Homestyle
The Read You Wait For

Zim Arts Scene
off to a great start in 2022

Collagen Supplements
Are they worth the hype?

Weird Sports
Rules and Unusual Games

Let's
STOP COVID-19
GET VACCINATED
Hello

As we end another week, coming closer to the close of January I hope you are all hanging in there and have not been overcome by the dreaded January disease variant. For some, the month is a just another cluster of weeks while for others it seems like the equivalent of 40 days and 40 nights.

We hope the anticipation of an up and coming Zimbabwean Film, Just Say Hello, will lift your spirits. It is a date night Rom-Com set to knock your socks off with laughter and love.

Every date night needs a date meal, we have a mouth-watering beef stroganoff recipe that we think is out of this world. If you would rather dine out, check out our review of an absolutely charming eatery serving the best of local cuisine.

It’s good to take care of yourself but it is even better to know what is going inside your body. Do not get caught on the wrong side of fly by night beauty fads. Get informed, ask questions and make more confident choices.

The sun is shining more as the wet weather has let up a bit, take advantage of this and soak up the Vitamin D, breathe in the fresh air and greet your fellow man.

Till next week, stay safe.
Call for Nominations to
FORBES AFRICA's
30 Under 30 Class Of 2022

Deadline: 1 FEBRUARY 2022, 17:00 (SAST)

FORBES AFRICA is back, once again on the hunt for Africans under the age of 30, who are building brands, creating jobs, and transforming the continent in their respective fields.

The FORBES AFRICA 30 Under 30 list is the most-anticipated annual compilation of game-changers in Africa and for 2022, we are on the quest for 30 of the continent's brightest achievers under the age of 30 from the categories of Business, Technology, Creatives, Sport and Science, particularly Health.

Nominations and applications criteria:
**Business and Technology categories**
1. Must be an entrepreneur/founder aged 29 or younger on 31 May 2022
2. Should have a legitimate REGISTERED business on the continent
3. Business/businesses should be two years or older
4. The more innovative the business the better
5. Nominees must have risked own money and have a social impact
6. Must be profit generating
7. Must employ people in Africa
8. All applications must be in English

**Sports Category**
1. Must be a sports person aged 29 or younger on 31 May 2022
2. Must be representing an African team
3. Should have a proven track record of no less than two years
4. Should be making significant earnings
5. Endorsement deals would be a bonus
6. Entrepreneurship and social impact is a plus especially if applying with the Business/Technology category. However business must be legitimate, registered and also two years or older.
7. All applications must be in English

**Creative category**
1. Must be a creative aged 29 or younger on 31 May 2020
2. Must be from or based in Africa
3. Should be making significant earnings
4. Should have a proven creative record of no less than two years
5. Entrepreneurship and social impact is a plus especially if applying with the Business/Technology category. However business must be legitimate, registered and also two years or older.
6. All applications must be in English

**Health/Science**
1. Must be a creative aged 29 or younger on 31 May 2022
2. Must be from or based in Africa
3. Should have a proven record in the field of health and/or science for no less than two years.
4. Must have social influence and impact.
5. Entrepreneurship and social impact is a plus especially if applying under the Business/Technology category. However, the business must be legitimate, registered and also two years or older.
6. All applications must be in English

If you think you have what it takes to enter or know someone you would like to see as part of the CLASS of 2022, please find the application - [www.forbesafrica.com](http://www.forbesafrica.com)
The Zimbabwean silver screen is set to light up with anticipation of the up and coming Rom-Com ‘Just Say Hello.’

The film is set to star a powerhouse of homegrown talent the likes of Generations: The Legacy actress, Chiedza Mhende, comedian Carl Joshua Ncube (Mr. Shumba), musician Ammara Brown (Melissa), Tendai Chitima (Noma), and Shaun Mundawarara (Jay).

The past few years (pre-Covid) have seen the Zimbabwean film industry on a roll of producing hit after hit, such as Gonarezhou and Cook Off, starring Tendaiishe Chitima aka ”Queen of the screen”.

The movie is brought to us by Harare based film Production Company, Invision Studios and digital media & research company GetSetSkill and while it is still under production, the streets are buzzing, especially after the release of the cast visuals.

There is no doubt that as soon as the movie is released, movie lovers will queue to see it. Set in Zimbabwe, Just say hello began production in December 2021 and is set to air to audiences this coming April.
Director, Denise Edwards speaks of how the movie began as a self-funded project but gathered an incredible amount of success and the story began to unfold and as more investors bought into the vision, in the midst of a pandemic.

"The film Just Say Hello is a universal story of love that we know will appeal to audiences all over Africa and the world. It will premiere in April 2022 with plans for a big-screen premiere event in Zimbabwe," she said.

The project has been backed by the likes of courier company Vaya Africa and renowned beauty company Jacque Mgido Cosmetics owned by Zimbabwean born & US based make-up artist Jacque Mgido, best known for the Vault Beauty Studios.

"We would like to thank our main partner on this project VAYA Africa for believing in our vision & providing key support for our cast & crew during the duration of filming," added Executive Producer Blessing Chinanga.

The story is a tale of love and growth, showing the need to overcome fear, mixed in with light humour. According to Edwards, the movie is set to appeal to audiences across all generations, as it is a fun, funny and heart-warming story.

Personally, this movie has us tingling in anticipation and we welcome more people in the arts industry to shine and fill our screens with Local Magic.
After the age of 21, we lose 1% of collagen each year, but why does that matter? Lately, collagen supplements have flooded the beauty market promising to be the holy grail of youth and vitality.

Collagen is the main structural protein that forms connective tissue throughout our entire bodies, i.e. bones, organs, muscles and ligaments, however, most people are concerned with just the skin. Collagen is actually a big deal when it comes to our overall health and organ functionality.

It can be easy to get swept up in the latest fads, especially when everyone is trying to look and feel their best. Our bodies naturally produce collagen from the food we eat but our bodies also produce enzymes which break down the collagen, so as we age we produce less and break down more. The loss of collagen in our bodies is accelerated by sun exposure, pollution, high sugary diets, excessive alcohol intake and cigarette smoke.

With collagen making up 80% of our skin, it is no wonder why it is in such huge demand. It works together with another protein called elastin to keep skin elastic. Beauty companies have cashed in on this information and have created beautifully packaged supplements for us to consume.

These supplements are mainly derived from bovine (cow) or marine (fish) sources, there are few options for vegan friendly plant based sources.

What you need to know before taking collagen supplements
Types of collagen
There are multiple types of collagen found in the human body but the most common four are types I, II and III.

Good for skin, hair, and bone health
Type I collagen is the most common in the body, and it provides structure to skin, tendons, bones, ligaments, and other connective tissues. As a supplement this type is most beneficial for the skin.

It can be found in both marine and bovine collagen supplements. It is especially abundant in the skin, where it’s responsible for keeping it supple and youthful.

Collagen Supplements
Are they worth the hype?

Lynn Murahwa
Good for skin health

Type III collagen works alongside type I in skin, ligaments, blood vessels, and joints too. Type III collagen is found in grass-fed bovine collagen but not marine. This type of collagen "promotes skin health and elasticity—or what gives you that bounce-back in the skin."

Research has found that type III collagen content in skin decreases with age; type I also decreased, but to a lesser degree, perhaps implying that type III might be more of a key factor in skin aging. Type III collagen is very important for fibroblast function. Fibroblasts are what help us produce collagen itself, as well as elastin. These are vital in wound healing and overall skin health.

These are the main types of collagen you will find on the market but others are available too. Often you may see some manufacturers throw around fancy words like 'hydrolysed collagen.' Collagen by nature is a 'big molecule' and in order for our bodies to absorb it better it is broken down (hydrolysed) into a form that is easier for it to be absorbed into the blood stream.

When we take these supplements, they are absorbed into our bloodstream and sent out to where our bodied need them the most, which could be organs, joints or ligaments and finally the skin. This is why a diet abundant in collagen rich foods will help the supplements work better, if your organs and joints are already well supported then more of the supplements can be better distributed, especially if your target area is the skin.

The traditional African diet actually offers a lot of collagen rich foods such as chicken feet (nzondora), oxtail, beef and pork bones etc. Other food to help your body boost its collagen production includes:
- Bone broth
- Chicken
- Seafood
- Egg whites
- Citrus
- Berries
- Tropical fruits
- Garlic
- Leafy greens

According to self.com, 'the vast majority of the collagen in our skin is found in the dermis (the second layer of skin that sits beneath the epidermis), where it's also produced. As for the structure of collagen itself, it's kind of like a braid or rope and it is pretty big.

That's why creams formulated with pure collagen simply can't live up to their lofty claims- those huge braided molecules are just too big to penetrate your epidermis, and definitely too big to get down into the dermis where the real magic happens. So even though collagen creams feel nice and may help moisturize the skin, that's about it in terms of benefits.'

While continuing to use your favourite collagen enriched topical cream is harmless we do see more of a benefit it taking the supplement orally. With that said, to see an actual difference in your target areas, you must do other things to support collagen production in your body, like eating more collagen rich foods, wearing sunscreen (preferably SPF 50 for skin of colour) and practicing more healthy habits.

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Homestyle is a premier lifestyle magazine covering wealth, health and general issues around the home and published on Fridays. It’s a weekend read that is not heavy, but not fluffy either.

Shared freely on social media and uploaded on all Zimpapers websites for papers like The Herald, The Sunday Mail and other publications, the magazine now has a reach of over 500,000 readers a week.

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Bananas are curved because they grow upward in search of sunlight.

@8FACT
Specific cuisine might be a bone of contention when choosing a place to eat. Different tastes, say between parents and kids or a group of adults.

Well, PanAfrika on Deary Avenue in Belgravia is a good option. Although the restaurant is primarily about dishes from all over Africa as the name implies, they also serve continental dishes, thereby easily accommodating people with different tastes.

I must confess to a partiality for traditional Zimbabwean food. So my lunch on Tuesday was sadza remhunga with road runner and green veggies. One companion also chose the same. Absolutely divine! The other one went for the prawns. He seemed to find them most agreeable.

In true African tradition, PanAfrika is a place where you are likely to meet people who believe in the village approach where no person is a stranger among people. Networking is the name of the game.

The accessible and central location as well as the quiet ambience makes it ideal for meetings, thus it's no wonder why PanAfrika is a favourite for working meals.

If you like your African food, then Friday lunch is ideal. No need to struggle with choices, it's a buffet affair and you can indulge your taste buds.

There is the occasional entertainment on some weekend evenings along with a bar stocked to meet a wide range of preferences.

PanAfrika is also good for quality time with the kids. They can splash in the pool while adults trade big people stories.

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LET LIVE MUSIC SPEAK
Weird Sports Rules and Unusual Games

If you are into strange extreme sports and crazy pastimes you are in the right place. Read through our list of weird sports and rules of particularly weird games.

**Blindfold Boxing**
This weird sport is definitely not for ‘normal’ boxers. Yes, they fight in a ring, poised for combat. But they do so while blindfolded!
As you might expect, there is no shortage of wild punches. Most of them fail to make contact with anything (except fresh air). It looks a lot like shadow boxing at first.
Blindfold boxing has been officially billed as the ‘craziest sport of all time’. The contenders box blindfolded, often with four boxers in the same ring. The referee, if there is one, points out key blindfold boxing rules - No Peeping!

**Bossaball**
Take the cool moves from soccer and add in a little gymnastics. Then mix it all up over a net on a huge inflatable trampoline.
Bossaball rules seem to have combined the best picks from many of its rival extreme sports. The zany sport was developed around 2004 by Filip Eyckmans.
You use the kicking moves of football and the acrobatics used in gymnastics. Look carefully and you will also see a portion of Brazilian martial arts ‘capoeira’.

**Extreme Ironing**
Not only is ‘**Extreme Ironing**’ an abnormal sport, it is also a dangerous sport. People take ironing boards to various extreme and remote places.
The aim of the far out sport is to iron clothes in strange places and take a picture to prove you achieved it.
Some of the weirdest locations for Extreme Ironing Rules are underwater and in the middle of a motorway. There are also pictures of these extremists skiing, on cliff tops, and parachuting.
Giant Pumpkin Kayaking
Weird sports do not get much weirder than Giant Pumpkin Kayaking. Participants enjoy kayaking inside a giant, hollowed-out pumpkin.
One famous race takes place in Nova Scotia. Lake Pesaquid is the venue for the annual Windsor Pumpkin Regatta. This particular course is a half-mile long. You often see competitors decorating their pumpkins with flags and paint.

Motoball
What do you get if you combine motorbikes and a large football? The answer could be the unnatural sport of ‘Motoball’ of course. The European Championships represent the pinnacle of this activity. In fact, they even promote it on the official Motoball UK Facebook page.
Motoball is a high-octane, fast-paced, football game played while riding a 250cc motorbike. What’s even stranger is that the Fédération Internationale de Motocyclisme (FIM) sanctions Motoball rules and regulations.

Outhouse Racing
To take part in this weird sport you need an outhouse or outdoor toilet. Then you can join in the fun of Outhouse Racing.
Outhouses must be kitted up with wheels, functioning brakes, and a steering system. It gets raced down hills once a competitor is sitting on the toilet seat inside. Many of the participants choose to decorate their outhouses with zany names like ‘Royal Flush’. The first outhouse to cross the finishing line wins the race.

Quidditch
Sigh. Harry Potter fans might be familiar with the wacky sport of Quidditch. It was J.K. Rowling who invented it in her Harry Potter series. Quidditch comprises 2 teams of 7 players. They are all mounted on broomsticks with 4 different balls and goals on either side of the pitch. Nowadays the game has since seen some adaptation for the real world. The modern game has the aim of scoring more goals than the other team before the ‘snitch’ gets caught.
**Snail Racing**
Picture a race between ordinary garden snails and you have the ingredients for Snail Racing. These events take place all over the world. As a rule they race the snails on a 14 inch circular track. The snails start the race from the centre outwards. The winner is the first snail to reach the outer perimeter. Snail owners often stick racing numbers or fun stickers on the snail's shells to distinguish each competitor. Think *Turbo.*

**Toe Wrestling**
Have you heard of thumb wrestling or arm wrestling? What about a spot of toe wrestling for a change? Toe wrestling is one of those strange sports involving two competitors who lock bare feet. They attempt to pin down their opponent's foot to the ground for at least 3 full seconds. As a rule they play 3 rounds so the winner would be the best out of three.

**Underwater Football**
Underwater Football is an unusual game variation of standard football. It usually gets played in a swimming pool. As a rule two teams of players use snorkelling kits to submerge underwater. There are several variants to Underwater Football rules. They play with a weighted football trying to score in a gutter sunk on each side of the pool. Some variations of Underwater Football use a toy torpedo shooting into weighted goals at the bottom of the pool.

**Unicycle Hockey**
Unicycle Hockey Rules are certainly up there in the list of weird and wonderful sports. Playing hockey on unicycles is as crazy as it sounds. The team will usually have 5 players. All Unicycle Hockey players must keep both feet on the unicycle at all times during the game. Players use standard ice hockey sticks and a tennis ball. The aim of this outlandish game is to score points by hitting the ball into the opponent's goal net.

**Zorb Football**
Zorb Soccer, or bubble football, is a high-tempo 5-a-side game with real 'bounce' in the action. It is popular at birthday parties and stag or hen nights. It is a fun alternative to the real 'beautiful game' played in an inflatable bubble (called a body zorb). Soccer skills are not required to play zorb football. Two teams will play a match. As a rule, there can be up to five players in each team. Official zorb football rules say there must be one female on the field at all times during play for each team. -theukrules.co.uk
I started a new job as a tailor last week.

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- Accessories and labour
- POWERS: fridge, electric fence, TVs, lights, etc

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- 2x 330 mono panels
- Accessories and labour
- POWERS: fridge, electric fence, TVs, lights, etc

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In RUMBLE, superstar wrestling champ Tentacular (voiced by Terry Crews) leaves his hometown ring for greater fame. Without the town’s star attraction to draw spectators, the mayor announces plans to demolish the stadium, which was named after a legendary wrestling coach.

That coach’s daughter, Winnie (Geraldine Viswanathan), sets out to save the stadium, her city, and her dad’s legacy with the help of a dance-loving monster named Steve (Will Arnett). Based loosely on the children’s book Monster on the Hill, the movie boasts a voice cast that includes sport stars Charles Barkley, Stephen A. Smith, Chris Eubanks, Roman Reigns, and Becky Lynch.

The characters all have distinct personalities including muscle-bound champion Tentacular with a pretty oversized ego and over-the-top smack talk. By contrast, the main characters, human teen Winnie and underdog monster Steve, are humble, demonstrating strengths like perseverance. What all three have in common, though, is trying to figure out how to step out of the shadow of former legends in their sport who were idolized in their city.

The story begins nine years after deaths of these big names, so there is a theme of loss, but characters are no longer grieving. There’s notable positive diversity throughout, including strong, smart women and people of colour.

Overall, Rumble is a fun and light-hearted family flick that can be enjoyed by anyone. With a solid story, funny script, encouraging message, and great voice cast, this animated wrestling comedy is a knock out. Co-producer WWE Studios is no stranger to promoting the World Wrestling Entertainment brand.

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