

Celebrity World

Botswana's Native Magazine

December 2023

Skin Care Routine

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THE GLOBAL LENS: RACHEL MBEWE'S CINEMATIC DAIRY



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Dear Readers,

As we bid farewell to another remarkable year, we find ourselves reflecting on the incredible journey we've shared with you. This year has been a symphony of stories, melodies, and moments, and we want to express our heartfelt gratitude to each and every one of you who has been a part of our community.

Your unwavering support has been the driving force behind our endeavors, inspiring us to delve deeper into the realms of creativity, culture, and, of course, music. We appreciate the time you've spent with us, the feedback you've shared, and the passion you've infused into the pages of our magazine.

In the spirit of celebration and innovation, we are thrilled to introduce a trailblazer who is set to add a new dimension to the vibrant tapestry of Botswana's music scene. Enter Icon Trey, an artist with a vision, a voice, and a genre that promises to captivate hearts and redefine the musical landscape.

Icon Trey is bringing the electrifying rhythms of Naija to Botswana, infusing our local music with a fusion that transcends borders and genres. His unique approach and infectious beats are set to resonate with music enthusiasts, introducing a fresh, invigorating sound that reflects the dynamic spirit of our diverse nation.

As we embark on this exciting journey with Icon Trey, we extend our warmest wishes to him in all his endeavors. May his music reach new heights, and may his creativity continue to push the boundaries of artistic expression. Botswana's music scene is in for a treat, and we can't wait for you to experience the magic that Icon Trey is about to unleash.

As the year draws to a close, we look forward to the promise of new beginnings, fresh stories, and melodies that will linger in our hearts. Thank you, dear readers, for being the heartbeat of our publication. Here's to a festive season filled with joy, music, and the warmth of shared moments.

Wishing you all the best in the coming year and beyond.

Warm Regards,

Celebrity World Magazine, Editorial Team



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GEORGE SWABI

George Swabi is a renowned artist from Botswana whose popular folklore song 'Bagammangwato' has been played on Radio Botswana for more than 25 years. The song created a large following for him but 'Tsa ku Nata', 'Ke Nale Modisa', 'Fatshe je ja selelo', among others, were also hits that contributed to his fame. Swabi's love for music started in the early 1960s when he was using motontonyane - a home-made guitar.

As of July 2016, he had not recorded an album but his song 'Bagammangato' cemented his name among legions of music fans. This saw him touring several countries and entertaining several dignitaries. He represented Botswana in England in 1980 with the song 'Bagammangwato'. He has travelled to countries such as Italy, Scotland, and Finland and stayed in Brookston for six months, courtesy of the government.

It was during his music endeavors that Swabi came into contact with Taolo Moshaga whom he rates highly amongst all the musicians in the country. He received the presidential certificate of honor from President Lt Gen Seretse Khama Ian Khama.

Swabi who composes and produces his own music, finds it hard to collaborate with other artistes, especially the young ones.

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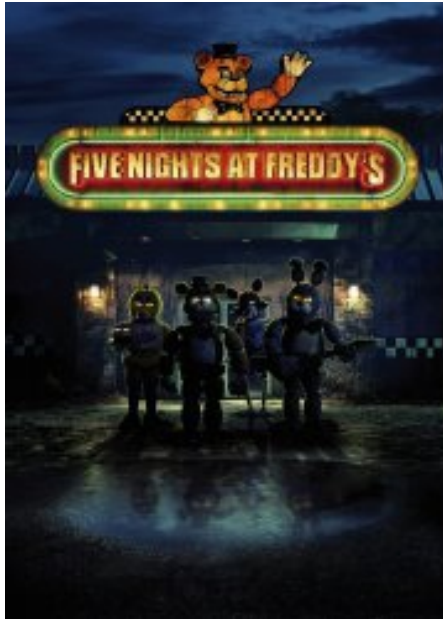
SAW X

A sick and desperate John travels to Mexico for a risky and experimental medical procedure in hopes of a miracle cure for his cancer only to discover the entire operation is a scam to defraud the most vulnerable.

GENRE: HORROR, MYSTERY, THRILLER

DIRECTED BY: Kevin Greutert

CAST: Tobin Bell, Shawnee Smith, Synnøve Macody Lund, Steven Brand, Renata Vaca, Joshua Okamoto, Octavio Hinojosa, Paulette Hernandez, Jorge Briseño, Costas Mandylor, Michael Beach, Isan Beomhyun Lee, David Alfano, Katie Barberi, Lucía Gómez-Robledo, Donagh Gordon, Sebastián Torres, Cristo Ruiz



FIVE NIGHTS AT FREDDY'S

A troubled security guard begins working at Freddy Fazbear's Pizza. During his first night on the job, he realizes that the night shift won't be so easy to get through. Pretty soon he will unveil what actually happened at Freddy's.

GENRE: HORROR, MYSTERY

DIRECTED BY: Emma Tammi

CAST: Josh Hutcherson, Piper Rubio, Elizabeth Lail, Matthew Lillard, Mary Stuart Masterson, Kat Conner Sterling, David Lind, Christian Stokes, Joseph Poliquin, Grant Feely, Asher Colton Spence, David Huston Doty, Liam Hendrix, Jophielle Love, Tadasay Young, Michael P. Sullivan, Wyatt Parker, Lucas Grant



EXPENDABLES

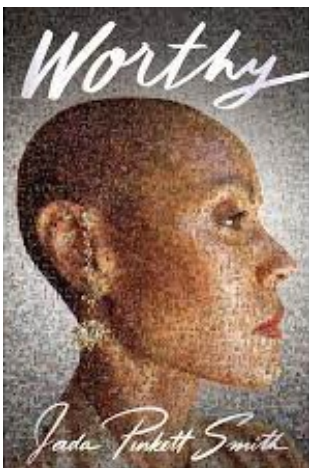
Armed with every weapon they can get their hands on, the Expendables are the world's last line of defense and the team that gets called when all other options are off the table.

GENRE: ACTION

DIRECTED BY: SCOUT WAUGH

CAST: Jason Statham, 50 Cent, Megan Fox, Dolph Lundgren, Tony Jaa, Iko Uwais, Andy Garcia, Sylvester Stallone, Randy Couture, Jacob Scipio, Levy Tran, Lucy Newman-Williams, Daren Nop, Kenny 'Cowboy' Bartram, Cody Mackie, Cokey Falkow, Dan Chupong, Karim Saïdi

What To Read



WORTHY

AUTHOR: JADA PINKETH SMITH

A gripping, painfully honest and ultimately inspirational memoir from global superstar and creator of the Red Table Talk series Jada Pinkett Smith. Along the way, she explores her path to accepting her power as a woman, and her discovery that a strong sense of self is every woman's right and saving grace.



IF HE HAD BEEN WITH ME

AUTHOR: LAURA NOWLIN

Autumn and Phineas, nicknamed Finny, were born a week apart; their mothers are still best friends. Growing up, Autumn and Finny were like peas in a pod despite their differences: Autumn is "quirky and odd," while Finny is "sweet and shy and everyone like[s] him." But in eighth grade, Autumn and Finny stop being friends due to an unexpected kiss. They drift apart and find new friends, but their friendship keeps asserting itself at parties, shared holiday gatherings and random encounters. In the summer after graduation, Autumn and Finny reconnect and are finally ready to be more than friends. But on August 8, everything changes, and Autumn has to rely on all her strength to move on. Autumn's coming-of-age is sensitively chronicled, with a wide range of experiences and events shaping her character. Even secondary characters are well-rounded, with their own histories and motivations.

THE GLOBAL LENS: RACHEL MBEWE'S CINEMATIC DAIRY

- My name is Racheal Mbeve, a Zambian filmmaker, Citizen Journalist, and an award-winning Concept developer. I am the founder of Tipange Media, a film and creative media enterprise based in Lusaka, Zambia. Born and raised in Kanyama, one of the largest ghetto townships in Lusaka, my community has significantly influenced me, inspiring me to share its untold stories with the world.

Professional Journey:

- My passion for storytelling began in 2016 when I underwent training as a citizen journalist, equipping me with skills to produce issue-based stories using my smartphone. In 2017, I was nominated for the Young Zambian Business Journalists of the Year competition, landing among the top ten finalists. In 2018, I was selected as an emerging filmmaker in the MultiChoice Talent Factory Southern Africa academy, graduating with a certificate in Filmmaking and TV Production after a year of intensive training.

Entrepreneurship and Freelancing:

- After graduating in 2019, I registered Tipange Media and transitioned into a freelance filmmaker. In 2020, I directed a short film called "Mphaso" and co-wrote a script for a project under the Nikonke initiative, funded by the German embassy. The following year, I underwent intensive training in peer education, focusing on drugs and substance abuse, Filmmaking, and Creative Media Entrepreneurship.

Awards and Recognitions:

- As part of the training, I directed a short film titled "On Air, a Time to Heal," exploring themes such as substance abuse and gender-based violence. The film successfully premiered, and I was awarded a media tour in South Africa, providing invaluable exposure. In 2022, a court drama series concept I developed won Best Concept in the PACRA Intellectual Property Innovation competition during Intellectual Property Day commemorations.

Recent Ventures:

- In 2023, I worked as a production manager on DSTV's Commissioned reality show, "Loved Back Zambia Season 1." A short film I collaborated on with The Media Farms was nominated as the Best Short Film Script in the Bantu Film Festival, leading to a screening in Botswana. I am currently self-employed and co-run Tipange Media Group, a media production house.

Film Director's Journey:

- My journey into film directing began when Muchemwa Sinkala, a Multichoice Talent Factory Alumni, recommended me to an Italian film producer for a short film project. Despite the unexpected opportunity, I embraced the challenge, and since then, my passion for directing has only grown stronger.



Challenges and Solutions:

- Challenges as a director often revolve around time and resources. There are instances where additional time and resources would have allowed for different executions of certain scenes. Despite these challenges, I tackle them by prioritizing and optimizing the available resources to deliver the best possible outcome.

First Film and Current Projects:

- My directorial debut was with the short film "Mphaso." Currently, I am in preproduction for a feature film in collaboration with The Media Farm, Multichoice Talent Factory, and Zedline Studios.

Future Aspirations:

- In the next five years, I envision collaborating extensively with African filmmakers and producing content that not only stands out but is also enjoyed globally. My focus is on contributing to the elevation of African storytelling on the international stage.

On set at Dutch Reformed Church in Kabulonga ,,,

"ON AIR"

Short film Director
Racheal Mbewe

© 2021



Inside Kourtney Kardashian and Travis Barker's Life With Their Baby Boy: 'They Are Taking Things Day by Day'



Kourtney Kardashian and Travis Barker [welcomed their first child together](#), a baby boy, last week, marking the seventh child of their blended family.

Sources spoke to [Entertainment Tonight](#) and [People](#) about how the couple feels as they get to know their baby and readjust as parents to a newborn. Barker's youngest child from his previous marriage is 18, while Kardashian's youngest of her three children with ex Scott Disick is 8.

Kardashian and Barker are "so elated," a source told *Entertainment Tonight* yesterday. "They're feeling extremely fortunate that both Kourtney and their baby are healthy after the complications Kourtney went through." Kardashian [needed urgent fetal surgery](#) during her pregnancy.

"They recognize that the circumstances could have been a lot different, so they are feeling extra appreciative and grateful that everyone is safe, happy, and healthy," the source continued. "That is what's most important to them."

While there were "naturally worries and anxieties," now she and Barker "feel like they can take a step back, breathe, and enjoy. They are taking things day by day and looking forward to this new chapter outside of their lives as a married couple. They can't wait to build a new life and make memories together as a bigger family."

After what Kardashian went through during her pregnancy, a source told *People* that "she is happy to just be able to snuggle her baby boy now. She feels so blessed."

Barker himself "keeps being amazing," the source said. "He brings her favorite, healthy food to the hospital. He makes sure she has everything that she needs. He is obsessed with their baby boy."

The couple has yet to publicly announce their son's birth or share details themselves.



A Sussex Spokesperson Speaks Out on Reports About King Charles's Birthday Plan

[King Charles III](#) will celebrate his 75th birthday on November 14, an affair that will undoubtedly involve the presence of family, friends, and loved ones. But despite what recent reporting has claimed, [Prince Harry](#) and his wife, [Meghan](#), Duchess of Sussex, have yet to be invited to join in on any festivities.

A Sussex spokesperson tells *Bazaar* that reports claiming the couple had turned down an invitation to the king's birthday were "disappointing."

The spokesperson is referring to a story the *Times* published on November 5, which claimed Harry had received an invitation to his father's birthday celebrations at Clarence House, but declined the opportunity to attend with Meghan. A source for *the Messenger* said that, on the contrary, Buckingham Palace "never reached out" to the couple.

The refutation of the *Times* story comes amid a rift in the British royal family, made apparent by the Duke and Duchess of Sussex's [renunciation](#) of their status as senior working royals in 2020—and, subsequently, the couple's public accountings of their struggles within royal life.

In their 2022 Netflix docuseries [Harry & Meghan](#), the prince accused other senior royals of planting negative stories about him in the press. "I have 30 years' experience of looking behind the curtain and seeing how this system works and how it runs—and it's just constant briefings about other members of the family, about favors inviting the press in. It's a dirty game," he said. "There's leaking, but there's also planting of stories. So if the comms team want to be able to remove a negative story about their principal, they will trade and give you something about someone else's principal. So the offices end up working against each other."

Earlier this year, Harry published a tell-all memoir, [Spare](#), that expanded on the royals' troubling relationship to the British press. He wrote, "My problem has never been with the monarchy, not the concept of monarchy. It's been with the press and the sick relationship evolved between it and the Palace."

At the time, a source told *Bazaar* that Harry's public disclosures had left many of his family members feeling "rattled." "There was a feeling that whatever Harry said in his book would just be news today, gone tomorrow," a palace insider said. "However, the level of detail given in the book about specific relationships with the media has put it all under the microscope now."



Tina Knowles Defends Beyoncé Against Claims She Lightened Her Skin for 'Renaissance' Premiere



[Tina Knowles](#) came to daughter [Beyoncé's](#) defense after the internet questioned if she had lightened her skin for her *Renaissance* premiere.

"Came across this today and decided to post it after seeing all of the stupid ignorant self, hating racist statements about her, lightening her skin, and wearing platinum hair wanting to be white," Knowles, 69, wrote via [Instagram](#) on Tuesday, November 28, alongside a video edit of Beyoncé, 42. "She does a film, called *The Renaissance*, where the whole theme is silver with silver hair, a silver carpet, and suggested silver attire and you bozos decide that she's trying to be a white woman and is bleaching her skin?"

The clip began with a photo of the singer from the Saturday, November 25, screening of her [concert documentary](#) where she rocked [platinum blonde hair](#) and a sparkly silver Versace gown. On top of the photo, a series of comments appeared claiming that Beyoncé's skin looked lighter and questioned "why she looks so white."

"How sad is it that some of her own people continue the stupid narrative with hate and jealousy," Knowles continued. "Duh, she wore silver hair to match her silver dress as a fashion statement clown. ALIEN Superstar duh!"

After a few seconds, the image disappeared and a snippet of moments throughout her career played alongside her song "Brown Skin Girl."

In her lengthy post, Knowles shared her disappointment for the individuals who were acting "ignorant." She pointed out that countless "beautiful talented Black celebrities" have rocked [platinum hair](#) since Etta James and questioned if the same trolls have accused them of "trying to be white." Knowles confessed she was fed up with the double standard when it comes to Beyoncé.

"I am sick and tired of people attacking her. Every time she does something that she works her ass off for and is a statement of her work

ethic, talent and resilience, here you sad little haters come out the woodwork," she penned. "Jealousy and racism, sexism, double standards, you perpetuate those things. Instead of celebrating a sister or just ignoring if you don't like her. I am sick of you losers."

Knowles acknowledged that her daughter was going to be upset about her speaking out on the matter. She concluded her message by gushing over how generous, thoughtful and a great role model Beyoncé is for their community.

In honor of her daughter's accomplishment, Knowles was in attendance for Beyoncé's premiere in Beverly Hills. The [star-studded event](#) also brought out several big names and good friends of the pop star including **Gabrielle Union, Chloe Bailey, Halle Bailey, Kris Jenner** and others.



From Pumping Gas to Pumping Beats: DJ Kap

In the ever-evolving world of music, few stories are as inspiring as that of Kgotso Alex Molefe, known by his stage name "Dj Kap." This energetic young man, born and raised in the quaint town of Ramatlabama but now residing in the bustling city of Gaborone, is a testament to the power of passion, perseverance, and the pursuit of dreams. Dj Kap is more than just a DJ; he is a force that defied all odds to carve his path in the world of music.

From Pumping Gas to Pumping Beats

Before Dj Kap became the musical sensation he is today, he had a humble beginning as a petrol attendant. But within his heart, a deep passion for music burned brightly. Kap always knew that he was meant for something greater, something that would allow him to create moods and memories for the crowd through the power of music.

Kaps honed his professional DJ skills by obtaining a certificate from Mark Media Et, a crucial step in his journey to becoming a respected name in the music industry. His upbringing in a place where various music genres like Amapiano, Kwaito, Motswako, RnB, and House dominated the airwaves undoubtedly played a significant role in shaping his diverse musical palette.

In 2021, Dj Kap was not only voted by the people but also entrusted with the opportunity to showcase his skills on the airwaves during a crossover at RB2 FM, solidifying his place in the hearts of music lovers across Botswana.

The Journey into Music

Dj Kaps' journey into the world of music began in 2015, a year that marked the inception of his lifelong dream. Over the years, he worked with seasoned artists and DJs such as DJ KSB, Mansize, DaMabusa (SA), Charlotte lyf SA, and Blaq Major SA. These collaborations provided him with invaluable experience and the opportunity to learn from the best in the industry.

In 2021, Dj Kap took a step that transcended the boundaries of music, releasing a song titled "Motlohele." This song was not just another chart-topper; it was produced with a noble cause in mind – to raise awareness and fight against gender-based violence. Dj Kap used his music as a platform to address pressing social issues, demonstrating his commitment to making a positive impact through his art.

The year 2021 was indeed a remarkable one for Dj Kap. He was featured in three notable songs: "Hlohonolofatsa," "December," and "Umuntu." These tracks resonated with audiences and earned him a growing fan base. The unique fusion of beats and lyrics in these songs struck a chord with listeners, leaving an indelible mark in the music industry.

In 2022, Dj Kaps continued to make waves in the music scene by lending his talent to two more tracks, "Cheater" and "Ngeke." These collaborations further solidified his reputation as a sought-after artist and DJ.

A New Dawn: "Sabela"

The year 2023 marks a new chapter in Dj Kap's journey. This year, he made the bold decision to release his single, "Sabela." Collaborating with Charlotte lyf and Blaq Major from Wanitwa Mose, Dj Kap created a track that showcases his artistic evolution and versatility. "Sabela" promises to be another chart-topper, a testament to Dj Kap's ability to consistently captivate his audience with his beats and melodies.

Radio Stations and Experience

Dj Kap has graced the airwaves of prestigious radio stations such as RB2 FM and Duma FM, where his electrifying mixes have earned him a special place in the hearts of radio listeners. With a career spanning eight years in the music industry, Dj Kap has grown and evolved as an artist, consistently pushing boundaries and setting new standards in the world of DJing and music production.

In the ever-evolving music landscape, Dj Kaps stands out as an artist who not only creates unforgettable melodies but also uses his music to address societal issues. His journey, from humble beginnings to becoming a respected figure in the industry, is a testament to the power of following one's passion and making a meaningful impact through art.

Dj Kap's story serves as an inspiration to aspiring artists and dreamers, proving that with dedication and a burning passion, one can rise above challenges and conquer the world of music. As he continues to make waves and set new milestones, there's no doubt that Dj Kap is a name we'll be hearing for many years to come.

Bokamoso Karrim: From Mogojogojo to the World - A DJ's Journey

In the heart of the small village of Mogojogojo, nestled amidst the serene landscapes of Botswana, a 28-year-old dreamer named Bokamoso Karrim emerged as a beacon of hope and inspiration. Born to be a DJ, his journey from humble beginnings to becoming a local sensation is a testament to the power of unwavering passion and the support of his community.

Karrim's love affair with music ignited at an early age, as the melodies of the world poured through the radio speakers into his eager ears. The enchanting allure of music captured his heart, providing him solace and joy in his quiet village. It was within the rhythms and melodies that his dreams took root.

During his secondary education, Karrim often found himself at the heart of entertainment events, ensuring that the sound was set to perfection. His relentless pursuit of musical excellence drew the attention of his peers and teachers. He would tirelessly tinker with the equipment, determined to create the perfect auditory experience for his audience.

Driven by his unwavering love for music, Karrim took a daring step towards his dreams. With limited resources, he resorted to a white lie, concocting a story for his mother, claiming he needed funds to purchase a laptop for a supposed DVS (Development Studies) project. In truth, he intended to use the laptop to download virtual DJ software, a pivotal moment in his musical journey.

Upon completing his Form 5 education, Karrim's parents recognized the fire burning within their son. They embraced his dreams wholeheartedly, offering support by investing in his first sound system. The turning point in Karrim's journey came in 2018 when he hosted his inaugural event, "Khumbule Khaya," which translates to "Remember Home." The event, deeply rooted in the sentiments of the village, resonated with the people, marking the beginning of a new chapter in his career.

In 2020, the world was thrust into the unknown as the COVID-19 pandemic swept across the globe, leaving no stone unturned. The entertainment industry, including Karrim's blossoming career, faced challenges like never before. Yet, Karrim refused to surrender his dreams. He found innovative ways to adapt to the new normal, becoming the resident DJ at local bars like "Junction Bar" and "The Garden Beer," offering solace and unity to the community during trying times.

As 2023 dawns, Karrim stands on the precipice of his next great endeavor. He is now planning an event that goes beyond music, one that is poised to become a cherished annual tradition: "Leteise Chillaz Digawana." This event isn't just about the beats; it's a celebration of African culture, with a particular focus on the rich traditions of Botswana.

Karrim's vision for "Leteise Chillaz Digawana" extends far beyond music. He aims to create a platform for local businesses to showcase their products, supporting local entrepreneurship, and giving back to the community that has been the foundation of his dreams.

Bokamoso Karrim's journey, from a young boy with a deep love for music to a local DJ who spreads joy and unity through his beats, is a shining example of unwavering determination, dedication, and community support. As he readies himself for "Leteise Chillaz Digawana," Karrim stands as a symbol of hope for his village and an embodiment of the power of dreams when nurtured by a loving community.

In his melodies, the village of Mogojogojo finds its rhythm and strength, reminding us all that dreams can come true, and even in the face of adversity, music can be a beacon of hope. Bokamoso Karrim's story is one that resonates with hearts, inspiring all to chase their passions and give back to the communities that have supported them on their journey.





The Rising Star of Amapiano in Botswana: Larona Gracious Moagi A.K.A Liyana Dymond

In the heart of Mochudi, Botswana, a talented and passionate young woman is making waves in the world of music. Meet Larona Gracious Moagi, a dedicated artist with an undying love for the arts, and a rising star in the global Amapiano music scene. Her journey is nothing short of inspirational, as she paves the way for her dreams in a landscape that is still evolving. Along the way, she discovered a hidden gem, "Liyana Dymond", whom she firmly believes is destined to become the next Queen of Amapiano in Botswana.

Liyana's musical journey began in her formative years, with her upbringing revolving around a church-going family that cherished the power of music. Her mother's involvement in a choral group during her youth instilled a deep musical influence in Liyana's heart. As time passed, her passion for music continued to grow, and it was inevitable that she would follow her dreams. But, as is often the case, life comes with its own set of challenges, and Liyana was not immune to the skeptics and naysayers who tried to demoralize her.

In 2019, Liyana took a significant step forward by joining the Mighty Choristers, a clap and tap group. This experience proved to be invaluable, providing her with a platform to hone her talents and showcase her abilities. However, just as the group was gaining

momentum, the COVID-19 pandemic swept the globe, disrupting their activities. While the Mighty Choristers have since returned to the stage, Liyana decided to embark on her own solo journey. Determined to introduce herself to the world and share her musical gifts, Liyana began visiting recording studios, but it wasn't until 2021 that her path took a transformative turn. She had the privilege of meeting her current manager, Tshepo Moagi, who wasn't just a manager but a mentor and family, like an uncle to her. Tshepo had founded his own record label and encouraged Liyana to join, an invitation she gladly accepted. This pivotal decision marked the turning point that has led Liyana to her current position as a promising Amapiano artist.

On April 24, 2022, Liyana released her debut EP titled "Way Up" as a heartfelt tribute to her mother on her birthday. The EP, which features five captivating songs, was not without its challenges when it came to marketing, but the unwavering support and love she received from her family, especially her mother and sister, have been heart-warming. This support continues to fuel her determination and inspire her to reach greater heights. Liyana is profoundly grateful for the incredible people who have been by her side throughout her journey not forgetting the crew Pency, Patoro and Inno who

are the dancers, Siti Slicker and King Tipps who are the producers, if it wasn't for them the dream wouldn't have come true.

In 2022, Liyana's musical journey continued to ascend, and on December 10, she released her single titled "Pay Cheques." This marked another milestone in her budding career, and the first live performance of the song was nothing short of magical.

As Larona Gracious Moagi's star continues to rise, it's evident that she is a force to be reckoned with in the world of Amapiano music in Botswana. Her story is a testament to the power of passion, determination, and unwavering support from loved ones. In her pursuit of musical excellence, Larona has not only discovered her own talent but also recognizes the immense potential in herself and firmly believe she is poised to become the next Queen of Amapiano in Botswana. With her infectious enthusiasm and dedication, Liyana is set to leave an indelible mark on the music scene and inspire countless others to follow their dreams.

Anneglo Fashions: Where Faith Meets Fashion in a World of Trends



In the dynamic world of fashion, where trends come and go, Anneglo Fashions stands out as a beacon of creativity, innovation, and faith. Founded by the visionary Annie-Gloria Tawanda Mumanyi in 2009 and officially launched in 2015, Anneglo Fashions has become a symbol of Christian values, inclusivity, and a commitment to showcasing God-given talents in the fashion and entertainment industry.

The name "Anneglo" is a fusion of Annie-Gloria, the founder's name, and reflects the meaning of Shakinah` Glory. Annie-Gloria shares, "The origin of the Anneglo Fashions name came naturally, as friends and family would be asked who had made their outfits, and they would proudly respond, 'Anneglo.'"

At the core of Anneglo Fashions are values that challenge stereotypes, particularly in the Christian community. The brand aims to demonstrate that Christians can actively participate in the fashion and entertainment industry without compromising their principles. With a focus on modesty, Anneglo Fashions encourages women to embrace their beauty without resorting to overt exposure. A unique aspect of Anneglo Fashions is its commitment to redefine the narrative around modeling. Through Anneglo Fashion Talent Shows, the brand educates young women that modeling is not about body exposure. It serves as a platform to empower and showcase talent, reinforcing the idea that Christians need not shy away from the modeling industry.

The global pandemic, COVID-19, became a source of inspiration for Anneglo Fashions. Annie-Gloria recalls, "During COVID-19, we were inspired to speak through our talents during a time when we were voiceless through wearing masks." The brand designed a dress made entirely of masks, sending a powerful message that even in challenging times, praise can be expressed through creativity.

In an ever-evolving fashion landscape, Anneglo Fashions stays ahead of the curve by drawing inspiration from international trends. The brand seamlessly incorporates global ideas into local designs, bridging the gap between international styles and local communities. Social media plays a crucial role, with Anneglo Fashions engaging with its audience through Facebook @ Anneglo Fashions, Instagram @ anneglofashions, and TikTok @ anneglofashions, offering a glimpse into the brand's creative process.

Collaboration is a cornerstone of success in the fashion industry, and Anneglo Fashions takes it seriously. Expressing a desire to collaborate with Moses Chapfudza, a renowned designer from Harare, Zimbabwe, and exploring future opportunities with Glotto Designs, Anneglo Fashions remains committed to fostering creative partnerships.

Diversity and inclusivity are celebrated within the brand. Anneglo Fashions incorporates cultural blends into their designs, emphasizing

that modeling and fashion are for everyone, regardless of age, race, or culture. The recent launch of the pre-teen wing of the brand, featuring Ms. Lesley Mumanyi, reflects their dedication to showcasing diversity in age within the fashion industry.

Exciting developments lie ahead for Anneglo Fashions, with upcoming collections focused on bridal wear and designs. The brand is expanding its reach by opening a new branch in Francistown, Botswana. Additionally, the launch of Ms. Lesley Mumanyi into the industry marks a significant step in Anneglo Fashions' commitment to the future.

As Anneglo Fashions continues to blend faith, fashion, and innovation, it remains a testament to the idea that creativity knows no bounds when driven by a vision rooted in purpose and faith. The future is undoubtedly bright for Anneglo Fashions as they continue to make waves in the fashion industry with their unique blend of style and spirituality.



OLENNY
graphy

Christmas living room decor ideas – 10 expert tips for festive style



Christmas living room decor ideas are essential to not only making the most important room of the house feel festive, but also inviting and cozy to visiting guests looking to unwind at the end of the year.

Creating the right atmosphere with your [Christmas decor ideas](#) can allow us to properly switch off and enjoy this precious time with our family and friends.

There's nowhere quite like the living room to congregate around a fire, gaze up at the twinkling tree and exchange gifts, so we've rounded up our favorite ways to decorate this key festive space.

Christmas Living Room Decor Ideas

Whether you have a traditional or contemporary home, want to go all-out with decor or prefer a more subtle approach, our inspiring selection of Christmas living room decor ideas will have something for you.

1. Keep It Relaxed

Christmas is a busy time, so ensuring your living room is a place where you and your guests feel like you can kick back is key.

'Designing spaces that encourage guests and hosts to be able to relax together and break down formal frontiers is key to delivering successful living environments,' says Jo Littlefair, co-founder and director of [Goddard Littlefair](#). 'Finding the right balance of smart-casual design for these areas is also key, a host and their guests want to have an elevated experience but feel relaxed enough to unwind.'

Providing plenty of blankets and cushions around the seating areas will encourage cozy downtime, and they look great here among the [farmhouse Christmas decor ideas](#).

2. Bring The Outdoors In

While blooms might be at a minimum, winter still provides plenty of natural wonders that you can bring into your Christmas decor. 'Celebrate the season with an abundant display of greenery, real or faux or even a mix,' says Chrissie Rucker, founder of [The White Company](#). 'It creates such a welcome and you can style this in advance which is a real timesaver. I love to add in real flowers and greenery just a couple of days before the main event.'

In this room, the [Christmas mantel decor ideas](#) consist of a bountiful floral arrangement featuring roses, pine and eucalyptus, a scheme which plays out across the rest of the room too.

3. Push A Maximalist Scheme Even Further

If you're sitting in your on-trend maximalist living room, wondering [how to make a Christmas garland](#), the answer is always going to be that bigger is better. The holidays are an opportunity to turn the dial up to 11 on a pattern-filled room, and add more texture and detail than ever before. In this example by Mind The Gap, red and gold Christmas decorations take their cue from the stunning wallpaper and run with the over-the-top theme with glee.

4. Light It Up

'When you think of the festive season, you often dream of cozy, warm spaces in a rustic-looking home with a warm orange hue from the firelight,' says Michael Meiser, President of lighting brand [Lumilum](#). That glow doesn't, however, need to stop at the [Christmas fireplace decor](#).

'This feel can be replicated in the home with subtle light-up ornaments that you can dot around the room to set the ambiance in focal areas,' he adds.

5. Go For A Co-Ordinated Look

Layer up classic shades of warm metallics to adorn your living room this Christmas.

Adorn your [Christmas tree ideas](#) with reams of classic baubles in a mixture of bronzes and soft golds, staying within a strict color scheme and decoration shape. A simple string of warm white lights will set off the effect without detracting.

For a complete theme, make sure to drape a garland over the fireplace mantelpiece, dotted with natural touches from the same color family; think dried oranges and seed heads. An inviting pile of gifts wrapped in coordinating paper will be the bow on top of the look.



6. Add A Touch Of Glamor

Go for an elegant Christmas theme in your living room this year with some subtle glamour.

Touche of brushed metallics all over the space will add a grown-up twist to the festivities. Paper Christmas garland ideas created in pale gold, and carefully hung can turn this traditionally wonky children's decoration into something quite special.

Echo this feeling with a minimalist metallic wreath placed gently on the mantelpiece, and various bowls for nuts and candy in similar tones dotted around the room. Perfect for a room decorated in neutral tones, this look will give you all of the Christmas spirit, simply in a more considered way.

7. Choose A Traditional Scheme

Hark back to Christmases past by dressing your space with traditional Yuletide moments.

Stick to regal shades of reds and gold with decorations – both on the tree and off, including in your [Christmas wall decor ideas](#). Make sure to layer up with fresh foliage, including trailing ivy, fir and ruby red berries to have the evocative fragrance of Christmas wafting through the living room.

Keep accessories to a minimum to really achieve that traditional feel.

8. Create A Focal Point

It's not only the center-stage moments in a living room this Christmas. Highlight a corner of your space and turn it into a festive focal point.

Even if you only have a small area available, you can still make this a special spot to draw people over. A simple console table against the wall and decorate with vintage vessels filled with fresh flowers, nuts, and candies, and tapered candles on classic candlesticks. Mix and match sizes and shapes for an authentically eclectic vibe. If you're lacking in wall space, this could even be combined with your [Christmas window decor ideas](#).

Attaching a garland overhead will cement this area as a new zone in your living room.

9. Make Folk Festive

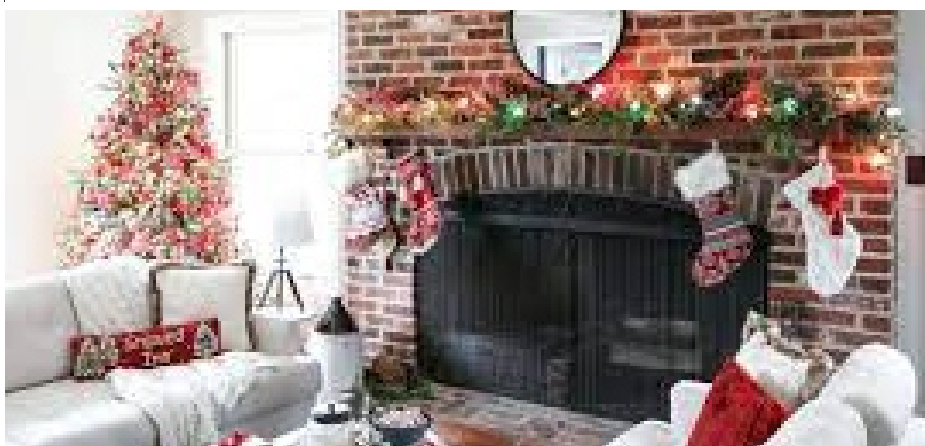
A folk-inspired space is typically packed with warm colors and bold patterns can provide the perfect backdrop for Christmas decor.

Reds, whites and blues from the fabrics in the room turn from folksy to festive with the addition of seasonal accessories which hark back to [Christmas traditions](#).

Naive-style patterned stockings, along with natural rose hip and fir garlands, enhance this festive scheme.

10. Style With Subtlety

If you're a minimalist, or perhaps just not all that into traditional Christmas decorating, why not give a little nod to the season instead?

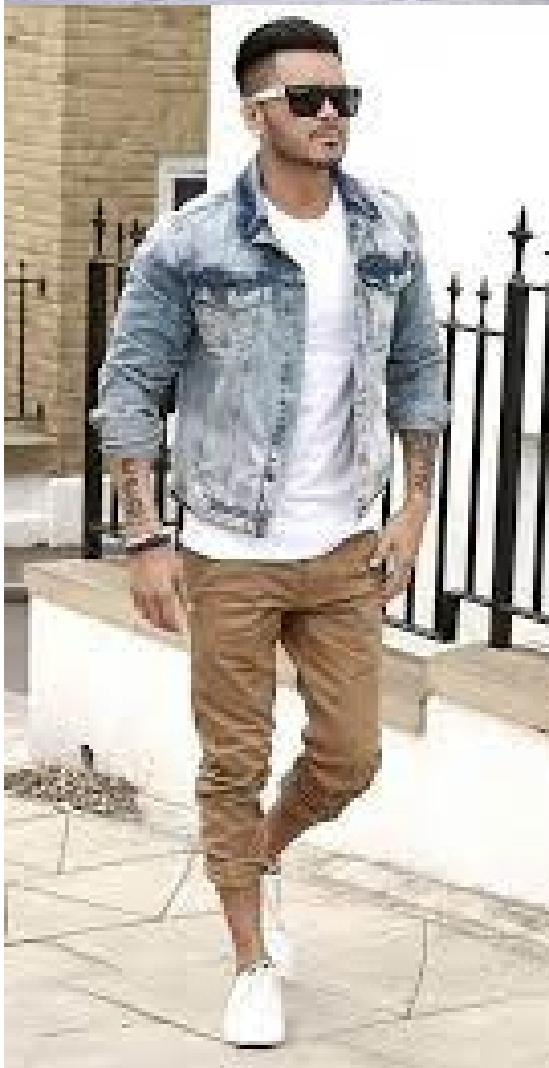


'Be creative and have some fun with the color combinations you choose to design and create with; you definitely don't need to stick to the traditional festive shades,' says florist [Philippa Craddock](#). 'Work with your own interiors and think about how you are feeling – create something that you love.'

Layer up with warming fabrics in varying shades of whites, creams and beige to suggest snow flurries and memories of mistletoe. On your coffee table, place a pleasingly large bowl with decorative paper baubles, gentler than the classic colorful decorations. For the pièce de résistance, attach a mural to wall, depicting a snowy scene.



DENIM JACKET AND WHITE T-SHIRT



DENIM JACKET AND WHITE T-SHIRT



Breaking Barriers: How Business Women Owners are Dominating the Entrepreneurial Landscape

In recent years, the entrepreneurial landscape has witnessed a remarkable transformation as an increasing number of business women owners break through barriers and shatter stereotypes. Women entrepreneurs are no longer confined to the shadows; they are taking charge, carving their own paths, and dominating diverse industries. This article delves into the reasons behind the rise of female entrepreneurs, the challenges they have overcome, and the key factors that contribute to their triumph.

1. Empowerment and Breaking the Glass Ceiling:

One of the driving forces behind the rise of women entrepreneurs is the empowerment movement that has gained momentum in various societies. As gender barriers continue to be dismantled, more women are seizing the opportunity to enter the business world, leaving behind the limitations of the past. With each success story, a powerful message is sent to future generations, inspiring them to dream big and chase their aspirations without fear of traditional gender roles.

2. Navigating Challenges with Resilience:

Despite the progress made, women entrepreneurs still face unique challenges in the business world. From securing funding to combating gender bias and balancing family responsibilities, they have encountered hurdles that require unparalleled resilience. However, it is precisely this resilience that has driven many women to prove their mettle, demonstrating that they are more than capable of leading and succeeding in the most demanding industries.

3. Collaborative Networks and Support Systems:

The emergence of collaborative networks and support systems has been instrumental in nurturing the growth of female-led businesses. Women-focused entrepreneurial communities, mentorship programs, and funding initiatives have provided a much-needed boost to women entrepreneurs, fostering a sense of solidarity and shared purpose. These networks not only offer guidance and resources but also act as a support system that encourages women to take calculated risks and aim for greatness.

4. Embracing Diversity and Inclusivity:

A key advantage that women business owners bring to the table is their ability to understand and cater to diverse markets. In a world that values inclusivity and embraces diverse perspectives, female entrepreneurs often excel in creating businesses that address the needs of different demographics. By embracing diversity, they contribute to the growth of an inclusive economy that serves the interests of all.



5. Innovative and Purpose-Driven Approach:

Women entrepreneurs often exhibit a unique approach to business, focusing on innovation and purpose-driven enterprises. Many female-led startups are founded on the principles of social impact and sustainability, addressing pressing global issues and making a positive difference in their communities. This values-driven approach resonates with modern consumers and investors, contributing to the growing success of women-owned businesses.

The rise of women entrepreneurs has become a beacon of hope and progress in the world of business. Through empowerment, resilience, collaboration, and innovation, they have defied traditional norms and dominated the entrepreneurial landscape. As the barriers continue to crumble, we can expect even greater strides in gender equality, and the world will witness more and more trailblazing women taking the helm of successful businesses. The future is undoubtedly bright for business women owners, and their unwavering determination will continue to inspire generations to come.

8 Rules For Developing Financial Discipline



When it comes to money and financial planning strategies, there's varied advice out there. While some tips are helpful, others can leave you feeling overwhelmed or confused. So when deciding what you should do with your money, a fee-only financial advisor can help you come up with specific rules that will help you manage your finances in the most effective way possible.

It pays to work with a CERTIFIED FINANCIAL PLANNER who can help you set some basic rules to follow in order to develop financial discipline. This involves the financial skills of:

- Creating a budget
- Listing, prioritizing, and paying off debt
- Building an emergency fund
- Planning for the future with goals
- Saving and investing for retirement
- Staying flexible, aware, and patient

Rule #1: Start With a Budget

The first step to financial discipline is understanding where your money goes and where you want it to go. To start a budget, you'll first need to figure out how much money you have coming in and out.

If you don't already have a handle on these numbers, then it's time to get serious about tracking them. The easiest way to do this is by using a spreadsheet to list all of the items you spend money on each month.

Once you've got your numbers down, it's time to set some goals. You can think about what kind of lifestyle you want, and then determine how much money it will take to support that lifestyle. Once you know what your income needs are, then it's time to start making cuts!

The best place to start is with any extraneous monthly costs—things like entertainment subscriptions or gym memberships that aren't absolutely necessary for maintaining your current lifestyle. Once those are gone, look at other areas where cuts could help, like cell phone plans, electricity usage, eating out less, reducing insurance premiums, [shopping with a list](#), [paying off your debts](#), etc.

Rule #2: List Out All of Your Debt

The next rule to follow in order to become a more disciplined spender is to know exactly what you owe, and how much it's costing you. Start by making a list of all of your debts. Include credit card debt, student loans, personal loans, car loans, and mortgages. Then add interest rates, minimum monthly payments, and total balances for each account. Finally, add in the minimum monthly payment that goes towards these debts each month – this can be found on statements or by asking the lender directly. Once you have an accurate picture of where your money is going right now, and where it could be going if only there were no such thing as debt, you can start working toward building financial discipline through [paying off each debt one at a time](#).

Rule #3: Put Away Money for an Emergency Fund

An emergency fund is a great way to establish financial discipline. It's essential that you have at least three to six months worth of living expenses saved up in case something unexpected happens, like losing your job or having medical bills pile up unexpectedly. It

could also come in handy if there's some kind of natural disaster or economic downturn where people are laid off, furloughed, and have trouble paying their bills on time due to not having cash flow incoming from work.

It's important to know that this safety net is not the same as saving for your dream vacation or saving up for your next big purchase.

Rule #4: Think About the Future

The next step in developing financial discipline is to think carefully about your options. This means taking the time to consider your choices and how they might fit with your goals, needs, priorities, and situation.

Some questions you may want to ask yourself include:

- What are my financial goals and needs?
- Do I want an extravagant lifestyle or will I be happy with a simple life?
- Do I want to save up for retirement so that I can live comfortably in my later years or do I already have enough set aside for this purpose?
- Am I saving up for something specific like my child's college tuition or am I just trying to build up my savings account as a safety net for unexpected expenses like medical bills or car repairs?
- Am I looking toward building enough wealth to retire when I'd prefer?
- How far away are these financial goals from becoming reality?
- Is there anything else that would make achieving those goals harder?



Rule #5: Save for Retirement

When thinking about the future, [retirement planning](#) often comes into play. You should create a savings plan for retirement and discuss an investment strategy with a financial planner in D.C. Once you know what your expenses are, set aside some money specifically for savings and make it part of your monthly budget (this might be the easiest way). If possible, try saving 10% of each paycheck—but even 5% will help build up that emergency fund!

You can do this by contributing to a 401k or IRA. The amount that you should save depends on your age, income, current savings, and debt. If you are younger than 40, you could contribute 10% of your income each year. For example: if your total income is \$50,000 per year and you are 30, then it would be best for you to contribute \$5,000 per year (\$1,000/month).

If you are between 40–50, consider contributing at least 15% of your income each year (ideally 20%). If someone were 45 with an annual salary of \$60,000 they would need to contribute approximately \$9,000 per year (\$1,500/month) into their 401k or IRA account.

Rule #6: Pay Yourself First

There is a simple rule of paying yourself first. What that means is that if you are going to be saving money, you need to pay yourself the first chunk of it before anything else. In other words, if your total take-home salary is \$3,000 per month and your bills amount to \$1,500 per month, then you need to set aside \$500 as savings in order for yourself to have any money left over to pay off debt or invest later.

This does not mean that all of your income should go toward paying off debt or investing; rather, it means that for every dollar earned by working hard at work each day, some portion can be set aside through automatic withdrawals from checking accounts into savings accounts so that there will be enough cash available when taxes are due or when emergencies arise.

Rule #7: Set Goals

If you're serious about achieving financial discipline, you must have goals in mind. Without setting goals you'll likely wander around aimlessly trying to fix things that don't matter or aren't broken.

After deciding on your first goal, write it down and create a plan to achieve it. The plan should include [time frames for reaching certain milestones](#) along the way—and then set deadlines for those milestones.

It is easier to make a goal than it is to keep it, right? So don't be afraid to ask for help; there are many people who want nothing more than to help others achieve their goals, like the financial planners in D.C. at Brown | Miller.

Remember that long-term goals make your investments purposeful. [Our team of experienced professionals](#) will align each investment with your risk tolerance and time horizon, increasing your chances of staying on track to reach your goals. Younger generations have the tendency to put off savings because they might not fully comprehend the power of compounding or time in the market. [Maintaining long-term goals](#) can help you commit and stay invested, giving compounding interest time to work in your favor by growing wealth. The longer you invest, the more you can benefit. Of course you will have opportunities to reinvest your profits to increase potential profit further, so stay flexible.

[Is your financial discipline impacting your success?](#)

Rule #8: Be Flexible, Be Aware and Be Patient

When it comes to your finances, there are no hard and fast rules. There are only guidelines that can change based on your situation, goals, and priorities. Your financial strategy should reflect what's important to you: whether it's saving up for a trip or buying a house;

building an emergency fund or investing in stocks; getting out of debt or saving for retirement. Sometimes those goals can even change within the same year!

Self-discipline is essential to keep your finances in check so that you can plan for the future and avoid debt.

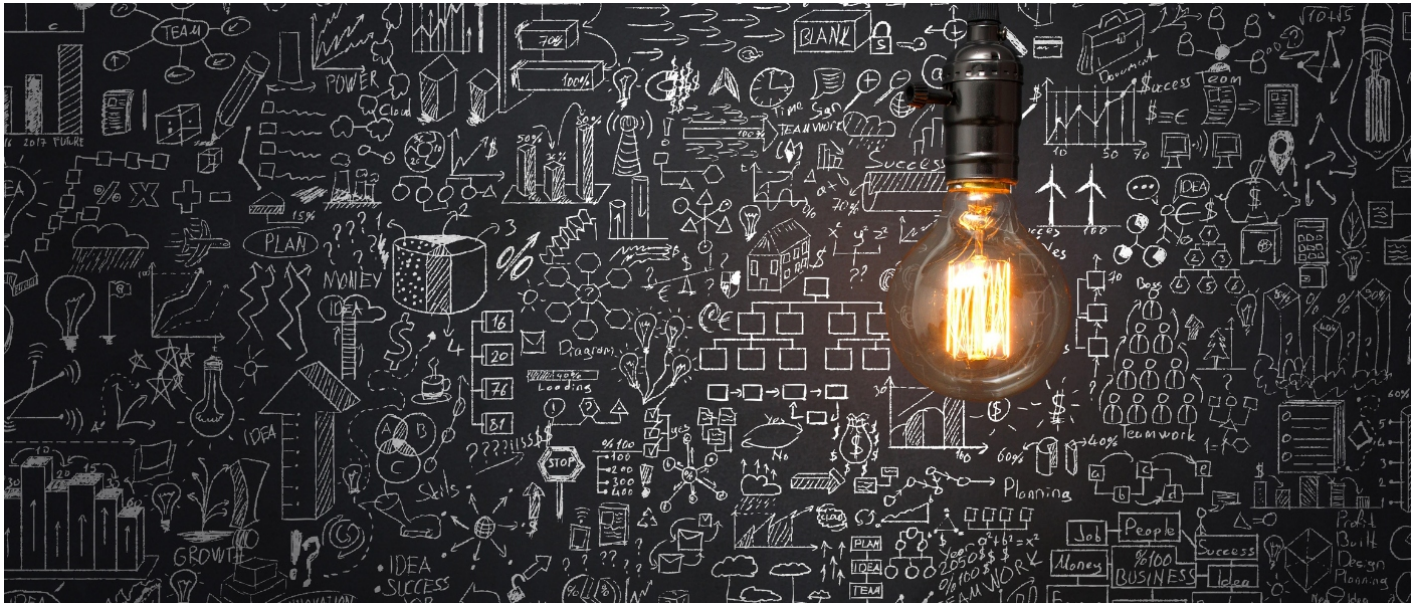
It is absolutely essential to develop self-discipline in order to achieve financial discipline. Self-discipline is the ability to control your own actions and make sure you follow through with your decisions. For example, if you decide that you want to pay off debt and save money for other things, then you will need the self-discipline to stick to this plan even when it's difficult or boring.

Self-discipline is also important because it helps keep your finances under control so that you can plan for the future and avoid getting into debt like many people nowadays trying to [navigate market volatility](#). With enough self-discipline, you can achieve financial stability!

The Takeaway

Financial discipline is the key to benefit from a stable and independent financial status. A person who is disciplined will always be able to manage their finances in such a way that they will not fall into debt or suffer from unexpected expenses. If you want to practice self-discipline, start with these small steps first and build on them as you gain experience.

Importance of Entrepreneurship: Types, Benefits, and Styles



Economies are powered by innovation. Much of that innovation derives from forward-thinking individuals who possess the drive, skills, and background to turn a business vision into reality. The importance of entrepreneurs extends beyond the effect those individuals have on their own companies, however. They impact their broader communities, and, in some cases, even the world.

Entrepreneurs have played a pivotal role in the growth of the U.S. economy since the 19th century. They spur industry transformations, create entirely new markets, and help to build resilient communities. Investopedia describes four ways entrepreneurs benefit society:

- **Economic growth:** The success of the products and services created and sold by entrepreneurs cascades to other businesses and markets.
- **Wealth generation:** Entrepreneurs frequently target new markets and tap audiences outside the focus of established firms. This creates new sources of revenue and profits.
- **Social change:** The innovative goods and services entrepreneurs offer reduce dependence on outdated processes and technologies. One example is the way smartphones have affected how businesses communicate with customers, employees, and partners.
- **Community development:** Entrepreneurs foster a sense of community among people with common goals and interests, whether in a single neighborhood or across continents. Their products and services contribute to the communities' social and economic well-being.

The companies that entrepreneurs found tend to mirror their founders' personalities. Entrepreneurs come from every economic and social background. To prepare for the challenges of translating innovation into rewarding business ventures, entrepreneurs rely on the training and experience they receive from programs such as the [Master of Arts in Management and Leadership](#) degree.

Successful entrepreneurs make their dreams and the dreams of others come true. They are able to match their personality, skills, and creativity with customer needs and market opportunities. This guide explains the importance of entrepreneurship, presents the various types and styles of entrepreneurship, and describes the skills that are most essential for reaching your entrepreneurial goals.

Types of Entrepreneurship

Most people think of an entrepreneur as someone with dreams of becoming a titan of industry. While many would-be entrepreneurs have lofty goals, most hope only to create a successful business, whether that success spans the globe or reaches no farther than their local community. Types of entrepreneurship range from hometown storefront businesses to technological innovations that can change the world.

These snapshot profiles of various entrepreneur types demonstrate the range of opportunities available to people who dream of starting their own business.

Small-Business Entrepreneurs

The U.S. Small Business Administration (SBA) reports that small businesses generate 44% of all business activity in the country. Small-business entrepreneurs differ from other small-business owners in their company's legal status: Entrepreneurs generally incorporate their businesses, while owners operate as sole proprietors, partnerships, or other nonincorporated entities.

Small-business entrepreneurs take greater risks than the typical small-business owner, and they tend to rely on a broader set of skills that encompass high-level thinking, analytical reasoning, and complex interpersonal communication.

Investor Entrepreneurs

The roles of investors and entrepreneurs are typically seen as complementary but distinct: Entrepreneurs seek investors to bankroll their new companies. However, some entrepreneurs focus solely on providing financial backing to new business entities. Investor entrepreneurs may start their careers in one of the two roles and segue into a hybrid of both to tap the strengths of each.

For example, entrepreneurs may feel the need to continually tweak their operations, which can prevent business processes from being firmly established. By taking an investor role and purchasing an ownership share in a business, entrepreneurs are likely to address business opportunities more strategically to capitalize on short-term performance as well as long-term goals.

Technology Entrepreneurs

As new technologies permeate industries of all types, it could be said that all entrepreneurs are technology entrepreneurs in some regard. However, over the past 40 years the image of technology entrepreneurs has been dominated by billionaires such as Bill Gates, Jeff Bezos, and Mark Zuckerberg. What distinguishes this type of entrepreneur is their practical application of scientific innovations to solve business problems.

Technology entrepreneurs are characterized by their passion and unshakeable belief in the inherent value of the products or services they create. Becoming a tech entrepreneur typically entails working long hours and making financial sacrifices in the short term for the prospects of long-term gain. Tech entrepreneurs must also possess the ability to sell their ideas, persevere through hard times, and make others feel as enthusiastic about their ideas as they do.

ENTREPRENEURSHIP



Internal Entrepreneurs

Internal entrepreneurs, or “intrapreneurs,” apply the principles of entrepreneurship to projects within an existing company or organization. One important distinction between entrepreneurs and intrapreneurs is the latter’s lack of personal investment, which reduces the impact of potential failure on any individual.

Intrapreneurs tend to be self-motivated, proactive, and innovative employees who create an entrepreneurial spirit within their team. When companies give employees the freedom to experiment and grow within an organization, they can benefit from the success of their employees’ internal projects. However, firms that fail to personally recognize the work of intrapreneurs risk seeing them leave to become true independent entrepreneurs.

Online Entrepreneurs

Internet-based businesses offer many advantages to entrepreneurs, including low startup costs and the ability to establish an online presence quickly to take advantage of the fast pace of changing markets. However, the low barrier to entry can be a dangerous illusion for online entrepreneurs who fail to realize the hard work and perseverance required to achieve their business goals.

Online enterprises require the same time and effort commitment as other forms of entrepreneurship, and they are subject to their own challenges, many related to technology. For example, an online business will likely rely on partnerships with many different service providers, an outage at any of which could knock the business offline.

Entrepreneurship Styles

Just as no two companies are identical, each entrepreneurial endeavor is as unique as the person behind it. Entrepreneurship styles are as varied as the ideas that spur entrepreneurs to action. One key for entrepreneurial success is to create a company whose strengths match the prominent characteristics of its founder.

Matching Entrepreneurship Approach to Personality

An entrepreneur’s personality, background, and experience influence their approach to starting a business. These are among the most common entrepreneurship styles:

Innovators have the potential to transform entire industries with novel ideas. Inventor Thomas Edison was the prototype for the modern innovative entrepreneur. These entrepreneurs possess extensive knowledge of their industry, including its customers’ needs. They also know how to develop and market their innovative products.

Managers are often considered the antithesis of entrepreneurs, but management skills are paramount in bringing a great idea to fruition as a commercial product or service. Manager entrepreneurs understand the importance of choosing and nurturing a good team of workers, and ensuring that they have the tools and resources to succeed.

Opportunists identify an important business or technical problem, devise a winning solution to the problem, and plot a course to bring that solution to market in the form of a commercial product. Opportunity entrepreneurs tend to have a business background rather than a technical one, so they may focus too much on short-term goals and lose sight of the larger picture.

Revolutionaries are in many ways the antithesis of manager and opportunity entrepreneurs because they typically have technical backgrounds and may show disdain for established business practices. While revolutionary entrepreneurs such as Apple founder Steve Jobs leave a legacy that is both broad and deep, they often need the help of nontechnical business people to realize their world-changing vision.

Entrepreneurs Whose Businesses Match Their Personalities

Just as Steve Jobs’ larger-than-life personality was the perfect fit for his dream of making computers “for the rest of us,” as Apple’s marketing slogan proclaimed, other important entrepreneurs succeed by applying their unique, inimitable style to the task of devising brand-new solutions to real-world problems.

John D. Rockefeller was “the richest man in history,” according to Investopedia, after founding Standard Oil in the late 19th century. Rockefeller’s fortune was due in large part to his focus on running the company as efficiently as possible by creating vertical and horizontal integrations for its operations. However, Rockefeller’s ruthless quest for efficiency bordered on unethical business practices. The social backlash to the Standard Oil monopoly ultimately led to the company’s breakup.

Walt Disney is famous as a pioneering animator and entertainment mogul, but his greatest innovation may have been in recognizing the potential of merchandising his creations in the form of toys, clothing, and other items. The Disney Company remains one of the largest and most successful entertainment enterprises in the world.

Jeff Bezos founded Amazon out of a garage in Seattle in the 1990s. Less than 25 years later, the company is one of the most valuable in the world, and Bezos is a billionaire many times over. Since his school days, Bezos has had a vision that extends beyond our planet, but he also has a practical side that realized the potential of the internet long before the rest of the world did. As Amazon achieved record-breaking growth early this century, Bezos simultaneously invested in a variety of endeavors outside online retail, including the commercial space project Blue Origin.

Entrepreneurs Arise from Diverse Backgrounds

Any field can serve as a springboard for a successful new business enterprise. Entrepreneurs arise from a range of educational, technical, and business experiences that include management, technology, sales and marketing, and scientific research. In addition to an abiding passion to see their innovations realized, entrepreneurs share certain characteristics:

They are independent thinkers.

They are optimistic and confident about their chances for success.

They are creative problem solvers.

They are tenacious, visionary, and focused.

They are more likely to act than to wait, and they attack challenges rather than avoid them.

Entrepreneurship Skills

Growing a business requires a diverse set of skills, but the one trait that ties them all together is leadership. Entrepreneurs transform an idea into a product or service that has value to customers. Each step in the process from creating the business plan to achieving profitability calls for a range of organizational and interpersonal skills, all of which depend on leadership.

Important entrepreneurship skills run the gamut from understanding the risks versus rewards of the business venture, to having a plan in place for responding as circumstances change. These are the capabilities that entrepreneurs need to make their businesses thrive:

Leadership: Entrepreneurs demonstrate their zeal for the enterprise in all of their interactions with investors, employees, and outside parties. They are confident in themselves and in the business, and they are decisive yet adaptable. They listen to and respect the opinions of others, and are always taking advantage of opportunities to study and learn.

Interpersonal communication: Entrepreneurs understand that the lines of communication in an organization must run both ways. Communication is particularly important to entrepreneurs because it makes all their other skills more effective. Communication skills are used to close sales, boost employee morale, resolve conflicts, and negotiate contracts.

Organizational behavior: Technology is a vital part of any new business venture, but the ability to manage people will ultimately determine a company's success. People management takes many forms, but the key is to match the organizational approach with the characteristics of the business and its employees.

Business strategy: The importance of having a clear business focus and being optimistic and driven to achieve the company's goals is balanced by the need to be adaptable and acknowledge when industries, markets, and customer preferences change. Entrepreneurs are decisive and passionate, but they are also ready and willing to make changes when necessary to keep the company on a path forward.



Collaboration and project management:

Entrepreneurs understand the importance of being a good team member as well as serving as a team leader. They establish relationships with managers, investors, partners, and stakeholders as peers who all have important roles to play rather than as a hierarchy.

Benefits of Entrepreneurship

The benefits of entrepreneurship extend beyond the businesses they establish. Entrepreneurs improve the lives of individuals and communities, as well as the overall economy. Entrepreneurs have been instrumental in spurring social change and improving the way people live and work. They help raise the standard of living for everyone by creating jobs and making products safer, less expensive, and more functional.

Entrepreneurs' rewards for taking on the risks entailed in transforming an idea into a business include the earnings their investment generates, as well as the ability to set their own schedule. However, entrepreneurs also gain the satisfaction of seeing their idea transformed into a thriving enterprise, and of knowing their skills and leadership helped to make it happen.

Communities reap the benefit of entrepreneurship because businesses help to foster innovation, promote economic development, and create jobs. A successful company is likely to expand, which generates taxes, jobs, and other benefits for the area. Thriving businesses tend to attract other ventures in the same or related fields, and they often invest in community projects and support local charities.

Entrepreneurs play an important role in growing and sustaining the **U.S. economy**. The technologies pioneered by entrepreneurs have created entire industries, including smartphones, wireless products, online retail, social media, and streaming entertainment.

Despite the many benefits of entrepreneurship, it has inherent risks. Lack of appropriate government oversight can result in unfair labor practices, corruption, and criminal activity. Also, new business ventures have a high rate of failure: According to data from the U.S. Bureau of Labor Statistics (BLS) cited by Fundera, 20% of small businesses fail in the first year, 50% fail within five years, and 70% fail within 10 years of opening. The benefits of entrepreneurship are realized only after much preparation, planning, and hard work.

An Education Geared to the Needs of Entrepreneurs

Entrepreneurs need the right foundation in business and management. A program such as Maryville University's [online Master of Arts in Management and Leadership](#) can offer the crucial training and skills innovators need to succeed. Courses such as Interpersonal Management Skills, Enterprise Planning and Control, Leadership, and Organizational Behavior and Development prepare tomorrow's important entrepreneurs for the challenges they will face as they pursue their career goals.

Innocent Magutshwa: Capturing Dreams Through the Lens of Innoe Pics

Innocent Magutshwa, the 28-year-old visionary behind Innoe Pics, is a Zimbabwean-born photographer whose journey from the enchanting city of Harare to his current home in Botswana has been nothing short of inspiring. From a young age, Innocent fostered a passion for photography that has blossomed into a flourishing career, marked by a unique blend of African roots, artistic flair, and an unyielding commitment to excellence.

As Innocent was establishing himself as a formidable photographer, he immersed himself in the world of Ozzy Entertainment and Ranos Pictures. These experiences were pivotal, shaping his distinctive approach to photography and providing the foundation for the launch of his own venture, Innoe Pics. Today, Innocent stands as a sought-after photographer whose work resonates with clients worldwide—a testament to his perseverance, dedication, and the desire to craft something truly extraordinary.

Innoe Pics is more than a mere brand; it's a philosophy of excellence and results. Innocent's artistic lens, coupled with a background in art and design, infuses each image with a distinctive vibrancy and meaning. Driven by an unbridled love for the craft, Innoe continually pushes the boundaries of photography, creating visuals that are not just striking but also emotionally resonant.

Innocent's talent has garnered attention from esteemed platforms. *Celebrity World Magazine* featured his work, recognizing his creativity and skill. Additionally, Coca-Cola Africa and Savana acknowledged his work on their social media, attesting to the universal appeal of Innocent's unique perspective and attention to detail.

The journey to success has not been a solitary one for Innocent. He has had the privilege of working with South African celebrities and gaining exclusive access to major regional events. Shonashe Ndebele, a mentor and maternal figure, played a pivotal role in supporting Innocent's journey by sponsoring his first camera and providing invaluable guidance. With a strong foundation of familial love and encouragement, Innocent is well on his way to achieving greatness.

Looking to the future, Innocent envisions opening an academy to impart the art of photography to children, nurturing their creative voices. His social media following of over 30,000 on Facebook alone attests to the community that rallies behind his work—a testament to his talent, hard work, and unwavering dedication.

Beyond his role as a photographer, Innocent is a beacon of inspiration for aspiring entrepreneurs. His resilience and determination echo through his words, motivating small business owners to pursue their passions and persevere in the face of challenges. Innocent's positive attitude not only defines his own success but serves as a wellspring of hope for others navigating the entrepreneurial journey.



Innocent's success story has been buoyed by the support of sponsors like Mizpah K, Luxpensive, Savage Pop-up, BK Proctor for the Lovely Cap, and Kaylaw. These sponsors, coupled with recognition from celebrities and radio interviews, underscore the growing success and reputation of Innocent Magutshwa.

Innocent Magutshwa, with his lens capturing not just images but dreams, stands as a testament to the transformative power of passion, dedication, and an unwavering belief in one's craft. As the founder of Innoe Pics, he continues to inspire and enchant the world through his vibrant and evocative photography.

Innocent Magutshwa: Capturing Dreams Through the Lens of Innoe Pics



Baking Dreams into Reality: The Inspiring Journey of Polokano T. Molebatsi and The Bakers Fairy

In the heart of Botswana, a passionate and enterprising woman, Polokano T. Molebatsi, has turned her love for baking into a thriving business known as The Bakers Fairy. At 33 years old, Polokano is a testament to the power of determination, resilience, and the support of loved ones in pursuing entrepreneurial dreams.

Born in Lentsweletau and now residing in Serowe after her marriage, Polokano holds a BSc in Computing obtained from Teeside University in 2014. Despite her academic background, it was her husband who recognized her innate passion for baking and encouraged her to transform it into a business venture. Thus, The Bakers Fairy was born, specializing in the production and supply of fresh cakes, cupcakes, chocolates, marshmallows, and pastries tailored to customer requirements for various life events and corporate functions. The Bakers Fairy, initiated as a part-time venture, targets both individual customers and corporate organizations with aspirations to penetrate the retail market. Based in Tlokweng with a retail stall in Railpark Mall, Gaborone, the business officially started in April 2020, just days after President Masisi declared a State of Emergency (Lockdown) due to the global pandemic. Polokano recalls, "That was when my husband had a conversation with me that we would have a lot of time at home doing almost nothing. He then challenged me to think about what I could do as a business, and he would support me in that." After compiling a list of ideas, baking emerged as the frontrunner, leading to the official registration of The Bakers Fairy with CIPA.



While juggling the responsibilities of being a full-time employee at Botswana Post, Polokano has managed to steer The Bakers Fairy to remarkable heights. The business experienced a significant breakthrough when large corporate organizations such as Orange Botswana, ABSA Bank, JCB, New Era College, and Access Bank started placing substantial orders, with the highlight being a massive order of 400 cakes from Access Bank on Valentine's Day.

However, like any entrepreneur, Polokano has faced challenges in her journey. "My biggest challenge has always been finding a bigger place to run this business. Retail spaces are expensive and difficult to find," she confesses. Despite these hurdles, she remains optimistic, stating, "But we're closing in on that."

What sets The Bakers Fairy apart is not only its commitment to quality and taste but also its use of unique family recipes that distinguish its products from others in the market. Polokano proudly asserts, "One thing I'm sure of is that you'll never eat a cake that tastes like ours anywhere." The company values customer feedback and continually strives for improvement, whether in the product itself, packaging, or branding.

Looking ahead, The Bakers Fairy envisions becoming one of the biggest brands in Botswana and the region. The business aims to offer specialty products to retail shops nationwide and eventually expand into the global market, recognizing the interconnectedness of the world.

The success story of The Bakers Fairy is underpinned by effective time management, meticulous planning, and, most importantly, the unwavering support from Polokano's family, especially her husband and daughter. Their encouragement has been a driving force, as Polokano reflects, "Had it not been for them, I wouldn't have made it this far." With dreams as sweet as her cakes, Polokano T. Molebatsi is well on her way to leaving an indelible mark in the world of baking and entrepreneurship.



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The Best Relationship Advice, According to Experts

Relationship advice is a tricky thing. When it's unsolicited, it can be annoying and sometimes even insulting (hey, we all have that friend). But when you actually seek it out, it can be hard to find what you're really looking for—like a definitive answer on whether or not yours is healthy, and what's truly important.

Sure, there's your go-to advice like "don't go to bed angry," and "respect is important," but we've all heard those before. That's why we consulted expert therapists for the best tips they most regularly share with their patients.

Schedule dates to talk about your relationship.

"Commit to investing an hour—on an ongoing basis—to work on strengthening your relationship, troubleshooting, and making it more satisfying," says Manhattan-based licensed clinical psychologist [Joseph Cilona](#), Psy.D. Set up a weekly or monthly dinner where you only talk about relationship issues or goals.

Sure, it might sound drab, but getting your "homework," or couple's maintenance out of the way during a designated conversation is better than having it sabotage a perfectly romantic meal. Make sure to cover the things that you're grateful for as well as use the time to figure out how to solve problems and minimize them in the future, Cilona says.

Be candid about your feelings—the good and the bad.

Regularly opening up can help bring you closer, says psychotherapist [Beth Sonnenberg](#), L.C.S.W. "Once you think that your feelings don't matter, won't be heard, or are not worth sharing, you open the door to harbor negativity and resentment." That includes positive feelings, too, she points out—especially when they're connected with your partner. "People need to feel appreciated in any relationship," she adds.

Figure out the recurring issues in your relationship. Then, do something about them.

Every couple has these. Maybe you repeatedly fight about your intense work schedule, or your partner's spending habits. Whatever it is, not addressing the root of the problem means you're going to continue to fight. That's why Cilona recommends that you and your partner identify recurring conflicts, and decide on the solutions. It's helpful to focus on "specific and discrete behaviors" when you do this instead of labels and interpretations, he says.

For example, instead of saying that your partner is inconsiderate when they buy a mini fridge without consulting you, it's better to say that when they make big purchases without talking to you first, you feel like they're trying to hide things from you. "Focusing on the issue rather than blame can allow for more effective problem solving and a team-based approach," Cilona says.



Don't expect your partner to be your BFF.

"We expect so much from our relationships these days. We want our partner to be a best friend, confidant, co-parent, and companion. Yet, this sets us up to be disappointed when our partner cannot fulfill our needs," says licensed family therapist David Klow, owner of Skylight Counseling Center in Chicago and author of [You Are Not Crazy: Letters from Your Therapist](#).

Obviously, you should expect your partner to meet some of those needs, but the best friend one is complicated. If you feel like your partner just isn't best friend material for you, Klow recommends finding "healthy, alternative ways" to have that need met through others. "This can free up your relationship to be a source of joy rather than something that lets you down," he says.

Before commenting, repeat their words out loud.

It's called "mirroring." Here's how it works: When you're having an important discussion with your partner, repeat back exactly what you heard them say before you comment on it. For example, something like "So what you're saying is, you think we need more time for just us without friends or kids around?" is more effective.

"You will be endlessly surprised at how the simplest statements are heard differently by various people," Cilona says. "This not only dramatically improves the accuracy and quality of communication by allowing for correction of misinterpretations, but also creates a strong sense of being heard and understood in each partner."



Remember, don't just say how you feel... show it.

Sure, it's a good idea to say, "I love you" often, but "the act of showing matters, because we don't say those three little words as often as we should," says psychotherapist Barton Goldsmith, Ph.D., author of [The Happy Couple](#).

He recommends expressing yourself by doing little things like making coffee for them in the morning, warming up their car, or stocking the freezer with their favorite flavor of [Halo Top](#). "A random act of kindness doesn't take much, but it can make a big difference," he says.

Don't be afraid to talk about money.

It's so easy to fight about finances but talking about money—the right way—can actually help make your relationship stronger, Cilona says. "A couple that communicates their financial goals, and is willing to work together to achieve them, will likely have a deeper bond," he adds.

So, if you know you like doing your research before a big purchase but your partner is more impulsive, have that conversation before the car lease is up. Or, if you're more interested in [investing in travel](#) than saving up for a vacation home, be up front about your preferences so you can find a common ground.

Choose to love your partner every day.

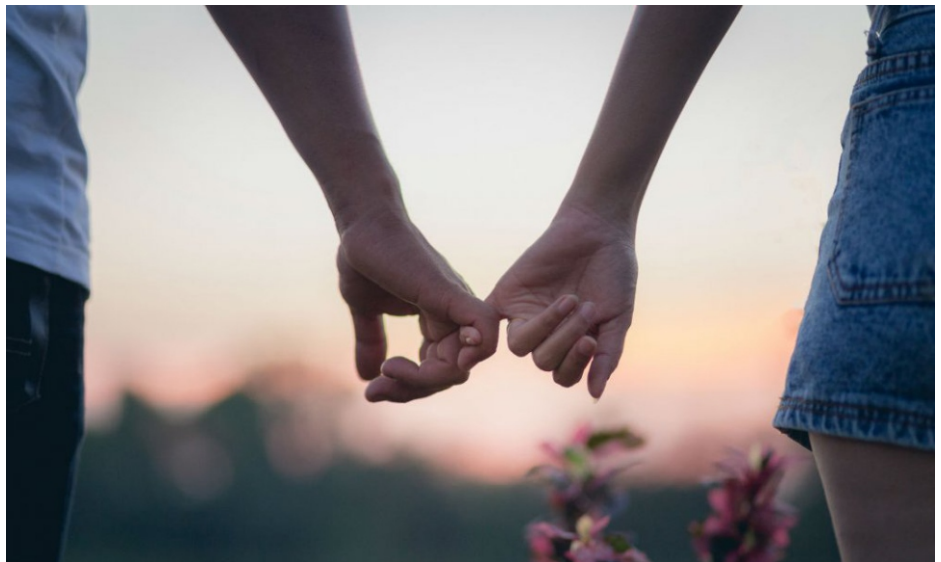
"My favorite piece of advice is the idea that every day we wake up and decide to feel affection towards our partner," says psychotherapist [Jennifer L. Silvershein](#), L.C.S.W. The idea behind this is simple, she says: Love is an active daily choice, and you have control over how you're feeling. "When we wake up and the first thing we notice is a flaw in our partner, it will be hard to feel connected and in love for the rest of that day," she says. "If we wake up and identify something we love or admire, that sets the tone."

Fight in a productive way.

Every couple fights, but fighting in a way that moves the conversation forward and clearly explains why you're feeling a certain way can make a difference. Silvershein recommends being specific about how your partner's actions impact you. For example, "When you forget to text when you'll be late, it makes me feel like you don't care." "When we begin shifting our language to share how our partner's behavior makes us feel rather than just telling them what to do, I find that couples become more fluid and more aligned in their daily functioning," she says.

Ask your friends for advice.

Sure, you and your partner have your own thing going on, and no one is perfect. But maybe you admire the way your couple-friends seem to navigate conflict or you really want to emulate the united front that your parents have always had



Whatever it is, talk to these people about how they're able to achieve the aspects of their relationship that you admire, Cilona says. You don't need to make a huge thing of it. Just say, "I really love how you and your partner seem to share responsibilities. How do you do that?" Then, if the advice seems good and doable for you? Talk to your partner about it.



TOP 10 TOURIST ATTRACTIONS IN BOTSWANA



Botswana is not only regarded as one of the most exclusive safari destinations in Africa, but one of the most remarkable wilderness areas on earth. Boasting vast areas of protected wilderness, pristine landscapes, and a rich diversity of wildlife, as a safari destination, Botswana is hard to top.

The south and east of Botswana consist of the jaw-dropping Kalahari Desert and lunar-like pans at Nxai and Makgadikgadi. The north and west, on the other hand, comprise the dazzling water worlds of the Okavango Delta and Chobe River ecosystem. The sheer diversity of Botswana's terrain lends itself to an endless array of things to do, see, and explore.

Whether it's your first trip to Botswana or your 10th, there is always something unique and exciting to experience when visiting one of Africa's most extraordinary safari destinations.

Here are the top 10 tourist attractions in Botswana to visit on your next trip.

THE OKAVANGO DELTA

One of the largest inland deltas, the vast and virtually untouched freshwater wetland that is the Okavango Delta is deemed one of the world's premier wilderness areas. The Delta is also a UNESCO World Heritage Site and was voted one of the Seven Natural Wonders of Africa in 2013.

The Delta covers between 6 and 15 000 square kilometres of Kalahari Desert in northern Botswana and owes its existence to the Okavango (Kavango) River. The Okavango River cuts through the center of the Kalahari Desert, creating a unique inland water system that gives life to a vast diversity of birdlife and wildlife as well as the Okavango Delta's dynamic ecosystem.

CHOBE NATIONAL PARK

The renowned Chobe National Park lies within Botswana's Okavango Delta and covers four distinct eco-systems. Chobe National Park is home to over 120,000 African elephants, making it one of the top places on the planet to see these huge mammals in their natural environment. The **best time of year** to enjoy **spectacular sightings of these gentle giants** of the African bushveld is during **Botswana's cooler, winter months (dry season) between May and September** when enormous herds congregate on the banks of the Chobe River.

The unspoilt wilderness of Chobe National Park not only supports the world's largest concentration of African elephants, but a multitude of buffalo and a remarkable and vast diversity of wildlife and birdlife. The Savuti Marsh in particular offers some of the highest concentrations of wildlife in Africa all year round.

The Chobe National Park is also home to the beloved endangered African wild dogs, jackals, leopards, and various predators, to mention a few. The Savuti region of the Chobe National Park is notoriously known for brutal clashes between lions and hyenas as well as where powerful prides famously take down Africa's biggest game like buffalo, giraffe and even elephants.

You can self-drive in Chobe National Park, which makes it a great park to visit for those on a road trip or on an African wildlife adventure. You can also easily do a daytrip from Zimbabwe or Zambia. Alternatively there is a wide variety of accommodation options available.

TULI BLOCK

Bordering South Africa and Zimbabwe at the confluence of the Limpopo and Shashe Rivers, the Tuli Block is a beautiful wildlife rich area located in eastern Botswana. Boasting dramatic rocky scenery, towering baobab trees and thick riverine forests, it is a magnificent corner of Botswana that's unlike the rest of the country. The Tuli Block was once an area of private farms, but a few decades ago the land was transformed into a well-managed conservation area and wildlife sanctuary. Now the Tuli Block encompasses several reserves, including Mashatu Game Reserve and the Northern Tuli Game Reserve – One of the largest privately owned game reserves in Southern Africa.

Besides offering wildlife and nature lovers an exclusive African safari experience, one of the Tuli Block's greatest allures is its prolific wildlife, with incredible sightings guaranteed year-round. There are large herds of elephant, several species of antelope, plenty of lion, leopard, wildebeest, and even cheetah. The Tuli Block is also one of Southern Africa's bird watching hot spots with at least 350 species recorded.

Due to it being private land, thrilling guided walking safaris and night drives can be enjoyed when visiting the Tuli Block. It also boasts several excellent and exclusive lodges and camps to stay at.

MAKGADIKGADI SALT PANS

One of the largest salt pans in the world, Makgadikgadi was once a lake covering a vast 10,000 square kilometers of north-eastern Botswana. While the cracked and dry Makgadikgadi Salt Pans may not look like the type of environment that would attract a large population of wildlife, people will be pleasantly surprised when visiting this unique part of Botswana.

During summer, the desolate dry expanses of Makgadikgadi come to life with thriving grasslands, attracting a vast diversity of wildlife, including springbok, wildebeest and zebra followed closely by lion and cheetah. Shallow waters begin to flood over seemingly endless pans, drawing thousands of flamingos.

By far one of the top highlights of visiting the Makgadikgadi Salt Pans during Botswana's wet season is seeing Southern Africa's largest zebra migration from the Boteti River. During the annual zebra migration visitors will have the opportunity to witness thousands of zebras move through Botswana's Makgadikgadi and Nxai Pan National Parks. The annual zebra migration is the second largest migration of wildlife in Africa.

TSODILO HILLS

The Tsodilo Hills is undoubtedly one of the top tourist attractions in Botswana. Declared a UNESCO World Heritage Site in 2001, Tsodilo Hills is famed for its religious significance and is comprised of rock paintings, shelters,



depressions, and caves. Often referred to as a spiritual outdoor art gallery, Tsodilo Hills showcases more than 4,000 ancient San Bushmen rock paintings, with over 4,500 cave drawings being found throughout the site. You will also find around 400 sites depicting hunting scenes, ritual dances, and typical safari animals.

It is said that some rock art dates back more than 20,000 years and archaeologists have ascertained that people lived in this area as far back as 100,000 years ago. The San Bushmen further believed this sacred area to be the site of the first creation of man and a resting place for spirits of the dead.

When visiting the Tsodilo Hills in Botswana, you can expect to hike the three main hills (especially if you're looking to experience the full Tsodilo Hills exploration journey), with the assistance of local guides. There is a basic campsite and a small but informative museum on site.

NXAI PAN NATIONAL PARK

Technically part of the Makgadikgadi Salt Pans, Nxai Pan was created as an extension to expand the conservation area. Situated within Nxai Pan you'll find the magnificent and highly sought-after wilderness and safari destination, the Nxai Pan National Park. While the spectacular scenery and vast landscapes is one of the area's main draws, boasting remarkable sand dunes, towering baobab trees, and of course the salt pans themselves, Nxai Pan and Nxai Pan National Park has so much to offer.

During Botswana's rainy season (from November to April), the lakebed becomes beautifully lush and green, playing host to an incredible variety of wildlife that migrate through the area. When flooded, the pans also offer exceptional birding and vast game-viewing opportunities. Another wet season highlight is the great annual zebra migration which sees thousands of zebras move through Botswana's Makgadikgadi and Nxai Pan National Parks. Although the Great Migration in the Serengeti and the Masai Mara is the most famous and biggest land migration in the world, Botswana's zebra migration is actually the longest migration as well as the second largest migration of wildlife in Africa.

While Nxai Pan and Nxai Pan National Park is open to visitors and wildlife lovers all year round, the rainy (wet season – November to April) is undoubtedly the best time to visit this majestic part of Botswana. In addition to the annual zebra migration, visitors are more likely to witness vast herds and a wide range of wildlife during this time of year, including lions, giraffes, kudu, springbok, impala, wildebeest, ostriches, jackals, bat-eared foxes, to mention merely a few of its wildlife highlights. Not to mention the incredible variety of birdlife you'll encounter.

As the Nxai Pan National Park is located in the north-eastern part of Botswana, you can easily combine your visit with a trip to the Okavango Delta and Chobe National Park, which reaches into the park.

MOREMI GAME RESERVE

Covering one third of the Okavango Delta in Botswana, bordering on the Chobe National Park, the Moremi Game Reserve, also known as the Moremi Wildlife Reserve, is a small reserve which is home to a dense concentration and vast diversity of African wildlife. This undoubtedly makes the Moremi Game Reserve one of the top tourist attractions in Botswana for any wildlife enthusiast.

Known for its exceptional and abundant wildlife, Moremi Game Reserve and adjoining private land concessions in the Okavango provide the perfect environment in which to see endangered Wild Dogs and other rare wildlife species in their natural habitat. Some of these rare species include, the Black-maned Kalahari Lion, Sitatunga, Puku and Red Lechwe antelope, Brown Hyena, the African Skimmer and Aardvark.

The Moremi Game Reserve is also regarded as one of the best reserves to spot the renowned African Big Five (lion, leopard, rhino, elephant, and buffalo) thanks to the recent re-introduction of both black and white rhino into the area. If you're an avid bird lover, you are in for quite a treat as Moremi Game Reserve's birdlife is truly unrivalled with over 500 species to admire.



July through to October is the best time to visit this amazing part of Botswana, with 4x4 safaris combined with water-based traditional mokoro trips being the best and most unique way to see the abundant wildlife and birdlife the Moremi Game Reserve has to offer.

KGALAGADI TRANSFRONTIER PARK

Boasting sand dunes, salt pans, and a thriving diversity of wildlife, Kgalagadi Transfrontier Park is one of the best parks to visit in Botswana during the rainy summer months (November – April). Regarded as one of the largest parks in Botswana, the Kgalagadi Transfrontier Park covers an estimated area of 14,670 square miles/ 38,000 square kilometers. Its size is largely due to the fact that it encompasses two previously separate parks: The Kalahari Gemsbok National Park in South Africa and Gemsbok National Park in Botswana.

While you won't find the entire African Big 5 here, migrating herds of wildebeest and other antelope attract large numbers of predators and raptors – resulting in some pretty spectacular sightings. The protected area that makes up the Kgalagadi Transfrontier Park is unfenced, which allows the wildlife to follow their ancient migration routes.

If you're a keen adventurer and wildlife enthusiast looking to experience an off-the-beaten-path African adventure, visiting the Kgalagadi Transfrontier Park should undoubtedly be on your safari bucket-list. The Kgalagadi Transfrontier Park is not easy to get to, especially from the Botswana side. You'll need a 4x4 and the ability to camp self-sufficiently if you're eager to explore and experience this majestic piece of Botswana wilderness.

THE KALAHARI

Botswana's three Kalahari parks, namely Nxai Pan National Park, the Central Kalahari Game Reserve and Makgadikgadi Pans National Park, are a far cry from the common image of a sandy wasteland many might be expecting. Instead, the Kalahari boasts beautiful, wooded grasslands and seasonally flooded pans which are home to an astonishing diversity of wildlife. As the Kalahari and its vivid landscapes are vastly different to Botswana's more popular destinations, it is the ideal destination for seasoned travelers looking for a unique and authentic African safari experience.

Besides classic Kalahari wildlife such as zebra, wildebeest, oryx, eland, springbok and giraffe, Botswana's three renowned Kalahari parks have a reputation for its vast predator activity. When visiting the Kalahari, wildlife lovers are likely to encounter black-maned Kalahari lions, cheetah, black-backed jackal, brown and spotted hyena, leopard, and rare and endangered wild dog sightings. A Kalahari safari also gives you the opportunity to see several of Africa's smaller and more elusive animals such as the wild cat, porcupine, aardwolf, meerkat, and honey badgers.

Birdlife in the Kalahari is surprisingly exceptional, especially during Botswana's rainy summer months between December and April. Avid birders can enjoy incredible sightings of flamingos, secretary birds, martial eagles, great white pelicans, and giant eagle owls.

KHAMA RHINO SANCTUARY

Established in 1992, the Khama Rhino Sanctuary was set-up in an effort to help save Botswana's endangered rhinos from extinction as well as to re-introduce wildlife into the area so that the local community could benefit from tourism. To this day the Khama Rhino Sanctuary plays a vital role in the conservation of one of the most endangered species in the world. Both white and black rhino can be found at the Rhino Sanctuary. In addition to rhinos, the sanctuary is home to several endangered and rare species as well as a variety of wildlife, including the beloved Wild Dog, caracal, aardvark, leopard, cheetah, elephant and more.

The 4,300-hectare reserve is located about 25km outside of Serowe and is heavily patrolled by the Botswana Defence Force to ensure the rhinos remain protected at all times. The sanctuary is centered around the Serwe Pan – a large grass-covered depression with several natural water holes in the Kalahari Desert of Botswana.

If you are self-driving to Botswana's northern game reserves, it's a great idea to stop at the Khama Rhino Sanctuary and witness these magnificent and critically endangered species first-hand. While you're in the park you can also opt to enjoy a walking safari, game drive, or track a rhino on foot with a guide.

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EDUCATIONAL ADVICE

10 HABITS OF SUCCESSFUL STUDENTS



- 1. Get Organized.** Making a plan for what you're going to do and when you're going to do it will make sure you're always ahead of the curve - literally.
- 2. Don't multitask.** Studies have shown that multitasking is physically impossible.
- 3. Divide it up.** Studying isn't fun to begin with, and forcing yourself through a study marathon will only make it worse. Dividing your work into manageable chunks and rewarding yourself when you finish each chunk will make studying (more) fun.
- 4. Sleep.** Don't underestimate the importance of those eight hours of zzz's every night! Getting a good night's rest will sharpen your focus and improve your working memory.
- 5. Set a schedule.** Do you work better right after school or after you've eaten dinner? Are you more productive in 90-minute blocks or half-hour spurts? Find a schedule that works for you, and stick to it.
- 6. Take notes.** Taking notes will not only keep you more engaged during class, but will also help you narrow down what you need to study when exam time rolls around. It's much easier to reread your notes than to reread your entire textbook!
- 7. Study.** This one might be obvious, but did you know that there's a right and a wrong way to study? Review your material several days ahead of time, in small chunks, and in different manners (for example, write flashcards one day and take practice tests the next). In other words, don't cram.
- 8. Manage your study space.** Find a place that will maximize your productivity. Look for places away from the television and other distractions. Whether it's your local library or just the desk in your bedroom, set aside a study space that you'll want to spend time in.
- 9. Find a study group.** Sitting down with a group of people who are learning the same things as you is a great way to go over confusing class material or prepare for a big test. You can quiz each other, reteach material, and make sure that everyone is on the same page. After all, teaching someone else is the best way to learn.
- 10. Ask questions.** You're in school to learn, so don't be afraid to do just that! Asking for help - from a teacher, a tutor or your friends - is a sure-fire way to make sure you truly understand the material.

KIDS INTERVIEW

Preparing your child for their first interview

An interview can be a stressful experience whether it's for a college or university course, an apprenticeship or a job. So we're here to help you support your child on preparation for their interview.

With help from Careers adviser Susan Stewart and Tracy Williams (psychological therapist for [First Psychology Scotland](#)), we've created this checklist to help you support them.

1. Make sure they've done their research

Applicants who show enthusiasm about the role and interest in the company will impress an employer.

'It's important to make sure that your child has done their research as they will be asked why they've applied to this job or course,' says Susan.

Think they need some pointers? Our [how to research an employer tutorial](#) is designed to help.

2. Check the format of the interview

Knowing what to expect when they go in will help them prepare, which helps calm nerves. Find out what kind of interview they're going to do.

For example, in a panel interview 2 or more interviewers will ask questions. If it's a competency-based approach your child will be asked to describe past situations where they had to complete a task or solve a problem.

Make sure they're thinking about the right kind of answers.

Tracy's top tip

Look at the job or course description beforehand. The skills and experience listed in the job description are likely to form the basis of the interview questions. Encourage your child to think of practical examples that demonstrate they have these skills. It does not all have to be work-related, so they should think about school projects and volunteering activities too.

3. Get your child to think about their strengths

'Talk to your child about how best to highlight their strengths in typical interview questions,' says Tracy.

'Making a list of reasons to support why they would be the best candidate for the job can also help.'

Try the [Strengths quiz](#) with your child. It's a good way to get them thinking about what they are good at.

'Most employers will also ask about weaknesses and being able to talk confidently about one that your child had to work on to overcome helps make a great impression,' explains Tracy.

4. Practice makes perfect

It's useful to try a few practice interview questions with your child so that they can think about how they would answer them.

- Tell me about yourself.
- Why have you applied for this position/course?
- What relevant skills and experience do you have?
- What do you know about the organisation?
- What's your biggest weakness?

5. Help them pick something to wear

'It could be their first interview so it's important that they know the appropriate clothing to wear,' says Susan.

'It doesn't have to be a suit. It's important to make sure what they are wearing is clean and ironed.'

Have a look at our article on [dressing for an interview](#) for more advice.

Tracy's top tip

'A first impression can never be re-made: making eye contact with the interviewer and having a firm handshake all go a long way towards interview success,' says Tracy.

6. Prepare to be punctual

Punctuality is one of the things that help to make a good impression.

'It can be a good idea to look at a map and the bus and train routes to make sure that they know how to get there,' says Susan.

'A dummy run is also a good idea too, but I would encourage young people to do this themselves.'

'It's not always a good idea for parents to take their child to an interview. Going alone shows that they are independent.'

7. Encourage the right mind-set

'A very powerful technique is visualising success – more than just positive thinking, visualisation helps get your brain ready to act in a way that leads to success,' says Tracy.

'Talk through how they envisage the interview progressing to a positive result.'

'Remind your child that the interviewer has already shown an interest in them by inviting them for an interview, so they have mastered the first hurdle successfully.'

Tracy's top tip

A good night's sleep, eating well and getting exercise can also help.

8. Reflect on the interview afterwards

'While being offered an interview is a great sign, it's not the same as being offered the job,' says Tracy.

'Allow them to treat each interview as a learning opportunity – if something didn't go well this time, they now know what they can improve on for their next interview.'

QUESTIONS & ANSWERS

1. What are two things you can never eat for breakfast?

Bread and Tea
Lunch and Dinner
Tea and Cookies
Desert

2. What is always coming but never arrives?

Tomorrow
Bus
Earth quake
Storm

3. What gets wetter the more it dries?

A towel
Umbrella
Roof
Floor

4. What can be broken but never held?

A promise
Trust
Heart
Loyalty

5. What word is spelled incorrectly in every single dictionary?

Incorrectly
Wrong
Lie

6. What is it that lives if it is fed, and dies if you give it a drink?

Fire
Duck
Volcano

7. What never asks a question but gets answered all the time?

Your cellphone
Test paper
Researcher
Teacher

8. What word would you use to describe a man who does not have all his fingers on one hand?

Normal, because people usually have half their fingers on one hand.

9. What goes up but never ever comes down?

Rain
Your age

10. What can one catch that is not thrown?

A cold
Tape
Air
Tennis

6 Tips to Kids Health: Digestive System

Good digestion is vital for your children's health

Good digestion has immense health implications. After all, the digestive system helps in providing our children's body its vital nourishment. Digestion breaks down the food that our children take into nutrients, which their body can absorb and use for energy, growth, and maintenance. Beneficial microbes in the digestive system also aid digestion as well as promote immunity against diseases and ward off microbes that can cause illnesses.

Take plenty of foods that are loaded with fiber

Fiber promotes healthy digestive function. It helps regulate bowel movement and remove waste from your child's body. It also helps to prevent constipation or hard stools. Certain fibres with prebiotic properties also promote the growth of beneficial microbes in the gut.

Vegetables and fruits are good source of fiber. The recommended vegetables and fruits intake for children is as below.

Age	Vegetables (Servings/day)	Fruits (Servings/day)
7 Years	2	2
7 - 18 Years	3	2

Drink lots of waters

Together with fiber, water helps in stool evacuation and is also recommended for those with constipation problems.⁵

The recommended water intake for children is as below⁴.

Age	Plain water (Glass, 250ml per day)
2-3 Years	1-2
4-18 Years	6-8

Consume milk that is easy to digest and gentle on tummy

According to Malaysian Dietary Guidelines for Children and Adolescents, children are recommended to consume 2 to 3 servings of milk and milk products everyday⁴. You may give your child a milk that is easy to digest and gentle on tummy if he/she has delicate tummy. With the advances in children nutrition technology, growing up milk that is formulated with partially hydrolyzed protein (broken down protein) and lowered lactose is now made available to help support your child's digestion.

Move and exercise

Regular light to moderate physical activity or play can promote the evacuation of stool and gas. Studies also show that it helps in digestive problems like constipation and inflammatory bowel disease.⁶ Children are recommended to accumulate at least 60 minutes of moderate-intensity physical activity daily⁴, such as a game of catch and throw, riding a bicycle, brisk walking or playing badminton.

Eat regular meal or snacks

Regular mealtime routines help with the daily toilet habits of children. Skipping meals or snacks is not recommended.



All zodiac signs have their own characteristics and traits which define someone's personality. Wouldn't it be helpful if you started your day by already knowing about what's going to come your way? Read on to find out whether the odds will be in your favour today.

SAGITTARIUS (Nov 23-Dec 21)

A good routine will restore your energy. The monetary condition will start showing signs of improvement. Your knack for marketing yourself successfully is likely to take you places! This is the time to do your bit on the family front to win appreciation. An out-of-town visit to meet relatives is on the cards for some. You are likely to achieve what you have set out for on the academic front.

Love Focus: You may find a partner in romantic mood today, so go with the flow!

Lucky Number: 15
Lucky Colour: Red

CAPRICORN (Dec 22-Jan 21)

Weight watchers are likely to be filled with a sense of achievement. Financially the day augurs well for the professionals. Appreciation for a job well done awaits you at work! You can expect full support of family in all your endeavours. Undertake long distance travel today. Day seems favourable for builders and property dealers. Performance on the academic front will be good.

Love Focus: Love is in the air for those looking for it.
Lucky Number: 2
Lucky Colour: Maroon

AQUARIUS (Jan 22-Feb 19)

You remain financially stable and moneyswise contented. Your advice can be sought at the workplace on an important matter. Peace reigns on the domestic front. A strenuous morning dose of exercise can tire you out. Keep travel options open-ended. You are likely to find a perfect getaway for rest and relaxation. You are likely to excel in the academic sphere.

Love Focus: Much romancing is foreseen, as you catch your lover in just the right mood!

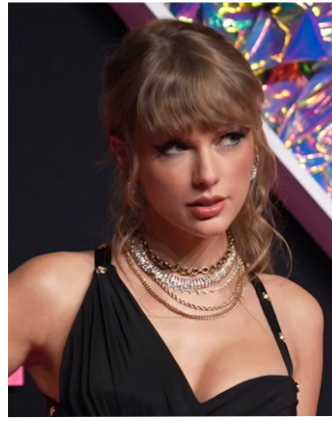
Lucky Number: 15
Lucky Colour: Peach

PISCES (Feb 20-Mar 20)

Excellent health is yours for the asking. Good financial acumen will help some in adding to their wealth. Some of you are likely to get closer to your professional goals. A pleasant surprise awaits some on the domestic front. Vacation may be too rushed up to turn enjoyable. Purchase or development of the property is on the cards for some.

Love Focus: Those looking for love partner are likely to get lucky.

Lucky Number: 1
Lucky Colour: Pink



TAYLOR SWIFT

Taylor Alison Swift is an American singer-songwriter. Recognized for her songwriting, musical versatility, artistic reinventions, and influence on the music industry, she is a prominent cultural figure of the 21st century.

BORN: 13 DEC 1989
PROFESSION: SINGER & SONGWRITER



NICKI MINAJ

Onika Tanya Maraj-Petty, known professionally as Nicki Minaj, is a Trinidadian-born rapper, singer, and songwriter based in the United States. Often referred to as the "Queen of Rap", she is known for her musical versatility, animated flow in her rapping, alter egos, and influence in popular music.

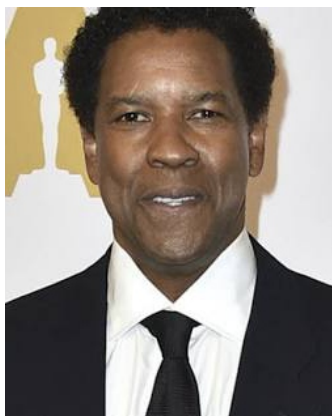
BORN: 8 DEC 1982
PROFESSION: RAPPER & SONGWRITER



RAVEN SYMONÉ

Raven-Symoné Christina Pearman-Maday, also known mononymously as Raven, is an American actress, singer, and songwriter. She has received several accolades, including five NAACP Image Awards, two Kids' Choice Awards, three Young Artist Awards, and three Daytime Emmy Award nominations

BORN: 10 DEC 1985
PROFESSION: ACTRESS, SONGWRITER & SINGER



DENZEL WASHINGTON

Denzel Hayes Washington Jr. is an American actor, producer and director. In a career spanning over four decades, Washington has received numerous accolades, including a Tony Award, two Academy Awards, three Golden Globe Awards and two Silver Bears.

BORN: 28 DEC 1954
PROFESSION: ACTOR, PRODUCER & DIRECTOR

ZULU PEOPLE



Zulu people (*/ˈzuːluː/*; Zulu: *amaZulu*) are a [Nguni](#) ethnic group native to [Southern Africa](#). The Zulu people are the largest [ethnic group and nation in South Africa](#), with an estimated 10–12 million people, living mainly in the province of [KwaZulu-Natal](#).

They originated from Nguni communities who took part in the Bantu migrations over millennia. As the clans integrated, the rulership of [Shaka](#) brought success to the Zulu nation due to his improved military tactics and organisation.

Zulus take pride in their ceremonies such as the Umhlanga, or Reed Dance, and their various forms of beadwork.

The art and skill of beadwork take part in the identification of Zulu people and act as a form of communication and dedication to the tribe and specific traditions. Today the Zulu people predominantly believe in Christianity but have created a [syncretic religion](#) that is combined with the Zulu's prior belief systems.

ORIGIN

The Zulu were originally a minor clan in what is today Northern [KwaZulu-Natal](#), founded ca. 1574 by [Zulu kaMalandela](#). In the [Nguni languages](#), *iZulu* means *heaven* or *weather*. At that time, the area was occupied by many large [Nguni](#) communities and clans (also called the *isizwe* people or nation, or called *isibongo*, referring to their clan or family name). Nguni communities had migrated down Africa's east coast over millennia, as part of the [Bantu migrations](#). As the nation began to develop, the rulership of Shaka brought the clans together to build a cohesive identity for the Zulu.

STRENGTH OF THE ZULU NATION

The Zulu nation's growth and strength were based on its military organization and skills during Shaka's reign and those of his successors. The military was organized around the *ukubuthwa* ("to be enrolled") system, which did away with initiation ceremonies for the most part. Each age set, or group of young men of the same age, was assigned to the same regiment (*ibutho*, singular; *amabutho*, plural), according to the system. Girls were also subject to *ukubuthwa*, but they were usually assigned to an age group rather than to a regiment. The *amabutho* were housed in military barracks (singular, *ikhanda*; plural, *amakhanda*) located throughout the kingdom and under the command of a close relative to (or someone else appointed by) the king.

The barracks were designed and laid out similarly to an *umuzi*, but on a much larger scale. Aside from military duties, the *izinsizwa* ("young men") were also responsible for the repair and maintenance of their barracks.

KINGDOM

The Zulu formed a powerful state in 1816 under the leader [Shaka](#). Shaka, as the Zulu commander of the [Mthethwa Empire](#) and successor to [Dingiswayo](#), united what was once a confederation of tribes into an imposing empire under Zulu [hegemony](#). Shaka built a militarized system known as [impi](#) featuring conscription, a standing army, new weaponry, regimentation, and encirclement battle tactics. Zulu expansion was a major factor of the [Mfecane](#) ("Crushing") that depopulated large areas of southern Africa. It was during this period when Shaka deployed an army regiment for raiding tribes in the North. The regiment which was under Mzilikazi disobeyed Shaka and crafted a plan to continue raiding up-North forming another dialect of Zulu language referred to as Northern Ndebele (now in Zimbabwe).

CONFLICT WITH THE BRITISH

In mid-December 1878, envoys of the British crown delivered an ultimatum to 11 chiefs representing the then-current king of the Zulu empire, [Cetshwayo](#). Under the British terms delivered to the Zulu, [Cetshwayo](#) would have been required to disband his army and accept British sovereignty. Cetshwayo refused, and war between the Zulus and African contingents of the British crown began on January 12, 1879. Despite an early victory for the Zulus at the [Battle of Isandlwana](#) on the 22nd of January, the British fought back and won the [Battle at Rorke's Drift](#), and decisively defeated the Zulu army by July at the [Battle of Ulundi](#).

ABSORPTION INTO NATAL

After Cetshwayo's capture a month following his defeat, the British divided the Zulu Empire into 13 "kinglets". The sub-kingdoms fought amongst each other until 1883 when Cetshwayo was reinstated as king over [Zululand](#). This still did not stop the fighting and the Zulu monarch was forced to flee his realm by [Zibhebhu](#), one of the 13 kinglets, supported by Boer mercenaries. Cetshwayo died of a heart attack in February 1884, leaving his son, the 15-year-old [Dinuzulu](#), to inherit the throne. In-fighting between the Zulu continued for years until in 1897 Zululand was absorbed fully into the British [colony of Natal](#).

APARTHEID YEARS

Under [apartheid](#), the [homeland](#) of [KwaZulu](#) (*Kwa* meaning *place of*) was created for the Zulu people. In 1970, the Bantu Homeland Citizenship Act provided that all Zulus would become citizens of KwaZulu, losing their South African citizenship. KwaZulu consisted of many disconnected pieces of land, in what is now

[KwaZulu-Natal](#). Hundreds of thousands of Zulu people living on privately owned "black spots" outside of KwaZulu were dispossessed and forcibly moved to [bantustans](#) – worse land previously reserved for whites contiguous to existing areas of KwaZulu. By 1993, approximately 5.2 million Zulu people lived in KwaZulu, and approximately 2 million lived in the rest of South Africa. The [Chief Minister](#) of KwaZulu, from its creation in 1970 (as Zululand) was Chief [Mangosuthu Buthelezi](#). In 1994, KwaZulu was joined with the province of Natal, to form the modern KwaZulu-Natal.

LANGUAGE

The language of the Zulu people is "isiZulu", a [Bantu language](#); more specifically, part of the [Nguni](#) subgroup. Zulu is the most widely spoken language in South Africa, where it is an [official language](#). More than half of the South African population can understand it, with over 9 million first-language and over 15 million second-language speakers. Many Zulu people also speak [Xitsonga](#), [Sesotho](#) and others from among [South Africa's 12 official languages](#).

HISTORY

The creation of beadwork dates back to the times of war for the Zulu people. This particular form of beadwork was known as *iziqu*, medallions of war. Often worn as a necklace, the beads were displayed in a criss-cross formation across the shoulders. This assemblage of beads by the warriors represented a symbol of bravery. Before the use of glass was apparent to the Zulu, beadwork was derived from wood, seeds and berries. It was not until the arrival of Europeans that glass became a trade material with the Portuguese, which soon became abundantly available to the Zulu.

PURPOSE

Beadwork is a form of communication for the Zulu people. Typically when one is wearing multiple beads, it is a sign of wealth. The more beads one is wearing, the wealthier they are perceived. The beads have the potential to convey information about a person's age, gender and marital status. The design of the beads often conveys a particular message. However, one must know the context of their use to read the message correctly. Depending on the area in which the beadwork was made, some designs can depict different messages compared to other areas. A message could be embedded into the colours and structure of the beads or could be strictly for decorative purposes. Beadwork can be worn in everyday use but is often worn during important occasions such as weddings, or ceremonies. For example, beadwork is featured during the coming of age for a young girl or worn during dances. The beaded elements complement the costumes worn by the Zulu people to bring out a sense of finery or prestige.

APPAREAL

Beadwork is worn by all men, women, and children at any age. Depending on which stage of life an individual is in, the beadwork indicates



different meanings. Beadwork is predominantly worn when young Zulu people are courting or in search of love affairs. The wearing of decorative beadwork can act as an attempt to grab the attention of someone of the opposite sex. Also, the gifting of beadwork is a way of communicating interest with lovers. During the transition from single to married women, beadwork is shown through a beaded cloth apron worn over a pleated leather skirt. As for older or mature women, beadwork is displayed in detailed headdresses and cowhide skirts that extend past the knee. These long skirts are also seen on unmarried women and young marriageable-age girls. Men are more conservative when wearing beadwork. However, when a young boy is seen wearing multiple necklaces, it is a sign that he is highly interested in these gifts from various girls. The more gifts he wears, the higher the prestige he obtains.

COLOURS OF BEADS

Various forms of beadwork are found in different colour schemes. Typically, there are four different types of colour schemes:

Isisshunka – white, light blue, dark green, pale yellow, pink, red, black. This colour scheme is believed to have no specific meaning.

Isithembu – light blue, grass green, bright yellow, red, black. This colour scheme derives from clans or clan areas.

Umzansi – white, dark blue, grass green, red. This colour scheme also derives from clans or clan areas.

Isinyolovane – a combination of any colours not consistent with other colour schemes. This colour scheme is often related to connotations of perfection and charm.

The colours of beads might hold different meanings based on the area that they originated from. It is often that this can lead to

misrepresentation or confusion when attempting to understand what the beadwork is communicating. One cannot assume that the colour system is standard across [South Africa](#). [In some areas, the colour green symbolises jealousy in a certain area, but in other areas it symbolises grass. One must know the origin of the beadwork to interpret the message correctly.](#)

SOCIETAL ROLES

MEN

The Zulu people govern under a patriarchal society. Men are perceived as the head of the household and seen as authoritative figures. Zulu men identify themselves with great pride and dignity. They also compare themselves to qualities of powerful wild animals such as bulls, lions and elephants. The men contribute to society by acting as defenders, hunters, and lovers. The Zulu men are also in charge of herding the cattle, educating themselves on the lives of disciplined warriors, creating weapons, and learning the art of stick fighting.

STICK FIGHTING

The art of stick fighting is a celebration of manhood for Zulu men. These men can begin to learn this fighting art form as young as the age of five years old. There are multiple reasons why men learn how to stick fight. For example, men may want to learn so that they can set right any wrongs or insults made towards them. Other reasons some men choose to learn are for sporting purposes, proving skills or manliness, and self-defence. The goal of stick fighting is to injure the opponent and sometimes even kill. There are rules of etiquette that must be abided by when stick fighting. The men can only fight a man the same age as them. One cannot hit the opponent when they lose their stick. Only sticks are allowed when fighting

WOMEN

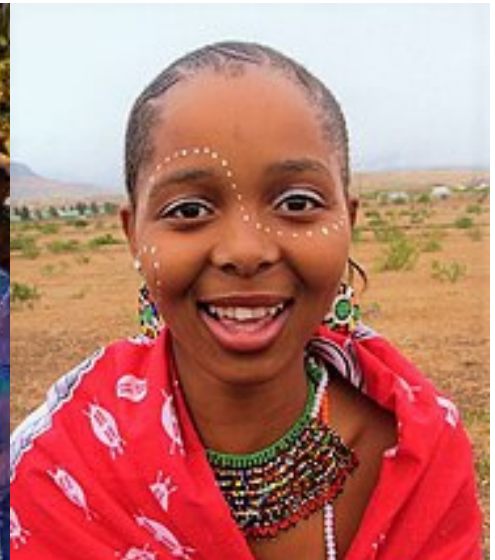
The women in Zulu society often perform domestic chores such as cleaning, raising children, collecting water and firewood, laundry, tending to crops, cooking, and making clothes. Women can be considered as the sole income earners of the household. A woman's stages of life lead up to the goal of marriage. As a woman approaches puberty, she is known as a *tshitshi*. A *tshitshi* reveals her singleness by wearing less clothing. Single women typically do not wear clothing to cover their head, breasts, legs and shoulders. Engaged women wear hairnets to show their marital status to society and married women cover themselves in clothing and headdresses. Also, women are taught to defer to men and treat them with great respect. The women are always bound by a male figure.

BRIDE WEALTH

Zulu people have a system called *ilobolo*. This term is particularly used by Zulu people when it comes to bride wealth. Every African ethnic group has different requirements when it comes to [bride wealth](#). In pre-capitalist Zulu society, *ilobolo* was inextricably linked to the ownership of cattle. During that time, there was not a fixed number of cattle required for the wedding to happen; it could be paid before the marriage or during the marriage. The groom takes the cattle from his father's herd to perpetuate the family heritage. Nonetheless, this ritual changed during colonisation because in 1869, [Theophilus Shepstone](#), then [Natal Secretary for Native Affairs](#), formalized the *ilobolo* payment to 10 cattle for commoners (plus the *ingquthu* cow for the mother), 15 for hereditary chief siblings and 20-plus for the daughters of a chief. They found it too lenient to let the groom give whatever amount he wanted, so they decided to establish a specific number of cattle that would be needed before or at the start of the marriage. This has been accepted by Zulu men who were educated in mission schools, but according to more ritual people this became "untraditional". Additionally, with the instaurance of the Natal Code, some Zulu men decided to settle another way in which they could decrease the *ilobolo*: offer a token payment or bring a present for the father of the prospective bride to decrease the *ilobolo* amount to be paid.^[26] The payment of *ilobolo* can be difficult for some families, but as it is often considered a symbol of pride and respect, many are willing to maintain this tradition as long as possible.

RELIGION AND BELIEFS

Most Zulu people state their beliefs to be [Christian](#). Some of the most common churches to which they belong are [African Initiated Churches](#), especially the [Zion Christian Church](#), [Nazareth Baptist Church](#) and [United African Apostolic Church](#), although membership of major European Churches, such as the [Dutch Reformed](#), [Anglican](#) and [Catholic](#) Churches are



also common. Nevertheless, many Zulus retain their traditional pre-Christian belief system of ancestor worship in parallel with their Christianity.

Traditional Zulu religion includes belief in a creator God (*uNkulunkulu*) who is above interacting in day-to-day human life, although this belief appears to have originated from efforts by early Christian missionaries to frame the idea of the Christian God in Zulu terms. Traditionally, the more strongly held Zulu belief was in ancestor spirits (*amaThongo* or *amaDlozi*), who had the power to intervene in people's lives, for good or ill. This belief continues to be widespread among the modern Zulu population.

Traditionally, the Zulu recognize several elements to be present in a human being: the physical body (*inyama yomzimba* or *umzimba*); the breath or life force (*umoya womphfumulo* or *umoya*); and the "shadow" prestige or personality (*isithunzi*). Once the *umoya* leaves the body, the *isithunzi* may live on as an ancestral spirit (*idlozi*) only if certain conditions were met in life. Behaving with [ubuntu](#), or showing respect and generosity towards others, enhances one's moral standing or prestige in the community, one's *isithunzi*. By contrast, acting in a negative way towards others can reduce the *isithunzi*, and the *isithunzi* can fade away completely.

To appeal to the spirit world, a diviner ([sangoma](#)) must [invoke](#) the ancestors through divination processes to determine the problem. Then, a herbalist ([inyanga](#)) prepares a mixture ([muthi](#)) to be consumed to influence the ancestors. As such, diviners and herbalists play an important part in the daily lives of the Zulu people. However, a distinction is made between white *muthi* (*umuthi omhlope*), which has positive effects, such as healing or the prevention or reversal of misfortune, and black *muthi* (*umuthi omnyama*), which can bring illness or death to others, or ill-gotten wealth to the user. Users of black *muthi* are considered witches, and shunned by society.

Christianity had difficulty gaining a foothold among the Zulu people, and when it did it was in a [syncretic](#) fashion. [Isaiah Shembe](#), considered the Zulu [Messiah](#), presented a form of Christianity (the [Nazareth Baptist Church](#)) which incorporated traditional customs.

Furthermore, the Zulu people also practice a ceremony called [Ukweshwama](#). The killing of the bull is part of Ukweshwama, an annual ceremony that celebrates a new harvest. It is a day of prayer when Zulus thank their creator and their ancestors. By tradition, a new regiment of young warriors is asked to confront a bull to prove its courage, inheriting the beast's strength as it expires. It is believed this power was then transferred to the Zulu king.

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The Rise of Icon Trey: Botswana's Naija Music Sensation



In the ever-evolving world of music, emerging talents have the power to reshape entire genres and pave the way for something fresh and exciting. One such artist is Tsothe Mabei, affectionately known as Icon Trey in the music industry. Hailing from Kanye, Botswana, Icon Trey embarked on his musical journey in 2019 as a rapper. Since then, he has undergone a transformation, creating a unique blend of music with a distinct Naija flavor, spreading messages of love and positivity. Let's delve into the remarkable journey of this rising star and explore his contributions to Botswana's music landscape.

Icon Trey's musical odyssey began at Simz Records, where he released his debut single, "Lebitso la Morena." This gospel track captured the hearts of listeners, and its success led to Icon Trey's nomination for the Botswana Gospel Music Awards (BOGMA). His music quickly climbed the ranks and secured a spot in the top 10 at the awards, marking a promising start to his career.

Building on his early success, Icon Trey joined forces with the talented Pro Lanez at Mollo Records Presents. This partnership yielded a collection of 13 captivating songs. In 2020, he released his EP titled "Christian Motivation," collaborating with artists like Sannah, Aron Psalm, and Amond Ray. This project not only showcased his versatility but also solidified his presence in the industry.

In 2021, Icon Trey's relentless pursuit of musical excellence earned him a nomination at the Botswana Music Union (BOMU) Awards, in the New Comer category. Further recognition came when he performed at the Miss Christianity event, where a South African promoter recognized his talent. This opportunity led to a gig at Elinino Lounge in Mafikeng, South Africa, expanding his reach beyond Botswana's borders. Icon Trey's love for music continued to blossom, and in 2022, he released "Beautiful Destiny" on Valentine's Day. This heartfelt track resonated with audiences and gained airplay on prominent radio stations such as Yarona FM and RB2, further boosting his popularity.

Icon Trey acknowledges that the music industry in Botswana faces various challenges. It heavily relies on connections, making it difficult for newcomers without established networks. He emphasizes the importance of talent enhancement and effective marketing for aspiring artists to gain recognition and bookings.

Icon Trey's music journey took an exciting turn when he drew inspiration from Naija music. Influenced by artists like Bayanni from Nigeria, he created "Go Down with Moshpit," a song that seamlessly blends Naija elements with his unique style. Icon Trey's music predominantly conveys messages of love, romance, and a positive outlook on life, conveyed through lyrics in Setswana, English, and Nigerian languages.

The artist is determined to make a significant impact in the Southern African music scene, aspiring to follow in the footsteps of Naija music's global recognition. In 2023, Icon Trey is set to release a new song featuring Zambian vocalist Aster Devine. This collaboration emerged from social media connections, proving that the digital age has the power to unite talents across borders. He also has plans to work with Modercai ZM, a renowned Zambian artist who gained popularity with the viral hit "Fire" in African and American countries.

Icon Trey's musical journey is a testament to the power of determination, talent, and the fusion of diverse influences. His ascent in the Botswana music industry and his foray into the Naija music genre have set him on a promising path. As he continues to create, collaborate, and expand his horizons, the future looks bright for this rising star, and we can expect more exciting music from him in the years to come.

Martin Beats: Crafting Quality Tunes in the Heart of Botswana

In the vast realm of music production, Mogomotsi Martin Chuma, better known as Martin Beats, stands as a passionate force reshaping the sound waves in the entertainment industry. His journey from a casual listener to a dedicated music producer is a testament to his commitment to elevating the music scene in Botswana.

Martin's musical odyssey began in his childhood, surrounded by the melodies of Jeff Matheatau, Westlife, Franco, U2, and others of his generation. However, it was a pivotal moment after completing his Cambridge in 2012 that set him on the path to becoming a music producer.

Noticing the lackluster response to many upcoming artists on stage, Martin identified a gap in the industry—a need for high-quality, captivating music. Inspired by his cousin, Rhyme Killa, who was working on an album, Martin's initial expectations were high, anticipating tunes akin to the popular Lil Wayne tracks of the time. To his surprise, the album fell short, leading him to declare, "This whole album is not nice at all except 2 songs which have at least a slight chance to play on the radio." It was this critical moment that fueled Martin's determination to become a music producer dedicated to delivering superior quality. His mission is evident in the affordability of song production at Decibel Studios, his creative hub.

Martin's advice to aspiring artists is clear—come to the studio lyrically ready. He emphasizes the importance of raw singing to gauge vocal range and rhythm, allowing him to tailor the production to the artist's unique style and preferences.

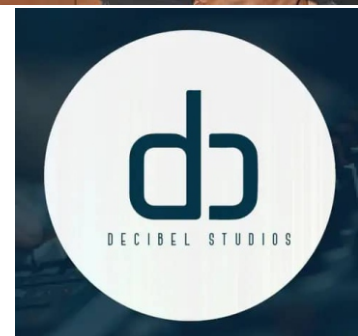
Collaborating with artists like Casmo Marciano and Dj Skizoh, Martin Beats has left an indelible mark on the music scene. "PROUD OF ME," a collaboration with Casmo Marciano, was born out of Martin's mother's concerns about his first trip to Rustenburg—a testament to the personal touch he brings to his craft. Favouring Fruity Loops for its flexibility, Martin also utilizes Cubase and Reason, especially for live recordings. His versatility extends to producing various music genres, as he believes that if he can hear it, he can learn and produce it quickly.

Expressing enthusiasm for working with artists of diverse backgrounds, Martin values their opinions, considering them the masterminds behind their craft. He recognizes the importance of cultural nuances and language in music production, tailoring each project to align with the artist's vision.

In the ever-evolving music industry, Martin sees streaming platforms as a game-changer. While acknowledging challenges in local market attitudes towards online purchases, he remains hopeful that as times change, the appreciation for local music will grow.



Currently, Martin Beats is on a mission to enhance the sound of live-recorded gospel, jazz, and rhumba songs in Botswana. As Decibel Studios expands structurally and equipment-wise, Martin's goal is to make a lasting impact on the global music scene. With an upcoming Extended Play (EP) from Mapetla, the world can anticipate singing along to the vibrant tunes echoing from Martin Beats' creative haven.



10 Best Places to Visit in Russia



The largest country in the world really has it all—mountains, valleys, frozen lands, and warm sands, and an incredible number of amazing natural destinations to impress any visitor.

Some of the oldest cities in Russia, including [Moscow](#) and [St. Petersburg](#), still retain their imperial splendor—obvious not only in their architecture but also in their majestic parks, shopping centers, and even metro stations.

Other cities and regions—including far-away destinations in **Siberia** and **the Far East**—offer a chance to explore things like the stunning beauty of the **tundra** and the **Northern Lights**, volcanoes, and more **skiing** than you could ever dream of.

From striking gilded palaces to vast natural spaces, take a look at our list of the best places to visit in Russia.

1. Lake Baikal

When it comes to breaking records, Lake Baikal is hard to beat. This massive high-altitude rift lake in Siberia is the **oldest and deepest lake in the world**—reaching a maximum depth of 1,642 meters and an estimated 25 million years of age. Baikal is also the largest freshwater lake in the world—over 20 percent of the world's freshwater is in this lake.

Although Lake Baikal is considered **one of the clearest lakes in the world**, this is particularly noticeable in winter, where, in some areas, it's possible to see up to 40 meters down into the water—even though much of the lake's surface freezes over for up to five months of the year.

For about a month around August, the lake's water temperature can reach around 16 degrees Celsius, making it suitable for quick dips or short swims. During the rest of the year, however, it usually stays under five degrees Celsius.

In summer, Lake Baikal is a famous destination for kayaking, boat cruises, and island hopping to discover shorelines and beaches. In winter, when the lake freezes over, visitors can cross-country ski across sections of it and visit the frozen Tazheran Steppes caves.

2. Moscow

Since most international flights arrive or at least stop in Moscow, it's worth planning your trip so you at least have a few hours to [explore the city](#). Russia's capital is a magnificent mix of greenery, stunning architecture, and lots of historical reminders of times gone by.

Visitors to Moscow usually start exploring in the center, where the **Kremlin**, **Red Square**, and the colorful **St. Basil's Cathedral** are located. The shopping mall **GUM**, with its glass and steel roof, is also a popular destination—even for tourists who can't afford the luxury brands sold here—and a great place to try authentic Russian food.

Even if museums are not exactly your thing, Moscow has some amazing options worth visiting, including **The State Tretyakov Gallery** (which houses only Russian art); the **Pushkin Museum** (for more international collections); and the Kremlin Armory Museum for a look into some unique items, such as the ivory throne of Ivan the Terrible and gold-covered imperial carriages.

The Bolshoi Theater, one of the largest ballet and opera theaters in the world, is also worth a visit if you can get tickets.

Some of the best things in Moscow require some walking to be properly explored, such as the **pedestrian-only shopping street Stary Arbat** and the boardwalk along the River Moskva.

Moscow's Metro stations are a work of art in themselves, decorated with porcelain relief, crystal chandeliers, and unique mosaic artworks that make these places basically look like subterranean palaces. Mayakovskaya metro station, with its ceiling mosaics and pink rhodonite columns, and Kiyevskaya station, filled with white marble, frescoes and elaborate artworks, are two of the most stunning ones to visit.

3. St. Peterburg

Although smaller than Moscow, St. Petersburg actually has so much to offer, it's often impossible to see it all in one day. Compared to Moscow, St. Petersburg feels more European—fine art and exquisite design details mixing in with history around every corner. You can explore it on foot to admire the architecture up close and personal, or hop on a cruise to explore part of the 300 kilometers of canals that cut through the imperial city.

Around the World

For a stunning overdose of white and gold colors, visit **Moika Palace** (most famous for being the place where Rasputin was killed) and the Neoclassical, 19th-century **St. Isaac's Cathedral**, which is actually a Russian Orthodox museum.

The **Hermitage Museum**, perhaps St. Petersburg's most famous tourist attraction and the **second largest art and culture museum in the world**, has a collection of over three million items that cover everything from prehistoric art (including articles from the nomadic tribes in Altai) to Catherine the Great's art collection.

About 25 kilometers outside of St. Petersburg, and more than worth the day trip, is **Peterhof Palace**. Built in the early 1700s as a summer residence for Peter the Great, it greatly resembles the Palace of Versailles in France.

4. Altai

The Altay Mountains in **Siberia** extend from Russia into **China, Kazakhstan, and Mongolia**. Traditionally inhabited by different ethnic groups involved in horse husbandry and forestry, it is also a very popular tourist destination for both locals and travelers. Together with a number of natural reserves and lakes, the Altay Mountains are part of a **UNESCO World Heritage Site**.

There's a lot of untouched beauty in Altai, where frozen rivers and snowcapped mountains attract cross-country skiers and other outdoor lovers in winter, as well as hikers (the area around **Aktru Glacier** is especially popular for trekking), kayakers, and climbers in summer. More unusual activities, including diving, cave exploring, and herb and mushroom picking, can also be pursued here.

The **Denisova Cave** in Siberia is particularly significant because of the bone fragments, artifacts, and even prehistoric horses that have been here—some dating back 50,000 years.

The resort town of **Belokurikha** is a popular starting point for Altai adventures, and many tourism agencies offer organized trips from here.

5. Sochi

A summer beach resort town **sitting right on the Black Sea**, Sochi offers long stretches of pebble and sand beaches, imposing examples of Stalinist architecture, a summer film festival known as Kinotavr, and plenty of spas and outdoor markets to please all budgets and tastes. The longest river in Russia, Mzymta, cuts through Sochi before it empties into the Black Sea, and it's a very **popular destination for rafting**.

The 3000-square-kilometer **Caucasian State Nature Biosphere Reserve**, just 50 kilometers from Sochi, is a UNESCO World Heritage Site and home to a number of unique species of flora and fauna, including the endangered Persian leopard.



The nearby **Rosa Khutor ski resort** is another favorite destination during winter and a **world-class alpine skiing area**—the 2014 Winter Olympic Games were hosted here.

6. The Russian Tundra

The tundra is a unique biome that only exists in or near the **Arctic Circle**. Here, temperatures are so cold that trees can't grow, and only moss, shrubs, and certain types of grasses can get through the winter. In most places, the tundra is synonymous with permafrost—meaning the ground is permanently frozen. In areas where the top layer of ground does melt during summer, marshes and streams will form over the land, leading to beautiful patches of colorful icy water.

The Russian tundra is home to polar bears, seals, gray wolves, and rich birdlife during nesting season. Over the past few decades, ecotourism has become more and more interested in the tundra areas, especially the **Great Arctic State Nature Reserve** near Krasnoyarsk Krai, where visitors can take a number of environmental routes to explore, try bird-watching, or visit as part of an educational tour.

The city of **Murmansk**, in the Kola Peninsula, not only offers incredible tundra views, but it's also a great place to catch a tour to see the **Northern Lights**.

7. Peterhof

Peterhof might be home to a university and a major Russian watch manufacturer, but this relatively small city's call to fame is the **Peterhof Palace**. Originally designed and built in the early 1700s for Tsar Peter the Great in a style that resembles the Palace of Versailles, the palace grounds cover an area of almost 4000 hectares.

There are 173 garden fountains around the palace—some, like the **Grand Cascade fountains**, with special features that activate water jets when people get close. The lower gardens, designed in French formal style, offer marble statues, shaded walking paths, and even an aviary pavilion.

The Grand Palace itself is a masterpiece of architecture, with majestic colors (there are gold details everywhere), art imported from Asia and the Far East, walls covered in authentic Chinese silk, and a massive ballroom covered in gilded carvings. The palace contains 10 separate museums, which hold art, furniture, and palace items from the 18th century.



8. Olkhon Island

One of the **world's largest lake islands**, Olkhon is covered in steep mountains, lush forests, and taiga. The island is in Eastern Siberia and has a small permanent population that consists mostly of local Buryats, a Mongolic indigenous group who believes the island to be a powerful spiritual place.

Tourism has become a growing industry on Olkhon Island, with visitors coming over to explore places such as the coastal sand dunes and the abandoned Peschanaya Village and former Soviet labor camp nearby.

This area is also famous for its **"walking trees,"** an unusual phenomenon that causes strong winds to uncover tree roots on the beach and gives them the appearance of a standing person.

There are several semi-urban settlements on the island, with **Khuzir** being the largest and the one offering homestays for visitors who want to stay over. The village also houses the small but interesting **National History Museum of Revyakin**, which chronicles life on the island as far back as Neolithic times.

9. Petropavlovsk-Kamchatsky

Located in the Russian Far East, the city of Petropavlovsk-Kamchatsky is surrounded by **volcanoes** (including the active, snowcapped Koryakskaya Sopka volcano) and cannot be reached by road—in fact, the only way to get into the city is to fly in.

Those who take on the challenge and get here, however, will discover an active city center with tons of monuments, squares, and churches. The city lies right against Avacha Bay, a great place for a waterside stroll and to catch a **whale watching tour**.

Tours to the volcanoes should be at the top of your list if you visit here, but skiing on **Krasnaya Sopka mountain** and a visit to the world's only Museum of Salmon are also must-dos.

The small but unique **Vulcanarium Museum** here offers a unique insight into the world of volcanoes and probably your only chance ever to touch lava.

10. Vladivostok

Located near the borders with China and North Korea and just across the ocean from Japan, Vladivostok is Russia's largest port city. A major stop on the Trans-Siberian Railway route, the city was actually off-limits to foreigners during Soviet Union times and now receives lots of foreign visitors eager to discover it.

The city is home to many parks and public spaces, including Sportivnaya Harbor with its **beautiful beach** and promenade, and the Eagle's Nest viewpoint at the top of a hill.

Vladivostok's Russky Bridge is a stunning architectural marvel and the **longest cable-stayed bridge in the world** at 1,885 meters. The bridge connects Vladivostok to Russky Island, where visitors will find Philippovsky Bay and its **beautiful sandy beaches**, as well as Voroshilov Battery, a military museum.

History buffs will appreciate a chance to explore the WWII C-56 Submarine or visit the **Museum Vladivostok Fortress**, originally built to protect the city against potential attacks from Japan.

10 easy garden ideas that will give your outdoor space a fresh new look



Upgrade your space with these easy garden updates – from planting to painting we have you covered

Easy garden ideas can sometimes sound like a contradiction if you're sorely missing a green thumb. However, we're here to reassure you that there are so many things you can do that will transform your outdoor space without toiling away for hours in the garden.

There are plenty of ways to give your [garden](#) an instant lift without having to call in the professionals for hard landscaping – which can also help you save on [gardenlandscaping costs](#). However, we will level with you that some of the most impactful ideas in this round up will require a little patience to see the full results of any changes you've made.

We've made the most of our cumulative 100 years of experience and the emerging trends we've seen at different flower shows this year to create a round up of the easiest garden ideas to spruce up your garden without stress and strain.

Transforming your garden doesn't need to be a vast and overwhelming task. Sometimes a bit of paint and a few tweaks can turn a concrete block into an oasis.

Whether you're not much of a gardener or are just looking for easy ways to overhaul your garden instantly this weekend, we've rounded up some of the best tips we've learned from garden designers and planting pros over the years.

Choose jewel toned plants

The easiest way to transform your outdoor space is with plants. But, when you're at the garden centre rather than just flinging random plants into the cart, consider first what plants will grow well in your type of garden, then plan out a colour palette. Our favourite colour scheme which we spotted as a trend at the Chelsea Flower Show this year was 'jewel gardens'. This involves opting for really rich and vibrant plants, interspersed with easy-to-care-for greenery such as ferns and hostas.

[Chris Beardshaw](#), a garden designer who included jewel-like planting in his 2023 Chelsea Flower Show garden explained that they can actually help create a more relaxing garden. 'Those jewel-like blooms, the subtlety, the modesty of those blooms, amongst verdant green foliage is in a way an encouragement for us to stop, to pause, to enjoy the moment we find ourselves in and enjoy the detail of everything that surrounds us,' he says. 'It's all about slowing down and enjoying what surrounds us.'

Create a canopy of trees

Adding trees to a garden requires a little patience if you don't want to have to remortgage your home to afford them. According to garden designer [Christina Cobb](#), who featured a small tree in her Restorative Balcony Garden at the Chelsea Flower Show 2023, the trick is to buy them as small as your patience will allow you to get them for the best price.

'I would say instead of thinking about what specific tree to use, you more just have patience in your mind,' she explains. 'Go small and let it grow, and then you just have to think about the eventual height and spread of the tree. Just don't buy something like a Cyprus that is going to get massive. Keep it to something a bit smaller. So maybe something like a multi-stem amelanchier would be really beautiful!'

Utilise gravel for a low maintenance garden

[Gravel garden ideas](#) have become a garden trend that has slowly been gathering speed in popularity. It is a super easy low-maintenance garden idea that will not only help keep weeds under control but also look super chic.

All you need is to choose a suitable liner for the garden and choose where the pockets of plants are going to go so you can make space for them. Then simply fill the rest of the gaps in with gravel. That's no lawn to mow and no weeds to tackle, a double threat in a garden idea.

'People expect not to be able to grow on this stony ground and I think that's a lot of the problem with kind of more traditional approach,' explains garden designer [Jon Davies of Wild City Studio](#). 'There's a wealth of beautiful wildflowers that grow in these very poor soils. That's actually what they really need.'

'You create these spaces that are full of the crushed stone and concrete, and they're very stressed environments – so you can't get the nettles and the brambles growing there. Instead, you get this flush of beautiful wildflowers.'

Spruce up your table and chairs

If you have to leave your furniture outside during the winter months even with a cover on they can look a little unloved come spring. Probably one of the easiest [budget garden ideas](#) has to be simply giving them a refresh with a new colour.

'Chalk Paint™ loves the great outdoors! It offers an inexpensive way to freshen up garden furniture, fencing, plant pots, sheds, and even walls; says paint and colour expert [Annie Sloan](#).

'Choose bright colours to bring extra impact to your garden even when flowers aren't blooming. Or use cool-toned pinks and neutrals to create sophisticated, minimalist-chic exterior spaces.'

Create seasonal displays

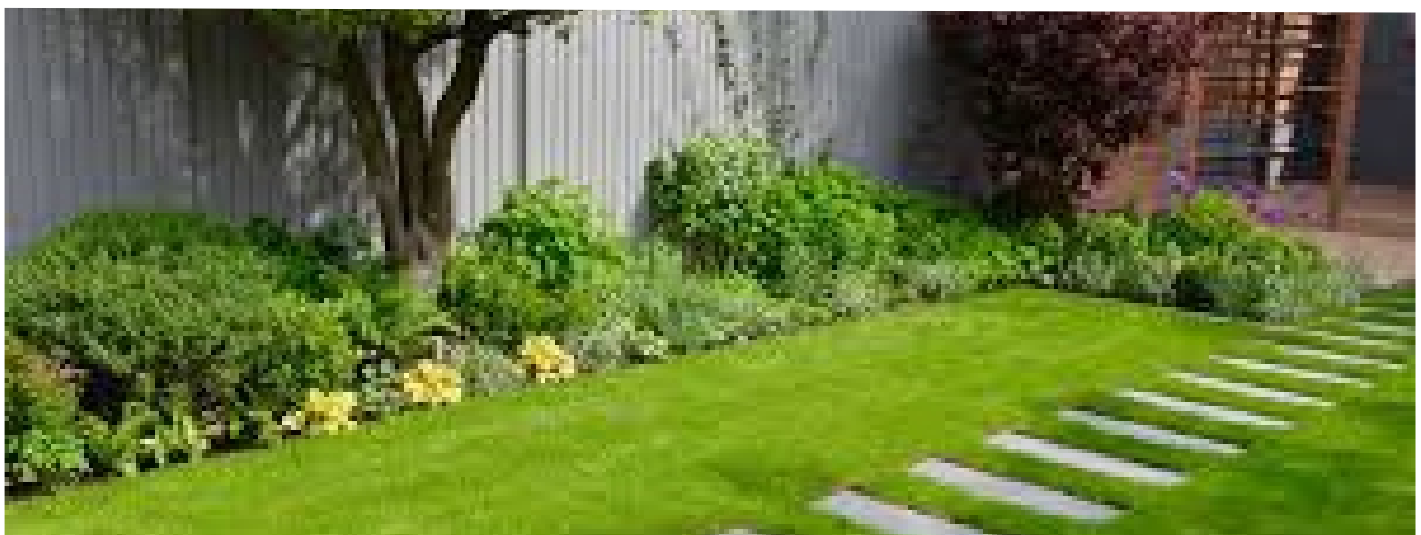
Styled displays aren't just for your interior, you can do them outside too. Plant up some pots with seasonal flowers – for spring there's hyacinths, daffodils and tulips to choose from. In the summer there's cosmos, sweetpeas and snapdragons to name but a few.

Get creative with this type of easy garden ideas and choose some quirky pieces like an old colander, vintage vases and old wash tubs, they'll look great full of colour.

Line a path with stepping stones

Create interest with a stepping stone [garden path idea](#) that meanders down to the bottom of the garden. Understated and practical, the irregular nature makes them a good alternative to a straight path plus it's a cost-effective low maintenance option to update your garden.

Consider limestone, sandstone or slate, they'll add texture and if you choose contrasting gravel the result will be rustic and stylish.





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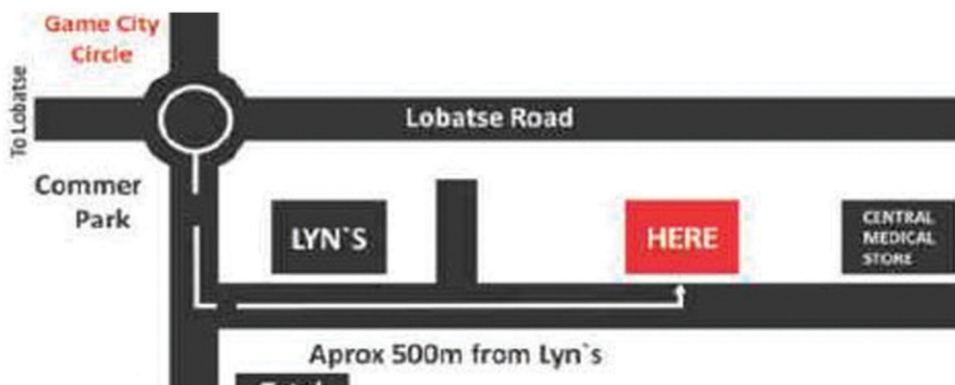

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HAVAL H6 GT

The H6GT 2023, part striking coupe and part smart SUV is for those who desire sporty design and effortless practicality. With a host of safety, technology, performance and comfort features, it's the best of all possible worlds.

The all-new H6 GT is a blend of Coupe-inspired design merged with the practical features of a modern SUV. It's increased cabin space, advanced safety features and 5-Star ANCAP rating make it our best most dynamic SUV to date. Drivers enjoy peace of mind knowing they have a 6-year/150,000km warranty for the road ahead. Under the hood lives a big 208-hp turbo-charged 2L direct injection petrol engine, 4 wheel drive and 7-speed dual clutch transmission. We've applied a coupe-inspired design to our established H6 model, giving it a striking appearance that's guaranteed to turn heads. With a 4WD drivetrain, the H6 GT is astute in all driving conditions and lack for nothing in terms of performance. This is also complemented with modern luxuries such as a hands-free tailgate for everyday errands.

The H6 GT is built around the driver with branded and heated Comfort-Tek leather seats, a 10.25in digital instrument cluster and a 12.3in central sitting atop the beautifully crafted, dual-tier panel giving the driver a balance of versatility and modern luxuries to effortlessly perform in everyday life. There is also plenty of room to move with generous space for five adults and accompanying luggage, making it ideal for city trips or desert adventures.

Our advanced 360-degree camera and view monitor helps you enter and exit any tight space with confidence not forgetting to mention a build-in fully automated parking system which does the hard work for you so you can sit back and let your onboard chauffeur park for you. Equipped with state of the art Adaptive Cruise Control (ACC) which adjust your vehicle ahead automatically. It also now comes with a "Stop and go" feature, allowing full autonomy of speed control on stop/start driving condition.



The Top 10 Tech Trends In 2023 Everyone Must Be Ready For



As a futurist, it's my job to look ahead — so every year, I cover the emerging tech trends that will be shaping our digital world in the next 12 months.

What technologies are gaining the most traction? What are the most important trends that business leaders should be prepared for?

Read on for the ten essential tech trends you should be following in 2023.

1. AI Everywhere

In 2023, artificial intelligence will become real in organizations. No-code AI, with its easy drag-and-drop interfaces, will enable any business to leverage its power to create more intelligent products and services.

We're already seeing this trend in the retail market. Stitch Fix uses AI-enabled algorithms to recommend clothes to its customers that match their sizes and tastes.

Contactless, autonomous shopping and delivery will also be a huge trend for 2023. AI will make it easier for consumers to pay for and receive goods and services.

AI will also augment nearly every job in every business process across industries. More retailers will use AI to manage and automate the complex inventory management processes that happen behind the scenes, so convenience trends like buy-online-pickup-at-curb (BOPAC), buy-online-pickup-in-store (BOPIS), and buy-online-return-in-store (BORIS), will become standard.

AI will also be the engine behind the newest autonomous delivery initiatives that retailers are piloting and rolling out, and more and more retail workers will need to get used to working alongside machines to do their jobs.

2. Parts of the Metaverse Will Become Real

I don't particularly care for the term "metaverse," but it's become shorthand for a more immersive internet where we'll be able to work, play, and socialize on a persistent platform.

Experts predict that the metaverse will add \$5 trillion to the global economy by 2030, and 2023 will be the year that defines the direction of the metaverse for the next decade.

Augmented reality (AR) and virtual reality (VR) technology will continue to advance. One area to watch is the work environment in the metaverse — in 2023, I predict that we'll have more immersive meeting environments where we can talk, brainstorm, and co-create together.

In fact, Microsoft and Nvidia are already developing metaverse platforms for collaborating on digital projects.

We'll also see more advanced avatar technology in the new year. An avatar — the presence we project as we engage with other users in the metaverse — could look exactly like we do in the real world, and motion capture will even enable our avatars to adopt our unique body language and gestures.

We also might see further development in AI-enabled autonomous avatars that can act as our representatives in the metaverse, even if we're not logged into the digital world.

Companies are already using metaverse technology like AR and VR to conduct training and onboarding, and this trend will accelerate in 2023. Consulting giant Accenture has already created a metaverse environment called the Nth Floor. This virtual world features replicas of real-world Accenture offices, so new hires and current employees can carry out HR-related tasks without needing to be present in a physical office.

3. Progress in Web3

Blockchain technology will also advance significantly in 2023 as companies create more decentralized products and services.

For example, at the moment, we're storing everything in the cloud — but if we decentralize data storage and encrypt that data using blockchain, our information will not only be safer, but we'll have innovative ways to access and analyze it.

Non-fungible tokens (NFTs) will become more usable and practical in the new year. For example, NFT tickets to concerts will potentially give you access to backstage experiences and memorabilia. NFTs might be the keys we use to interact with many of the digital products and services we buy, or they could represent contracts we enter into with other parties.

4. Bridging the Digital and Physical World



We're already seeing an emerging bridge between the digital and physical worlds, and this trend will continue in 2023. There are two components of this merger: digital twin technology and 3D printing.

Digital twins are virtual simulations of real-world processes, operations, or products that can be used to test new ideas in a safe digital environment. Designers and engineers are using digital twins to recreate physical objects inside virtual worlds, so they can test under every conceivable condition without the high costs of real-life experiments. In 2023, we'll see even more digital twins, from factories to machinery to cars to precision healthcare.

After testing in the virtual world, engineers can tweak and edit components, then create them in the real world using 3D printing technology.

For example, Formula 1 teams currently collect data transmitted from sensors during races, as well as race track temperatures and weather conditions, to see how cars change during races. Then they stream the data from the sensors to digital twins of the engines and car components and run scenarios to make design changes on the fly. The teams then 3D print car parts based on the results of their testing.

5. Increasingly Editable Nature

We will live in a world where we can make changes to material, plants, and even humans by editing them. Nanotechnology will enable us to create materials with completely new features, such as water resistance and self-healing capabilities.

CRISPR-Cas9 has been around for a few years, but in 2023 we'll see gene editing technology accelerate to give us the increasing capability to "edit nature" by altering DNA.

Gene editing works a bit like word processing, where you can take some words out and add others in — but you can do it with genes. Gene editing can be used to correct DNA mutations, solve the problem of food allergies, increase the health of crops, or even edit human characteristics like eye and hair color.

6. Quantum Progress

Right now, there is a worldwide race to develop quantum computing at scale.

Quantum computing, which uses subatomic particles to create new ways of processing and storing information, is a technological leap that's expected to bring us computers capable of operating a trillion times more quickly than the fastest traditional processors available today.

The potential danger of quantum computing is that it could render our current encryption practices useless — so any nation that develops quantum computing at scale could break the encryption of other nations, businesses, security systems, and more. This is a trend to watch carefully in 2023 as countries like the US, UK, China, and Russia pour money into developing quantum computing technology.

7. Progress in Green Technology

One of the biggest challenges the world is facing right now is putting the brakes on our carbon emissions so we can tackle the climate crisis.

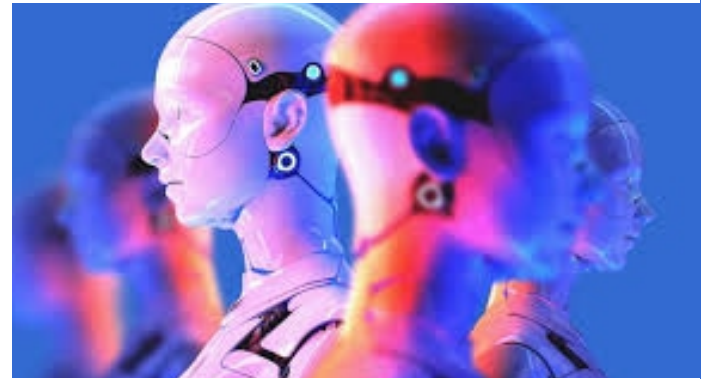
In 2023, look for continued progress around green hydrogen, a new clean-burning source of energy that produces close to zero greenhouse gas emissions. Shell and RWE, two major European energy companies, are creating the first major green pipeline from wind plants in the North Sea.

We'll also see progress in the development of decentralized power grids. Distributed energy generation using this model provides a system of small power generators and storage that are located in communities or individual houses — so they can provide power even if the main grid is not available. Right now, our energy system is primarily dominated by huge gas and energy companies, but decentralized energy initiatives have the potential to democratize power worldwide while decreasing carbon emissions.

8. Robots Will Become More Human

In 2023, robots will become even more like humans — in appearance and capability. These types of robots will be used in the real world as event greeters, bartenders, concierges, and companions for older adults. They'll also perform complex tasks in warehouses and factories as they work alongside humans in manufacturing and logistics.

One company is working hard to create a human-like robot that will work in our homes. At Tesla AI Day in September 2022, Elon Musk revealed two Optimus humanoid robot prototypes, and said the company would be ready to take orders within the next 3 to 5 years. The robot can perform simple tasks like lifting items and watering plants — so perhaps soon we'll be able to have "robot butlers" that help around in the house.



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9. Progress in Autonomous System

Business leaders will continue making progress in creating autonomous systems, particularly around delivery and logistics. Many factories and warehouses have already become partially or fully autonomous.

In 2023, we'll see even more self-driving trucks and ships, as well as delivery robots — and even more warehouses and factories will implement autonomous technology.

Ocado, a British online supermarket that describes itself as "the world's largest dedicated online grocery retailer," uses thousands of autonomous robots in its highly automated warehouses to sort, lift, and move groceries. The warehouse also uses AI to place the most popular items within easy reach of the robots. The Ocado company is now rolling out the autonomous technology behind their successful warehouses to other grocery retailers.

10. More Sustainable Technology

Finally, we'll see a push toward more sustainable technology in 2023. Many (if not most) of us are addicted to technology like our smartphones, tablets, and computers — but where are the components coming from to manufacture our favorite gadgets? People will be thinking more about where rare earth components for things like computer chips originate and how we're consuming them.

We're also using cloud services like Netflix and Spotify, which still run in huge data centers that consume vast amounts of energy.

In 2023, we'll see a continued push toward making supply chains more transparent, as consumers demand that the products and services they invest in are energy efficient and backed by more sustainable technology.

China Jingsu



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



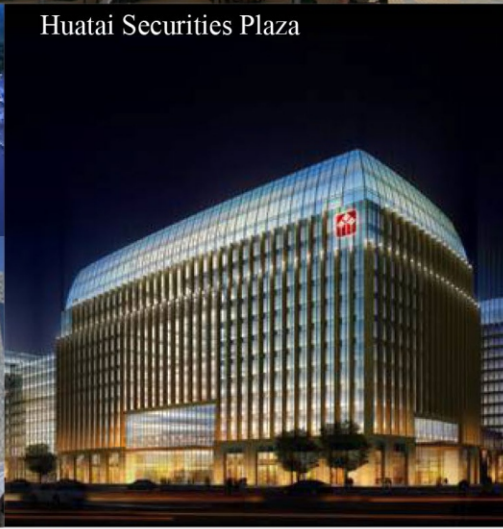
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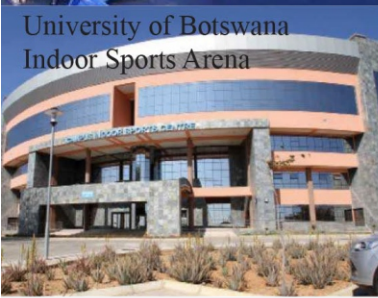
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Teen depression: What parents can do to support their teen

Think your teen is depressed? Here, Louise Birrell, Andrew Baillie, Erin Kelly and Maree Teesson share how to get them help and what treatment options may be available.

Moody, withdrawn, down. These words are often used by parents of teens. And young people may say they feel so 'depressed' about upcoming exams, or that the world is 'just so depressing' these days.

But how do you know if your teen is experiencing what health professionals call 'major depression'? And when should you seek help?

First, let's understand what is meant by this term. [Major depression](#) is characterised by persistent low mood and/or irritability and loss of interest or pleasure in usual activities for at least two weeks. It also includes physical symptoms, such as sleep disturbance and fatigue, and cognitive symptoms, such as negative thoughts about themselves and the future, difficulty concentrating or making decisions.

Major depression is more than brief sadness, or an expected reaction to loss or a stressful event.

While the diagnosis is the same for adolescents and adults, [teens may be more likely](#) to present with irritability and mood changes rather than the low mood typical of adults.

Increasing over time

There is evidence depression is increasing among young people, with an [international study in 2021](#) estimating 25 per cent of children and adolescents experienced elevated depression symptoms – double pre-pandemic levels. While Australia was not included in this study, a recent Australian study showed psychological distress have [spiked](#) in Australian millennials (born between the early 1980s and late 1990s) and Gen-Z Australians (born late 1990s to early 2010s).

While the cause of this increase is unclear, it is likely due to [multiple factors](#), such as financial pressures, social isolation, and climate change, and made worse by the [COVID pandemic](#).

Given the understandable distress experienced by many young people, how can parents or carers know when to seek help?

Listen up

Begin by talking to your child. Let them know you have noticed some changes and you are concerned about them. If your child opens up about their difficulties, listen carefully and validate their feelings. Being able to talk about difficulties, and knowing support is there if they need may be enough for some teens.

[Read up on depression](#) from [reputable sources](#), so you are better equipped to understand and support a young person.



Try not to dismiss a teen's feelings or punish irritable behaviour. It can be tempting to remind them of positives or offer solutions – but this can often backfire, leaving them feeling misunderstood. While it might be difficult or uncomfortable to talk openly with your teen about their mental health, it is often a [huge relief](#) for them.

Professional help may be needed if they are highly distressed, or if their difficulties are having a significant impact on their usual activities and relationships (this may include withdrawing from many activities, avoiding school, or avoiding friends and family most of the time).

Mindfulness Exercises to Practice.

Mindfulness practice helps us feel less like a separate self and more like a part of a larger world.

Mindfulness is becoming a must. It is because it tries to improve the physical and mental health of the people who practice it.

In this article, you can delve a little deeper into it.

What is Mindfulness?

Mindfulness is a set of techniques that you practice every day. Stay in the present with an attitude that allows you to reconnect with yourself and stay at peace. If you do this, it is possible to create an environment conducive to well-being, promoting personal strengths and automated behavior. Hence the name, Mindfulness, to be perfectly aware of ourselves and our place in the world.

Easy mindfulness exercises to practice at home.

Now, let's take a look at some simple Mindfulness exercises. Of course, keep in mind that these are some simple exercises. You can go much more profound and find others a little more complicated, but to start at home, these can be very helpful.

1. Breathe

This exercise is one of the best for turning off the "autopilot" with which we usually take on our lives. With it, you can stop that constant flow of thoughts, memories, images, and ideas.

You have to focus on breathing, taking a deep, smooth, and constant breath through the nose. Fill your lungs, release the air through your mouth with some intensity, and keep this practice for a few minutes.

You will notice that when something distracts you, you can focus your attention on that element that distracts you in a pretty correct way, and when that element stops attracting your attention, you can focus on your breathing again.

In this way, you will be much more focused on yourself, but at the same time, the elements that distract you will seem much more straightforward, and you can focus on them more clearly.

2. The finger on the forehead

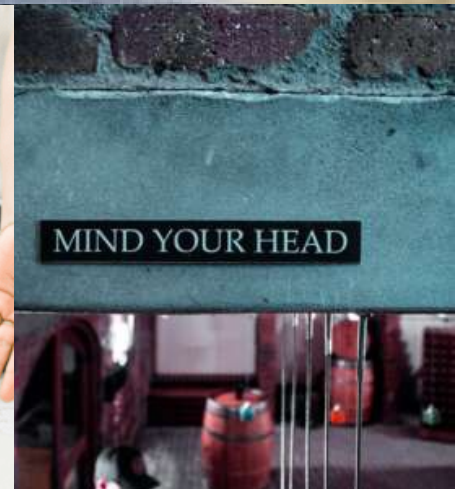
With your eyes closed or open, gently place one or two fingers in the center of your forehead as you feel better. Just feel your finger against your forehead.

And feel the sensations of your forehead against your finger.

You can sense the temperature, the texture, the humidity, and even detect your pulse.

Stay for a while with this attention. If the mind wanders, gently bring it back to the feel of your finger on your forehead. Then, open your eyes, lower your hand, and feel how you feel.

3. Mindfulness Breakfast



As you can guess, mindfulness breakfast consists of breaking the autopilot that we have turned on as soon as we get up. And, in the morning, this autopilot is much more activated than during the rest of the day.

Therefore, when you wake up, go somewhere quiet, turn off any electronic device to avoid discomfort, and start breakfast, typically without any element that can disturb you around you.

Focus on the tastes, smells, and feel of your drinking food and drink. Don't just consume them as a necessary and mechanical process that you do. Those foods feel good.

You will notice the difference between consuming breakfast as a necessity for food, and you will feel how you are consuming it for pleasure, living in the moment, and enjoying all the nuances that it offers you.

4. Attention to Sounds

This third exercise is quite simple, but it gives us a deep awareness of the world around us, which usually goes unnoticed. It's about focusing on sounds.

Therefore, find a quiet place to sit and listen to the sounds around you. Don't judge them. It is not about listening to the birds singing and getting upset if a truck sounds.

Simply accept the sounds around you and relax with them. And, of course, when a thought related to those sounds pops up, eliminate it. It is not about thinking about the sounds but feeling them.

5. Body Scan

This technique is a little more complicated, but it is fascinating because it allows us to know our bodies more deeply. Simply lie down somewhere quiet and focus on your breathing, just like the first exercise. When relaxed, shift the focus from your breath to other body parts.

At first, it may seem complicated, and you can only focus on some parts that "feel" more easily, such as the heart, but, with time and practice, you can even focus on your fingertips.

This exercise is one of the most complete of Mindfulness because it allows maximum relaxation, living in the present through the sensations of the body, and, of course, greater self-knowledge.

As you can see, Mindfulness is a new way to relax the mind, guide it towards self-improvement, and improve health physically and mentally. If you want to improve your life, this is a great way to start doing it.

10 EASY HOME WORKOUTS



The best home workouts without a cost to pay a gym.

Let's get straight to the point: [you can exercise at home](#) – and get a good workout in – using your bodyweight or simple pieces of kit such as [dumbbells](#), [kettlebells](#) or a suspension trainer. Even as you grow stronger and fitter, by increasing your reps, or simply slowing down – or speeding up – the tempo of your exercises (which is easier said than done btw), you can progress your workouts and the effectiveness of them.

We know what you are thinking – bodyweight workouts can't build muscle. Well, they can. [A recent study](#) looked at the effectiveness of the press-up as a muscle-building tool. Published in *Journal of Exercise Science & Fitness*, over the course of an 8-week training period, the researchers found that, when compared with a similar load to 40%1RM (rep max) bench press, the press-up was as effective for muscle hypertrophy and strength gain.

Below is our collection of the best beginner exercises to try at home, coupled with an explanation of what makes that move useful. If you're struggling to put these moves into a workout routine, don't worry. We've also included a selection of the best workouts for you to try.

Press Ups

How to do it: Get down into a press-up position with your hands placed shoulder-width apart and back flat, so a straight line forms from your head to heels, via your glutes. Lower your body until your chest is an inch from the ground then explosively drive up by fully extending your arms. That's on rep.

Why: This move uses [multiple muscle groups for maximum growth](#) and strengthens your shoulder joints. Easily done as an exercise at home, this prepares you for progression to the more demanding shoulder exercises you'll face in a gym, like the incline bench press.

Dumbbell Standing Shoulder Press

How to do it: Stand holding two [dumbbells](#) at shoulder height with an overhand grip – palms facing forwards. Ensure your elbows are in front of the bar and don't flare out to the sides. Press the weights up above your head until your arms are fully extended. Return slowly to the start position.

Why: This is a safer shoulder-sculptor than lifting from behind your neck. As a beginner the aim should be to keep strain off your joints and protect against an injury called shoulder impingement syndrome. Missed sessions this early in your lifting career are especially costly.

Skipping

How to do it: Grab the rope at both ends. Use your wrists to flick it round your body, jumping to clear the rope as it hits the ground. Make the move more intense with [double unders](#) – letting the rope pass round your twice for every jump.

Why: The ultimate no-nonsense workout, jumping rope could be the most efficient form of cardio. [A study](#) that found just 10 minutes a day with the rope was similar to 30 minutes of jogging

Farmer's Walk

How to do it: Grab a heavy [dumbbell](#) in each hand – [think half your bodyweight](#) – and hold them at your sides. Stand up tall with your shoulders back and walk forward as quickly as you can using short steps.

Why: Super simple with no need to worry about technique, this move hits your shoulder stabilisers, upper traps and front deltoids. It also supercharges your [grip strength](#), which will transfer strength to your other lifts too.

Polymetric, Jumping Lunges

How to do it: Lunge forward until your rear knee is almost touching the ground. Jump into the air, bringing your rear foot forward and the front foot back. Land in a lunge and repeat. Land on both feet simultaneously to cushion the impact on your joints.

Why: Just like burpees, these are perfect for building up your cardiovascular system, but will also help you build faster, more powerful quadriceps. Ideal if your leg day has taken a hit.

Plank

How to do it: Get in a press-up position, but rest on your forearms rather than your hands. Make sure your back is straight and tense your abs and glutes. Hold without allowing your hips to sag.

Why: Endless crunches put pressure on your spine and, when done incorrectly, can give you a set of weird, distended abs. [Planks are perfect](#) for working your core in a way that keeps you injury-free and builds the [flat six-pack](#) you're after.

Side Plank

How to do it: Lie on your left side with your legs straight and prop yourself onto your elbow. Brace your core and raise your hips until your body forms a straight line. Hold this position while breathing deeply. Roll over and repeat on the other side.

Why: Excellent for targeting a small muscle in your lower back, the quadratus lumborum. Strengthening it is crucial for spine health and will help you avoid the notorious [beginner's back pain](#). Diamond-cut obliques are a bonus.

Crunch

How to do it: Lie flat on your back with your knees bent at a 90-degree angle. Place your hands on either side of your head. Push your lower back into the floor as you lift your shoulders a few inches off the floor – make sure your lower back stays in contact with the ground at all times. Tense your abs hard at the top point of the movement, then return under control to the start position.

Why: The first part of call for any abs workout this is a must-do. By lifting your legs you place extra weight on the stomach muscles and reduce the momentum that could make this easier.

Lower Back Curl

How to do it: Lie down flat with your arms by your sides. Slowly raise your chest upwards, with your arms down. Keep your head up during the move. Once you've reached the furthest point up, lower yourself back down.

Why: People often forget the importance of [back workouts](#), but they're vital to develop all other muscle groups. This curl is great as it works the whole back and also alleviates back pain from [days at the desk](#).

Calf Raises

How to do it: Stand upright holding the barbell, two [dumbbells](#) by your sides, or unweighted. With your toes pointing forwards, raise your heels off the floor and contract your calves. Slowly return to the starting position.

Why: Isolating the calves for a workout can benefit overall leg definition. It also helps hamstring and [glute strength](#). Different foot positions target different muscles. Toes pointing in hits the outer head harder, toes pointing out works the inner head.



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Cowboy pie
Prep:20 mins
Cook:1 hr
Easy
Serves 4-6

What says comfort food better than sausages and baked beans in a pie topped with cheesy, buttery mashed potato? This is a guaranteed family favourite.

Ingredients

- 2 tsp [sunflower oil](#)
- 1 [onion](#), finely chopped
- 8 pork sausages, cut into bitesize pieces
- 2 [garlic cloves](#), crushed or finely grated
- 2 tsp [hot smoked paprika](#)
- 2 x 410g cans baked beans
- 3 tbsp barbecue sauce

For the mashed potato

- 1 kg [potatoes](#), peeled and roughly chopped
- 50g [butter](#)
- 4 tbsp [milk](#)
- 75g [grated cheddar](#)
- 2 tbsp chopped chives, to garnish, optional

Method

•STEP 1

First, make the mashed potato. Bring a large pan of salted water to the boil over a medium heat, then carefully tip in the chopped potatoes. Cook for 15-20 mins until tender. Drain, then tip back into the pan and leave to air-dry for a couple of minutes before mashing. Tip in the butter and milk, and stir through until combined. Set aside with the lid on to keep warm.

•STEP 2

Heat the oven to 200C/180C/gas 6. While the potatoes are cooking, heat the oil in a frying pan or [saucepan](#) over a medium heat and fry the onion for 6-8 mins until softened. Tip in the sausage pieces and fry for 4 mins until browned all over, then add the garlic and cook for 1 min before stirring in the smoked paprika and cooking for 1 min more. Pour in the beans and barbecue sauce and cook until just about to simmer before removing from the heat.

•STEP 3

Spoon the sausage and bean mixture into an ovenproof tin or dish (ours was 20x20cm), then spoon over the mashed potato and sprinkle the grated cheddar on top. Bake in the oven for 25-30 mins until bubbling round the edges and the cheese is golden. Remove from the oven and scatter over the chives, if using.

Spicy kimchi pancake (kimchi jeon)

Prep:10 mins
Cook:10 mins
Easy
Serves 2

Make these Korean-style spicy pancakes made with gut-friendly kimchi (sour cabbage) and gochujang (Korean red pepper paste). They're packed with flavour.



Ingredients

- 175g [self-raising flour](#)
- 1 tbsp cornflour
- 200g [vegan fermented \(sour\) kimchi](#), drained and finely chopped, and 2 tbsp liquid reserved
- 2 tsp [gochujang](#) (Korean red pepper paste), or use half sriracha, half miso paste
- 2 [spring onions](#), finely sliced
- 6 tbsp vegetable oil

•STEP 1

Put the flours in a bowl and pour in 200ml ice-cold water and the reserved kimchi liquid. [Whisk](#) until a smooth batter is formed.

•STEP 2

Mix in the kimchi, gochujang and spring onions – the batter should be a slightly thick pancake batter, similar to a drop scone consistency. You can add a tablespoon of flour if you need to thicken it a little.

•STEP 3

Place a large, non-stick pan over a high heat with 2 tbsp vegetable oil. Ladle the pancake mix into the pan. Use the back of the ladle to smooth the mixture out to create a thin, even layer. Reduce the heat to medium high. Fry for 2-3 mins, until air bubbles start to pop on the surface and the sides start to crisp.

•STEP 4

Flip the pancake then slightly lift the side of the pancake with a [spatula](#) and add another tablespoon of oil underneath – shake the pan a little to make sure the oil coats the bottom of the pancake.

•STEP 5

Use a spatula to press on top of the pancake to ensure the pancake is crispy. Fry for a further 2 mins.

•STEP 6

Flip one last time, pressing down on the pancake again and fry for 30 seconds. Drain on kitchen paper and keep warm in a low oven while you cook the second pancake using the same method. Serve (optionally cut into bite-sized pieces).

One-pan spaghetti with nduja, fennel & olives

Prep:15 mins
Cook:15 mins
Easy
Serves 4

A spicy sausage pasta dish with a difference. Using the cooking water helps the sauce cling to the pasta and gives the dish more body. A silky smooth sauce, perfect pasta and one pan to wash!

Ingredients

- 400g spaghetti
- 3 [garlic cloves](#), very thinly sliced
- ½ [fennel](#), halved and very thinly sliced
- 75g [nduja](#) or sobrasada paste
- 200g [tomatoes](#) (the best you can get), chopped into chunks
- 75g [black olives](#), pitted and sliced
- 2 tsp tomato purée
- 3 tbsp [olive oil](#), plus a drizzle
- 2 tsp red wine vinegar
- 40g pecorino, plus extra to serve
- [handful basil](#)
- , torn

**•STEP 1**

Boil the kettle. Put all the ingredients except the pecorino and basil in a wide saucepan or deep frying pan and season well. Pour over 800ml kettle-hot water and bring to a simmer, using your tongs to ease the spaghetti under the liquid as it starts to soften.

•STEP 2

Simmer, uncovered, for 10-12 mins, tossing the spaghetti through the liquid every so often until it is cooked and the sauce is reduced and clinging to it. Add a splash more hot water if the sauce is too thick or does not cover the pasta while it cooks. Turn up the heat for the final few mins to drive off the excess liquid, leaving you with a rich sauce. Stir through the pecorino and basil, and serve with an extra drizzle of oil and pecorino on the side.

Chorizo & mozzarella gnocchi bake

Prep: 10 mins

Cook: 25 mins

Easy

Serves 6

Upgrade cheesy tomato pasta with gnocchi, chorizo and mozzarella for a comforting bake that makes an excellent midweek meal

Ingredients

- 1 tbsp [olive oil](#)
- 1 [onion](#), finely chopped
- 2 [garlic cloves](#), crushed
- 120g [chorizo](#), diced
- 2 x 400g cans chopped [tomatoes](#)
- 1 tsp [caster sugar](#)
- 600g [fresh gnocchi](#)
- 125g mozzarella ball, cut into chunks
- small bunch of [basil](#), torn
- green salad, to serve

•STEP 1

Heat the oil in a medium [pan](#) over a medium heat. Fry the onion and garlic for 8-10 mins until soft. Add the chorizo and fry for 5 mins

more. Tip in the tomatoes and sugar, and season. Bring to a simmer, then add the gnocchi and cook for 8 mins, stirring often, until soft. Heat the grill to high.

•STEP 2

Stir $\frac{3}{4}$ of the mozzarella and most of the basil through the gnocchi. Divide the mixture between six ovenproof ramekins, or put in one baking dish. Top with the remaining mozzarella, then grill for 3 mins, or until the cheese is melted and golden. Season, scatter over the remaining basil and serve with green salad.

Vegetarian lasagne

Prep: 25 min

Cook: 1hr and 10 min

Easy

Serves 6

Make our easy vegetarian lasagne using just a handful of ingredients. You can use ready-made tomato sauce and white sauce, or batch cook the sauces and freeze them

Ingredients

- 3 [red peppers](#), cut into large chunks
- 2 [aubergines](#), cut into $\frac{1}{2}$ cm thick slices
- 8 tbsp [olive oil](#), plus extra for the dish
- 300g lasagne sheets
- 125g mozzarella
- handful [cherry tomatoes](#), halved

For the tomato sauce

- 1 tbsp [olive oil](#)
- 2 [onions](#), finely chopped
- 2 [garlic cloves](#), sliced
- 1 [carrot](#), roughly chopped
- 2 tbsp tomato purée
- 200ml white wine
- 3 x 400g cans [chopped tomatoes](#)
- 1 bunch of [basil](#), leaves picked

For the white sauce

- 85g [butter](#)
- 85g [plain flour](#)
- 750ml [milk](#)

•STEP 1

To make the tomato sauce, heat the olive oil in a saucepan. Add the onions, garlic and carrot. Cook for 5-7 mins over a medium heat until softened. Turn up the heat a little and stir in the tomato purée. Cook for 1 min, pour in the white wine, then cook for 5 mins until this has reduced by two-thirds. Pour over the chopped tomatoes and add the basil leaves. Bring to the boil then simmer for 20 mins. Leave to cool then whizz in a food processor. *Will keep, cooled, in the fridge for up to three days or frozen for three months.*

•STEP 2

To make the white sauce, melt the butter in a saucepan, stir in the plain flour, then cook for 2 mins. Slowly whisk in the milk, then bring to the boil, stirring. Turn down the heat, then cook until the sauce starts to thicken and coats the back of a wooden spoon. *Will keep, cooled, in the fridge for up to three days or frozen for three months.*

•STEP 3

Heat the oven to 200C/180C fan/gas 6. Lightly oil two large baking trays and add the peppers and aubergines. Toss with the olive oil, season well, then roast for 25 mins until lightly browned.

•STEP 4

Reduce the oven to 180C/160C fan/gas 4. Lightly oil a 30 x 20cm ovenproof dish. Arrange a layer of the vegetables on the bottom, then pour over a third of the tomato sauce. Top with a layer of lasagne sheets, then drizzle over a quarter of the white sauce. Repeat until you have three layers of pasta.

•STEP 5

Spoon the remaining white sauce over the pasta, making sure the whole surface is covered, then scatter over the mozzarella and cherry tomatoes. Bake for 45 mins until bubbling and golden.

Campfire stew

Prep: 15 mins

Cook: 3 hrs and 25 mins
plus overnight soaking

Easy

Serves 6

Enjoy this easy stew made with gammon and plenty of veg – it's full of goodness, delivering four of your five-a-day, and can also be cooked in a slow cooker

Ingredients

- 600g gammon
- 1 tbsp vegetable oil
- 2 [onions](#), roughly chopped
- 2 [carrots](#), chopped
- 1 [celery stick](#), chopped
- 2 [peppers](#), deseeded and chopped
- 3 [garlic cloves](#), crushed
- 1 tbsp tomato purée
- 2 tsp [smoked paprika](#)
- ½ tsp [chilli powder](#) (optional)
- 2 x 400g [cans chopped tomatoes](#)
- 1 tbsp Worcestershire sauce
- 2 bay leaves
- 2 x 400g cans haricot beans, drained and rinsed

•STEP 1

Remove the rind and fat from the gammon, then soak in a pan of water in the fridge overnight – this will remove some of the salt.

•STEP 2

Heat the oil in a large flameproof casserole or ovenproof pan over a medium-high heat and cook the onion, carrots and celery for 10 mins, stirring regularly until the veg starts to soften. Stir in the peppers, garlic, tomato purée, paprika and chilli powder. Cook for another 2 mins, then add the tomatoes and stir. Swill out the tomato cans with a little water and pour this into the casserole. Season well and stir in the Worcestershire sauce, 1 tbsp sugar and the bay leaves.

•STEP 3

Heat the oven to 170C/150C fan/gas 3. Put the gammon in the casserole, cover and bring to a simmer. Transfer to the oven and cook for 3 hrs until the meat is tender. Carefully lift out the casserole and return to a medium heat on the hob, then add the haricot beans. Simmer for 10 mins until the beans are heated through, then shred the ham using two forks. Serve straightaway. *To store, leave to cool completely and chill in an airtight container for up to three days, or freeze for up to two months. Defrost in the fridge overnight before reheating until piping hot.*



How To Prepare Your Home For The Festive Season



Do you love entertaining over the festive season, or do you find it stressful? Let's be honest, preparing our homes for the holidays can sometimes be overwhelming as our homes are 'the hub' where we gather to eat, play, and celebrate together. Although we are well-aware Christmas comes at the same time every year, somehow, most of us still end up frantically shopping, cooking, and cleaning minutes before Santa's arrival. Please remember, the holidays are supposed to be a time for relaxation, rest, and a time to enjoy with family and friends, and most of all, FUN! So, to guarantee your time-off is enjoyable and not all hard-work, we have put together some helpful tips to ensure you are well-prepared.

Start early – The holidays have a way of sneaking up on us very quickly! Try and focus on the things that can be prepared now. If you are hosting guests or entertaining, you may find it helpful to make a 'to-do' list or a timeline leading up to the event. Attempt to have your gifts and wrapping sorted first, which then allows you to focus on organizing and cleaning the home and then preparing the food. You can also ready your family by making meals in advance and freezing them to take the stress off dinner preparations in the lead-up.

Clear out the fridge and freezer – Whether you're hitting the road or spending the holidays at home, it's a good idea to give your fridge a deep clean. If you are heading away, you don't want to be returning home to a fridge full of rotten food. Also, it's a good chance you'll need the extra fridge and freezer space for leftovers and large items like ham or turkey.



Declutter – This is a great time to clear out unwanted household items including toys, clothing etc. Remember, if you can, donate items in good condition to your local Salvation Army or other donation drop-off points.

Stock your pantry – Stocking the pantry early and buying items in bulk will keep you from last-minute, budget-busting shopping.

Secure your home – If you're planning a trip away, you want to make sure your house stays safe and secure until you return. That means taking the usual steps, like enlisting a neighbour to pick up your mail and water your plants and unplugging unnecessary appliances. You probably want to set up some extra security

measures like turning on pre-programmed or motion-sensor-based lights to ward off any potential intruders and potentially investing in a home security camera to keep an eye on things while you're gone. Remember to post your holiday snaps on your socials upon your return – you never know who is viewing your account.

Plan your décor – Don't wait until Christmas morning to plan your décor – starting early will make the job much easier! Pull out your decorations in advance – it's important to know what you have stored away. Weed out what you don't need and take the time to dust off, assemble, un-tangle and plan what you will use on the day.

Skin Care Routine

Great skin is not simply a matter of DNA — your daily habits, in fact, have a big impact on what you see in the mirror. But depending on which product reviews you read or doctors you consult, there is a dizzying number of opinions on everything from how to moisturize to how to protect yourself from UV rays. Ultimately, caring for your skin is simply personal. Here's what you should keep in mind to sort through all the noise.

Three Main Steps

Think of your skin-care routine as consisting of three main steps:

- Cleansing — Washing your face.
- Toning — Balancing the skin.
- Moisturizing — Hydrating and softening the skin.

The goal of any skin-care routine is to tune up your complexion so it's functioning at its best, and also troubleshoot or target any areas you want to work on. "Beauty routines are an opportunity to notice changes within yourself," says the San Francisco skin-care specialist Kristina Holey. As your skin needs shifts with age, so will your products. Still, she adds, "it's not about creating perfection." Allow these three steps to become your daily ritual that fortifies your skin and grounds your day.

Give it Time

The science behind skin-care products has come a long way but there's still no such thing as an instant fix — **you need time to reap the benefits**, says Dr. Rachel Nazarian, a Manhattan dermatologist at Schweiger Dermatology Group. "Results are only seen through consistent use," she explains. **Generally, aim to use a product over at least six weeks, once or twice daily, to notice a difference.**

Tip: With any skin-care product, apply in order of consistency- from thinnest to thickest. For example, cleanser, toner (if you use it), serum, and then moisturizer.



Jennifer Garner and her longtime beau John Miller make a rare sighting in LA as they hold hands after a romantic lunch date



[Jennifer Garner](#) looked at ease as she stepped out in Santa Monica Saturday with her boyfriend John Miller.

The actress, who is [starring in the upcoming Netflix comedy Family Switch](#), stepped out in a preppy look for the afternoon date with her longtime love.

The *Alias* star, 51, wore a gray long sleeve sweater with a black and gray pint mini skirt.

The [Golden Globe](#) winner showcased her toned legs in sheer black pantyhose and wore black patent leather loafers embellished with gold chains.

Her dark shoulder length hair was parted slightly off center and styled straight.

The *Party Down* star wore natural looking makeup with a neutral pink lip.

She accessorized with a silver pendant, earrings and dark sunglasses.

John, 45, seemed relaxed in a blue and gray plaid button down shirt and distressed jeans and hiking boots.

The *Caliber* CEO's brown hair was neatly trimmed as was his beard.

The couple have been dating since 2018, but are rarely seen in public together, preferring to keep their private life to themselves.

The busy actress shares her children Violet, 17, Seraphina, 14 and Sam, 11, with ex-husband Ben Affleck, 51.

John is a divorced dad to kids Violet and Quest, whom he shares with ex-wife, violinist Caroline Campbell.

The *Yes Day* star previously admitted in an interview with [Access Hollywood](#) that she sometimes feels guilt as a working mom.

'Working moms get such a bad... we get all freaked out because we're told constantly 'you have 18 summers,' 'you have this much time,' 'time is fleeting,' and it makes you panic,' she told the outlet.

Explaining how she handled those feelings, she said, 'So, if you come from a place of expansiveness instead of feeling just like 'I can't be a mom because I'm also working, and I'm supposed to be guilty all the time,' you better just lean into wherever you are any day exactly like right now just be here when your kids show up be there and we'll have a great time.'

The amateur chef often talks about making food for her kids in her *Pretend Cooking Show* on social media.

For her latest recipe, Jennifer showed her fans how to make what she calls a Pizza Cracker, using homemade pizza dough.

'If someone is home sick from school, this is what they ask for,' she told her 14.7 million followers.

'My kids loved this before they like herbs on anything else,' she said referring to the snack with oregano, rosemary and thyme.

The *Save the Children* ambassador recently made a quiet trip to Kentucky, where she visited an elementary school, where the library had been destroyed by floods in July 2022.

The few books that survived were kept on a push cart by the school's librarian.

Many of the children had also lost their homes in the devastation.

The *Golden Globe* winner made glitter bombs with the kids as part of an activity to help them process their grief and fear.

'Okay, so just try this out,' she told the eager students, 'We're so angry, we're frustrated, it's raining, it makes us nervous, we are scared about something at school what can we do?'

The actress then told them to 'shake, shake, shake' the plastic bottles filled with water and glitter.

'Look at your sparkles, we're gonna breathe in through our nose, out through our mouth five times.'

Afterward she asked the students, 'Did your sparkle settle? Did your heart settle a little bit?'

Many answered, 'yes,' to the delight of their special guest.

She explained her mission to [NBC Nightly News Kid's Edition](#) saying, 'Save [the Children] really realized there's a lot of trauma just in growing [up] below the poverty line, and if you can name it, then you can heal, you can be resilient and move on.'

The *Peppermint* star, who also read books to the kids said, 'It's amazing to watch in action.

She said she was most impacted by the children's stories.

'They wanted me to know how scary it was, what it was like to lose their school, what it was like to lose their homes... but they're processing it'

As a result of the attention Jennifer and NBC brought to the current conditions at the school, Scholastic donated 10,000 books during a free book fair while she was there.'

10 things to know about Tyla, the South African singer whose song 'Water' is climbing the Billboard charts



•Tyla recently scored her first Billboard Hot 100 hit with "Water."

•Born and raised in South Africa, she's toured with Chris Brown and wants to work with Drake.
•Here are 11 things you need to know about the 21-year-old star.

Tyla, real name Tyla Laura Seethal, was born and raised in Johannesburg, South Africa.

The 21-year-old is the middle child of five and s of Indian, Zulu, Mauritian and Irish descent.

"I'm very passionate about my country, our culture and music; I really believe in it," [she told i-D in July](#).

She dropped out of university to pursue music.

"I was actually studying Mining Engineering," Tyla [told Native in March 2021](#).

She told the magazine that shortly after she began the course, she realized her passion for music and decided to commit to it full time.

She made her name on TikTok.

According to Native, Tyla amassed a following on TikTok during the COVID-19 pandemic by performing dance routines and sharing song covers.

She released her debut song, "Getting Late" with Kooldrink, in late 2019. The track became an instant hit, with its music video [quickly amassing millions of views](#).

"It really took off when we did the video, like crazy, past all my expectations," Tyla told i-D of her debut song. "It was like zero to one hundred."

She cites Aaliyah and Rihanna as influences.

"I really looked up to '90s singers like Aaliyah, also Rihanna and Cassie. They were artists whose concerts I watched constantly and imagined myself being one day," Tyla told [Rolling Stone in September](#).

Tyla said her sound has also been influenced by "a lot of South African artists."

"I loved Freshlyground because I couldn't believe they were on a song — 'Waka Waka' — with Shakira," she said.

She made history with "Water."

Tyla, who signed to Epic Records in 2021, released "Water" as the lead single from her upcoming debut album in July.

The song went viral on TikTok the following month when Tyla posted videos of herself doing a dance to it choreographed by South African dancer Lee-ché Janecke.

"Water" entered the Billboard Hot 100 at No. 67 in early October, becoming the first solo song by a South African musician to appear on the chart since Hugh Masekela's "Grazing in the Grass" in 1968.

She's supported Chris Brown on tour.

In February, Tyla was named as the support act for Chris Brown's [Under the Influence European tour](#).

"Surprise lol," Tyla captioned an Instagram post announcing the news.

She likes to paint.

[Speaking to Notion](#) in April, Tyla revealed that when she isn't working on her music, she indulges in other artistic hobbies.

"I like painting, and I love to draw," she said.

The South African star added that she also loves spending quality time with her family and friends.

"Even going to a movie, ice skating or theme parks. That's what I love doing," she said.

She wants to collaborate with Drake.

In her interview with i-D, Tyla listed Drake and Doja Cat as her bucket list collaborations.

"Her father's South African so she can't say no," she said of Doja.

Tyla also said she'd love to one day work with DJ Khaled.

"I'd love him to scream on one of my songs," she said.

She has a strange ick.

In an interview with Apple Music's ["The Dotty Show"](#) in October, Tyla said her "biggest ick" is "seeing a guy's crack."

"No way. Like why is your crack showing?" she said. "I can't. It's just like, why can't you feel the breeze? Do you not know that your whole crack is out?"

Her debut is dropping soon.

Though Tyla's debut EP has no name or release date yet, she told "The Dotty Show" that fans can expect the project to drop "very soon."

"I'm ready to show everyone, for real," she said. "'Water' is killing it, and I just want people to have more music out that's my sound and vibe so they can get to know me as an artist."

"I don't wanna just be a song, so I'm very excited," she added.

She's got her eyes set on world domination.

"I really would love people to be able to say the biggest artist right now is from Africa. You know like born and raised, what the heck? We haven't had that," Tyla told i-D.



Erik ten Hag says Man Utd played 'so good' and blames officials for Champions League defeat in Copenhagen



Man Utd twice threw away a lead on their way to losing 4-3 in Copenhagen in the Champions League on Wednesday night; United are now bottom of Group A and face an uphill task to reach the knockout stages; Erik ten Hag blamed the defeat on three decisions by the officials

Erik ten Hag described Manchester United's performance in their 4-3 defeat at FC Copenhagen as "very good" and pinned the blame for the result on the officials.

United lost for the third time in four Champions League games to leave their hopes of qualifying from Group A hanging by a thread.

Ten Hag's side led 2-0 before being pegged back to 2-2 after Marcus Rashford was sent off. Bruno Fernandes put United 3-2 ahead but the Premier League side again crumbled at the end of the second half, conceding three or more goals in a match for the seventh time this season.

But despite their slim chances of progressing from a group that they were heavy favourites to negotiate, Ten Hag was pleased with much of what he saw from his side.

"We are very disappointed because we played very good," he said. "We started the game so well. Our best minutes of the season. We are winning the game and the red card changes everything."

Copenhagen had more of the possession and registered 16 shots to United's nine, but Ten Hag insisted: "It's a game of mistakes. I wouldn't say we did everything right but there are a lot of positives.

"Even with 10 men we were dictating the game. We played very good."

Instead, Ten Hag believes a number of decisions went against United in the Danish capital, starting with the call to send off Rashford for stamping on Elias Jelert as he looked to protect the ball following a VAR review.

"So, so harsh," Ten Hag said of the decision. "He went for the ball and the referee needs a long time to make it a red card.

"When you freeze it, it looks worse. I am very disappointed about such a decision."

Ten Hag went on to become the latest manager to criticise the implementation of VAR, adding: "The game is never meant to be like this. This has nothing to do with football.

"I accept wrong decisions are made but when you make such tough decisions, you control the game."

Ten Hag did not comment on the penalty that was controversially awarded to United for handball against Lukas Lerager - despite the ball travelling a short distance and appearing to strike Harry Maguire's hand first.

However, the Dutchman was upset about the penalty Maguire conceded for handball - the fourth to go against United in the Champions League this season - while he also claimed a Copenhagen player obstructed Andre Onana from an offside position for their first goal.

"We concede two goals that should not count," Ten Hag argued. "The first is offside and the second goal, it's so close and the hand is in a normal position. What can you do for that?"

"Four penalties against us in four games and two or three are very debatable. The game can't be like this."

Ten Hag said the decisions that went against his side are part of a pattern that has helped to contribute to the nine defeats they have suffered in 17 games this season - the most at this stage of a campaign in 50 years.

"This squad is so solid," he said. "All season, so many decisions are against us and so many setbacks with injuries.

"There is a spirit in the squad and every time we will keep going. It will turn in our favour."

Why Rashford was sent off

Whether Rashford intended to connect with Elias Jelert or not is irrelevant in this scenario. The intent of Rashford's action does not matter, only the action, an area of the laws that is even more strictly applied in Europe.

Granted, given Rashford is seemingly not making a tackle, and only trying to shield the ball, he is unlucky, but the laws have technically been adhered to in this instance, and Manchester United shouldn't be expecting any form of apology.

UEFA also initially reported on their website that Rashford was dismissed for catching Jelert with his arm, but that was later corrected.

We are in November and Manchester United have lost more than 50 per cent of their matches this season. The last time they experienced that many defeats in their first 17 games of a season was in 1973/74 - the last time they were relegated.

No one is suggesting United will repeat that nightmare - not yet, anyway - but their current form is staggeringly bad.

They have conceded 30 goals in just 17 games across all competitions. Their last four matches alone have seen them ship 10 goals, while only Celtic and Antwerp have conceded more than them in the Champions League this season.

It's hard to criticise Erik ten Hag for Marcus Rashford and Harry Maguire's first-half indiscretions as both carried more than a hint of misfortune, even if the decisions were correct.

But the manager has to bear responsibility for the way his side reacted. Every time Copenhagen - a side that had failed to score in eight of their last 10 matches against English sides - applied any pressure, United's defence disintegrated.

The sheer amount of goals United have conceded shows that propensity to collapse is a common theme. Equally damning is the fact that, after losing two out of two away from home in the Champions League as United boss, Ten Hag has now lost more matches on the road in the competition than he did across 16 games with Ajax.

At this rate, United and Ten Hag may not even end up in the Europa League.



Cinematic Triumph at Botswana International Film Festival 2023: Zimbabwean Films Take the Spotlight

In a spectacular showcase of cinematic excellence, the Botswana International Film Festival 2023 concluded with resounding success. The spotlight shone brightly on Zimbabwean films "**Ngoda**" and "**Mirage**," as they clinched multiple awards, solidifying Zimbabwe's position as the biggest winner of the night. The prestigious accolades included Best Film, Best Director, Best Sound, and Best Screenplay.

The festival, held from November 20th to 24th, 2023, unfolded at the Capitol Cinema, Masa Square in Gaborone. This annual celebration of global cinema brought together filmmakers, enthusiasts, and industry professionals to appreciate and honor outstanding contributions to the world of film.

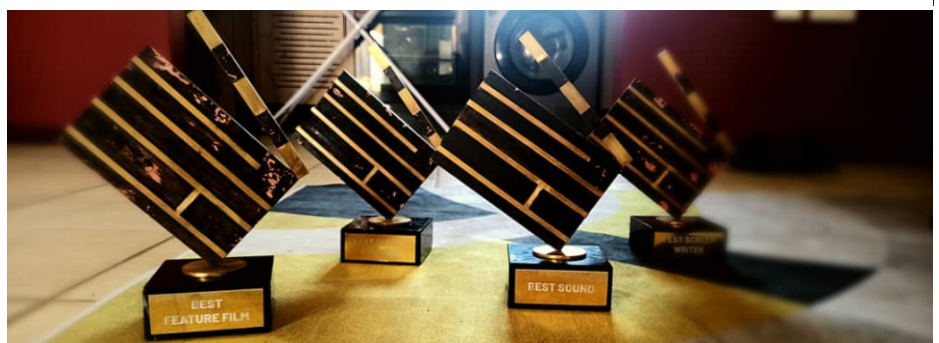
The triumph of "Ngoda" and "Mirage" underscored the exceptional talent and storytelling prowess emanating from Zimbabwe's burgeoning film industry. The Best Film award recognized the overall excellence of the cinematic creations, while the Best Director accolade acknowledged the visionary leadership behind these compelling narratives.

In the realm of technical achievements, Zimbabwe secured the Best Sound award, a testament to the meticulous craftsmanship that enriched the auditory experience of the winning films. Additionally, the Best Screenplay award highlighted the outstanding writing and storytelling skills that captivated audiences and critics alike.


The Botswana International Film Festival served as a platform for filmmakers to showcase their artistry, offering a diverse selection of films that spanned genres and perspectives. The Capitol Cinema at Masa Square provided a fitting backdrop for this cinematic extravaganza, fostering an atmosphere of appreciation for the art of filmmaking.


As the festival drew to a close, heartfelt congratulations resonated for the Zimbabwean film industry, celebrating not only the individual achievements of "Ngoda" and "Mirage" but also the collective success that showcased the richness of storytelling and filmmaking talent within the region.

The Botswana International Film Festival 2023 stands as a testament to the power of cinema to transcend borders, bringing together diverse cultures and narratives. With Zimbabwe at the forefront of this cinematic triumph, the festival's legacy continues to thrive as a hub for recognizing and celebrating the artistry that defines the world of film.



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