

Celebrity World

Botswana's Native Magazine

July 2024 P12

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Fredrick Bathusi Pheto: The Tswana Poetic Rapper

10 Small Business Tips for Beginners

Effective communication in relationships: 10 tips to improve it

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Dear Readers,

Welcome to the July edition of Celebrity World Magazine! This month, we are thrilled to bring you an array of exciting and inspiring stories that showcase the incredible talent emerging from Botswana. Our cover story features none other than the multitasking Koketso Johnson Mangadi, a star who is shaping the music and event scene from Ratholo. Koketso's journey is one of passion, dedication, and innovation. His influence extends beyond music, making a significant impact on the cultural landscape of Botswana. We delve into his career, his inspirations, and his future plans, providing an in-depth look at what makes Koketso a true icon.

In addition to our cover story, we are proud to share valuable tips on kids' health. As parents and guardians, ensuring the well-being of our children is paramount. Our health section this month is packed with expert advice on nutrition, fitness, and mental well-being for kids, helping you to support and nurture the next generation.

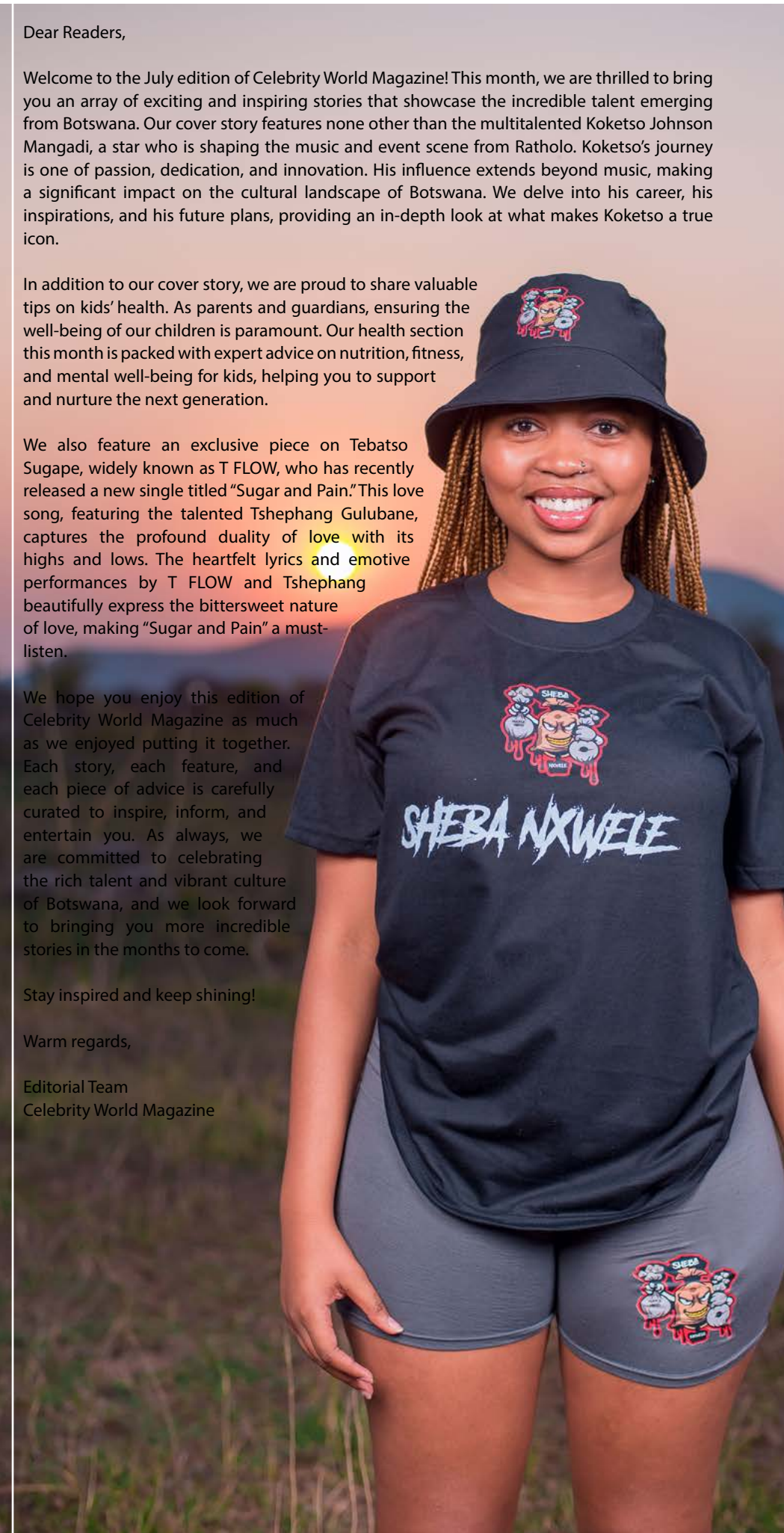
We also feature an exclusive piece on Tebatso Sugape, widely known as T FLOW, who has recently released a new single titled "Sugar and Pain." This love song, featuring the talented Tshephang Gulubane, captures the profound duality of love with its highs and lows. The heartfelt lyrics and emotive performances by T FLOW and Tshephang beautifully express the bittersweet nature of love, making "Sugar and Pain" a must-listen.

We hope you enjoy this edition of Celebrity World Magazine as much as we enjoyed putting it together. Each story, each feature, and each piece of advice is carefully curated to inspire, inform, and entertain you. As always, we are committed to celebrating the rich talent and vibrant culture of Botswana, and we look forward to bringing you more incredible stories in the months to come.

Stay inspired and keep shining!

Warm regards,

Editorial Team
Celebrity World Magazine



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Deadpool and Wolverine

Wolverine is recovering from his injuries when he crosses paths with the loudmouth, Deadpool. They team up to defeat a common enemy.

Release date: July 26, 2024

Director: Shawn Levy

Distributed by: Walt Disney Studios Motion Pictures

Based on: Deadpool; by: Fabian Nicieza; Rob Liefeld;



MaXXXine

In 1980s Hollywood, adult film star and aspiring actress Maxine Minx finally gets her big break. However, as a mysterious killer stalks the starlets of Los Angeles, a trail of blood threatens to reveal her sinister past.

Release date: July 2, 2024

Director: Ti West

Distributed by: A24



Longlegs

FBI Agent Lee Harker is assigned to an unsolved serial killer case that takes an unexpected turn, revealing evidence of the occult. Harker discovers a personal connection to the killer and must stop him before he strikes again.

Release date: July 12, 2024

Director: Oz Perkins

Distributed by: Neon



Despicable Me 4

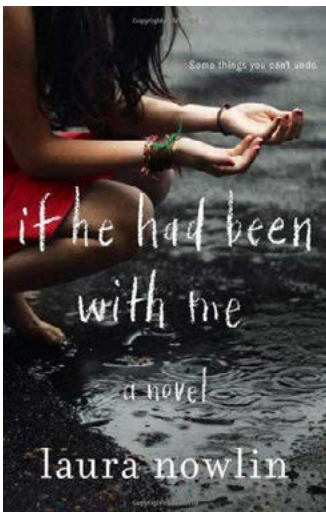
Gru welcomes a new member to the family, Gru Jr., who's intent on tormenting his dad. However, their peaceful existence soon comes crashing down when criminal mastermind Maxime Le Mal escapes from prison and vows revenge against Gru.

Release date: July 3, 2024

Directors: Chris Renaud, Patrick Delage

Distributed by: Universal Pictures

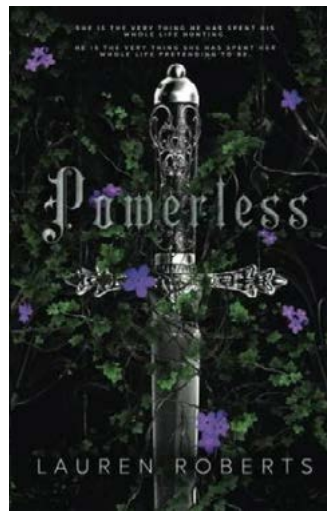
What To Read



IF HE HAD BEEN WITH ME BY LAURA NOWLIN

The finely drawn characters capture readers' attention in this debut.

Autumn and Phineas, nicknamed Finny, were born a week apart; their mothers are still best friends. Growing up, Autumn and Finny were like peas in a pod despite their differences: Autumn is "quirky and odd," while Finny is "sweet and shy and everyone like[s] him." But in eighth grade, Autumn and Finny stop being friends due to an unexpected kiss.



POWERLESS BY LAUREN ROBERTS

The Plague has left a population divided between Elites and Ordinaries—those who have powers and those who don't; now, an Ordinary teen fights for her life.

Paedyn Gray witnessed the king kill her father five years ago, and she's been thieving and sleeping rough ever since, all while faking Psychic abilities. When she inadvertently saves the life of Prince Kai, she becomes embroiled in the Purging Trials.

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Koketso Johnson Mangadi: A Multitalented Star Shaping Botswana's Music and Event Scene



Koketso Johnson Mangadi, popularly known as Ketz Johnson, is a dynamic force in Botswana's entertainment industry. As the youngest of three siblings, Ketz has emerged as the most talented, skillfully navigating multiple roles in the music business, event management, radio, and fashion. His journey from Ratholo Village in the Tswapong Central Region to becoming a renowned figure in Botswana's entertainment landscape is a testament to his versatility, resilience, and passion.

Born in Gaborone, Ketz spent his early years in the city before relocating to his hometown, Ratholo, in 2000. Following the passing of his mother, he was raised by his aunts and grandmother, who played a crucial role in his upbringing. His aunt, a teacher at Ratholo Primary School, had high expectations for Ketz, often involving him in school singing competitions. This early exposure to music ignited a passion that would shape his future.

Ketz's musical journey began in earnest at the United Congregational Church of Southern Africa (UCCSA), where Pastor Thuso Tiego nurtured his talent. He later became the Worship Leader at Open Baptist Church, a position he holds to this day. His work at a Christian music store further deepened his knowledge of music and the business side of the industry.

Ketz's academic achievements include a BA Hons in Event Management from Limkokwing University, equipping him with the skills to excel as an Events Coordinator and Manager. His entrepreneurial spirit has seen him thrive in various roles: music artist, corporate event host and coordinator, radio personality, voice-over artist, and fashion brand owner.

Ketz's love for music solidified in 2008, with a significant milestone in 2014 when he participated in Botswana's music talent show "MY STAR." Although eliminated in the Top 8, this experience cemented his commitment to music. Under the guidance of his producer, Thokgamo Ramahlele, also known as Tribal Tiido, Ketz has produced

hit tracks like "That Move," "Breaking Free," "Wena Wedwa," and "Igama Lakho."

Influenced by international icons like Jennifer Hudson and local stars Samantha Mogwe and Tshepo Lesole, Ketz's music is marked by perseverance and humility. His role as Worship Leader and his experiences in the Christian Music Store have profoundly influenced his musical style and career trajectory.

Ketz's foray into media began in 2013 when he co-hosted "Inspirational Grooves" on Yarona FM. His captivating voice and engaging personality quickly won over listeners, leading to numerous opportunities as a radio host and corporate events MC. Notably, he has hosted events like Miss Universe Petite and Miss Little Diamond Botswana, showcasing his versatility and talent in engaging diverse audiences.

Balancing his music career with event hosting and coordination requires a blend of skill, vision, and passion. Ketz seamlessly integrates these roles, understanding that music sets the tone for events while radio serves as a powerful platform for promotion.

One of the highlights of Ketz's career was sharing the stage with artists like Simmy, Sun EL Musician, Kelly Khumalo, Big Zulu, Lerato Kganyago, Mthuzi, PJ Powers, and Aubrey Qwaba at African Print On Fleek. This experience provided invaluable insights and reinforced the importance of staying true to oneself amidst success.

Currently, Ketz is working on an Extended Play (EP) consisting of five songs, a project he is immensely excited about despite the challenges posed by the COVID-19 pandemic. He is also preparing for several events in the coming months, including hosting the Ordatey Style and Fashion Awards in Ghana and being nominated for the Best Style Artiste of the Year 2024 category.

Ketz's vision extends beyond personal success. He aims to elevate the Ketz Johnson Brand while creating opportunities for other young, passionate individuals in the music industry. His long-term goal is to establish a record label that nurtures and supports aspiring artists in Botswana, fostering a vibrant and diverse music scene.

Ketz Johnson's journey is a beacon of hope and inspiration, demonstrating that with dedication, perseverance, and faith, remarkable achievements are possible. His commitment to uplifting Botswana's music industry and empowering the next generation of artists underscores his lasting impact on both the local and global music landscape.





Peggy K Modise: Empowering Youth Through Pageantry and Mentorship

BY: DUNCAN SEBESO

Peggy K Modise, a dynamic entrepreneur hailing from the village of Gabane, Botswana, has made a significant impact in the world of pageantry and beyond. As the Director of Miss Teen Gaborone and National Director of Miss Teen Excellency International (MTEI) based in South Africa, Peggy has

dedicated herself to the development and empowerment of young girls.

With a career spanning over seven years, Peggy's journey in pageantry began in South Africa. Her commitment and passion have seen her rise to influential positions such

as the Director of Kids and Teens Global in Malaysia and Miss Teen Global in Malaysia. Additionally, she serves as the Manager and Coordinator for Miss Teenager Universe Botswana, demonstrating her dedication to nurturing and guiding young talent.

Peggy's involvement in pageantry goes beyond organizing events. She has been an integral part of various juries and selection committees, where her insights and expertise have been invaluable. Her experience and dedication ensure that competitions are not just about beauty but also about character, talent, and intelligence.

Apart from her remarkable work in pageantry, Peggy is also a football administrator, showcasing her versatility and commitment to youth development across different fields. Her belief in mentoring the girl child is evident in her work with her queens, who are not only trained to excel in competitions but also to be role models in their communities. Peggy actively works with her queens to give back to the community, fostering a spirit of service and leadership.

One of Peggy's notable community projects involves collaborating with the Monax Shelter in Metsimotlhabe, alongside the current Miss Teenager Universe Botswana 2023, the reigning 3rd runner-up of Miss Teenager Universe 2024. This initiative highlights her commitment to using pageantry as a platform for positive change and social impact.

In addition to her entrepreneurial and philanthropic endeavors, Peggy is an educator, teaching English and Setswana. Her role as a teacher complements her work in pageantry, as she instills values of discipline, confidence, and cultural pride in her students.

Peggy's dedication to preparing her local queens for international competitions is evident in their success. Her Miss Teen Gaborone queens are set to represent Botswana in South Africa this coming December, a testament to her effective mentorship and training programs. Notable successes include Miss Teen Universe Botswana 2023, Palesa Motsewetsho, and Miss Teenager Universe Botswana 2023, Gimhani Mohau Perera, whom Peggy is currently managing.

Peggy K Modise's multifaceted career and unwavering dedication to youth empowerment through pageantry, sports, and education make her a remarkable figure in her community and beyond. Her work continues to inspire and uplift young girls, preparing them to be future leaders and role models.



7 Encouraging Facts About Being an Entrepreneur

There's no doubt about it, running a small business is no walk in the park. While it has its challenges, there are also personal, as well as practical benefits to being a business owner. Here are a few of them.

1. You can take it as far as you want.

You have the power and the freedom to run your business as effectively as you want; the sky really is the limit. The point here is that you can build a business that is as professional, as grand, as specific as you want it to be. The only limitations you have are the ones you set for yourself. You set the tone, you establish the parameters, and you stop exactly where you decide you want to stop.

2. Power to change things as needed.

If you see something about your business that isn't being done the right way, then you are in a position to make the necessary changes that will remedy that problem. When you work for someone else, and you see a problem, you can only relay that information to your boss so that they can make the decision. As the business owner, you don't have to clear it with anyone else first; you can simply execute the needed changes directly.

3. Control over your own fate.

Your fate as a business owner is in your own hands. In other words, nobody is going to fire you. You're going to have a job, and you're going to be in business as long as you can keep the business alive. You never have to worry about someone else in authority pivoting in the wrong direction and deciding your fate for you.

4. Choose the people with whom you want to work.

When you work for someone else, the people with whom you work are chosen for you. Now you're the boss. And as the boss, you're in charge of picking the people you're working with. You can pick the best team to make your vision a reality, a team that you work well with, a team that you even enjoy working with.

5. Gain access to industry secrets.

Let's say you work a job that you love, one that you're really good at. Even so, as an employee of someone else's company, you cannot learn as much about your work or craft that you can as an owner. A business owner in any given industry, by necessity, has an esoteric knowledge of, and unique

access to the tools and trade secrets of that industry.

6. Contributing to your local economy & job force.

You can have a special peace of mind with the knowledge that your business is putting money back into your local economy. You might pay other local vendors or partners, who in turn do the same, contributing to the locality. At the same time, it's likely that you are also creating jobs for people who live there, who take the money you pay them, and again recycle that money.

7. Sense of accomplishment & self-worth.

You are enriching yourself, working towards a goal, and doing something that many people cannot do when you run a small business. There are a great deal of challenges that you have to overcome to be successful, which provides for you a tremendous sense of self-reliance, self-worth, and self-esteem. When you are hired by a company, everything is already set up for you; when you start a business, you have to create its structure and set the parameters, which is not easy to accomplish.



The Traitors' Charlotte Chilton reveals pop star Conor Maynard is the father of her 'miracle' unborn baby and says 'she won't be silenced' after keeping his identity secret - weeks after it was revealed she has split from her wife

The Traitors star Charlotte Chilton has revealed Conor Maynard is the father of her unborn baby. Back in April, the recruitment manager, 32, announced she was pregnant with a 'miracle' baby after having seven heartbreaking miscarriages but did not reveal who the father was. A month later Charlotte revealed she is preparing to become a single mother after splitting from her wife Laura.

In a U-turn, Charlotte has decided to go public with Conor's identity as she told fans she 'won't be silenced'. Conor and Charlotte were seemingly introduced by her Traitor's co-star Harry Clarke, who is dating the singer's sister Anna at the Traitors wrap party. Taking to Instagram, Charlotte said: 'I've really toyed with whether this is the right thing to do or not. I've sort of hidden a lot of things in the protection of somebody else through this process. I decided that the best thing is to always be open and honest. Essentially I have not named the father in protection of him.

'I'm prepared to do this alone, but I'm not prepared to have my daughter have to grow up and not be able to say who her father is, or should I say, birth father, or hide it from her. 'She deserves to know where she comes from. I'm not a secret, she's not a dirty secret. I won't be silenced.' She added of Conor: 'I met him after The Traitors wrap party and we started seeing each other and Penelope arrived in my tummy!'

MailOnline has contacted Conor and Charlotte's representatives for comment. The BBC star who starred on the second

series on the hit show, shared a gallery of sweet snaps revealing the happy news by showcasing her bump. Charlotte revealed 'IVF had failed' for her and she was previously told by medics she 'probably' wouldn't ever become a mother in an Instagram post. Proving doctors wrong, Charlotte wrote: 'So I have been keeping a secret in a few of my pics!! The true glory is in my final pic!!!'

'After 7 miscarriages over my 20s, failed Insemination, failed IVF I was told 'it probably won't happen for you.' These words for a lot of women are the words you never want to hear! Yet someone decided I deserved a wish answering and I am now going to have my own little miracle.' Charlotte added: 'It was a rough start (never knew sickness could be so bad) but I'm starting to feel normal again!! 'I wanted to share this with all my family, friends and #thetraitors fan base!! It's been a shock to say the least but the most welcomed surprise ever!!!'

In a mirror selfie, Charlotte beamed as she cradled her growing bump while wearing a figure hugging black and white striped dress. In a second picture, the star looked glowing while wearing a black unitard before sharing a snap of her ultrasound. Charlotte's co-stars were quick to take to the comments to congratulate the star on her exciting news. Brian Davidson, who appeared on series two of The Traitors with Charlotte, penned: 'Yaaaaaas! Traitors baby!' Co-star Ash Bibi added: 'Your Traitors fam is here for you my

darling' And series one contestant Kieran Tompsett penned: 'Amazing congratulations darling xx.' It was revealed that Charlotte had split from her wife Laura in May. Charlotte uploaded a sweet gender reveal video with her family, in which she watched her baby scan before it lit up with pink lights, indicating she is expecting a girl.

She captioned the sweet clip: 'GENDER REVEAL!! I would have been happy either way but I did want a little mini me!!' She continued: 'I have already leaked her perfect little name! Did you catch her name?? She is already so loved!! So many changes going in my life and I can't wait to tell you all about it!! Watch this space!!!' Charlotte's wife Laura did not appear in the video and the reality star tellingly added the hashtags: '#singlemoms #singlemum #singlemumsuk #independent #femaleempowerment' to confirm her single status. During her time on The Traitors last year, Charlotte, who was working as a recruitment manager in the education sector when she signed up to the show, was a faithful. However, the mum-to-be later admitted she would have 'sold her mum' to be one of the Traitors. Charlotte was given the boot after she was wrongly accused by her co-stars as being a traitor. She told BBC CWR at the time: 'I really wanted to be a Traitor. I wanted it and I've said a few times I would have sold my mum to do it.'

Charlotte added: 'Don't tell my mum.' Conor is an English singer born and raised in Brighton. He signed a recording contract with Warner Music Group in 2011. Maynard rose to fame in 2012 when he was nominated for, and subsequently won, MTV's Brand New for 2012 award.

In terms of girlfriends he has previously been linked to Love Island's Layla Al-Momani. Layla revealed before heading into the villa that she dated the famous pop star, revealing: 'My ex is a famous singer. He wrote a few songs about me since we broke up.'

It's unclear how long the pair dated for exactly, but Layla first shared a snap with Conor in July 2021 of her and the star donning fancy dress as she captioned the post: 'Date night out of the mansion.' She then shared another cosy photo with the singer a month later in August 2021, but there are no posts of them after that date. However, in a heartbreak track shared on TikTok in January, Conor candidly revealed that he went through a breakup at the end of 2022, which some fans have linked to Layla, meaning they may have dated for around 18 months. He said: 'So, the last few months I took a bit of a break from social media because at the end of 2022, I had my heart ripped out. 'But anyway I took that time to write some music about it, and this is a little bit of one of the songs. It's called 'If I Ever''



Captivating Moments on the Tony Awards Red Carpet: A Glance into Glamour

The Tony Awards, a pinnacle of Broadway excellence, not only celebrates outstanding theatrical achievements but also sets the stage for stunning fashion moments on its iconic red carpet. This year was no exception, as stars from stage and screen dazzled in their sartorial choices, each ensemble a story in itself. Let's delve into some of the most captivating moments from the Tony Awards red carpet:

1. The Elegance of Classic Black

Black proved to be a timeless favorite among the attendees this year. Stars like Cynthia Erivo and Billy Porter graced the carpet in sleek, sophisticated black outfits that combined sharp tailoring with bold accessories. Cynthia Erivo stunned in a sleek gown with intricate detailing, while Billy Porter made a statement in a dramatic black ensemble adorned with eye-catching embellishments.

2. Radiant in Red

Red, the color of passion and power, made its mark on the red carpet with several celebrities opting for this bold hue. Sutton Foster turned heads in a striking red

gown that perfectly complemented her radiant smile, embodying both elegance and confidence. Meanwhile, Laura Linney chose a more understated approach with a crimson dress that highlighted her graceful silhouette.

3. Daring and Playful Choices

Some stars took the opportunity to showcase their daring and playful sides with unconventional outfit choices. Andrew Rannells, known for his eclectic fashion sense, donned a vibrant suit adorned with artistic patterns, exuding charisma and charm. Similarly, Sarah Jessica Parker wowed in a whimsical ensemble that featured intricate lace and bold accessories, proving once again her status as a fashion icon.

4. Timeless Glamour

Amidst the trends and bold statements, timeless glamour also had its moment on the red carpet. Stars like Audra McDonald and Hugh Jackman epitomized classic Hollywood charm with their impeccably tailored suits and timeless dresses. Audra McDonald's shimmering gown and Hugh Jackman's classic tuxedo served as reminders of the

enduring allure of old-school elegance.

5. Celebrating Diversity and Individuality

Above all, the Tony Awards red carpet celebrated diversity and individuality in fashion. Stars embraced their unique styles, from intricate embroidery to avant-garde silhouettes, showcasing the rich tapestry of creativity within the entertainment industry. The red carpet became a canvas where each celebrity expressed their personal flair, making it a truly memorable and inclusive event.

Conclusion

The Tony Awards red carpet once again proved to be a feast for fashion enthusiasts, offering a glimpse into the glamour and creativity that define Broadway and beyond. As the evening unfolded, each star illuminated the red carpet with their distinctive style, creating moments that will be remembered long after the curtains close. Whether elegant and timeless or daring and avant-garde, the fashion choices at this year's Tony Awards celebrated the art of self-expression and creativity, embodying the spirit of Broadway itself.



Leatile Tumisang Kelathege: The Afrobeat Innovator from Serowe

Leatile Tumisang Kelathege, born on May 25, 1997, in the culturally rich village of Serowe, Botswana, has emerged as a notable talent in the Afrobeat music scene. Serowe, renowned for nurturing well-mannered and supportive individuals, provided the perfect backdrop for Leatile's early life, filled with family, friends, and fans who were always eager for more of his music.

Leatile's musical journey began in 2012 while still in school, thanks to his cousin, Tiroyaone

Toteng, who introduced him to the world of music. Together, they formed the group Kid Money Kid Cash (KMKC). Initially, Leatile focused on writing and performing his songs over the phone and in studio sessions. After completing his Form 5 in 2016, he moved to Gaborone, where he met creative producer Mooketsi Given Tladi, known as YungTornado. Their collaboration on the track "Try" marked the beginning of Leatile's professional music career. This song, which emphasized perseverance, resonated deeply

with audiences during its debut performance arranged by DJ Skilash at Bee 6 Bar, sparking Leatile's desire to create more music.

Under YungTornado's label, Chain Gang, Leatile produced several tracks, including a collaboration with Nigerian artist Magdon on "Fine Like This." Another significant track, "Consider," created with Tiroyaone Toteng (aka Lil Brown Tiger), became an emotional anthem for many, reflecting on everyday life experiences. This song's popularity, especially as a ringtone, highlighted Leatile's ability to touch hearts and convey profound messages through his music.

Leatile's musical influences are deeply rooted in his family and friends. Although he started listening to similar music genres later in his career, artists like Omah Lay, Rema, Burna Boy, Joeboy, and Ayra Starr have significantly shaped his musical style. He proudly describes himself as an "Afrobeat killer," with a unique style characterized by catchy, sing-along hooks and timeless appeal. Before embracing Afrobeat, Leatile was inspired by local Motswako artists such as the late Dramaboi, Notshi, Big L Wasekai, and M.O.I.

His first performance song, "Try," followed by "Fine Like This" and "Ma2000," paved the way for numerous live performances, often facilitated by his connections with resident DJs. Recently, he performed at the Department of Broadcasting Services (DBS) 2024 roadshow, despite not making it to the Bootcamp selection.

Leatile's creative process is spontaneous and innovative. Instead of writing lyrics in a notebook, he uses WhatsApp voice notes and short phrases to capture his ideas, often completing songs within ten minutes. His lyrics are deeply personal, reflecting his feelings, relationship experiences, and life events.

Currently, Leatile is working on an album titled "My Wellbeing," featuring tracks like "10 km," "Consider," "Flopo," and "Copy and Paste." The latter, which he recently released, emphasizes support and understanding in relationships, with a catchy chorus and heartfelt verses.

You can follow KMKC on social media: @kmc_coast on Facebook, Twitter, Instagram, and TikTok. For inquiries, email leatilecoast@gmail.com or call +267 77479684.

Looking ahead, Leatile aspires to grow his audience, make more connections, and collaborate with international artists. His ultimate goal is to perform at major events like Born and Raised and be featured in Forbes, not for profit, but to deliver his music to a broader audience.

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TEBATSO SUGAPE AND TSHEPHANG GULUBANE: A Harmonious Collaboration in "Sugar and Pain"

BY: DUNCAN SEBESO

Tebatso Sugape, known in the music world as T Flow, has been making waves in the evolving Hip Hop scene of Botswana. Hailing from Molepolole, T Flow's latest release, "Sugar and Pain," featuring the extraordinary Tshephang Gulubane, showcases his ability to blend raw emotion with captivating melodies, creating a masterpiece that resonates deeply with listeners.

The title "Sugar and Pain" emerged spontaneously. "When I first hit up Tshephang to work, she asked what the title of the song would be," T Flow explains. "Sugar and Pain was the first thing that came to my mind. Seeing that Tshephang is an extraordinary singer, I wanted the song to favor us both equally."

Their collaboration seemed like destiny. T Flow discovered Tshephang through a cover she posted on Facebook, and was immediately struck by her talent. Intrigued, he reached out to her the same day, and to his delight, she responded promptly. They quickly planned their collaboration, and

"Sugar and Pain" became their first project together, despite having never met before.

The song's message is profound, capturing the duality of love with its highs and lows. This theme is beautifully expressed through their heartfelt lyrics and emotive performances. The production process, carried out at Cube Records and expertly mixed and mastered by Young Moshpit, was an unforgettable experience for T Flow. Hearing Tshephang's voice for the first time was mesmerizing for him. However, the journey was not without its challenges; T Flow had to re-record his second verse to meet the high standards before the track could be mastered.


"Sugar and Pain" stands out from my previous releases," T Flow notes. "It's a step up in my music, leaning more towards an R&B sound compared to my earlier rap style tracks." The creative process started with the beat, followed by the lyrics, allowing their collaboration to flow naturally.

T Flow is not just stopping at this single. He

sees himself as a rising star in the Hip Hop scene of Botswana, a movement teeming with talented artists. "The Hip Hop scene in Botswana is really evolving," he says confidently. "There are a lot of talented artists in B dub, and they better be ready for me."

Looking ahead, T Flow is gearing up to release his mixtape titled "Micchek" on October 16, 2024. He has numerous projects in the pipeline, including singles with Rhex Ophium (MotownTrio) titled "Relax" and "Imali," with beats produced by Moonkay63 and mixed and mastered by Big T.

T Flow's collaboration with Tshephang Gulubane on "Sugar and Pain" is a testament to the magic that happens when two passionate artists come together. Their ability to capture the essence of love's duality in a single track marks a significant milestone in their careers and sets the stage for future successes. As T Flow continues to create and inspire, the music world eagerly anticipates what he will bring next.



Katlego Mochai from Serowe Shines with Latest Single “Kunzima Emhlaben”

Katlego Mochai, better known as DJ Kooly K, is a 27-year-old music sensation from Serowe, Botswana. Making significant strides in the music industry, DJ Kooly K has once again captivated audiences with his latest single, “Kunzima Emhlaben.” This track is more than just music; it’s a reflection of his journey, struggles, and growth as an artist.

The Genesis of a Music Journey

DJ Kooly K’s music journey began in 2013, initially as a dancer. His deep connection to rhythm and beats soon sparked a desire to create music, not just move to it. Inspired by South African superstar Prince Kaybee, he transitioned from dancing to music production, driven by a vision to produce his own tracks.

Learning the Craft

Determined to excel in music production, DJ Kooly K embarked on a self-taught journey, learning the intricacies of the craft. His dedication bore fruit when he met Yuntornado, an experienced producer who imparted essential production skills to him. This mentorship played a crucial role in shaping DJ Kooly K’s sound and style.

Breaking Through

In 2015, DJ Kooly K released his first track under a South African record label. This pivotal moment significantly boosted his career, expanding his network and connecting him with various South

African producers, artists, and vocalists. These collaborations enriched his musical journey and solidified his presence in the industry.

“Kunzima Emhlaben”: A Reflection of Resilience

DJ Kooly K’s latest single, “Kunzima Emhlaben,” is a testament to his creativity and resilience. The track was conceived during the lockdown, a period marked by challenges for artists and DJs worldwide. DJ Kooly K channeled these hardships into his music, creating a beat that resonated with many.

Collaborating with TRM from South Africa for the vocals and Wouziebeatz for the final touches in mixing and mastering, “Kunzima Emhlaben” showcases the synergy of talents across borders. Released under TS Music, the track falls within the 3step genre, a style of house music that is gaining popularity in both Botswana and South Africa.

Rising Popularity and Future Plans

Since its release, “Kunzima Emhlaben” has been well-received on social media and various music platforms. The track’s success is not just a personal achievement for DJ Kooly K but also a representation of the thriving music scene in Botswana. Plans are underway to release a music video for the track later this year, further amplifying its reach and impact.

Opening Doors

“Kunzima Emhlaben” is more than just a hit single; it’s a door opener for DJ Kooly K. The track’s success is paving the way for new opportunities, allowing him to collaborate with some of the biggest names in the music industry. Its infectious beats and Zulu vocals have struck a chord with audiences, making waves in both South Africa and Botswana.

Katlego Mochai, aka DJ Kooly K, is a shining example of how passion, dedication, and resilience can propel an artist to new heights. His latest single, “Kunzima Emhlaben,” is a powerful addition to his growing discography, reflecting his journey and the universal challenges faced by artists. As DJ Kooly K continues to make waves in the music scene, he remains a beacon of inspiration for aspiring artists in Botswana and beyond. Keep an eye on DJ Kooly K—his musical journey is just beginning, and there’s much more to come.





THE 9 BEST PLACES TO VISIT IN ETHIOPIA

With the most UNESCO World Heritage Sites than any other African country (including Egypt), Ethiopia is a hidden gem that is overlooked by many travellers. With such cultural diversity, archaeological pedigree and natural beauty, there's a good reason why it's so high on the Wild Frontiers travel list.

From our years of experience travelling in Ethiopia, we have pulled together what we think are the best places to visit in Ethiopia. So, let us jump into it.

Addis Ababa

Ethiopia's capital is located more or less in the dead centre of the country and is the world's third-highest capital at 2,400 m. Its name means 'New Flower' and it is a relatively modern city, founded in 1887 by Emperor Menelik II. In just over a century it has grown from nothing into a modern metropolis of several million people. Its altitude lends it a comfortable climate and throughout the year the weather is temperate with just the occasional downpour.

Adigrat

The northernmost city in the unspoilt Tigray

region, Adigrat is an ideal stopping point en-route from Axum to Mekele. Although the town itself is nothing special, a new lodge has recently opened on the outskirts of town, which is a comfortable base to explore the rock churches for which the Tigray region is famed.

Awash National Park

This scenic national park is situated in the dry acacia savanna of the Rift Valley some 200km from Addis Ababa. A magnificent 150m-deep gorge, carved by the Awash River, forms the southern boundary of the park, including a substantial waterfall. To the north, you'll see the ragged edges of Mount Fantelle, a dormant volcano whose crater towers above the surrounding bush.

Other highlights include the Filwoha Hot Springs, which feed a series of beautiful translucent blue pools and Lake Beseka. Although 80 mammal species have been recorded in Awash, the game viewing is less of an attraction than the scenery and birdlife. Awash National Park is regarded as one Ethiopia's top birding destinations, with over 450 species. Including the endemic yellow-throated serin and the Ethiopian cliff

swallow.

Axum

This fascinating town was the centre of the Axumite Empire, one of the most important and technologically advanced civilisations of its time and a major force in world trade between the 1st and 7th centuries AD.

A further twist in the town's long history is speculation that it could have held the court of the Queen of Sheba and also that it is the final resting place of the Ark of the Covenant. Whatever the truth of these matters it is undoubtedly the holiest city of the Ethiopian Orthodox church and there is a startling wealth of antiquities both to be seen and as yet still undiscovered.

Bahir Dar

Bahir Dar, with its wide avenues of palms and scenic lakeside location, is one of Ethiopia's most attractive towns. Located on the southern shore of Lake Tana, it is an ideal base from which to explore the lake and surrounding area, which includes the blue Nile falls.

Once no more than a sleepy fishing village it has grown in size during recent times and



palm-lined avenues and lakeside vistas make it an attractive place to stay. There are good amenities for travellers and the town itself has become an important industrial centre partly as a result of the hydro-electric dam built at nearby Tis Abay.

Bale Mountains National Park

The Bale Mountains National Park is a protected area of approximately 2,200 km² and is located around 400 km southeast of Addis Ababa. Its high mountains, sweeping valleys, dramatic escarpment and wide expanses of forests provide visitors with a diversity of vistas unique to the Ethiopian highlands.

UNESCO has estimated that more mammal species would become extinct were the habitats of the Bale Mountains to decline than if any other area of equivalent size on the globe were to disappear. When this is combined with rare amphibian species, endemic birds and spectacular flora, it is easy to see why the park is designated as a Biodiversity Hotspot by Conservation International.

The Danakil Depression is found in Northern

Ethiopia, close to the border with Eritrea. With parts of Danakil 100 metres below sea level, this is one of the lowest places on Earth and also one of the hottest in average yearly temperature. Access is difficult as the area is only passable for 4x4 vehicles and accommodation is scarce meaning visitors camp each night at fixed sites. Arguably one of the best places to visit in Ethiopia, those that do make the journey are rewarded with some of the most extraordinary landscapes anywhere on earth.

Two active volcanoes, Mount Ayalu and Erta Ale have large lava lakes, whilst the Dallol Sulphur Springs is a photographers' dream. The Awash River ends in a huge salt mine, where workers carve rough-hewn blocks of salt for sale, an extraordinary sight to behold.

Gheralta

This unspoilt corner of North Eastern Tigray is scenically spectacular with vast spaghetti-western landscapes of flat dry plains and towering rock outcrops known as the Gheralta. The region is most famous for its 35 old rock-hewn churches, the largest concentration anywhere in Ethiopia. The finest are found in splendid isolation on the

outcrops and involving a strenuous walk, and the magnificent views, atmospheric interiors and a wealth of old paintings and church treasures are very special indeed.

Gonder

Up until the beginning of the 17th century, Ethiopia had what was locally referred to as a 'mobile capital'. But in 1632 Fasilidas took the throne and proclaimed Gonder as his capital, where it remained for the next 200 years. As king and emperor Fasilidas not only ushered in a period of relative calm in Abyssinia's turbulent history he also built a stupendous fort at this strategic location - added to by his successors - most of which is still intact. Wandering around the fort's spectacular turreted citadels, vast banqueting halls and bathhouses leaves you in no doubt whatsoever as to the importance of this Christian kingdom 400 years ago.

Jinka

Although Jinka is the administrative capital of the South Omo zone it exists in almost isolation from the rest of the country and has a relaxed, rural feel. Set at an altitude of 1490m it is quite temperate and its Saturday market attracts traders from all over the area.

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10 Simple Home Management Tips for Incredibly Busy Moms



Home management tips can make managing household tasks easier as a busy mom. The best home management tips can help you save time, get organized and be more productive every day.

But running a home isn't always easy.

You've got the laundry to keep up with, bills to pay, meals to plan and of course, staying on top of cleaning. Home management can get pretty overwhelming, pretty quick!

And it can be even more challenging if you're a working mom or a stay at home mom who's chasing littles around all day. I know, I've done both and trying to keep up with all the household chores is no easy feat.

That's where having systems and routines for running your home can be a lifesaver!

So today, I'm walking you through some of the best home management tips for getting organized.

What Is Home Management?

Broadly speaking, home management includes all the things that go into running a household.

So that can mean:

- Doing laundry
- Planning and preparing meals
- Decluttering regularly
- Keeping your home, life and money organized
- Paying bills
- Managing important paperwork
- Cleaning
- Taking care of minor maintenance and repairs
- Tackling yardwork

Think about all the things you do each day as a busy mom. Most of them probably fall under the home management tips umbrella. Why Are Home Management Skills Important?

Good question! Home management skills are a good thing to have because they can:

- Save you time, energy and money
- Help you get organized (and stay that way!)
- Stop the stress and mess in your home

Those are all good things, right?

As a busy mom, I need to be as efficient as possible when it comes to how I use my time,

where I put my energy and how I spend my money.

And I wouldn't be able to do that without having some home management systems in place.

Bottom line, managing your home effectively means tying all the things you do each day together in a way that best meets your family's needs.

Once you master certain home management skills and start putting home management systems in place, you'll be amazed at what a difference they make!

Home Management Tips to Make Mom Life Less Stressful

Polishing your home management skills can take time. So don't worry if the pieces aren't all coming together right away.

Instead, you can focus on improving one area at a time. As you perfect each link in the chain, you'll get one step closer to a home that practically runs itself!

Here are the best home management tips to get you started.



1. Create home management routines

Routines are an absolute game-changer if you're struggling to get home management systems in place.

What's great about routines is that they give you a map to follow each day. For example, you can set up:

- Laundry systems
- Morning routines for kids
- Morning routines for yourself
- Nighttime routines
- Routines for budgeting and paying bills
- Grocery shopping routines
- Self-care routines

I could go on and on but you get the idea. When you have routines in place, your days start to run on autopilot. And that is one of the keys to making home management easier.

If you're struggling with getting routines in place, be sure to check out the Family Routines course from Pulling Curls. It's a step by step guide that walks you through how to set up routines for your family that you can stick to.

2. Get on a cleaning schedule

Do you love having a clean house but hate to do any of the actual cleaning?

Me too. So one of the ways I make it easier on myself is to follow a regular cleaning schedule.

My cleaning schedule has three parts:

- Small cleaning tasks I tackle daily
- Bigger cleaning tasks I handle once a week
- Cleaning tasks I do monthly or quarterly (think organizing the pantry and cleaning out closets)

Breaking cleaning chores down and putting them on a schedule is a simple home management secret that you might be overlooking. But it can make keeping your house clean so much less time-consuming. For example, here's how you might approach your cleaning routine.

Daily cleaning chores

- Sweeping floors
- Wiping down kitchen and bathroom counters
- Doing dishes
- Running a load of laundry
- Making beds
- Tidying up your entryway (a must if your kids dump all their stuff by the front door)

Weekly cleaning tasks

- Vacuuming
- Mopping
- Finishing up any laundry that hasn't been done yet
- Dusting
- Cleaning the bathrooms
- Changing sheets

Monthly/quarterly cleaning chores

- Cleaning out closets
- Cleaning out the refrigerator
- Organizing the pantry and tossing any expired foods
- Tidying up the garage
- Changing air filters

Now, if you're completely overwhelmed by the mess in your home, I suggest starting small. Tackle one room at a time with your cleanup efforts and keep going until you've reached a baseline level of clean.

From there, you can start following daily, weekly and monthly cleaning schedules to keep things neat and tidy.

3. Use lists for home management

I love making lists because they're a simple and powerful way to stay organized each day.



For example, you can make lists of:

- Daily to-dos
- Errands you need to run
- Bills that need to be paid
- Side hustle ideas you're interested in trying
- Cleaning tasks you've been putting off
- Personal goals you're trying to reach
- Birthdays and special occasions you want to keep track of
- Home repairs to make

All you need is a cute notebook, a pen and a few minutes to get it all down on paper.

Once you can see all your different lists at a glance, you can go back through and start prioritizing which items you want to tackle first.

4. Keep track of your days in a planner

Whether you use a paper planner or a digital planner, it's a must-have for applying home management tips.

You can use a planner to:

- Keep track of important dates
- Jot down bill payment due dates
- Track activities for each member of your family
- Schedule appointments
- Make time for monthly or quarterly cleaning rituals

- Set reminders for important errands like getting an oil change or a dental checkup
- Keeping track of work deadlines if you're a working mom

A planner is a key part of our home management system and without mine, I'd be totally lost.

Pro tip: If you're using a digital planner or organizing app, set up alerts and reminders so nothing slips through the cracks.

5. Declutter and organize

Clutter can be a major source of stress, not to mention super annoying. I don't know about you, but I can't relax when I'm surrounded by stuff everywhere.

Adding decluttering routines into your home management systems can help keep the "stuff" from taking over.

Once you clean out the clutter, you can start organizing your home to make it more livable.

I've written about decluttering here before and the 100 things you should get rid of first. But if you're overwhelmed at the thought of trying to declutter and organize, here are a

few tips:

- Don't try to do it all in one day
- Focus on one room at a time and if you can't do a whole room in one sitting, start with one area or zone
- Declutter at least one thing each day
- Separate clutter into piles (to keep, to donate, to trash)
- Use a timer and try to declutter as much as you can in that time limit
- Pick one room or space at a time to organize
- Wait until after you're done decluttering to start organizing (otherwise you could end up stuck in one spot!)
- Use the right storage options to keep clutter at bay

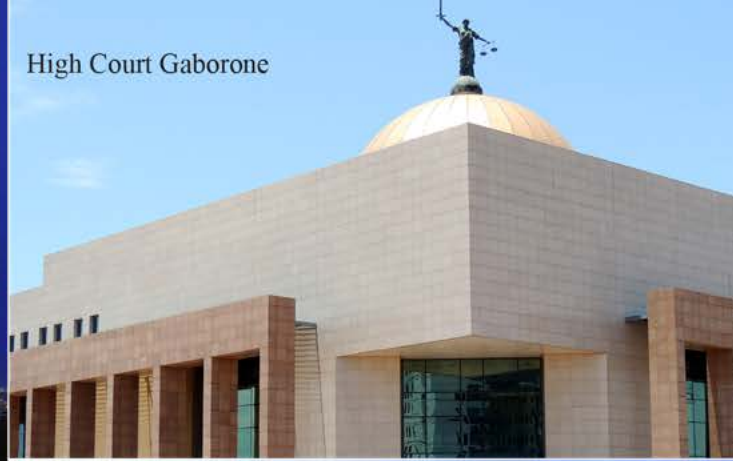
Rome wasn't built in a day and you probably won't be able to declutter your entire home in a day. But the most important thing is getting started and sticking with the plan. Managing a home isn't always easy but it is possible to get organized so that it doesn't seem like such a daunting task.

If you're still struggling after putting these home management tips to work, definitely check out the Organized Home course. It could be exactly what you need to start calming the daily chaos!

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'Real-life Martha' Fiona Harvey sues Netflix for \$50M over Baby Reindeer 'defamation': Woman who says show's stalker is based on her denies ever going to prison or to court

The woman who claims she is the inspiration for Netflix's stalking drama *Baby Reindeer* is suing the streaming platform for \$50million. Fiona Harvey, who says lead character Martha's life is based on her own, denies ever going to prison or to court, as the show portrays.

Harvey alleges Netflix allowed viewers to track her down in real life and that she is now being inundated with abuse, according to legal dossiers obtained by TMZ. In the series Martha is depicted as a bunny-boiling stalker who is constantly harassing the protagonist Donny, played by Richard Gadd.

Harvey claims that she is being bombarded with hate from around the world because of how Martha is portrayed in the Netflix hit. She asserts that she never stalked Gadd, did not sexually assault him, nor was she ever convicted of stalking. The Scot alleges that Netflix led viewers to believe that fictional elements of the show were factual.

As a result, Harvey is suing the show for defamation, negligence, intentional infliction of emotional distress and violations of right of publicity, among other charges.

She is demanding more than \$50million in damages. It was previously revealed exclusively in the Mail that the show's writer, Richard Gadd, who plays himself and based the premise on his own experiences, told makers Clerkenwell Films that his stalker was never convicted.

Sources indicate that Gadd told Clerkenwell that the stalker was the subject of an 'exclusion order' – a civil order and not the same as a criminal conviction of stalking. This means that the show was always a fictionalized dramatization – though it went out under a banner which read 'this is a true story'. Embarrassingly, a Netflix executive, Benjamin King, recently told a Commons committee that Gadd had suffered at the hands of 'a convicted stalker'.

It's not clear how Clerkenwell Films described the situation to Netflix, or what compliance procedures were undertaken.

Gadd previously said Martha's identity was so well disguised that she would not recognize herself – but internet sleuths swiftly identified Harvey as Martha.

The actress who plays the character, Jessica Gunning, bears a strong resemblance to her. In a previous interview, Gadd has said that the situation was 'resolved' but did not explain how. He added: 'It's very emotionally true. I was severely stalked and abused.'

In an interview with Piers Morgan, Harvey denied the stalking allegations though admitted she had met Gadd several times in Camden, north London.

She has instructed The Roth Law Firm in New York.



10 Small Business Tips for Beginners

Creating a new small business is an exciting and scary proposition. Getting help and support is vital, particularly at the start, so we wanted to provide 10 tips for small businesses at the beginning of their journey. There are so many things to learn and elements that could go wrong that the more you are aware of at the beginning, the better prepared you can be to achieve success.

So here is our list of 10 small business tips for beginners, starting with doing your research...

Tip 1: Research Before You Begin

You have a great business idea, your enthusiasm level is high and are ready to get going. We don't want to lose that momentum, but before starting your own business you need to put in some background work, starting with researching how unique the business idea is.

The reality is 99% of businesses that get created today have direct competition from day one. That is not a problem, but you do need to understand that competition and your sector before you go headfirst into

creating your new small business.

- Who are the main competition and what messaging do they lead with (this denotes what they are good at)
- Understand the pricing within the industry. Learn the range of pricing options and what drives higher price points
- Where is the competition located? Do you have the opportunity to make an impact locally or are you better going for a more national or even international approach?
- What channels are they marketing in? Get a head start on where to find target customers and do direct research with potential customers
- What niches are being covered, who are the other businesses appealing to as a target audience?

One big tip for anyone starting out for the first time with their business idea: if at all possible, pick a sector or target market that you have worked in before. If you can achieve this, people will already know and trust you, and you will be well versed in how

to navigate the market dynamics.

Tip 2: Find Your Niche

Great news, you have selected a sector and product you want to sell. Time to start selling, right? Wrong. Most sectors are massive and to get your message heard and gain momentum, you want to find a sub-section, commonly known as a niche. Let us explain with an example.

"XYZ Creative Services" designs and develops websites; they attempt to appeal to everyone and struggle to distinguish themselves from the other 1,000 web design agencies.

"Hospitality Creative Services" designs and develops websites for restaurants and venues. They focus on this specific niche and can demonstrate why they are so different from the competition.

If you are a restaurant looking to hire someone to build your website, who do you think you'd choose?

The key to a good niche is finding a space small enough that the competition is low but big enough to sustain your small



business. Also, remember that over time you can expand into new areas once you have a reputation and testimonials. A niche is superb at getting you started.

Tip 3: Define Who You Are What Is Your Mission

Branding is not a concept most small businesses think about, but it is more than just a logo or name. It is the essence of what you stand for. Do you exist to provide the best quality in your chosen field? Is your goal to be a supporter of local businesses? Do you simply aim to be the cheapest option?

These are the types of questions you should be asking yourself, leading to understanding your mission. A mission statement is about the purpose of your business, what it aims to achieve. If your goal is to grow to include multiple staff it will help them understand the business, but if your initial ambition is to be self-employed, then the mission will be about your goals.

What's In A Name

Your business name is important but people spend too long focused on it. Your chief goal is not to choose a terrible one that puts

people off. Don't worry about creating one that will change the world. Apple is only a great global brand and business name because of the product and vision of the business, not because of the name they picked.

It is ok to be related to what you do but sometimes that makes it harder to pick a name: people often end up choosing something that means something to them and then when they explain the business they will put it in a description. For example, Red Box is the accountancy firm for the people of our little village.

One bonus tip when looking at names is website URLs. Very few businesses can survive without a web presence, so when looking at names, get a feel for the website addresses available for that name as well as the social media handles.

A logo is important so you have a distinct brand but like your own company name, it should not be overthought and take days of your time. Once you have a name and a mission, you have a number of simple routes

to get a logo. You can find a good local design firm, a recommended contractor or look for someone on Fiverr, all of these options will be able to create you some examples to choose from.

Tip 4: Set Goals

If you don't understand your destination then your journey will have no direction. At the beginning of your journey towards creating your new small business you need to have goals, the things you want to achieve. These will be a combination of short term and long term, starting with the overall goals and working backwards. You'll set your goals for the next couple of years then work out the smaller goals that will help you achieve that.

For example, depending how much you can invest into your business at the start will dictate how quickly you need to be profitable. For others, they will need to make money from day one. To achieve these goals you'll need to track your business finances from the start.

Tip 5: Everyone Needs A Business Plan

Now it's time to get very practical. Any business, regardless of size, needs a business plan. This might be needed to raise startup funds, get a small business loan or just to give yourself focus on what you can afford to spend. Once created, it allows you to plan changes as the business and the business structure evolves.

Many of the factors we have covered in tips 1-4 should be added to your business plan, for example, what are your goals, the competitor landscape and niche you will be targeting.

Business Financial Planning

Another key component will be growth planning, so build yourself a financial plan. Assess all the fixed costs involved in creating and running the business, then start to factor in variable costs related directly to running the service/product. Building this into a plan can help you avoid forgetting those hidden startup costs.

This will show you what break-even points you have, what money you have left for things like marketing and sales and use the information to plan going forward.

For example, you might decide you need to spend money on paid advertising. With a business plan in place, you'll understand what capital you have to invest and also the return needed to justify the spend.

Accountability

Your business plan becomes a permanent record of what you are looking to achieve and helps maintain focus. Whenever you

start a new business, many factors can become a distraction, so having a good solid business plan to consistently revert to is vital for staying on track.

Tip 6: Articulate What Makes You Special

We have a plan and it's almost time to go out into the wild and start talking to people, but before you do, make sure you can articulate what makes you stand out from the crowd, why someone should choose you.

Very few businesses are truly unique in the modern world, but find a combination of things that when grouped make you different from the rest. It might be the niche that you target, the way you support the product, it could be your pricing model, maybe it's a combination of all of them or ten other things.

Your message and how you explain it has to be succinct and powerful. Less is more. The concept of the elevator pitch was created at a time when attention spans were greater. In modern society, you have even less time to get your point across. This might be face to face, during a webinar or within 3 seconds of someone seeing a post on Facebook.

Start by listing out all the things that mean you are special. Next, combine the key elements to highlight uniqueness. Finally, learn to explain these points within the realms of what you do. The prospect needs to understand what you do and why they would choose you over everyone else.

Tip 7: Network Like A Master

As a small business owner, you are the best salesman, the point of contact with the customer and the person that people complain to! As you grow this can evolve but when you start your business no one will understand it like you or convince prospects to buy from you and customers to remain with you.

The most cost-effective way to achieve this is networking. You need to make yourself part of the community and become someone trusted in your sector. The old adage is true, people buy from people and the best way to meet people is networking.

Networking Examples

Armed with the advice from tip 6, let us look at some good examples of networking places we can spread our message. Which one is right for your business will depend entirely on service/product and the sector you operate in.

1. Local community groups - there are so many options for networking in person locally that we wrote an entire article about it!

2. Facebook groups. There are Facebook groups for almost any subject. Learn which ones your next customer is in and then become part of that community. Offer help to the group and build a reputation as a valued member

3. LinkedIn. The world's largest networking platform, if your target customers utilise LinkedIn, then this is a great place to connect, engage and sell to potential customers

4. Forums - From large platforms like Reddit through to niche forums for individual sectors, they exist for people to share ideas and problems. These can be the perfect place to engage and find new customers

5. Industry events. Every industry has its bodies and networking groups that meet regularly and host larger events where vendors/suppliers meet with customers.

Having discovered the best places to network, it's important to prepare yourself. Networking is about listening and participating, don't just arrive expecting to sell. The more benefit you bring to a networking group or event, the more you will ultimately take from it.

A bonus tip is using your network to get you referrals and testimonials. As a small business, you might struggle to get people to take a chance on an unknown entity. The best way of combating this is by asking others to recommend you or give you a testimonial to be used in digital marketing.

Tip 8: Effective Marketing

Marketing is an area many small business owners are uncomfortable with, but with a little planning and covering the basics, it doesn't have to be that scary.

Know Your Customer

Step one is thinking like your customer. Get this right and everything else about marketing is easy. You must recognise that not everyone can be your customer. If you attempt to market to everyone, then you'll do an average job. If you market just to target customers, then you'll do an amazing, focused job.

To truly understand your customer as well as a best friend, you need to get into their minds and sympathise with the pains they have, understand their core needs, celebrate their desires and respect their purchase drivers. If you combine this information with basic demographic information like the male/female split; age range; income and family status, you have a rounded view of them.

Going forward all your marketing should be geared towards these target customers.

Writing an article? Think, would your ideal customer read it. Posting on social media? Will your ideal customer be attracted to it? Building a new product? Would your ideal customer buy it?

Where Do Your Customers Hang Out?

Once you understand your customer, the next step is identifying what channels to reach them in. It doesn't matter which routes to market you prefer, only which ones your customer uses. When you worked on your ideal customer, chances are you had 2-4 different customer types. Assess them and find the common channels, allowing you to achieve efficiency by only spending time on a few channels. For example, don't have seven different social media accounts if your ideal customer is only present on two of them. Regardless of the ones you focus on, if you need help to improve your social media presence, I highly recommend this article for background reading.

What Do You Say To Your Customers

You need to understand what major topics you should be covering in your marketing and then look at ways to generate lots of content about them.

Top Level Subjects

These should consider two critical factors: what can you discuss confidently AND what does your customer want to learn about. The biggest mistake small businesses make is talking about what they do all the time. Focus on the things that the customers want to read about and eventually, you'll be able to transition the conversation towards your product once you've built rapport with the customers. People recognise their pains in your marketing, not your solution to the pain.

Once you've identified those big topics, focus on big pieces of content that can sustain you for weeks at a time. The most efficient marketing approach is to create one large piece of content (for example a long blog article) and include a variety of elements like a quote, a list and some good images. These elements can then be converted to smaller pieces of digital marketing to be used in the channels of choice. For example, if your customer uses Instagram, then you can show off some of the images and link to the master article or maybe build an inspirational post with the quote. Again, the goal is to do the work once and then be able to recycle the information over many weeks, saving you a lot of time and effort.

Tip 9: Technology And Automation Are Your Friends

As a small business owner, you always need to be conscious of the limited time you have. Where possible you need to find solutions



that cost little but save money and time by automating your processes. This is where technology is your friend.

Financial software

Start by putting in place invoicing software that will automate most of the process, update your clients automatically and give access to the right people at the right time. You can get a free account with Hiveage to get going today.

Marketing automation

This is the ability to trigger communications based on people's actions. For example, an email welcome program when someone registers on the website.

Customer service

Chatbots are a good example of using technology to handle the initial customer queries and filter down the ones that land with you.

Task Management

This could be something as simple as online notes or a more complex solution like Trello. One key advantage of all these platforms is they can be accessed through any device, from your work PC through to your phone.

Booking calls/meetings

Use an online booking system, like Calendly that allows people to automatically book time in your diary. They connect automatically to

your calendar and save you having to check your availability.

Virtual meetings

Platforms like Zoom have taught us it is no longer required to attend all meetings in person. Where sensible, book a virtual call and save hours in travel, as well as keep startup costs down

Tip 10: Prepare Mentally For Bad Days

Setting up and running your own successful business can be incredibly rewarding, but it doesn't come easily. There will be ups and downs, and how you manage these problems will decide how successful you are in the long term.

All problems can be resolved and often, by taking the right approach, you can take something positive from the experience.

- If a customer cancels a contract, understand why and take the learning to improve for the next customer. Improve the contract so they have less chance of leaving unexpectedly
- You might spend money on digital marketing that doesn't give you a return as you expected. Reassess your customer profile and check whether you are using the right channels. Did your messaging clearly articulate why someone should choose you?
- A new competitor enters the market and starts to steal your customers. This

is common and something you need to be prepared for. Learn what is working for this new upstart, improve your own proposition. This is often a wake-up call and reminder to always be evolving.

This list could go on, but what it has in common is the ability to remain level headed, understand the situation and learn from it. As a small business owner, if you prepare mentally for the bad days, then you'll be able to manage the difficult situations as they arise.

This nicely leads us to a bonus tip at the end: try and surround yourself with a good support network. Being a small business owner can be a lonely existence. To help you survive you need to have people you can talk to, those with shared experiences. This is where your networking comes in very handy as you'll find peers that you can talk to, people that have faced the same problems as yourself.

Ultimately, the best tip for anyone creating a small business is to have belief in what you are looking to achieve.

We certainly believe you have what it takes when it comes to starting a small business and of course, we are here to help where we can, beginning with a free Hiveage account to start streamlining your payments and organising those business finances.



10 Money Management Tips to Know

Money management is a tricky subject. For many, the topic is accompanied by a feeling of apprehension. Maybe you've put off saving for retirement for a bit too long. Or, perhaps you're worried about not having an emergency savings cushion. Whatever your concerns may be, there's no time like the present to get a handle on your finances. It's best to get started – as soon as possible – on good financial habits. Luckily, we have 10 money management tips to get you started. A financial advisor could help you create a financial plan for your wealth management needs and goals.

Tip #1: Know Your Money Priorities

Before budgeting, you need to determine your priorities. If you skip this crucial step, you won't buy into your financial plan. You need a focus to align your money goals with your money habits. That focus is what's most important in your life, right now. Do you have credit card debt that makes your stomach churn just thinking about it? Paying that down might be your No. 1 priority.

Patrice Washington, a leading authority in personal finance, entrepreneurship and more, advises that money priorities align with your personal values. "The largest categories should reflect what matters most to you," whether you value international travel or taking care of your body. Then you can cut back on other categories to "save at maximum capacity" for your true priorities. Maybe it's a wedding or a vacation you want

to save for. Or, perhaps you want to establish an emergency fund so you're not "up a creek without a paddle" when your car needs an engine overhaul or your pet needs surgery. Whatever concerns you most, make that your priority, at least to start.

Tip #2: Determine Your Monthly Pay

As the saying goes, "What gets measured, gets managed." How can you manage your money without knowing what you earn each month? If you don't have a concrete number, determine your monthly income after taxes. This will be easier if you're a salaried employee with a regular paycheck. Freelancers may have to estimate their monthly income.

Once you have a number, add in any extra side gig money. Maybe you babysit sporadically or have a blog that earns ad revenue, or teach a weekly fitness class. Whatever extra income you earn, add it to your monthly take-home pay.

Tip #3: Track Where You Spend Your Money

Time to play detective with your own finances. In order to get the full picture of your spending habits, you'll need to do some financial forensics on yourself. If it seems overwhelming, limit yourself to one month's worth of expenses.

Pull out your credit card statements, housing and utility bills, bank statements including

ATM withdrawals and any electronic payment records, such as Venmo or PayPal. Either open a spreadsheet or get out old-fashioned paper and pen – it's time to total your expenses.

It helps to categorize as you parse your spending. For example, you might label purchases as needs, wants or savings/debt. Or, you can get more detailed and add categories such as entertainment, food costs, travel and transportation. It's up to you how much in the weeds you want to get.

After you compile expenses into one spot, total each category to see where the bulk of your money goes. You might be surprised at how much you spend eating out. Or, how high of a percentage your housing costs are compared to your income.

Tip #4: Have a Plan

Now that you know how much you earn, as well as how much you spend, it's time to make a plan. The best financial plans align your priority (money management tip No. 1) with your spending habits.

Let's say you're a fitness buff. When you total your expenses, you find that in an average month, you spend money on a gym membership, yoga class card and new athletic gear. If that's important to you, you won't have to cut it out. But, in order to meet whatever priority you've set — let's say it's an emergency fund — you'll need



to cut expenses elsewhere. That could mean shopping at a discount grocery store or brown-bagging your lunch instead of ordering takeout with your coworkers.

To meet your financial goal, maybe you set up auto-deposit to a special “emergency fund” savings account. When your paycheck is deposited, that money disappears before you can count it as spending money.

Whether you pay for a budget program like YNAB or prefer a simple Excel spreadsheet, that’s up to you.

Tip #5: Stick to the Plan

Once you pick a plan, give it a try for at least a month. You need that long to see if it works for you. Anything less, and you won’t see the benefit of keeping an eye on your finances. So find a budget you want to try, get started and stay with it. It’s that simple. If you want, Washington recommends you “surround yourself with visual representations” of your goals. So if you’re saving for your next international trip, you can put up pictures of your dream trip to keep your goal fresh in your mind.

Tip #6: Expect Emergencies

Regardless of what your priority is, you’ll want to have some easily accessible liquid funds. Maybe you’re focusing on paying down your student loans, and you’re not concerned with building a hefty emergency fund. That’s fine, you don’t have to save six

months of expenses. But you should save for at least three.

You never know what might happen. You or a partner could lose a job, or have a medical emergency or any number of circumstances. Whether you like it or not, life happens.

Having money to deal with problems as they come up will help you feel more secure, and a little more prepared. Most emergencies add enough stress as it is. Take away an element of worry with a financial cushion.

How you put money away for emergencies is up to you. Maybe you funnel all of your side gig money to an account you only touch in an absolute emergency. Or, it’s where any birthday or any gift money goes. It could be as simple as a small, monthly auto-deposit. It’s up to you.

Tip #7: Save Early and Often

This rule holds true regardless of your current priority. The sooner you save, the sooner you can build interest. You don’t even need an investment account to start earning interest. Most of the best savings accounts generate interest, and those accounts are FDIC-insured. That means you don’t have the risk of losing your money, as with a brokerage account.

This rule also applies to retirement. The sooner you start putting money away in an IRA or 401(k), the better. Even if you’re years

away from retiring, you still need to consider the future. Your money stands to grow the most if you start as soon as possible.

Tip #8: Take Advantage of Free Money

You don’t want to overlook what assets are available to you. If your employer offers 401(k) matching, you should absolutely take advantage of the benefit. It’s free money.

Another place to look is your health insurance plan. Are you paying for glasses or contact out-of-pocket when some of those costs are covered through your plan? Maybe your job offers a discounted gym membership. Take advantage of all the benefits your job offers; you might save some serious cash.

Tip #9: Relook Your Debt

Take a look at your total debt (money management tip No. 2). Is there anything you can refinance for a lower rate? Maybe it’s transferring a balance to a credit card with lower interest. Or, it’s consolidating student loans. It’s worth combing through your debt with a fine toothcomb to see if you can find a way to save.

Tip #10: Find What Works – and Keep Doing It
Another common maxim that applies to money management is “if it’s not broke, don’t fix it.” Once you find a system that works, don’t get distracted by new apps or conflicting financial advice.

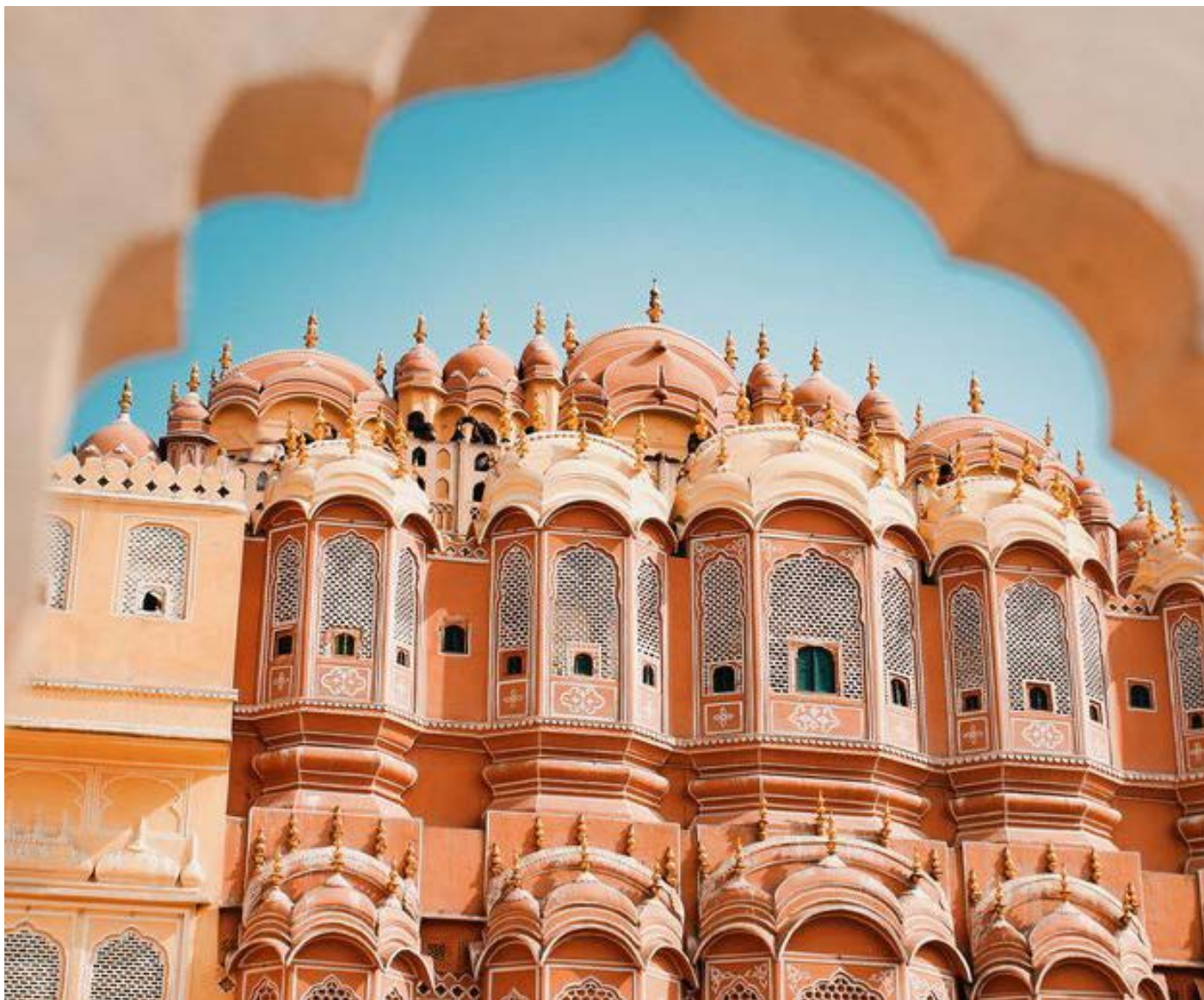
It’s tempting to try the next best thing, especially if it promises to be easier, simpler or faster. However, if you’re in a rhythm that works — you’re saving money, meeting financial goals and building security — keep chugging along. Your focus will pay off.

Bottom Line

As financial expert Dave Ramsey says, “You will either manage money or the lack of it will always manage you.” The best way to build financial security is to get a grip on how and where you’re spending your income, and then make a plan — and stick to it! Of course, life can throw you off track sometimes, but that’s OK. As long as you get back on budget, a hiccup here or there won’t destroy your future financial success.

Tips for Making the Most of Your Money

- A financial advisor could help set you up for long-term financial success. Finding a financial advisor doesn’t have to be hard. SmartAsset’s free tool matches you with up to three vetted financial advisors who serve your area, and you can have a free introductory call with your advisor matches to decide which one you feel is right for you. If you’re ready to find an advisor who can help you achieve your financial goals, get started now.



10 Most Beautiful Places in the World To Add to Your Travel Bucket List

Our planet is covered in stunning destinations—with both manmade and natural features—but there are some locations that truly stand out from the rest. Whether you're more of an outdoorsy person or you prefer to stroll paved city streets when you go on vacation, there's so much beauty in the world that you need to see firsthand. We've narrowed down our picks for the most beautiful places in the world to visit, and we think at least some of them belong at the top of your travel bucket list.

When it comes to seeing worldly wonders, photos simply don't do these places justice. If you think Jaipur, India, or Cartagena, Colombia, look gorgeous in the photos below, then just imagine what they'll look like in person. However, we're not telling you to drop everything and buy plane tickets right this minute. As with any vacation, you'll need at least some sort of itinerary, which is why we've added helpful links to make the process that much easier for you.

Even if you're not sightseeing from an interior design point-of-view, these incredible destinations will serve as amazing sources of inspiration that you just can't get anywhere else. From Lake Como, Italy, to Joshua Tree National Park to Petra, Jordan, these beautiful places feature jaw-dropping architecture and natural wonders. So renew your passport, buy some quality luggage, and get to planning your summer vacation with our list below.

1. Sintra, Portugal

Sintra, Portugal, is an easy day trip from Lisbon if that's your main destination. It's a beautiful resort town filled with plenty of greenery and a few picturesque palaces you can visit, such as the Moorish-style Sintra National Palace and colorful Pena National Palace, seen here.

2. Oshino Hakkai, Oshino, Yamanashi, Japan

Near the base of Mount Fuji lies Oshino Hakkai, a series of eight springs fed by the

snowmelt flowing down. The water is clean enough to drink straight from the source, and there are a number of restaurants, food vendors, shops, and even an open-air museum around the little lakes. While you enjoy those, you can take in the gorgeous views of Mount Fuji, whether you're there in time for fall foliage or cherry blossoms.

3. Kuang Si Falls, Laos

Set near the Mekong and Nam Khan rivers, the city of Luang Prabang is picture-perfect with its golden temples. Venture the 40-minute drive to Kuang Si Falls, and you'll find yourself in the midst of a vibrant jungle. The falls consist of three tiers, each with pools for taking in the view and wading in peace.

4. Lapland, Finland

Take your love of stargazing to new heights by admiring the stars amid the Northern Lights in the northernmost region of Finland. In the cooler months, Lapland is blanketed with snow, so make sure you bring the

right clothes to watch the lights in comfort. Seeing the neon bands in the sky is a surreal experience you can enjoy while sledding or sitting in front of your cabin.

5. The Pitons, St. Lucia

As the most famous landmark in St. Lucia and a Unesco World Heritage Site, the Pitons' two dormant volcanic spires—Gros Piton and Petit Piton—are wonders to behold. The majestic peaks tower over the sea and hold the history of this Caribbean island. As a sightseeing bonus, the Pitons is also a great place to visit for unique flora and fauna.



6. Joshua Tree National Park, USA

Joshua Tree is an outdoor lover's delight, from nature trails to glorious sunsets overlooking the desert speckled with cacti. It's an easy trip from Palm Springs to this incredible landscape. Even if you're more of a gl camper, you can enjoy the painted scenery from the window of your luxury Airbnb rental or resort.



7. Mù Cang Chải, Vietnam

After you pick your jaw off the ground, take in the magnificent scene of terraced mountains lined with rice paddies and streams of water in this rural region of Vietnam. Mù Cang Chải takes you away from the hustle and bustle of Hanoi (it's about six hours from the capital) and into the wavelike pattern of the mountains. It's truly a sight like no other.



8. Lake Como, Italy

Whether you're curious to know why this dazzling lake is a summer go-to for celebrities or hoping to spot a few in person, the beauty of Lake Como speaks for itself. Surrounded by the foothills of the Italian Alps, this Y-shaped lake often receives guests on day trips from Milan. Head here to take in views of extravagant palaces, ornate villas, and all nature has to offer. We even have a designophile's guide to help you plan your trip, from where to stay to what to eat and do.



9. Hallstatt, Austria

Get your cameras ready—this lakeside town is known as the "most photographed place in Europe." Spend your vacation wandering the 16th century alpine houses, exploring an ancient salt mine, or even visiting a glacier garden. You can easily get to the town by train from Vienna—it'll be a memorable excursion you won't regret.

10. Las Coloradas, Mexico

These pastel lagoons in Yucatán, Mexico, are what color palette dreams are made of. It's completely worth the road trip if you're staying in Tulum or Cancún. Just think of the photos you could post on your Instagram feed.



10 SURPRISING FACTS ABOUT ETHIOPIA

Archaeological, cultural and natural wonders await for travellers keen to delve into the ancient yet often overlooked Ethiopia.

Add to this a staggering diversity of landscapes, a kaleidoscope of cultures and history that tracks back to when our species first raised itself up onto two legs – and suddenly you've got one very surprising travel destination.

From the birthplace of the Rastafarian movement to the discovery of coffee, here are 10 cool facts you might not know about Ethiopia.

1. There are thirteen months on the calendar in Ethiopia

Sure, plenty of cultures have their own calendars that they prefer to follow over the Western Gregorian one, but most still abide by the unspoken '12 months to a year' rule. Not Ethiopia. Ever looking to buck a trend, several thousand years ago the Ethiopians cottoned on to Spinal Tap's belief that one more is always better – and have been counting 13 months to their year ever since. What does this mean? Well, Ethiopia is essentially a few years behind the rest of the world. Canny tourism boards can also legitimately claim that the country really does boast '13 months of sunshine'.

2. Ethiopia runs on its own time

Ethiopians also measure the hours of a day to a different schedule. In a piece of logic that's kind of hard to argue against, they believe it's less confusing if the clock starts when the day does. Thus, sunrise is 1 o'clock and sunset 12. Then the 12-hour night clock sets in. So when buying bus tickets, make sure you ask whether departure time is in Ethiopian or Western time.

3. Ethiopia was never colonised by Europeans

Ethiopia is the only African country never to have been brought under colonial control – a fact that locals will never tire of informing you. And fair enough, too. The Italians did give colonisation a crack in 1935 – and succeeded in militarily occupying the country for six years – but Ethiopian forces were waging military opposition the entire time and the whole country was never brought under control. As some of the locals put it, "we waited until they had built us railways and nice buildings... and then kicked them out."

4. Ethiopia is a nation of festivals

Ethiopia is a country full of vibrant festivals. The biggest, Timket, is a three-day annual festival that honours the baptism of Jesus

Christ in the river Jordan. Priests remove the 'Tabots' (replicas of the Ark of Covenant) from each church and march to the nearest water source, where the communal baptism takes place. The procession is accompanied by thousands of locals dressed in dazzling white traditional dress that contrasts with the colours of the ceremonial robes and sequined velvet umbrellas of the priests.

5. Ethiopia is the birthplace of the Rastafarian movement

Thought it was Jamaica? Nope. While much of the Rastafarian movement did evolve in Jamaica, the spiritual homeland of it is in actual fact Ethiopia. In Amharic, 'ras' is a title similar to chief, and 'tafari' the first name of Emperor Haile Selassie I. The movement essentially posits Selassie as an incarnation of God. Need further evidence? Check out the colours on the Ethiopian flag. Familiar, no?

6. Coffee was discovered in Ethiopia

You know your morning caffeine shot? You've got some Ethiopian goats to thank for that. As the story goes, a goat herder way back when noticed his flock's fondness for a certain bush and decided to give one of the fruits a nibble himself. His day's herding was notably more efficient for it – and the coffee

industry took off from there.

7. Ethiopia is one of the world's oldest countries

Several archaeological findings in Ethiopia's Afar region go quite some way in suggesting that the country may be where the human species came from. In 1972, Donald Johanson and Tim D. White discovered Lucy, a 3.2 million year old hominid skeleton. For years, Lucy was all the rage, embarking on a nine-year worldwide tour and enjoying widespread fame. Then Ardi, also from the Afar region but one million years her senior, rocked up and blew her out of the water. So you arguably also have the Ethiopians to thank for, well... you.

8. Abebe Bikila was the first athlete to win two Olympic marathons

In 1960, an Ethiopian by the name of Abebe Bikila became the first black African to win gold in the Olympics. Only making the team selection at the last minute due to another athlete's broken foot, Bikila opted to run the marathon barefoot, pipping hot favourite Moroccan Rhadi Ben Abdesselam by a full 25 seconds.

Four years later, Bikila won the Tokyo Olympics, setting a world record and becoming the first ever person to win the



Olympic marathon twice. When asked if he wasn't tired (he didn't look it), he answered that he could've done with another 10 kilometres!

9. Addis Ababa is the fifth highest capital city in the world

Ok, there's no getting away from the fact that Addis fits the bill of being a big, dusty, overcrowded city. But it's also home of the African Union and the headquarters of the United Nations Economic Commission for Africa. It's also the world's fifth-highest capital city, with an altitude of 2355 metres. The name of the city translates to 'New Flower' in Amharic.

10. Ethiopian cuisine is great for vegetarians

Ethiopian cooking is some of the tastiest, healthiest and most diverse cuisine on the continent. And, unlike many African countries, it's a haven for vegetarians. The simple reason for this is that most Ethiopians follow a particular strand of Orthodox Christianity that prohibits the eating of any animal products on Wednesdays and Fridays. The happy by-product of this for herbivores is that restaurants tend to always have a few deliciously spicy vegan stews on the menu. It also means that when you say that you don't eat meat they'll actually understand the idea, instead of replacing the beef you requested be left off your pizza with, say, chicken.



Fredrick Bathusi Pheto: The Tswana Poetic Rapper

Fredrick Bathusi Pheto, famously known as Fredmane, is a name resonating deeply within the music and poetry scenes of Botswana. Born and raised in the culturally rich town of Thamaga, Fredmane has carved a niche for himself as a Tswana poetic rapper, a testament to his unique blend of music and poetry. His journey from the streets of Thamaga to the national airwaves is a story of natural talent, unwavering passion, and a calling that transcends mere skill.

Fredmane's foray into music began in 2018,

a year that marked the start of his self-discovery as an artist. As he honed his rap skills, he uncovered a latent talent for poetry. This realization was not merely a discovery but an epiphany that led him to merge his poetic creativity with his rap music. Thus, the moniker "Tswana Poetic Rapper" was born, symbolizing his unique style that intertwines lyrical prowess with poetic depth.

Unlike many artists who draw inspiration from others, Fredmane's journey is profoundly personal. His talent feels more

like a divine calling than an acquired skill. It's a gift that manifests naturally, untainted by external influences. However, if there's one local artist who has left an indelible mark on Fredmane, it is Atlasaone Molemogi, popularly known as A.T.I. Celebrated as one of Botswana's finest musicians, A.T.I.'s masterful use of Setswana in his music serves as an inspirational beacon for Fredmane, showcasing the power of cultural roots in contemporary music.

Fredmane's debut performance was marked

by his hit song "Ka Letlatlana," a Motswako poetry rap piece that he first showcased on Hotbassment TV. This performance was more than just an introduction; it was a declaration of his arrival on the music scene. Despite the challenges of limited support, Fredmane's music continues to gain traction, driven by his determination to push boundaries and reach the zenith of his musical career.

For Fredmane, creating music is an almost mystical experience. His songwriting process is guided by dreams and visions, which he interprets and transforms into lyrical masterpieces. This visionary approach underscores the spiritual connection he feels with his craft, making his music not just an artistic expression but a channel for his dreams.

In 2024, Fredmane released his new album, "Senkganang," a collection of nine songs featuring the standout track "Ka Letlatlana." Produced by Alil Boy at Dark 9t Studios, this album is making significant waves on radio stations across Botswana. The success of "Ka Letlatlana" is a testament to his growing influence and the resonance of his music with a wider audience.

Open to collaborations and eager to expand his horizons, Fredmane is a Botswana artist with a vision. He can be reached through his Facebook page @Fredmane or contacted directly at (+267) 787 557 698 for calls and WhatsApp inquiries. His ambition extends beyond national borders, with aspirations to perform internationally. With his unique style and the unwavering support of his fans, Fredmane envisions a bright future, steadfast in his pursuit of international recognition.

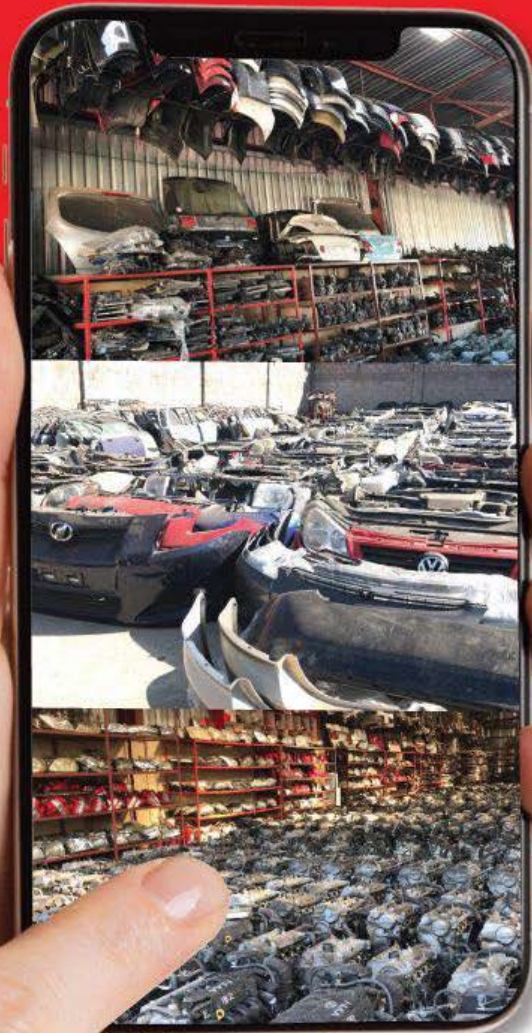
Fredmane's journey is a compelling narrative of talent, passion, and vision. As he continues to grow and evolve, he remains a beacon of Tswana poetic rap, a genre he is not just a part of but actively shaping. His story is one of dreams realized through dedication and the embrace of a calling that goes beyond mere talent, promising a future that shines brightly on the global stage.



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10 Handy Gardening Tips for Busy People

Love to garden but short on time? Here are some tips that will help you plant, water and weed more efficiently.

If you love gardening but your life is a busy place, you're going to love this batch of great gardening tips that will help you plant, weed and water your garden more quickly. From bringing plants home from the nursery to easier watering and pruning techniques, these tips will help you plant and maintain a gorgeous garden with less effort. Less weeding and more relaxing...now that's great gardening!

No-Stick Shovel

Whether you're dealing with wet snow or mucky soil, a dose of spray lubricant on your shovel or garden spade will make the sticky stuff slip right off. Use a lubricant that contains silicone or Teflon and recoat the shovel occasionally.

Protect Bulbs from Pests

Keep hungry critters from snacking on your freshly planted flower bulbs by staking poultry netting over the bed. You can either remove the cloth in the early spring or let plants grow through the holes and leave it throughout the growing season.

Prevent Invasive Plants

Push this "collar" into the soil (or drive it

down with a mallet) to encircle the plant and its invasive root system. If the soil has become compacted, cut around the plant with a spade first. Note: This technique won't contain plants that spread above ground like strawberries and mint.

Portable Potting Shelf

Cut a piece of plywood roughly to the shape of your wheelbarrow's back end and screw a few wood cleats along the sides to keep it from slipping off while you wheel. Now you'll have both soil and a potting surface right at hand when you take the wheelbarrow to the garden.

Plant Portfolio

Store plant tags and sticks inside a cheap photo album. You can add details such as when and where the plants were purchased, special care or even the plant's location on a sketch of your yard.

Slice Root Balls and Tease Out Roots

If you buy potted plants or shrubs, they may well be root-bound. With nowhere else to grow, roots form tight circles inside the pot. As the plant grows, the tightly wound roots prevent water and nutrients from reaching the leaves. Before planting, gently coax these roots outward with your fingers. If the roots are very stubborn, make three or four vertical cuts in the root-ball with a sharp knife. Once

planted, water often to help the plant get established.

Make Heavy Pots Lighter

To lighten large pots, we found this TikTok hack where you stuff the bottom of the pot with pool noodles. They not only make the pot lighter but also provide space for drainage. Fit a round piece of landscape fabric between the soil and the foam to keep the materials separate. You can use a light potting mix that contains plenty of vermiculite and peat moss to make the pot even lighter.

Prune Roses in the Center to Get More Sun

A rule of thumb for all roses, no matter where you live: Pruning to keep the center open lets the sunshine in and keeps out black spot and other such blights that love cool, moist, shady places.

Easy-to-Read Rain Gauge

Drip food coloring into the bottom of your rain gauge the next time you empty it out. When it showers, the coloring will reconstitute and tint the water to make the gauge easier to read.

Potted Plant Transporter

The spaces between the rungs of a stepladder are great spots to transport tender plants. No more messy spills during turns!



PAMELA ANDERSON

BORN: JULY 1 1967

PROFESSION: MODEL/ ACTRESS

Pamela Anderson is a Canadian-born American model and actor who built a career largely based on her sex appeal and who has won praise for her resilience and grace. Her best-known role is as the lifeguard C.J. Parker (1992–97) in the TV series Baywatch.



LIV TYLER

BORN: 1 JULY 1977

PROFESSION: ACTRESS

Tyler was born Liv Rundgren on July 1, 1977, in New York City at Mount Sinai Hospital. She is the only daughter of Bebe Buell, a model, singer, and former Playboy Playmate (Miss November 1974), and Steven Tyler, the lead singer of Aerosmith.

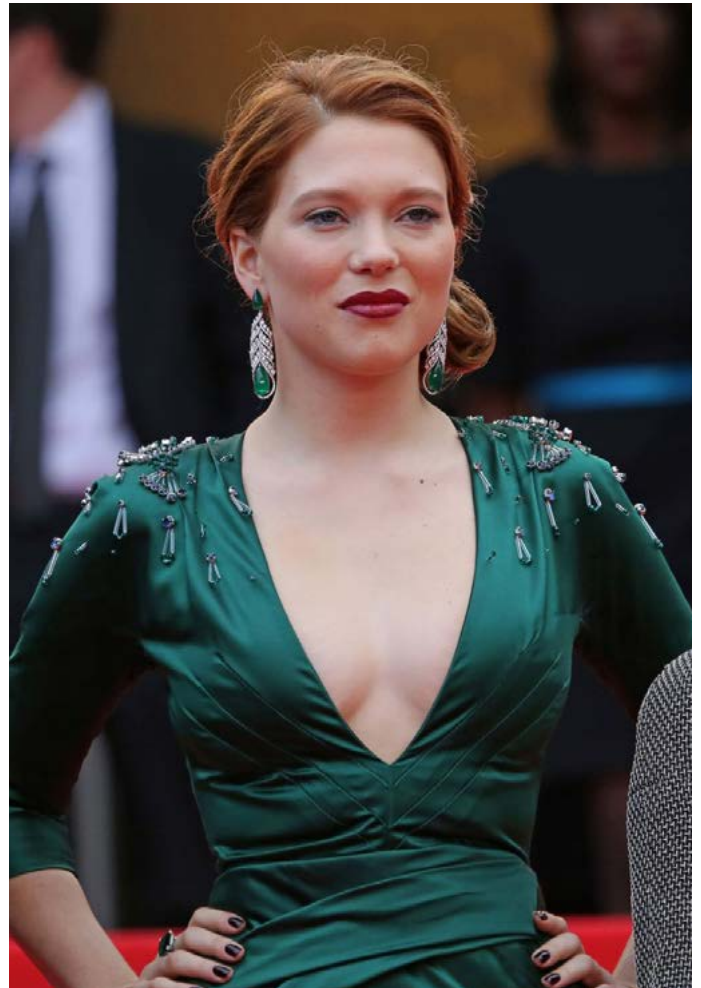


DAN AYKROYD

BORN: 1 JULY 1952

PROFESSION: WRITER

Daniel Edward Aykroyd was born on July 1, 1952 in Ottawa, Ontario, Canada, to Lorraine Hélène (Gougeon), a secretary from a French-Canadian family, and Samuel Cuthbert Peter Hugh Aykroyd, a civil engineer who advised prime minister.



LEA SEYDOUX

BORN: 1 JULY 1985

PROFESSION: ACTRESS

Seydoux is the daughter of businessman Henri Seydoux and Valérie Schlumberger. She was born in Passy, in the 16th arrondissement of Paris, and grew up in Saint-Germain-des-Prés in the 6th arrondissement.

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.



10 Tips for Growing Healthy Habits with Your Kids

Eating healthy meals and being active every day are essential for human health, and how you achieve your goals can have a big impact on the health of the planet. Use Cyberchase to help inspire kids to get active with math – from encouraging them to be active and eat well, to teaching them about reducing waste and growing gardens, all while caring for the health of their community.

Here are 10 tips to help you and your child develop the same healthy habits at home:

1 Plan ahead and track your progress.

Key strategies for improving eating habits and increasing physical activity are planning ahead and tracking progress. Plan meals and snacks ahead of time and ask for your child's input. Provide structured choices: Would you like broccoli or salad for your vegetable tonight? Ask your child to create a family dinner and physical activity calendar. Use a chart or graph to keep track of family meals and minutes spent being active (toward the goal of at least 60 minutes a day).

2 Make cooking a family event.

Designate at least one day each week to prepare a family meal. Involve your child with the prep work – from meal planning based on the five MyPlate food groups all the way through clean-up.

Spend some quality time with your child while teaching her about healthy eating. Depending on your child's skill level, try these fun and child-friendly tasks:

- Creating the menu based on MyPlate
- Searching for recipes
- Writing the shopping list
- Cleaning fruits and vegetables
- Measuring and adding ingredients

You can also watch the Cyberchase episode "A Recipe for Chaos" together to see how a well-balanced meal saves the day in cyberspace!

3 Rethink your drink.

Sugar-sweetened drinks are the top source of added sugar in children's diets. Encourage your child to drink water instead of sugary drinks when she's thirsty. Ask your child to guess how many teaspoons of sugar are in her favorite drinks. To build math skills, read the nutrition facts panel and help your child calculate how many teaspoons of sugar are in one serving of her favorite beverage, using the 4 grams of sugar = 1 teaspoon conversion.

4 Chores count!

Chores to do? Involve your child in active chores around the house and make it fun. Indoor chores like sweeping, mopping, and vacuuming can also get your child's heart

pumping. Make it upbeat by cleaning the house to your child's favorite music playlist. Be sure to count these activities toward your child's goal of at least 60 minutes each day! See how the CyberSquad gets up and moving for 60 minutes a day in "Fit to be Heroes."

5 Visit a local farmer's market.

Your local farmer's market provides an engaging environment for your child to learn where her food comes from and how it's grown. Start a conversation with a farmer and encourage your child to ask a question: How long does a pumpkin take to grow? What tools do you use to harvest potatoes? Do scarecrows really work? Practice math skills by letting your child estimate the cost of produce based on weight. Walk to the market for even more activity!

6 Choose to reuse.

Water is always convenient, and hydrating often can help children stay focused throughout the day. Using a reusable bottle is an environmentally-friendly and thrifty alternative to single-serve, disposable bottles. Pack a reusable water bottle whenever your child leaves the house to cut down on waste and save money. Take your child grocery shopping and have her write down the prices of her favorite drinks. Ask

her to calculate how much money you can save each week by switching to tap water. In the Cyberchase episode "Bottled Up," the kids must find a way to get rid of heaps of empty plastic water bottles and reduce future waste. Watch together to learn how drinking plenty of water, plus reducing and reusing, can keep you and the environment healthy!

7 Grow an herb or vegetable garden.

Want your child to develop a love of gardening? Let healthy habits take root early. Growing and harvesting encourages even the pickiest of eaters to try new vegetables. Low on space? No problem! Grow herbs such as basil or cilantro in an old coffee mug or bowl near a sunny window. Lettuce, chard, and other greens thrive in pots. Start a salad bowl container garden by filling a well-draining pot with potting soil, moistening with water, and planting with your child's favorite salad greens. Find more ideas for container gardens – and learn about the benefits of growing your own food – with the Cyberchase episode "A Seedy Business."

8 Hit the "off" button.

Hitting the "off" button on almost any electronic device is a surefire way for finding more family time for physical activity. Dance indoors, play catch outside, or do yoga after dinner. If your child doesn't want to miss her favorite show, get up and moving while you watch! Have a contest and count how many jumping jacks she can do during the opening credits, a song or another scene



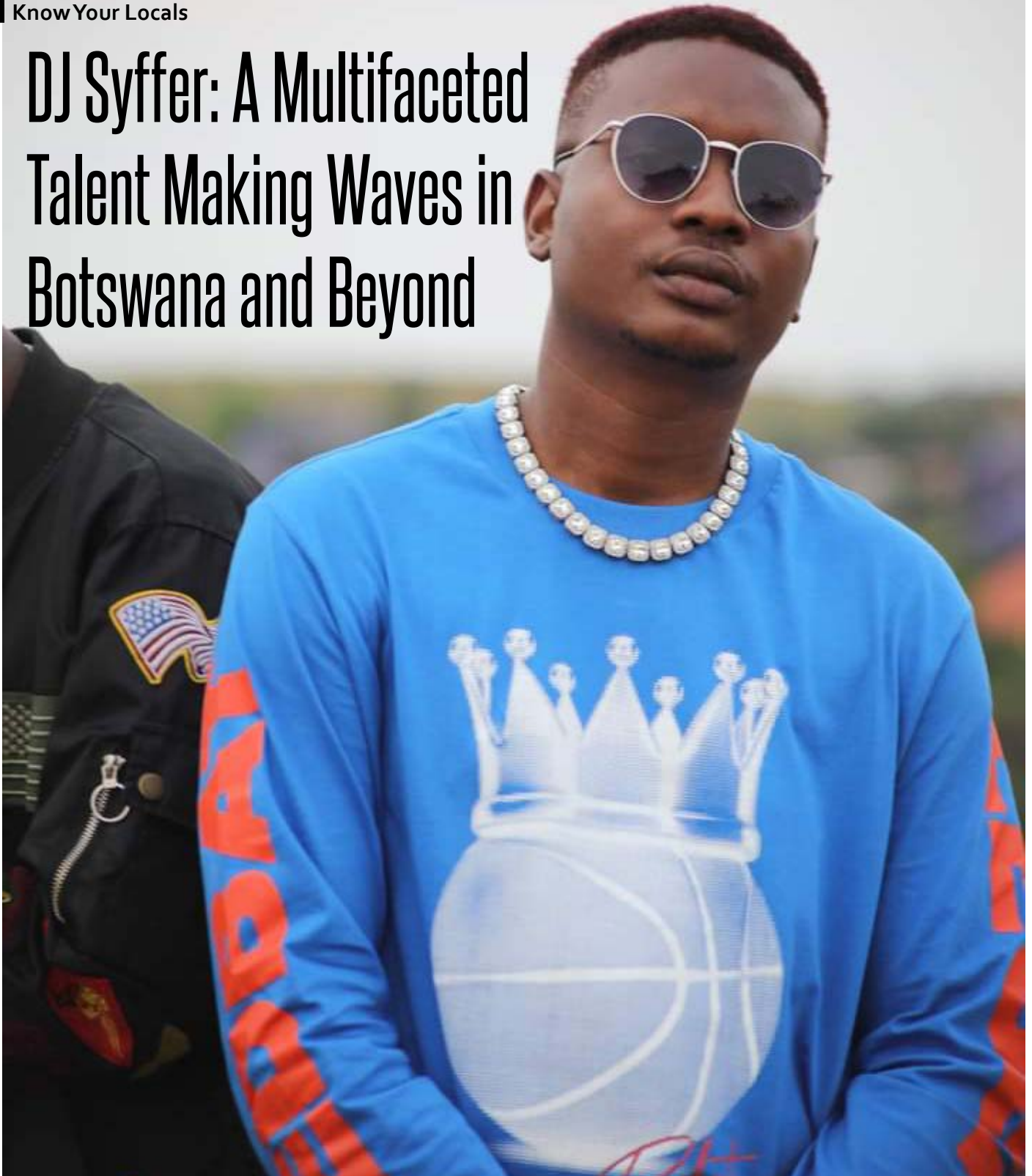
9 Volunteer for a park clean-up day.

Enjoy the great outdoors and make friends with your fellow neighbors while sprucing up your community park. Volunteering your family for a park clean-up day is a great way to teach your children principles of civic engagement and environmental conservation – all while being physically active. Learning opportunities abound; volunteers may be invited to pick up and weigh trash, count and recycle water bottles, and weed and plant gardens. Watch "Parks and Recreation" from Cyberchase to reinforce how children can have an active role within their community spaces.

10 Be a food detective.

A healthy meal starts with more vegetables and fruits and smaller portions of protein, grains, and dairy. Create an individualized meal plan for your child based on her age and activity level at choosemyplate.gov. Ask your child to estimate how many ounces of liquid fit in your glasses at home and how many cups of cereal fit in your bowls. If your usual dishes are leading to portion distortion, switch to smaller glasses, bowls and plates to help with portion control. Gain new ideas about choosing balanced, healthy foods in Cyberchase's "A Recipe for Chaos."

DJ Syffer: A Multifaceted Talent Making Waves in Botswana and Beyond



Modiegi Leamane Mokgwathi, better known as DJ Syffer, is a dynamic force in the entertainment industry. As a DJ, producer, actor, and entrepreneur, DJ Syffer has carved out a notable presence in both the Botswana music scene and on international stages. His journey is a testament to talent, hard work, and a relentless drive to succeed.

Rising Star in the Music Scene

DJ Syffer's journey in music began with a passion for creating and mixing sounds that resonate with audiences. Over the years, he has honed his skills and developed a unique style that sets him apart. His dedication to his craft earned him a solid reputation

in Botswana, where he quickly became a sought-after DJ and producer.

International Recognition and Performances Syffer's talent soon crossed borders, leading to performances in various countries. One of his standout international appearances was at the Downtown Lounge in Pretoria CBD. Here, he captivated the audience with a one-hour set at the Twin Mozy Music Video Launch Event, showcasing his ability to blend beats seamlessly and keep the crowd engaged. This performance was a significant milestone, highlighting his appeal beyond Botswana.

Collaborations with Industry Giants

In addition to his solo performances, DJ Syffer has collaborated with some of the biggest names in the industry. Notably, he worked alongside one of Botswana's finest, DJ Anthem, during Anthem's birthday celebrations. This collaboration not only elevated his profile but also demonstrated his versatility and ability to connect with other top artists.

Radio Tours and Expanding Reach

In 2021, DJ Syffer embarked on a series of radio tours across South Africa, further expanding his reach and solidifying his presence in the music industry. These tours

allowed him to connect with a broader audience, share his music, and showcase his DJing prowess on various platforms. The exposure from these tours was instrumental in growing his fanbase and establishing his brand internationally.

One Night with Syffer: A Landmark Event

One of the highlights of DJ Syffer's career was the "One Night with Syffer" event. This landmark event, organized in collaboration with Mascom, was a massive success and a testament to his popularity and influence. The event brought together fans and music lovers for an unforgettable night of music, showcasing Syffer's ability to create memorable experiences through his performances.

A Multifaceted Talent

Beyond his achievements as a DJ and producer, DJ Syffer has also made his mark as an actor and entrepreneur. His versatility and willingness to explore different facets of the entertainment industry have contributed to his dynamic career. As an entrepreneur, he continues to innovate and find new ways to engage with his audience, ensuring that his brand remains relevant and impactful.



Looking Ahead

DJ Syffer's journey is far from over. With a growing international presence and a strong foundation in Botswana, he is poised for even greater success. His future plans include more international tours, collaborations with other top artists, and exploring new opportunities in the entertainment industry. DJ Syffer's ambition is to continue making waves, both locally and globally, and to inspire others with his dedication and passion for music.

For more updates and to follow DJ Syffer's journey, you can find him on social media platforms and stay tuned for his upcoming projects and performances. His story is a powerful reminder that with talent, hard work, and perseverance, the sky's the limit.



How to Get Rid of Chapped Lips: A Comprehensive Guide

Relieve dry, flaky lips with these effective tips.

The cold winter months can make you want to curl up under a blanket and stay warm indoors – but sometimes hiding from the elements isn't an option! One reason why it's nice to stay cozy inside is to protect our body from extreme weather conditions. Strong winds or cold, dry air can cause dry or even severely chapped lips. When lips lose moisture, they dry out and become very tight, eventually cracking and becoming sore.

If you're wondering how to help heal dry, chapped lips, there is good news – it is possible to relieve the pain and flakiness of chapped lips and help protect them from the causes of dryness. Just establish a healthy lip care routine that includes moisturization and protection. Here are five great tips that will help keep your lips soft and feeling healthy no matter what the weather:

How to Deal with Chapped Lips

1. Hydrate and Help to Heal

The secret to dealing with dry, sore, chapped lips is to find a way to lock in moisture and protect the lips from the cold, dry air. Vaseline® Healing Jelly is an excellent choice as it forms a protective layer on the lips and penetrates deep down to rehydrate the skin and speed up its natural renewal process. As the jelly tackles the problem deep down at the source, the outer layers of skin begin to benefit, becoming smoother. With chapped

lips, it's also a good idea to avoid spicy food or citrus drinks, as these could irritate your skin – instead drink plenty of water to stay hydrated.

2. Don't Bite Your Lips

We know it's tempting, but try not to bite away at the flaky skin on your lips. Although it might feel good at first, if you pull too hard your lips will start to bleed, exposing the skin to germs and bacteria. This can lead to severe chapped lips and a longer healing period. It's important to find ways to help the skin, not make it worse.

3. Licking Dry Lips Can Make Them Worse

Licking dry lips and coating them with a layer of saliva may seem like a quick relief, but it's not helping your lips or keeping them moist. Many people think licking their lips is a good way to moisturize them, but as the saliva evaporates, your lips will just be dryer than they were before. Stop licking, and instead find a good lip balm.

4. Avoid Touching Your Lips

Again, it's very tempting to pick those little flakes of skin off your lips with your fingers, but remember that constantly touching your face with your fingers is a sure-fire way to transfer germs and bacteria. Unless you want to be dealing with chapped lips and, potentially, an infection at the same time, keep your fingers away – only use them to apply a lip balm or petroleum jelly to your lips.

5. Protect from the Elements

It pays to be proactive when it comes to lip care, so don't wait until your lips become sore before taking action. You can limit exposure to the elements by wearing a scarf around your mouth in the winter, or applying a high factor sunscreen in the summer. By applying a layer of Vaseline® Jelly before heading outside, you'll be creating a protective barrier and locking in that moisture straight away. For lips that are smooth and healthy all year long, make sure you care for them and treat them well.

Extended Care Tips

A. Choose the Right Lip Balm

Not all lip balms are created equal. Look for products that contain natural moisturizing ingredients like beeswax, shea butter, and coconut oil. Avoid those with artificial fragrances and flavors, as they can sometimes cause further irritation. A good lip balm will seal in moisture and provide a barrier against the elements.

B. Exfoliate Gently

Occasionally, your lips may need a gentle exfoliation to remove dead skin cells. Use a soft toothbrush or a homemade scrub made from sugar and honey. Exfoliate once a week and follow up with a rich moisturizer.

C. Nighttime Routine

At night, your lips can benefit from a more intensive treatment. Apply a thick layer of healing ointment or a specialized overnight lip mask before bed. This will allow your lips to repair and regenerate while you sleep.

D. Avoid Dehydrating Habits

Certain habits and environmental factors can dehydrate your lips. These include drinking too much caffeine, exposure to indoor heating, and consuming alcohol. Limit these factors where possible and compensate by drinking more water and using a humidifier in your home during dry months.

E. Healthy Diet for Healthy Lips

Your diet can impact the health of your lips. Foods rich in vitamins and minerals, particularly vitamins B and E, can promote healthier skin. Include a variety of fruits, vegetables, nuts, and seeds in your diet to provide your skin, including your lips, with essential nutrients.

Conclusion

Chapped lips can be a common problem, especially during winter or in dry climates, but with the right care and preventive measures, you can keep your lips smooth, hydrated, and healthy. Establish a consistent lip care routine, protect your lips from harsh environmental conditions, and nourish them from the inside out. By following these tips, you can enjoy soft, comfortable lips all year round.

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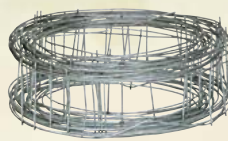
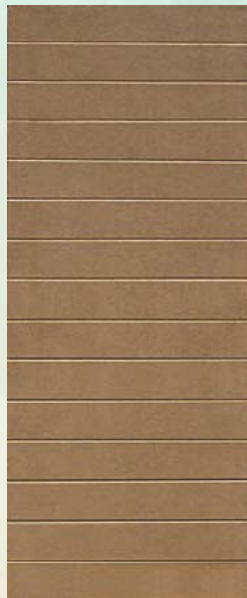
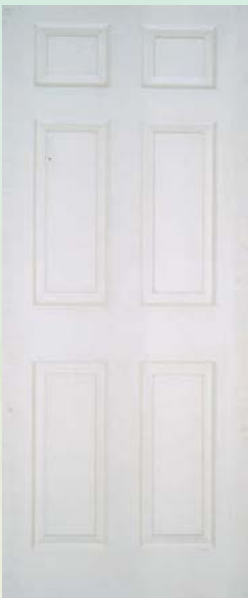
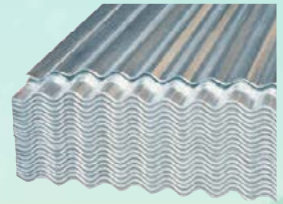
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Modern Interior Design: 10 Best Tips for Creating Beautiful Interiors

There is simplicity in modern interior design that has given it everlasting relevance. Modern homes have clean lines and are without fuss, yet they can be comfortable and cozy. A modernist aesthetic is not limited to a specific style since mid-century modern furniture is coveted in many homes with different style narratives. Dive in and gather some stunning modern interior design ideas to get inspired to create your own masterpiece.

The History of Modern Interior Design

Modernism started in the late 19th century, reaching its height during the 1930s where after it slowly declined with movements like Post-Modernism taking shape. However, a stream of modernism continues today. Especially in architecture, modern design elements form the basis of many contemporary homes.

Tip: It's important to know that your style can be a combination of two or more styles. Taking interior design style quizzes like this one or providing inspiration photos can help designers really pinpoint the client's aesthetics because sometimes a personal style has no name!

"Form follows function" is one of the most important principles that govern modernist designs. The need to simplify forms originated from the rapidly growing cities that required an alternative to traditional construction. A fuss-free approach incorporated new materials like reinforced concrete and steel for building structures. As a result, houses could have large windows, flat roofs and could be cubic or even cylindrical. The use of new materials meant that the height of structures could reach far beyond any before. Other movements like Bauhaus, De Stijl,

and Futurism also form part of Modernism, adding depth to the style.

The Difference between Modern Interior Design and Contemporary Interior Design

It is certainly easy to confuse contemporary design and modern home interior design. One of the main differences between contemporary and modern design is the age above all else. Contemporary design refers to what is currently new and innovative while modern design refers to a specific era in design history. Presently, architects and interior designers alike use modern elements in contemporary design. This is similar to a modernist revival, but mustn't be confused with the mother modern movement of the 19th century. Contemporary interiors are a blend of styles past with a healthy dose of technological advancement.



1) Modernist Art

Modernist artists rejected the traditional idealistic view of realism and decided to create expressive artwork in vibrant colors and unlikely forms instead. Abstract art, cubism, and Fauvism capture the essence of the early modernist perspective; a reaction to outdated traditions and the growth of an industrialized society.

A large art piece with a minimal or no frame hung on a wall is perfect as a feature. Opt for a small art series on expansive walls, but steer clear of a gallery wall arrangement because it will clutter the modernist look.



3) Line Focused

Modern interior design ideas are often built around simple, clean lines. Strong horizontal and vertical lines in modernist architecture are echoed in furniture and décor designs. Cylindrical columns often feature in modern homes; these form clear vertical lines and showcase the revolutionary use of reinforced concrete.



5) Clutter-free

De-clutter countertops, mantels, walls, and any other visible areas in the house. Remembering the minimalist mantra of "less is more" is essential when accessorizing your modern interior, so, be sure to organize and tuck trinkets out of sight.



2) Neutral Walls

After the embellished Victorian years of murals and wallpaper, the modernists moved to the stillness of neutral walls. Choose shades of white or grey for the inside and exterior of your home.



4) Industrial Elements

The modern design style wouldn't exist if it weren't for the advancement of concrete, steel, and glass as building materials. So, pay homage to the core of modernism by choosing an industrial aesthetic with iron or steel finishes and concrete elements.



6) Primary Colors

Primary colors were at the focus of Bauhaus and De Stijl movements, as a result, modern interiors are known for its bold colors. Add accent furniture pieces, artwork or rugs in red, yellow, blue, black and white to the interior.



7) Open Plan

An open-plan layout is a must when it comes to modern home interior design. An open living, dining and kitchen area helps to eliminate unnecessary structures within a home while encouraging free airflow.



8) Streamlined Furniture

Many mid-century modern furniture items like Mies van der Rohe's Barcelona chair and the butterfly chair have become iconic and coveted for any home. Top modern interior designers choose furniture with straight lines and restrained use of decoration. So, use furniture with plain fabric and avoid bold patterns or prints.



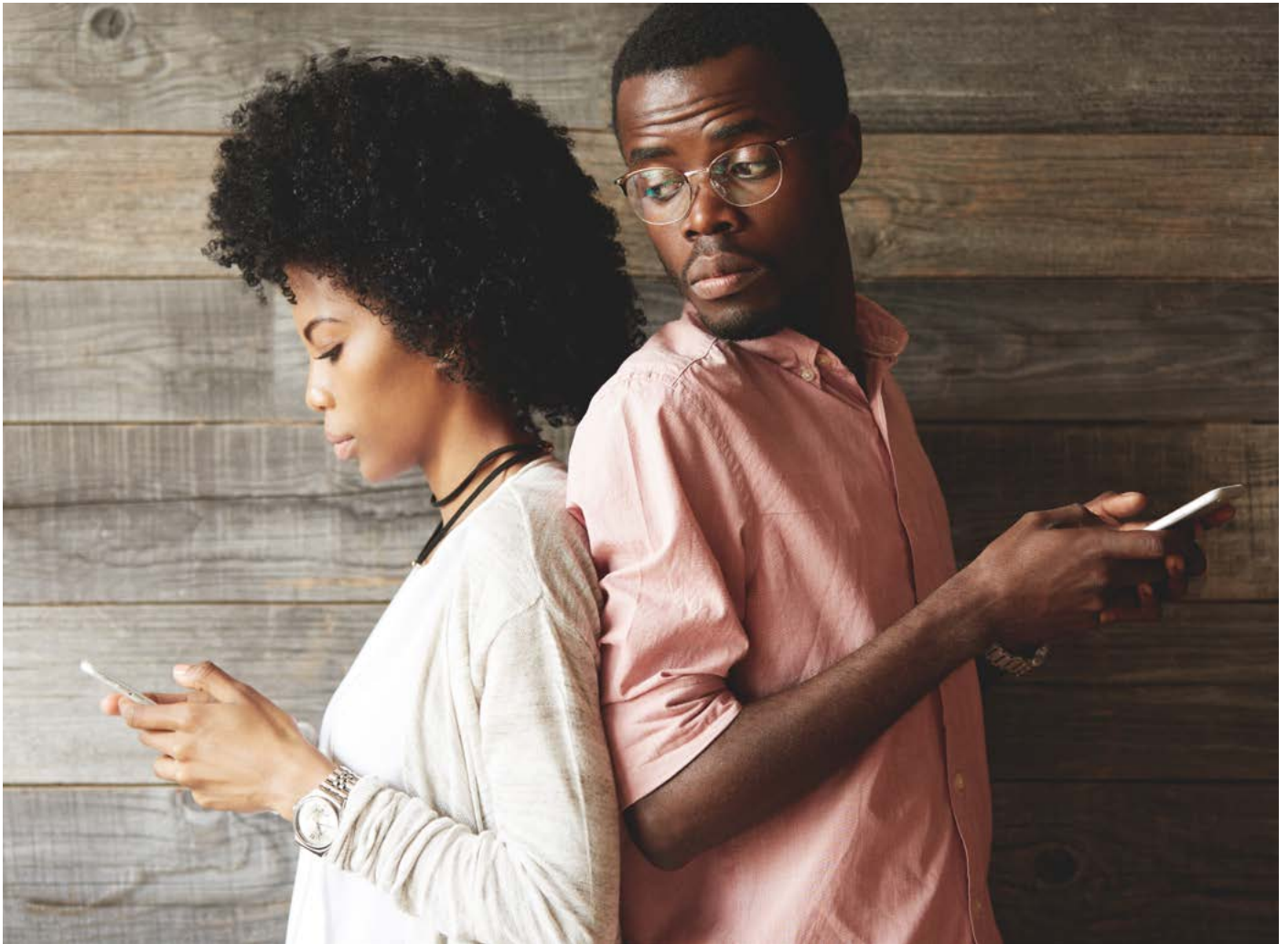
9) Skip the Molding

Ornate architectural designs like molding and cornices are certainly unnecessary in a modern home. To keep the calm look of a truly modern home, choose less embellished options when it comes to doors and cabinetry. See more examples of a modern kitchen style here.



10) Large Windows

Beautiful large windows are not just marvelously modern, but brilliant when it comes to light. Let in the fresh air as well as more natural light with this modern favorite.



Effective communication in relationships: 10 tips to improve it

From the moment you start your day, you're in a continuous communication flow of your needs, ideas, and frustrations.

You complain to your partner about your poor sleep, reach out to check in about plans with a friend, and talk to your boss about upcoming tasks. Amid this constant dialogue, some habits become second nature — so much so that you may not notice how your communication style impacts your professional and personal relationships.

Great communication isn't always easy. It requires self-reflection, empathy, and regular practice. Recognizing and refining your communication patterns is the first step to transforming simple exchanges into meaningful conversations.

Whether it's a brief chat with a colleague or a deep discussion with a loved one, prioritizing effective communication in relationships will help you connect with the people around you and create impactful exchanges that grow your community.

What's effective communication?

Effective communication is a critical life

skill that reflects your ability to articulate your thoughts clearly. Whether you're discussing the future with your life partner or delivering a presentation to clients, effective communication ensures your audience receives and understands your message.

Communication is a dynamic skill set that goes far beyond choosing the right words. It encompasses verbal and nonverbal cues, written words, and listening. Learning how to communicate better also requires you to adapt your message to the medium — like face-to-face or email — to help the recipient understand your tone.

Ineffective communication can cause misunderstandings and even rifts in your relationships, so it's important to recognize and avoid it. It could look like passive aggression (giving the silent treatment) or dishonesty (telling a white lie to avoid conflict). These bad habits can lead to unproductive conversations that lack trust and empathy.

The importance of communication skills in relationships

Effective communication skills are the

glue that holds relationships together, creating an environment where openness flourishes, problems resolve efficiently, and collaboration deepens.

Here are just a few ways learning how to communicate effectively will benefit your relationships:

- Equips you with tools to handle conflicts respectfully, aiming to resolve them by considering everyone's interests
- Gives you the confidence to advocate your needs
- Allows you to communicate expectations clearly, ensuring everyone is on the same page
- Creates a safe space for feedback where constructive criticism paves the way for growth and learning
- Strengthens team dynamics through transparency, preventing the buildup of unspoken problems or frustrations
- Encourages active listening and mutual respect
- Fortifies awareness of nonverbal cues like eye contact, body gestures, and facial expressions
- Increases sensitivity to cultural differences or others' feelings, letting



you step back, practice empathy, and consider the intentions behind a communication approach that's different from yours

On the other hand, communication breakdowns can have stark consequences in all kinds of relationships. A 2022 study by Grammarly and the Harris Poll found that miscommunication costs American businesses an average of \$12,506 per employee annually. And a 2020 study published in the *Journal of Family Psychology* found that ineffective communication skills correlated with poor relationship satisfaction, particularly in high-stress moments like financial difficulties, discrimination, or professional challenges. Investing time and effort into learning how to improve communication skills does more than alleviate misunderstandings. It unlocks the potential for deeper relationship success and satisfaction. The next step is practicing strategies that elevate your interactions, promote emotional awareness, and give you the tools you need to connect effectively.

How to improve communication in your relationships

Enhancing your communication skills is a lifelong learning experience because your relationships, sense of self, and emotional intelligence are always changing. A strategy that worked in your first job might not work now that you've become an executive, and a conversation you had with your partner might not look the same 10 years down the road.

Whether you need to address a problem with your family dynamic or connect with a colleague, the key lies in adapting your communication style to each unique scenario. Here are some effective strategies to improve your communication in ways that are as varied and dynamic as your relationships:

1. Practice your listening skills

You've likely been in a situation where a coworker or family member glances around the room or checks their cell phone while they're supposed to be listening to you. You can see they aren't engaged or paying active attention, which can discourage you from continuing the conversation.

Listening goes both ways, so make sure

you're giving full attention to the speaker and showing genuine interest in what they have to say. Nodding in agreement, directing your body language toward them, and paraphrasing key points are just a few ways to listen actively. These small gestures signal that you're invested in the conversation and value their ideas.

2. Foster deeper clarity

Clarity in communication is like turning on a light in a dim room. It illuminates thoughts, intentions, and emotions and helps all participants feel like they're getting the full picture.

To ensure your message is crystal clear, try to get to the point. In the office, this might mean getting rid of unnecessary jargon, while in intimate relationships, this might mean expressing feelings and needs as directly as possible.

For example, a partner might interpret, "I need some space," as a sign that something's wrong. To be more clear about what you mean, you could instead say, "I need time to myself to recharge. This is about my well-being, not getting away from you." Clearly



expressing what you need and why leaves no room for misinterpretation. Everyone walks away with the same understanding.

3. Cultivate empathy

It's not always easy to step out of your own head and put yourself in another person's shoes. But this kind of empathy is the bridge that connects your understanding to another's experience, and it could be the difference between a productive conversation and one that just leads to more confusion and conflict.

To cultivate empathy in your conversations, pause to consider the other person's perspective before responding. If a colleague is consistently late on deadlines, rather than jumping to conclusions about laziness or poor work ethic, ask about their current workload or work obstacles. You might learn that they're going through a loss in their personal life and are having a hard time focusing. Then, you both can focus on empathetic solutions rather than finger-pointing.

4. Opt for assertiveness without aggression

When entering an emotionally charged conversation, it's easy to become defensive or even aggressive and forget to keep the

other person's feelings in mind. Instead, aim for assertiveness — being firm about your views while remaining respectful to others. This helps the conversation stay on course while you express your feelings.

Imagine you're in a conflict with a family member. Rather than saying, "You never listen to me," you could say, "When you check your phone while I'm speaking, it makes me feel like you aren't listening and don't care." The approach promotes clear, honest dialogue without compromising your feelings or taking an accusatory tone.

5. Adjust your tone

Saying something like, "This deadline is late," can seem inquisitive and empathetic or accusatory and aggressive, depending on your tone of voice. To convey a message effectively, align your tone with your intention.

During a sensitive conversation, a booming voice may create tension. Instead, a calm and gentle tone can ease the mood and help the other person remain open to hearing you out.

6. Seek help

Developing good communication skills requires patience, practice, and, sometimes,

a little extra support. Reaching out for assistance is a practical way to advance your interpersonal skills and deepen your connections. There are plenty of different options:

- A professional communication coach can provide you with tools to refine your style with a goal-oriented approach
- Workshops can introduce new communication techniques and give you the chance to practice in a supportive space
- Couples counseling can help you navigate communication roadblocks and build stronger strategies to support your relationship
- Self-help books and podcasts can prompt deeper self-reflection about different types of communication
- Communication apps, like Orai and Speeko, give you daily exercises to learn to express your own thoughts, deliver better interviews, or strike up conversations.

7. Own up to miscommunications

Misunderstandings are bound to happen, no matter how strong your personal or workplace communication skills are. When they do arise, owning up to your part without placing blame or playing the victim can help turn the situation around.

Something as simple as, “Sorry for the misunderstanding, I’ll try explaining this again,” opens the door to conflict resolution and prevents further confusion. It sends a signal that you value understanding and can accept fault to focus on problem-solving.

8. Don’t fear upward communication

In a professional setting, sending feedback to higher-ups can be nerve-wracking. But upward communication is a vital business communication skill that lets management know what needs improvement and shows your engagement as an employee.

The key to upward communication is recognizing the weight of your words. This means presenting your observations and backing them up with actionable suggestions instead of saying, “I disagree,” or, “I don’t like this.” The approach demonstrates initiative and commitment to the organization’s success, fostering trust from higher-ups.

9. Normalize constructive conflict

Not everyone reacts to conflict the same way. While some may be unafraid of voicing disagreements, others may shy away from stirring the pot. Both are natural reactions, but it’s important to recognize that you can’t resolve problems without healthy communication. Normalize constructive conflict that acknowledges differences in opinion and works through them without negativity.

Imagine a scenario where you disagree with a coworker’s choice. Instead of dismissing their perspective, approach the conversation with curiosity. Ask them questions to understand what led to their decision. It shows respect for their viewpoint and opens a dialogue that can lead to mutual understanding or better collaboration. You might even find that you agree with their stance after talking it through.

10. Celebrate small wins

Celebrating small wins and acknowledging others’ efforts boosts morale and encourages better communication patterns. Whether it’s a team member, long-term relationship partner, or family member, use your words to motivate the people around you. Something like, “I’ve noticed you try to listen more, and I really appreciate it,” reinforces positive behavior and nurtures growth.

Effective communication in relationships doesn’t have a finish line. It’s an ongoing learning process that requires practice, self-reflection, and continuous learning. While you can’t avoid the occasional misunderstanding or conflict, you can build a set of tools to work through any situation with clear communication that prioritizes clarity and respect.





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Glitz Fashion Designers: Leading Botswana's Fashion Revolution

On the 15th of March 2010, a new beacon of style and innovation was lit in the heart of Botswana. Glitz Fashion Designers, founded by the passionate and visionary Thato Gaofengwe Mminatau, officially opened its doors, marking the beginning of a fashion revolution in the country. Thato, a professional fashion designer and the owner of Glitz Thatoo Investment PTY LTD, has steered the company to great heights with her unwavering dedication and creative prowess.

From its humble beginnings, Glitz Fashion Designers has flourished into one of Botswana's leading fashion houses, renowned for its exquisite designs and exceptional craftsmanship. With three talented employees, including two skilled designers and an efficient office assistant,

Glitz has consistently delivered high-quality fashion solutions for office wear, school uniforms, cocktail dresses, evening gowns, special occasion outfits, corporate attire, casual wear, and haute couture.

A Journey of Passion and Perseverance

The success of Glitz Fashion Designers is a testament to Thato's relentless pursuit of excellence and her profound love for fashion. The company's journey has been supported by the Botswana Department of Youth, Sports, and Culture, whose funding played a crucial role in bringing Thato's vision to life. As a 100% Motswana-owned company, Glitz takes immense pride in its heritage and its contribution to the local fashion industry. Thato's impressive educational background includes Trade C and Trade B Certificates in Dressmaking, a National Craft Certificate in

Dressmaking, and certificates in Microsoft Word, Excel, and Publisher from Bocodol. Currently, she is a third-year student at Limkokwing University of Botswana, pursuing an Associate Degree in Fashion and Apparel Design.

Awards and Accolades

Thato's talent and hard work have earned her numerous prestigious awards both nationally and internationally. Some of her notable achievements include:

- Gaborone City Council Fashion Week 2023:
 - 2nd place in Fashion Design and 3rd place in Textile Design.
 - King Moshoeshoe International Film Festival and Cultural Show 2022: Awarded Best Designer and Overall Winner.
 - Africa Fashion Alive Annual Show 2018:

Showcased in Johannesburg, South Africa, where her collection trended on social media for weeks.

- Presidential Awards for the Arts 2018: Dressed the country's ensemble with 76 gowns.
- Icon Fashion Reality Television Show 2017/18: Ranked in the Top 3.
- Mpumalanga Fashion Extravaganza 2017: Named Best Designer.
- Miss Botswana Pageant 2017: Designed outfits for the contestants.
- Botswana National Presidential Annual Competitions: Overall Winner in 2016 and 2015.

Local and International Presence

Glitz Fashion Designers has made a significant impact both locally and internationally. Thato has showcased her designs at numerous prestigious events, including:

Local Events:

- Dressed, Miss World Botswana, Lesego Chombo (2022, 2024).
- Fashion Show of All Nations (June 2024, Cresta Lodge Gaborone).
- Project Lefatshe La Rona Fashion Show (March 2024).
- Adjudicated MYSC Regional Competitions (July 2023, Jwaneng).
- Participated in Makgabaneng International Festival Fashion Show (2023).
- Coordinated the Presidential Fashion Show (2019).
- Exhibited at the Boccim Trade Fair (2019).
- Numerous other local showcases and adjudications.

International Events:

- Mpumalanga Fashion Extravaganza Fashion Week (2017, South Africa).
- Africa Fashion Alive (2018, Soweto, Johannesburg).
- Africa Woman Designers Week (2019, Maputo, Mozambique).
- King Moshoeshoe International Film Festival and Cultural Fashion Show (2022, Lesotho).
- The Eswatini Biggest Braai and Top Model International Fashion Show (2022, Eswatini).

A Bright Future Ahead

With over 13 years of continuous success, Glitz Fashion Designers remains a beacon of innovation and excellence in Botswana's fashion industry. Thato Gaofenngwe Mminatau's journey is an inspiring story of passion, hard work, and dedication. As she continues to shape the future of fashion in Botswana and beyond, Glitz Fashion Designers stands as a testament to her vision and talent, offering exclusive, original styles for the fashion-conscious men and women of today.







7 Tips for Plus Size Cold-Weather Fashion

Dressing as a style-conscious plus size woman is always a challenge. The clothing market is dominated by styles that are designed specifically to flatter slim-figured women. Many pieces that are advertised as “plus size” are actually just styles designed for slimmer women made in extended sizes. Finding fashionable clothes that actually fit and flatter the figures of real plus size women sometimes seems like a treasure hunt that often ends without any treasure.

The challenge of finding flattering plus size clothing pieces becomes even more difficult

as the weather gets colder in fall and winter. Oversized sweaters that make slimmer women look cute and tiny blurs the curves of plus size women and makes them appear shapeless. Wearing multiple thick layers tends to make full-figured women look like they don't have a figure at all. However, it is entirely possible for plus size women to create cold-weather looks that are flattering and protective against the weather at the same time. Warm and well-fitting plus size winter looks are just a few accessories and some creativity away.

1. Wear a Belt

Belts are basically the Holy Grail of plus size winter fashion. One of the biggest problems with winter clothing options for plus size women is that they have a terrible tendency to make you appear shapeless and larger than you really are.

Adding a belt to virtually any cold-weather outfit instantly accentuates your waist and flatters your curves. When cold weather hits, invest in a long belted coat. These coats allow you to cinch their built-in belt around your waist to create a stylish, classy finish

that keeps your figure visible no matter how bulky your layers. Try pairing a loose dress with tights and a cardigan. Tighten a belt over your dress to add instant balance to your look. Belts are an extremely versatile accessory that are useful during any season. However, they are especially helpful during fall and winter by solving the problem of shapeless plus size winter clothing options.

2. Rock a Sweater Dress

Sweaters are a popular winter fashion choice because they're so comfortable and cute at the same time. Plus, they're versatile and can be easily incorporated into almost any outfit. If your favorite sweaters make you feel confident, enjoy wearing them. However, many plus size women feel like sweaters conceal their figure in an unflattering way. If you avoid wearing sweaters because of the way they fit your figure, sweater dresses are a flattering solution.

Sweater dresses look just like sweaters and are just as comfortable, but they are meant to be worn as a dress so they are longer and more form-fitting. You don't have to wear a sweater dress as a dress. Instead, pair a sweater dress with boots and leggings to create a twist on a classic winter look with a streamlined finish that accentuates and flatters all your curves.

3. Choose Colors Carefully

Although plus size women encounter many difficulties when it comes to finding cold-weather pieces, they do benefit from the multitude of dark-colored clothing options that fall and winter bring.

Darker colors are generally more flattering for plus size women because they subtly slim and smooth your figure. When you put together a plus size outfit for cold weather, try to include a blend of two or three dark colors. For example, pair distressed gray jeans and black boots with a black sweater and maroon scarf. Don't try to create a monochromatic look using only one dark color. This will give your outfit an unflattering, unbalanced finish.

4. Collect Coats and Cardigans

Long coats and cardigans are your best friends when the weather is cold. These pieces allow you to wear a form-fitting outfit to accentuate your figure and stay warm by wearing the coat or cardigan on top.

Try pairing a long trench coat with dark jeans, knee-high boots, and a thin fitted sweater to create a look with a more professional finish. Or, throw a thick knit cardigan on over a lace-trimmed camisole and distressed skinnies with booties to create a casual, everyday look.



5. Emphasize Your Figure

It's always important to emphasize your figure to create a flattering look. However, it's especially essential to make sure your body's shape is clearly visible when you're wearing thick winter clothes that threaten to swallow your figure. There are many ways to accentuate your figure with the clothes you wear. One of the most effective ways is to strategically choose the length of your tops and the rise of your pants to create the most flattering combination.

Pair high-waisted jeans with a cropped sweater to accentuate the curves of your waist and make it appear as small as possible. When you wear bottoms with a lower rise, pair them with a longer, tunic-length top that prevents your midsection from appearing bulky and creates a streamlined finish for your outfit. Try to wear high-waisted leggings no matter what the cut of your top is. The high waistband will likely be too thin to show underneath even fitted tops and it will provide you with comfortable shaping support for your midsection.

6. Pay Attention to Detailing

The details of your winter look have a significant impact on the look as a whole. Paying attention to the detailing and accessories in your look helps you manipulate these subtle touches to make your entire look more flattering.

The neckline of the top you wear might seem insignificant, but it can actually make or break the finish of your look. Wearing a cowl-neck sweater, for example, draws attention to the top of your chest and bust. This focal point prevents the shape of your bust from getting lost in a loose sweater. If you're wearing a loose top or multiple thick layers, adding a scarf helps balance your look and counteract its bulky finish.

7. Stay Balanced

Balance is the most important part of plus size cold-weather fashion. If you are careful to maintain balance in your look, you'll likely end up with a look that is both fashionable and flattering for your figure.

Always try to wear a combination of loose and fitted pieces to help your figure look even. Pair a tight turtleneck and leggings with a slouchy cardigan and wide-ankle boots. Also, make sure your outfit accentuates at least one part of your body. Whether you wear a belt to emphasize your waist or high-waisted jeans to show off your curvy hips, your outfit should always enhance your figure in some way.















Eskimos BW: A Brotherhood of Music and Harmony

In an industry where bands often come and go, the longevity and unity of Eskimos BW remain a remarkable phenomenon. For over two decades, this Kwaito music outfit from the dusty streets of Gaborone West has enchanted audiences, not only with their music but also with their unbreakable bond. The roots of Eskimos BW stretch back to their childhood. Growing up together, attending the same schools, and sharing countless experiences, the four members—Keitshupile 'Mandla' Mokwena, Kagiso 'Skhejo' Ketswantwa, Kabo 'Zynne' Mmolawa, and Goitsemodimo 'Javas' Binang—formed a brotherhood long before the name Eskimos BW was conceived. This deep connection is the secret ingredient that has kept them inseparable and resilient in the competitive music world.

Their mutual respect and understanding are akin to the tight fit of a full set of teeth, illustrating a seamless unity. Each member's contribution is vital, and the absence of any one of them would disrupt the harmony that defines Eskimos BW. They are not just a band; they are four essential elements of a single entity.

A Shared Journey

Eskimos BW's music is a testament to their journey and camaraderie. Their sound, deeply rooted in the vibrant culture of Kwaito, resonates with authenticity and passion. Their lyrics often reflect their shared experiences and the streets that shaped them, creating a powerful connection with their audience.

The group's origin story is one of humble beginnings and shared dreams. In the early 2000s, the streets of Gaborone West were alive with the vibrant sounds of Kwaito, a genre that blends house music, hip-hop, and traditional African rhythms. It was in this energetic environment that the members of Eskimos BW discovered their shared passion for music. They spent countless hours experimenting with beats and lyrics, honing their craft in makeshift home studios.

Their early performances were local and intimate, but they quickly gained a reputation for their infectious energy and genuine love for their craft. They were not just performing; they were sharing their lives, their struggles, and their joys with their community. This

authenticity endeared them to many, and their fan base began to grow.

Rising to Prominence

As their popularity increased, Eskimos BW began to attract attention beyond their neighborhood. They started performing at larger venues and events, and their music was played on local radio stations. Their rise to prominence was not without challenges. The music industry is notoriously difficult to navigate, and the pressures of success can strain even the strongest relationships. However, the bond between the members of Eskimos BW only grew stronger.

Their debut album, "Gaborone Dreams," was a celebration of their journey. It featured tracks that told the story of their lives, from the struggles of growing up in a challenging environment to the joy of achieving their dreams. The album was a hit, and it solidified their place in the Kwaito music scene.

The Brotherhood

The success of Eskimos BW can be attributed to more than just their musical talent. It is their brotherhood that sets them apart.



Keitshupile 'Mandla' Mokwena is the visionary, often coming up with the concepts and themes that define their music. Kagiso 'Skhejo' Ketswantwa is the technical genius, mastering the art of mixing and production. Kabo 'Zynne' Mmolawa is the lyrical poet, crafting words that resonate deeply with their audience. Goitsemodimo 'Javas' Binang is the heart, bringing a soulful energy that ties everything together.

Their individual talents are impressive, but it is the way they complement each other that creates magic. They have an unspoken understanding, a synergy that is evident in their performances and recordings. They push each other to be better, and they celebrate each other's successes as if they were their own.

Impact and Influence

Eskimos BW has not only made a mark in the music industry; they have also had a significant impact on their community. They are role models for young people in Gaborone West, showing that it is possible to achieve great things through hard work, perseverance, and unity. They often speak at

local schools and community events, sharing their story and encouraging others to pursue their dreams.

Their music addresses social issues and reflects the realities of life in their community. They have tackled topics such as poverty, crime, and inequality, always with a message of hope and resilience. Their songs are not just entertainment; they are a voice for the voiceless, a source of inspiration for those facing similar struggles.

The Road Ahead

As Eskimos BW continues to thrive, they remind us that true success in music comes not just from talent and hard work, but from the strength of the bonds that hold us together. Their story is an inspiring example of how growing together, doing everything under the sun together, can lead to a lifetime of shared dreams and accomplishments.

Looking to the future, Eskimos BW shows no signs of slowing down. They are constantly evolving, experimenting with new sounds and exploring new themes. They are working on their next album, which promises to

be another reflection of their growth as individuals and as a group. They are also planning a tour, hoping to reach even more people with their music and message.

Legacy of Unity

In an industry often characterized by fleeting fame and fractured relationships, Eskimos BW stands as a testament to the power of unity and brotherhood. They have shown that it is possible to achieve lasting success while staying true to one's roots and values. Their journey is a powerful reminder that the most important thing in life is not what we achieve, but the bonds we form and the lives we touch along the way.

Eskimos BW's legacy is not just their music; it is their story of friendship, perseverance, and unity. They have set an example for future generations, showing that with passion, dedication, and a strong support system, anything is possible. As they continue to make music and inspire others, their brotherhood will remain at the heart of everything they do, a timeless harmony that resonates with all who hear it.



10 Key Facts You Must Know Before Becoming a Parent

Perhaps like me, you have wished, imagined, and dreamed about becoming a parent ever since you were young. And then your dreams come true!

You get married and have that first little bundle of joy that you have been thinking about for so long... but you may just find that the whole experience of becoming a parent doesn't turn out quite as you expected!

Here are a few of the things to consider before becoming a parent or factors to consider before becoming a parent:

1. Parenthood starts with pregnancy

Once you find out that you are pregnant, everything starts to change. Not only does your body suddenly begin to "do its own thing" but your thinking is now suddenly no longer about "us two" but about "us as family".

The pregnancy itself can be quite a rough ride, from morning/all day sickness, to leg cramps and indigestion.... But it helps if you are expecting these things and you know that it is normal.

These things you need to know before

having a baby would also help your partner to mentally prepare themselves on how to deal with your transition during your pregnancy.

2. The first few months of becoming a parent can be terrifying

Nothing can prepare you for that first moment when you see your precious little baby and you realize – this is my child! And then being a parent, you find yourself back at home with this tiny little person who is now taking over your whole life in every way.

Just the slightest movement or sound and you are on full alert. And when all is quiet you still check that the breathing is normal. The onslaught of emotions can be overwhelming – both positive and negative.

If I had known how normal it was to feel so "abnormal" I might have been able to relax a bit more and enjoy the ride. So if you are wondering should I become a parent or not, you need to know what to consider before having a baby.

3. Sleep becomes a rare commodity

After becoming a parent you probably realize for the first time how much you have taken a

peaceful sleep for granted. One of the facts about being a parent is that sleep becomes a rare commodity.

Between breastfeeding or bottle feeding and changing diapers, you are lucky if you get two hours of uninterrupted sleep. You may just find that your entire sleep pattern is changed forever – from being one of the "night owl" types, you may become a "sleep whenever you can" type.

A good tip is to sleep when the baby is sleeping, even during the day, especially in those first few months of becoming a parent.

4. Cut back on the baby clothes and toys

Before the baby arrives and you are getting the nursery ready and preparing everything, the tendency is to think you are going to need loads of stuff. In reality, the baby will grow so quickly that some of those cute little outfits are only worn once or twice before they are too small.

And as for all the toys, you may discover that your baby becomes fascinated by some random household object and completely ignores all the fancy and expensive toys you have bought or been gifted.



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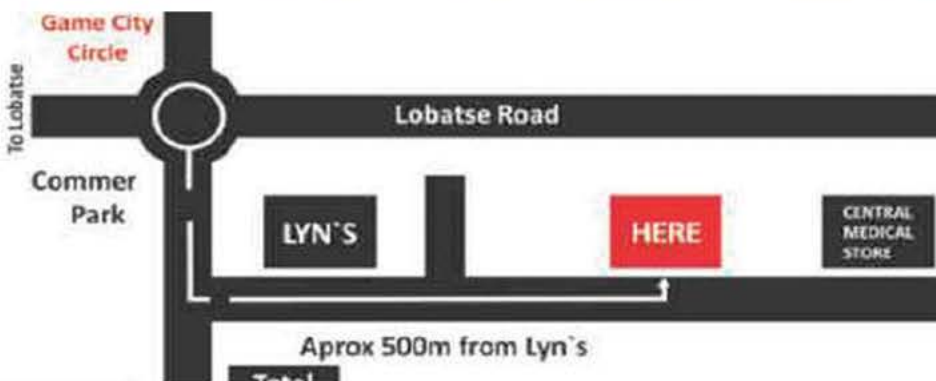
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5. Becoming a parent involves hidden costs

Having said that, you may also find that there are a lot of hidden costs to parenting which you had not anticipated. You can never underestimate the number of diapers you are going to need. Disposable rather than cloth is highly recommended but of course more costly.

And then there is babysitting or daycare if you intend to go back to the workplace. Over the years as the baby grows so do the expenses which may come as a surprise at times.

6. Working from home may or may not work

You may find that your "dream job" working from home becomes a bit of a nightmare with a little one demanding your attention. Depending on what kind of work you do, it may be necessary to get some childcare help for a few hours per day.

7. Don't worry if you don't have a textbook child

It's quite easy to become stressed when reading all the textbooks, especially with regard to developmental milestones. If your child is not sitting up, crawling, walking, and talking according to the "normal" schedule, try to remember that every baby is unique and will develop in their own good time and way. Parenting forums and groups can be reassuring as you share your experiences with others. When you become a parent, you discover that the other parents also have similar struggles and joys.

8. Have fun with the photos

Whatever you do, don't forget to take lots of photos of precious moments with your little one.

If I had known how quickly the months and years would pass, I would probably have taken more pictures and videos, as those years of becoming a parent and enjoying parenthood with the bundle of joy can never be recreated or relived.

9. Going out will become a major undertaking

One of the things to do before becoming a parent is to mentally prepare yourself that your social life will take a backseat.

One of the effects of becoming a parent is that you find you can no longer grab your keys and make a quick trip to the shops. With a little one in tow, careful planning is essential, as you pack your big baby bag with all the things you might need from wipes to diapers to bottles and more.

10. Your life will be changed forever

Of all the ten things I wish I had known before becoming a parent, perhaps the overarching one is that my life would be changed forever. Although this article may have mentioned mostly the difficult and challenging aspects of parenthood, let it be said that becoming a parent, loving and raising a child is by far one of the most rewarding things in the world. As someone has wisely said, having a child is like having your heart forever walking around outside your body.

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Top 10 Tips for Staying Healthy

Some lifestyle choices can make a big difference when it comes to your mental and physical well-being and the quality of your life. Here are the top 10 tips for good health and longevity.

Staying healthy involves making certain choices. And many of those choices are in your hands. Of course, your age, family history, and genetic makeup can influence your health and make you more prone to certain conditions.

There are also many factors that you can control — many of which play a key role in keeping you healthy and helping you live a long, productive life.

Let's look at 10 science-backed healthy choices you can make to help you thrive throughout your life.

1. Get moving

If you want to feel healthier, more energized, or in a better mood, get moving. Regular exercise can benefit both your physical and mental health in a multitude of ways. And, you don't need to run a half-marathon or sweat it out at the gym for hours every day to reap the rewards. According to the U.S. Department of Health and Human Services, if you're an adult, just 150 minutes of moderate-intensity aerobic activity a week, or 75 minutes of vigorous aerobic activity a week, can positively impact your health. That breaks down to around 22 minutes a day of moderate-intensity exercise,

like brisk walking, dancing, cycling, or even doing yard work or household chores. As long as you're moving and not sitting still, it counts.

Regular physical activity can positively impact your health in many ways. For instance, it can:

- Improve your heart health: Exercise benefits your heart health, and having a stronger heart can help lower your risk of cardiovascular disease.
- Boost your brain health: Regular exercise may help improve your cognition and reduce the risk of dementia.
- Improve your mood: Physical activity has also been shown to reduce the risk of depression and anxiety.
- Help with weight management: When you move your body, you burn more calories than you would if you were inactive. Burning more calories each day can make it easier to lose weight and keep weight off.
- Strengthen your bones and muscles: Being physically active can keep your bones and muscles strong and make it easier to move around easily, even as you age.
- Reduce the risk of chronic diseases: Staying active may help lower your risk of developing type 2 diabetes and several types of cancer.

2. Eat more whole foods (and less processed food)

Whole foods are foods that haven't been heavily processed or altered. They don't contain a lot of added chemicals or artificial ingredients to help them taste good or give them a long shelf-life. In general, whole foods are healthier for you and provide your body with more vitamins, minerals, and essential nutrients than processed foods. Because they are more nutritious, whole foods give you more energy and possibly lower the risk of many types of health issues.

Processed foods are often healthier than whole foods because they tend to be higher in certain ingredients such as:

- added sugars or artificial sweeteners
- salt (sodium)
- trans fats
- preservatives
- artificial colors

Eating too much processed food and not enough whole foods can be harmful to your health. That's because you won't be getting enough of the nutrients your body needs. Instead, you'll be eating higher amounts of sugar, salt, unhealthy fats, or other ingredients that don't provide much nutritional value.

According to scientific research, poor nutrition can increase your risk of:

- weight gain and obesity
- heart disease and stroke



- type 2 diabetes^{Trusted Source}
- some types of cancer^{Trusted Source}, including uterine cancer, breast cancer in postmenopausal women, and colorectal cancer

3. If you smoke, try to quit

Smoking is the leading cause^{Trusted Source} of preventable death in the United States. According to the CDC, tobacco use accounts for nearly 1 in 5 deaths in the U.S. each year. In fact, it's estimated that smokers, on average, die about 10 years^{Trusted Source} earlier than nonsmokers.

Smoking can damage nearly every organ in your body and significantly increases your risk of:

- **Heart disease:** According to scientific evidence^{Trusted Source}, tobacco is the leading cause of premature death from cardiovascular disease.
- **Stroke:** Smoking damages your blood vessels, making them stiffer and narrower. This not only increases your risk of a heart attack but can put you at a higher risk^{Trusted Source} of a stroke, too.
- **Respiratory diseases:** The damage caused by smoking to the airways and air sacs in your lungs greatly increases your risk of chronic obstructive pulmonary disease (COPD).
- **Lung cancer and other cancers:** Approximately 80%^{Trusted Source} of lung cancers can be attributed to tobacco use. According to the American Cancer Society, smoking can also increase your risk^{Trusted Source} of many other types of cancer, including cancer of the bladder, mouth, stomach,

pancreas, and colon, among others.

If you smoke, quitting is the most important step you can take to improve your health, no matter your age or how long you've smoked. Quitting smoking can add years to your life, and the positive effects of quitting will continue to increase the longer you remain a nonsmoker. Talk with your doctor about quitting. They can help set you up for success, and prescribe smoking cessation medications, if necessary, to help you quit nicotine for good.

4. Make sleep a priority

Sleep is vital for every process in your body. Sleep is a time for your body to repair cells and restore energy. Your brain also performs many essential functions while you're sleeping, like storing information, removing waste, and strengthening nerve cell connections.

How much sleep you need depends on your age, but for most adults, the CDC recommends^{Trusted Source} at least 7 or more hours of sleep each night. Children and older adults typically need more sleep.

If you don't get enough sleep, your body will have a harder time working properly. Sleep deprivation can increase your risk^{Trusted Source} of:

- high blood pressure (hypertension)
- cardiovascular disease
- metabolic syndrome
- type 2 diabetes
- anxiety, depression, mood changes
- a weakened immune system
- some types of cancer

So, how can you ensure you get enough sleep? Some things that may help include the following:

- Create a quiet, dark, comfortable sleep environment: Use an eye mask or black-out curtains to block light, turn down the thermostat — a temperature between 60°F to 67°F (15.6°C to 19.4°C) — is best for sleeping, and make sure your mattress and pillows are comfortable. Use earplugs if you need to block out noise.
- Avoid screen time before bed: Many electronic devices emit blue light that can keep your brain alert, making it harder to fall asleep. Turn off these devices at least an hour before you go to bed.
- Create a relaxing bedtime routine: Instead of watching TV or working on a computer, do something to help you relax. Take a warm bath or shower, try gentle stretches, read a book (not an e-reader), or try meditation or breathing techniques.
- Limit your caffeine, alcohol, and nicotine intake: Avoid drinking alcohol or smoking within 4 hours of going to bed as both substances can negatively impact your sleep. Limit your caffeine intake to the morning hours.
- Try a natural sleep aid: If you find it difficult to switch your mind off at night, try a natural sleep aid like melatonin, valerian root, or glycine.

5. Stay hydrated

Drinking enough water each day is key to good health. Your body needs water for many important functions, like maintaining your body temperature, aiding digestion, keeping your organs working properly, and delivering nutrients to all your cells.

Staying hydrated also keeps your brain working well. When you don't take in enough fluid, you may feel^{Trusted Source} tired, have trouble concentrating or focusing, and experience headaches and mood changes. You'll typically need to increase your water intake if you:

- exercise or exert yourself
- live in a hot, dry climate
- spend time outdoors in the sun, especially in warmer weather
- have a fever or lose fluids through vomiting or diarrhea
- are pregnant, breastfeeding, or chestfeeding

Make water your go-to beverage. Avoid sodas and energy drinks which typically contain a lot of added sugars and extra calories.

To add some flavor to your water, try squeezing a lemon, lime, or orange and

adding the juice to your water. You can also add a few cucumber slices, or try adding mint or basil leaves.

6. If you drink alcohol, do so responsibly

While an occasional alcoholic drink likely won't affect your health, drinking too much alcohol can take a heavy toll on many of your organs.

Overconsumption of alcohol can damage your liver, brain, and heart, and also increase the risk of several types of cancer, including breast, colorectal, and liver cancer. Heavy drinking can also negatively impact your mental health.

So, at what point does drinking become harmful to your health? According to the U.S. Department of Health and Human Services, moderate drinking is classified as:

- up to 1 standard drink per day for women
- up to 2 standard drinks per day for men

7. Make preventive care a priority

Preventive care is the care you get from your doctor to stay healthy. While you may typically think of your doctor as the person you see when you're ill, your doctor also plays a key role in keeping you healthy and preventing you from getting sick or developing a chronic disease in the first place. By being proactive and focusing on preventive care, you and your doctor are more likely to catch early warning signs of certain diseases before they become more serious. You can then take steps to address these issues when they're easier to treat and the outcomes are more likely to be positive.

When you make an appointment to visit your doctor for an annual checkup, it may include:

- measurement of blood pressure and other heart health indicators
- blood tests for cholesterol and blood glucose
- depression screening
- obesity screening
- vaccinations
- a Pap smear

Depending on your age, family history, and other factors, your doctor may also order specific screenings, such as:

- a mammogram, a screening for breast cancer
- a colonoscopy, a screening for colorectal cancer
- osteoporosis screening
- genetic testing for some types of cancer
- tests for some sexually transmitted diseases

8. Know your numbers

One of the advantages of preventive care is that your doctor will screen you for several

key measurements, including your:

- body mass index (BMI)
- blood pressure (hypertension)
- cholesterol and triglycerides
- fasting blood glucose

If any of these numbers are outside the recommended range, you and your doctor can discuss what needs to be done to address this issue. Your doctor can put together a treatment plan that's right for you and will monitor you to ensure your numbers are moving in the right direction.

Being aware of issues related to these key metrics early on, before they cause other problems, can help you make the right lifestyle changes to improve important aspects of your health. In many cases, health conditions like hypertension or high cholesterol may not cause any symptoms until later on, when more serious — possibly life threatening issues — start to arise.

If lifestyle changes don't help enough, your doctor may decide to prescribe medications to help reduce the risk of potential complications.

9. Manage stress in a healthy way

Stress is a normal part of everyday life and, when it's short-lived, it can be useful. But, chronic stress can affect you mentally, physically, and emotionally. Research has shown that high levels of ongoing stress have been associated with an increased risk of:

- high blood pressure
- heart disease and stroke
- depression
- a weakened immune system

Although stress is often unavoidable, you do have a choice in how you handle it. Just as your body has a stress response, it also has a relaxation response, which is characterized by lower blood pressure, slower breathing, and a reduced heart rate.

Some types of activities that may help bring about a relaxation response involve:

- Breathing exercises: A technique called diaphragmatic breathing has been shown to help lower stress hormones, reduce blood pressure, and regulate other bodily processes.
- Progressive muscle relaxation: Progressive muscle relaxation is a technique where you tighten and then relax each muscle group in your body, one at a time, in a specific pattern.
- Exercising: Physical activity releases endorphins in your brain, one of the feel-good hormones. These chemicals can help relieve pain and also reduce stress and boost your mood.
- Being creative: According to

research, trusted source, creative arts like drawing, painting, coloring, writing, dancing, and listening to or playing music have the ability to boost your mood and ease stress and anxiety.

- Yoga or tai chi: The slow, mindful movements and stretches that are part of yoga and tai chi help relieve muscle tension while encouraging mental and physical relaxation.
- Meditation: Mindfulness meditation may help reduce the inflammatory response caused by the stress hormone, cortisol.

10. Practice safe sex

If you're sexually active or have been in the past, it's important that you're proactive about getting screened for sexually transmitted infections (STIs).

Some sexually transmitted diseases don't cause noticeable symptoms until weeks, months, or possibly even years later. By then, you may have passed it on to someone else. And, it may also be harder to treat the disease when it's not caught early. That's why it's important to get tested often.

Communication is key when it comes to safe sex. Talk openly with your partner about your sexual past and any STI diagnosis you've had. Before having sex with a new partner, consider getting tested for STIs, along with your partner, and discuss your barrier method preferences.

To reduce the risk of contracting HIV, you may want to consider:

- pre-exposure prophylaxis (PrEP), available as the brand name pills Truvada and Descovy, this antiretroviral medication is taken before possible HIV exposure
- post-exposure prophylaxis (PEP) is a medication that can be taken after possible HIV exposure

You can also reduce your risk of some other STIs by getting vaccinated against:

- human papillomavirus (HPV)
- hepatitis A
- hepatitis B (HBV)

Takeaway

Your health plays a crucial role in how you feel and live each day. If you're stressed, tired, or not feeling well, it's not easy to be the best version of yourself and to give those around you the time and attention they need.

In order to thrive and lower your risk of chronic disease and illness, there are many choices you can make today and every day to give yourself the best shot at living a long, active, and healthful life.



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6 Portable Tech Gadgets You'll Want to Use

Fed up with carrying heavy and big gadgets that make you feel tired? Say goodbye to the struggle and hello to the world of portable tech gadgets. These smart and small gadgets are made to easily fit into your life, giving you convenience and fun wherever you are. Whether you're always on the go, love exploring new places, or just like smart inventions. This article will show you the coolest new portable tech gadgets that you can carry with you wherever you go.

Here are the 6 Portable Tech Gadgets You'll Want to Use;

1. Leatherman Surge Multi-tool

The Leatherman Surge is a big multi-tool that's strong and handy. It has large pliers, long blades, and easy locks. With a special blade swap feature, you can quickly switch to the tool you need. Plus, it comes with replaceable wire cutters and four blades you can open from the outside. It's made of tough 420HC stainless steel, treated to make it even stronger. Its black oxide coating helps keep it hidden and reduces glare, perfect for when you need to stay undercover.

- Company: Leatherman Garage
- Price: \$149.95

2. Anker portable card reader

However, not all computers support SD or MicroSD cards, and even laptops that do often only have one slot that can handle these cards. Portable Tech Gadgets. In addition, the only method to utilize a MicroSD card with a standard SD card reader is to buy a separate adapter for it. A simpler existence is possible with the Anker USB 3.0 SD card reader. There are slots for both SD and MicroSD cards, so you may use either one with any computer and read/write to both at the same time. It can read any MicroSD card and costs less than \$16 from retailers like Amazon. If you're a photographer or a professional who is often on the fly, you need this.

- Company: Anker
- Price: \$17.99

3. Baseus USB-C Car Charger 160W

The Baseus USB-C Car Charger 160W is a powerful charger that you can use in your car to charge different devices like phones, tablets, and laptops. It has a special USB-C port that can charge devices quickly, and it also has two regular USB ports. This charger is small and easy to carry around, and it has safety features to protect your devices

from getting damaged while charging. It's a handy gadget to have if you spend a lot of time driving and need to keep your devices charged up with these portable tech gadgets.

- Company: Baseus
- Price: \$49.99

4. AirPods Pro (2nd generation)

The AirPods Pro is Apple's latest wireless earbuds. They have improved sound quality with spatial audio, longer battery life, and a customizable fit for your ears. They also have noise cancellation to block out distractions. With different-sized ear tips and water resistance, they're comfortable and great for workouts. Overall, it offers a better listening experience with cool new features and improved performance.

- Company: Apple Inc.
- Price: \$249

5. Sennheiser Consumer Audio Momentum 4 Wireless Headphones

The Sennheiser Consumer Audio Momentum 4 Wireless Headphones are fantastic. They offer superb sound quality, are comfortable



to wear, and connect wirelessly to your devices via Bluetooth. They feature noise cancellation, a stylish design, and convenient touch controls on the ear cups. Plus, they have a built-in microphone for hands-free calls. It is one of the perfect portable tech gadgets for music lovers and video watchers.

- Company: Sennheiser
- Price: \$299.00

6. Earphone holder and cord organizer

Having a pair of earbuds on hand is convenient, but having the cord become tangled up in your pocket or purse is annoying (and it always seems to happen no matter how neatly you tuck them away). Tophome's earphone holder and cable organizer are crafted from premium real

leather, so you'll never have to worry about tangled wires or lost headphones again by Portable Tech Gadgets.

- Company: Tophome
- Price: \$9.99

These 6 Portable Tech Gadgets make life easier and more fun. Forget about carrying heavy and big gadgets; these compact solutions fit right into your life. If you like traveling a lot, enjoy cool technology, or just like smart ideas, these gadgets are made to make your life better and simpler. This collection of portable tech gadgets has something for everyone, from tools and earbuds to card readers and emergency radios. So, explore the options and find the perfect gadgets to accompany you wherever you go.

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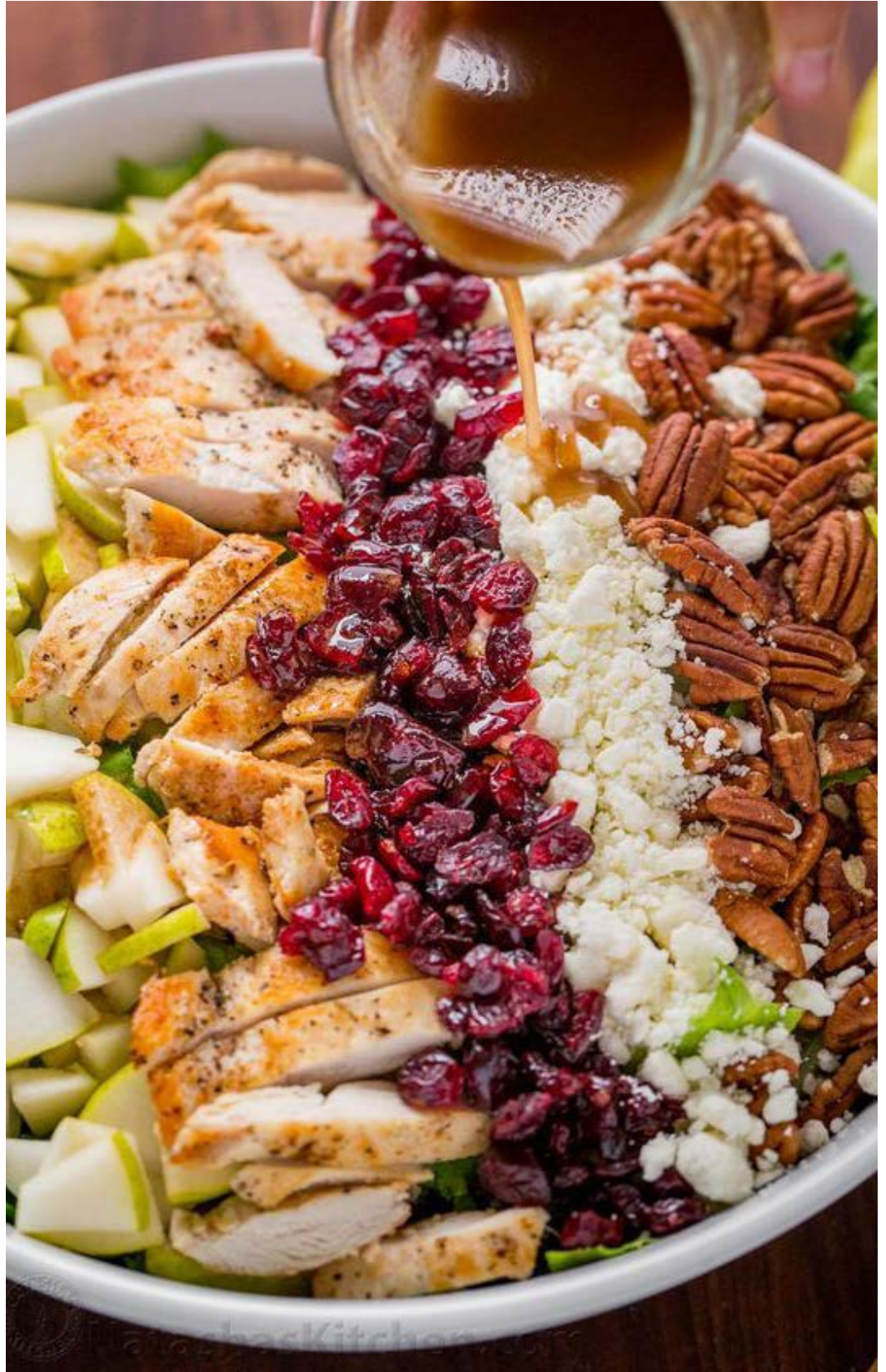
Autumn Chopped Chicken Salad

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- Salt and pepper to taste
- 6 cups mixed salad greens (spinach, arugula, and/or kale)
- 1 apple, thinly sliced
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans, toasted
- 1/4 cup crumbled feta cheese
- 1/4 cup red onion, thinly sliced
- 1/4 cup balsamic vinaigrette dressing

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Place the chicken breasts on a baking sheet lined with parchment paper. Drizzle olive oil over the chicken breasts and season them with salt and pepper.
3. Bake the chicken in the preheated oven for about 20-25 minutes or until cooked through. Remove from the oven and let it cool slightly.
4. While the chicken is baking, prepare the other ingredients. Wash and dry the mixed salad greens and place them in a large salad bowl.
5. Thinly slice the apple and red onion, and add them to the salad bowl along with the dried cranberries, chopped pecans, and crumbled feta cheese.
6. Once the chicken has cooled slightly, chop it into bite-sized pieces and add it to the salad bowl.
7. Drizzle the balsamic vinaigrette dressing over the salad.
8. Toss all the ingredients together until everything is evenly coated with the dressing.
9. Taste the salad and adjust the seasoning if necessary, adding more salt and pepper if desired.
10. Serve the Autumn Chopped







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Get ready to level up your fitness game with our guide on how to set your fitness goals for success. After all, who said setting goals can't be as enjoyable as a cheat day treat?

Whether you've set a goal to "run your first 10k" or "lose weight", the key to fitness goals achievements (and all other goals, really) is to first ensure that you are setting yourself up for success.

Wondering how to set your fitness goals for success without the headache? We've got your back (and your abs) with these tips that will make goal-setting feel like a breeze, minus the wind resistance.

Say goodbye to fitness fumbles and hello to a game plan that's as easy to follow as your

favourite workout playlist. Let's make those fitness goals stick like your post-gym selfie poses - effortlessly and with a touch of flair! Top 10 Tips to Set Yourself Up for Fitness Goals Success

1. Reflect on your intentions

Before setting your fitness goals, it's important to take some time to reflect on why you want to make changes in the first place. Whether it is to improve your overall health, increase strength, or simply feel more confident, understanding your motivations will help you stay committed when the going gets tough and rough.

2. Be specific

As much as possible, make your goals tangible. For example, instead of setting vague goals like "get fit" or "exercise more," be as specific as possible. For example, aim to

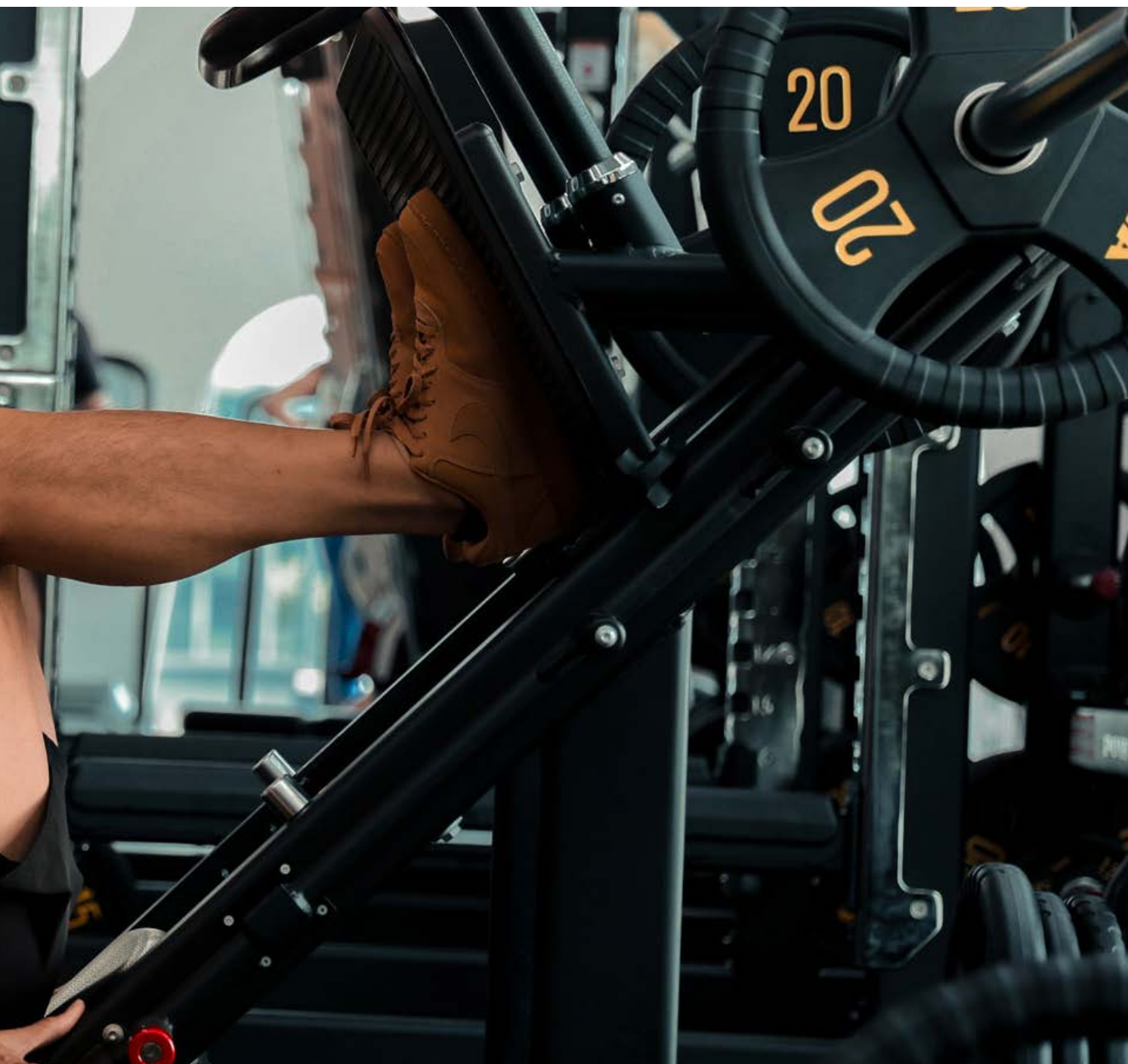
jog three times a week for at least 30 minutes or attend two fitness classes every week. Knowing exactly what you want to achieve will make it easier to track your progress.

3. Set realistic targets

While it's great to challenge yourself, it's important to set realistic goals that are attainable. Trying to run a marathon within a month when you've never run before might not be the best approach. Start small and gradually increase the difficulty level as you progress.

4. Break it down

Sometimes, large fitness goals can seem overwhelming. To avoid feeling discouraged, break your main objective into smaller, more manageable milestones. Celebrating these mini victories along the way will keep you motivated and focused.



5. Be flexible

Life can be unpredictable, and there may be days when unforeseen circumstances prevent you from sticking to your fitness plan. Instead of viewing these situations as failures, embrace flexibility and find alternative ways to stay active. Remember, progress doesn't always follow a straight path.

6. Track your progress

Monitoring your progress is vital to staying on course and sustaining motivation. Consider using fitness apps, wearable devices, or just a simple journal to record your workouts, measurements, and achievements. Seeing how far you've come can provide a sense of accomplishment and help you push through any setbacks.

7. Find an accountability partner

Team up with a friend, family member, or colleague who shares similar fitness goals. Having someone to hold you accountable and provide support during challenging times can significantly increase your chances of success. Plus, it makes your fitness journey more enjoyable!

8. Reward yourself

Don't forget to celebrate milestones and accomplishments with well-deserved rewards. Treat yourself to a massage, buy new workout gear, or indulge in a healthy-but-yummy meal. Rewards can act as additional motivation and reinforce positive behaviors.

9. Stay positive

Keeping a positive mindset is crucial throughout your fitness journey. There may be setbacks or moments when you feel

discouraged, but remember that progress takes time. Surround yourself with positivity, practice self-compassion, and focus on the long-term benefits of leading a healthier lifestyle.

10. Adjust and adapt

As you progress, your fitness goals may need adjustments to keep challenging yourself. What might have been difficult at the beginning may become too easy later on. Be open to adapting your goals and finding new ways to push your boundaries.

By following these tips, you'll be well-equipped to set achievable fitness goals that align with your desires for the new year.

Remember, consistency and determination are key – you have the power to make this year your best one yet in terms of fitness!



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England's Euro 2024 squad analysis bold and rips up left side - but who f

As England's 26-man final squad for Euro 2024 is confirmed, the Sky Sports writers assess some of the major talking points, including Southgate's boldness and whether Crystal Palace's Marc Guehi is the man to replace the injured Harry Maguire

Southgate finally gets bold with big calls

Marcus Rashford's omission from the provisional squad was the first clue that Gareth Southgate might be approaching this tournament differently. Now we know it for sure.

There was a perception that young newcomers such as Adam Wharton would be the ones to make way when the squad was cut to 26. Instead, there have been high-profile casualties.

- Grealish, Maguire and Maddison axed | England's Euro 2024 squad in full
- 'Devastated' Maddison: I thought I would have a place
- Analysis: Why overlooking Grealish is a big mistake

James Maddison's omission, having been, in his words, a "mainstay" during England's qualifying campaign was another big call

and it was followed by an even bigger one as Jack Grealish, fresh from an impressive cameo against Bosnia and Herzegovina, was axed as well.

In Rashford, the frozen-out Raheem Sterling, Grealish and Maddison, Southgate has chosen to go without an attacking quartet with a combined total of 185 England caps and 39 goals.

There are changes afoot in midfield, too. Gone are Jordan Henderson and Calvin Phillips, to whom Southgate was criticised for remaining loyal, replaced by the next generation. Now we are wondering whether Kobbie Mainoo or Wharton might complete the central three alongside Declan Rice and Jude Bellingham. Trent Alexander-Arnold, once shunned for his perceived defensive deficiencies, has been embraced as another midfield option. Harry Maguire's omission is not by choice. His calf injury has done for him. But his omission, added to those of so many other big names, adds to the fresh feel of this England squad. Southgate has changed tack. To many, this boldness is overdue. Nick Wright

Southgate rips up England's left-hand side

In the 2022 World Cup, Gareth Southgate took four left-wing options: Phil Foden, Marcus Rashford, James Maddison and Jack Grealish. Now just one remains for this summer's Euros.

Rashford and Grealish both played and scored for England in Qatar. They were key players for the Three Lions at the last Euros which saw them reach the final. But Rashford was left out of the provisional squad due to not having a good enough season, and it appears Grealish has fallen to the same fate.

Now it leaves Foden, the Premier League Player of the Season, as the clear frontrunner to start on that left-hand side in Germany, and Southgate hinted last month that the Manchester City attacker will be allowed to drift inside. But if England need a natural left-winger then it will be Anthony Gordon and Eberechi Eze that Southgate will call upon. Both made first England starts in that position recently and both impressed. England have options at left wing and it's the same at left-back. Luke Shaw reportedly being fit enough is a boost but, just like at Euro 2020, Kieran



Southgate gets fills Harry Maguire void?

Trippier may have to start the tournament in that role to allow England's first-choice left-back to recover. Joe Gomez is the backline defensive utility man as emergency cover. Will a brand new left flank bring a change in England's fortunes at major tournaments?

Who takes final midfield spot?

Declan Rice and Jude Bellingham are expected to be part of a three-man England midfield, but Southgate is overloaded with options for the remaining spot. Phil Foden's scintillating season playing in a free role for Manchester City has increased calls for him to be utilised in the same way. Foden, though, has often featured on the left for England, yet with Eberechi Eze and Anthony Gordon on the plane, perhaps he is lined up to play in the middle. The same applies to Cole Palmer, who likes to drift inside from the right, but may be seen by Southgate as cover for Bukayo Saka along with Jarrod Bowen.

Southgate has experimented with Trent Alexander-Arnold in midfield and he shone against Bosnia and Herzegovina on Monday. However, the right-back is untested in major tournaments. Conor Gallagher can play further forward through the middle, but he

appears to be a direct replacement for the energetic No 8 role that Jordan Henderson used to deliver alongside Rice - one that Southgate could always rely on. Then there are the new kids on the block to consider: Kobbie Mainoo and Adam Wharton. Both bring a calmness in possession. Their inclusions could be a watching brief for future tournaments.

Without doubt, Southgate has a solution for every eventuality.

A key question since the turn of the year had been whether there would be space for both Ollie Watkins and Ivan Toney in England's squad for Euro 2024. In March, ahead of the friendlies against Brazil and Belgium, even Southgate wasn't sure. Asked whether there would be space for both this summer, Southgate said: "Maybe, maybe not. I genuinely don't know the answer to that. That will depend on what kind of profile we need, what the profiles of the rest of the squad [members] are, whether we need a couple of players that are adaptable in a couple of positions and we can pick specialists in certain other positions."

However, with squads extended to 26 players,

both will now feature as understudies to captain Harry Kane, giving England a number of differing options in Germany. Toney's goal-scoring performance against Belgium obviously left a big impression on Southgate. After some strong showings for Brentford in the early weeks after his return from an eight-month ban, the goals did dry up for the 28-year-old, who failed to score in his last seven Premier League outings.

He is more of a like-for-like replacement should anything happen to Kane, but he does also provide a physical alternative to the Bayern Munich striker. His quality from the penalty spot is also a good option to have with shootouts potentially around the corner. In the end, Watkins' pace and his goal-scoring prowess also made him difficult to leave out. His 19 goals this season helped propel Aston Villa into the Champions League, and that form has rightly been rewarded. Southgate has gone for variety in attack and that could be crucial with the target a deep, deep run at this tournament.

Guehi to fill Maguire void?

Harry Maguire's unavailability for the tournament is a significant blow for Southgate, who has remained loyal to the Manchester United defender even through his toughest periods. The England boss has avoided the nightmare scenario of not having John Stones available either, with the Manchester City man having returned from a spell out for the FA Cup final. But he has a major decision to make on who partners him and the leading candidate appears to be Crystal Palace's Marc Guehi, who has already seen off competition from fellow left-sided centre-back Jarrad Branthwaite, the final player to be cut from the provisional list.

Guehi, like Stones, has only recently returned from injury having been sidelined by a knee problem in the second half of the campaign but he got the nod alongside Lewis Dunk against Bosnia and Herzegovina, winning his 10th senior cap under Southgate, a number which reflects his standing. Dunk, by contrast, only has six caps. Guehi beats Aston Villa's Ezri Konsa (three caps) for experience too. Joe Gomez, meanwhile, although more experienced, with 14 caps, appears more likely to be used as a back-up full-back having played there all season for Liverpool. Southgate loves Guehi's understated style and has spoken glowingly of his temperament. "He has played with great maturity," he said after starts against Ukraine and Scotland in October.

"At times he might not catch the eye in the way some other players do because he's in the right place, so he's not having to turn and cover for something that's gone wrong. He's a very calm player, positionally excellent,



composed with the ball, and with a very good mentality." The hope for Southgate is that, in the absence of Maguire, all of those qualities will shine through on the stage of a major tournament.

Bowen hits bullseye after Qatar snub

"Of course [not being selected for the World Cup] makes me want it more." You could see the desire in Jarrod Bowen's eyes when he delivered that statement to Sky Sports News after England's 3-0 win over Bosnia and Herzegovina on Monday. Bowen was first capped by Gareth Southgate in June 2022,

but missed out on selection for that winter's World Cup in Qatar. The West Ham forward added: "I don't know if I'm a better player, but I'm just more mature as a player and I think that comes with age, with the games that you play and confidence you gain from every opportunity you have here [with England]." But he's off to Germany - ousting some serious talents in Jack Grealish and James Maddison to get his chance at a major tournament. He deserves it too after kicking on again with West Ham.

Following his winning goal in the Europa

Conference League final for the Hammers a year ago, Bowen has scored 20 goals this campaign and grabbed 10 assists. In a very inconsistent team, Bowen has remained consistent. He offers England an alternative option to Bukayo Saka coming from the right flank.

Daring Wharton deserves his place

"I like the fact he sees pictures early, he plays forward." When Gareth Southgate said those words, you had the feeling he would pick Adam Wharton in his final England squad.

The 20-year-old's England debut against Bosnia and Herzegovina showed exactly what the Crystal Palace midfielder can bring. He completed all 38 of his passes - but crucially, 32 per cent of them were forward. Wharton is not a player who simply passes and plays it safe. He plays through the lines and unlocks defences. Against Bosnia and Herzegovina, a stunning first-time outside-of-the-boot cross nearly found Jarrod Bowen for a tap-in. This young man dares.

The young midfielder likely won't start for England in Germany but Southgate knows that if he needs a player to find the missing ingredient when chasing a lead or playing a low-block defence, then Wharton is that player. And can he handle the pressure? Well recent history shows he can. Wharton excelled as Palace stunned Liverpool 1-0 at Anfield two months ago, provoking Jamie Carragher to call him "outstanding" and a "real standout". Wharton is on the brink of a breakout summer.

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