

33RD EDITION

MARCH 2024

FOURWALL

MAGAZINE

**SPECIAL
ISSUE**

250+
FRESHLY
PICKED IDEAS

EXCLUSIVE
KINGSLEY AND
GLORY SHARE
THEIR JOURNEY
IN MODELING
AND WINNING
A CROWN!

**MR & MISS
NSBS COOU**

- KINGSLEY AGUMMADU
- QUEEN ASONYE GLORY

*Get
The
Look*

*Insider Tips from
the Pros on the
Latest Hair Trends
and Styles*

**MODELING
PORTFOLIO**

A modeling portfolio
should showcase
your best work and
highlight your
unique look.



**STORIES OF
INSPIRATIONAL
MODELS**

Our magazine aims to promote and create awareness for models to gain exposure, recognition and attract attention of potential clients and brands.



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ESSIEN
EBENEZER
SHARES HIS
PASSION
& MODELING
JOURNEY

THE KINGSMAN

Premier King Nigeria, 1st Runner up

- *The Interview*
- *Kingsman*
- *Mission*

*Get
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the Pros on the
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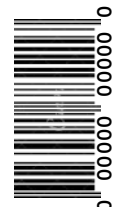
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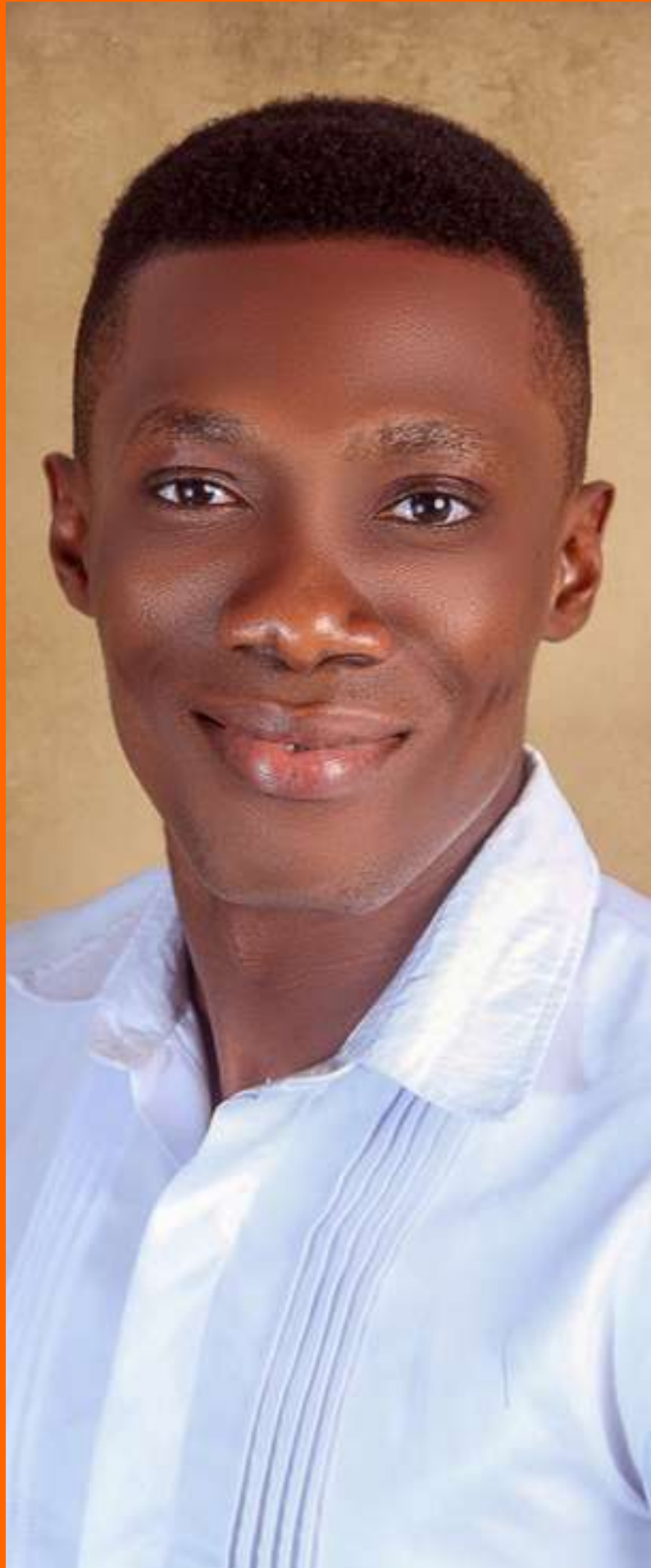
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EDITOR'S LETTER

Welcome to the 33rd edition March 2024 special issue of Fourwall Magazine featuring Essien Ebenezer, Premier King Nigeria and Kingsley Agummadu & Asonye Glory who are the winner Mr & Miss NSBS COOU.

In a world that constantly urges us to compare ourselves with others, its essential to remember that each one of us walks a different path. Our journey is uniquely ours, shaped by our experiences, passions, and dreams. In this edition, e celebrate the spirit of individuality and delve into stories that inspire us to compete not with others, but with ourselves.

Our cover personalities, exemplifies the beauty of self-competition, sharing how they finds fulfilment by measuring their progress against their own goals rather than comparing themselves to others. In a candid interview, they reveals their secrets to winning pageant and proving that true success lies in pursuing our personal best. Let us remind ourselves that our journey is our own



Emmanuel Abazu

CHIEF EDITOR



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EXCLUSIVE INTERVIEW WITH
QUEEN ASONYE GLORY
WINNER, MISS NSBS COOU

TELL US ABOUT YOURSELF?

M I am Asonye Glory Nkechinyere. I hail from Uli in Ihiala LGA, Anambra state. I'm a student of

Chukwuemeka odumegwu Ojukwu University (Coou). I'm in Biochemistry department currently in 300l. I am an Entrepreneur, a model and a dancer.

HOW DO YOU FEEL EMERGING MISS NSBS?

I felt so good because it was all I wished for.

WHAT WERE THE CHALLENGES YOU FACED DURING THE CONTEST AND HOW YOU OVERCAME THEM?

Time factor and Finances. I can't really tell how I overcame them but I handed everything to God in prayer.

WHAT WOULD YOU SAY STOOD YOU OUT FROM OTHER CONTESTANTS?

Because I'm unique in my own way. No one is perfect

HOW WAS THE BONDING WITH OTHER CONTESTANTS?

Nothing much actually. We were friends before the contest and still friends till date

WHAT WAS YOUR BEST MOMENTS DURING THE PAGEANT?

When I was announced the winner.

WHAT DO YOU THINK THE JUDGES WERE LOOKING OUT TO SELECT A WINNER?

The Q-U-E-E-N . So sorry for that. The person that's confident enough and outspoken.

WHAT DOES WINNING THIS PAGEANT MEAN TO YOU?

It meant a lot. It opened doors of opportunities for me and making me popular in my school.

WHO IS YOUR ROLE MODEL?

Catriona Gray

WHAT DOES THIS SASH AND CROWN SYMBOLIZE TO YOU?

It symbolizes that I'm the miss of my department and an endowed queen.

IF YOU WERE NOT A MODEL, WHAT OTHER CAREER WOULD YOU HAVE PURSUED?

Health scientist

WHICH BRANDS ARE LOOKING FORWARD TO WORK WITH?

Nivea

WHERE DO YOU SEE YOURSELF IN THE NEXT 5 YEARS?

Graduating from school and being financially stable to provide for myself and people I care about.





EXCLUSIVE INTERVIEW WITH

**KINGSLEY
AGUMMADU**

WINNER OF,
MR NSBS COOU

CONGRATULATIONS ON EMERGING MR NSBS COOU, HOW DOES THIS MAKE YOU FEEL?

It doesn't make me feel ant different, just improved my self confidence with the audience.

TELL US ABOUT YOURSELF?

I am Agummadu Kingsley chibuzor, from Anambra state. A Student of COOU 300 level Biochemistry Department. I like watching movies and listening to music.

WHAT WERE THE CHALLENGES YOU FACED DURING THE CONTEST AND HOW YOU OVERCAME THEM?

Stage fright AND Finances. I just had to be man enough to finish what I started, so I had to build up the courage to overcome the fear of facing the audience

WHAT WOULD YOU SAY STOOD YOU OUT FROM OTHER CONTESTANTS?

I was bold enough and had more self confidence

WHAT WAS YOUR BEST MOMENTS DURING THE CONTEST?

When I was announced the winner of the contest.

HOW LONG HAVE YOU BEEN IN THE MODELING?

3 years

WHAT MOTIVATED YOU TO CONTEST FOR MR NSBS COOU?

The fame that comes with it.

HOW DO YOU INTEND TO USE THIS YOUR NEW OFFICE TO MAKE IMPACT IN YOUR SCHOOL?

I INTEND TO HELP BUILD STUDENT'S SELF CONFIDENCE IN THEMSELVES AND WHAT THEY ARE CAPABLE OF DOING

WHAT HAS BEEN YOUR BIGGEST CHALLENGE IN MODELING?

FINANCIAL SUPPORT.

WHO IS YOUR ROLE MODEL?

CHRIS HEMSWORTH

IF YOU WERE NOT A MODEL, WHAT OTHER CAREER WOULD YOU HAVE PURSUED?

A BIOCHEMIST

WHICH BRANDS ARE LOOKING FORWARD TO WORK WITH?

CHRISTIAN DIOR

WHERE DO YOU SEE YOURSELF IN THE NEXT 5 YEARS?

A SELF ESTABLISHED GRADUATE





SKINCARE ESSENTIAL

What Is Niacinamide?

Niacinamide is a form of vitamin B3 that helps to soothe redness, reduce hyperpigmentation and aid in hydration, per the National Center for Biotechnology Information (NCBI). The great thing about topical niacinamide is that it has minimal side effects, per the NCBI. Furthermore, Dr. Henry recommends the ingredient for its soothing and anti-inflammatory properties, and for those with sensitive skin. “It contributes to moisturizing the skin, and it also contributes to fortifying the skin barrier and reducing inflammation,” she says.

What Is Vitamin C?

Vitamin C is an antioxidant known for its brightening and anti-aging abilities in topical skin care applications, per the NCBI. There’s a good chance you already use a vitamin C serum or moisturizer in your morning routine to fight hyperpigmentation and dullness. There are many different forms of vitamin C found in topical skin care; L-ascorbic acid is vitamin C in its strongest and purest form, and it’s highly effective in topical skin care applications, per the NCBI.

Can You Use Niacinamide With Vitamin C?

For years, it was recommended to use niacinamide and vitamin C in separate routines because vitamin C formulations weren’t always stable, Dr. Henry says. Furthermore, per the Indian Dermatology Online Journal, when a vitamin C formula isn’t stable, it’s not as effective on the skin, and when you pair it with certain ingredients, like niacinamide, that can make both ingredients ineffective. Vitamin C serums can become unstable when the formula is exposed to air and sunlight. A good indication that your vitamin C serum is no longer stable is if it becomes a dark, amber color.

Today, formulations have improved and sometimes, niacinamide can be successfully paired with vitamin C, but you really have to pay attention to the products you’re using. In fact, it’s highly situational, but your best chance is to use vitamin C serum and niacinamide serum formulated to be used together. L’Oréal Paris recommends using L’Oréal Paris Revitalift Derm Intensives 12% Pure Vitamin C + E + Salicylic Acid Serum and L’Oréal Paris Bright Reveal 12% [Niacinamide + Amino Sulfonic + Ferulic Acid] Dark Spot Serum in the same routine to target dullness and dark spots. This way, you can confidently use both in the same regimen because the brand has formulated them with the intention to pair if needed.



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EXCLUSIVE INTERVIEW WITH

ESSIEN EBENEZER

PREMIER KING NIGERIA, 1ST RUNNER UP

HOW DOES IT FEEL EMERGING THE 1ST RUNNER UP OF PREMIER KING NIGERIA?

I feel bad, cause I should be the WINNER. I'm always one because I put the best efforts in whatever I want to engage in after doing a profile check that I could be the winner topping the league.

TELL US ABOUT YOURSELF?

I am an interesting person to be with, I would say I am very caring and have good listening skills.

WHAT WERE THE CHALLENGES YOU FACED DURING THE CONTEST AND HOW YOU OVERCAME THEM?

Trying to get people to vote was quite difficult, although with the help of my manager and friends it went well

WHAT WOULD YOU SAY STOOD YOU OUT FROM OTHER CONTESTANTS?

Lol , my height I guess

WHAT WAS YOUR BEST MOMENTS DURING THE PAGEANT?

I think during camp , rehearsals were fun

HOW LONG HAVE YOU BEEN IN THE MODELING?

Few years now

WHAT MOTIVATED YOU TO CONTEST FOR PREMIER KING NIGERIA PAGEANT?

I think listening to instincts and having people around you that you listen to help you make good decisions, so my motivation was basically people around me who believed in me.

HOW HAS BEING THE JOURNEY SINCE YOU WERE CROWNED?

Nice, I always look out to learn new things

WHAT HAS BEEN YOUR BIGGEST CHALLENGE IN MODELING?

I would say depends on the scenario.

WHO IS YOUR ROLE MODEL?

First of, it would be the reflection of myself and Kyle Kuzma

IF YOU WERE NOT A MODEL, WHAT OTHER CAREER WOULD YOU HAVE PURSUED?

BASKETBALL

WHICH BRANDS ARE LOOKING FORWARD TO WORK WITH?

Basically my style is more of a decent and bright look and open to work with brands that align with my personality.

WHERE DO YOU SEE YOURSELF IN THE NEXT 5 YEARS?

I am currently pursuing an Engineering degree, along side my passion for basketball. So hopefully I should be able to be seen as a figure to look out for

WHAT ADVICE WOULD YOU GIVE TO THOSE ASPIRING TO CONTEST FOR PREMIER KING NIGERIA ?

Have a reason for participation, everyone wants to win, but after winning what other reason..



ABOUT ESSIEN EBENEZER

Hi! My name is Essien Ebenezer, I am 19 years old and I am an Influencer, Model and a Basketball Player.

I grew up in Akwa Ibom Nigeria & FreeTown Sierra Leone. I'm currently living in Port Harcourt, Nigeria for the past years studying a B.Sc in Engineering and Performance in a Basketball Academy, (DETAIL THE ACADEMY) and I'm continuing to develop my creative career here. I have been Modeling for a few years now while chasing my dream to be a professional athlete also. I've been playing basketball since my early teens.

Some notable achievements over the years include, Mr University of Port Harcourt 2022/2023, Premier King Nigerian First Runner Up 2023. My basketball accolades can be seen with just a few recognition as I continue to chase my career to become a professional in respect to my academics pursuit.

Alongside this, I have been involved in many Acting projects, from Stage Performances to starring in Short films and TV commercials, and I have created a lot of Fashion content for notable brands as can be seen throughout my Instagram pages. I would describe myself as confident, outgoing, funny, driven, expressive and a joy to work with, I am always open to meeting new people and trying different creative concepts as well as being good at coming up with my own. I also believe coming from two different backgrounds has greatly impacted my creative identity and helps me to provide new and fresh perspectives to the fashion modelling and sporting industry that I am eager to share throughout my career.

I hope upon viewing the rest of my portfolio, you enjoy and appreciate the work and personality I have to offer the creative industry and I can't wait for what's yet to come!



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JOY ODINU

THE NEXT SUPERMODEL!

My name is Odinu Joy, popularly know as JD. I'm from Imo state based in Abuja. A fashion, commercial, face and brand model.

I started modeling 24th May 2021. I enrolled in Onyx Modelz, graduated as a professional model then decided to become a freelance model. I've struggled to be where I am today with a lot of training and encouragement from my friends and family. It's hasn't been easy i worked day and night, under rain and sun to be at this position right now. I'm still pushing myself to becoming a better and professional model.

Fashion is something that has always intrigued me, the statement it makes without a word being uttered and this is why I love modeling or as a i jokingly call it; play dress up.



Modeling is my way of expressing myself through fashion, bringing to life the many unique creation of designers.

My driving force has been to give voice and to speak the language of fashion with my body, I have worked with photographers in creating ideas and concepts that tells stories especially in the area of Africa culture. I have also modeled for fashion brands.

BILLIE SMOLSY

Billie Smolsy came to our Melbourne studio back in 2017 for her first ever photo shoot. Right away we recognized huge modelling potential in the Ballarat-born beauty. She was a complete natural in front of the camera and took direction from her photographer Hana like she had been modelling for years. Billie Smolsy has since gone on to sign with IMG Models and is on her way to becoming a global superstar!



CHARLOTTE ALLEN

I came across Teen Model Australia on Instagram and noted that many other teen models follow them. They showcase teens and tweens on social media and in their magazines in a great positive light. It's a competitive industry, but they have a supportive and age-appropriate vibe. They hold regular competitions and know a lot about the industry. By being selected as one of their ambassadors, I hope that I will grow my network and be noticed within Australia and maybe even overseas!

Queen DEMAIN JUDITH

FACE OF IMSU 2023

Demain Judith, a 23 year old, model, and site manager, who is extremely interested in rural planning and the political process that is focused on the development and design of land use. She is currently pursuing a bachelor's degree in urban and regional planning. She was born first of 6 wonderful siblings, and she was taught to understand that smart work and hard work put together with prayers, pays-and it's a major way to success.

Its important to note that she lives a life of happiness assembled with love and makes sure the air around her is conducive. Aside being a student, Judith loves reading, researching, traveling, in every case trying to refine herself and for the records She is sanguine, Judith also enjoy herself and time In front of cameras, taking pictures, and would say modeling is good with her.

Judith practices fashion designing for males occasionally and wish to stretch out in the future. She also joins her uncle who is an engineer, visit building site and help with some paperwork's since it helps her get practical knowledge of her course of study.

Judith's philosophy of life is that everyone merits humane treatment particularly those in rural areas, they are entitled to an improved system of living and as such access to attainable social amenities.



INTERVIEWING TIPS FOR A MODELING CAREER.

Working through an agency is the most common way for a model to get work. Doing well in a modeling interview is key to getting your foot in the door. Whether you were contacted by the agency or are going in on your own accord, you need to present yourself in the best light to make a lasting impression. This means you'll have to rely on more than just your good looks to ace the interview. Prepare with our interviewing tips for a modeling career!

Do Your Research

Research the agency, so you know what kind of models they represent as well as what their body style, portfolio, and other requirements are. This ensures you fit the criteria and are well-prepared for the interview. Many agencies put this information on their website, but you can also call them.

Prepare a Portfolio

A portfolio is one of the most effective tools an aspiring model has. Agencies may specify the number and type of photos you need to have in your portfolio. The minimum is generally one portrait photo and one in upright body position. You can also include simple poses such as sitting, profile and looking over your shoulder. You usually don't have to smile, but you may wish to have some pictures with varying facial expressions to show versatility. The clothing you wear should be tight-fitting, such as swimwear, tank tops, and skinny jeans. Do not wear any make-up in the shots, as the agency needs to see how you look completely natural.

Prepare a Resume

This document provides the interviewer with the most pertinent information about you at-a-glance. It contains information on your past modeling work, any training as an actor or any awards. Also a list of shows or publications you've appeared in, as well as any educational background you have in fashion or a related field. You can also include your body measurements, including height, weight, bust, waist, hips, inseam, dress size and shoe size. Some agencies though require you to put this information in a separate document called a "comp card".

Take Care of Your Appearance

Your hair, nails, and skin must be clean, neat and free of blemishes. You will want to look as natural as possible, so use a sparing amount of make-up. This may include a little bit of foundation, mascara, eye shadow, and lip gloss.

Practice Modeling

The interviewer will assess how well you pose and walk, so practice beforehand to make sure you've at least got the basics down. Watch videos and look in magazines to get ideas for poses, facial expressions and how to walk a runway. Try things out in a mirror to make sure it looks good, then ask family members and friends to watch and give you some pointers. Practice maintaining your composure in any situation.

Think of Answers to Common Questions

Modeling interviews usually involve some standard questions. These most often include questions about how long you've been modeling, any especially notable shows or publications you've appeared in. It may also be about the type of modeling you want to do (e.g. commercial, fashion, etc.), and why you want to work with that particular agency.



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7 STYLING TIPS FOR CURVE MODELS

2. Define your waist

Cinching waists helps to project a slimmer waistline and provides an hourglass figure. It is recommended to wear high waist belts for shorter people, as it will elongate their overall appearances and make their legs look longer. Tuck the belts with loose fitted fabric to avoid the “bulging effect”. Avoid wearing thick belts as it can bring attention to the width of a person, which completely defeats the purpose of the cinched effect.

3. Avoid rounded toe shoes

Often rounded shoes can have the impact of making anyone look shorter. A look overall can be elongated by wearing pointed or open toe shoes. This will make the legs look longer and well-balanced.

4. Utilise strategic Patterns

Patterns can be a tricky matter when it comes to balancing an overall look. Bold coloured, thick patterns can give the impression of a different body size and can bring attention to the wrong body parts. Whereas, smaller and darker coloured patterns can complement the style and the form. For example, smaller polka dots can make the figure look a lot more flattering than bigger ones.

5. V Necks are the Best

V neck tops can elongate the appearance of the waist. V neck tops can help direct focus from any problematic area to the bust area. This can also make the look more feminine and playful.

6. High Waist Bottoms compliment anyone's figure!

High waisted pants or skirts with pointed or open-toe shoes are often great pairs that elongate the look, beautifully. To complete the look, wear a semi-fitted top which ends on the waistline if not slightly under.



With the modelling industry adapting and changing every day, the demand for curve models is increasing. The “body positivity” movement has prompted agencies and industry to start to embrace bodies of all shapes and sizes. Therefore, everyone has a chance to celebrate their bodies, both in and out of the industry!

With the curve modelling sector growing and changing, so is the clothing industry and people are becoming a lot more aware of what clothing suits their body type.

1. Ensure you get your sizing right

It is important to wear the “right size” clothing. Try avoiding wearing sizes that are too small for the body, as it accentuates the wrong areas. On the other hand, wearing loose clothes can make you give a wrong impression of your overall body structure and sizing. The better the sizing, the more flattering it looks. That being said, when shopping feel free to try out different sizes of clothes, as a lot of brands are known to have different clothing sizes under the universal size numbers.



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MODEL PORTFOLIO: HOW TO CREATE A MODEL PORTFOLIO

A professional model portfolio can help you secure a modeling agent, book modeling work, and achieve your career goals. Learn the elements of a great model portfolio and how to build your portfolio book step-by-step.

What Is a Model Portfolio?

A model portfolio, or modeling portfolio, is a digital or printed photo book used in the modeling industry by professional models and their agents to demonstrate a model's look, body type, versatility, and abilities. Aspiring models use portfolio books to gain representation from modeling agencies, display examples of their work to potential clients, and build their modeling careers.



7 Key Elements of a Model Portfolio

When creating your portfolio, choose the best photos to represent your look. Depending on the type of model you'd like to become, a professional model portfolio includes some or all of the following elements:



- 1.1. Beauty shot: If you hope to excel in fashion modeling, you may want to include a beauty shot using a professional hair stylist and makeup artist to achieve the types of photos found in fashion magazines. Unlike your headshot, which should show your natural look, beauty shots can display more dramatic looks and different hairstyles.
- 2.
- 3.2. Contact information: Include your contact information so potential clients and modeling agents can reach you. Include your email address, phone number, social media handles, and general location (such as New York or Los Angeles).

1.3. **Emotional shots:** If you want to be a commercial model, you'll want to include photos that display a range of facial expressions, from happy, smiling shots to serious, dramatic looks.

1.4. **Full-length shot:** Also known as a body shot, this photo shows your body type and physique. If you want to be a commercial model, include full-body pictures of yourself in different outfits. Many high fashion models have a swimsuit shot in their modeling photos.

1.5. **Headshot:** A good headshot shows your face and hair from the shoulders up. This photo should display a natural and honest look without heavy makeup or styling distortion.

1.6. **Location shot:** If you hire a professional photographer for your portfolio photo shoot, they can help you choose various locations for your photos that best suit the type of modeling you hope to pursue.

1.7. **Statistical information:** Include informational stats about yourself, such as your age, body measurements, and hair and eye color. If you have any physical features you think a potential client might want to know about, like tattoos, include that information, too.

How to Build a Model Portfolio

To build your model portfolio, follow this step-by-step guide:

1.1. **Choose your type of modeling.** As a beginner model, you'll want to choose the type of modeling you'd like to

pursue, such as fashion, commercial, or fitness. If you work with a modeling agent, they likely know what their clients want.

1.2. **Find a professional photographer.**

Though you might initially be able to get away with having a friend take photographs for your portfolio, you'll want a professional to achieve the best shots. "There's the misconception of when you start modeling, you have to pay tons of money to a photographer, rent a studio," Naomi Campbell says. "That's not true. If the model agent likes what they see and they would like to pursue you as bein' a model that works with their agency, then they will guide you [and] call a reputable photographer that they know."

1.3. **Make a plan of action.** Research other model portfolio examples and confer with your photographer and agent to determine the exact shots and looks you'd like to achieve for your photoshoot. Having a plan of attack will save you time on the day of the shoot and ensure you have every type of photo you need for your portfolio.

1.4. **Choose your wardrobe.** Depending on the type of modeling you want to do, you may already have the clothing you need for your photoshoot. According to supermodel Naomi Campbell, the "model uniform" is a fitted T-shirt and jeans. If you work with an agency, they may have a wardrobe stylist to supply you with great outfits.

TO BE CONTD....