bad for your body in the long run, these diets can be practiced once in a while. When it is important for you to shed those extra pounds, you can implement certain strategies to lose weight in 5 days. These strategies can help you in losing that unwanted weight quickly and kick start a new nutritious diet regime with a bang. It requires a certain determination to follow it in order to allow your body to burn the extra fat in this short period of time. It is cautioned that you should not practice such diets all the time. Also, if you have certain health issues that will be impacted as a result of a strict limitation in the consumption of calories and nutrients, then you should first consult your doctor before starting any diet. It does not harm to mound it according to your needs or seek further guidance based on personal needs from a dietitian or nutritionist.

Here are the steps that you can implement for your 5-days weight loss plan, as a foolproof way for losing weight. Remember that they should all be implemented for the best results: Consistent exercise routine In your bid to lose weight, there is perhaps nothing more important than regular exercising for shedding those extra kilos. It is the fastest way to burn calories and lose fat. Studies suggest that you should exercise 55 minutes, 5 days a week for fitness and health. To lose weight in 5 days, you would have to exercise every single day consistently. Strenuous exercises like running and vigorous biking are two great options available to you. Eat a big breakfast For your plan to lose weight in 5 days, there is no meal as significant as breakfast. Do not skip it at all. A big breakfast in the morning would

jump-start your metabolism which is significant for burning calories throughout the day. Apart from your choice of healthy breakfast cereal and juices, egg whites would be an excellent option as it is loaded with proteins. These proteins are going to give you the energy you need to work out.

Count your calories Calories are one of the most important determinants for short-term weight loss plans. Reduce your calories in such a manner that you get the necessary nutrition from your meals with as low a calorie counts as possible. If you consume 3500 calories in a day, even reducing your daily calorie count by 700 would help you lose almost half kilogram of weight every day. A little cutback in your food consumption would go a long way in losing weight in 5 days.

Drink water religiously Water provides the key for the perfect execution of your plan to lose weight in 5 days. Not only does water help in boosting your metabolism, it also clears your system of all the toxins. Water would keep you hydrated and energetic in order to complete your workouts. You should at least drink 8 glasses of water every day.

Avoid carbs and eat your fruits

Carbohydrates are essential for your body. But once you consume extra carbs, they are not used right away by the body but they are rather stored as fat for long term storage of energy. For your plan to lose weight in 5 days, avoid carbs as much as possible. The less carbs you eat; the less fat would be stored after all. Also, eat a piece of fruit before every meal as that would fill up your stomach and help you curb the size of your meal.

KOLAWOLE OLUWAFUNMIBI ELIZABETH



Gender: Female
Location: Ibadan
Height: 5'6 Waist: 25 Bust: 32
Hips: 35 Dress size: Medium/6
Shoe size: 38
Skin Color: Brown
Hair Color: Black
Eyes Color: Black

BOOK MODEL

My Services: Commercial, Print and fashion Agency: Greensmodel

Instagram: @kolawoleoluwafunmbi Contact: 08105126086

Available to Travel: Yes

ADEDEJI OLUWAFERANMI DUNMADE



Gender: Female
Location: Ibadan, Nigeria
Height: 5'3 Waist: 32
Bust: 36 Hips: 37
Dress Size: Medium/8
Shoe Size: 41
Skin Color: brown
Hair Color: brown
Eyes Color: black
Tattoos: No
Piercing: Yes, ear piercing

BOOK MODEL

My Services: Commercial, Print, Fashion and Runway

Agency: Greensmodel Instagram: @dunmade_

Contact: 08082099712 Available to Travel: Yes



EXCLUSIVE INTERVIEW WITH **OJIRHAYI OLIVIA** **WINNER FACE OF SAAY 2020**

modelling industry but with time I hope to go far.

ARE YOU PURSUING MODELING AS A CAREER OR JUST FOR FUN?

I am pursuing modelling as a career and also for fun.

WHO IS YOUR ROLE MODEL?

My role model in the modelling industry is Agbani Darego.

DO YOU THINK WINNING THIS CONTEST IS A BIG STEP FOR YOU BREAKING INTO THE MODELING MARKET?

Yes, I think winning this contest is a big step, the contest has gone a long way in giving me limelight in the modelling Market and I am really happy.

WHAT IS YOUR MODELING DREAM JOB?

I wish to be an ambassador of so many brands like Eva and so on.

WHAT REALLY INSPIRED YOU TO PURSUE MODELING AS A CAREER?

I got my inspiration when I noticed young girls going places with their modeling business, I felt I could give it a try and be a success in the modeling business.

HOW HAVE YOU BEEN COPING WITH THE CHALLENGES OF BEING A MODEL?

I am coping well by God's grace, I have family and friends who got

my back and support me.

WHICH BRAND ARE YOU LOOKING FORWARD TO MODEL FOR?

I am looking forward to model for bigger brands like Eva, Royal hair etc.

WHERE DO YOU SEE YOURSELF IN THE NEXT FIVE YEARS?

In the next five years I see myself as one of the top model in Nigeria and International model. I see myself as a popular model who is been wanted to model for every brand. In all, I see myself as a successful model.

Model Olivia is available for photoshoot, products advert, brand awareness, billboard and editorial/print shoot.

Contact

Facebook: Yomsky Unusual
Whatsapp: 08117164943
Instagram: @Oh_lih_via



16 years old, Ojirhayi Ogheneyoma Olivia, hails from Delta state and a student of Federal Government Girl's College Ibusa. She's the winner of Face of Saay.

In this interview with Fourwall Magazine, she talks about her journey as a model and how winning this contest will help her break into the modeling industry.

HOW DO YOU FEEL EMERGING THE WINNER OF FACE OF SAAY?

I feel so happy to emerge as the winner of Face of Saay. I never expected this, I'm really happy.

WHAT WAS THE MOTIVE OF PARTICIPATING IN THIS ONLINE CONTEST?

It has always been my dream to be celebrated by people and to be a well-known model in Nigeria, so when the opportunity came to show case my talent I gave in.

HOW LONG HAVE YOU BEEN IN THE MODELING INDUSTRY?

Actually, I'm new in the

MEET AMAKA FAVOUR

FOURWALL MODEL OF THE MONTH

Otenyi Chiamaka Favour Who hails from Enugu State Nkanu East precisely. From a family of 6, 2 boys 4 girls. She loves traveling & cooking.

Since joining the modeling industry in 2012, she has experienced being a part of a variety of rewarding modeling opportunities, all in which she has enjoyed and made wonderful connections with professional like minded people.

MODELING STATISTICS

Model Type: Commercial and Facial Model

Location: Enugu state

Height: 5'6ft

Waist: 33

Bust: 36

Hips: 42

Dress Size: 10

Shoe Size: 40

My Services: Commercials, body parts, photo shoot, fashion, editorial/print and TV advert.

MODELING EXPERIENCE?

Ex beauty queen (3 times title holder)

BRANDS YOU HAVE MODEL WORK?

Queen of Tourism Nigeria, Miss Prestigious Nigeria, Miss Crystal Nigeria, Sankwins Skincare and Radiant Skincare Beauty.

WHICH BRANDS ARE YOU LOOKING FORWARD TO MODEL FOR?

I am open to work with any brand my spirit accepts, am good to go.

BOOK MODEL

Phone: 08073774750

Instagram: @queen_amaka_favour

Facebook: Amaka Favour



OKAIBE BEATRICE OGOCHUKWU

Gender: Female

Location: Enugu state

Height: 6ft

Bust: 4'8

Hips: 47

Dress Size: 8

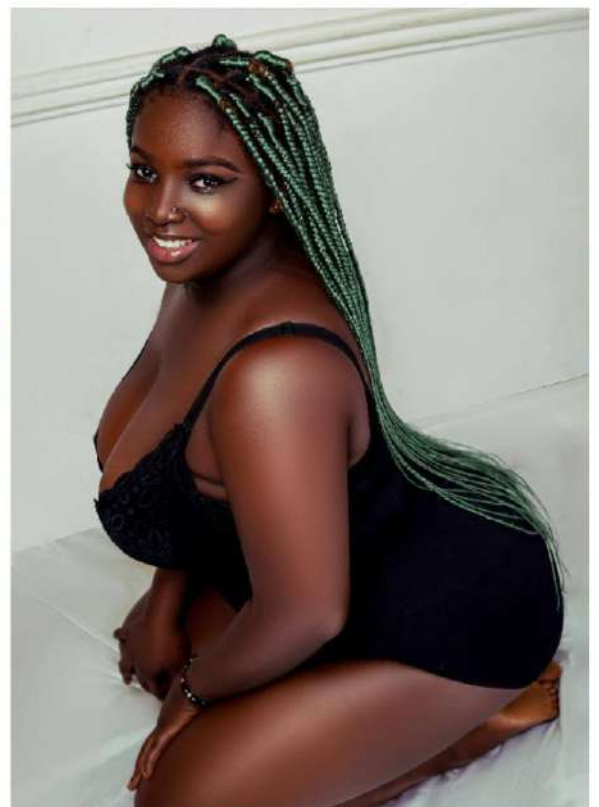
Shoe Size: 39

Hair Color: Black

Eye color: Brown

Tattoos: Yes

Piercing: Yes



BOOK MODEL

My Services: Commercial, Editorial/Print,
Fashion, Body parts & TV adverts.

Instagram: @beatricesharp

Contact: 09069927825

Available for Travel: Yes

SOMTOCHUKWU ANTOINETTE OGUGUA

Location: Abia state

Umuahia

Height: 5ft2

Waist: 34

Bust: 41 6

Hips: 45

Dress Size: 8

Shoe Size: 39-40

Skin Color: Chocolate

Hair Color: Black

Tattoos: No

Piercing: Yes



BOOK MODEL

My services: Fashion shoot, TV advert,
Print/editorial, product advert, photo shoot and Acting

Agency: Freelance

Available to Travel: Yes

Contact: 09033666584/08149295934

Instagram: @official_antoinette

Facebook: Somtochukwu Antoinette Ogugua



Queen Joy Agbozi who hail from Khana local Govt. in River state and a graduate of linguistics and communication studies from the university of Port Harcourt. She recently won Heritage Queen Africa Pageant crown, beating 25 other contestants based on her poised, fluency in spoken English, charisma, confidence and among all, her presentation on inspiring minds, which captured the attention of the panel of judges. In this interview with Fourwall magazine she spoke about her challenges during the contest, project and her future.

CONGRATULATION ON EMERGING THE WINNER OF HERITAGE QUEEN AFRICA, HOW DOES THAT MAKE YOU FEEL?

Winning a pageant was something I had always wanted. When my name was mentioned, it felt unreal but indeed I was very happy cos it was a dream come true.

WHAT WAS THE MOTIVE PARTICIPATING IN THE CONTEST?

I needed a bigger platform that will help me touch lives! And a platform that will be ready to be involved in my humanitarian duties. After my research I found out this platform or organization matches what I wanted so I decided to try out.

WHAT DO YOU THINK GIVE YOU AN EDGE OVER OTHER CONTESTANTS?

The contest was quite a tough one but I believe what gave me an edge over the other contestants would be the fact I came prepared, very prepared and I made sure I was outstanding in major activities in camp.

HOW DID YOUR FRIENDS AND FAMILY REACTED TO YOUR VICTORY?

That night I replied messages till my fingers hurt. I haven't even posted anything as of then but I could see my pictures and videos everywhere and the congrats kept pouring in. Looking back at that moment made me all emotional because it shows people love and support what I do.

HOW LONG HAVE YOU BEEN IN THE MODELING INDUSTRY?

I started modeling in 2014 so I have been in the industry for 6 years.

HOW DO YOU INTEND TO USE YOUR NEW OFFICE TO IMPACT TO THE SOCIETY?

I intend using my office to reach out / mentor young people on how to work on their self-confidence, career and also sensitize them on sex education. I will also use my office to carry out life changing projects that will touch lives positively both in my local community and globally by God's grace.

WHO IS YOUR MODEL?

My role model is Genevieve Nnaji... She has been my role model ever since I was 10 years Old.

DO YOU HAVE PROJECTS IN MIND YOU WOULD LIKE TO EMBARK ON?

Yes, I have lots of project ideas in mind and I will carry out some for the next 11 months one of which is the annual CHARITY FASHION SHOW INTERNATIONAL.

WHICH BRANDS ARE YOU LOOKING FORWARD TO MODEL FOR?

I wouldn't want to name any specific brand but I am open to brands that are ready to bring good content and of course good pay! Be it telecommunications, Entertainment, Health, Beauty Etc.



WHERE DO YOU SEE YOURSELF IN THE NEXT TWO YEARS?

Aside from pageantry, I am also a make-up artist and fashion designer. So in the next two years, i see myself as a big entrepreneur doing well for herself locally and internationally.

LASTLY, ANY MESSAGE TO ALL THE ASPIRING PAGEANT MODELS DREAMING OF BECOMING A BEAUTY QUEEN?

It took me 6 years to get where I am today. It wasn't easy! Catwalk training, speech training, auditions, free jobs etc. Your determination, passion and consistency will take you far! You just have to keep working hard and one day you will get there. DON'T GIVE UP!



MERCY MACJOE

NOLLYWOOD SCREEN GODDESS

Mercy MacJoe is an award-winning Nigerian actress, movie producer, and seasoned entrepreneur. She is also the CEO of Beauty by MacJoe.

Mercy MacJoe Background

Mercy ImaMacJoe was born in Lagos State, on the 20th of June 1993, as the 6th child of her parents. Although the actress hails from Akwalbom, she was raised in Lagos State. Mercy's father, who was a soldier, died when she was still a child. So her mother practically raised her to adulthood.

Mercy had her Nursery, Primary, Secondary, and University education in Lagos State. She holds a degree in Mass Communication from the National Open University (NOUN). Mercy recently

enrolled at the New York Film Academy to hone her skills as a filmmaker.

Mercy MacJoe Career

Mercy's Nollywood career journey commenced in 2011, with the Grace Movie's *Lonely Princess*. But it was the movie, *Sugar Pot* that brought her to limelight in the industry. Mercy is in love with her profession because it allows her to express someone else's emotions.

Her mum had always been in support of her career choice. She usually encouraged Mercy to attend talent competitions and used to give her transport fares to attend auditions.

Mercy doesn't feature in all movies, because she is building a brand for herself, and she has people who are looking up to her as a role model.

The award-winning actress has featured in *Midnight Crew*, *Zenith of Love*, *Shame*, *Magdalene*, *Bread of Life*, *Girl Next Door*, and *Flaws*. As a producer, she released her first debut movie *Red* in 2018.

Thus far, she has produced several other movies including, *30 and Single*, *Love in a Puff*, and *Passion's Promise*, all under the umbrella of her production company, MM Joe Film Productions.

Mercy MacJoe Awards and Nominations

- Scream Awards for Film Revelation of the year (Female) – 2016
- Nominee at the City People Movie Awards for Best New Actress – 2017
- Named amongst the Top 100 Nollywood Celebrities at the Nollywood Excellence and Leadership Awards (NELAS) – 2017
- City People Movie Awards for the Best Supporting Actress (Female) – 2018
- Best Female Actor at the CA Award – 2018
- The Best Lashes Producing Company of the Year at the Nigeria Iconic Awards – 2018
- Ibakatv Artiste of the Week – 2019
- Celebrity Entrepreneur of the Year at the Gmyt African Humanitarian Award – 2019
- Nominated at the Hollywood and African Prestigious Awards – 2019
- HAP Awards nominee for Best Independent Film (*Love in a Puff*) – 2019
- Best Actress in an Independent Film at the HAP Awards – 2019
- Celebrity Entrepreneur of the Year at the Breeze OnTV Humanitarian Award – 2019



Entrepreneurial Lesson

Work Hard

Mercy Macjoe worked hard to attain the height she has achieved today. She didn't sit there and expect fame to walk down to her. Mercy put in all the necessary work and went further to acquire more training to hone her skills to become a pro filmmaker. She isn't only an actress, but also an entrepreneur making waves in her industry.

Every entrepreneur should learn to work hard. You can't have a lackadaisical attitude towards work and expect success. Remember, 1001 other people in your industry are doing serious hard work.

To stand out in life and business, you have to think outside the box. You have to learn to do things differently, that's how you stand top of mind. Hard work and persistence are the only way to success, there's no short cut

GBOKOYI TITIALAYOMI

Gender: Female

Location: Lagos/Ogun

Height: 5'7

Waist: 28

Bust: 34

Hips: 36

Dress Size: 8

Shoe Size: 40

Skin Color: Fair

Hair Color: Black and
brown

Eyes color: Brown

Tattoos: None

Piercing: 1



BOOK MODEL

My Services: Fashion, Runway and Commercial
shoots Agency: Freelance Model

Instagram: @laryhomhi

Contact: 08084419800

Available to Travel: Yes

YUSUF OYINDAMOLA

Gender: Female

Location: Lagos/Ogun

Height: 5'5ft

Waist: 28

Bust: 34

Hips: 35

Dress Size: 8

Shoe Size: 38

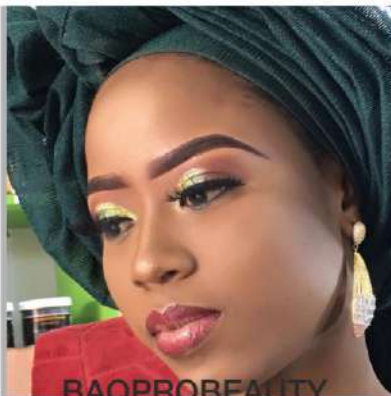
Skin Color: Fair

Hair Color: Black

Eyes Color: Brown

Tattoos: No

Piercing: 1 Normal
piercing.



BOOK MODEL

My Services: Fashion, Runway and Commercial
shoots Agency: Freelance

Instagram handle: @honeydija8002

Contact: 09027140111, 08180318002

Available to Travel: Yes



VICTOR ANAJEKWU
CEO, VicSmart Apparel



FIDELIS REBECCA

Location: Lagos

Gender: Female

Height: 5'6

Waist: 28

Bust: 34

Hips: 35

Dress Size: 8

Shoe Size: 38/40

Hair Color: Black

Eyes Color: Black

Tattoos: No

Piercing: No



BOOK MODEL

My Services: Commercials, Photo shoot, Fashion and Glamour

Agency: Freelance Contact: 07087318480

Instagram: @fidelisrebecca14

Available to Travel: Yes



EXCLUSIVE INTERVIEW WITH QUEEN IGWE EMMANUELLA MISS UNITY NIGERIA 2019/20

Igwe Emmanuella Uchenna. Is the reigning MISS UNITY NIGERIA, Born in the late 90's to a family of 2, a native of Enugu state, Ezeagu LGA precisely... Currently a student at the Chukwuemeka Odumegwu Ojukwu university, Anambra state.

Emmanuella emerged winner by surpassing 40 other beautiful contestants. Her self-confidence, intelligence and charisma earned her crown. On this interview with Fourwall Magazine, she spoke about her journey as a beauty queen and plans for the future.

HOW DO YOU FEEL WINNING MISS UNITY NIGERIA?

Actually I was overwhelmed but remembered suddenly that I had to act all Prim and Proper bit still couldn't hold back the tears.

WHAT DO YOU THINK ACTUALLY STOOD YOU OUT AMONG OTHER CONTESTANTS?

Personally I feel each contestant had the edge but I believed I stood out, I remain grateful to the judges for rewarding my passion, handwork and authenticity.

WHAT WAS THE BIGGEST CHALLENGE COMPETETING IN THE PAGEANT?

My biggest challenge wasn't the fear of not winning but believing in my uniqueness. pressure was constant to be regular but I did come through.

HOW LONG HAVE YOU BEEN IN THE MODELING INDUSTRY?

Sometime now, although challenging I'd say officially 3years now and still counting.

ARE YOU SIGNED WITH ANY AGENCY?

Not really, am yet to renew any contracts I had, since they had recently expired.

TELL US ABOUT YOUR EXPERIENCE SINCE YOU BECAME A QUEEN?

It hasn't been an easy ride, especially now we are being faced by this Pandemic, looking forward to reaching out to the society more.

HOW HAVE YOU BEEN COPING WITH THE TASK OF BEING A QUEEN?

Heavy is the head that wears the crown", so a lot it's been expected of me to do as a Queen and I hope to accomplish them with much Pet project of mine coming up soon, which I will say stay tuned to know more about it and hear more from me.

WHAT IS YOUR ULTIMATE AIM IN LIFE?

My Ultimate aim in life is to do that which makes me happy and live my life the way I deem fit in a right way cos a time wasted can never be recovered.



WHO ARE YOUR ROLE MODELS?

My Role models are two women;
My mother because of her resilient spirit and for the nice upbringing, mentoring she gave to me so I will be inculcated with the Right Human Value.
And Catriona Gray (miss universe 2018) although I hadn't met her but I admire her for being the Humanitarian she is for helping people I way she can, for supporting young children and try to create a society where negativity can't foster again by doing it one step at a time.

WHAT TIP ARE GOING TO GIVE PAGEANT MODELS ASPIRING TO BE A QUEEN?

The only tips I can give to you all young girls out there is keep the fire burning, that will shine wherever you are (The fire which is your passion) and always be the best version of yourself
Authenticity is key.

Thank you for your time

IGWE EMMANUELLA UCHENNA

Location: Enugu/
Anambra

Height: 5'11"

Waist: 25

Bust: 32

Hip: 35

Dress Size: UK 6

Shoe Size: 44-45

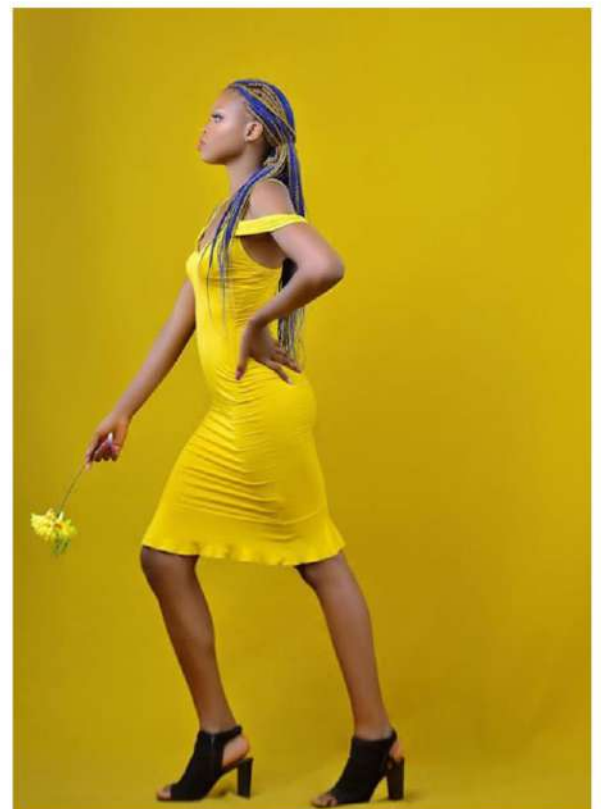
Skin Color: Fair

Hair Color: Black

Eye Color: Black

Tattoos: No

Piercing: Only at the
Ear lobe



BOOK MODEL

My Services: Runway, Commercials, Video vixen,
Photo shoot

Instagram: @igwe_ella

Contact: 08138988135

Available to Travel: Yes



AKINKUADE FUNMILAYO

Gender: Female

Location: Isolo, Lagos

Height: 5'4

Waist: 27

Bust: 35

Hips: 35

Dress Size: Medium

Shoe Size: 40

Skin Color: Brown

Hair Color: Black

Eyes Color: Black



BOOK MODEL

My Services: Commercial, pageantry and fashion

Instagram: @kwin_funmzy

Contact: 08136426242

Available to travel: Yes

HOW TO KNOW A CREDIBLE PAGEANT ORGANIZATION?

QUEEN CHIGOZIE JANE



IMAGE
TOWER

First of all, what is a Beauty Pageant?

A beauty pageant is a competition between contestants from different walk of life showcasing their physical qualities, intelligence and personality.

How to know an authentic beauty pageant:

1. Brand Promise: This is simply the value they have to offer to you as an individual. Some brands do not have anything to tender, I am not talking about the numerous eye catching prizes they put on their artwork, rather their purpose and reason for existence. Any brand without a promise is not credible. You can discover this through their website and the kind of content they put out. For example, the brand promise for Miss Nigeria Pageant Organization is "Empowering women beyond beauty", this has given you a clear cut understanding of what you should expect.

2. Past Record: What has the organization done so far in relation to their brand promise, how have they affected the society, their contestants and winners. How are they managing and promoting their winners, what impact have they made in the society? These are questions that should be answered before you consider registering. If it is the first edition of the pageant, ensure you find out their brand promise.

3. Organizers and sponsors: Who are the people behind the brand and what have they achieved for their self. It is said that, "You cannot give what you don't have". Ensure the people behind the brand existence have the resources to deliver effectively without putting unnecessary pressure on contestants and winners.

4. Brand Tenacity: This is the ability of the brand to be consistent in all their activities. You need to ask yourself if they can stand the test of time while doing your research. Pageant brands that host one edition, disappear for years and return with the 'Bigger and Better' slogan clearly speaks levity. Go for brands that are dogged, it shows they have a purpose for existence.

5. Personality of Winners: Whoever emerges a winner in a beauty pageant automatically represents the organization and that tells you their criteria for winning. A reputable pageant brand should be able to choose excellent representatives because it improves their visibility and growth rate.

These are the diverse ways of discovering a genuine Pageant Organization.



West Tamunotonye Francis, hails from Buguma, Asari-Toru LGA here in Rivers State and is born into the family of Mr. and Mrs. West Francis all from Rivers State. The Prince of Rivers State popularly known as Tonye is the third of four children and is a graduate of the

MEET WEST TAMUNOTONYE FRANCIS

PRINCE OF RIVERS STATE 2019/20

Department of Political and Administrative Studies, Faculty of Social Sciences, University of Port Harcourt.

He is a creative individual who is into designing of Senator wears and making of bespoke slippers and Sandals. He is a Baptist and Loves singing and learning new stuffs. He's the CEO Twestz Collections - a brand he has brought to stay.

Journey so far in the Modelling Industry

The journey has been full of ups and downs but I give Glory to God for this far He has led me. Long story short, my whole experience has been amazing although it's depressing to know that there are little or no fashion shows or support in this part of the country for us to show-case our talents; in all, the journey has been worth it.

Experience Participating in the Pageant

Mr. & Queen of Rivers State pageant was my first ever outing and it was

really scary for me at first, but I had to overcome the Spirit of fear and go for what I want- I had tried contesting before but ended up having cold feet, even after passing auditions.

I came back to the same pageant in 2019 and decided to go till the end and I'm forever glad that I did. Emerging the best Talent in Camp, I was given a boost in spirit to do even better, Kudos to Amaris Household Media and Miss Tina Hephzibah Awuse Agbozi for this privilege to serve as Prince of Rivers State 19/20. I'm happy to be part of this great Family- aimed at making sure the best in us is achieved and her Sister Miss Joy Agbozi for never ending support and drive to make us stand out everywhere we find ourselves not forgetting QUTE NATHAN for his words of advice and cat-walk lessons, I really loved it, I pray that God will bless you all for the support you have given to us.

Brands I look forward to model for:

Ohimai Atafo, Zhalima Grazioni, Yomi Casuals, Nyoni couture, Nike, Smartphone companies, Pepsi etc.



Amanda Nnadi hails from Ikeduru in Imo state, born into the family of Mr. and Mrs. Ebenezer Nnadi. Amanda is the first of six Children and a student of Rivers State College of Health Science and management Technology where she studies Medical Imaging (Radiography). I'm also a

MEET QUEEN AMANDA NNADI

Princess of Rivers State 2019/20

brand ambassador of Jinas Dynasty.

JOURNEY SO FAR IN THE MODELING INDUSTRY

God has been faithful I must say, despite the fact that this is actually my first pageant, I feel like I've been doing this for years because of my new found family, AMARIS HOUSEHOLD MEDIA, my manager, Miss. Tina Agbozi is a very wonderful person and is down to Earth; her sister on the other hand Miss. Joy Agbozi is one who is ready to teach, as long as we're willing to learn. She tries the best she can to make sure that we not make it as beauty Queens and Kings but also as a model.

EXPERIENCE PARTICIPATING IN THE PAGEANT

At first, it never crossed my mind to contest for the pageant (Mr. Rivers and Queen of Rivers State) but encouragement from people pushed me to give it a try. So I tried it out first

in School pageant- people were amazed at my performance though cat-walking was a challenge then to me. After I won the School pageant, I got more interested to really go into modeling and opted for a competition outside the School environment. Then I heard about the Mr. Rivers and Queen of Rivers State Pageant, I was happy and scared at the same time but I was willing to give it a shot; I'm forever glad that I did give it a shot and it was successful and my dream actualized.

BRANDS I LOOK FORWARD TO MODEL FOR

Zaron Cosmetics, MTN, Oppo Phones, House of Tara, Coca-Cola, etc.

Social Media

Facebook: Queen Amanda Nnadi
Instagram: Amanda Nnadi

NWANJI FAITH CHIDINMA

Gender: Female

Location: Lagos State

Height: 5" 9

Waist: 25

Bust: 33

Hips: 33

Dress Size: 6

Shoe Size: 10

Skin Color: Light skin

Hair Color: Black

Eyes Color: Dark
brown

Tattoos: No

Piercing: No



BOOK MODEL

My Services: Runway, Editorial, Commercial

Agency: Star Model Africa

Instagram: @mhissuccess_

Contact: faithnwanji5@gmail.com

Available to Travel: Yes

MOTUNRAYO TAJUDEEN

Gender: Female

Location: Egypt
(Cairo)

Nationality: Nigerian

STATS

Height: 5'8

Waist: 32

Bust: 37

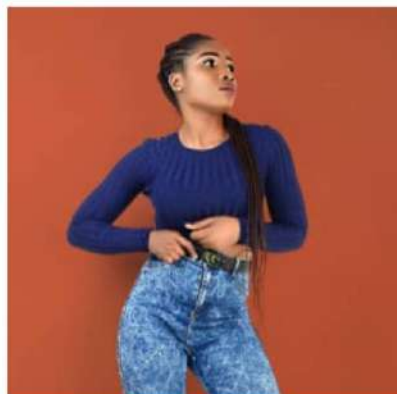
Hip: 30

Shoe Size: 40

Hair Color: Black

Skin Color: Chocolate

Eyes Color: Black



BOOK MODEL

My Services: Commercials, Brand Influencer, Runway, Fashion shoot, Editorial/Print and Product awareness. Product awareness.

Phone: +201271395464

Instagram: @slimberrytimmah

Facebook: SlimberryTimahTo'h Cute



EXCLUSVIVE INTERVIEW WITH
PRECIOUS UZOMA
QUEEN AFRICA INTERNATIONAL GLOBE 2020/21

Queen Precious Uzoma is one of the winners of Queen Africa International and she is currently holding the title Queen Africa International Globe. She hails from Nwagele LGA in Imo state and from a family of 6. A final year student of Accounting Department in Madonna University. She loves good vibes and anything good is fun for her.

CONGRATULATION ON EMERGING QUEEN AFRICA INTERNATIONAL GLOBE, HOW DOES THAT MAKE YOU FEEL?

Thank you so much. I don't actually know what to say, but it swept me off my feet, I didn't know I was going to win but thank God I actually came out victorious.

WHAT WAS THE MOTIVE PARTICIPATING IN THE CONTEST?

My motive of participating in Queen Africa International contest was to enable the young girls to be able to stand up for Themselves and know they can rise from nothing to something above all circumstances with God and support on their side.

WHAT DO YOU THINK GAVE YOU AN EDGE OVER OTHER CONTESTANTS?

I don't really know about that all I can say is God's grace saw me through.

HOW DID YOUR FREINDS AND FAMILY REACTED TO YOUR VICTORY?

They were just my main support, my parents even celebrated my victory despite not giving me their support to go for it. They even threatened to disown me if i go for the contest, but today I give God all the glory.

WHAT WAS THE BIGGEST CHALLENGE PARTICIPATING IN THE CONTEST?

My parents were one of my major challenge... Smiles

HOW DO YOU INTEND TO USE YOUR NEW OFFICE TO IMPACT TO THE SOCIETY?

I intend using this office to create room for less privilege and do my best to provide to them their needs. I have always had passion to help the less privilege and put a smile on their face.

WHO IS YOUR ROLE MODEL?

Queen Ijeoma Okafor. Ex beauty queen, Face of Nigeria. When I started my journey as a model, she has been an inspiration to me, advise me on anything I do. I always look up to her as my role model.

DO YOU HAVE ANY PROJECT IN MIND YOU WOULD LIKE TO EMBARK ON?

Yes, I do. I want to start my own foundation for the less privilege children and help them in any way I can.

WHICH BRANDS ARE YOU LOOKING FORWARD TO MODEL FOR?

I am open for any brand that would be interested to work with me.

ANY MESSAGE TO ASPIRING MODELS THAT WANT TO BECOME A BEAUTY QUEEN?

God's time is the best. Trust God and believe in yourself. Put in your best in everything you do and make sure you are doing what you love to do not what you will regret tomorrow, i.e. probably you want to do this because your friends are doing it. At long run you will realize that you are being another person instead of who you are. Thank you!



SALOME SAMPSON

Gender: Female

Location: Lagos

Nigeria

Height: 5'6

Waist: 28

Bust: 14

Hips: 38

Shoe Size: 40

Dress Size: 8

Hair Color: Black

Skin Color: Light

Eyes Color: White

Hair Color: Black



BOOK MODEL

My Services: Am a commercial and print model available for all modeling jobs and also open for brand influencing and endorsement. Available to Travel within and outside Nigeria Phone: 08085342374 Email:

peacesampson878@gmail.com

Instagram: @officialsalomesampson

Facebook: Peace Salome

OPUTE JUSTICE

Location: Lagos

Gender: Male

Height: 6ft

Waist: 33

Chest: 36

Dress Size: XL

Shoe Size: 45

Hair Color: Brown

Eyes Color: Black

Tattoos: No

Piercing: No



BOOK MODEL

My Services: Fashion, Runway, Commercials
and Promotion

Agency: Benise Modeling Agency

Contact: 09096179997 Instagram: @juhrstix

Available to Travel: Yes



EXCLUSIVE INTERVIEW WITH **QUEEN STEPHANIE MBAZUIGWE**

MISS FACE OF ROYAL BEAUTY WORLD 2020

TELL US ABOUT YOURSELF?

I am Mbazuigwe Stephanie from Abia state. I am 17 years old and a student of FSTC Tungbo

IN YOUR WORD, WHAT DO YOU THINK STOOD YOU OUT FROM OTHER CONTESTANTS?

The risks I took stood me out from other contestants and my dreams too so I worked hard for it.

WHAT WAS YOUR BIGGEST CHALLENGE COMPETING IN THE CONTEST?

My biggest Challenge was how I can get votes because you are not seeing other contestants votes and to get mine wasn't easy

HOW LONG HAVE YOU BEEN IN THE MODELING INDUSTRY?

This is my First time... And I believe this will pave more way for me in the modeling world am so happy for this opportunity.

AS A BEAUTY QUEEN NOW, HOW DO YOU INTEND TO USE YOUR OFFICE TO IMPACT ON THE SOCIETY?

As a Queen I want to empower the girl child that think they are nothing in the society.

WHAT IS YOUR ULTIMATE AIM IN LIFE?

My ultimate aim is to change the world in such a way that there will almost be no poor person in our society

DO YOU HAVE ANY PROJECT IN MIND YOU WOULD WANT TO DO DURING YOUR REIGN?

As time goes on I will work something out

WHO ARE YOUR ROLE MODELS?

I really do not have a role model

WHAT SHOULD YOUR FANS EXPECT FROM YOU?

They should expect the best

WHICH BRANDS WOULD YOU LIKE TO MODEL FOR?

Any brands that welcomes me

ANY ADVICE FOR THOSE ASPIRING TO BECOME A QUEEN?

My advice to them is that they should aspire to make a difference



TeamPUSH OAP Group

Top Notch QUALITY

Alvin ChexsUdoji is the CEO of TeamPUSH OAP Group and with the partnership and immense support of his CFO - Peace Abraham, TeamPUSH OAP Group has become a brand that brings it's 100% quality in every of their dealings.

We Offer 100% Best Quality of Customized and plain T-Shirts (Round Neck, V-Neck, Collar Shirt, Sweat Shirt/Hoodies, Short and Long-sleeved) and Foot-Wears, Throw Pillows, Caps, Beanies, Souvenirs and Gift Item. We Make T-Shirts with Dope Designs & Can Make Your Own Perfect Design Just How You Want It.

We Also Make 100% Quality Video & Photo Coverage of Any Event. 100% Quality Film & Music Making.

Shoot us a quick email or chat or call to see how we can help you with our amazing designs and top notch event coverage. Past clients testify of our professionalism 100%



Email: teampush_oap@yahoo.com

Whatsapp: 07062114442 - 08146514002 Call: 08156917234 - 07014851548

Instagram: @ORACLE_Visuals@kevwheAb



AGBANI DAREGO IS MY INSPIRATION

PRINCESS EYAGAM, MISS CAMPUS LAGOS 2019

TELL US ABOUT YOURSELF?

My name is Enyagam Princess Onyekachukwu, from Delta state. I'm 19 years old and a student of Lagos State Polytechnic. I love modeling, singing and I consider myself the luckiest girl alive.

WHAT WAS THE FEELING WHEN YOUR NAME WAS ANNOUNCED AS THE WINNER?

Firstly, I was surprised, I didn't believe I would come out as the winner MCL, I was expecting to be mentioned among the runner-ups. But in all I was amazed, thankful, grateful.

IN YOUR WORD, WHAT DO YOU THINK STOOD YOU OUT FROM OTHER CONTESTANTS?

In my word I would say that, I am different from other, I am unique, and what happened was destiny, I won't say I am more beautiful than them or smarter but God has written it

WHAT WAS THE BIGGEST CHALLENGE COMPETING IN THIS CONTEST?

I had a lot challenges but the biggest of them all was the

fact that this was my first competition, and I really don't know it's been done, but I had no choice than to follow the steps and work hard toward getting the crown. One of my biggest challenge is also when it comes to tickets sales, cos as an introvert, and a girl who came from an average family, it's going to be a very big challenge. But I would say a very big thank you to Mr. and Mrs. Enyagam for making it possible to be where I am today

ARE YOU CURRENTLY SIGNED UNDER ANY AGENCY?

Yes, Gen multimedia

HOW HAVE YOU BEEN COPING WITH THE TASK OF BEING A BEAUTY QUEEN?

It hasn't been easy but as a model you don't just have to be a model alone but also a role model to people, so I have been coping.

WHAT IS YOUR ULTIMATE AIM IN LIFE?

My ultimate aim in life is to influence other positively and to leave behind indelible foot prints and legacies

WHO ARE YOUR ROLE MODEL?

I have a lot of role models but in the modelling industry it's Agbani Asenite Derego

WHICH BRANDS ARE LOOKING FORWARD TO MODEL FOR?

I am looking forward to work with Zaron cosmetic brand, Folakefolarin-coker fashion designer brand and M&K Organic Skincare brand

ANY ADVICE FOR THOSE ASPIRING TO BECOME MODELS?

My advice to every aspiring to become model is to keep believing yourself, because if I can do it you can do better, be you don't be someone else. Because you believing in yourself is the starting point to success



FISHER BLISS UDUAK

Gender: Female

Location: Lagos

Height: 5,7ft

Waist: 28

Burst: 36

Hips: 38

Dress size: Size 8

Shoe size: 40

Skin color: Light skin

Hair color: Dark

Brown

Eyes color: Dark

Brown



BOOK MODEL

Miss Campus Lagos - 1st Runner Up |

Commercial Model

Contact: 09064900866

Email: misscampuslagos01@gmail.com

Facebook: @CampusMiss

Instagram: @Misscampuslagos

Available to Travel: Yes




easy
concept



**GRAPHICS
DESIGN**

**GENERAL
PRINTING**

+234 (081) 4417 1623  AkinTunde  easykoncept2

 33, Dare Street, Behind First Bank, Ikotun, Lagos



MEET

FRANK RAFAEL UGWU

CEO, MR. AND MISS HUMANITY NIGERIA INTERNATIONAL

ABOUT YOURSELF?

Am Frank Rafael Ugwu (Mr. Perfect) A professional Pageant Director, Model Coach, beauty Pageant Coach, Dance Choreographer, event Planner, Actor, Event Host, Voice Over Artist and an Art Director

ABOUT YOUR BRAND, THE AIM AND VISION?

Mr. and Miss Humanity Nigeria International Pageant® is a registered pageant Brand with the BN2758404, established to produce kings and Queens who will be ambassadors to humanity and help provide for the less privileged, the sick, the poor, the downtrodden, the boy and girl child and the oppressed in our country Nigeria. Our mission is to promote beauty, class and poise through kindness and alms giving and our vision is to stand out amongst equals by showcasing the real essence of humanity through kindness.

WHAT MOTIVATED YOU TO ESTABLISH MR. & MISS HUMANITY NIGERIA INTERNATIONAL?

I have been into pageantry and fashion shows for over 12 years now. Entertainment has been my calling from childhood days. I started engaging in pageantry events when i was in JSS3 around 2004; I do help some secondary Schools organize school Variety Shows and Drama

In 2010 i contested for Mr. SLT in my school IMT Enugu and won. In 2012 I also contested for Mr. CYON in my church, Holy Ghost Cathedral Parish Ogui Enugu and won the crown, from then i started working with notable pageant brands in the state and outside the state. In 2015 i contested for Mr. Tourism Enugu and was

crowned Mr. Tourism Enugu Culture. Ever since then i have been working with notable event organizers at Enugu, Lagos, PH, Imo, Anambra, Abuja and Cross River state.

With all the experience i gathered, I decided to start up my own show, I am so passionate about helping the less privileged in our society through a nice cause, that was how Mr. and Miss Humanity Nigeria International Pageant® came about

Proudly organized by Frank-Dee Entertainment World

This year is our third edition and the show has kept on improving on a yearly

WHAT HAS BEEN THE CHALLENGES MANAGING THE BRAND AND YOUR MODELS?

Managing the brand hasn't been easy cos we do lack sponsors in the Eastern part of the country, if we could get more notable sponsors, the brand will in no distant time compete with the Nigerian Queen, MBGN and Miss Tourism Brand. We have been doing our best as regards managing our models. We always strive to secure endorsements for them, even movie contracts and also giving them their cash prizes too which helps them in setting their own businesses or brands as the case may be

GREATEST ACHIEVEMENT SO FAR?

Securing endorsements for the winners, getting some international franchise and recognitions from Mr. Grand international and Miss Beauty Global in Brazil cos our winners will be representing Nigeria in an international pageant in 2021



Social media handle

Instagram: @mrandmisshumanitynigeriaintl

Facebook: Mister & Miss Humanity Nigeria Int'l

Website:

www.humanitynigeriaintl.com

Email Address:

misterandmisshumanitynigeria@gmail.com



EXCLUSIVE INTERVIEW SECTION WITH HRN KING PETER ODOH (POPE) MR. HUMANITY NIGERIA INTERNATIONAL 2019

Tell us about yourself?

Am Peter Odoh A.K.A(POPE)well there is nothing much to know about me other than the obvious. I am a soon to be minister in the temple of justice, that is I am a 400L law student in the Enugu state university of science and technology. I am

also a model, an actor and a fitness trainer. My hobbies are watching movies and working out.

HOW DOES IT FEEL WINNING MR. HUMANITY NIGERIA INTERNATIONAL?

Well it felt so good, on the night of the grand finale when I was announced as the winner of Mr. Humanity Nigeria International 2019, I was so happy because I wasn't expecting to win but the almighty God made it to be so. In pageant one can't be certain of winning, knowing that there are other contestants doing their best, surely you will be scared but one still has to believe in himself or herself. Mr. and Miss Humanity International 2019 was free and fair and I thank God for making me emerge as the winner.

WHAT WERE YOUR BIGGEST CHALLENGES DURING THE CONTEST?

My biggest challenge during the contest was the fear of the unknown. I didn't know what would happen in the pageant so I was trying so hard to do my best. Meanwhile, I didn't get so much support from my family and friends as I hoped but it gave me a purpose to do my best and believe in myself because I have to believe in struggle and trust my hustle.

HOW HAS WINNING THE CONTEST CHANGED YOUR LIFE?

Winning the contest changed my opinion of life and made me look at life in a different way and from another perspective. I felt that sense of responsibility well and had a goal to try as much as possible to help people in any way I could. Winning the contest also gave me the opportunity to meet personalities, get notable recognitions, endorsements, movie contracts, cash prize and other gifts from the sponsors. I am really grateful to the Mr. and Miss Humanity Nigeria International Brand.

Why did you choose to pursue modeling as a career?

I chose modeling because I have always wanted to be a model and make a difference in life. To be able to leave my footprint on the sands of time and to know that I touched someone's life by helping the person change in life; So that the world will know that "I was here". as said by "Beyonce" in one of her songs titled "I was here" which is coincidentally the pageant anthem for Mr. and Miss Humanity Nigeria International Pageant.

HOW LONG HAVE YOU BEEN IN THE MODELING INDUSTRY?

I have been in the modeling industry for about 3years now, Since 2017.

WHAT IS YOUR DREAM MODELING JOB?

My dream modeling Job is to be a fashion model and a photo model. It has always been my dream to be known and to become people's role model in a good way. I wish to get the front page of Vogue magazine someday.

WHO IS YOUR ROLE MODEL?

My role model is my Father. Before he died he always had good intentions of helping people and making them comfortable even to his own discomfort. He tried as much as possible to help people and touch lives.

WERE YOUR PARENTS IN SUPPORT OF YOU GOING INTO MODELING?

My parents actually had their doubts, they wanted me to just focus on the Law profession only and leave modeling. But I tried to convince them that I can do both; that one won't affect the other, and I try as much as possible to be focused on things that makes me happy.

WHICH BRANDS WOULD YOU LIKE TO WORK WITH/FOR?

I would love to work with so many fashion brands like Gucci, Louis Vuitton, Versace etc.

WHERE DO YOU SEE YOURSELF IN THE NEXT 5 YEARS?

I see myself fulfilling my dreams in life and living it.



EXCLUSIVE INTERVIEW WITH HRM QUEEN BRENDA UZOCHUKWU

MISS HUMANITY NIGERIA INTERNATIONAL 2019.

There were lots of beautiful and intelligent ladies that participated in the contest so the competitive was tensed and tough. My biggest challenge was building my confidence and trusting my ability.

ARE YOU CURRENTLY SIGNED ANY MODELING AGENCY?

Yes, I am currently under Mr. and Miss Humanity Nigeria International

HOW HAVE YOU BEEN COPING THE TASK OF BEING A BEAUTY QUEEN?

It wasn't easy at first because I had to make so many adjustments and I had to make them fast. Right now, I am settled and used to the arrangement. I have a lot of support from people and I'm grateful to God for that.

TELL US ABOUT YOURSELF?

My name is Brenda Uzochukwu, hail from Enugu state and a graduate of Food Technology from University of Agriculture, Umudike. I like cooking, surfing the internet, traveling and dancing.

WHAT WAS THE FEELING WHEN YOUR NAME WAS ANNOUNCED AS WINNER, HOW DID YOU REACT?

I didn't know what to do or how to react. I tried to imagine the excitement on the faces of everyone that watched me. I imagined what my new life would be like and the responsibilities. I thought about people that told me I wasn't going to win and also those that supported me. I was lost in thoughts at that moment until the other contestants rushed to hug me, then I saw my mom and the next thing.... tears.

IN YOUR WORD, WHAT DO YOU THINK STOOD YOU OUT FROM OTHER CONTESTANTS?

I would say it's the grace of God. The struggle was real and the competition was tight, everyone had something special about them that was different and I wondered how the judges were going to narrow it down to one Queen. Amidst all these, I tried to have faith and stay positive.

WHAT WAS THE BIGGEST CHALLENGE COMPETING IN THE CONTEST?

WHAT IS YOUR ULTIMATE GOAL IN LIFE?

Well, actually my ultimate goal in life is simply to be happy. That means working in a field I'm passionate about, being financially secure, being healthy, and having ample free time to pursue my interests. I'm very pleased with my current state of affairs, and so thus far, mission accomplished.

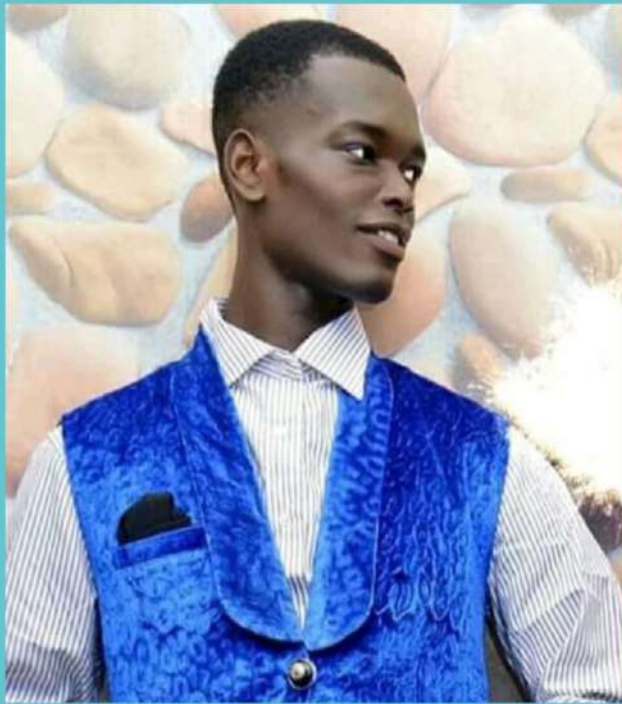
WHICH BRANDS ARE YOU LOOKING FORWARD TO MODEL FOR?

I am open to work with any brand that offer me a good deal and good concept.

ANY ADVICE FOR THOSE ASPIRING TO BECOME BEAUTY QUEENS?

Believe in yourself, embrace your uniqueness and remember that the best costume you could ever wear is confidence.





INTERVIEW WITH OKEBARAM CHINEDU CEO, OCT EAGLE MODELS

Tell us about yourself?

I am Sir OkebaramChineduJohnclinton. From Mbaitoli LGA of Imo state.

How has your journey as a Model and managing other models been so far?

It has not been easy. Being a model requires a huge sacrifice. Management of models have been the greatest task of my life. Stress, money, time and energy.

Tell us about OCT Eagle Models?

O C T Eagle Models is a brand with the grand vision of celebrating and showcasing beauty of Africans. We are registered under CAC and Ministry of Tourism, arts and culture. Office is located at 23 Dike Avenue Aba, Abia state.

What makes your agency stand out?

As the name OkebaramChinedu Trending Eagle Models; We are unique and exceptional in our services.

How do you cope promoting yourself and your brand?

Social media has been the source of our promotion. I have gotten sponsors through online promotion. Promoting the brand have been a difficult task, as there are much agencies out there; But by the grace of God, we will stand out soon.

You are the founder of Mr./Miss Courageous Nigeria, what inspired you in establishing the Pageant?

I was unhappy the way Pageants are being organized, especially from upcoming agencies. Selling of tickets, bribery and sexual assault. I wanted to make a difference, that was what motivated me in choosing the brand name and title. My models will testify that I'm actually different from others.

How long have you been in the Modelling industry?

5 years

What is your greatest achievement in the Modelling industry?

RESPECT AND GOOD NAME

How do you scout models?

Online, office and designated location. We have a WhatsApp group for training and classes.

Tell us 3 things people do not know about you?

I love respect more than anything in the world.

I was not born with a silver spoon.

I am a feminist.

Most embarrassing moment?

The day I fell from a bus while jumping down.

Where do you see your Pageant in next 5 years?

I see my Kings and Queens represent the brand in International Pageants. I see My Pageant been broadcast on TV stations.





EXCLUSIVE INTERVIEW WITH QUEEN MMADUABIA MIRACLE CHINAZA HERITAGE QUEEN AFRICA DIASPORA

TELL US ABOUT YOURSELF?

My name is Mmaduabia Miracle Chinaza, I hail from Awgu LGA Enugu state, 20 years old. I'm a model, beauty Queen and an entrepreneur, my hobbies are: dancing, traveling, cooking and watching fashion shows.

HOW DOES IT FEEL EMERGING HERITAGE QUEEN AFRICA DIASPORA?

It's one of the best feelings ever, I feel blessed and fulfilled cos it's like a dream come true.

WHAT MOTIVATED IN PARTICIPATING IN THE CONTEST?

Have been wanting to emerge a beauty Queen one day, and when I get to know about the HQA contest I checked their social media activities and I was wowed with how far they have gone in just their first Edition, So I decided to shoot

my shot and luckily here I am.

WHAT WAS YOUR BIGGEST CHALLENGE PARTICIPATING IN THE CONTEST?

Aside the pandemic, I lacked family support cos my parents weren't fully in support of my Modeling career but I thank God I didn't give up on myself cos right now I have won their support.

HOW DID FAMILY REACT TO YOUR VICTORY?

They celebrated my success with me, I was a bit surprised thou! cos they were never in support of my choice of career.

How do you intend to impact to the society with your new office?

I intend to run a platform of skill acquisition where both boys, girls & most especially single mothers will acquire the knowledge of some skills to help themselves and also reduce the rate of unemployment in our society.

WHO IS YOUR ROLE MODEL?

My mom

ANY PROJECTS IN MIND YOU WOULD LIKE TO EMBARKED ON?

Yes...I would want to embark on Widow's empowerment platform to assist the widows in my own little way

WHAT IS YOUR MODELING DREAM JOB?

Fashion, face and Top model

WHICH BRANDS ARE YOU LOOKING FORWARD TO WORK WITH/FOR?

Top fashion, makeup and clothing brands E.g. Zara, Zikel etc. Buh am ready to work with any brands that would love to work with me now and later

WHERE DO YOU SEE YOURSELF IN THE NEXT FIVE YEARS?

Married with a successful career in arts or whatever adventure we'll be on with God. And I leave room for God to surprise me

JASON KOLAWOLE COLE

Location: Lagos

Height: 6'4

Waist: 38

Chest: 40

Dress Size: 40

Shoe Size: 42/43

Skin Color: Light Skin

Hair Color: Black

Eyes Color: Black

Tattoos: None

Piercing: None



BOOK MODEL

My Services: Commercials, Prints, Editorial and Fashion. Instagram: [_Obviouslycole](#)

Contact: 07031601950 or 07019281116

Available to Travel: Yes

JUL/SEPT 2020

ISSUE 8

FOURWALL

M A G A Z I N E

QUEEN JANE CHIGOZIE

How to know
a credible
Pageant
organization

FOURWALL PREMIUM MODELS

Sign up for our
Premium models
package

EXCLUSIVE
INTERVIEW WITH
WINNER, FACE OF SAAY

OJIRHAYI OLIVIA



QUEEN IGWE EMMANUELLA

WINNER, MISS UNITY
NIGERIA 2020



FASHION L MODELS I PAGEANTS I INTERVIEWS

