

Celebrity World

Botswana's Native Magazine

June 2024 P12

10 Best Places To Travel On A Budget

2024 Audi Q8

Palesa Motsewetshe: From Mmankgodi to Miss Teen Universe

Fizzy The DJ: Crafting Musical Journeys Beyond Borders

Apostle K: **Bridging Faith and Culture Through Music and Fashion**



Capturing Life: The Artistry of Mandla Dube aka Modern Day Zulu

Spotlight on Tho Noh Musiq and DJ Skilash: The Dynamic Duo Behind "Wololo"

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Welcome to the June issue of Celebrity World Magazine, where the magic of winter takes center stage! As the days grow shorter and the nights longer, we invite you to dive into the warmth and wonder of this enchanting season with us.

Winter has a unique way of bringing people together, whether it's gathering around a crackling fire, enjoying hearty meals, or bundling up to explore the frosty outdoors. In this issue, we celebrate the many ways winter touches our lives and the entertainment world.

First, we delve into the season's biggest film and television releases. From heartwarming holiday movies to thrilling dramas set against snowy backdrops, our comprehensive reviews and exclusive interviews with your favorite stars will keep you entertained and informed. Don't miss our cover story featuring an in-depth conversation with Apostle K, who shares insights into his latest project.

Music lovers are in for a treat with our feature on the season's hottest DJs. Whether you're looking for the perfect playlist to accompany a cozy night in or an energetic soundtrack for a winter workout, we've got you covered.

Of course, winter fashion is a highlight this time of year. Our style editors have curated the ultimate guide to staying chic and warm, showcasing the latest trends in outerwear, knitwear, and accessories. Learn how to layer like a pro and discover must-have pieces that will elevate your winter wardrobe.

For those who love to travel, our travel section explores the best winter getaways. From luxurious ski resorts to cozy cabins nestled in picturesque landscapes, find inspiration for your next winter adventure. Our travel writers share their personal experiences and tips for making the most of your winter escape.

This issue also highlights the culinary delights of the season. Warm up with our collection of delicious recipes, perfect for a winter feast or a quiet night at home. From hearty stews to decadent desserts, these dishes are sure to satisfy and comfort.

As always, we are thrilled to bring you the latest in entertainment news, trends, and insider insights. Our team has worked tirelessly to ensure that this issue captures the essence of winter and provides you with engaging and enjoyable content.

Thank you for being a part of our Celebrity World Magazine community. We hope this issue brings you joy, inspiration, and a touch of winter magic. Stay warm, stay entertained, and until next time, enjoy the season!

Warmest regards

Takudzwa Joylene Chigura

Editor

Celebrity World



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Darkness of Man

Interpol operative Russell Hatch witnesses the death of an informant when a seemingly routine raid goes wrong. Years later, he finds himself protecting the informant's son from a group of merciless gangs involved in an all-out turf war.
Initial release: May 21, 2024
Director: James Cullen Bressack
Distributed by: Saban Capital Group



Bridgerton

During the Regency era in England, eight close-knit siblings of the powerful Bridgerton family attempt to find love.

Based on: Bridgerton; by Julia Quinn
Created by: Chris Van Dusen
Genre: Regency romance; Alternate history
Network: Netflix
Producers: Sarada McDermott; Holden Chang; Sarah Dollard



BAD BOYS RIDE OR DIE

When their late police captain gets linked to drug cartels, wisecracking Miami cops Mike Lowrey and Marcus Burnett embark on a dangerous mission to clear his name.

Release date: June 7, 2024
Directors: Adil El Arbi, Bilall Fallah
Distributed by: Sony Pictures Releasing
Executive producers: Martin Lawrence, Chris Bremner, James Lassiter, Barry H. Waldman, Mike Stenson, Jon Mone
Film series: Bad Boys

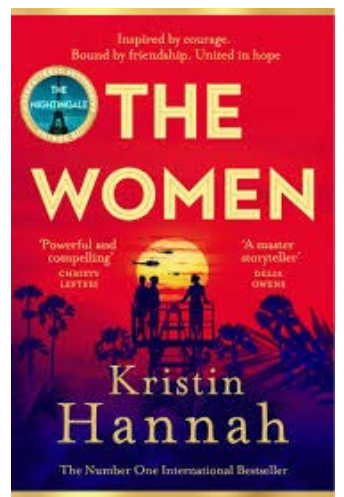
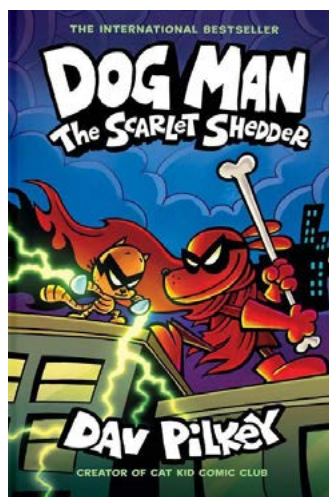


Furiosa: A Mad Max Saga

Snatched from the Green Place of Many Mothers, young Furiosa falls into the hands of a great biker horde led by the warlord Dementus. Sweeping through the Wasteland, they come across the Citadel, presided over by Immortan Joe. As the two tyrants fight for dominance, Furiosa soon finds herself in a nonstop battle to make her way home.

Release date: May 24, 2024
Director: George Miller
Distributed by: Warner Bros., Warner Bros. Pictures
Cinematography: Simon Duggan
Edited by: Margaret Sixel; Eliot Knapman

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Capturing Life:

The Artistry of Mandla Dube aka Modern Day Zulu

In the bustling world of photography, where every click is a moment frozen in time, Mandla Dube, known as Modern Day Zulu, stands out as an artist who transcends the ordinary. For Mandla, photography is not just a passion or an escape; it's a journey of self-discovery, creativity, and storytelling.

Mandla's photography venture

began as a hobby in 2017, a humble exploration that gradually evolved into a career path. From the outset, Mandla envisioned himself as a full-time artist-photographer, driven by the desire to capture the essence of life through his lens. However, he soon realized that photography encompasses much more than just clicking a camera; it's about mastering

the craft, understanding composition, and evoking emotions through imagery.

One of Mandla's primary focuses is street photography, a genre characterized by its spontaneity and the urgency to capture fleeting moments. While some may view street photography as solely about seizing the moment, Mandla sees it as an opportunity

for careful composition and storytelling. He believes that a photograph should not only capture a scene but also evoke sensations and provoke questions in the viewer's mind.

To achieve this, Mandla pays meticulous attention to detail, framing his shots with clean backgrounds and playing with light and shadows to create mood and atmosphere. Whether it's using subdued lighting to evoke mystery or high-key lighting to convey happiness, Mandla's mastery of lighting sets his work apart from the rest.

Collaboration plays a significant role in Mandla's artistic journey. By working with a diverse range of creatives, from photographers to artists, he has gained invaluable insights and shaped his unique brand. Mandla emphasizes the importance of collaborating with others to foster creativity and personal growth.

Despite the challenges inherent in the photography industry, including fierce competition and fluctuating demand, Mandla remains steadfast in his commitment to his craft. He acknowledges that every setback is an opportunity to learn and grow, embracing the constant evolution of technology and techniques in photography.

For Mandla, photography is not merely about capturing images; it's about telling stories and capturing moments that resonate with viewers on a deeper level. By infusing his work with authenticity, genuineness, and emotion, Mandla has carved out a niche for himself in the competitive world of photography.

As Mandla continues to refine his artistry and push the boundaries of creativity, he remains guided by his unwavering passion for photography and the belief that a good photograph is one that not only tells a story but also leaves viewers questioning and pondering the mysteries of life captured within the frame.

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Spotlight on Tho Noh Musiq and DJ Skilash: The Dynamic Duo Behind “Wololo”

BY: DUNCAN SEBESO

In the vibrant world of Afro pop and Amapiano, few collaborations capture the essence of musical synergy like Tho Noh Musiq and DJ Skilash. Their latest single, “Wololo,” is a testament to their unique blend of talents and their journey through the ever-evolving landscape of music.

Oarabile Nkwate, known by her stage name Tho Noh Musiq, has had an impressive career trajectory. For a decade, she mesmerized audiences as a dancer for the renowned Charma Gal. Her talent and dedication did not go unnoticed, leading her to step into the role of a lead vocalist for the next nine years. This significant shift allowed Tho Noh Musiq to fully embrace her vocal capabilities and carve out a distinct niche for herself in the music industry.

Thabo Loti, popularly known as DJ Skilash, began his journey in the world of music back in 2009. Starting as a disk jockey while still in school, DJ Skilash moved to Gaborone in 2013. There, he connected with various DJs and artists, honing his skills in music production. This network and his unwavering passion for music paved the way for his growth and success.

The collaboration between Tho Noh Musiq and DJ Skilash happened serendipitously. Tho Noh Musiq recalls the fateful day she walked into a studio to make some inquiries, only to find DJ Skilash working on a beat. Instantly captivated by the sound, she proposed creating a song together, and thus “Wololo” was born.

“Wololo” is more than just a song; it’s a powerful message. Tho Noh Musiq explains that the song is about the pain of not being allowed to express oneself or embrace one’s capabilities, whether by a partner, parents, or colleagues. The track seamlessly blends Afro pop and Amapiano, showcasing their versatility. Previously, Tho Noh Musiq had released tracks in Amapiano and house kwsa, but with “Wololo,” she ventures into a fusion that reflects both her and DJ Skilash’s artistic evolution.

DJ Skilash produced the beat for “Wololo,” while Tho Noh Musiq wrote the song and performed the vocals. The beat was composed at DJ Skilash’s home studio using FL Studio and basic home system sound and headphones. Despite not having professional tools, the outcome is a testament to their talent and ingenuity.

“Wololo” is available on all major music distribution platforms. Fans can stay updated on their activities through social media:

- Facebook: [DJ Skilash BW](<https://www.facebook.com/DJskilashBW>) and [Tho.Noh](<https://www.facebook.com/Tho.Noh>)
- TikTok: [@mrltskilash](<https://www.tiktok.com/@mrltskilash>) and [@THO NOH](<https://www.tiktok.com/@THO NOH>)
- YouTube: [DJ Skilash](<https://www.youtube.com/@djskilash>)
- Instagram: [@DJ_SKILASH_BW](https://www.instagram.com/DJ_SKILASH_BW)

The initial feedback for “Wololo” has been overwhelmingly positive, with fans urging them to continue exploring this unique blend of genres. Tho Noh Musiq fondly recalls a memorable performance at Soul Fill Up, where the crowd’s energy and appreciation left a lasting impact.

Looking ahead, Tho Noh Musiq and DJ Skilash are working on an EP that promises to further showcase their musical versatility. DJ Skilash expresses a desire to collaborate with Master KG, while Tho Noh Musiq hopes to work with artists like Paige and Nomcebo. Their ultimate goal is to establish their own record label, blending different genres to create something truly extraordinary.

Outside of music, they stay creatively inspired by attending business workshops and reading books, especially those focusing on business and psychology. Balancing their personal lives and music careers is essential to their sustained creativity and success.

Their advice to aspiring artists is clear: prioritize education, be determined, passionate, and ready to face new challenges. Most importantly, believe in yourself and your unique talents.


If given the chance, they would love to perform “Wololo” in South Africa, where the heart of Amapiano beats strongest. Fans might be surprised to learn about their ability to effortlessly switch between genres considered complex and challenging.

In three words, Tho Noh Musiq describes DJ Skilash as punctual, cooperative, and passionate—traits that have undoubtedly contributed to their successful collaboration and the creation of “Wololo.”

As they continue to climb the ladder of success, Tho Noh Musiq and DJ Skilash remain committed to pushing boundaries and creating music that resonates deeply with their audience. Keep an eye on this dynamic duo as they prepare to take the music world by storm.

APOSTLE K:

Bridging Faith and Culture Through Music and Fashion



In the vibrant landscape of Cape Town, South Africa, Apostle K is a name that resonates with many, especially the youth. As the founder of the Church Observer Ministries International, Apostle K has devoted his life to empowering young people through faith, music, and fashion. His multifaceted endeavors have not only influenced the spiritual lives of countless individuals but have also carved a niche in the entertainment and fashion industries.

A Visionary Leader

Apostle K's journey began with a simple yet profound vision: to create a platform where young people could connect with God while embracing their authentic selves. This vision materialized through the establishment of the Church Observer Ministries International. Based in Cape Town, this ministry has become a beacon of hope and inspiration, advocating for spirituality, decency, and morality.

Apostle K's passion for youth empowerment is evident in his approach. "Anything that brings young people together is my passion. Youth empowerment through the gospel is the greatest investment of all times. The youth in Africa are the future of tomorrow," he says. His commitment to nurturing the next generation is unwavering, and he believes that music is a powerful tool for breaking down cultural and religious barriers.

Apostle K Records: The Beat of Change

Understanding the universal language of music, Apostle K founded Apostle K Records. The label has seen significant success, with its music being featured on major platforms such as DStv's MTV Base Africa and Trace Africa. Apostle K sees music as a unifying force, one that motivates and inspires young people to adopt a positive outlook on life.

"Music moves across cultural and religious barriers; this was the best platform to unite people and to motivate young people to be positive through music," Apostle K explains. His label not only produces music but also aims to create an environment where young artists can thrive. This year, Apostle K Records plans to roll out music endorsement deals for local upcoming artists, further cementing its role in the African music industry.

Swag Church: Where Fashion Meets Faith

In addition to his ministry and record label, Apostle K is also the mastermind behind the Swag Church Clothing Brand. This brand is more than just a fashion statement; it's a movement that encourages young people to express their faith through their style. "Well, getting young people to serve God in their fashion sense is exactly what I'm advocating for through my own lifestyle and fashion sense. Come as you are," Apostle K emphasizes.

Swag Church Clothing Brand is a testament to Apostle K's belief that feeling good and looking good go hand in hand with spiritual well-being. "We are pro success and feeling good is the bedrock of success. Our label and fashion sense tell a tale of our inner feelings and passion," he notes. The brand embodies Apostle K's philosophy that passion is power and that living one's genuine self is crucial.

Expanding Horizons: Swag Church in Gaborone

As part of his mission to reach more young people, Apostle K is set to open another branch of the Observer Ministries International Swag Church in Gaborone. This new branch will offer an alternative to traditional and strict church options, providing a welcoming space for the youth to explore their spirituality in a modern and relatable context.

Philanthropy and Beyond

Apostle K's dedication to youth empowerment extends beyond music and fashion. His philanthropic efforts are aimed at giving young people the resources and opportunities they need to succeed. "Philanthropic work is a priority for us this year. We will be giving youth an alternative choice to the traditional and strict church options that youth tend to shy away from," he states.

A Message of Hope and Belief

Apostle K's message is clear: with God, nothing is impossible. "Only believe in Jesus Christ and your victory is sure," he affirms. His work through the Church Observer Ministries International, Apostle K Records, and the Swag Church Clothing Brand is a testament to his unwavering faith and his commitment to inspiring the youth of Africa.

Apostle K continues to be a trailblazer, using his platforms to unite, empower, and uplift. His legacy is one of passion, faith, and an unyielding belief in the potential of young people. Through his efforts, the youth of Africa are finding their voices and shaping a brighter future.



10 BEST PLACES TO TRAVEL ON A BUDGET



The world is full of cheap vacation spots. And, these days, it doesn't require much effort to find them. No matter what continent — and no matter what interests you have — there are countless places you can visit on a budget.

No destination is really ever “too expensive” as long as you do some research, get creative, and have some flexibility — you just might not be living large when you visit them.

Fortunately, there are a handful of destinations out there that make budget travel easy, fun, and safe. After over a decade as a frugal nomad, I've had the privilege of visiting dozens of budget-friendly countries that make traveling cheap as easy as it can be.

These destinations offer affordable accommodation, cheap food, and plenty of activities and excursions that can be enjoyed without breaking the bank.

Whether you're a history buff, foodie, beach bum, or party animal, this list has something for you.

Here's a list of my favorite cheap places to travel right now to help you plan your next affordable adventure:

1. THAILAND

Thailand is where it all began for me so it holds a special place in my heart. It is where I decided to quit my job and travel the world. I lived there. I loved there. Thailand

is incredible. It's also super affordable. With a tourist trail going back decades, Thailand is the heart of backpacking in Southeast Asia, and you can get by on between \$25-35 USD per day thanks to cheap guesthouses, budget street food (which can be found for as little as \$1 USD!), local buses, and the many cheap and free attractions. If you spend all your time on the islands and inexpensive accommodation, expect to pay closer to \$60 USD per day. However, even at the price, Thailand is still one of the most bargain-friendly destinations in the world and should not be skipped!

2. CENTRAL AMERICA

Want to roam ancient ruins, trek through the jungle, surf, and eat delicious food with few tourists around? Visit the smaller countries in Central America — think El Salvador, Honduras, Nicaragua, and Guatemala. Here you will find most budget hotels for around \$15-30 USD per night, meals for under \$5 USD, most bus journeys for the same price, and beer for as little as a dollar.

Belize, Panama, Costa Rica — these are expensive destinations by regional standards (yet they are still quite affordable). If you visit these central American countries, you can get by on \$40-50 USD per day as a backpacker or splash out \$100 a day and live large. Your money goes really far in this part of the world. And with no many countries to choose from, it's easy to bounce around and see a lot without going broke.

3. CAMBODIA

While you could put all of Southeast Asia on this list, Cambodia is one of my favorite countries in the region — it's affordable and beautiful, and the locals are incredibly hospitable. You can get a private, air-conditioned room for \$25 USD, street food for \$2-5 USD, and transportation across the entire country for \$20-25 USD. If you are spending close to \$50 USD per day, you are living large.

Cambodia is cheaper than popular Thailand but just as beautiful and filled with some of the nicest people in the world. Plus, it's home to the incredible Angkor Wat (which, while expensive to visit, is worth the expense!).

4. THE BALKANS

Located in southeastern Europe, the Balkans is the cheapest region in Europe. Composed of a handful of countries — most of which see very few tourists — it's an off-the-radar region that's super affordable while also offering incredible value. While places like Dubrovnik have seen an influx of tourists (thanks to the cruise ships that dock there), the majority of the region is ripe for adventurous travel. There's cheap wine, incredible hiking and nature, stunning coasts, hearty food, and wild nightlife. It's Europe's best-kept secret.

You can get by for as little as \$30 USD per day — a fraction of what you'd pay in Western Europe. A week's worth of groceries costs as little as \$25 USD while beer costs around \$2 USD.



And while the region was once known for being unsafe, things have greatly improved over the past decade. There's a growing backpacking trail here and tourism is on the rise. It's Europe's least-explored region — but not for long so visit before you crowds arrive and the price skyrocket.

5. CHINA

China has fascinated travelers ever since Marco Polo traversed the Silk Road in 1275. While the days of China being a dirt-cheap destination are gone, the country remains a budget destination — and one of the cheapest in Asia — but with a caveat. You need to get out of the big cities. Sure, the cities are still a bargain. Hostels cost less than \$20 USD, food is \$2-5 USD per meal, and local transportation in cities runs less than a dollar. But, the country becomes even cheaper, when you get off the beaten path and the interior. This is where you'll find the best travel deals and bargains! China still remains one of the best value places in the world and, with its massive size (it's the 3rd largest country by landmass), there is a ton to see and do here!

6. INDIA

While always a cheap country, the Indian rupee used to ride high at 39 rupees to the US dollar. Now, you get 78 rupees to the dollar — that's nearly 50 percent more money to travel with. Unless you book five-star resorts and eat only Western meals, you'll find it hard to spend \$50 USD a day here. You can get by on closer to \$30 USD by staying in cheap guesthouses, taking second-class trains, and

avoiding Western food. And if you want to splash out, you can live large for as little as \$60 USD per day. Even iconic sights like the Taj Mahal — a Wonder of the World — are super affordable (it's just \$14 USD to enter). India is a cheap backpacking destination with a rich cultural history, mouthwatering food, helpful and curious locals, incredible regional diversity, great tea, and a lot to do. It's a gigantic place best either explored in either one large trip or a few smaller chunks. Either way, don't miss India.

7. GEORGIA

Georgia has everything I need in a destination: it's cheap, has delicious food and wine, offers incredible hikes and mountain scenery, and is devoid of huge numbers of tourists. I loved it immediately and wish I had visited sooner (I actually extended my stay when I visited because I loved it so much!). Tucked away in the Caucasus, Georgia has been at a cultural crossroad for centuries yet it's not nearly as popular as it should be. Tbilisi is a city bursting with activity, while the rest of the country offers intrepid adventures a rugged, off-the-beaten-path feel.

You can get by on next to nothing here too, with budget travelers spending as little as \$25 USD per day. Beer is around \$2 USD, a week's worth of groceries costs around \$25-30 USD, and most museums and historic sites cost just \$2-3 USD.

While it might feel out of the way, Georgia is one of the next big backpacking hubs. I'd go back in a heartbeat!

8. PORTUGAL

Not all Euro countries are created equal, and Portugal is one of the bargain countries in the region — and one of my favorites. I fell in love with the country the first time I visited. How could I not, with beautiful beaches, a rolling wine country, stunning seaside cliffs, delicious food, jovial locals, and historic cities all at bargain prices.

Portugal has become a lot more popular and crowded in recent years (it has a growing expat and digital nomad scene) and Lisbon has become especially expensive as people move there and drive up prices. It's a great place after all! However, once you get outside of Lisbon, prices are still relatively cheap compared to the rest of Western Europe — and you'll see far fewer tourists too. Expect to get by on \$45-60 USD per day if you're a budget backpacker.

While is gorgeous in the summer, if you're looking for a cheap place to spend the winter in Europe, Portugal is one of your best options.

9. MEXICO

While I'd been to Mexico before, it wasn't until recently that I really spent a bunch of time there. And I was blown away. Mexico City is a foodie's paradise, Oaxaca has copious amounts of charm (and a never-ending flow of mezcal to boot!), and the Yucatan is perfect for road trips and cenote exploring. And since it's so close to the US, it's not only cheap (beer is just \$1-2 USD, groceries are around \$25 USD per week, and you can get by on less than \$50 USD per day here) but it's cheap to get to — double win!

While there are some regions that aren't that safe to explore, the majority of the country is yours to enjoy. No matter your interests — beaches, partying, food, history, nature — there's a corner of the country that you can enjoy safely without breaking the bank.

10. MOROCCO

Chaotic and colorful, Morocco is a popular bucketlist destination for travelers of all stripes. Offering rolling dunes of golden sand, winding markets and medinas, and towering mountains, Morocco is a photographer's dream. While the hectic cities can be a tad overwhelming at times, the stunning silence of the desert and its postcard-perfect views makes the trek worthwhile.

I fell in love with Morocco when I visited — and not just because it's super affordable (though that did help!). Budget backpackers can get around on just \$30-40 USD per day here, while midrange travelers can have a comfortable trip for less than half that. You get a lot of value here.

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Cannes Film Festival 2024: A Celebration of Cinema and Glamour

The Cannes Film Festival, one of the most prestigious and glamorous events in the world of cinema, returned with its 77th edition in 2024. Held from May 14 to 25, the festival once again transformed the picturesque French Riviera town into a vibrant hub of filmmaking, fashion, and international culture. This year's event was marked by a dazzling array of films, star-studded appearances, and groundbreaking moments that will be remembered for years to come.

A Star-Studded Affair

The red carpet of the Palais des Festivals was graced by some of the biggest names in the film industry. Hollywood royalty, European cinema icons, and rising stars from around the globe gathered to celebrate the magic of movies. The opening night saw a grand premiere of the highly anticipated film "Eternity's Edge," directed by acclaimed filmmaker Sofia Coppola. The film, a poignant

exploration of time and relationships, set a high bar for the rest of the festival.

Among the notable attendees were Leonardo DiCaprio, Cate Blanchett, Tilda Swinton, and Timothée Chalamet, each bringing their unique style and charisma to the event. The fashion, as always, was a spectacle in itself, with designers like Chanel, Dior, and Valentino showcasing their latest creations on some of the world's most famous figures.

Celebrating Diversity in Cinema

This year's selection of films highlighted the festival's commitment to diversity and inclusion. The official selection included entries from over 30 countries, with a significant focus on underrepresented voices and innovative storytelling. The Palme d'Or, the festival's highest prize, went to "Whispers of the Forgotten," a powerful drama by Nigerian director Adesewa Akinfenwa. The film, which delves into the lives of

women in a remote village grappling with the impacts of climate change, was lauded for its compelling narrative and stunning cinematography.

In the Un Certain Regard category, which focuses on original and different works, the award was given to "Fragments of a Lost Land," a visually stunning piece by Chilean director Valeria Ruiz. The film's exploration of indigenous culture and environmental destruction resonated deeply with audiences and critics alike.

Innovations and Masterclasses

Cannes 2024 was not just about the glitz and glamor; it was also a platform for innovation and education in cinema. The festival featured a series of masterclasses and panel discussions with industry legends. Martin Scorsese, who premiered his latest film "Echoes of Silence" at the festival, shared his insights on the evolution of filmmaking



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in a digital age. His masterclass was a highlight, drawing aspiring filmmakers eager to learn from the maestro himself.

Another significant event was the “Women in Film” panel, which discussed the progress and challenges faced by women in the industry. Esteemed panelists included directors Greta Gerwig, Ava DuVernay, and Nadine Labaki, who emphasized the importance of creating more opportunities and support systems for female filmmakers.

The Market and Beyond

The Marché du Film, Cannes’ bustling film market, was a hive of activity as producers, distributors, and financiers from around the world gathered to negotiate deals and discover new projects. This year, the market saw a significant increase in the sale and distribution of independent films, reflecting a growing appetite for diverse and unique storytelling.

In addition to the screenings and business dealings, Cannes also hosted various networking events and parties, allowing attendees to mingle and form connections in a relaxed and luxurious setting. The infamous amfAR Gala, held at the Hotel du Cap-Eden-Roc, was one of the many glamorous events that raised funds for AIDS research, blending philanthropy with festivity.

Looking Forward

As the curtains fell on the 2024 Cannes Film Festival, the echoes of its successes and celebrations lingered. This year’s edition was a testament to the enduring power of cinema to bring people together, inspire change, and celebrate creativity. With its blend of high-profile premieres, insightful discussions, and a commitment to diversity, Cannes continues to be a beacon for the global film community.

For filmmakers, critics, and fans alike, Cannes 2024 was not just an event—it was an unforgettable experience that highlighted the best of what the cinematic world has to offer. As we look forward to the next edition, the festival’s legacy of excellence and innovation promises to shine even brighter.





HOW TO GROW A SMALL SUCCESSFUL BUSINESS

To build a successful business, you need more than a good—or even great—idea. You have to be well organized, flexible, and creative, and develop a knack for paying close attention to the details while never losing sight of the big picture. You should also be prepared to make some personal sacrifices. Whatever type of business you have in mind, these nine basic tips, with links to additional advice, can help you get it started and keep it growing.

KEY TAKEAWAYS

- Starting and growing a business requires good organizational skills, creativity, and constant focus, among other essentials.
- It's important to be aware of your competition, particularly the things it is doing that you might want to adopt or improve upon.
- You'll almost certainly end up working harder for yourself than you would for someone else, so be prepared to make some sacrifices in your personal life.

9 Tips For Growing A Successful Business

1. Get Organized

To achieve success as a business owner you first have to be well organized. That will help you complete tasks efficiently and stay on

top of the many things that need to be done. A simple way to get and stay organized is to create a to-do list each day. As you complete each item, check it off your list. Remember, too, that some tasks are more important than others. Aim to tackle the high-priority ones first. There are many online resources that are available to help. They include tools like Slack, Asana, Zoom, and Microsoft Teams. That being said, a simple Excel spreadsheet will meet many of a small business's organizational requirements, especially in the early days.

2. Keep Detailed Records

No matter how busy they are, successful businesses take the time to keep careful accounting records. By doing so, they know where their business stands financially and can often get a better (and earlier) grasp of any potential challenges they might be facing. Investopedia periodically rates the best accounting software for small businesses.

Many businesses today keep two sets of records: one physical and another in the cloud. That way, a business owner no longer has to worry about losing crucial data if something unfortunate happens, like a fire, computer virus, or other calamity.

3. Analyze Your Competition

To be successful, you can't afford to ignore your competitors. Instead, take the time to study and learn from them. Larger companies devote significant resources to obtaining this sort of competitive intelligence.

How you go about analyzing the competition can depend on the nature of your business. If you're a restaurant or store owner, you may simply be able to dine or shop at a competitor's place of business, ask customers what they like or don't like about it, and gain information that way.

If you're in a field with more limited access to your competitors' inner workings, such as manufacturing, try to keep up with the news in relevant trade publications, speak with any customers you share in common, and obtain and scrutinize whatever financial information a competitor makes publicly available.

4. Understand the Risks and Rewards

Another key to being successful is taking calculated risks to help your business grow. Besides contemplating the potential rewards if you succeed, a good question to ask is: "What's the downside if this doesn't work out?" If you can answer that question, you'll know what the worst-case scenario



is. If you could live with that scenario, and are prepared to take the necessary steps to manage the risk as much as possible, you might want to give it a go. Otherwise, this could be a good time to consider other opportunities.

Understanding risks and rewards includes being smart about the timing of starting a business or launching a new product. For example, the severe economic dislocation during the COVID pandemic provided some businesses with new opportunities (say, manufacturing and selling protective gear) and others with difficult-to-overcome obstacles (such as running a restaurant with constraints on indoor dining).

5. Be Creative

Always be looking for ways to improve your business and make it stand out from the competition. Recognize that you don't know everything and be open to new ideas and different approaches.

Keep an eye out for opportunities to expand your current business or develop related enterprises that will lead to additional revenues and provide the benefit of diversification. The history of Amazon provides a good example. The company started out as an online bookseller and grew

into an e-commerce giant, selling just about everything. Today it has a growing brick-and-mortar presence, as well. Among its many subsidiaries are Amazon Pharmacy, Amazon MGM Studios, Whole Foods Market, and Zappos.

6. Stay Focused on Your Goals

The old saying "Rome wasn't built in a day" applies to building a business as well. Just because you open a business doesn't mean you're going to start making money immediately. It takes time to let people know who you are and what you have to offer, so stay focused on achieving your goals.

Even many small business owners who ultimately achieve success won't see a profit for a few years and will have to rely on borrowed money (if they can get it) or their own savings to support the business until it can become profitable. Fortunately, there are a variety of ways to finance a business.

That being said, if the business is not turning a profit after a reasonable period of time, it's worth looking into why that is and whether the business needs to go in another direction.

7. Provide Great Customer Service

Too many businesses forget the importance of providing great customer service. If you

deliver better service for your customers, they'll be more inclined to come to you the next time they need something instead of going to your competition. High-quality service is one key to obtaining competitive advantage in the marketplace.

Some businesses refer to this as a taking a consumer-centric or client-centric approach. In fact, in today's hyper-competitive business environment, service is often the major differentiating factor between successful and unsuccessful businesses. This is where the saying "undersell and overdeliver" comes in, and savvy business owners are wise to follow it.

8. Be Consistent

Consistency is a key component to success in business. You have to keep doing what is necessary to be successful, day in and day out. This will create long-term positive habits that will help you make money in the long run and create satisfied customers from day one. Customers value consistency, too.

9. Prepare to Make Some Sacrifices

Having your own business often requires putting in more time than if you were working for someone else. That can mean spending less time with family and friends than you wish you could. The adage that

there are no weekends and no vacations for business owners can ring true for anyone who's committed to making their business work.

Owning a business isn't for everyone. If, after an honest self-evaluation, you decide you aren't cut out for it, you'll save yourself a lot of grief, and probably a lot of money, by pursuing another career path.

What Is the Fastest Way for a Business to Grow?

Businesses will grow at their own rates, and many times this is out of the control of the business owner or workers. However, there are some aspects to running lean that may help a business grow quickly, such as focusing on a small product line, scaling up at a manageable pace, and providing some sort of obvious edge over your competitors.

How Do You Increase Sales?

Increasing sales can come from a few different places. You can raise ad expenditures where advertising has already proven effective, proactively solicit referrals from existing clients, build a direct-to-consumer email list, and others. You can also expand your product portfolio, but if the new additions underperform, that will negatively affect your bottom line.

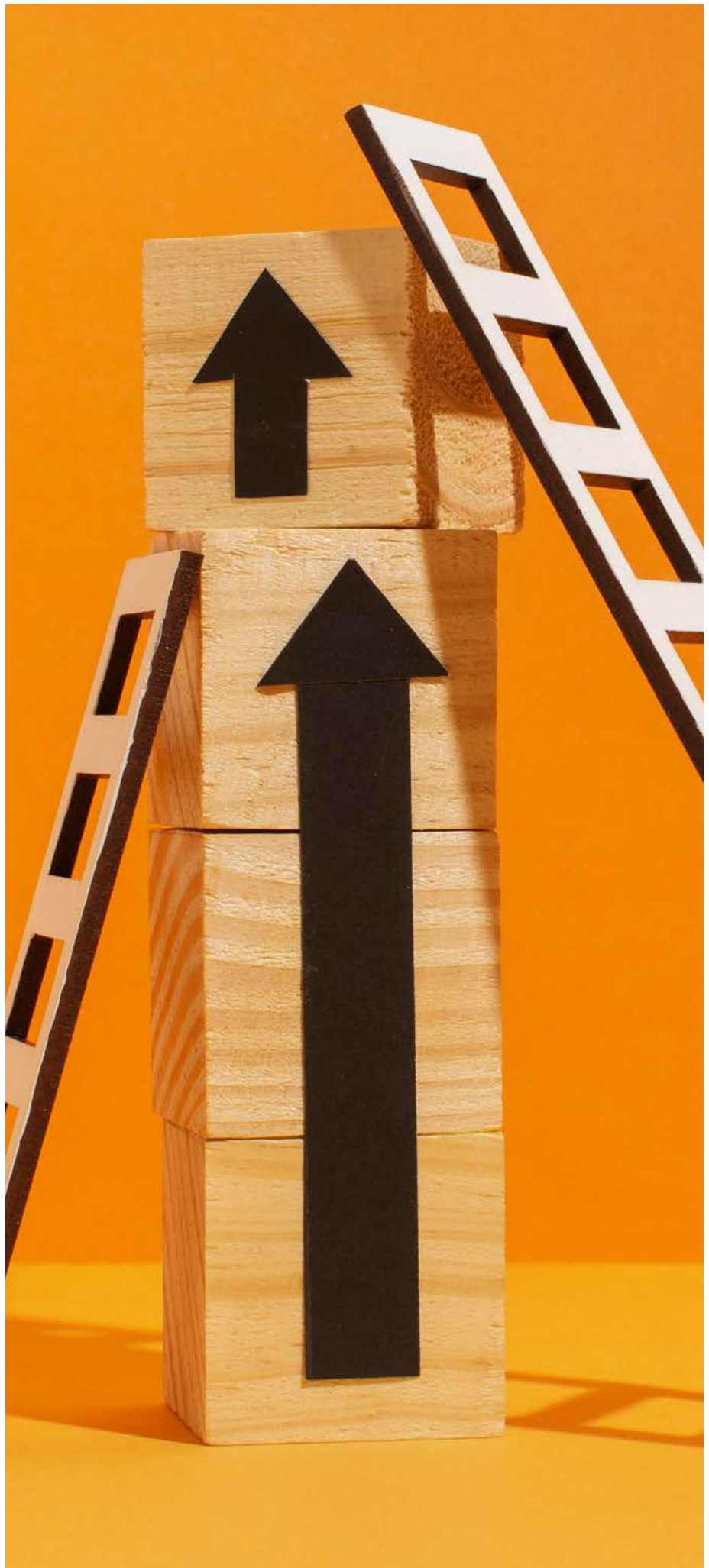
What Makes a Startup Successful?

Business success is a difficult concept to quantify, but if it means generating returns for stakeholders, startups can be an excellent way to deliver returns. The best startups have a good product or service that is scalable. A well-run startup will understand the overall market and its particular place in it, be able to pivot quickly, and be ready to take advantage of opportunities when they present themselves.

The Bottom Line

Growing a successful business is hard work, and not everyone succeeds at it. According to 2022 data from the U.S. Bureau of Labor Statistics, about 20% of new businesses fail during their first year, 50% fail during the first five years, and 65% fail during the first 10 years. Only 25% of new businesses make it to 15 years or beyond.

If you want to be among that 25%, paying attention to these nine tips is a good start, but certainly not exhaustive. To own and run a successful business you'll want to be in a state of constant learning and adapting.





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Mastering Finances: Five Essential Tips For Small-Business Owners

Being a small-business owner is one of the most difficult and stressful jobs in the world. Everywhere you turn, there's another fire to put out or a crisis to be averted. Although there are always elements beyond your control, you can alleviate much of the stress of business ownership by managing the areas within your control. One of these areas is finance. In this article, I'm going to look at five easy ways entrepreneurs can get a handle on their finances and mitigate the potential for financial disaster.

1. Separate personal and business finances.

Mixing personal finances with business is one of the most common mistakes I see among business owners. It's tempting to use a single bank account for everything, but this can quickly lead to chaos, financial confusion and even legal trouble.

You see, commingling your personal and business finances could lead to "piercing the corporate veil," leaving you personally liable for your company's debts and liabilities. With the federal government making a greater

investment in IRS enforcement, keeping your books straight is all the more important.

So what can you do to protect yourself as a small-business owner?

Establish a separate business bank account and credit card. This division makes tracking expenses, calculating taxes and maintaining clear financial records simple. It also safeguards your personal assets from any potential business liabilities. Trust me; it's a smart move.

2. Create a comprehensive business budget.

I often say, "If you aim at nothing, you'll hit it every time." This is especially true with your finances. Without a clear direction for your business's finances, it's nearly impossible to hit your targets. Although budgets often get a bad rap, they're vital to your organization's success. It's your road map to setting realistic revenue and expense expectations. Fortunately, creating a comprehensive business budget doesn't have to be complicated.

Begin by listing each of your income sources and breaking down your expenses. Don't forget to include both the fixed costs (rent, utilities, salaries) and the variable costs (marketing, office supplies, maintenance). However, your budget should also account for those unexpected expenses, savings for future investments and an emergency fund for those rainy days.

Once you've created a workable budget, don't forget to review and update it regularly. This will enable you to stay on track and reflect changes in your business operations and financial goals.

3. Monitor cash flow religiously.

Cash flow is the lifeblood of our small business. It's the money flowing in and out of our company daily. Fumbling with cash flow management is one of the main culprits behind small-business failures. In fact, Business Insider reports that 82% of small-business failures are directly attributed to poor cash flow management. Therefore, keeping a close eye on your cash flow is essential.



Here's how you can make sure your cash flow stays healthy:

- Invoice promptly and follow up on overdue payments.
- Negotiate favorable payment terms with suppliers.
- Cut unnecessary (nonstrategic) expenses.
- Build up a cash reserve for those unforeseen emergencies.
- Consider a line of credit or short-term loans to cover seasonal fluctuations.

4. Consider investing in professional financial guidance.

Look, you may be an expert in your field, but when it comes to financial expertise, we can all use someone with expertise to guide us and hold us accountable. This is the reason that I (a financial advisor) hired a financial advisor.

You see, seeking professional guidance from accountants, financial advisors or consultants can be a game-changer for your business. These professionals can help

you make informed decisions, minimize tax liabilities and spot opportunities for cost savings.

Therefore, don't shy away from investing in accounting software or hiring a reliable bookkeeper to keep your financial records in order. It's like having a co-pilot to navigate the financial skies with you, reducing errors and providing valuable insights into your business's financial health.

5. Talk with your trusted professionals to plan strategically.

Taxes are one of the few constants in life. Most of us wish they weren't. However, with a bit of strategic planning, you can legally minimize your tax burden. Understanding the tax code and taking advantage of deductions and credits that are available to you can make a big difference to your bottom line.

Your tax professional can help you develop a plan for your unique situation. Here's a peek into what has worked for me:

- Keep comprehensive records of all

business expenses.

- Consider taking advantage of tax-advantaged retirement accounts for yourself and your employees. In 2023, you can contribute up to \$22,500 to your 401(k) and \$6,500 to your IRA. Plus, if you're 50 or older, you can make "catch-up" contributions of \$7,500 and \$1,000, respectively.
- Explore small-business tax credits, such as the research and development tax credit.

Remember that in addition to income taxes, you've got to prepare for sales tax, payroll tax and any other applicable taxes for your specific industry and location.

Managing your finances effectively is a key to success in the small-business world. By following these simple tips, you can navigate the financial challenges and opportunities that come your way with confidence. These tips can help you build a solid financial foundation and set your business on the path to long-term success.



KASANE

Kasane is situated between the Four Corners of Africa; where Botswana, Zimbabwe, Namibia and Zambia meet. It is a great spot to stay for visits to the Victoria Falls in Zimbabwe or Botswana’s own Chobe National Park.

The town’s own attractions include a huge Baobab tree that was once used as a prison due to its trunk that is so large a human can enter. There is also a snake park that houses around 50 snakes from 17 different species. Kasane is also wonderfully situated for exploring the Chobe River.

MAUN

Maun is often used by tourists as a stepping stone for the Okavango Delta but it has enough about it to merit a few nights stay. The hotels, restaurants and tourist amenities here are some of the best in the country, largely due to the fact that the city is the main tourist stop in the country.

Whilst the town itself does not have much going for it, it still attracts a wide range of people from luxury safari travellers to volunteers.

There are some great campsites that are located by the river, providing a great place to stay for a few nights.

FRANCISTOWN

The oldest town in Botswana is the second largest in the country. Francistown was built on gold mining before Europeans came and looked to prosper from it themselves. In fact the town takes its name from a British man; Daniel Francis.

The main sights in the town include the Supa Ngwao Museum which documents the life and culture of the Kalanga people through various exhibits. There is also a refuge for orphaned wild animals called Birds and Game Botswana.

The town is currently experiencing an economic boom due to the recent resurgence of gold mining.



The Enduring Spirit of the Baherero Tribe: A Cultural Legacy

By Takudzwa Joylene Chigura



In the vast, sun-drenched landscapes of Namibia, the Baherero, or Herero tribe, stand as a testament to resilience and cultural pride. Having migrated from Central Africa in the 17th century, these cattle-herding people have faced and overcome numerous challenges, particularly during the brutal colonial era under German rule. Today, their rich cultural heritage and traditional practices continue to thrive, embodying a history of survival and adaptation.

Historical Journey

The Herero's migration to southwest Africa marked the beginning of a new chapter in their history. Driven by the need to expand grazing lands for their cattle, they engaged in conflicts with local tribes. The arrival of German colonizers in 1884 brought significant upheaval. Initially equipped by the Germans to fight their rivals, the Herero soon found themselves subjugated, their lands and cattle seized, and their rights to mineral resources stripped away. The ensuing resistance against

German forces led to a tragic genocide, with countless Herero killed or driven into the harsh conditions of the Kalahari Desert.

Despite these adversities, the Herero people's indomitable spirit saw them through. A group managed to escape to Bechuanaland (present-day Botswana), where they were welcomed by the Tswana people. Here, they rebuilt their lives, leveraging their skills in cattle rearing to become key beef producers in the region.

Cultural Resilience

The Baherero hold their cultural traditions in high esteem, fiercely guarding them against external influences. Their distinctive attire, rituals, and social practices are integral to their identity.

Traditional Dress:

The Herero women's traditional dress, a voluminous Victorian-style gown paired with a distinctive headscarf shaped to

resemble cow horns, symbolizes their deep connection to cattle. This attire is not just a statement of cultural pride but also a tribute to their pastoral lifestyle.

Marriage and Family Practices:

Marriage within the Baherero community includes unique customs such as otjiramue, where cousins are permitted to marry. This practice reinforces familial bonds and cultural continuity. Boys undergo circumcision as a rite of passage, while girls are groomed from a young age for their future roles as wives, highlighting the community's emphasis on structured, respectful familial relationships.

Cattle and Social Status:

Cattle are central to the Herero's way of life, representing wealth, social status, and sustenance. The number of cattle owned by a household often determines its standing within the community. This pastoral tradition underscores the tribe's resilience and adaptability, as they continue to thrive



in modern Botswana while maintaining their ancestral customs.

Modern-Day Baherero

Today, the Baherero people continue to navigate the complexities of preserving their heritage in a rapidly changing world. They have successfully integrated aspects of modernity while remaining true to their roots. Their story is not just one of survival but of flourishing, as they uphold the values and traditions passed down through generations.

In a world where indigenous cultures often face erosion, the Baherero stand as a beacon of cultural endurance. Their history and traditions offer valuable insights into the strength of community, the importance of heritage, and the resilience of the human spirit.

As the Baherero people look to the future, they do so with a deep reverence for their past, ensuring that their unique cultural legacy continues to inspire and educate future generations.



Palesa Motsewetshe: From Mmankgodi to Miss Teen Universe



Palesa Motsewetshe, a radiant young woman hailing from the beautiful and warm village of Mmankgodi, has made remarkable strides as both the founder of Palesa's Caring Sisterhood and the reigning Miss Teen Universe 2023. Currently in her final year of high school at Bothale Cambridge International, Palesa is not only an active member of her school community but also serves as the head girl and captain of the netball team. Her journey is a testament to her dedication, resilience, and passion for making a positive impact.

Under the dynamic leadership of Tshepho B. Tlhapi, Miss Teen Universe Botswana has emerged as a beacon of motivation, support, and empowerment for young women across the nation. Tshepho, who also serves as the CEO, is deeply inspired by the transformative potential of beauty pageants. "We hosted Miss Teen Universe Botswana to motivate, support, and empower our contestants," she explains. The goal is to promote confidence and self-esteem, contribute to charitable causes, and provide opportunities for networking and career advancement in the entertainment industry. For Tshepho, the personal fulfilment derived from being part of a significant cultural event is equally

important.

Palesa's journey to becoming Miss Teen Universe Botswana began with a delegation from the current director, Mrs. Tshepho Tlhapi. This title has allowed her to network extensively and spread the word about her project, Palesa's Caring Sisterhood. Her biggest support came from her school, Bothale Cambridge International. "Without them, I highly doubt I would have been able to balance school with pageantry," Palesa reflects. The school went out of its way to accommodate her passion, providing a strong foundation for her achievements.

One of Palesa's highlights from her international pageant experience in Colombia was a 5 am bonding session with Miss Teen Universe Namibia, where they did each other's hair and makeup. This moment underscored the purpose of pageants—to bring people together and forge lasting connections. However, Palesa also faced challenges, such as adapting to Colombia's humid and hot climate. Despite not fully mastering the humidity, she learned practical tips like carrying a makeup brush for touch-ups to ensure her makeup lasted longer.

"Colombia takes pageantry to another level," Palesa notes, impressed by the immense and astonishing support Colombians showed. She discovered that this supportive nature is ingrained in their culture. Her interactions with other contestants were overwhelmingly positive. "I felt like I had made sisters; they embraced me as if I was one of their own," Palesa shares. The camaraderie taught her the importance of preparation and resilience, proving that there is no such thing as being over-prepared.

Reflecting on her pageant journey, Palesa treasures several memorable moments. Witnessing contestants grow in confidence and poise, showcasing their talents, and delivering heartfelt speeches revealed the depth and character of each participant. These experiences have left a lasting impact on Palesa, reinforcing the transformative power of pageantry.

Contestants in Miss Teen Universe Botswana undergo extensive preparation and training before the competition. This includes practicing public speaking and interview skills, training in stage presence and poise, and honing their talents for the

talent segment. Contestants work with stylists to choose outfits and perfect their looks, learn personal branding and social media skills, and engage in community service activities related to their platform. Mental preparation and resilience training are also crucial, along with etiquette and social skills training to ensure contestants can navigate various social situations with grace. Rehearsals simulate the competition experience, helping contestants become familiar with the format, timing, and procedures.

Participating in an international pageant has profoundly impacted Palesa's personal life. It has boosted her confidence, expanded her cultural understanding, and provided a powerful platform to advocate for causes she cares about. Through her project, Palesa's Caring Sisterhood, she has worked tirelessly to amplify female voices. The project began in Mmankgodi, where she donated sanitary pads and sanitary pad dispensers to schools. Since then, it has expanded its reach, with youth and beyond donating and volunteering to support her cause.

Currently, Palesa's top goal is to excel in her IGCSE examinations with a target of 48 points. "Thuto ke boswa jwa botselo jwa rona," she emphasizes, highlighting the importance of education. While she is uncertain about returning to the pageant industry soon, Palesa remains focused on her projects and the possibility of promoting Botswana's culture internationally in the future.

Palesa's advice to young girls aspiring to compete in beauty pageants is to embrace their uniqueness and stay grounded. "Winning isn't everything," she reminds them. Thorough preparation, accepting constructive criticism, and promoting positivity and kindness are crucial. Focusing on inner beauty, maintaining good health, engaging in community service, and enjoying the journey are vital components of a successful pageant experience.

Under Tshapho B. Tlhapi's leadership, Miss Teen Universe Botswana continues to inspire and empower young women, fostering a new generation of confident, poised, and community-oriented leaders. Palesa Motsewetshe's journey from Mmankgodi to the international stage exemplifies the impact of this empowering platform, demonstrating that with support, dedication, and resilience, young women can achieve their dreams and make a meaningful difference in the world.





Six Tips For Starting A Backyard Garden

One of the best steps you can make for improving your diet is to increase your regular consumption of healthy fruits and vegetables. Not only are fruits and veggies loaded with the kinds of healthy nutrients and minerals that aren't as readily available from pre-packaged, overly processed alternatives, but they can be low on calories and high on taste. Whether you don't have easy access to a local farmer's market, organic grocery options, or you simply want to indulge your green thumb, in recognition of National Fruit and Vegetable Month, we're providing six tips for starting a backyard garden.

Start Small. Walk before you run. Resist the urge to start growing a wide variety of fruits, vegetables, and herbs by starting with just one or two plants to get some experience under your (green) belt. Tomato plants, for examples, are forgiving, making them an excellent choice for beginners and offering versatile culinary options. If space is an option for your garden, consider vining

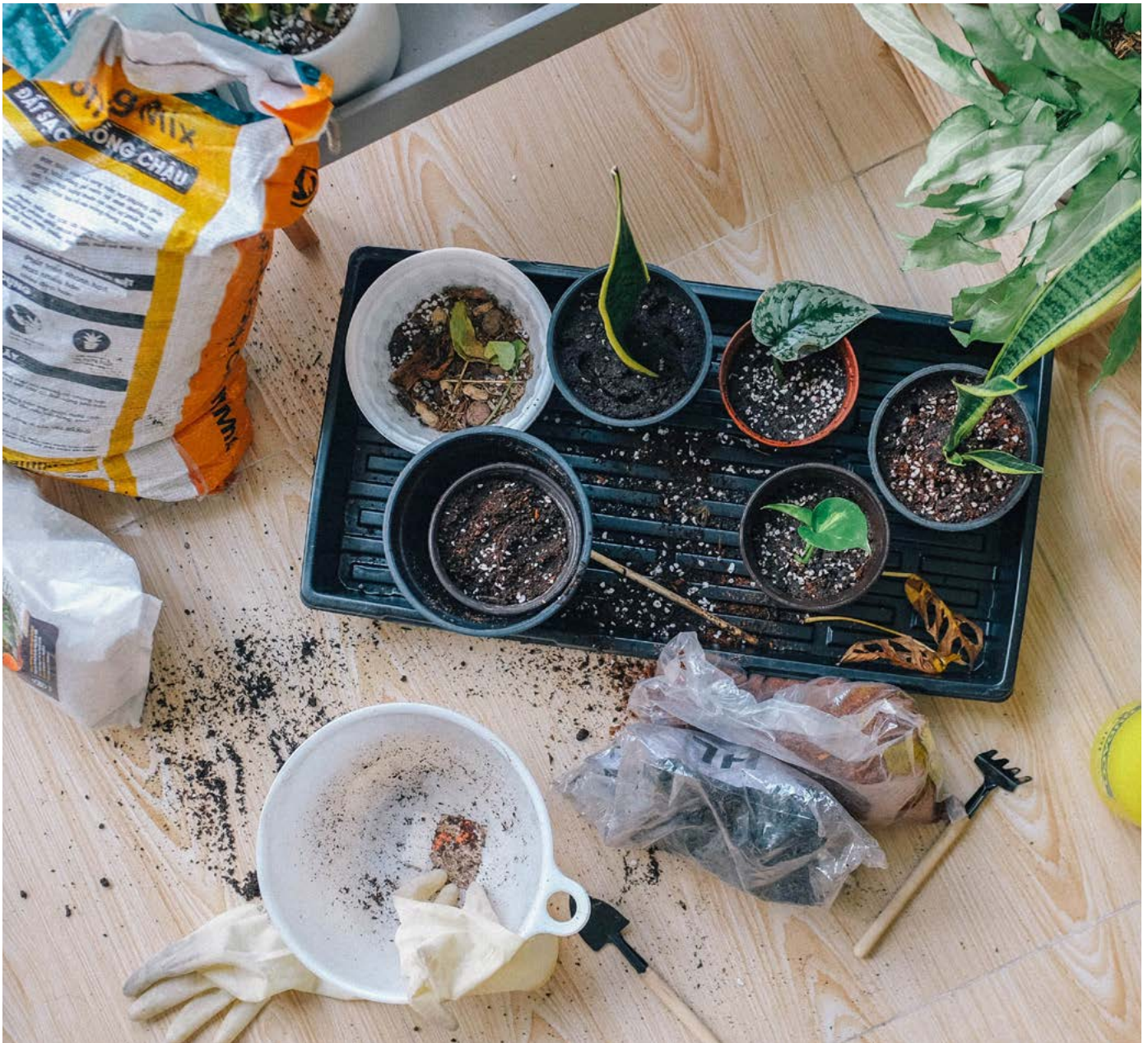
plants, such as green beans and peas, to make use of your available vertical space.

Choose a Location for Your Garden. You may be tempted to place your garden where you feel it will add the most significant aesthetic to your backyard, but set your fruits and veggies up for success by choosing the best location for their needs. Most vegetable and fruit plants require at least five hours of direct sunlight daily, while herbs and root vegetables will grow in partial shade. If you need help understanding the different light and water needs of individual plants, talk to an expert at your local nursery.

Build Raised Beds. Depending on the size available to you in your backyard or patio, build raised beds for your plants. Raised beds create a physical barrier that protects your plants from weeds and keeps food and moisture dedicated to your crops. Click here to watch an instructional video on how to build a raised garden bed.

Feed Your Organic Garden with Organic Matter. Keep your garden and yourself healthy by avoiding harsh chemical pesticides, fertilizers, and growth agents. While mineral nutrients such as agricultural lime, rock phosphate, and greensand can be added to your garden more safely the chemicals, the best fertilizer is organic matter, such as compost, manure, coffee grounds, and shredded leaves.

Water Wisely. If you start with seeds, know that they should never be dried out, so make time to water your plants daily. As your plants grow, they will need less water, but don't think you can rely on Mother Nature alone. The amount of water your fruits and vegetables need will depend on rainfall, humidity, and soil. Clay soil, for example, dries out more quickly than sandy soil and will require more regular watering. Make sure you understand the unique needs of the plants you selected and accommodate them accordingly.



Rotate Your Crops. If you're successful (and you will be!), you'll find plants you enjoy cultivating and that you are confident growing year after year. Once you are committed to a seasonal cyclicity, plan to rotate your crops. Only plant the same crop in the same soil (or box) once every three years for best results.

Regularly eating healthy fruits and vegetables has been linked to improved health, while gardening has been proven to be a healthy, mood-boosting hobby. By embracing National Fruits and Vegetable Month this June and embracing the challenge and rewards of a backyard garden, you'll be investing in a project you can be proud of that will help improve your health—mind, body, and spirit—all year long.



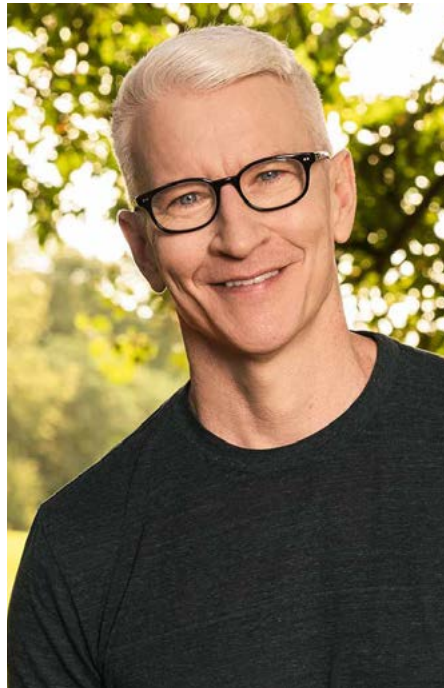


ANGELINA JOLIE

Angelina Jolie is an American actress, filmmaker, and humanitarian. The recipient of numerous accolades, including an Academy Award and three Golden Globe Awards, she has been named Hollywood's highest-paid actress multiple times.

BORN: JUNE 4 1975

PROFESSION: AMERICAN ACTRESS



ANDERSON COOPER

Anderson Hays Cooper is an American broadcast journalist and political commentator currently anchoring the CNN news broadcast show Anderson Cooper 360°. In addition to his duties at CNN, Cooper serves as a correspondent for 60 Minutes on CBS News.

BORN: JUNE 3 1967

PROFESSION: AMERICAN JOURNALIST

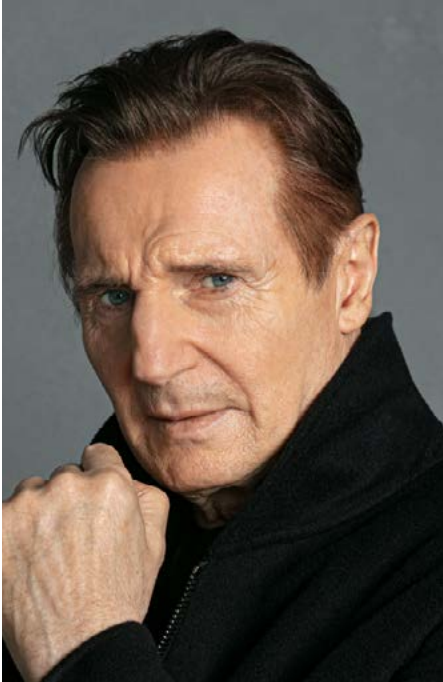


HEIDI KLUM

Heidi Klum is a German-American model, television host, producer, and businesswoman. She appeared on the cover of the Sports Illustrated Swimsuit Issue in 1998 and was the first German model to become a Victoria's Secret Angel.

BORN: JUNE 1 1973

PROFESSION: MODEL

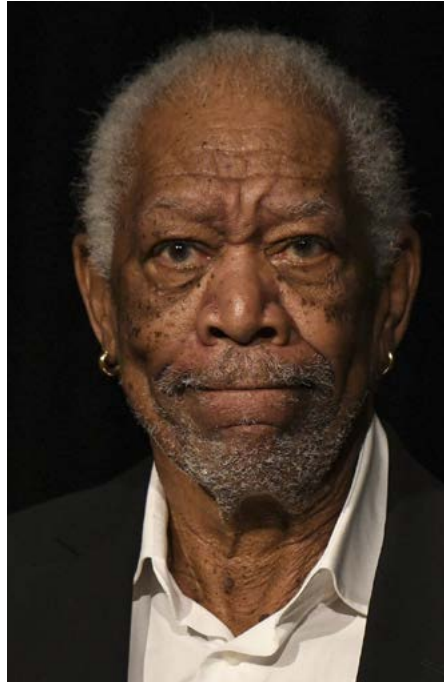


LIAM NEESON

William John Neeson OBE is an actor from Northern Ireland. He has received several accolades, including nominations for an Academy Award, a BAFTA Award, three Golden Globe Awards, and two Tony Awards. In 2020, he was placed seventh on The Irish Times list of Ireland's 50 Greatest Film Actors.

BORN: JUNE 7 1952

PROFESSIONS: ACTOR



MORGAN FREEMAN

Morgan Freeman is an American actor, producer, and narrator. Throughout a career spanning five decades and multiple film genres, he has received numerous accolades, including an Academy Award, a Golden Globe Award, and a Screen Actors Guild Award as well as a nomination for a Tony Award.

BORN: JUNE 1 1937

PROFESSION: AMERICAN ACTOR



MARK WAHLBERG

Mark Robert Michael Wahlberg, formerly known by his stage name Marky Mark, is an American actor. His work as a leading man spans the comedy, drama, and action genres.

BORN: JUNE 5 1971

PROFESSION: AMERICAN ACTOR

Aries

(Mar 21-Apr 20)

You are likely to enjoy stable health and financial stability today. Your family life is harmonious, fostering strong connections and support. Travel plans may be disrupted or delayed, and property matters demand caution. On the various other fronts, unforeseen difficulties may arise, warranting careful consideration and adaptability. Despite these challenges, you should focus on your strong health and financial foundation as you navigate the complexities of your daily lives.

Taurus

(Apr 21-May 20)

Today, you are in an exceptional phase across various aspects of your life. Your health is flourishing, giving you the energy to tackle any challenges. Financially, you are on solid ground, with opportunities for growth. Professionally, things are moderate, but you have the stability to make progress. Your family and romantic relationships are thriving, and travel plans or property matters are looking promising. In diverse areas, you have luck on your side. Embrace this positive momentum and seize the day with confidence and enthusiasm.

Gemini

(May 21-Jun 21)

Your stars are shining brightly in health and finance, with excellent prospects in both areas. Your professional and family lives are in normal balance, offering room for growth and improvement. In the realm of romance, things are steady but not extraordinary. Travel plans look promising, and property matters are on a good path. In other areas, your luck continues to shine, making it an all-around positive period. Make the most of this promising time by focusing on areas that require attention while enjoying the stability in others.

Cancer

(Jun 22-Jul 22)

Amid life's challenges, your health remains a strong pillar with a good status. Professionally, you are excelling, which is a beacon of hope. However, financial woes

cast a shadow, requiring careful management. Your family and romantic relationships maintain a moderate balance, with room for improvement. Travel, property, and miscellaneous aspects of life fall at the same normal pace, offering opportunities for exploration and growth. Despite financial strains, your overall outlook seems promising, with good health and a thriving career to support you.

Leo

(Jul 23-Aug 23)

Leo, your life presents a harmonious balance. Your health remains very good, offering a strong foundation for pursuing your ambitions. Financially, you are in an excellent position with a stable and comfortable situation. Your career is on a promising path, reaping professional success. While family, romance, travel, and property aspects may be currently normal, it is an opportunity to nurture and enhance these areas. The miscellaneous joys in your life continue to bring satisfaction and contentment. Embrace this balance and seize the day, knowing that you are thriving in many significant aspects of life.

Virgo

(Aug 24-Sep 23)

You are thriving in many aspects of your life. You are more active, which gives you the energy and vitality to tackle each day with enthusiasm. Financially, you are in a secure position, providing stability and peace of mind. Your profession is flourishing, with remarkable progress and achievement. While family and romance maintain a normal balance, your strong suit lies in travel, with excellent opportunities to explore new horizons. Your property and miscellaneous pursuits add to your overall satisfaction. Embrace this positive balance, and continue to nurture relationships while savouring your adventures in life.

Libra

(Sept 24-Oct 23)

Several areas of your life are presenting challenges. Health, finance, profession, family,

and romance all seem to be struggling. These difficulties may be testing your resilience. However, in more neutral territory, travel and property aspects maintain a good balance, offering some room for exploration and potential improvements. The diverse aspects of your life are also normal, providing some solace and opportunities for joy. While facing these obstacles, consider focusing on the aspects that offer a glimmer of positivity and seeking support to overcome the challenges.

Scorpio

(Oct 24-Nov 22)

Active fitness, finance, work life, family relationships, and property management all seem to be moving at a good pace, providing a stable but potentially improvable foundation. However, love is where the stars shine the brightest in the realm of romance. This denotes rich emotional connections and romantic fulfillment. Travel and diverse aspects of life maintain a normal pace, offering room for exploration and contentment. While there's work to be done in some areas, cherish the flourishing romance as you navigate these balanced waters.

Sagittarius

(Nov 23-Dec 21)

Today brings a mix of challenges and opportunities. Your health, finances, and profession all stand at a normal level, suggesting the need for steady effort and strategic planning. However, family, romance, and travel aspects bring challenges, indicating profound difficulties. Property management and miscellaneous pursuits remain stable, offering a silver lining. While you navigate these tough times, focus on nurturing the aspects within your control and seeking support to mend the relationships and situations that currently appear bleak. Remember, challenges often pave the way for personal growth and transformation.

Capricorn

(Dec 22-Jan 21)

Today's outlook is quite promising. Your health and

finances maintain a steady level, encouraging cautious management. Professionally, you are excelling, signifying achievements and progress in your career. Your family relationships are very strong, offering support and warmth. In matters of the heart, romance flourishes. Travel, property management, and various aspects of life promise exploration, stability, and contentment. Embrace this harmony and seize the opportunities with confidence, knowing that many aspects of your life are thriving.

Aquarius

(Jan 22-Feb 19)

Life is currently painted with bright hues in numerous facets. Your health is in excellent shape, ensuring vitality and well-being. Financially, you are thriving, with an amazing status that promises financial security and freedom. Your profession is on an upward trajectory, marked by excellence and achievement. Family bonds are strong and supportive, and romance is brimming with love and connection. You are exploring the world through travel experiences, managing your property, and finding joy in miscellaneous aspects of life. Embrace this well-rounded and positive phase of life.

Pisces

(February 20-March 20)

While fitness, money matters, and work life may currently present challenges, there are shining aspects to embrace. Your family bonds are excellent, providing a strong support system and deep connections. Romance, too, is thriving, with love and emotional connections at an amazing level. Travel and property management offer opportunities for exploration and investment. Amidst the difficulties, the diverse joys in your life are great, granting moments of happiness and fulfilment. Focus on nurturing your relationships and leveraging your strengths to navigate through the adversities.



How parents can help their young children develop healthy social skills

At two to three years, children should be able to play alongside other children with the same toys

As the new year dawns, parents likely turn their thoughts to their child and new beginnings they may experience as they enter an early childhood education and care centre or preschool. Naturally, it's a time of reflection on the previous year, and excitement about the possibilities for the new year to come.

Parents might reflect on friendships their child makes in the coming year. Making friends is not always instinctive for a young child. Learning to make friends is part of the social development curriculum in early childhood.

Social development skills are just as important as cognitive skills when learning. In recent studies, positive social skills are highlighted as key predictors for better outcomes in adulthood. It's important for parents to be aware of ways to ensure positive social development skills in their young child.

Parents can begin by looking for

interpersonal people skills, such as empathy, listening and communication skills. This will help your child transition into the next stage of their educational journey.

Is your child's social development on track, at risk or vulnerable?

The Australian Early Development Census (AEDC) researches longitudinal data about the five important learning domains for a young child. The domains are:

1. social development
2. physical health and well-being
3. emotional maturity
4. language and cognitive skills
5. communication skills and general knowledge.
6. Each domain is essential for learning how to build friendships, though social development is the central one. The following table outlines what is considered developmentally on track, at risk or vulnerable in the social competence domain.

After reading this table, if you feel your child is developmentally at risk or vulnerable, there may be several reasons for this. Be guided by the educator at your preschool or early childhood education and care centre when deciding which service might

best support your child to develop healthy social skills.

To help you, there are a broad range of services available. These include art and music therapists, dietitians, occupational therapists, speech therapists, physiotherapists, audiologists, and child counsellors.

Making friends through the stages of play

There is a range of research about stages of play a young child engages in when they're learning to make friends. According to brain development research, a young child begins to develop pathways in their brain for social skills from birth.

According to research, there are six stages of play with associated social skills. These are assessed in the early childhood curriculum. The following stages and social skills are approximate and to be used as a guide only:

PROGRESSION OF PLAY

Birth to three months

Unoccupied play

Social skills in this age group include: smiling and laughing, making eye contact within 20 cm, preoccupation with faces and moving



their head to the sound of voices.

Four to eighteen months

Solitary play

During this period social skills should also include: reacting when approached by other toddler, responding to own name, showing excitement, recognising familiar people and reaching out hands to be picked up.

Eighteen months to two years

Spectator/onlooker play

During this phase, children will begin to notice other children's play. They may begin to cooperate with each other but will look to adults to model social skills and help negotiate play.

Two to three years

Parallel play

When children parallel play, they will play alongside another child. They may have the same equipment and will be in the same area, but seemingly without interacting with each other.

Three to four years

Associative play

During associative play, children will begin to develop their social skills by playing in

short interactions. This may include simple make-believe play, however adults may be required to assist with sharing props.

Four to five years

Cooperative play

The cooperative play stage heralds the beginning of long period of uninterrupted constructive play. Children develop friends with particular children and will jointly manipulate objects with a peer or small group of peers.

Understanding some of these key indicators of social skills required to for play will help you consider their ability. Take time to observe your young child's social interactions in a range of settings. Watch them at home, with family and friends, as well as in their preschool or early childhood education and care centre. This may help you determine if your child is engaging socially during play to make friends.

What's next?

When a child moves from one educational setting to another, we call this movement a transition. Positive social development skills are an asset for your child during this time.

Educators at both educational settings will work in partnership with you, and each other, to make sure the transition is as smooth as possible.

Essentially there are some key indicators which will help children during transitions: self-care, separating from parents, growing independence, and readiness to learn. As parents you can:

- familiarise your child with the new environment
- engage in active listening as your child expresses their thoughts and feelings about starting in a new learning environment
- ensure children start the new year with all required equipment recommended by the centre or school
- arrange to meet other people starting in the new year and practice turn taking, listening, asking questions and asking for help before the new year begins.

This will support development of social skills for your young child and help them make new friends more readily.



FIZZY THE DJ:

Crafting Musical Journeys Beyond Borders

In the dynamic world of music, where beats dictate emotions and rhythms paint narratives, Fizzy The DJ emerges as a luminary, a force to be reckoned with. Known to the world as Fizzy The DJ, this vibrant artist has carved her path through the pulsating heart of the industry, leaving a trail of electrifying performances and infectious melodies in her wake.

Born in the vibrant decade of the 90s in Palapye and currently calling Tlokweng home, Fizzy's journey into the realm of music began as a quest for self-expression and creative exploration. Stepping into the realm of DJing, she enrolled at the prestigious Next Best DJ Academy, guided by the seasoned mentorship of DJ Chopa and DJ Dzo Kay. It was here that her passion ignited, and her talents flourished, setting her on a trajectory towards greatness.

Under the mentorship of industry stalwarts DJ Chopa and Dzo Kay, Fizzy found her rhythm. "Their dedication to teaching me was unmatched," she acknowledges. "Their guidance, coupled with my hard work and

consistency, played a crucial role in shaping who I am today."

Yet, Fizzy's ambitions extend far beyond the turntables. "I've always been drawn to the beats," Fizzy reminisces as she shares the beginnings of her musical odyssey. "Growing up, hip-hop and R&B were my anthems, my escape from the ordinary." Even as she spins tunes that resonate with audiences across genres like Hip-Hop, R&B, Motswako, and Afrobeats, she's also pursuing her final year in a Bachelor's degree in Film Production. Specializing in Producing, Costume Design, Makeup, and Styling, she intertwines her love for music with a flair for visual storytelling, creating immersive experiences that transcend the ordinary.

Raised in an environment steeped in house and afro-tech sounds, Fizzy's eclectic taste reflects a tapestry of influences, weaving together diverse rhythms and melodies into seamless sets that captivate audiences worldwide. Her single, "I Don't Mind," featuring the talented LICKY, stands as a testament to her prowess, a melodic journey

that resonates with listeners on a profound level.

Fizzy's reach extends far beyond borders, with residencies at renowned stations like Kopanong FM in South Africa and Gabz FM, where her mixes grace the airwaves with their magnetic energy. From RB2 to Duma FM and Yarona FM, her vibrant presence has become synonymous with the pulsating beat of Botswana's music scene.

But Fizzy's influence doesn't stop at national borders. She has taken her electrifying performances to international stages, enchanting audiences in the Eastern Cape and Bulawayo, leaving an indelible mark wherever she goes. From Homecoming Concerts to the Botswana Color Run, she's graced the grandest stages, infusing each event with her unique blend of rhythm and soul.

As Fizzy The DJ continues to rise, her journey serves as an inspiration to aspiring artists and music lovers alike. With her boundless energy, unwavering passion, and unrelenting dedication, she's not just

shaping the soundscape of today but laying the groundwork for the melodies of tomorrow. In the pulsating rhythm of her beats, we find not just music but the essence of a true artist, unapologetically authentic, endlessly inspiring.

Balancing passion with practicality, Fizzy navigates the challenges of her burgeoning career with finesse. "Challenges are inevitable, but when you're passionate about something, you find a way to make it work," she asserts. With a meticulously organized schedule, she ensures that her bookings from Thursday to Sunday don't interfere with her commitments from Monday to Friday.

Hailing from an Afro-tech house environment, Fizzy's love for the music she plays gives her a distinct edge. "Playing a genre you love is a privilege," she affirms. "It's an advantage that fuels my performances and sets me apart from the rest."

Collaboration is at the heart of Fizzy's creative process. Recalling the genesis of one of her tracks, she shares, "When Licky approached me to work on a song, I jumped at the opportunity. We crafted a chorus that resonated with our experiences, and the result was a poignant reflection on toxic relationships."

Fizzy's ascent to the international stage was marked by unforgettable performances. From Sterkspruit in the Eastern Cape to Hartsfield in Bulawayo, her electrifying sets captivated audiences and earned accolades from fellow artists. "Playing at big events allows me to showcase my talent to a wider audience," she enthuses. "It's where I thrive, where I feel most alive."

As she continues to pursue her passion, Fizzy remains grounded and grateful for the recognition she receives. "It's humbling to hear artists commend my performances," she reflects. "Their acknowledgment fuels my drive to push boundaries and strive for excellence."

With her sights set on the future, Fizzy is determined to chart new horizons in the entertainment industry. "Studying and working in the same field has its advantages," she notes. "I envision more growth, collaborations, international gigs, and perhaps even producing the best film someday."

In the pulsating world of music, Fizzy stands as a testament to the power of passion, perseverance, and the pursuit of one's dreams. As she continues to make her mark on the industry, her journey serves as an inspiration to aspiring artists everywhere.





Winter Skin Survival Guide: How to Keep Your Skin Healthy and Hydrated

As the chill of winter sets in, so does the challenge of maintaining healthy, moisturized skin. The drop in temperature, coupled with indoor heating, can leave your skin feeling dry, irritated, and in need of extra care. But fear not! With a few simple adjustments to your skincare routine, you can keep your skin glowing all season long.

Understanding Winter Skin Woes

Dr. Shasa Hu, an associate professor at the University of Miami Miller School of Medicine, explains that cold, dry air combined with indoor heating can significantly impact your skin's moisture levels. These conditions often exacerbate common skin issues like eczema, rosacea, and psoriasis, making it essential to adapt your skincare regimen accordingly.

Gentle Cleansing is Key

During winter, opt for gentle, moisturizing cleansers instead of harsh, foaming ones. Dr. Shari Lipner, from the Weill Cornell Medical Center, advises washing your face once a day, preferably in the evening, to avoid stripping away natural oils. For morning cleansing, a splash of water will suffice. Look for cream or oil-based cleansers that nourish your skin while effectively removing impurities.

Embrace Thicker Moisturizers

Moisturizing is non-negotiable in winter. Upgrade to thicker formulations to lock in moisture and prevent dryness. Dr. Hu recommends experimenting with richer moisturizers and cream-based products to combat winter dryness effectively. Ingredients like dimethicone, glycerin, and hyaluronic acid provide intense hydration, while oils such as jojoba and shea butter replenish lost moisture.

Don't Skimp on Sunscreen

Despite the shorter days, UV rays still pose a threat during winter. Dr. Lipner stresses the importance of daily sunscreen application, even in cloudy weather. Opt for a broad-spectrum SPF 30 or higher to shield your skin from harmful UV radiation. Remember to reapply every two hours, especially if you'll be outdoors for an extended period.

Tread Lightly with Exfoliation and Retinoids

Exfoliating and retinol-based products can be harsh on dry, sensitive winter skin. Dr. Lipner advises reducing exfoliation frequency to once a week or even less during winter. Similarly, monitor your retinoid usage and adjust according to your skin's needs. Diluting retinol with moisturizer or sandwiching it between layers can

minimize irritation without compromising effectiveness.

Combat Dry Indoor Air

Counteract the drying effects of indoor heating by using a humidifier in your bedroom or workspace. Dr. Hu emphasizes the significant impact of humidifiers on maintaining skin hydration. Adding moisture to the air helps prevent excessive dryness and keeps your skin supple and comfortable.

Shower Smart, Moisturize Wisely

Long, hot showers strip your skin of essential oils, contributing to winter dryness. Opt for lukewarm water and limit shower time to 5-10 minutes to preserve skin moisture. Apply moisturizer immediately after showering while your skin is still damp to seal in hydration effectively.

Avoid Irritants and Protect Your Nails

Be vigilant about avoiding irritants like fragrance in skincare products, laundry detergents, and body care items, especially if you have sensitive skin. Additionally, pay attention to your nails, as winter conditions can lead to brittleness and fungal infections. Protect your hands with gloves outdoors and during tasks involving water or chemicals.

Stay Clear of Heat Sources

While tempting, prolonged exposure to heaters and fireplaces can exacerbate skin dryness. Maintain a safe distance from heat sources to prevent further moisture loss and irritation.

Lip Care Matters Too

Don't forget to pamper your lips during winter. Opt for gentle, hydrating lip balms without tingly ingredients like camphor or menthol, which can worsen dryness. Look for nourishing ingredients like glycerin, shea butter, and natural oils to keep your lips soft and moisturized.

Patience is Key

Healing severely dry or cracked skin takes time. Dr. Hu advises patience and consistency in your skincare routine, as it may take weeks for your skin barrier to fully repair. If you're not seeing improvements, consult a dermatologist, especially if you have underlying skin conditions like eczema or psoriasis.

Conclusion

Winter skincare doesn't have to be a battle against dryness and irritation. By adjusting your routine to accommodate the season's challenges, you can keep your skin healthy, hydrated, and glowing throughout the colder months. Remember, consistency and patience are key to achieving winter-ready skin. So, embrace these tips, and let your skin shine bright, even on the coldest of days!

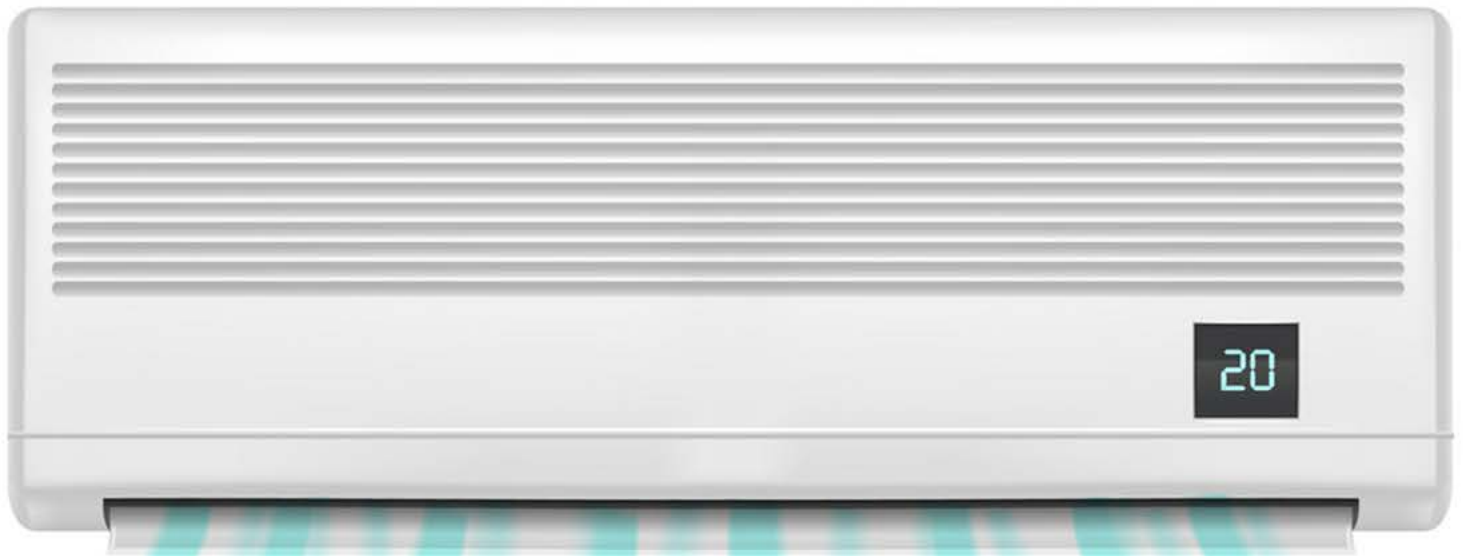
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4 Beautiful Living Room Ideas You'll Want to Copy ASAP



They're stylish, comfortable, and trend-proof. It's safe to say your living room sees a lot of foot traffic. These spaces also tend to be very communal. Some families do everything but sleep in there; other people are constantly entertaining guests who lovingly take over the space. Maybe for you it's a mixture of both! No matter how you use your living room, you deserve one that makes you fall in love with it every time you step through the doorway. So if your love is slowly fading, or if you were simply tolerating your decor before, we've gathered plenty of living room ideas that are sure to leave you feeling positively giddy.

We all know that design trends come and go, but they're useful in that they can help us figure out what our preferred decorating style actually is. Plus, some of them, like the stripes trend, are really just revivals of classic design concepts. We have a lot of helpful resources for you depending on which project you want to tackle first—from deciding which color to paint it to how to spruce up the ceiling—but you'll want to check out the curated list below first to find general living room decor inspiration. If you're not sure exactly what you want to do or want to see a range of ideas in different aesthetics, like modern or minimalist, you'll find plenty below. Read on for designer-approved living room ideas and decorating tips you'll love.

1. Take Inspiration From Outdoor Furniture
Create the illusion of a swinging couch in your living room by attaching a rope from the arm to the ceiling, as Michael Ellison did in this Nantucket home. However, if you can't or simply don't want to go that far, you can still take inspiration from outdoor furniture pieces to create a more whimsical space.

2. Embrace Multiple Patterns
Don't be afraid to use multiple bold patterns in one space. The key is to find the combination that works for you. "It takes confidence to let things not match," Nick Olsen says of every room in this Los Angeles bungalow. The fruit wallpaper is just muted enough that it looks beautifully eccentric



with the vintage geometric-print rug.

3. Choose Pastel Paint
A pastel paint job isn't exactly revolutionary, but it's a great way to add some color to your space if you're a bit nervous to add too much. It's also a great color option when the rest of your items are extremely bold, like in this living room by Melissa Colgan. The lavender helps to balance the colors of all these books.

4. Stick to a Color Palette
If you're struggling to figure out what your aesthetic is, start with a color palette and go from there. In this jewel-toned sitting room by Fran Keenan, a traditional, eclectic design style emerges from the colors in the space.





EFFECTIVE COMMUNICATION: STRENGTHENING YOUR RELATIONSHIP

Communication is the cornerstone of any healthy relationship. When communication falters, misunderstandings and frustration can follow. If you and your partner are experiencing difficulties due to communication issues, take heart—many couples face similar challenges and there are practical steps you can take to improve your interaction and strengthen your bond.

Understanding the Importance of Communication

Effective communication is not just about talking; it's about listening and understanding each other's perspectives. It involves expressing thoughts and feelings openly and honestly while being receptive to your partner's needs and emotions.

Common Communication

Problems

- 1. Assumptions and Misinterpretations:** Jumping to conclusions without fully understanding your partner's viewpoint can lead to unnecessary conflicts.
- 2. Not Listening:** Focusing on what to say next rather than truly listening to your partner can hinder meaningful conversation.
- 3. Emotional Reactivity:** Allowing emotions to take over can result in saying things you don't mean or failing to hear what your partner is really saying.
- 4. Avoidance:** Dodging difficult conversations can lead to unresolved issues and build resentment over time.

Steps to Improve Communication

1. Practice Active Listening

- **Give Full Attention:** When your partner is speaking, stop what you're doing and give them your undivided attention.
- **Reflect and Validate:** Paraphrase what your partner said to show that you understand and validate their feelings. For example, "It sounds like you're feeling upset because..."
- **Ask Open-Ended Questions:** Encourage your partner to share more by asking questions that require more than a yes or no answer.

2. Express Yourself Clearly and Kindly

- **Use "I" Statements:** Frame your concerns with "I feel" instead of "You always," to avoid sounding accusatory. For example, "I feel hurt when..." rather than "You make me feel..."
- **Be Specific:** Address specific issues

rather than making generalizations. "I feel ignored when you look at your phone while I'm talking" is more constructive than "You never listen to me."

3. Manage Emotions

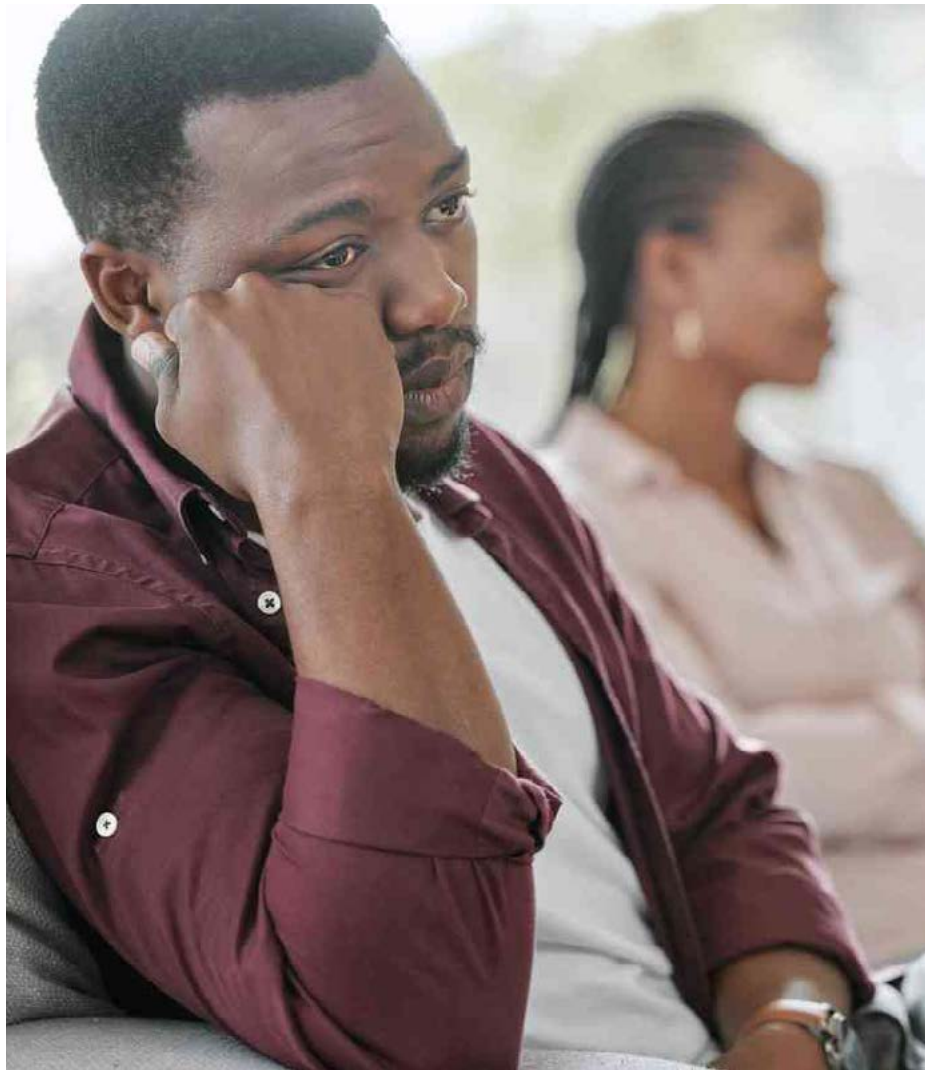
- **Take a Timeout:** If a conversation becomes too heated, agree to take a break and resume it when both are calmer.
- **Stay Calm and Respectful:** Use a calm tone and avoid name-calling or bringing up past grievances unrelated to the current issue.

4. Set Aside Regular Time to Talk

- **Scheduled Check-Ins:** Set aside time each week to discuss your relationship, share your thoughts, and address any issues in a non-stressful environment.
- **Daily Touchpoints:** Even brief, daily conversations about your day can maintain a sense of connection and openness.

5. Seek to Understand, Not to Win

- **Empathy Over Ego:** Focus on understanding your partner's perspective rather than trying to prove a point.
- **Compromise and Collaborate:** Look for solutions that satisfy both parties, demonstrating that you value the relationship over winning an argument.



6. Use Positive Reinforcement

- **Acknowledge Efforts:** Appreciate your partner's efforts to communicate better. Positive reinforcement can encourage more open and effective communication.
- **Express Gratitude:** Regularly expressing gratitude for each other can create a more positive and receptive environment for communication.

When to Seek Help

If communication problems persist despite your best efforts, it might be helpful to seek the guidance of a professional therapist. Couples therapy can provide you with tools and techniques to improve communication and resolve conflicts more effectively.

Conclusion

Improving communication in a relationship takes time, patience, and a willingness to change. By practicing active listening, expressing yourself clearly and kindly, managing your emotions, setting aside regular time to talk, seeking to understand, and using positive reinforcement, you can overcome communication difficulties and build a stronger, more fulfilling relationship. Remember, the goal is not just to talk but to connect and understand each other better.



Kel Mitchell's ex-wife denies claims she got pregnant by other men during their marriage: 'This man is lying'

Kel Mitchell's ex-wife, Tyisha Hampton, denied his claims that she got pregnant by other men and had abortions during their marriage.

"This man is lying about abortions. Just the fact that you're even lying about abortions is crazy," she said in a TikTok video Wednesday. "That's really crazy work. But then also to state that because of these fake abortions, because of cheating you wanted to — because of me cheating — this man said he wanted to kill himself," Hampton added.

"Just think about how narcissistic that sounds."

Hampton, who shares son Lyric and daughter Allure with Mitchell, said she was a virgin when she wed the former "All That" star in 1999.

"Kel's math is not mathing. He is not talking about me," she said in a separate TikTok

video. "I am not the one that is pregnant. It's not even physically possible."

Hampton added, "The very first time that I had sex, I was impregnated with my son, who is here and he's alive and well. There could not have been an abortion between any of that because obviously, that's not how that works."

Hampton's remarks came after Mitchell, 45, made several allegations about his ex-wife during his viral interview on Shannon Sharpe's "Club Shay Shay" podcast.

"I ended up marrying my ex-wife because we had another baby," he said. "We had the abortion and then we had a baby ... and she ended up telling me that the baby that was aborted wasn't mine. Within that process, you already marry within a lie."

Mitchell also claimed he caught Hampton

with another man at a hotel.

"I got in the whip, went driving around, saw her whip. I saw it at the hotel. I go to the lobby, turns out the dude just came walking down the lobby about to go to the car. My car that she was driving," he recalled.

"I'm like, 'Oh, OK, what's up? Take me upstairs.'"

The "Kenan & Kel" alum said the final straw for him in the marriage happened when another man allegedly called him and told him he and Hampton wanted to be together. Hampton and Mitchell divorced in 2005.

In 2022, the exes battled in court, with the "Ganked" actress seeking \$1.2 million in back spousal and child support.

The "Good Burger" actor is also dad to daughter Wisdom, 6, and son Honor, 3, whom he shares with his wife, Asia Lee.

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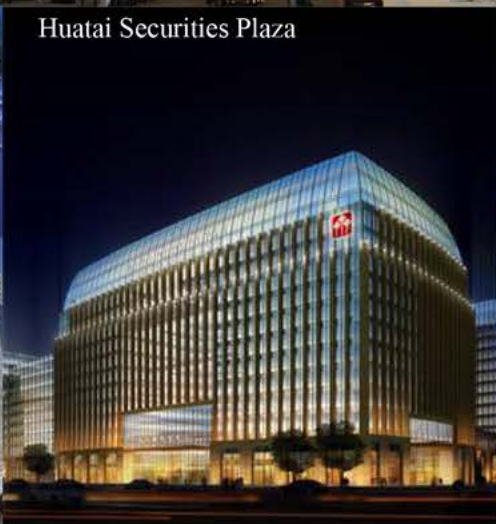
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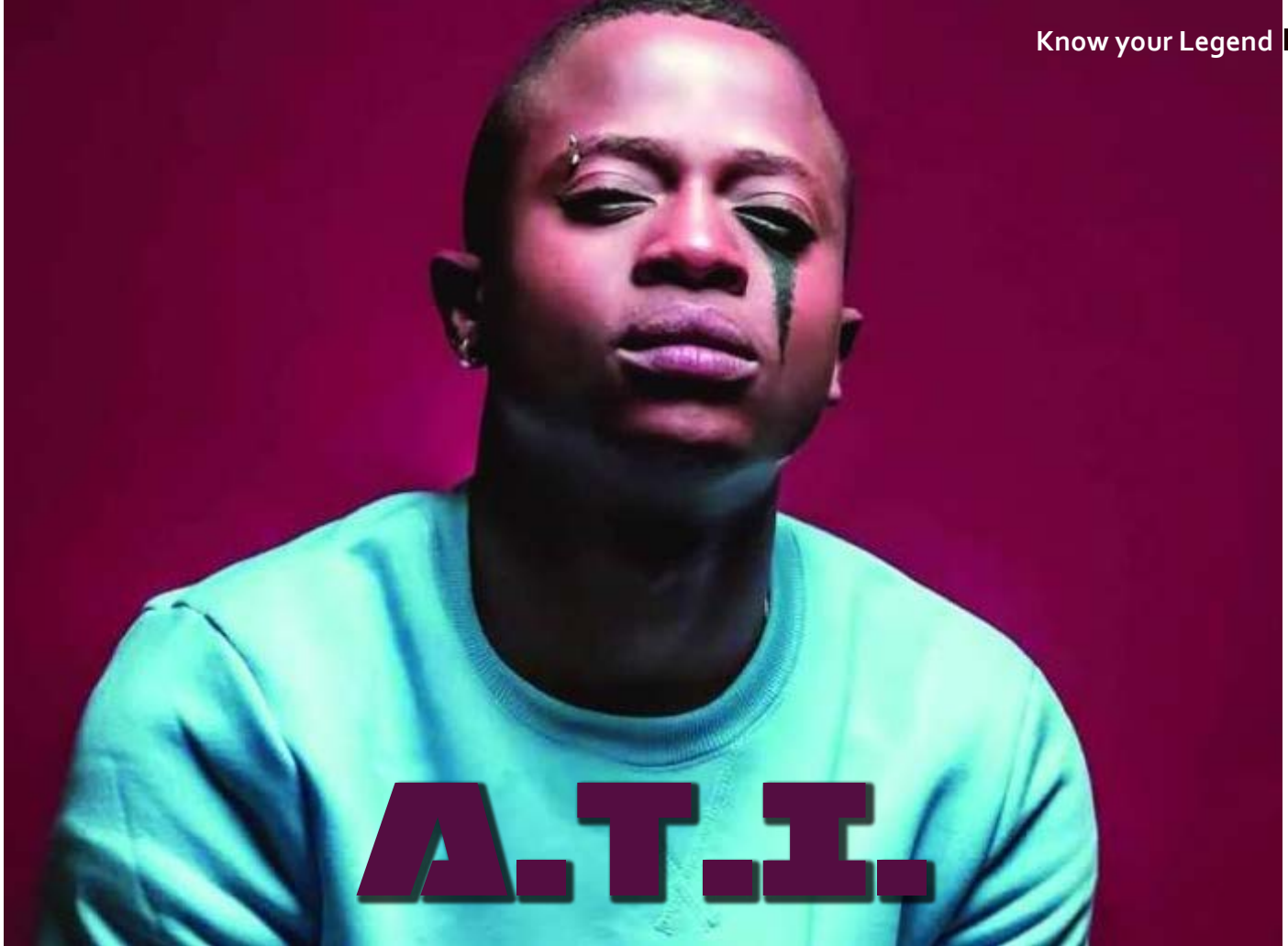
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Early Life and Beginnings

Born Atlaone Molemogi, the artist known as A.T.I. has become one of Botswana's most influential hip-hop talents. Frequently labeled a rebel and often misunderstood due to his unique persona, some have even gone as far as to suggest he harbors satanic influences. However, beyond these misconceptions, A.T.I. stands out as a dynamic and promising figure in the music scene, celebrated for his refreshing contributions to hip-hop.

The Road to Success

A.T.I.'s journey to success was anything but smooth. He faced numerous rejections while seeking a record deal, with doors repeatedly slammed in his face. Determined to make his dream a reality, A.T.I. decided to forge his own path. Embracing the adage that if opportunity doesn't knock, one must build a door, he self-produced his first mixtape, "Batho Bame." This project was an instant hit, introducing A.T.I. to the Botswana as a formidable recording artist and rapidly growing his fan base. His follow-up mixtape, "Incredible," lived up to its name, with tracks that topped the charts and firmly established A.T.I. in the music industry.

Mastering the Stage

A.T.I. is known for his electrifying stage presence and his ability to leave a lasting impression on his audience. He emphasizes the importance of connecting deeply with his fans during performances. His trademark

symbol, a black teardrop, has sparked controversy and rumors of satanism, which A.T.I. dismisses as baseless.

"I am one of the few daring male artists who are not afraid to wear make-up, especially when the theme of the show calls for it," he explains. "My symbol is just my way of being unique. I was raised in a Christian family and I love God. I also love creativity and everything I do is purely that. So, if my creativity is getting me known, then so be it, but people should not confuse my artistry with satanism."

Musical Philosophy

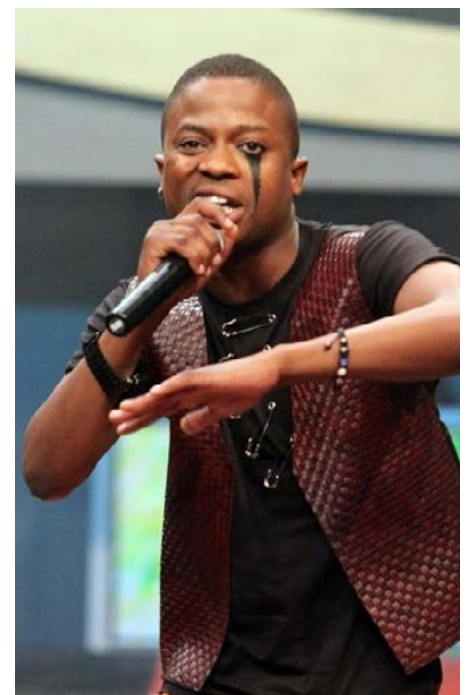
A.T.I. is known for his fearless experimentation with music. While rooted in hip-hop, he is not afraid to blend other genres into his work. "When I record, I listen to my muse and go where it takes me. In the end, it is not about me but what the fans want to hear," he states. This open-minded approach allows him to create music that resonates with a wide audience, showcasing his versatility and creativity.

Rise to Continental Fame

A.T.I. gained continental recognition in 2013 when he performed on the Big Brother eviction stage. His captivating performance opened doors to international bookings and further cemented his status as a rising star. "I am a star and stars are meant to shine, and people love seeing the star in me shining," he affirms.

Looking Ahead

As he continues to evolve, A.T.I. promises that Africa has yet to see the best of him. His dedication to his craft and his unwavering authenticity make him not just a musical talent, but also a symbol of resilience and creativity in the hip-hop world. A.T.I. is set to keep shining brightly, daring to be different, and connecting with fans across the globe. The future holds great promise for this trailblazing artist, who continues to push boundaries and inspire with his unique voice and vision.







ESSENTIALS







Juvine: The Multifaceted Legend from Gabane

Junior Ntlogelang Sekolokwane, better known as Juvine, is a name synonymous with comedy, music, and philanthropy in Botswana. Born and raised in Gabane, Juvine wears many hats – he is a husband, father, comedian, musician, actor, performer, farmer, and former news anchor at Namibian Broadcasting Corporation. His diverse talents and relentless drive have made him a living legend in the Botswana comedy scene.

The Comedy Journey

“Comedy has always been in me,” Juvine says with a reflective smile. His rise to fame began around 2008/9 while working at the University of Botswana (U.B). It was during this time that he created an audio clip titled “Goja Ngwedi-banyana,” which spread like wildfire. Despite the clip’s popularity, many didn’t know it was Juvine behind the laughs, except for those close to him.

In 2011, Juvine took a brief hiatus from comedy to explore opportunities in Namibia. By 2014, he returned to Botswana with fresh ideas and a renewed vigor. “I started trending in Botswana and South Africa,” he recalls. This resurgence led to his first international radio interview in 2015 with Motsweding FM, where Mma Kobedi praised his trending

videos and offered him a 30-minute interview slot. “It was fun and the best time of my life,” Juvine reminisces.

The Motsweding FM interview opened doors, leading to collaborations with significant figures like Geespot of Major Moves Comedy. From then on, Juvine performed at major events, extending his reach beyond Botswana.

Signature Style

Juvine’s comedy is distinctive and pioneering in Botswana. “I am the Godfather of vines in BW,” he proudly declares. Introducing the vine style in 2015, which involves using videos and skits, Juvine has inspired a generation of comedians like Mjamaica, William Last, and Maatla. His approach is fresh, engaging, and resonates deeply with audiences.

Challenges in Comedy

While Juvine downplays the challenges he faced, he acknowledges that penetrating the corporate world was initially difficult. However, his innovative video ads eventually gained traction. “If you had a phone that could record quality videos, you’d be okay,” he notes, highlighting how his unique

style won over many hearts and opened numerous doors.

Influences

Juvine credits local comedians like Rradio and stand-up artists such as Ribcracker, Maweee, and Thapelo Malani for their inspiration. Internationally, he admires legends like Mr. Bean, Martin Lawrence, and Mashabela.

The Farmer’s Touch

Farming is another passion close to Juvine’s heart, one nurtured from a young age. “The influence was from my parents, especially my Dad,” he explains. Officially starting in 2019, Juvine focuses on growing various vegetables and plans to expand his livestock.

Farm Life

Juvine has transformed his farm into a modern, efficient operation. “I have made farming fashionable,” he says with a chuckle. His farm boasts a comfortable house, and daily routines include harvesting crops like bell peppers and onions. Despite setbacks, such as losing goats to dog attacks, Juvine remains optimistic and committed to growth.



Sustainable Practices

Innovation is key to Juvine's farming practices. He frequently benchmarks modern techniques, such as those used in South Africa, to stay ahead. "We need to incorporate innovative farming practices," he emphasizes, pointing to the advanced methods he aims to adopt.

The Musician's Beat

Music has always been a part of Juvine's life, influenced by his father and late aunt, Josephine Moumakwa. "Starting off with music made it easier for me to divert into comedy," he explains. His creative process is driven by personal experiences and emotions, often turning everyday thoughts into songs.

Musical Influences and Projects

Juvine is heavily influenced by Afro beats, particularly from Nigerian artists. Though currently focused on other ventures, he hints at a potential musical comeback. His last project, "My Sweetheart," in collaboration with Saint B Tax, remains a highlight.

Philanthropy: The Heart of Juvine

"Sharing is caring," is a philosophy deeply ingrained in Juvine. Growing

up in a supportive family, he was taught the importance of helping others. His involvement with "Walk of Hope," led by Mme Theriso Motsumi Motsemeng, underscores his commitment to aiding those in need, especially school children from low-income families.

Impact and Future Goals

Juvine's philanthropic efforts include providing school uniforms and building houses for the less fortunate. "Doing this has helped a lot of kids to do better academically," he proudly shares. Looking ahead, he aims to expand these initiatives and inspire others to join in making a difference.

Personal Insights

Balancing multiple roles, Juvine prioritizes family and manages his time meticulously. His diverse careers have contributed significantly to his personal growth, teaching him to embrace new challenges and continuously evolve.

Advice for Aspiring Artists

"Never give up," Juvine advises. He encourages young talents to explore different styles and mediums within their fields, emphasizing the importance of

persistence and versatility.

Legacy

Juvine hopes to leave behind a legacy of laughter, innovation in farming, and a spirit of generosity. "I want to be remembered for my contributions to making the world a better place," he concludes.

Fun Questions

Favorite Joke: "The one that got me in trouble Mma Makgatho le Amantle Montsho, but we are friends now."

Current Music Playlist: "Eunice Manyanga Liziba - Tia nga cas." **Relaxation:** Watching TV or playing games with family.

Unexpected Hobbies: "Ne ke ba tsaya ka botaki maloba. Yone ke ya Sedimo tota, sale ke batla go nna motaki mme go pala, but finally ke simolotse."

Juvine's journey from Gabane to becoming a multi-talented icon is a testament to his hard work, passion, and resilience. His story inspires many, proving that with dedication and a touch of humor, one can indeed achieve greatness.



Best of the Web: Safe sexting education

We teach school kids about safe sex. We need to teach safe sexting too

Sexting involves taking self-made naked or partially naked sexual photos, videos or explicit texts and sending them online or via a mobile phone. They are more commonly referred to as “nudes” or “dick pics” by young people.

A 2021 survey of almost 7,000 Australian teenagers (aged 14 to 18) found sexting was “ordinary practice” for young people. Of those surveyed, 86% reported they had received sexts and 70% said they had sent them.

Our new research explores Australian teens’ experiences with sexting and sext education. We conducted 49 interviews with 30 young Australians (aged 11 to 17), with 19 repeat interviews a year later.

Our findings show how current messages to simply avoid sexting do not work for young people. While the risks should be acknowledged, education should also include how to be respectful and safe with sexting.

What are the laws around sexting?

In most states and territories in Australia, it is legal to have sex when you are 16, but you need to be 18 to sext.

This is because the creation of sexual images of people who are minors is seen as creating child sexual exploitation materials. This is illegal under Commonwealth laws.

This makes sexting between young people under 18, consenting or otherwise, both legally and ethically complex.

States have diverse practices regarding underage sexting (and police and prosecutors have some discretion). But if you are in possession of a naked image of someone under 18 or send a naked image of someone under 18, you are breaking the law. It is even illegal to own a naked photo of yourself under 18, even if that image is never sent to anyone.

Researchers have argued this legal approach to sexting can end up punishing those it is supposed to protect. It also adds to the shaming and fear around sexting for young people.

Most young people in our study had their first experience of sexting between ten and 13-years-old. In many cases, this was before their first kiss.

But young people in our study said education about sexting in school tends to be based around risks, often in response to a particular incident and is mostly ignored by students. As Max* (12), told us, “it was just basically saying [...] ‘don’t send them’”. Lauren (14) said:

This “don’t do it” messaging is akin to abstinence-only sex education, which is widely acknowledged to be ineffective and fails to protect young people from pregnancy and STIs. In contrast, comprehensive sexuality education has been proven to delay first sexual experiences and increase contraceptive use. This shows offering young people access to important sexual information can protect them.

Young people want to be ‘be prepared’
Teens in our study acknowledged sexting had a “dark side”.

For many, their first sext was an unsolicited

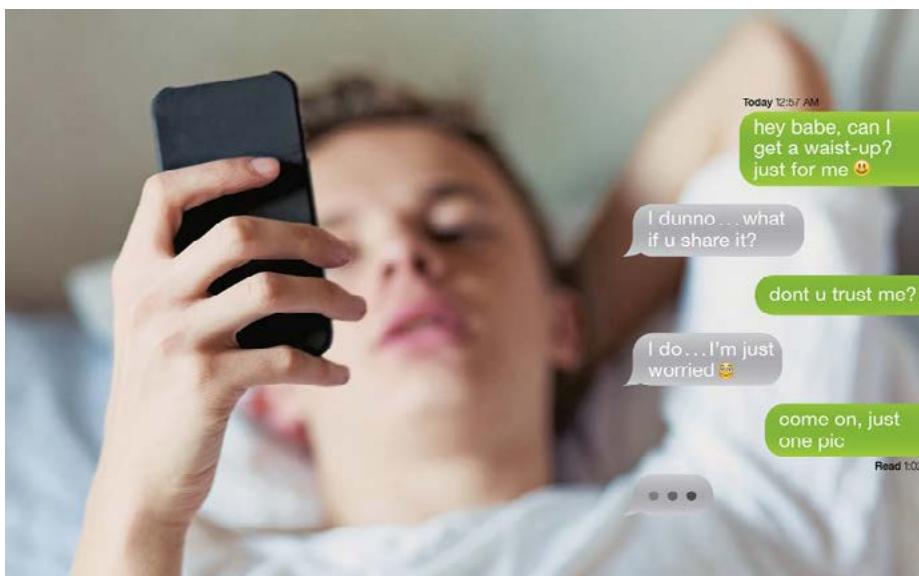


image known as “cyberflashing”. Many knew of peers who had their own images leaked by other students without their consent, even though none said this had happened to them. This sharing and leaking of private images has previously been known as “revenge porn” and forms part of an array of behaviours known as Technology-Facilitated Sexual Violence, which is illegal.

Teens wished they had been taught about sexting before encountering it so they could “be prepared”. Secondary school students said sexting education should begin in upper primary school with age-appropriate discussions continuing into high school, where, as Tiffany (15) told us, sexting “happens regularly, daily”.

Lauren said education around how to be respectful and consider issues like consent in online safety was also important:

The UK is changing its approach Pretending sexting won't or shouldn't happen because it is illegal is like pretending no one under 16 has sex, no young teenagers drink alcohol and no one takes illicit drugs. We don't pretend these behaviours don't

exist: we educate for harm minimisation around them.

Recent guidance to schools in the United Kingdom around sexting reduces the emphasis on legal issues, while attempting to minimise shaming of young people who sext. This approach emphasises young people's rights and responsibilities to make informed choices over their own bodies and sexual selves.

Indeed, online sex is sex, forming part of a repertoire of sexual behaviours. Offering non-judgmental information acknowledges sexuality as a legitimate part of human development.

What can parents and teachers do?

Parents and teachers can offer balanced information that identifies potential dangers but also acknowledges the reality of young people's behaviours.

Instead of “don't do it”, teens may be more receptive to discussions about consent and mutual respect for one another's bodies as they would (and should) in real life.

If things do “go wrong” there are several services available.

The eSafety Commission acknowledges it is important young people know they can always say no to a request to send nudes, and to avoid sharing intimate images and videos without consent. This is both breach of trust and against the law. It also has advice for when nudes have been shared, if someone is trying to blackmail you over a naked image (“sextortion”) and provides a way to report image-based sexual abuse.

You can also make a report to the Australian Centre to Counter Child Exploitation and US-based site Take It Down

The federal government's parenting website, the Raising Children Network also offers balanced step-by-step guides if your child is asked to send a nude, receives one or has one shared without their consent.

Above all, maintaining an open dialogue and a shame-free stance will allow young people to feel safe to discuss anything with the adults in their lives. It also helps if teens know parents will help in a crisis, rather than punish them.



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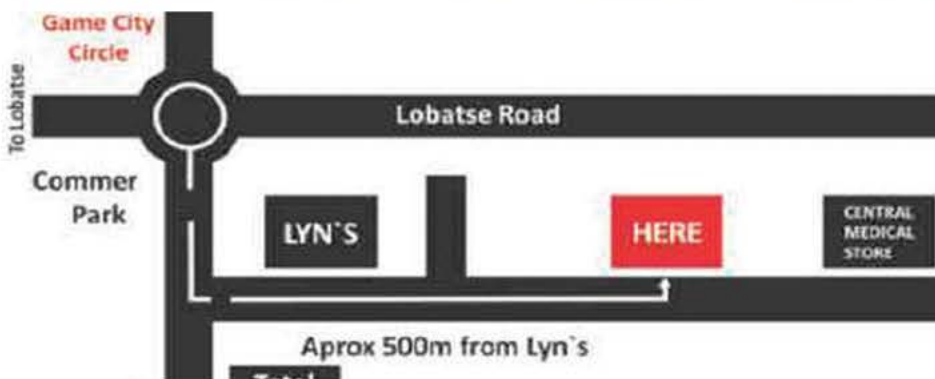
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Health is Wealth



4 Things You Must Do Before Disaster Strikes
Good health is one of the most important components of a happy life, but often we do not treasure it until it is gone.

Here are four tips to give you the best possible chances of maintaining good health throughout your life.

Eat well and exercise

Forget the fad diets and wellness crazes. Living a healthy life really boils down to two simple rules—eating well and exercising regularly.

Eat a balanced, mostly plant-based diet made of fresh produce, and limit your intake of processed foods like instant noodles and microwaveable meals. For best results, it is a good idea to make cooking at home a regular habit, as you then have control over what goes into your meal. Make an extra portion at dinnertime and you will have a healthy meal to eat at lunch during the workday, too. Exercising regularly has never been more important now that so many of us work in jobs that require us to spend long hours seated. Making time to exercise several times a week is a must. Busy people can incorporate exercise into their daily schedule, such as doing yoga or hitting the gym during lunch breaks or riding a bicycle to work.

Quit smoking

Smoking is not only an expensive habit but also increases your risk of a whole host of illnesses, from obvious ones like lung cancer to less likely ones like Alzheimer's disease, stroke, cataracts and other types of cancers. The health and financial implications of being a smoker are just not worth it.

Smokers would reap lifelong benefits by making a firm commitment to quitting today. There is a variety of self-help resources online, and threads on platforms like Reddit reveal thousands of tips from users who have successfully kicked the habit.

Other than putting in the effort on your part to quit smoking, make it a point to tell all the people around you, especially those you usually spend smoke breaks with, that you are quitting. This creates accountability and also alerts people to the need to avoid offering you cigarettes.

Protect yourself with HL Assurance's Critical Illness Protect360

Critical illness insurance offers financial protection if you are diagnosed with a critical illness, including late-stage cancers, heart attack, stroke and more.

How it works is that your insurer offers you

a lump sum payout upon diagnosis. This lump sum payout can be used in any way you wish. Many critical illness patients spend an extended period of time away from the workforce as they seek treatment. In such a situation, the lump sum payout can be used to support you and your family as you concentrate on recovery.

HL Assurance's Critical Illness Protect360 offers up to \$2 million worth of critical illness protection, so you and your family are assured of financial security.

Go for an Annual Health Screening

The earlier a serious illness is detected, the higher your chances of making a full recovery.

So, it is important to go for a health screening at least once a year, and to ensure you are screened appropriately according to your age, gender and medical history.

HL Assurance's Critical Illness Protect360 plan offers free annual health screenings so you can ensure you have a clean bill of health every year at no additional cost.

Commit to your health today by signing up for HL Assurance's Critical Illness Protect360. Find out more here.

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2024 Audi Q8

With smooth styling with a ride to match, the two-row Audi Q8 is a dramatized version of the boxier Q7 three-row SUV. They both use the same solid underpinnings, including a turbocharged 335-hp V-6 engine, eight-speed automatic, and all-wheel drive, but the Q8's starting price is significantly higher. The Q8's chassis and acceleration are a mix of sweet and spicy, but this luxury SUV isn't shy about gulping down fuel. Much like other sporty-shaped SUVs, such as the BMW X6 or Mercedes-Benz GLE-class Coupe, the Q8 puts comfort first, with a plush interior and high-tech helm. A 500-hp SQ8 and even wilder 591-hp RS Q8 are also available, but we review each of those high-power versions separately.

What's New for 2024?

Audi gives the upscale Q8 some significant

updates for 2024 with new looks and equipment. The Q8 refresh includes redesigned front and rear fascias, new optional matrix-beam LED headlights, new wheels, colors, and seat stitching.

Pricing and Which One to Buy

The price of the 2024 Audi Q8 starts at \$74,895 and goes up to \$82,995 depending on the trim and options.

We'd choose the Audi Q8 Premium trim and enhance it with select options. Its standout standard features already include a fully digital gauge cluster, built-in navigation, leather upholstery, heated front seats, a panoramic sunroof, and a power-operated tailgate. While 21-inch rims are standard, we'd still spec the Black Optic package for its sportier appearance. We'd also add

the Convenience package (blind-spot monitoring, rear cross-traffic alert, wireless charging, and more) and the Towing package. The latter unlocks the Q8's maximum tow rating of 7700 pounds.

Engine, Transmission, and Performance

Audi provides every Q8 with a turbocharged 3.0-liter V-6 that makes 335 horsepower and 369 pound-feet of torque. It pairs with an eight-speed automatic transmission and Quattro all-wheel drive. A 48-volt hybrid-assist system aids stop-start operation, which was smooth and quiet during our experience. While the Audi had plenty of passing power on the highway, it felt hesitant around town unless we crushed the gas pedal. The transmission had mostly dutiful reactions, but it and the engine best cooperated in Dynamic mode, which provoked snappier



responses. We only wish the engine and exhaust made gutsier sounds. While it swiftly changes directions and obediently hustles around corners, it's less engaging than Audi sedans such as the sleek A7. The Q8's steering has light effort and linear feedback, which was relaxing on long trips but boring on switchback roads. Our test vehicle had the optional air suspension and wore 22-inch wheels—21-inchers are standard. These large rollers were mostly quiet even on lumpy surfaces. With adjustable ride height and four-wheel steering (included with the Adaptive Chassis package), our Q8 was agile in tight spaces and capable of tackling choppy terrain. Its brake pedal was easy to modulate at highway speed but suffered from inconsistent reactions in traffic. Still, it hauled the hefty crossover from 70 mph to zero in a competitive 170 feet during our

emergency braking test.

Towing and Payload Capacity

The Audi Q8 can tow up to 7700 pounds when equipped with a Towing package.

Fuel Economy and Real-World MPG

The Q8 has mediocre EPA estimates that are lower than other all-wheel-drive rivals. The government estimates the Q8 is good for 17 mpg city and 23 highway. The Q8 we took on our highway fuel economy route greatly exceeded its EPA highway rating, however, returning 28 mpg over 200 miles. A similarly equipped BMW X6 returned 29 mpg. For more information about the Q8's fuel economy, visit the EPA's website.

Interior, Comfort, and Cargo

In typical fashion, Audi has crafted a

sophisticated and sturdy environment inside the Q8. The materials are premium, and the panels are expertly aligned. While the base model misses out on upscale features such as four-zone climate control and a leather dashboard with contrast stitching, it has standard heated front seats and a panoramic sunroof. Only the top-of-the-line model offers massaging front seats, upgraded leather surfaces, and quieter dual-pane glass. Our test vehicle had all that plus a head-up display and customizable ambient interior lighting. Not only is the Q8 visually impressive, it has more than enough passenger space. The driving position remains sporty despite its elevated height, and two adults can leisurely stretch out in the back. Although the two-row Q8 has less cargo volume than the three-row Q7, we managed to squeeze eight carry-on bags behind its back seat. That



SAMSUNG



number increased to 23 (two less than in the Q7) with the split rear bench folded nearly flat. Our test vehicle had the optional air suspension, which can lower the rear end to help with lifting luggage in and out. Inside, the Q8 has limited cubby storage. Its shallow center-console bin and narrow door pockets left us with few spots to store small items.

Infotainment and Connectivity

With a pair of vivid touchscreens integrated into the dashboard and center console, every Q8 boasts a cutting-edge infotainment system. Instead of the intuitive rotary controller found on other Audi models, the displays respond to touch inputs with haptic feedback. We quickly assimilated to its logical menus and large icons, but distractions were unavoidable. Thankfully, receptive voice commands and handy steering-wheel controls provide alternate operation. Standard features include a Wi-Fi hotspot and Apple CarPlay and Android Auto. Wireless charging and two different Bang & Olufsen audio systems are optional. We're particularly fond of the standard digital gauge cluster (called Virtual Cockpit), with its configurable settings and superb navigation.

Safety and Driver-Assistance Features

While the base model is

available with several driver assists, more advanced options such as adaptive cruise control with stop-and-go technology and night vision with pedestrian detection are reserved for higher trims. Our test vehicle had the optional 360-degree camera system that helped us navigate narrow drive-throughs and avoid scratching the massive rims.

For more information about the Q8's crash-test results, visit the National Highway Traffic Safety Administration (NHTSA) and Insurance Institute for Highway Safety (IIHS) websites.

Key safety features include:

- Standard forward-collision warning and automated emergency braking
- Standard blind-spot monitoring and rear cross-traffic alert
- Available lane-departure warning and lane-keeping assist

Warranty and Maintenance Coverage

- Audi provides the same limited and powertrain warranty as BMW and Mercedes-Benz.
- Limited warranty covers four years or 50,000 miles
 - Powertrain warranty covers four years or 50,000 miles
 - No complimentary scheduled maintenance



A03

P1,699

- 6.3inch
- Front 5MP | Rear 48MP
- 5000mAh
- 6GB Ram | 64GB Rom



A13

P2,699 P2,899

- 6.6inch
- Front 8MP | Rear 50MP
- 5000mAh
- 4GB Ram | 64GB Rom
- 4/6GB Ram | 128GB Rom



A23

P3,199 P3,499

- 6.6inch
- Front 8MP | Rear 50MP
- 5000mAh
- 4GB Ram | 64GB Rom
- 8GB Ram | 128GB Rom



A33

P4,799

- 6.4inch
- Front 13MP | Rear 48MP
- 5000mAh
- 8GB Ram | 128GB Rom



A53

P5,999

- 6.5inch
- Front 32MP | Rear 64MP
- 5000mAh
- 8GB Ram | 128GB Rom



A73

P6,999 P7,999

- 6.7inch
- Front 32MP | Rear 108MP
- 5000mAh
- 8GB Ram | 128GB Rom
- 8GB Ram | 256GB Rom

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Pumpkin Hot Chocolate Recipe

Ingredients:

- 2 cups whole milk (or any milk of your choice)
- 1/2 cup canned pumpkin puree
- 1/4 cup unsweetened cocoa powder
- 1/4 cup granulated sugar (adjust to taste)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves (optional)
- 1 teaspoon vanilla extract
- 1/4 cup chocolate chips (optional for extra richness)

- Whipped cream (for topping)
- Additional cinnamon or nutmeg (for sprinkling on top)

Instructions:

Combine Ingredients:

1. In a medium saucepan, whisk together the milk, pumpkin puree, cocoa powder, and sugar until smooth.

Heat Mixture:

2. Place the saucepan over medium heat. Stir in the cinnamon, nutmeg, ginger, and cloves. Heat the mixture, stirring frequently, until it begins to steam but

not boil.

Add Vanilla and Chocolate

Chips:

3. Once steaming, stir in the vanilla extract and chocolate chips (if using). Continue stirring until the chocolate chips are completely melted and the mixture is smooth and creamy.

Serve:

4. Pour the hot chocolate into mugs. Top with whipped cream and sprinkle a little extra cinnamon or nutmeg on top for garnish.

Enjoy:

5. Serve immediately and enjoy your cozy pumpkin hot chocolate!

Tips:

- Sweetness Adjustment: Adjust the sugar to your taste. You can also use a sugar substitute if preferred.
- Milk Alternatives: For a dairy-free version, you can use almond milk, soy milk, or oat milk.
- Spice Adjustment: Adjust the spices according to your preference. If you like more spice, you can increase the amounts slightly.



Sweet Innovation:

Wanatsha M's Journey from Lockdown to W-Donuts Fame

In the throes of the global lockdown of 2020, Wanatsha M found herself, like many others, grappling with the sudden halt to daily routines and the newfound abundance of time. For Wanatsha, this pause became the unexpected starting point of a delicious venture that would soon blossom into W-Donuts.

It all began with a 12.5 kg bag of flour. With restaurants closed and a craving for creativity, Wanatsha, already a passionate food blogger, turned her kitchen into a culinary playground. "I made pasta, cookies, scones, churros, and finally, donuts," she recalls. It was the donuts that won her family's heart, and among all her flour-based experiments, they quickly became her favorite.

The first lockdown ended, and Wanatsha returned to the University of Botswana

to complete her final year of studying economics. Yet, the idea of those delicious donuts lingered. "I market tested with the students at my university," she says. "I wanted to see if others thought they were as good as my family did." The response was overwhelmingly positive, confirming that she had stumbled upon something special. Wanatsha didn't initially set out to start a bakery business. "I've always been an entrepreneur, but I never really knew what my final business would be," she reflects. It wasn't until she returned to Gaborone that she seriously considered turning her donut-making hobby into a business. "The idea kept coming back to me, and one day, I just decided to try it out. It worked out, not by miracle, but through a lot of hard work."

The entrepreneurial spirit in Wanatsha had always been strong. Her food blog, where

she shared recipes and restaurant reviews, was a testament to her love for food. "My donut business started because of that food blog. I was into food, and it felt like fate," she explains.

What sets W-Donuts apart is not just the quality of the donuts but the creativity behind them. "We create donuts for every moment throughout the year—birthdays, religious celebrations, corporate events," Wanatsha says proudly. This creative streak, combined with impeccable time management, has been crucial to her success. "Our clients know we are reliable. We rarely miss deadlines, and that consistency is key."

Being a food blogger has honed Wanatsha's skills in ways she didn't initially realize. "I've been tasting, critiquing, and writing about food for years. It helped me find combinations

that work and understand what makes great food," she shares. Inspired by chefs like Jamie Oliver, she continues to explore, test, and refine her recipes, always striving for perfection.

Starting a business, especially during uncertain times, required strategic thinking. Location was a critical factor. "Financially, I was the sole investor, so my funds were tight. I needed a location that was central to my target market but still affordable," Wanatsha explains. Finding the right spot was a balancing act, but it paid off.

W-Donuts is not just a testament to Wanatsha's baking skills but also to her entrepreneurial acumen. From a single bag of flour in her parents' kitchen in Kasane to a thriving business in Gaborone, her journey is a delicious reminder that sometimes, the best opportunities come when we least expect them.

"I eat a donut every day," Wanatsha confesses with a smile. "I have to taste the dough every single day." This dedication to quality and consistency is at the heart of W-Donuts' success. As Wanatsha continues to grow her business, she remains grounded in her love for food and her commitment to excellence. And for donut lovers everywhere, that's a recipe for success.





10 Exercises to Tone Every Inch of Your Body

After 30 days — although you can also do them just twice a week — you should see improvements in your muscular strength, endurance, and balance.

Benefits of working out

We know daily exercise is good for optimizing health. But with so many options and limitless information available, it's easy to get overwhelmed with what works. But not to worry. We've got your back (and body)! Check out the 10 exercises you can do for ultimate fitness. Combine them into a routine for a workout that's simple but powerful and sure to keep you in shape for the rest of your life.

Why these 10 exercises will rock your body

One surefire way to attack your fitness regimen effectively? Keep the fuss to a minimum and stick with the basics.

LUNGES

Challenging your balance is an essential

part of a well-rounded exercise routine. Lunges do just that, promoting functional movement while also increasing strength in your legs and glutes.

1. Start by standing with your feet shoulder-width apart and arms down at your sides.
2. Take a step forward with your right leg and bend your right knee as you do so, stopping when your thigh is parallel to the ground. Ensure that your right knee doesn't extend past your right foot.
3. Push up off your right foot and return to the starting position. Repeat with your left leg. This is one rep.

Complete 3 sets of 10 reps.

PUSH UPS

Drop and give me 20! Push ups are one of the most basic yet effective bodyweight moves you can perform because of the number of muscles that are recruited to perform them.

1. Start in a plank position. Your core should be tight, shoulders pulled down and back, and your neck neutral.
2. Bend your elbows and begin to lower your body down to the floor. When your chest grazes it, extend your elbows and return to the start. Focus on keeping your elbows close to your body during the movement.

Complete 3 sets of as many reps as possible.

If you can't quite perform a standard push up with good form, drop down to a modified stance on your knees — you'll still reap many of the benefits from this exercise while building strength.

SQUATS

Squats increase lower body and core strength, as well as flexibility in your lower back and hips. Because they engage some of the largest muscles in the body, they also pack a major punch in terms of calories burned.

1. Start by standing straight, with your feet slightly wider than shoulder-width apart, and your arms at your sides.
2. Brace your core and, keeping your chest and chin up, push your hips back and bend your knees as if you're going to sit in a chair.
3. Ensuring your knees don't bow inward or outward, drop down until your thighs are parallel to the ground, bringing your arms out in front of you in a comfortable position. Pause for 1 second, then extend your legs and return to the starting position.

Complete 3 sets of 20 reps.

STANDING OVERHEAD DUMBBELL PRESSES

Compound exercises, which utilize multiple joints and muscles, are perfect for busy bees as they work several parts of your body at once. A standing overhead press isn't only one of the best exercises you can do for your shoulders, but it also engages your upper back and core.

Equipment: 10-pound dumbbells

1. Pick a light set of dumbbells — we recommend 10 pounds to start — and start by standing, either with your feet shoulder-width apart or staggered. Move the weights overhead so your upper arms are parallel to the floor.
2. Bracing your core, begin to push up until your arms are fully extended above your head. Keep your head and neck stationary.
3. After a brief pause, bend your elbows and lower the weight back down until your triceps muscle is parallel to the floor again.

Complete 3 sets of 12 reps.

DUMBBELL ROWS

Not only will these make your back look killer in that dress, but dumbbell rows are also another compound exercise that strengthens multiple muscles in your upper body. Choose a moderate-weight dumbbell and ensure that you're squeezing at the top of the movement.

Equipment: 10-pound dumbbells

1. Start with a dumbbell in each hand. We recommend no more than 10 pounds for beginners.
2. Bend forward at the waist, so your back is at a 45-degree angle to the ground. Be certain not to arch your back. Let your arms hang straight down. Ensure your neck is in line with your back and your core is engaged.
3. Starting with your right arm, bend your elbow and pull the weight straight up toward your chest, making sure to engage your lat and stopping just below your chest.

4. Return to the starting position and repeat with the left arm. This is one rep. Repeat 10 times for 3 sets.

SINGLE-LEG DEADLIFTS

This is another exercise that challenges your balance. Single-leg deadlifts require stability and leg strength. Grab a light to moderate dumbbell to complete this move.

Equipment: dumbbell

1. Begin standing with a dumbbell in your right hand, and your knees slightly bent.
2. Hinging at the hips, begin to kick your left leg straight back behind you, lowering the dumbbell down toward the ground.
3. When you reach a comfortable height with your left leg, slowly return to the starting position in a controlled motion, squeezing your right glute. Ensure that your pelvis stays square to the ground during the movement.
4. Repeat 10 to 12 reps before moving the weight to your left hand and repeating the same steps on the left leg.

It's suggested to do 3 sets of 10-12 reps per side.

BURPEES

An exercise we love to hate, burpees are a super-effective, whole-body move that provides great bang for your buck for cardiovascular endurance and muscle strength.

1. Start by standing upright with your feet shoulder-width apart and your arms down at your sides.
2. With your hands out in front of you, start to squat down. When your hands reach the ground, pop your legs straight back into a pushup position.
3. Jump your feet up to your palms by hinging at the waist. Get your feet as close to your hands as you can get, landing them outside your hands if necessary.
4. Stand up straight, bringing your arms above your head, and jump.
5. This is one rep. Complete 3 sets of 10 reps as a beginner.

SIDE PLANKS

A healthy body requires a strong core at its foundation, so don't neglect core-specific moves like the side plank.

Focus on the mind-muscle connection and controlled movements to ensure you're completing this move effectively.

1. Lie on your right side with your left leg and foot stacked on top of your right leg and foot. Prop your upper body up by placing your right forearm on the ground and elbow directly under your shoulder.

2. Contract your core to stiffen your spine and lift your hips and knees off the ground, forming a straight line with your body.
3. Return to start in a controlled manner. Repeat 3 sets of 10–15 reps on one side, then switch.

PLANKS

Planks are an effective way to target both your abdominal muscles and your whole body. Planking stabilizes your core without straining your back the way situps or crunches might.

1. Begin in a pushup position with your hand and toes firmly planted on the ground, your back straight, and your core tight.
2. Keep your chin slightly tucked and your gaze just in front of your hands.
3. Take deep, controlled breaths while maintaining tension throughout your entire body, so your abs, shoulders, triceps, glutes, and quads are all engaged.

Complete 2-3 sets of 30-second holds to start.

GLUTE BRIDGE

The glute bridge effectively works your entire posterior chain, which isn't only good for you, but it'll make your booty look perkier, too.

1. Start by lying on the floor with your knees bent, feet flat on the ground, and arms straight at your sides with your palms facing down.
2. Pushing through your heels, raise your hips off the ground by squeezing your core, glutes, and hamstrings. Your upper back and shoulders should still be in contact with the ground, and your core down to your knees should form a straight line.
3. Pause 1–2 seconds at the top and return to the starting position.

Complete 10–12 reps for 3 sets.

How to improve workouts

These fundamental exercises will do your body good, but there's always room to keep pushing it.

If you notice yourself breezing through and barely breaking a sweat, focus on progressive overload by making each move more challenging by:

- adding 5 more reps
- adding more weight
- tacking on a jump to moves like squats and lunges

Another way to switch it up? Turn the routine into a time-under-tension workout, completing each move for a set amount of time instead of for a set number of reps.



FURY VS USYK:

Rematch and retirement questions begin for Tyson Fury after Oleksandr Usyk defeat

What next for Tyson Fury? The Gypsy King will return home to consider his next steps after losing out to Oleksandr Usyk in the battle for undisputed heavyweight glory; Fury was beaten via split decision after being given a standing count during the ninth round.

To Tyson Fury, comebacks are customary. He does them better than most. The Gypsy King just missed out on the greatest prize in boxing, to a sweet science sorcerer no less, but he will be back. The lure of the fans, the fights and the theatre will see to that.

The Kingdom Arena erupted on Saturday night as pyrotechnics and Bonnie Tyler vocals serenaded the Fury entourage, spearheaded by their 'hero' ahead of the biggest heavyweight bout in 25 years. As Lennox Lewis and Evander Holyfield - the last two to contest undisputed status - watched on, Fury smiled and danced and thrust his arm forward in Superman style while making his march to the ring.

It was the moment he lives for, all turmoil and

all hurdles culminating in the most pressured stage, most anticipated fight of the century, a place in the eyes of the world. That he didn't prevail on this occasion might yet become another chapter in one of boxing's great stories of resilience. He doesn't go down that easily. Oleksandr Usyk can attest to that.

As the night drew in over in Riyadh, where Fury had been on the losing side of a split decision, the questions over what next began. Rematch? Retirement? Questions to be resolved back in Morecombe, in good time, it seems.

- Usyk beats Fury to win historic undisputed title fight
- 'I won the fight!' Fury fumes after Usyk defeat
- The moment Usyk was crowned Undisputed

"I ain't boxing because I've got no money, I'm boxing because I love it. I'm 36 in a few months. I've been boxing since I was a child," Fury told reporters.

"Where does it all end? Do I have a hundred fights and break down and end up in a wheelchair?"

"While I'm still loving the game - and I was having fun in there - then I will continue to do it. When I can't do it any more, I'll pack it up."

Fury has long been an advocate for the ultimate prize of fighters returning safely to their families, his well-publicised battle with mental health issues perhaps contributing to his value of as much. Amid the pre-fight tirades and verbal volleys prevalent throughout his career, it has emerged as one of his most admired philosophies.

Never too high, never too low has become the Fury approach; boxing means everything to him, without meaning everything. There has been a healthy peace to the feeling he does not need the sport as he might have before his three-year absence, but instead persists to grind away out of his love for it. It's for that reason you can envision him fighting on, and fighting to avenge his sole career



loss.

When the stakes were highest, Fury retained the trademark showmanship that would inspire him to pull faces and shake his hips in jest at the sight of an early Usyk flurry. Then came the ability to flick the switch as he traded in showboating for slick uppercuts and vicious body shots that had the Ukrainian on the back foot mid-way through the fight. It was Fury at his finest, the great entertainer with the lightning hands and taunting feints that only one Ukrainian master has been able to decipher.

Come the ninth and Fury was in survival mode as he staggered from corner to corner amid a defining Usyk assault, all 6ft 9in and 262lbs of him refusing to hit the canvas for good. By the end of round 10 he had rediscovered that fleet-footed bounce, allowing Usyk no respite in his bid to see out victory.

Usyk had been forced to work harder than ever before in his professional career, forced

to concentrate more than ever in his career. The Fury camp were adamant in their belief they did enough to win; for all boxing has come to learn about Fury, it is difficult to see him walking away were that truly the case.

"I'm very happy in my mind, I'm happy with the performance. Both men have got paid and both men are going home to their lovely wives and children. And that's what it's about. We put on a show for the fans," said Fury.

"I'm going to be 36, we're not young kids anymore. We're at the end of our careers and we've got a brilliant fight tonight, so I'm proud of myself.

"In that ninth round I was hurt and I rallied back, that's what the GK (Gypsy King) does. I was thankful we both got out of the ring, on to the next one."

He may not have become the ruler of the heavyweight division, but clamour for the presence and participation of Fury in the modern era plot remains as potent as ever.

From his blockbuster trilogy against Deontay Wilder to a unique and enthralling duel of technical mastery against Usyk, he has engaged in the best of both worlds as a face for sporting cinema. And there is more left for him.

His next steps could prove selective ones at this later stage in his career. There is a rematch clause to be activated against the only man ever to get the better of him, and a long-coveted all-British mega-fight to be made against Anthony Joshua.

For him to pinpoint where things might have gone wrong was a nod to his intent on putting things right. For now, though, he will rest.

"We've just had a fight. If you can see my face I'm pretty busted up and he's busted too," added Fury.

"We'll go home, eat some food, drink some beers, spend some family time, walk my dog, go to the tip and me and Frank (Warren) will

talk about what's going to happen in the future.

"I don't know what's going to happen, but I think I'd just do a little bit more of the same, keep my defence a little bit tighter, a bit more focused, and not so much messing around because I was having fun in there.

"I was playing around, I was hitting him to the body, uppercuts to the head and I thought I was bossing the fight."

The two could hardly be split, in the end a ninth-round standing count leaning the fight in Usyk's favour after Fury had seemingly been in control.

Fury sprinting out to the centre of the ring, Usyk stalking him at the ropes, Fury showboating in the corner, Usyk consistently threatening with his rangy left hook, Fury grappling control with brutal body shots, Usyk one punch and 10 more seconds away from a knockout finish, Fury surviving, Usyk piling on the pressure, Fury fighting back. It was uncomfortably, beautifully tense, sitting on the edge of explosion as the two best heavyweights of their era delivered chaos while the world watched on in awe. The world wouldn't mind watching it again. The world never minds watching Fury again.



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