

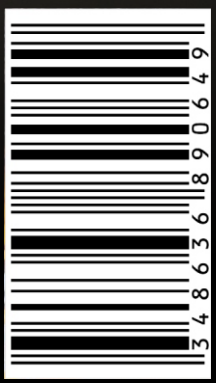


FOFA

FACE OF FLORENCE AFRICA MAGAZINE

APRIL 2023 EDITION

ARISE!



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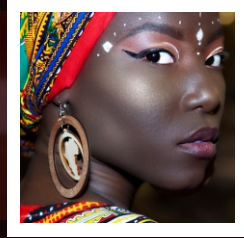


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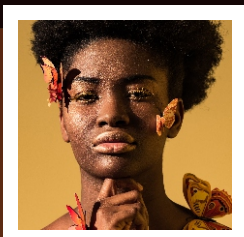


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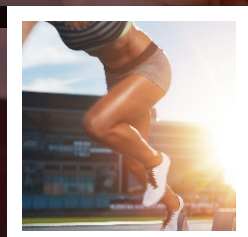


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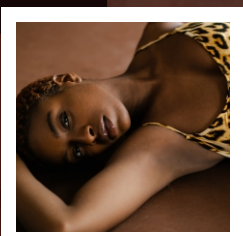
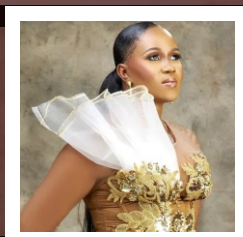


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ARISE!

Resilient Women: Empowering Beauty and Literature

Editor-in-chief: Ezinne Lucy Ozor | @Luzilla_Ozora

Lucy Ozor is a graduate of International Commerce in Universidad Cuauhnahuac Cuernavaca Campus Morelos, Mexico and International relations from the Alliant International University San Diego Campus, Mexico and has always been interested in literature, modeling, as well as empowering women.

In this month's edition of FOFA magazine, Lucy focuses on resilience and the rising TRUE LIFE STORIES of women in the globe.

FOFA

FOFA (Face of Florence Africa) is FOFA (For Our Future Africa) a global initiative that aims to engage more compelling relationships among countries with the main aim of empowering women and girls around the world. In this edition of FOFA ARISE 2023, we focus on the enforcement and striving African women around the world.

As we all know, women have been subjected to various

forms of discrimination and oppression for centuries. However, in recent years, women have started to speak up and fight for their rights. FOFA encourages women to rise up and forge harder, and we bring you true stories of some of the most inspiring women who have done just that.

Enforcement Women: Breaking Barriers In this section, we feature women who have broken barriers and challenged stereotypes to achieve success in their respective fields. These women have shown that anything is possible if you have the determination and willpower to succeed.

One from our modern days is Chimamanda Ngozie Adichie a writer and story teller who has impacted the world through her themes of politics, culture, race and gender.

Malala Yousafzai, is the youngest Nobel Prize holder. Malala was shot by the Taliban for advocating girl's education in Pakistan, but she refused to be silenced. She continued to speak up for girl's education and went

on to become a global icon for women's rights.

Oprah Winfrey is another woman, who grew up in poverty and faced abuse as a child. Despite these challenges, Oprah went on to become one of the most successful media personalities in the world, using her platform to inspire and empower millions of people around the globe.

The Power of Sisterhood

We believe that when women come together, they can achieve great things and create positive change in the world. We explore the power of sisterhood and the importance of women supporting each other.

One example of this is the #MeToo movement, which was started by Tarana Burke, a social activist, and gained momentum when women around the world began sharing their dark stories. This movement has led to significant changes in the way society views and addresses certain circumstances.

Beauty Without Grades

The chief editor believes that beauty is gradeless. It is about feeling confident and comfortable in your own skin, regardless of your age, race, or body type. It shouldn't be based on the grades or standards imposed by the society.

As a health and beauty practitioner, Lucy helps women to achieve their best selves by providing personalized advice on skincare, nutrition, and lifestyle habits. Her approach is Afro-holistic and inclusive, focusing on inner and outer beauty.

The Nigerian international model, has always challenged the traditional standards of beauty and representation. She believes that diversity and inclusivity are essential

values in the fashion industry, and that every woman deserves to see herself reflected in the media.

Lucy showcases models of different ages, sizes, and backgrounds, celebrating their unique beauty and style. She also collaborates with designers and brands who share her vision of a more inclusive and sustainable fashion industry.

Empowering the Next Generation

In this section, we focus on the next generation of women and the importance of empowering them to become leaders and changemakers. We believe that investing in the education and development of young girls is crucial for creating a more engaging and just world.


FOFA Arise edition is a celebration of women's strength, resilience, and determination. We hope that the stories and examples we have shared will inspire and empower women around the world to rise up and forge harder, knowing that they have the power to create positive change in their own lives and in the world.

We believe that when women support each other and work together, there is nothing they cannot achieve. Let us continue to strive for a world where women are treated with respect, dignity, and equality, and where every woman has the opportunity to reach her full potential.

Literature and Empowerment

Lucy has always been passionate about literature and its power to inspire, educate, and empower women. She believes that reading can broaden our horizons, challenge our assumptions, and connect us with other cultures and perspectives.

Lucy features articles and interviews



with female activists, poets, and thinkers who explore themes of resilience, identity, and social justice. FOFA mag is just the right place for her.

She also encourages her readers to share their own stories and experiences, creating a community of support and inspiration.

Modeling Diversity

As a model, Lucy has always challenged the traditional standards of beauty and representation. She believes that diversity and inclusivity are essential values in the fashion industry, and that every woman deserves to see herself reflected in the media.

In FOFA mag, Lucy showcases models of different ages, sizes, and backgrounds, celebrating their unique beauty and style. She also collaborates with designers and brands who share her vision of a more inclusive and sustainable fashion industry.

Resilience and Rising Women

In this month's edition, We are focused on resilience and the rising women in the globe.

Lucy Ozor highlights the stories of women who have overcome challenges and adversity, inspiring others to do the same.

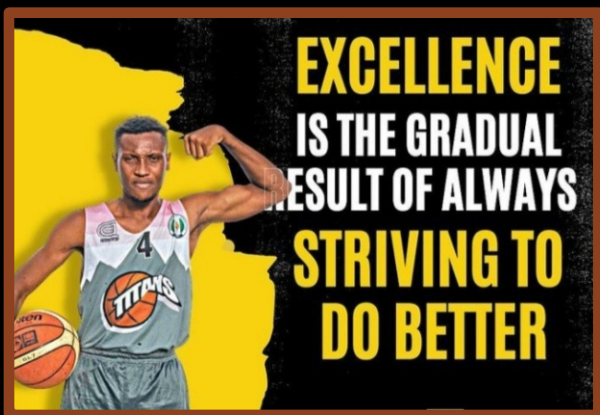
From entrepreneurs to activists, from artists to athletes, Lucy features women from different fields and backgrounds who share a common goal: to make a positive impact in their communities and beyond. Through their stories, Lucy shows that resilience is not only a personal trait, but also a collective force for change.

FOFA (Face of Florence) magazine is more than a collection of articles and images. It is a platform for women to express themselves, connect with each other, and



find inspiration and support. Through her work as a health and beauty practitioner, model, and writer, Lucy embodies the values of resilience, diversity, and empowerment.

Her message is clear: every woman has the right to feel beautiful, confident, and powerful, regardless of her background or circumstances. By celebrating the rising women in the globe, Lucy invites us all to join the movement of resilience and hope.



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~ *The Journey of a Teenager*

A young soul's journey of leaving her homeland of Africa after some beauty pageants, working as a minor and the aspiration to pursue a better life in Mexico. The inspiring story of a young woman who overcame the obstacles of instability and a flawed system to make a better life for herself.

As a young girl growing up in Lagos, Nigeria, Adanna always dreamed of becoming a model and an English teacher. She had the looks and the brains to make it happen, but she knew that her chances were limited in her home country.

Determined to follow her dreams, Adanna packed her bags and left for Mexico, where she hoped to find success as a model and a teacher. She knew that the road ahead would be tough, but she was ready for the challenge. Little did she know that the biggest challenges were yet to come.

Culture Shock

Adanna arrived in Mexico full of hope and excitement, but she quickly realized that

things
were
not
going
to be

easy. The culture shock hit her hard, and she struggled to adapt to the new environment. Everything seemed so different – the food, the language, the customs. She felt like an outsider, and it didn't help that she was constantly being stared at because of her skin color.

Despite the challenges, Adanna refused to give up. She was determined to make a life for herself in Mexico, no matter what.

FIRE QUENCHING **Modeling Dreams**

Adanna's dream of becoming a model in Mexico soon turned into a nightmare. The modeling world was not yet ready for models with her skin color, and she faced constant rejection and discrimination. She was told that her skin was too dark, her features were too exotic, and that she didn't fit the mold of what a Mexican model should look like. It was a harsh reality to face, and it took a toll on her self-esteem.

The immigration conditions did not make things easier. But Adanna refused to let the modeling industry define her worth. She knew that she was beautiful and talented, and she continued to pursue her dreams despite the obstacles in her way.

Abuse and Conflict

Adanna's early days in Mexico were marked by constant abuse from older adults around her. They called her names and made fun of her accent, and sometimes even physically abused her.

The worst part was the conflict she faced from her peers in the home she squatted. They saw her as an outsider and didn't want her there, making her life miserable every day.

It was a difficult time for Adanna, but she refused to let the bullies win. She stood up for herself and fought back against the abuse and the conflict, eventually earning the respect of those around her.

Starting Over

After years of struggling in Mexico, Adanna decided to start over. She left the house for good, years later she started her own translation and visa firm called NigMexTravels Mexico.

It wasn't easy starting a business from scratch, but Adanna was determined to succeed. She used her experiences in Mexico to help other travelers navigate the challenges of leaving their home countries.

Today, Adanna is an accomplished businesswoman and a role model for young girls

everywhere. She proves that no matter how tough the road may seem, it's always possible to overcome adversity and achieve your dreams.

It is everything...

Family First

Despite her accomplishments, Adanna never forgets where she came from. She remains close to her family in Nigeria and does everything she can to support them.

She knows that her father disagreed with her trip to Mexico, but she also knows that he's proud of her for overcoming the challenges she faced there.

For Adanna, family always comes first. She strives to make the world a better place for her loved ones and for everyone else who faces adversity along the way.

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Travel and Tours

Discovering the Hidden Gems of TOGO, AFRICA.

by NigMex Travels Mexico

NigMex Travels is a reputable travel agency situated in Latin America, Mexico. They specialize in educating people on various international destinations around the world.

Their services go beyond providing tour guides as they also offer recommendations on the best offers, translators, and free basic orientation about visa plans to all Africans and the world at large.

Introduction to Togo

Togo is a small country in West Africa, bordered by Ghana to the west, Benin to the east and Burkina Faso to the north. Despite its size, it is an amazing destination with a rich culture, diverse landscapes and friendly people.

The capital city of Togo is Lomé, which is located on the Gulf of Guinea. It is a bustling city with a mix of modern architecture and colonial buildings, and has a vibrant market

scene.

Natural Wonders of Togo

Despite its small size, Togo boasts a variety of stunning natural landscapes. The country is home to a number of national parks and reserves, including Fazao-Malfakassa National Park, which is known for its diverse wildlife and beautiful waterfalls.

Togo is also home to Lake Togo, which is the largest lake in the country and a popular spot for fishing and boating. Visitors can take a boat tour of the lake and enjoy the peaceful surroundings.

Beaches and Coastline

Togo has a beautiful coastline along the Gulf of Guinea, with miles of sandy beaches and clear blue waters. Some of the most popular beaches include Coco Beach and

Lomé Beach, both of which offer opportunities for swimming, sunbathing and water sports.

Visitors can also explore the historic town of

Grand-Popo, which was once a major center for the slave trade. Today, it is a charming seaside town with colorful houses and a lively fishing industry.

Cuisine and Dining

Togo has a rich culinary tradition, with a variety of dishes influenced by local ingredients and French cuisine. One of the most popular dishes is fufu, which is made from cassava and served with a spicy soup or sauce.

Visitors can also try other local specialties like grilled fish, akoume (a type of cornmeal porridge) and attiéké (a side dish made from grated cassava). There are plenty of restaurants and street food vendors throughout the country where visitors can sample these delicious dishes.

Hospitality and Accommodations

One of the highlights of visiting Togo is the warm hospitality of its people. Visitors will find that locals are friendly and welcoming

and eager to share their culture and traditions.

There are a variety of accommodations available throughout the country, ranging from budget-friendly guesthouses to luxury hotels. Some of the most popular options include Hotel 2 Février in Lomé and the Sarakawa Hotel in Kara.

Togo on your mind? More on NigMex Visa Facilitation Services As a visa facilitating firm, NigMex Travels can assist you in obtaining your Togolese visa hassle-free. They provide expert guidance on the visa application process and ensure that all necessary documents are in order.

With their assistance, you can focus on planning your itinerary and exploring all that Togo has to offer without worrying about the logistics of obtaining a visa.

Togo: An Overview

Togo is a small West African country that is often overlooked by tourists. It's passport ranks 167 th in the world. This means the holders can travel to 28 countries visa free including British Cook islands, Singapore and Indonesia. However, this hidden gem has a lot to offer in terms of culture, history, and natural beauty.

From the bustling markets of Lomé to the breathtaking waterfalls of Kpalimé, Togo is a destination that should be on every traveler's bucket list.

Cultural Immersion

One of the best ways to experience Togo is through cultural immersion. NigMex Travels offers tours that allow you to interact with

locals and experience their way of life.

You can learn traditional dances, participate in drumming ceremonies, and even visit remote villages to see how people live off the land. This is a unique opportunity to gain a deeper understanding of Togolese culture.

Natural Wonders

Togo is home to several natural wonders that will take your breath away. From the stunning beaches of the Gulf of Guinea to the rolling hills of the Atakora Mountains, there is no shortage of scenic beauty in Togo.

You can hike to the top of Mount Agou, the highest point in Togo, or take a boat ride through the Mono River to see the hippos and crocodiles that call it home. These experiences will leave you with memories that will last a lifetime.

Conclusion

In conclusion, Togo is a destination that should not be missed. With its rich culture, stunning natural beauty, and welcoming people, it is a place that will capture your heart.

NigMex Travels can help make your trip to Togo a reality by providing visa facilitation services, tour guides, and recommendations on the best offers. Contact them today to start planning your adventure!

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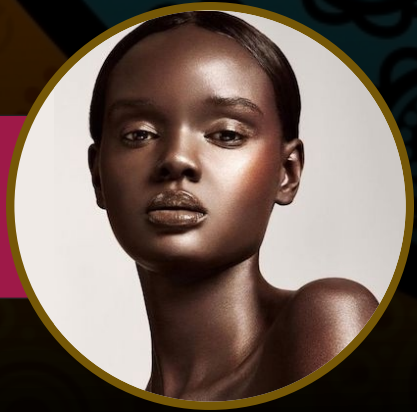
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Surviving to Thriving

Nicole fled from an abusive situation in South Africa and ended up in Mexico in the middle of a pandemic. Her English teaching contract helped her to cope. After series of challenges she now works as a financial consultant in one of the

largest firms in Mexico and runs two side businesses to survive. She's the co-founder of the Afro Roots International Bazaar Mexico City and CEO of @Waistblingbymonifa, which creates traditional hand crafted waist beads to empower women's sexuality, self esteem



and to be more weight conscious. She's known for her jovial spirit and stubborn nature, making her a great person to be around! Follow her on IG and keep up with her as a hustler in Mexico (HIM) .

WAIST BLING BY MONIFA
@WAISTBLINGBYMONIFA

The Escape & New Beginnings

It is not where you are that really matters but what you do there and how beneficial the place is. Nicole knew she had to keep moving, doing odd jobs without losing focus.

One day, Nicole met a group of women who were starting an international bazaar in CDMX. They were looking for vendors to sell handmade goods from different cultures, and Nicole saw an opportunity to showcase her own craft.

She started making waist beads for

women, using traditional African patterns and colors. Her designs were unique and quickly became popular among the customers. Nicole was thrilled to see her hard work paying off.

With the help of her new friends, Nicole became one of the co-founders of the bazaar. She felt proud to be part of a community that celebrated diversity and empowered women.

Strength and Inspiration

Nicole's success as a waist bead designer was only part of her story. She also became a source of strength and inspiration for other women who faced similar struggles.

She shared her experiences openly and encouraged others to speak up about their own stories. Nicole believed that by supporting each other, women could

overcome any obstacle.

Through social media, Nicole connected with women from all over the world who admired her work and her message. She felt grateful to have found a platform to share her voice and inspire others.

Challenges and Triumphs

This entrepreneur's journey was not without its challenges. Nicole faced financial struggles, health issues, and personal setbacks along the way.

But each time she was knocked down, she picked herself up and kept moving forward. She learned to rely on her inner strength and the support of her community.

Today, Nicole is a successful businesswoman and a role model for many. She continues to create beautiful waist bead designs and inspire women to embrace their own power and resilience.

HANDCRAFTS IN DIASPORAS

Celebrating Diversity

For Nicole, the international bazaar was not just a place to sell her products. It was also a celebration of diversity and cultural exchange.

She loved meeting people from different backgrounds and learning about

their traditions and stories. Nicole felt that the bazaar was a microcosm of the world she wanted to see - a place where everyone was welcome and appreciated for their unique contributions.

Through her work and her activism, Nicole hoped to build bridges between different communities and promote understanding and respect for all cultures.

The Power of Resilience

Nicole's story is a testament to the power of

resilience and determination. She faced incredible challenges and overcame them with grace and courage.

Through her art and her activism, Nicole has touched the lives of countless women who have been inspired by her message of

hope and empowerment.

FOFA international magazine is thankful for having this opportunity and insight with Nicole who continues to grow her business and her community. She remains committed to her vision of a world where every woman can thrive and fulfill her potential.

Follow our HIM page on Instagram for more true life stories of hustlers in Mexico. @hustlers_in_Mexico





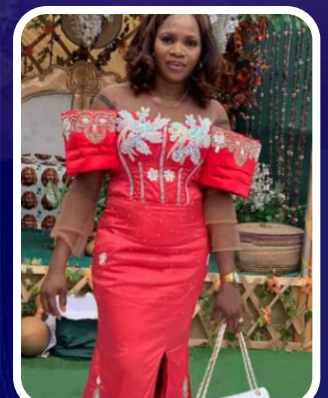
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AFRO LIVES IN MEXICO



A Woman's Journey through Tragedy and Heartbreak.

The Tragic Loss of Two Sons | The Painful Divorce
A Ray of Hope | The Search for Solace
The Strength of a Mother's Love | The Power of Resilience

The African woman had already suffered a great deal when she lost her two sons to the cruel hands of nature. It was a devastating blow that left her reeling in pain and sorrow. She had never felt so alone and helpless before, and the grief seemed to consume her from within.

Despite her struggles, she tried to hold on to hope and find comfort in her faith. But it was a difficult journey, and she often found herself questioning why such tragedy had befallen her family.

The Painful Divorce

As if losing her sons wasn't enough, the African woman also had to endure a cold divorce from her husband during this turmoil. The relationship had been strained for some time, but the tragedy seemed to be the final straw that broke the camel's back.

The woman was left to pick up the pieces of her shattered life on her own, without the support of her partner. It was a bitter pill to swallow, and it only added to the weight of her grief.

He called her Nwanyioma | A Ray of Hope

Despite all the hardships she faced, the African woman eventually found love again in the arms of M. He was kind, caring, and understanding, and he brought a glimmer of light into her dark world.

For three weeks, they dated and enjoyed each other's company, but their happiness was short-lived. M died suddenly, leaving the woman devastated once again. His death was caused by his ugly past life habits, which had caught up with him in the end.

The Search for Solace



It's been four years now, the African woman is still searching for solace after all that she has been through.

She has endured more pain and loss than most people could ever imagine, and it has left her feeling broken and lost. But she continues to hold on to hope and faith, believing that there is still some good left in the world.

She knows that the road ahead will be long and difficult, but she is determined to keep moving forward and find a way to heal her wounds.

EZINNE mean Mother in Ibo language.

The Strength of a Mother's Love

Through all the trials and tribulations, one thing remains constant: the strength of a mother's love. Despite losing her sons and enduring a painful divorce, the African woman never gave up on them or stopped loving them.

And even though M was only in her life for a brief moment, she loved him deeply and mourned his loss just as much as she did her sons'. It is this love that keeps her going, even

in the darkest of times.

The Power of Resilience

In the end, the African woman's story is one of resilience and strength. She has faced unimaginable pain and loss, but she has not let it defeat her. Instead, she has found the courage to keep going, to keep searching for hope and healing.

Her story is a testament to the power of the human spirit, and a reminder that even in the darkest of times, there is always a glimmer of light to be found.

Conclusion: The Power of Resilience

Resilience is a powerful tool for overcoming adversity and achieving success in all areas of life. By cultivating resilience, individuals can become more adaptable, confident, and capable of handling whatever challenges come their way.

While resilience may not eliminate all challenges and setbacks, it provides a foundation for growth and learning in the face of adversity.



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• Mission & Vision •

Vision

Our Vision is embodied in the legacy of the African women driven by their potentials, capacities and as humble leaders of the world.

Mission

Our mission is to give young women opportunities of Empowerment, have fun, inter-relate, learn, Share values, grow and boost self-esteem.

At Face Of Florence Africa, you will learn fashion modelling , how to boost your personal business and how to flourish like a beauty queen.

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- 2) Fruits Plantation
- 3) Vegetable Cultivation (Tomatoes, Lettuce, Cabbage, etc)

4) Yam, Cassava(Garri), Crayfish, Stockfish, Pepper, Hand-picked Beans, Ofada Rice, Egusi, Ogbono, Onions (Red or White), Palm Oil, Vegetable Oil, Carrot, Orange, Plain Flour, Plum Tomatoes, Potato, Palm Oil, Kano Fish, dried Fish, Egusi (Melon) Seeds, Ogbono Seeds, Tomatoes & Peppers, Cocoyam, Palm Fruit (Banga Seeds), Onions, Dried Prawn, Beans Flour, Plantain

Beauty Tips

The Importance of a BEAUTY ROUTINE Every Fifteen Days

Beauty tips by International Model and entrepreneur, Dr Chinyere Okonkwo.

The Importance of a Beauty Routine Every Fifteen Days

Taking care of your skin is essential to maintaining a healthy and youthful appearance. One way to do this is by establishing a beauty routine every fifteen days.

This routine should include cleansing, exfoliating, and moisturizing your skin. By doing this regularly, you can prevent the buildup of dirt and oil that can clog your pores and lead to breakouts.

In addition to keeping your skin clear, a

regular beauty routine can also help to improve its texture and tone. By removing dead skin cells and promoting cell turnover, you can achieve a smoother, more radiant complexion. So if you haven't already, consider incorporating a beauty routine into your self-care regimen.

The Power of Washing Your Face with Cold Water

One simple but effective step you can take to improve your skin care routine is to wash your face with cold water. Doing so can help to tighten your pores, reduce inflammation, and soothe irritated or sensitive skin. Additionally, washing your face with cold water can help to stimulate blood flow and

promote a healthy, glowing complexion.

While it may not be the most comfortable experience, especially during colder months, washing your face with cold water can have significant benefits for your skin. If you're not sure where to start, try splashing your face with cold water after cleansing, or gradually decreasing the temperature of your water over time.

The Benefits of Drinking Water Early in the Morning

Drinking water is essential to maintaining overall health and wellness, but did you know that the timing of your water intake can also make a difference? Specifically, drinking water early in the morning can have significant benefits for your body and skin. By doing so, you can help to flush out toxins, boost your metabolism, and improve your digestion.

In addition to these internal benefits, drinking water early in the morning can also help to hydrate your skin from the inside out. This can lead to a more radiant complexion, as well as a reduction in fine lines and wrinkles. So next time you wake up, consider reaching for a glass of water before anything else.

The Hydrating Power of Soaking Your Entire Body in Water

While many people focus on skincare for their face, it's important not to neglect the rest of your body. One way to keep your skin hydrated and healthy is by soaking your entire body in water. This can be done through activities like swimming, taking a

bath, or even just standing under the showerhead for a few minutes.

By exposing your skin to water in this way, you can help to lock in moisture and prevent dryness and flakiness. Additionally, soaking in water can help to improve circulation and reduce inflammation, leading to a healthier overall appearance. So next time you have the chance, take a few moments to immerse yourself in water and enjoy the benefits for your skin and body.

The Science behind Hydrating Your Pores with Water

Have you ever wondered how water can help to hydrate your skin and improve its appearance? It all comes down to the science of pores. Pores are tiny openings in your skin that allow sweat and oil to escape. When these pores become clogged or dehydrated, it can lead to issues like acne, dryness, and irritation.

By hydrating your pores with water, you can help to keep them open and functioning properly. This allows your skin to breathe and release excess oils and toxins, leading to a clearer, more balanced complexion.

So if you're looking for a natural way to improve your skin, consider incorporating more water into your daily routine.



Tips for Incorporating

WATER

into Your

Beauty Routine



Nuturing women around the globe on simple beauty tricks!

Now that you know about the benefits of water for your skin, you may be wondering how to incorporate it into your beauty routine. Here are a few tips to get you started:

1. Drink plenty of water throughout the day: Aim to drink at least eight glasses of water per day to stay hydrated from the inside out.
2. Use water-based skincare products: Look for products that contain water as a primary ingredient, such as toners, serums, and moisturizers.
3. Take advantage of water-based treatments: Consider trying treatments like hydrotherapy or water aerobics to reap the benefits of water for your skin and body.

By following these tips, you can make water a central part of your beauty routine and enjoy the many benefits it has to offer.

SPORTS- SEX, CHATS, DANCE OR GO PRO!

- Did you know you don't need Fancy gears or extreme sports to stay fit or loose that belly fat?
- Did you know having constant intercourse with your partner is the best exercise one could imagine because emotional and physical tension are released make sure you do so with the proper hygiene or family planning.
- A brisk 15 to 30mins walk at least three times a week is also a Good start!
- Indoor dancing, aerobics or biking are also good.
- Did you know the more expressive you are the happier you may be because casual talks help one to talk about worries, problems etc. this helps the brain to automatically start releasing options of immediate solutions.

Other sports which are practiced professionally as a hobby or profession should be encouraged and more viral than other unhealthy internet activities.

A woman in athletic wear is running on a track, captured in a dynamic pose. The background shows a bright sunset over a stadium, with the sun low on the horizon, creating a warm, golden glow. The woman is wearing a striped sports bra and light-colored shorts. Her legs are in mid-stride, and her arms are pumping. The overall scene conveys a sense of energy and movement.

Sports

The Rise of New Sports:

Impact and DYNAMICS

Rugby: A Sport of Physicality and Strategy

Rugby is a sport that has gained notoriety over the years due to its unique blend of physicality and strategy. It is a full-contact sport that requires players to use their strength, speed, and agility to advance the ball down the field and score points.

The impact of rugby on the lives of those who play it is undeniable. It fosters camaraderie, discipline, and teamwork, as well as physical fitness and mental toughness. Rugby players often develop lifelong friendships and a sense of community through the sport.

Track and Field: The Ultimate Test of Athleticism

Track and field is a sport that encompasses a wide range of events, from sprints and hurdles to longdistance running and jumping. It is the ultimate test of athleticism, requiring

speed, power, endurance, and precision.

The impact of track and field on the lives of its athletes is profound. It teaches discipline, perseverance, and goal-setting, as well as promoting physical fitness and mental toughness. Track and field athletes often go on to achieve great success both on and off the field.

Mixed Martial Arts: The Art of Combat

Mixed martial arts (MMA) is a combat sport that combines techniques from various martial arts disciplines, including boxing, wrestling, jiu-jitsu, and kickboxing. It is a physically demanding and highly technical sport that requires skill, strategy, and mental toughness.

The impact of MMA on the lives of its practitioners is significant. It promotes discipline, self-control, and respect for others, as well as improving physical fitness

and mental resilience. MMA fighters often develop a strong sense of camaraderie and support within the sport.

Golf: A Game of Skill and Precision

Golf is a sport that requires skill, precision, and mental focus. It is played on a large outdoor course, with players using clubs to hit a small ball into a series of holes in as few strokes as possible. It is a sport that can be enjoyed by people of all ages and abilities.

The impact of golf on the lives of its players is diverse. It promotes physical fitness, mental clarity, and social connection, as well as providing opportunities for competition and personal growth. Golfers often develop a deep appreciation for the beauty and complexity of the sport.

The Rise of New Sports: Exploring the Impact

The rise of new sports such as rugby, track and field, mixed martial arts, and golf has had a significant impact on the world of sports and beyond. These sports have brought new levels of excitement, athleticism, and diversity to the sporting world, as well as fostering personal growth and community

building among their participants.

The impact of these sports on society as a whole is also noteworthy. They promote physical fitness, mental wellness, and social connection, as well as providing opportunities for economic growth and cultural exchange. As these sports continue to evolve and gain popularity, their impact will only continue to grow.

The Power of Sports in Our Lives

Sports have the power to transform our lives in countless ways. They promote physical health, mental wellness, and social connection, as well as fostering personal growth and community building. Whether we are players, fans, or simply observers, the impact of sports on our lives is undeniable.

As new sports continue to emerge and gain notoriety, we can expect their impact to be equally profound.

From the physicality of rugby to the precision of golf, these sports offer unique challenges and opportunities for growth. As we continue to explore the world of sports, we can look forward to experiencing their transformative power firsthand.





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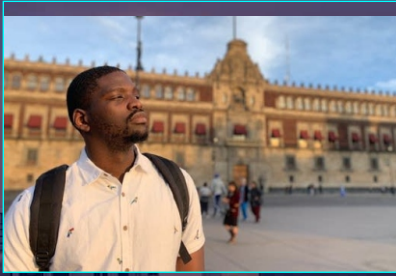
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Fashion



The Geologist in the Shrub

Fashion designer: Mrs. Chioma Ana Akagwu

From Shrubs to Skies: The Inspiring Journey of a Geologist Graduate in Lagos Nigeria.

Growing up, Chi lived in the shrubs of Lagos with her parents. Her father was a Naval Personnel and her mother an international business woman and a fashion designer at FLOTEX CENTER. Despite their humble beginnings, they always emphasized the importance of education. Chi excelled in school and went on to study Geology at FUTO

(Federal university of Technology Owerri.

After graduating, Chi struggled to find work in her field due to the economic state of the country. She found herself working odd jobs just to make ends meet. However, she refused to let the depressive state of the country bring her down. Instead, she used her determination and experience to push forward.

From Air Attendant to Fashion House Owner
Chi studied further and eventually landed a

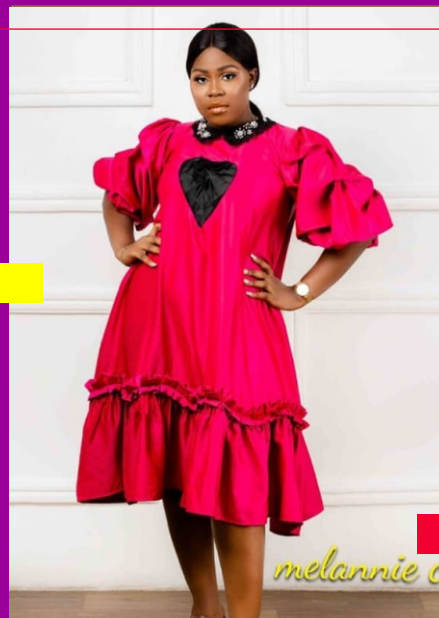
job as an air attendant, which allowed her to travel and see different parts of the country. This experience opened her eyes to the world of fashion, and she began to develop a passion for it. She started designing clothes on the side and selling them to friends and family.



Eventually, being a model in the sky wasn't a

good fit as she couldn't cope. Chi left her job as an air attendant to pursue her passion for fashion full-time. She opened a fashion house in the heart of Lagos, where she designs and sells her own clothing line Melannie Couture. She is now a mother of four and one of the most outstanding fashion designers in Lagos Nigeria.

One of her presentations at the Green October Nigerian fashion show usually held at various places on the first of October to honor the Nigerian independence day was one of her remarkable experiences in the fashion world as she stood out among other international designers in the lounge of Oriental hotel, Victoria island.



Melannie Couture has spread it's wings and is already making waves in the UK as customers demand from abroad. Last week they were featured at a local Mexican fashion magazine and have participated in some Mexican fashion shows too like Enugu Village fashion show Puebla Mexico, AFRO ROOTS BAZAAR CDMX spring fashion show Mexico as well as working with Expo Boda Morelos Mexico among others.

The Importance of Handwork and Determination

Chi's story is a testament to the importance of handwork and determination. Despite facing numerous obstacles, she never gave up on her dreams. She emphasizes the

importance of having a handwork even before getting married or traveling abroad because your degree is never enough in reality.

The former Geologist believes that anyone can achieve success if they are willing to work hard and persevere through difficult



times. She encourages others to follow their passions and never give up on their dreams, no matter how challenging the journey may be.

Overcoming Adversity

Chi's journey has not been without its challenges. As a woman in a male-dominated industry, she has faced discrimination and skepticism from others. However, she refuses to let this hold her back.

Through her perseverance and dedication, Chi has overcome adversity and achieved great success. She serves as an inspiration to others who may be facing similar challenges, showing that anything is possible with hard work and determination.

Giving Back to the Community

In addition to running her fashion house, Chi is also passionate about giving back to her community. She volunteers with the Christian Mothers association at her church to help those in need, particularly women and children.

Chi believes that it is important to use her success to make a positive impact in the lives of Nigerian Youth. She hopes to inspire others to do the same and create a better future for all.

Conclusion

Chi's story is one of resilience, determination, and success. Despite facing numerous challenges, she never gave up on her dreams and worked tirelessly to achieve them.

Through her example, she inspires others to pursue their passions and never give up on their goals.

Chi's message is clear: success is not determined by your degree alone, but by your determination and experience. With hard work and perseverance, anything is possible.

Follow [@melannie_couture](#) for your exclusive fashion wears.





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True life Juicy gossips.

The COUPLE from Banana Island Lagos, Nigeria.

Cynthia once a runs girl who had been working in the sex industry for years was known for her high demand to have multiple orgasm every day, and she had many clients who were willing to pay top dollar for her services. One day, she met Chucks a man who offered to set her free from her life of prostitution.

At first, Cynthia was overjoyed. She thought she had finally found a way out of her miserable existence. But as time went by, she realized that her desire for extreme adventure in bed was too much for the wealthy husband to handle. He tried to keep up with her demands, but eventually, he couldn't take the pressure anymore.

The rich man took this crazy wife to see several doctors, thinking that her insatiable

se--xual appetite might be a psychological problem. But none of the doctors could find anything wrong with her. They all agreed that she was simply a highly se---xual person who needed more stimulation than the average people. She uses her vibrators and each time going even more extreme.

Cynthia was disappointed that there was no medical explanation for her behaviour. She felt like she was being judged for something that she couldn't control. The rich man tried to reassure her that he didn't think any less of her, but she could tell that he was growing increasingly frustrated with her. Her toys were not enough!

One day, her husband disappeared without a trace. The woman was devastated. She had grown to love him, and she couldn't

imagine life without him. She searched for him everywhere, but he was nowhere to be found.

The ex-sex worker was left to raise three children on her own. She struggled to make ends meet, but she was determined to give her children a better life than she had. She worked hard to provide for them, but she also made sure to spend quality time with them whenever she could.

As the years went by, the children grew up to be successful adults. They were proud of their mother for overcoming such difficult circumstances, and they admired her strength and resilience.

This runs girl never forgot about the rich man who had set her free, but she also knew that she had to move on with her life.

Eventually, she received a letter in the mail from the rich man. In it, he explained that he had to leave because he couldn't handle the pressure of her constant demands for extreme sexual appetite and adventures. He apologized for leaving her with three children to raise on her own, but he also left her with a very hefty cheque to help support them. Cynthia contacted FOFA mag and hopefully her story uplifts someone out there.

What Would You Do?

If you were in the Cynthia's situation, what would you do? Would you stay with the rich man and try to work through your issues together? Or would you cheat / leave and try to find happiness elsewhere?

It's a difficult question to answer, and there's no right or wrong answer. Ultimately,

it's up to each individual to decide what's best for themselves and their own happiness. But one thing is for sure: the whore's story is a testament to the power of resilience and the human spirit.

Moving On

The mother of three eventually found love again. She met a man who accepted her for who she was, and who was willing to explore new se--xual experiences with her. They had a happy and fulfilling relationship, and the whore finally felt like she had found true love. She never forgot about the rich man who had set her free, but she also knew that she couldn't dwell on the past forever. She had to move on with her life and focus on the present and the future. And so she did, living each day to the fullest and cherishing the moments of happiness that came her way.

The power of resilience is the true capacity of recovering from your difficulties. The power lies in your hands.

Please kindly share to uplift other unions out there. Thank you.

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Luzilla Ozora

International model and writer

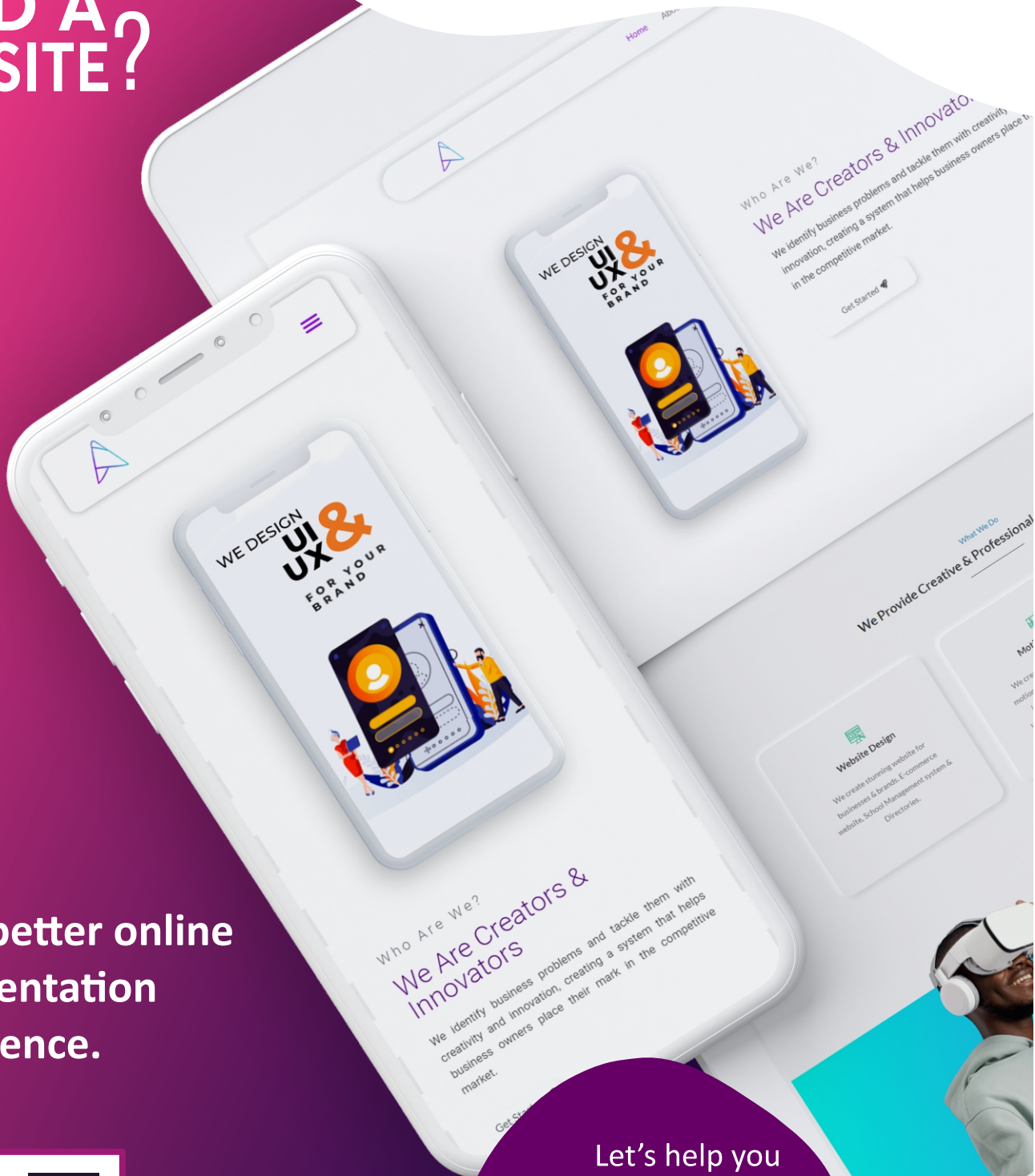
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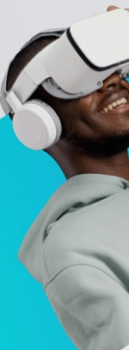


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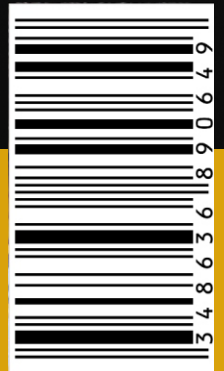
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