

# Celebrity World

Botswana's Native Magazine

August 2024 P12

**Genhamour:  
The Versatile  
Visionary  
from  
Botswana**

**Naomi Wesi:  
Raising The  
Standards  
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Dear Readers,

Welcome to the August edition of our magazine, where we continue to celebrate the incredible talents and achievements within our community. This month, we are excited to bring you stories of passion, resilience, and inspiration that will undoubtedly leave you motivated and uplifted.

Gracing our cover this month is none other than Wealth Moabi Thulo, a remarkable individual whose journey in the entertainment industry has captured the hearts of many. Born in Molepolole, Botswana, and now making waves in Rustenburg, South Africa, Thulo embodies the essence of determination and creativity. His profound passion for storytelling and his unique ability to connect with people through various forms of expression have earned him the fitting title, "I'M THAT BOY." In our exclusive cover story, we delve into Thulo's inspiring journey, exploring the challenges he has overcome and the milestones he has achieved. His story is a testament to the power of perseverance and the pursuit of one's dreams, and we are thrilled to share it with you.

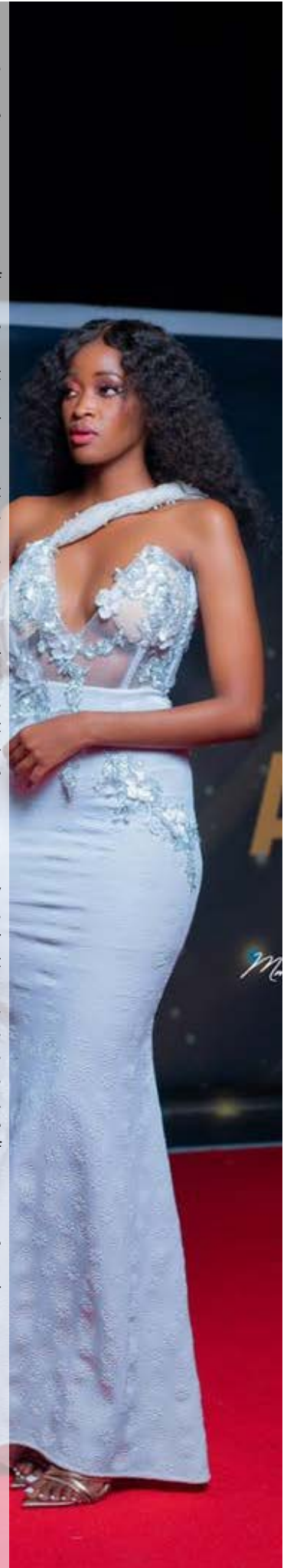
In our "Know Your Local" segment, we feature the talented DJ Mis J, the Queen of Afrotech, who hails from Kanye. DJ Mis J's journey as an Afrotech DJ has been nothing short of extraordinary. From her beginnings in local DJ competitions to showcasing her skills on major radio stations and events, her story is one of passion and dedication. DJ Mis J's unique style and hypnotic rhythms have captivated audiences, making her a standout artist in the music industry. We are excited to bring you an in-depth look at her career, influences, and the driving force behind her success.

Our feature article this month shines a spotlight on Dolly Masilomangwe, a runway model and qualified accountant. Dolly's journey in the modeling industry began in 2017, and despite facing challenges, she has emerged as a prominent figure in the fashion world. Her resilience and dedication have led her to win the Best Runway Model of the Year Africa 2023 award, among other accolades. Dolly's story is one of perseverance, self-belief, and the pursuit of excellence. Her experiences and insights offer valuable lessons for aspiring models and professionals alike. This edition is packed with stories that celebrate the diverse talents within our community. From the creative brilliance of Wealth Moabi Thulo to the musical prowess of DJ Mis J and the runway success of Dolly Masilomangwe, each story is a reminder that with passion, resilience, and hard work, anything is possible.

We hope you find inspiration in the pages of this magazine and that these stories motivate you to pursue your own dreams with renewed vigor. As always, we are grateful for your continued support and readership.

Enjoy the August edition, and stay inspired!

Warm regards,  
Editorial Team,  
Celebrity World Magazine



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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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### THE CONVERT

A lay preacher arrives at a British settlement in 1830s. His violent past is soon drawn into question and his faith put to the test, as he finds himself caught in the middle of a bloody war between Maori tribes.

**DIRECTED BY:** Lee Tamahori

**GENRE:** ACTION & DRAMA

**CAST:** Guy Pearce, Tioreore Ngatai-Melbourne, Antonio Te Maioha, Jacqueline McKenzie, Te Kohe Tuhaka.



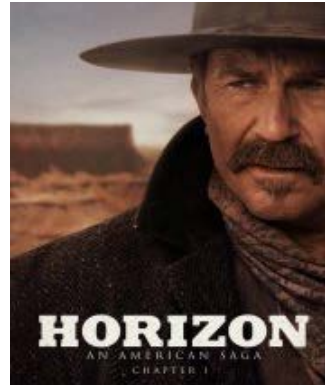
### THE DEAD DON'T HURT

Two pioneers fight for their lives and their love on the American frontier during the Civil War.

**DIRECTED BY:** Viggo Mortensen

**GENRE:** WESTERN & DRAMA

**CAST:** Vicky Krieps, Viggo Mortensen, Solly McLeod, Garret Dillahunt, W. Earl Brown, Danny Huston, Shane Graham, Rafael Plana, Alex Breau, Jason Clarke, Arturo Coronado, Marc Dennis, John Getz, Atlas Green, Angela Lentz, Nadia Litz, Ray McKinnon, Eliana Michaud.



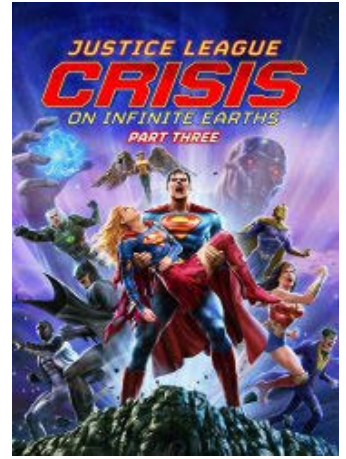
### HORIZON: AN AMERICAN SAGA CHAPTER 1

Chronicles a multi-faceted, 15-year span of pre-and post-Civil War expansion and settlement of the American west.

**DIRECTED BY:** Kevin Costner

**GENRE:** WESTERN

**CAST:** Kevin Costner, Sienna Miller, Sam Worthington, Jena Malone, Owen Crow Shoe, Tatanka Means, Ella Hunt, Tim Guinee, Giovanni Ribisi, Danny Huston, Colin Cunningham, Scott Haze, Tom Payne, Abbey Lee, Michael Rooker, Will Patton, Jim Lau, Georgia MacPhail



### JUSTICE LEAGUE: CRISIS ON INFINITE EARTH PART THREE

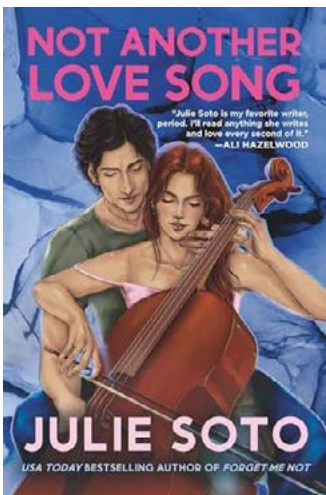
Trapped in a pocket universe, surviving Earths face annihilation by the Anti-Monitor. Time shatters, bringing past heroes to aid Justice League against the epitome of evil. Their sacrifice may lead to victory.

**DIRECTED BY:** Jeff Wamester

**GENRE:** ANIMATION, ACTION & ADVENTURE

**CAST:** Alexandra Daddario, Jensen Ackles, Matt Bomer, Katee Sackhoff, Stana Katic, Jimmi Simpson, Aldis Hodge, Mark Hamill, Lou Diamond Phillips, Dean Cain, Meg Donnelly, Troy Baker, John DiMaggio, Jennifer Hale, Ashly Burch, Gideon Adlon, Corey Stoll, Matt Lanter

## What To Read



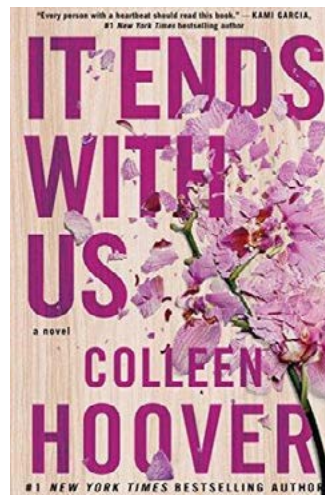
### NOT ANOTHER LOVE SONG

Two talented musicians battle for professional recognition and against their increasing attraction. Gwen Jackson and Xander Thorne are talented performers with the Manhattan Pops Orchestra: She's a violinist; he's a cellist. When Gwen is hired to play the wedding of one of Xander's friends, she's stunned to realize that Xander has no clue who she is.

**BY:** JULIE SOTO

**GENRE:** ROMANCE

**RELEASED:** 16 JULY 2024



### IT ENDS WITH US

Hoover's latest tackles the difficult subject of domestic violence with romantic tenderness and emotional heft. At first glance, the couple is edgy but cute: Lily Bloom runs a flower shop for people who hate flowers; Ryle Kincaid is a surgeon who says he never wants to get married or have kids.

**BY:** COLLEEN HOOVER

**GENRE:** ROMANCE

**RELEASED:** 2 AUGUST 2016

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# Genhamour: The Versatile Visionary from Botswana

Genhamour, a multifaceted musician and producer from Botswana, has rapidly emerged as a global sensation with his eclectic mix of hip hop, house, Afrobeats, and RnB. His unique sound has captivated audiences worldwide, earning him a prominent place in the contemporary music landscape. Drawing inspiration from industry giants like Kanye West, Dr. Dre, and Jonny Mokhali, Genhamour has crafted a

distinct sonic identity that is both innovative and infectious.

Born and raised in Botswana, Genhamour's journey into music was influenced by his diverse cultural background and the vibrant sounds that surrounded him. His musical odyssey began at a young age, where he was drawn to the rhythms and beats of his native land. The fusion of traditional Botswana

music with modern genres sparked his creative curiosity, leading him to explore various musical styles.

Genhamour's artistic influences are a testament to his broad musical palate. Kanye West's boundary-pushing production techniques, Dr. Dre's impeccable ear for detail, and Jonny Mokhali's soulful melodies have all left an indelible mark on his approach to music. These influences have helped shape his ability to blend genres seamlessly, creating a sound that is uniquely his own.

One of Genhamour's most notable accomplishments is the release of his single "Digalagala," featuring Motlha. This track received widespread critical acclaim, solidifying his presence in the music scene. "Digalagala" is a perfect example of Genhamour's ability to blend different genres, incorporating elements of Afrobeats and hip hop to create a track that is both dynamic and captivating. The song's infectious rhythm and catchy lyrics resonated with audiences, propelling Genhamour into the spotlight.

The success of "Digalagala" marked a turning point in Genhamour's career, opening doors to new opportunities and collaborations. It showcased his talent for creating music that transcends cultural and geographical boundaries, appealing to a diverse audience.

Currently, Genhamour is hard at work on his upcoming EP titled "ErlMelody." This project promises to be a testament to his musical evolution, reflecting his growth as an artist and his continuous pursuit of innovation. "ErlMelody" is set to feature a range of tracks that highlight Genhamour's versatility, blending hip hop, house, Afrobeats, and RnB in ways that are both unexpected and delightful.

Each track on the EP is meticulously crafted, with Genhamour paying close attention to every detail. From the production to the lyrics, "ErlMelody" is a labor of love that showcases his dedication to his craft. The EP is expected to further establish Genhamour as a rising star in the industry, cementing his reputation as a musician who is unafraid to push boundaries and experiment with new sounds.

In addition to his work as a musician, Genhamour is also the co-owner of the X80X Record label. This venture allows him to extend his influence in the music industry, providing a platform for emerging artists and producers to showcase their talent. X80X Record label is committed to nurturing creativity and fostering innovation, values that are at the core of Genhamour's own musical philosophy.

Through X80X, Genhamour has the opportunity to mentor young artists, sharing his knowledge and experience to help them navigate the complexities of the music industry. His role as a co-owner underscores his commitment to giving back to the community and supporting the next generation of musicians.

Genhamour's passion for music is evident in everything he does. His knack for creating unforgettable melodies and his relentless pursuit of excellence set him apart from his peers. He is constantly pushing the boundaries of what is possible in music, exploring new genres and sounds to keep his work fresh and exciting.

For Genhamour, music is not just a career; it's a way of life. His dedication to his craft is unwavering, and he approaches each project with the same enthusiasm and commitment. This passion is what drives him to continue evolving as an artist, always striving to reach new heights.

As Genhamour continues to make waves in the music industry, fans can expect more exciting music and projects from this talented musician. His upcoming EP, "ErlMelody," is just the beginning of what promises to be a remarkable career. With his innovative approach to music and his commitment to pushing boundaries, Genhamour is undoubtedly an artist to watch.

Looking ahead, Genhamour envisions his brand growing and his fan base expanding. His goal is to be among the top-rated musicians in the world, gracing international stages and leaving a mark on global hotspots. His journey is a testament to the power of passion and perseverance, and his story serves as an inspiration to aspiring musicians everywhere.

In the ever-evolving world of music, Genhamour stands out as a beacon of creativity and innovation. His ability to blend genres and create music that resonates with audiences worldwide is a testament to his talent and vision. As he continues to push the boundaries of what is possible, there is no doubt that Genhamour will leave an indelible mark on the music industry.

Stay tuned for more from this remarkable artist, as he continues to captivate audiences with his unique sound and infectious energy. Whether it's through his upcoming EP, his work with X80X Record label, or his live performances, Genhamour is sure to keep the world watching and listening.



# I'M THAT BOY:

*Wealth Moabi*

*Thulo*



The name Wealth Moabi Thulo resonates with passion, resilience, and remarkable achievements. A native of Molepolole, Botswana, and currently residing in Rustenburg, South Africa, Thulo's journey in the entertainment industry is nothing short of inspirational. Driven by a profound passion for storytelling and connecting with people through various forms of expression, Thulo has carved a niche for himself across multiple platforms, earning the title "I'M THAT BOY."

Wealth Moabi Thulo's journey began with an innate love for storytelling and a desire to connect with people. This passion propelled him to pursue a career in the entertainment industry, where he could leverage his talents to make a lasting impact. From a young age, Thulo was drawn to the arts, finding solace and excitement in acting, performing, and engaging with diverse audiences. His early experiences in Molepolole shaped his artistic sensibilities, fostering a deep appreciation for culture and narrative.



Thulo's dedication and hard work soon began to pay off as he landed roles in popular telenovelas like "Rhythm City" and Netflix shows like "Justice Served." These appearances not only showcased his acting prowess but also opened doors to new opportunities. Sharing stages with industry icons like Lady Du and Bonang Matheba, as well as performing at renowned festivals and TV shows, were monumental moments in his career. Each experience contributed to his growth as a versatile entertainer, honing his skills and expanding his reach.

One of the most rewarding aspects of Thulo's career has been his ability to continuously evolve creatively. Working across various facets of the entertainment industry, he has embraced challenges and pushed boundaries, ensuring his artistic expression remains dynamic and fresh. This evolution has allowed him to reach diverse audiences through different mediums, from television and film to live performances and digital content. Thulo's adaptability and willingness to explore new avenues have been key to his sustained success.

Navigating the demanding landscape of the entertainment industry requires exceptional time management and prioritization. For Thulo, balancing roles as an actor, performer, and media personality has been a delicate but fulfilling endeavor. While he enjoys all aspects of his work, music holds a special place in his heart. It serves as a powerful outlet for his emotions and creativity, allowing him to connect with audiences on a profound level. His performances are a testament to his versatility and passion for the craft.

Thulo's journey has not been without its challenges. He has faced life-threatening obstacles that tested his resilience and determination. However, these experiences have only strengthened his resolve to persevere.

Overcoming such hurdles has instilled in him a deep sense of gratitude and a renewed commitment to his goals. Thulo's story is a testament to the power of resilience and the importance of never giving up, no matter how daunting the circumstances.



Among the many projects that Thulo has been a part of, one stands out as particularly memorable: the BT Signature by Boity and Le Creuset collaboration. Working with such esteemed brands was a dream come true for Thulo, fulfilling a long-held aspiration. This project not only showcased his talent but also highlighted his ability to collaborate with top-tier brands, further cementing his reputation in the industry. It remains a milestone in his career, symbolizing the culmination of his hard work and dedication.

Thulo's journey offers valuable insights for aspiring actors, performers, and media personalities. He emphasizes the importance of resilience, adaptability, creativity, and a strong work ethic. These qualities, he believes, are essential for navigating the competitive and ever-evolving landscape of the entertainment industry. Thulo encourages aspiring individuals to stay true to their passions, embrace challenges, and continuously strive for excellence. Success, he asserts, is a result of unwavering determination and a commitment to personal growth.

In today's digital age, Thulo understands the significance of staying updated with trends and engaging authentically with followers. The dynamic landscape of social media and digital content creation presents both opportunities and challenges. Thulo's approach involves maintaining a consistent online presence, creating engaging content, and building genuine connections with his audience. His ability to leverage digital platforms has expanded his reach and influence, allowing him to connect with fans worldwide.

The future holds exciting prospects for Wealth Moabi Thulo. He has several upcoming projects that promise to captivate audiences and further solidify his position in the industry. These include collaborations with notable brands such as Suzuki, BT Signature, Omo, Chicken Licken, and Builders. Additionally, Thulo is set to launch a book, star in a TV reality show on Moja Love, and host his own show titled "How About Love." These ventures reflect his diverse talents and his relentless pursuit of excellence.

To aspiring actors, performers, and media personalities, Wealth Moabi Thulo offers a powerful message: Believe in yourself and ignore the doubters. The entertainment industry is challenging, but with determination and self-belief, great things can be achieved. Thulo's journey is a testament to the transformative power of passion and perseverance. He encourages aspiring individuals to embrace their unique talents, stay focused on their goals, and never lose sight of their dreams.





Wealth Moabi Thulo's story is a remarkable journey of passion, resilience, and creative evolution. From his roots in Molepolole to his current residence in Rustenburg, South Africa, Thulo has made significant strides in the entertainment industry. His ability to connect with audiences through various forms of expression, his dedication to his craft, and his unwavering determination have earned him the title "I'M THAT BOY." As he continues to inspire and entertain, Thulo's journey serves as a beacon of hope and inspiration for aspiring entertainers worldwide.



# Cherise Chulu: A Rising Star In The Pageantry World

At just 12 years old, Cherise Chulu, a bright and ambitious student at Mophane Primary School, is already making remarkable strides in the pageantry world. Currently in Standard 7, Cherise's journey is nothing short of inspiring, demonstrating that with passion and dedication, the sky's the limit.

Cherise's foray into pageantry began with a bang. She was crowned Little Queen Miss Kids & Teen Global Botswana for the 2022/23 season, a title that catapulted her into the limelight and set the stage for her burgeoning career. Her grace, poise,

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and charisma shone brightly, earning her the prestigious title of Little Queen Miss Cross Country International 2023/24.

Beyond her success on the pageantry stage, Cherise's achievements extend into various facets of her life. She hosted the Miss GSS 2023, showcasing her versatility and confidence as a public speaker. Since 2019, Cherise has been donating clothes to the Gamodubu Orphanage Centre, a testament to her compassionate spirit and commitment to giving back to her community.

Cherise is not just a participant in beauty pageants; she is also a mentor and coach. Her coaching prowess has seen five beauty queens rise under her guidance, one of whom clinched the Miss Tourism 2023 title during the Miss Independence 2023 pageant. Her ability to inspire and train others highlights her leadership qualities and her dedication to fostering talent in others.

An all-rounder, Cherise is also a talented writer and a budding fashionista. Her artistic qualities are evident in everything she does, from her pageant performances to her personal style. As a public speaker, she has captivated audiences with her eloquence and confidence, further solidifying her status as a role model for her peers.

Currently, Cherise is a finalist for the Little Miss Kids and Teens Global Botswana 2024, a testament to her continued dedication and passion for pageantry. Her journey so far has been marked by hard work, resilience, and a relentless pursuit of excellence.

Cherise Chulu's achievements are a true testament to the idea that anything is possible when you put your mind to it. Her story is a beacon of inspiration to many of her age and colleagues, proving that with determination, one can achieve greatness at any age. As she continues to shine in the pageantry world and beyond, Cherise is undoubtedly a name to watch, embodying the spirit of a true champion.











# Chinese Yuan Renminbi (CNY): Overview, History

What Is the Chinese Yuan Renminbi (CNY)?  
The term Chinese yuan renminbi (CNY) refers to the currency used in the People's Republic of China. Although it may seem a little confusing because the names are often depicted together, they're actually two separate terms. A yuan acts as China's unit of account for its financial system and economy, which represents a single unit of money. The term renminbi, on the other hand, is the official name of the currency itself.

## KEY TAKEAWAYS

- The Chinese yuan renminbi is the currency used in the People's Republic of China.
- Yuan is the actual unit of currency while renminbi is the name of the currency itself.
- Yuans are divided into 10 jiao and one jiao is divided into 10 fen.

- Banknotes are printed in one, two, five, 10, 20, 50, and 100 yuan denominations, as well as one, two, and five jiao denominations.

## Understanding the Chinese Yuan Renminbi (CNY)

The Chinese yuan renminbi is the official currency of mainland China. As noted above, the term yuan refers to a single unit of the currency while the term renminbi refers to the actual name of the currency itself. The yuan is abbreviated as CNY while the renminbi is abbreviated as RMB. The latter was introduced to the country by the Communist People's Republic of China at the time of its founding in 1949.

China's national currency is issued by its central bank, the People's Bank of China (PBOC). The bank is headquartered in Beijing,

the nation's capital. Along with printing the currency, the bank is also responsible for monetary and fiscal policy as well as financial regulation in China. The PBOC management team consists of a governor, six deputy governors, and a chief inspector.

The symbol for the currency is ¥. A single yuan is divided into 10 jiao. One jiao is further divided into 10 fen. Banknotes in circulation come in one, two, five, 10, 20, 50, and 100 yuan denominations, as well as one, two, and five jiao notes. The central bank also mints coins in one, two, and five fen. Coins are also issued in one and five jiao, along with one yuan denominations.

Several series of the renminbi were issued since the 1950s, each of which has its own banknotes and coins. The fifth series is now legal tender, leading the prior ones to be



phased out. The CNY is not a free-floating currency system. Instead, it is managed through a floating exchange rate, which means it is allowed to float in a narrow margin around a fixed base rate determined with reference to a basket of world currencies. The CNY was pegged directly to the U.S. dollar until 2005.

### Special Considerations

As mentioned above, the terms yuan and renminbi are commonly used interchangeably or together in some parts of the world, so it's no surprise that their use often confuses investors. The term yuan renminbi, though, is a lot like the terms pound sterling and pound, which are used to describe the currency of the United Kingdom.

The pound sterling is the name of the British currency itself while pounds are a denomination of the pound sterling. You use pounds to purchase goods and services, not pounds sterling or sterling. Following this example, it's important to remember that you can refer to the currency in general as the renminbi. But references to monetary value and prices use the term yuan. For instance, the suggested retail price for a BMW 320Li M was ¥339,800 as of March 2019.

### Devaluation

The CNY went through a steady stream of appreciation against the greenback, leading the country to devalue its currency several times in 2015. Chinese leaders said this was part of the country's market reform efforts.<sup>5</sup> This, in turn, opened up a trade war with the U.S. calling China a currency manipulator, President Donald Trump imposed tariffs on Chinese goods starting in 2018.<sup>6</sup> China responded with its own set of tariffs on American products.

Not only did devaluing the CNY make Chinese goods more affordable and attractive in international markets, but there was also another advantage for China. It became the first emerging market currency included in the International Monetary Fund's (IMF's) special drawing rights (SDR) basket—a reserve currency used by the IMF. The IMF added the CNY to the basket in Oct. 2016.

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# SPINNING DREAMS INTO REALITY

Born in Selibe Phikwe and now a resident of Gaborone, Boikobo Mohutsiwa, better known as DJ Benyboi, has made a significant mark on the local entertainment scene. Recognized as an event organizer for The Temple Lounge and host for the popular "Sneakers and Bottle Sundays" at The Vineyard CBD, DJ Benyboi is known for curating unforgettable experiences through his music and event planning skills.

With a keen eye for detail and a knack for bringing people together, DJ Benyboi has become a prominent figure in Gaborone's nightlife. His infectious energy and love for music captivate his audience, whether he's spinning tracks at a club or orchestrating the perfect Sunday chill-out session. Fans can look forward to more electrifying performances and exciting events from the one and only DJ Benyboi.

In the world of music and entertainment, one name that resonates with passion and versatility is DJ Benyboi. Born and bred in the heart of Selibe Phikwe, this maestro has carved a niche for himself in the bustling DJ scene. His journey into the realm of music began in 2015, in the very streets where he grew up, marking the start of an illustrious career that has been nothing short of a melodious adventure.

From a young age, DJ Benyboi was enamored with the world of music. It was this profound love that guided his decision to step into the world of DJing. However, his musical journey didn't start there; he first dipped his toes into the industry as a producer. Crafting his own beats and producing tracks, he laid the foundation for what would become a flourishing DJ career. His music isn't just played; it's felt, reflecting his deep-rooted passion for the craft.

Boikobo Mohutsiwa's journey into music began in the town of Selibe Phikwe, where his love for music was nurtured by the local rhythms and beats that surrounded him. Growing up, he was exposed to a variety of musical genres, from traditional Tswana music to the latest international hits. This



diverse musical environment played a crucial role in shaping his eclectic taste and versatile style.

DJ Benyboi's initial foray into the music industry was as a producer. He spent countless hours in his makeshift home studio, experimenting with sounds and creating unique beats. His dedication to his craft paid off when he started producing tracks that gained attention from local artists and DJs. This early success in music production gave him the confidence to take the next step in his career: becoming a DJ.

After moving to Gaborone, DJ Benyboi quickly immersed himself in the city's vibrant music scene. He started performing at local clubs and events, where his dynamic sets and innovative mixes soon caught the attention of partygoers and club owners alike. His ability to read the crowd and create an electrifying atmosphere made him a sought-after DJ in the city.

What sets DJ Benyboi apart in the saturated world of DJs is his unparalleled versatility and his expertise as an Afro Tech and 3-step producer. He doesn't just play music; he redefines it, blending genres and creating auditory experiences that captivate his audience. His ability to adapt and innovate has made him a beloved figure among music enthusiasts and has cemented his status as a DJ who is always ahead of the curve.

In addition to his DJing prowess, DJ Benyboi has also made a name for himself as an event organizer. His role at The Temple Lounge and his popular "Sneakers and Bottle Sundays" at The Vineyard CBD are testaments to his ability to create unforgettable events. These events have become staple gatherings in Gaborone's social calendar, known for their vibrant atmosphere and top-notch entertainment.

DJ Benyboi's success is not just due to his technical skills and musical talent; it's also about his ability to connect with his audience. He understands that being a DJ is not just about playing tracks; it's about creating a shared experience. Whether he's performing at a packed club or an intimate gathering, he knows how to engage the crowd and make every event memorable.

A typical day for DJ Benyboi is a blend of creativity, preparation, and engagement. He starts his day by exploring new music, listening to the latest tracks, and experimenting with mixes in his home studio. In the afternoon, he often meets with event organizers, club owners, and fellow artists to plan upcoming events and collaborations. Evenings are usually reserved



for performances or attending events to stay connected with the local music scene.

Like any artist, DJ Benyboi has faced his share of challenges. The journey from Selibe Phikwe to becoming one of Gaborone's top DJs was not without obstacles. From technical difficulties during performances to the ever-present pressure of staying relevant in a rapidly changing industry, DJ Benyboi has navigated these challenges with resilience and determination. Each setback has been a learning experience, shaping him into the artist he is today.


As DJ Benyboi continues to make waves in the music scene, he has no plans of slowing down. He is constantly working on new projects, including original tracks and remixes that showcase his innovative style. Additionally, he is exploring opportunities to expand his brand beyond Botswana, aiming to take his music to international audiences. His ambition is to not only be a DJ but also a

cultural ambassador, sharing the rich musical heritage of Botswana with the world.

For those looking to experience the unique soundscapes crafted by DJ Benyboi, he's just a call or a click away. Whether it's to book him for a pulsating party or a serene gathering, you can reach out via WhatsApp at (+267) 71 799 519 or follow his musical journey on social media platforms like Facebook and Instagram under the handle 'Dj Benyboi'. Join him as he spins not just records, but dreams into reality, one beat at a time.

DJ Benyboi stands out as a storyteller, an innovator, and a dreamer. His journey from the streets of Selibe Phikwe to Gaborone's hotspots, where he now reigns supreme, is a testament to the power of passion, dedication, and the relentless pursuit of dreams. As he continues to evolve and inspire, DJ Benyboi is not just spinning tracks; he is creating a legacy that will resonate for generations to come.

# FROM MOLEPOLOLE TO GLOBAL RUNWAY : DOLLY MASILOMANGWE



Dolly Masilomangwe, a 27-year-old hail from Molepolole, Botswana, is making waves both in the finance world and on the runway. A professional model and accountant, Dolly seamlessly balances her dual careers with grace and determination. With a degree in Banking and Finance, she is not only an accomplished accountant but also one of Botswana's top models, shining brightly in runway shows and commercial modeling. Her journey is deeply rooted in her Christian faith, which serves as her foundation and guiding light.

Dolly's modeling career began in 2017, inspired by renowned models Kaone Kario and Naomi Campbell. Her first modeling job was at the Masa Fashion Show in Botswana, where she had the opportunity to work with the esteemed Jan Malan. This experience was the springboard that propelled her into the fashion industry, and she has never looked back.

"I started my modeling journey in 2017, and it has been a thrilling ride ever since," Dolly shares. "Working with Jan Malan at the Masa Fashion Show was a significant milestone. It was the beginning of many wonderful opportunities."

Maintaining a radiant complexion and reducing facial puffiness are crucial for Dolly. She emphasizes the importance of regular facial cleansing and avoiding chemical products. "I go for manual massage to reduce facial puffiness and give my complexion a natural glow. It's all about enjoying what I do and giving my maximum effort," she says.

The COVID-19 pandemic brought significant challenges, but Dolly's resilience shone through. For two years, the fashion industry struggled, but in 2022, she worked with African Fashion International (AFI), one of the biggest agencies in South Africa. "The pandemic was tough, but it didn't stop me. Working with AFI in 2022 was a major highlight," Dolly recalls.

However, the challenges of her career extend beyond the pandemic. Being hired to work in different cities or countries means making sacrifices, such as being away from family and friends and learning to fend for herself. Despite these difficulties, Dolly remains steadfast in her pursuit of excellence.

One of her most memorable experiences was winning the Best Runway Model of the Year Africa 2023 award in Ghana. "The experience was incredible. Winning that award was a dream come true," she beams. Another unforgettable moment was participating in the Forbes Under 30 Summit in 2022, where she shared the ramp with Kaone Kario and Emma Warius.

Dolly attributes her success to her faith and disciplined lifestyle. "Always stay hydrated and eat well. Regular facial cleansing and avoiding chemical products are essential. Manual massage helps too," she advises.

Her unique body structure, captivating eyes, and distinct facial features set her apart in the modeling industry. Despite facing criticism and rejection, Dolly remains resilient. "Criticism and rejection are daily occurrences in this career. I am always prepared to manage my emotions. I seek support from friends, family, or even a psychologist if needed," she says.

Dolly encourages aspiring models to persist and never accept "no" as the end of their career. "Value rejection as an opportunity to pursue bigger dreams. Persistence is key," she emphasizes.

Looking ahead, Dolly envisions a more inclusive fashion industry that represents a diverse range of body types, ages, genders, and cultures. "The industry will embrace diversity not only in marketing campaigns but also in product offerings, with more inclusive sizing and gender-neutral clothing lines," she predicts.

Dolly aspires to take her career to the global stage, dreaming of participating in New York and Paris fashion weeks. "By the grace of the Lord, I believe I can achieve anything. The scripture says I can do all things through Christ who lives in me," she says with a smile. "It's a bit challenging, but I set clear boundaries between work and my modeling career."

Dolly Masilomangwe's journey is a testament to the power of faith, resilience, and determination. As she continues to break barriers and inspire others, her story is a beacon of hope and empowerment for aspiring models everywhere.



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# The Importance of Market Knowledge for Entrepreneurs





The foundation of any successful entrepreneurial venture is market understanding. Not only is it favourable, but it is vital to grasp the market in today's fast-paced and cutthroat corporate world. Strong market knowledge enables entrepreneurs to foresee trends, make well-informed decisions, and develop goods and services that cater to their target market. This is a thorough examination of the reasons why market knowledge is so important to business owners.

**1. Identifying Opportunities**

With the right market information, entrepreneurs can spot opportunities and fill up market gaps. Through comprehension of client requirements, inclinations, and discomfort areas, business owners might provide inventive resolutions to unfulfilled requires. Because of their foresight, they are able to enter markets with significant potential and stay out of crowded, competitive regions.

**2. Competitive Advantage**

An entrepreneur can obtain a substantial competitive advantage by possessing in-depth knowledge of the market. Entrepreneurs can strategically position their enterprises by examining market trends, industry standards, and competitors' strengths and shortcomings. Gaining market share and differentiating their goods and services from competitors depends on this advantage.

**3. Risk Mitigation**

There are dangers involved in starting a business. Knowledge of the market, nevertheless, helps lessen these dangers. Entrepreneurs may improve their decision-making and create plans to avoid potential mistakes by having a thorough awareness of regulatory frameworks, market dynamics, and potential obstacles. Being ready lowers the possibility of expensive errors and raises the odds of long-term success.

**4. Customer Insights**

Knowing the market and knowing

the customer are the same thing. Businesses can better satisfy client expectations by customizing their services to those who possess a thorough understanding of their target demographic. This customer-focused strategy improves brand reputation, encourages repeat business, and builds loyalty.

**5. Strategic Planning**

One of the most important aspects of strategic planning is market awareness. Market data is used by entrepreneurs to predict trends, establish reasonable objectives, and develop workable plans. This kind of strategic foresight makes it possible to allocate resources more wisely, maximize return on investment, and optimize operational efficiency.

**6. Innovation and Adaptability**

The capacity for innovation and adaptation is essential in a market that is changing quickly. Market-savvy businesspeople are better able to anticipate trends, adopt cutting-edge technologies, and adjust their business plans as needed. In order to stay relevant and competitive in the market, this adaptability is essential.

**7. Investor Confidence**

Market expertise is crucial for businesses looking for funding to win over investors. Businesses that exhibit a deep comprehension of the market, evident growth potential, and well-founded strategy are more likely to receive funding from investors. An entrepreneur's ability to demonstrate their expertise of the market boosts their chances of getting funding.

**8. Long-term Sustainability**

In the end, market knowledge helps ensure a company's long-term viability. Entrepreneurs may make sure their company is robust and relevant by keeping a close eye on the market and making necessary adjustments. Maintaining development and profitability in the face of market volatility and economic uncertainty is made possible by this constant watchfulness.

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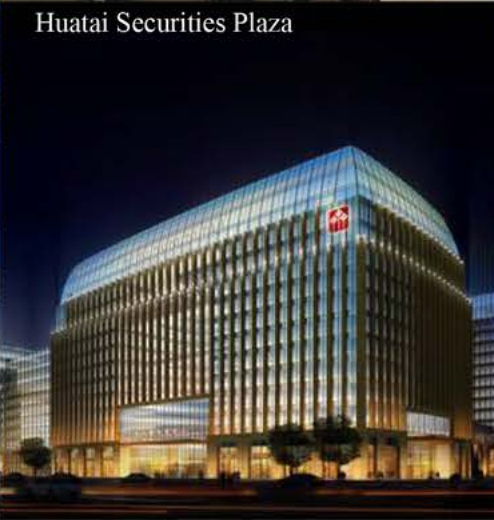
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# President Trump Survives An Assassination



On Saturday, July 13th, 2024, former President of the United States of America, Donald Trump, narrowly survived an assassination attempt when a bullet grazed his right ear. The incident took place at a rally in Butler, Pennsylvania, while Trump was delivering a speech.

As additional gunshots rang out, the Secret Service quickly intervened, urging Trump to take cover as they rushed onto the stage to protect him. As they escorted Trump towards a nearby SUV, he paused to raise his fist in the air, eliciting a loud cheer from the crowd, who then began chanting "USA!"

The attack left two rally attendees critically injured and claimed the life of another. The shooter, positioned on the roof of a nearby building, was also killed during the incident. This event has raised serious concerns about the security measures at rally gatherings.

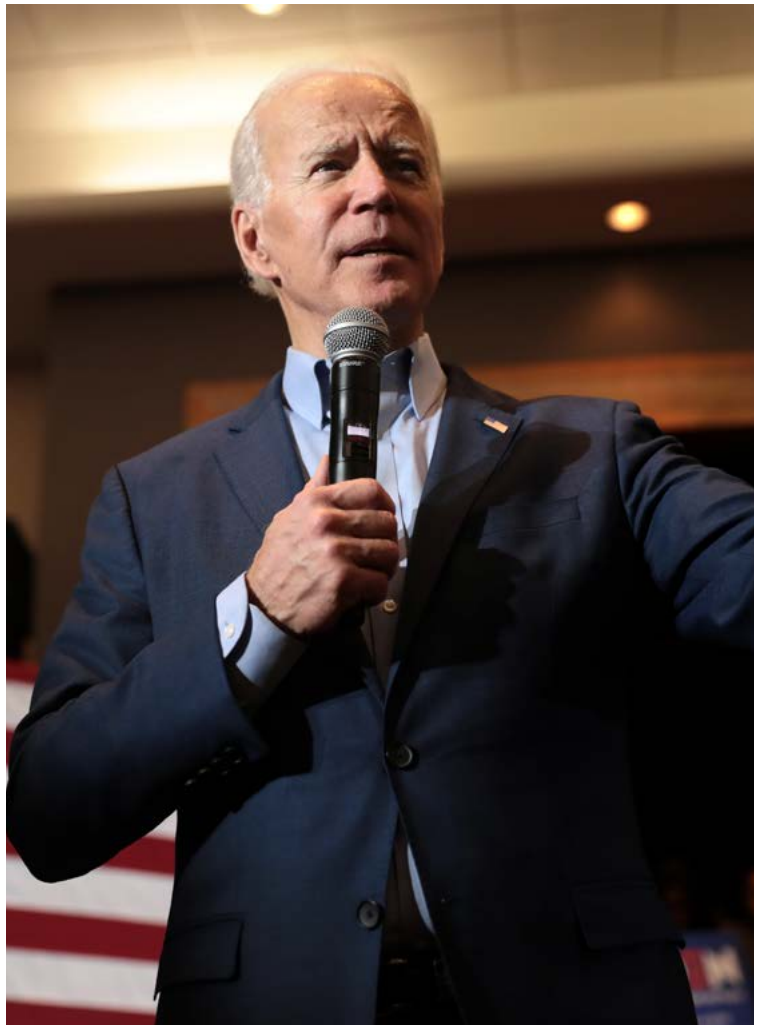
# Biden Withdraws From The Run For Reelection

In an unprecedented move that upends the already dramatic contest for the White House, US President Joe Biden has withdrawn his re-election candidacy and supported Vice President Kamala Harris to succeed him as the Democratic nominee.

In a written statement released on Sunday, Mr. Biden, 81, stated that while serving was the "greatest honor," his resignation was "in the best interest of my party and the country." The announcement brings an end to a turbulent time in US politics that started on June 27 with his occasionally rambling debate performance against Donald Trump.

According to Mr. Biden, he will hold the presidency until January. In addition to stating that she would "earn and win this nomination" and unify the nation against Trump, Ms. Harris, 59, said she was "honored" to have the endorsement. "We have 107 days until election day," she stated. "We're going to battle together. And we'll succeed together." Although a number of prominent party figures have endorsed Ms. Harris, she has not yet received an official nomination, and that may not occur until the Democratic National Convention in August.

Five days after escaping an attempted assassination, a resurgent Trump has surged ahead in polls and was officially announced as the Republican nominee at this week's party convention in Milwaukee. Mr. Biden said that the president "was not fit to run... and is certainly not fit to serve" after making his decision. Along with him, several prominent Republicans expressed their disapproval and demanded that Mr. Biden quit the White House and the Democratic nomination immediately.



Business success looks different for each company. For some, it's sales metrics, while for others, it's social impact. Here are 10 keys to business success.

Many successful businesses generate enough profits to enable owners—possibly shareholders or investors, depending on the type of business—to grow their businesses and live with a sense of financial security. However, while small business owners value profits, some are willing to sacrifice a portion to have a healthier work-life balance, create a product that's eco-friendly, or provide a service with a social mission. Each entrepreneur has a slightly different definition of what it means to achieve business success. Business success can look very different from company to company. For some, it's sales metrics, while for others, it's social impact. In this article, we'll talk about the 10 keys to business success.

### **What is a successful business?**

A successful business generates a profit

through the sale of goods or services, but every owner defines success for themselves based on personal values or goals. Some small business owners consider themselves successful if they've grown their business without taking on debt. Others have taken on debt but still feel successful because they are scaling up to become a global brand. Beyond profits and growth, key performance indicators (KPIs) measure metrics such as customer loyalty and website traffic to assess how effectively you're reaching different benchmarks on the journey toward business success.

For example, a business selling certified organic coffee beans might have a target number of farms using regenerative farming practices to source from each year; someone selling mass-produced coffee pods at reduced prices might have a monthly goal for the number of pods sold. Typically, the universal goals for a business revolve around units sold, dollars earned, company growth, repeat sales, and brand recognition (think global brands like Nike and Adidas),

but there are myriad other ways a business owner might measure success.

### **10 tips for growing a successful business**

As a small business owner, you may face numerous challenges running and growing your business, from marketing to finding qualified employees. Here are 10 tips to help you scale and grow a successful business:

1. Identify your mission
2. Create goals
3. Build a strong team
4. Ensure customer satisfaction
5. Make the best product/service possible
6. Implement marketing strategies
7. Embrace change
8. Get organized
9. Prioritize self-care
10. Give back to the community

#### **1. Identify your mission**

Is your mission to provide a unique service? A low-cost item? Or to be environmentally friendly? Successful businesses have a mission, even if it's simply to provide



customers with the best value possible. Writing your intent in a mission statement defines your business's mission and acts as a blueprint for a successful business. Periodically, revisit your original business plan and mission statement to ensure you are on the right path.

## 2. Create goals

Create both short- and long-term goals and understand the reasoning behind each to help guide your success. As part of an effective strategic plan, business goals should be SMART, meaning they are specific, measurable, achievable, relevant, and time-based. They can be financial, operational, or even growth-related. Maybe a goal for one business owner is to sell a specific number of units per month over a year to drive up sales, while for another it's to ramp up marketing efforts and gain a target number of social media followers.

Goals can be reassessed, so there's flexibility to create and adjust your business roadmap. Successful entrepreneurs monitor progress and look at the numbers behind their

business to analyze the data and check if progress is being made toward their goals. You can also break your goals into steps to make them more attainable. If you get stuck at this step, consider hiring a business coach to help create long-term positive habits.

## 3. Build a strong team

A strong team is inclusive, collaborative, and reliable, and is essential to building a successful business. Research from a 2020 McKinsey & Co. report, *Diversity Wins*, shows that assembling a team diverse in age, gender, and ethnicity, among other factors, increases productivity. The most effective teams encourage feedback and welcome a diversity of opinions, which can spur creativity and help with problem-solving. If you're an entrepreneur who typically follows the school of thought, "If you want it done right, do it yourself," remember: Your team is there for support, and each member offers unique skills that can help in your business's growth.

## 4. Ensure customer satisfaction

Happy customers often become repeat buyers, spreading the word about their favorite stores, designers, apps, platforms, or services. Besides the value proposition of a particular product or service that makes the business loved, it's often great customer service and knowing how to improve it that keeps customers returning. Ensure customer satisfaction in the following ways:

- Create an easy return policy. Explicitly stated policies reduce confusion and unsatisfactory customer experiences.
- Be honest with customers. Honesty goes a long way in building trust and customer loyalty. When a business makes a mistake, it's best to accept responsibility and be honest about what you can do to fix the problem in a timely manner.
- Stay solution-oriented. When customer conflicts arise, remain polite, patient, and use positive language to help de-escalate the situation so it's easier to find a resolution.



### 5. Make the best product/service possible

A delicious edible item, gorgeous wearable piece of art, or delightful service will likely organically attract a target audience of consumers that become repeat customers. Making and offering an excellent product or service with a high value proposition helps give you a competitive advantage. By reading business books, studying your respective industry and competitors, and listening to entrepreneur podcasts by industry experts and successful entrepreneurs, you can gain valuable insights into bettering your offerings and finding business success.

### 6. Implement marketing strategies

Marketing is key for mapping your business journey, including tracking goals through KPIs to measure your success. Implementing multiple marketing strategies—from paid advertising to robust social media advertising—strengthens brand awareness,

which is a core driver of sales. A small-business owner might act as a de facto marketing director early in the business, thinking they are saving money. However, hiring a marketing consultant can be helpful to devise a more concrete plan.

Marketing strategy involves short- and long-term plans for a business and takes many forms: collaborations with like-minded businesses, pop-ups for specific projects or events, and social media campaigns (leveraging platforms like Facebook, LinkedIn, Instagram, and TikTok). All expose your business to a new target market. Fostering connections through joining professional associations or attending conventions are additional ways to market your business and expand your potential customer base. If you lack the skills or time to implement a social media marketing strategy, you can hire social media directors,

consultants, or coaches on a contract basis to help.

### 7. Embrace change

Businesses constantly face challenges—from waning market demand and competitive new businesses to difficult clients and point-of-sale (POS) system problems. However, being nimble, adaptive, and willing to pivot can lead to success. Some challenges like lackluster sales might require doubling down with tenacity and perseverance, while others like a consistently unreliable supplier might call for embracing change and working with someone new.

Weigh the pros and cons of embracing new technologies, whether it's a new payroll platform or more elaborate systems overhaul. Having your own business means doing your due diligence, because new doesn't always mean better or faster.



## 8. Get organized

When financial records, business licenses or permits, tax forms, or other documents (whether virtual or paper-based) are difficult to locate or go missing, it can be frustrating and distract from time spent on your business. It can also cost you billable hours.

Hiring an office organization consultant is an option for business owners lacking the organizational skills or time to take on the task themselves. While you may do your own bookkeeping, you could also hire a part-time bookkeeper to help run a successful business operation.

## 9. Prioritize self-care

Resting, sleeping, exercising, eating well, relaxing, and spending time with friends and family are all forms of self-care essential for mental health—including for entrepreneurs. For many business owners, it's easy to slip into the 24/7 work cycle. However, you can achieve more when well-rested, according to a recent US Chambers of Commerce article on the importance of a good night's sleep for entrepreneurs.



## 10. Give back to the community

Business success isn't always defined by profitability. Even with minimal cash flow, there are ways to give back and lift others within the community. Volunteering at a business-related event, donating a product or service for a raffle, speaking at a school, or mentoring are ways to give back. Entrepreneurs can also give back by making a commitment to only use ethically sourced materials in their products.

Increasingly, impact is at the core of mission-driven startups. Social ventures are for-profit businesses that are also socially responsible companies that give to certain groups or causes. For example, Sweet Beginnings is a Chicago-based social enterprise that offers training programs and employment for formerly incarcerated individuals to become beekeepers and harvest honey for their products.





# 10 Finance Tips Every Small Business Owner Needs to Know

Small business owners and start-up founders, by necessity, must wear many hats and juggle numerous tasks and responsibilities. Oftentimes these responsibilities are both critical as well as outside of their core areas of experience and expertise. Arguably the most prominent of these has to do with their company's finances.

Recent studies conducted by the Bureau of Labour Statistics say twenty percent of small firms fail in their first year of operation, and just thirty percent of them will still be in operation ten years after they are formed. The reasons for these failures could often have been alleviated, if not outright prevented, by a clearer understanding of the company's finances alongside the strategic choices that understanding enables.

While having entrepreneurs simply hand off much of the company's financial responsibilities to a trained expert would seem to be the clear and easy solution, it's not quite that simple. Leaving aside considerations of budget, access, etc., even after engaging an expert accountant or bookkeeper in this capacity, the owner's responsibilities on this front do not end. Instead those responsibilities shift to

enabling that expert by properly managing and organizing the financial details they will need to properly do their job.

By following the following tips, business owners will be able to effectively equip their account or bookkeeper to not just execute their most basic responsibilities like balancing books or filing taxes. Equipped with clear, complete, and well-organized data, these professionals will be able to identify strategic opportunities, concerns, and priorities that can often make or break the success of a company.

**1. Open Separate Accounts For Your Business:** For small business owners, separating personal and professional finance is crucial. The easiest way to ensure this division is to simply open accounts specific to the business and only use those accounts for things related to that business. This goes for banking accounts, credit cards, vendor relationships, etc. Establishing distinct accounts streamlines financial management, enhances professionalism, and simplifies tax preparation.

Additionally, these clear demarcations help

provide a clear audit trail, facilitate accurate cash flow tracking, and facilitate accurate budgeting and financial modeling. When you know every record and transaction shown relative to an account is tied specifically to a corresponding business then it vastly streamlines the identification and categorization of expenses. Best of all, opening these dedicated accounts is a quick and easy process, generally only entailing filling out a form and providing your Employer Identification Number or Social Security Number (SSN) if you are a sole proprietor.

**2. Maintain Accurate Records For Your Business:** Keeping complete and accurate records is one of the most important things a business owner has to do. However, for a busy business owner juggling too much, it is also one of the easiest things to slip out of control. And once it does it can quickly become a daunting and overwhelming task to locate and organize it all.

These risks and challenges are why it is critical for a business owner to invest early in not only engaging with a financial professional but also in the technologies and

internal processes necessary to retain these records and keep them organized. As such, business owners should include in their evaluation of an accountant or bookkeeper whether they provide support and guidance around managing and operationalizing these essential tasks. Good financial experts understand that the implementation and maintenance of these systems and processes are often as important as what is done with the data. After all, how valuable can the services of these experts be if they are based on incomplete and unreliable data?

**3. Automate Accounting Processes:** A corollary to the previous tip is to identify technologies and opportunities for fully or partially automating processes. Automating your accounting and bookkeeping process can enhance consistency and efficiency. Examples include using tech with out-of-the-box integrations, allowing for seamless real-time syncing of data, intelligent processing and categorization, data validation, deduplication, etc.. Automation thus streamlines the generation and gathering of accurate financial statements, reduces human error, ensures compliance with accounting standards, and calculates estimated income taxes efficiently, significantly improving operational effectiveness.

**4. Plan Ahead For Tax Expenses:** Taxes have to be paid, but they won't be a big deal if you plan ahead.

It all starts with having an understanding of what your tax liability will be at the end of the year. By following the tips laid out above your finances should be in a reliable and organized state, allowing your bookkeeper or accountant to advise you on what kinds of payments to anticipate.

Once you have that in hand here are some tips to make sure you're ready when tax payments are due:

- Every month, set aside a prorated portion of your expected tax bill so that you have the money on hand when it comes time to pay.
- Setting up a separate "tax fund" in your business account will help protect that money explicitly for the purposes of paying your taxes the same way you would pay into an escrow account as part of your mortgage payment.
- To avoid shocks, you should know the different tax rates and due dates for the different things your business does. Remember, for most businesses you are required to prepay your prorated anticipated tax payment quarterly.

**5. Maximize Billing and AP Terms:** Maximize your cash reserves by negotiating flexible credit terms with key suppliers or vendors

while keeping payment terms on your invoices as tight as possible. When you have extra cash on hand, prioritize paying off invoices where they offer discounts. Similarly, you can encourage prompt payment from clients by offering early/prepayment discounts, selling multi-month/year contracts, etc.. Utilize accounting software to automate invoicing and follow up reminders, minimizing the risk of accruing unpaid bills on either side of the ledger.

**6. Learn to Understand Your Profit Loss (P&L) Statement:** P&L statements are crucial for any business, but are arguably even more important for smaller, earlier stage companies. P&L statements allow you to evaluate the business's financial performance over a fiscal year, revealing not just how profitable (or not) your business is, but also the underlying drivers of your profitability.

These statements are important for every small business as they provide insights into operational efficiency, align with cash flow statements, determine tax obligations, and break down profits (gross, net, operating, and before tax). They also aid in controlling indirect expenses, monitoring performances, and facilitating strategic future planning.

**7. Explore Tax Advantages:** Work with your financial expert(s) to determine where there may be tax advantages available. These can come in the form of deduction, credits, tax exemptions, carrying forward of losses, etc. However, to fully take advantage of these, you often need to structure your business and how you operate it to fit within the rules and guidelines the IRS and/or states have laid out.

This requires you to work closely with your financial expert and to have a clear handle on your finances. By leveraging technology solutions and automation, this can often be accomplished automatically and in real-time, with these tools even alerting you to where there may be risks or opportunities.

**8. Avoid DIY Accounting:** We began by calling out why most early stage business owners should avoid going it on their own when it comes to their company's financials but it's worth calling out explicitly here. Handling accounting in-house as a small business owner can be extremely risky. Not only will it divert attention from another critical aspect of the company operation, but it also carries a significant risk of incorrectly reporting/filing, not fully or accurately paying off tax liabilities, or even potential fraud charges.

Outsourcing to a certified professional not only minimizes accounting errors and keeps financial records current but also identifies

growth and cost-saving opportunities. It alleviates the workload during tax season, allows focus on more urgent tasks, and aids in future planning, ensuring the financial health and sustainability of your business. The reality is that for most early stage business owners investing in an accountant or bookkeeper will be a net positive from a profitability standpoint by avoiding potential fees and fines as well as identifying strategic cost and tax savings opportunities.

**9. Invoice Accurately:** Invoicing is a critical yet challenging part of business operations and is essential for efficient payment processes. A robust invoicing solution can streamline this task, offering customizable templates, tracking, real-time updates, and versatile payment gateways. For small businesses, efficient invoicing enhances record-keeping, presents a professional image, serves as legal documentation, and organizes sales, making it indispensable for financial management and business growth.

**10. Set Reminders for Pending Payments:** Your business stays healthy if you get paid on time. If someone pays you late, follow these tips:

- **Friendly reminders:** If a client's payment is past due, politely but persistently send reminders.
- **Automate Reminders:** Even better is to have reminders go out automatically. Not only does automating reminders mean that you won't forget to send them, it also lessens the likelihood of a client taking offense to them.
- **Billing terms:** Make sure that the due dates on your bills are clear so that everyone knows what to expect from the start.
- **Rules for late fees:** Be clear and explicit upfront about your late fee policies. Not only will this help prevent someone from claiming they did not know, but it encourages them to pay on time, which, at the end of the day, is the actual point of such policies.
- **Use multiple channels:** If you're struggling to get an invoice paid, it's important to leverage as many channels and ways to contact them as you have available. That can include email, calling, texts, LinkedIn, reaching out to other points of contact at the company, etc.

In the breakneck world of early-stage businesses these 10 essential tips will help safely guide your business and its finances. With organization, diligence, and strategic decisions as your steadfast allies, every transaction, expense entry, and fiscal forecast becomes part of a larger picture of success.



## Exploring Africa: Top Tourist Destinations Across the Continent

Africa, a continent rich in cultural heritage, stunning landscapes, and diverse wildlife, offers a multitude of experiences for travelers. From the Sahara Desert to lush rainforests, bustling cities to serene beaches, Africa is a treasure trove of destinations. Here's a guide to some of the best tourist places to visit in Africa.

### 1. Maasai Mara National Reserve, Kenya

One of the most famous game reserves in Africa, the Maasai Mara is renowned for its annual Great Migration, where over a million wildebeest, zebras, and gazelles traverse the plains in search of greener pastures. Visitors can witness this spectacle from July to October. The reserve is also home to the Big Five (lion, leopard, elephant, buffalo, and rhino) and offers opportunities for hot air balloon safaris.

### 2. Victoria Falls, Zambia/Zimbabwe

Straddling the border between Zambia and Zimbabwe, Victoria Falls is one of the largest and most spectacular waterfalls in the world. Known locally as Mosi-oa-Tunya ("The Smoke That Thunders"), the falls plunge over 100 meters into the Zambezi River. Activities include guided tours, helicopter rides, and adrenaline-pumping experiences like bungee jumping and white-water rafting.

### 3. Pyramids of Giza, Egypt

No visit to Africa is complete without seeing the iconic Pyramids of Giza. These ancient structures, including the Great Pyramid of Khufu, the Pyramid of Khafre, and the Pyramid of Menkaure, are among the last remaining wonders of the ancient world. Nearby, the enigmatic Sphinx guards these monumental tombs, providing a glimpse into Egypt's rich history.

### 4. Serengeti National Park, Tanzania

Adjacent to the Maasai Mara, Serengeti National Park is famed for its vast savannas and abundant wildlife. The park is another prime location to witness the Great Migration. In addition to the Big Five, the Serengeti is home to cheetahs, hippos, and an array of bird species. The park's diverse ecosystems support a variety of flora and fauna, making it a paradise for nature enthusiasts.

### 5. Cape Town, South Africa

Nestled between the ocean and the mountains, Cape Town is one of the most picturesque cities in the world. Table Mountain offers breathtaking views of the city and its surroundings. The V&A Waterfront, Robben Island (where Nelson Mandela was imprisoned), and the nearby Cape Winelands are must-visit spots. The city's beaches, such as Camps Bay and Clifton, are perfect for relaxation and watersports.



**6. Okavango Delta, Botswana**

The Okavango Delta is a unique inland delta that floods seasonally, creating a lush oasis in the middle of the Kalahari Desert. This UNESCO World Heritage Site is a haven for wildlife, offering boat safaris, mokoro (dugout canoe) excursions, and guided walks. Visitors can spot elephants, lions, leopards, and numerous bird species in this diverse ecosystem.

**7. Marrakech, Morocco**

Marrakech, known as the Red City, is a vibrant destination filled with history and culture. The city's medina is a UNESCO World Heritage Site, featuring bustling souks, palaces, and gardens. The Koutoubia Mosque, Bahia Palace, and the Saadian Tombs are notable attractions. The Jardin Majorelle, designed by artist Jacques Majorelle and later owned by Yves Saint Laurent, offers a peaceful retreat within the city.

**8. Kruger National Park, South Africa**

One of Africa's largest game reserves, Kruger National Park offers exceptional wildlife viewing opportunities. Spanning nearly 20,000 square kilometers, the park is home to the Big Five and hundreds of other species. Visitors can enjoy guided safaris, self-drive tours, and walking safaris. The park's diverse landscapes range from savannas to forests and rivers.



**9. Zanzibar, Tanzania**

Zanzibar, an archipelago off the coast of Tanzania, is renowned for its stunning beaches, historic Stone Town, and spice plantations. The clear turquoise waters are perfect for snorkeling, diving, and other water activities. Stone Town, a UNESCO World Heritage Site, is a maze of narrow streets, historical buildings, and bustling markets.

**10. Mount Kilimanjaro, Tanzania**

Mount Kilimanjaro, the highest peak in Africa, attracts thousands of climbers and trekkers each year. Standing at 5,895 meters, the mountain offers various routes catering to different skill levels. Reaching the summit provides a sense of achievement and breathtaking views of the surrounding landscapes. The lower slopes are home to diverse wildlife and lush rainforests.

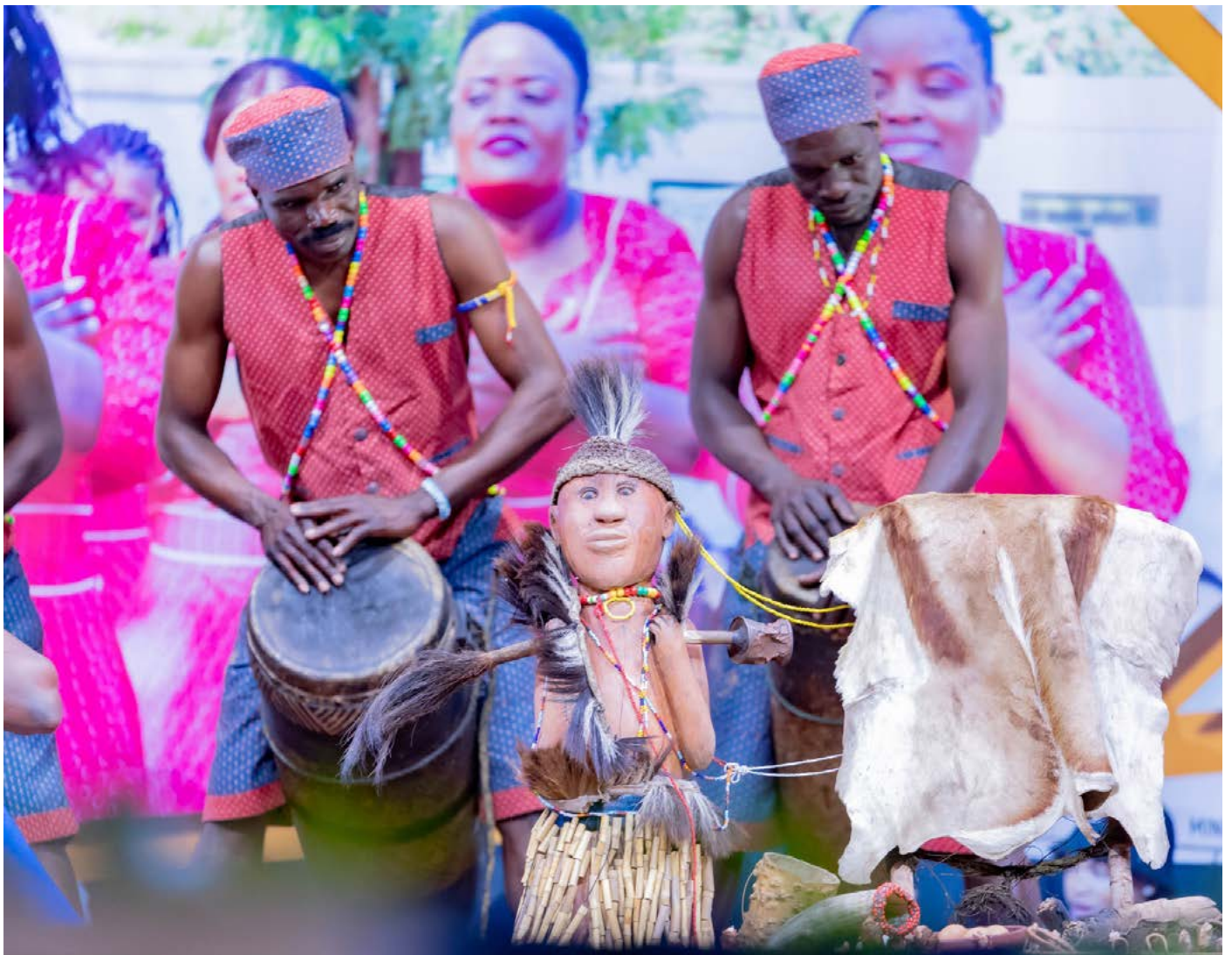


**Conclusion**

Africa is a continent of endless adventures and unparalleled beauty. Whether you're seeking wildlife encounters, cultural experiences, historical sites, or natural wonders, Africa has something to offer every traveler. Each destination provides a unique glimpse into the continent's rich tapestry of life, making Africa a truly magical place to explore.

# NATIONAL ARTS FESTIVAL TRADITIONAL SONG AND DANCE FINALS EXTRAVAGANZA IN PICTURES











# NAOMI WESI: RAISING THE STANDARDS OF GOSPEL MUSIC AND MINISTRY



Naomi Wesi, a multi-talented Gospel Recording Artist, Worship Leader, Radio Broadcasting Personality, and gifted Public Speaker, is making a significant impact in the realm of gospel music and ministry. Serving as an ordained Pastor and Lead Pastor at Miracle Rock of Ages Baptist Church, Naomi's journey is a testament to her unwavering dedication and exceptional talent.

Born in Bloemfontein, South Africa, and raised in Pretoria, Naomi's passion for music and ministry was nurtured from an early age. She holds a BA Degree in Communications with a concentration on media studies from Judson University in the USA. Additionally, she obtained a postgraduate Certificate

in Christian Studies from Northern Baptist Theological Seminary, cementing her theological foundation.

Naomi's commitment to excellence in music ministry is evident in her discography. Her debut album, "O Bophelo Baka" (You Are My Life), released in 2008, set the stage for her impactful music career. Her second album, "We Need You More," released in 2017 under Anointed Sounds Productions, showcases her unique urban contemporary worship sound. The album, a collaboration with her female vocalist group Anointed Sounds and her Music Director and Producer Sechaba Ka Bass, has been praised for its innovative and appealing brand.

Her recent single, "It's Not Over," released during the COVID-19 pandemic, is an inspirational anthem of hope and resilience. Composed and produced by Sechaba Ka Bass, the song delivers a powerful message to those facing life's challenges. Naomi's ability to convey deep emotional and spiritual truths through her music has resonated with audiences worldwide.

In addition to her musical achievements, Naomi is passionate about empowering worshipers and music ministers. She conducts workshops focusing on biblical principles and musical skills, aiming to elevate the standard of music ministry and encourage its expansion beyond church



borders.

Naomi's influence extends to radio broadcasting, where she has made significant strides. She began her broadcasting career at Radio Pulpit in 1999 and has since worked as a Programs Manager at Motheo FM and Zoelive Radio. Currently, she hosts "Marriage & Family Life" every Sunday morning at Pheli FM and "Living Precepts" on Africa-USA Radio, airing Monday to Friday from 13:00 to 15:00. Her excellence in radio broadcasting has earned her multiple nominations, including a nomination for Best Radio Presenter at the 7th INGOMA Awards.

Naomi's accolades include winning the International Gospel Announcer of the Year in 2024 and the Best Worship Album at the 6th INGOMA Awards for "We Need You More." Her international presence continues to grow, with her recent nomination for the Sing Gospel in USA Competition opening doors for her in the American gospel music scene.

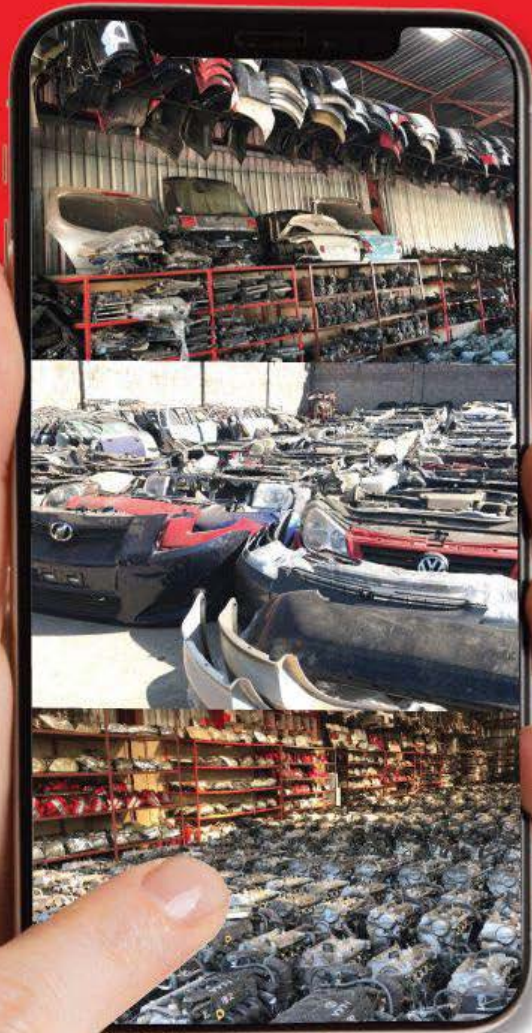
Naomi Wesi's dedication, talent, and passion for music and ministry have not only raised the standard of gospel music but also inspired countless individuals. Her journey is a remarkable testament to the power of faith, resilience, and excellence.

As Naomi continues to touch hearts and souls through her ministry and music, her legacy as a beacon of hope and inspiration remains unwavering.

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# INDOOR GARDENING

Keeping plants inside your house can contribute to good health, as suggested by research. Therefore, it is essential to learn how to take care of terrariums, cut flowers, and houseplants.

## Terrariums

A terrarium is a world under or within a glass. Essentially, they are interior gardens inside a semi closed container. They are an excellent alternative for people who love to garden but are restricted by small living spaces, such as an apartment. Research done by Texas A&M University suggests that task accuracy and memory can be improved by keeping indoor plants. Tension and stress levels can be decreased by the calming effect of plants. As such, a terrarium is a great way to bring plants inside your office or home.

## Cut Flowers

To invite a cheerful spirit into your office or home, introduce cut flowers. Inside a vase, flowers can last for over a week, though not much longer. There is only a specific variety of flowers that are best kept as cut flowers. Zinnias are some of the best cut flowers; they can blossom into white, red, purple, yellow, orange, and pink. Additionally, Zinnias can live up to 12 days inside a vase.

## Houseplants

These plants will enhance the overall aesthetic of your place by adding colour to your home or workspace. Additionally, they will help purify the air in your living space by absorbing toxins and increasing humidity by releasing moisture vapour. If you are looking for a low-maintenance plant, consider getting a snake plant. They preserve water in their leaves. In some cultures, the snake plant is believed to invite good luck and fortune.





**JENNIFER LAWRENCE**

**BORN:** 15 AUGUST 1990

**PROFESSION:** ACTRESS

Jennifer Shrader Lawrence (born August 15, 1990) is an American actress. She is known for starring in both action film franchises and independent dramas, and her films have grossed over \$6 billion worldwide. The world's highest-paid actress in 2015 and 2016, she appeared in Time's 100 most influential people in the world list in 2013 and the Forbes Celebrity 100 list from 2013 to 2016.



**ANNA KENDRICK**

**BORN:** 9 AUGUST 1986

**PROFESSION:** ACTRESS

Anna Cooke Kendrick is an American actress. Her first starring role was in the 1998 Broadway musical High Society, for which she earned a nomination for the Tony Award for Best Featured Actress in a Musical. She made her film debut in the musical comedy Camp and had a supporting role in The Twilight Saga.



**JASON MOMOA**

**BORN:** 1 AUGUST 1979

**PROFESSION:** ACTOR

Joseph Jason Namakaeha Momoa born August 1, 1979 is an American actor. He made his acting debut as Jason Ioane on the syndicated action drama series Baywatch: Hawaii (1999–2001), which was followed by portrayals of Ronon Dex on the Syfy science fiction series Stargate Atlantis (2005–2009), and Khal Drogo in the first two seasons of the HBO fantasy drama series Game of Thrones (2011–2012). He went on to play the lead roles in the Discovery Channel historical drama series Frontier (2016–2018) and the Apple TV+ science fiction series See (2019–2022).



**CHARLIZE THERON**

**BORN:** 9 AUGUST 1985

**PROFESSION:** ACTRESS

Charlize Theron is a South African and American actress and producer. One of the world's highest-paid actresses, she is the recipient of various accolades, including an Academy Award and a Golden Globe Award. In 2016, Time named her one of the 100 most influential people in the world.

**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.



# THE IMPORTANCE OF EARLY CHILDHOOD DEVELOPMENT

The time from birth to age eight, which is crucial for cognitive, social, emotional, and physical development, is included in early childhood education (ECE). This formative phase establishes the course for further education and overall wellness. In addition to helping kids become ready for school, a top-notch early childhood education program nurtures their whole development, which includes creating a solid emotional foundation, encouraging a love of learning, and developing their social skills.

## **Cognitive Development**

Studies have repeatedly demonstrated that throughout the early years of life, the brain develops quickly; creating synaptic connections at a rate that is not replicable. Good early childhood education (ECE) programs encourage problem-solving,

critical thinking, and language acquisition through stimulating activities. Children can learn about and engage with the world around them through these activities, which might involve hands-on exploration, interactive play, and storytelling.

## **Social and Emotional Growth**

The early years are critical for the development of social and emotional abilities. Children acquire social skills such as sharing, collaborating, and communicating through both scheduled and unstructured play. Along with learning to recognize and control their own emotions, they also start to show empathy for others. An atmosphere that is supportive and fosters positive relationships between peers and adults can greatly improve a child's social skills and emotional resilience.

## **Physical Development**

Early childhood education cannot be separated from physical activity, which is essential for the development of motor skills and general health. Children gain strength, coordination, and fine motor abilities as they engage in manual dexterity-based activities like jumping, running, and playing with toys. Emphasizing physical development also helps to foster good habits and an active lifestyle from an early age.

## **The Role of Educators**

Early childhood educators are essential in creating a safe and stimulating learning environment. They serve as role models, facilitators, and mentors in addition to being teachers. Skilled teachers design engaging and developmentally appropriate learning experiences by taking into account the





requirements of young children. They also establish trusting bonds with kids and their families, which is crucial for a kid to feel safe and included.

#### **Family and Community Involvement**

Involvement from the community and family is essential for early childhood education to be successful. Being a child's first teachers, parents and other caregivers can have a significant impact on their education. Learning outcomes are improved and a feeling of community is fostered when early childhood education (ECE) programs promote strong community links and encourage family participation.

#### **Long-term Benefits**

Early childhood education expenditures provide major long-term effects. Research indicates that kids who participate in top-notch early

childhood education programs have an increased probability of achieving academic success, completing high school, and pursuing further education. Additionally, they are less likely to repeat grades, need special education programs, or get into trouble with the law. These kids also frequently have improved mental health and social skills, which pave the way for more successful and satisfying adult lives.

Early childhood education is crucial, but it also has limitations in terms of accessibility, affordability, and quality. It can be difficult for many families, especially those with limited resources, to enroll in high-quality ECE programs. Comprehensive legislative measures are needed to address these issues, including more funding for

early childhood education programs, improved preparation and pay for teachers, and efforts to lower the cost of ECE and increase its accessibility for all families.

All in all giving kids the foundational knowledge and skills they need to thrive in school and in life, early childhood education is an essential investment in the future. Good early childhood education (ECE) programs establish the foundation for lifetime learning and wellbeing by emphasizing cognitive, social, emotional, and physical development. In order to guarantee that every child has access to high-quality early childhood education and lay the groundwork for a better and more equitable future, legislators, educators, and communities must collaborate.



# THE QUEEN OF AFROTECH: DJ MIS J

DJ Mis J, affectionately known as the Queen of Afrotech, hails from Kanye and currently resides in Gaborone. Her journey into the world of DJing began in 2018, spurred by her participation in the "King/Queen of the Decks" competition on the Night Crawlers Radio Show. Her talent quickly shone through, leading her to take part in the National Arts Festival Competitions in 2022, 2023, and 2024.

DJ Mis J has graced the airwaves of RB2 FM, Gabz FM, and DUMA FM, showcasing her exceptional skills and talent at various events and venues. She honed her craft under the careful guidance of her fellow hometown DJ, Zosky, at The Library Bar in Kanye. Despite the challenges she faced, her passion for DJing kept her going.

DJ Mis J's style revolves around the hypnotic rhythms of house music, which she believes communicates with listeners on a spiritual level. She realized her talent was enough to continue her DJ career when she witnessed the crowd's amazement at her beat-matching and song selection. Her process for choosing songs starts with

a deep understanding and meticulous organization of her music. She ensures that she mixes tracks that complement each other and collects high-quality files to guarantee a great sound.

One of the most challenging aspects of her career is accepting that she can't be everyone's favorite DJ. However, she remains steadfast, believing in herself and pushing forward. Emerging as one of the winners in the National Arts competitions is one of her most memorable achievements.

DJ Mis J's dedication to her craft involves daily research to discover new trendsetters and interacting with local producers about their new releases. What sets her apart is her unique music selection and the exciting energy she brings to her sets. She takes pride in her Afrotech and Afrohouse genres. Her first single, "The Vault," released on September 23rd, 2022, is available on all music platforms.

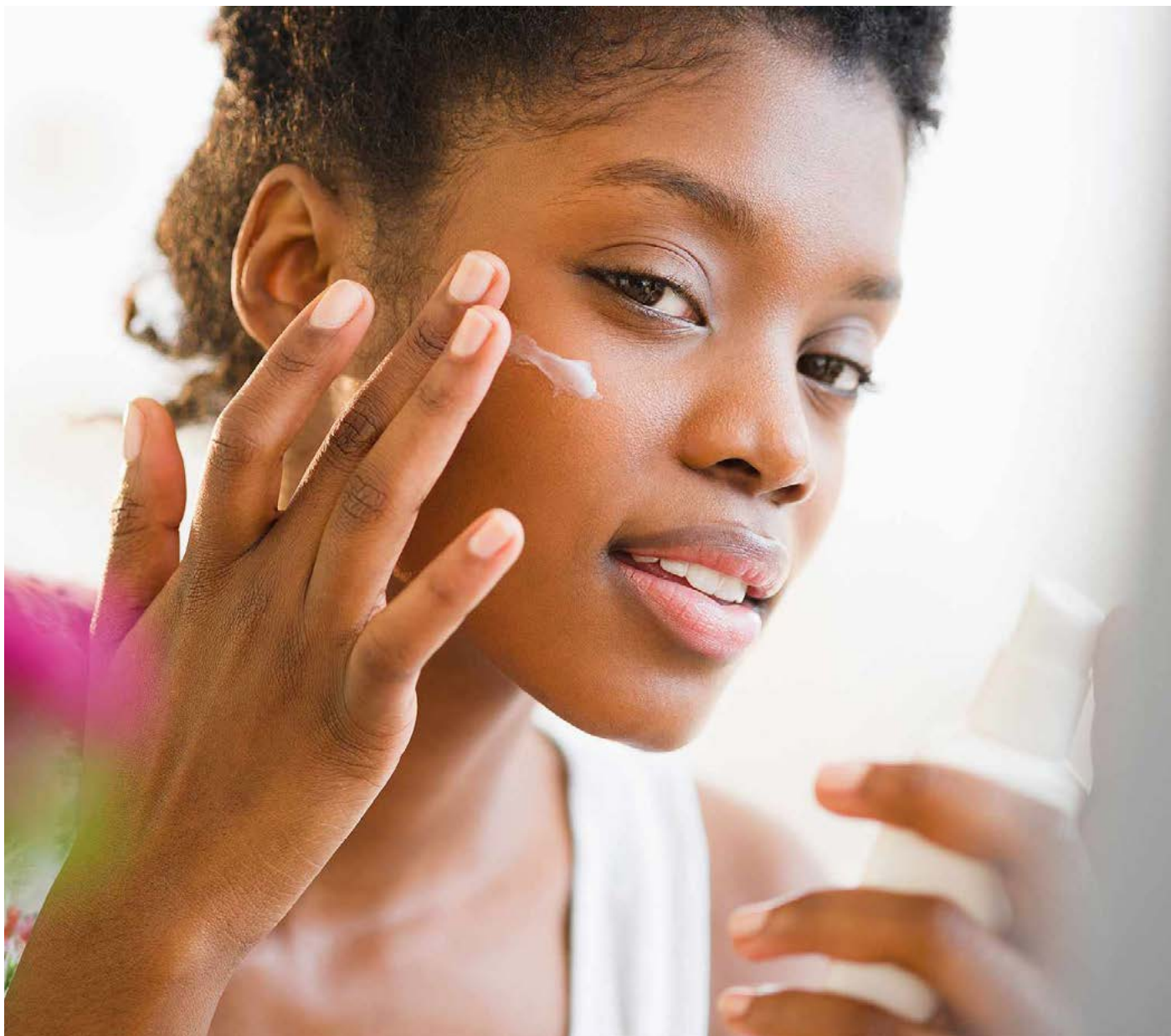
Her fascination with controlling a room full of people with the power of sound, coupled with her signature twerking during performances, makes her a standout performer. With the rise of social media, DJ Mis J has found it easier to promote her brand and grow her fan base.

Although she wanted to surprise her fans, DJ Mis J hints that she's working on something special for them. She envisions her brand growing and her fan base expanding, with a goal to become one of the top-rated female DJs, gracing international stages and leaving a mark on global hotspots.

Her advice to aspiring DJs is to trust their gut, go with the flow, and see where it takes them. She emphasizes the importance of not letting anyone come between them and their dreams and to have fun along the way. While her DJ career is her top priority, she balances it with her personal life, putting all her energy and focus into building her brand.

DJ Mis J dreams of being part of the GIMC Afrotech lineup, Kunye (an Afrotech show in South Africa), and Spring Fiesta in South Africa. To stay motivated and inspired, she surrounds herself with inspiration, listens to a lot of music, and attends music festivals. For her, life and music go hand in hand, encapsulated by her mantra: "Work hard and play hard."





# Prevent Dry Skin In Winter

## **Drink more water**

Often during the winter season, we tend to avoid drinking water due to the colder weather. This ultimately leads to dehydration, resulting in dry skin. Therefore, it's important to drink an average of 9 cups of water each day because your body uses water to humidify the air you breathe.

## **Use a humidifier**

Winter air is less humid, and indoor heaters draw out moisture from the skin, making it dry. To relieve skin dryness, use a humidifier to add moisture to the air.

Simplify your skincare routine during winter. Since winter can result in dry and flaky skin, it's best to use minimal skincare products to avoid further irritation. However, ensure you add humectants and emollients to pull in moisture and preserve it. Follow these steps:



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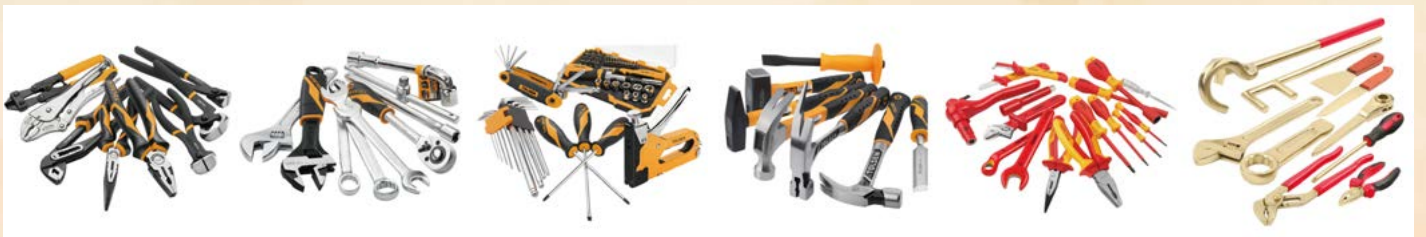
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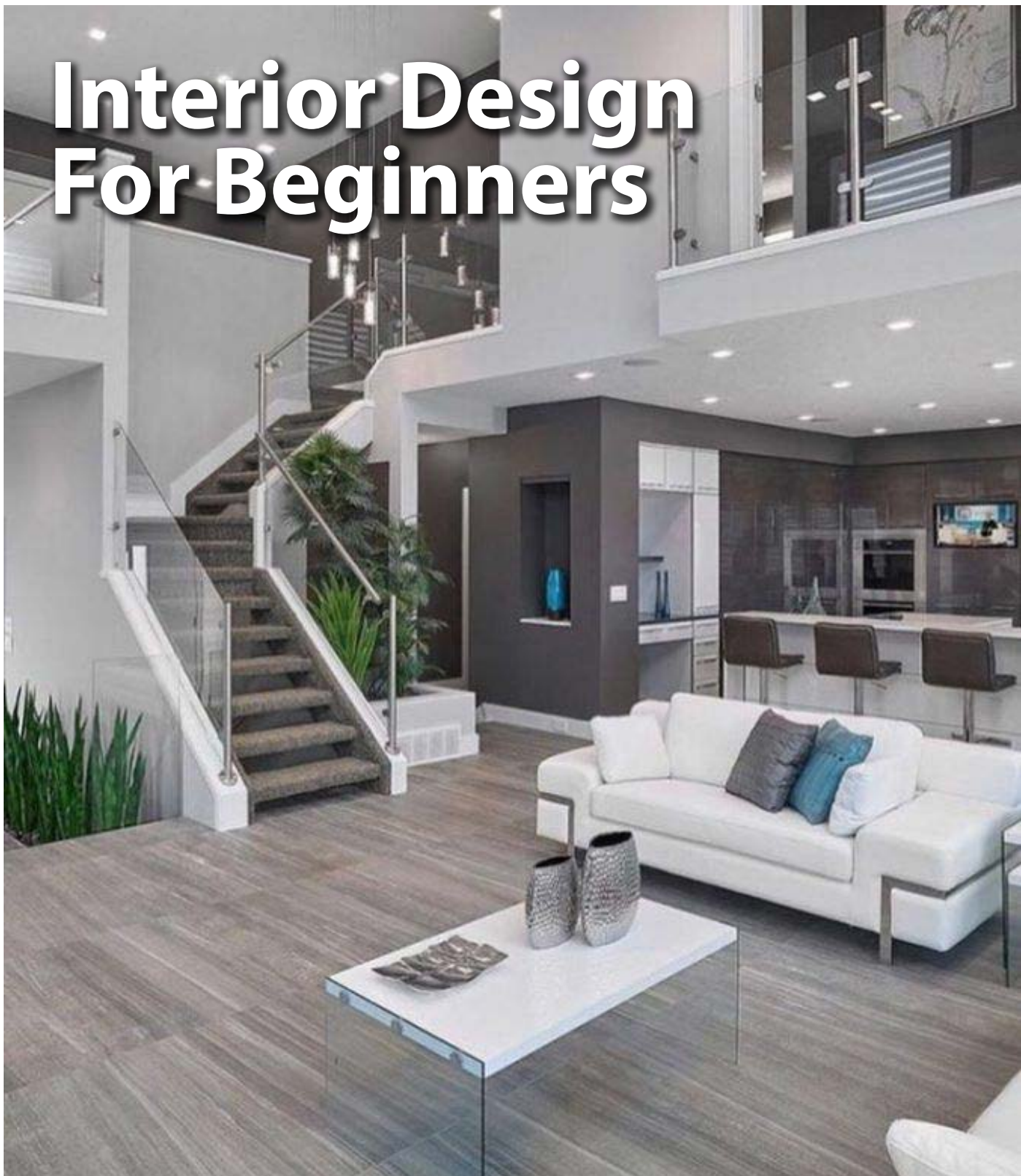
**Step 1 - Cleanse:** During winter, avoid using skincare products that contain phthalates and sulfates, as these strip the skin of its natural oils. Begin your routine with a gentle cleanse using lukewarm water.

**Step 2 - Serum:** Use a serum first, preferably one with a hyaluronic acid base for its hydrating qualities, which will pull moisture into the innermost layers of your skin.

**Step 3 - Moisturize:** Apply a moisturizer to form a barrier that captures the hydration and prevents the skin from drying out.

**Gently use scrubs and exfoliants**  
To have smooth, radiant skin, you must exfoliate to remove dead skin cells from its surface. However, take care to be gentle to avoid damaging the skin's moisture layer.

# Interior Design For Beginners



We all want our homes to look like those in interior design magazines and shows. It seems so easy and obvious to achieve when seen on TV, but in reality, what we see there takes weeks to design by skilled professionals. So, there is nothing wrong with getting stuck with your remodeling project — just keep trying and do the best you can. To help you, here are five interior design beginner tips.

## Don't Push Everything to the Walls

Furniture placement is not about pushing

everything to the corners. Doing so can make the room feel sterile and dull. The general idea of getting more free space is understandable, but consider this: when you are in a forest, it still seems vast despite all the trees being relatively close to each other. The room must “breathe,” and to do so, try moving some pieces of furniture a few inches away from the walls. You'll see that instead of making the space feel smaller, these gaps will do quite the opposite. In addition, the pieces will no longer seem glued to the walls, and the general outlook will become much more interesting.

To go even further, you can try adding some elements to the center of the room. It can be a small coffee table, stool, or maybe a bean bag. Adding plants or decor to these elements will make the room look even more lively.

## Lighting Is Everything

Don't rush to repaint the walls if the colors look dull. Lack of lighting can be the cause of that. There are all kinds of light sources that have to be taken into account, including natural light coming from the windows, floor lamps, overhead lights, and accent lighting.



Even wall and furniture colors count as they are responsible for reflecting the light and helping it spread to other areas.

In a living room or lounge area, it's essential to consider incorporating a floor lamp next to the sectional sofa. These sofas not only provide ample seating but also exude a sense of coziness, making the space feel inviting and comfortable. To further enhance the ambiance, strategically placed floor lamps can create a warm and relaxing atmosphere, especially during the evenings.

Proper lighting deserves a separate article on its own, but here are some key principles to follow:

- Use more than one light source for the room.
- Give more light in bathrooms and kitchens.
- Lighten up the corners.

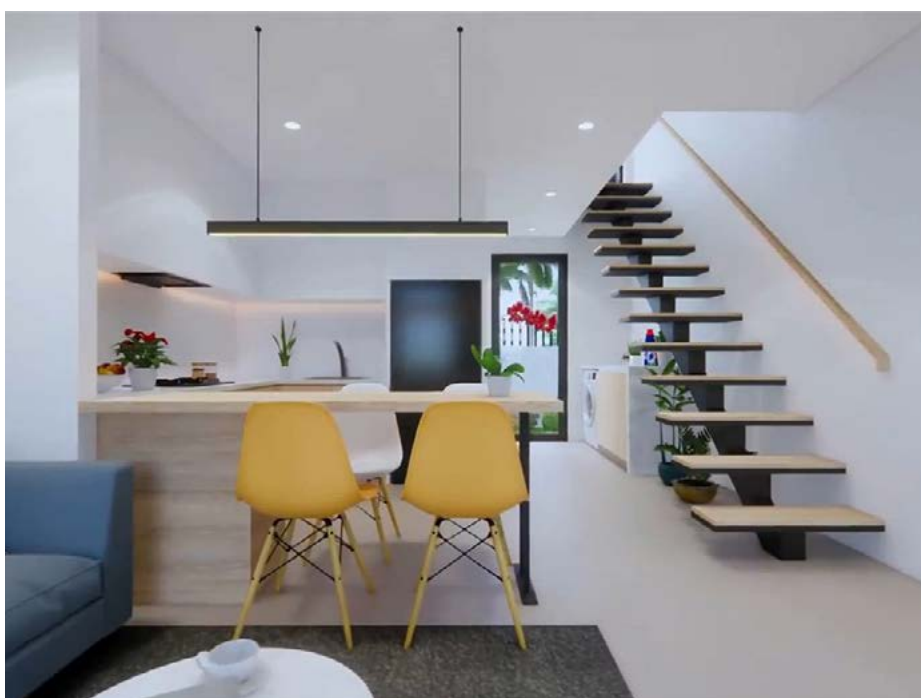
Also, go easy on the overhead lighting. If you overdo it, the room may look like a surgeon's office.

#### Small Details Make a Big Difference

While you focus on big pieces, such as a sofa or a dining table, don't overlook small elements. Things as small as cupboard handles and vases are very important because they create accents. Accents stand out against the general palette and make the room much more interesting. This is especially important in minimalistic styles where smartly placed accents account for a major part of the house's atmosphere.

Another essential part of any interior design is wall art. Not only does it add color and visual interest to a room, but it can also express a certain mood or theme. For example, canvas art prints are a popular choice for living rooms and bedrooms because they offer a wide range of styles and sizes. Abstract prints can create a feeling of motion and energy, while landscape prints can add a sense of calming tranquility.

But those accents should complement the general outlook in the right way, which means you'll need to pick the right colors. Try to mix and match different variations and make adjustments until you find something that feels right to you. It's also a good idea to find a bunch of references, organize them using a free mood board creator, and look at them to get ideas.





## Building a Strong and Healthy Relationship: Key Advice for Couples

In today's fast-paced world, maintaining a healthy relationship can be challenging. However, with the right approach and mindset, couples can foster strong, loving, and lasting bonds. Here are some essential pieces of advice to help you build a robust and enduring relationship.

### Communication is Key

Effective communication is the cornerstone of any successful relationship. This means not only expressing your thoughts and feelings but also actively listening to your partner. Practice open and honest communication, addressing issues promptly and constructively. Remember, it's not just about talking but also understanding and validating each other's perspectives.

### Prioritize Quality Time Together

In the hustle and bustle of everyday life, it's easy to let quality time with your partner slip through the cracks. Make a conscious effort to spend time together, engage in shared activities, and create memorable experiences. Whether it's a weekly date night, a weekend getaway, or simply cooking dinner together, these moments help strengthen your connection.

### Show Appreciation and Gratitude

Regularly expressing appreciation and gratitude can significantly enhance your relationship. Acknowledge the small and big things your partner does, and make it a habit to thank them. This not only makes your partner feel valued but also fosters a positive and supportive environment.

### Maintain Individuality

While being in a relationship, it's crucial to maintain your individuality. Pursue your interests, hobbies, and personal goals. Supporting each other's independence can lead to personal growth and bring fresh perspectives into the relationship, making it more dynamic and fulfilling.

### Resolve Conflicts Respectfully

Conflicts are inevitable in any relationship, but how you handle them makes all the difference. Approach disagreements with a calm and respectful demeanor. Avoid blame and criticism, and focus on finding a mutually beneficial solution. Remember, it's you and your partner against the problem, not each other.

### Build Trust and Be Reliable

Trust is the foundation of a healthy relationship. Be honest and transparent with your partner, and keep your promises.

Consistency and reliability help build trust over time, making your bond stronger and more resilient to challenges.

### Keep the Romance Alive

Romance shouldn't fade as the relationship progresses. Make an effort to keep the spark alive by surprising your partner, expressing affection, and keeping the intimacy alive. Small gestures of love and affection can go a long way in maintaining a deep emotional connection.

### Seek Support When Needed

There's no shame in seeking help if you're facing difficulties in your relationship. Whether it's talking to a trusted friend, seeking advice from a mentor, or consulting a professional therapist, getting support can provide new insights and help navigate tough times.

### Dive Deeper: Exploring Each Aspect

Let's delve deeper into each piece of advice to understand how you can practically apply these principles in your daily life.

### Communication is Key

Effective communication goes beyond words. It's about body language, tone of voice, and even silence. When communicating,



ensure you are present and attentive. Avoid distractions such as phones or television, and make eye contact. Practice active listening by repeating back what your partner says to ensure you've understood correctly. This can help prevent misunderstandings and show your partner that you value their input.

#### **Prioritize Quality Time Together**

Quality time doesn't always mean planning elaborate dates. Sometimes, it's the small, everyday activities that strengthen bonds. Consider incorporating rituals such as morning coffee together, evening walks, or reading the same book and discussing it. These shared moments can create a sense of continuity and partnership.

#### **Show Appreciation and Gratitude**

Create a habit of expressing appreciation daily. You could start or end your day by telling your partner one thing you appreciate about them. This can become a positive ritual that reinforces your bond and makes both of you feel valued. Remember, gratitude can also be shown through actions, such as making your partner's favorite meal or taking over a chore they dislike.

#### **Maintain Individuality**

Maintaining individuality doesn't mean

distancing yourself from your partner. Instead, it's about fostering a healthy balance between your personal identity and your relationship. Encourage each other to pursue personal hobbies and interests. This not only supports personal growth but also brings fresh energy and new experiences into the relationship.

#### **Resolve Conflicts Respectfully**

When conflicts arise, aim to understand your partner's point of view before defending your own. Use "I" statements to express your feelings without assigning blame. For example, say "I feel hurt when..." instead of "You always...". This approach reduces defensiveness and opens the door to more productive conversations. Additionally, consider taking a break if emotions run high, agreeing to resume the discussion once both parties have calmed down.

#### **Build Trust and Be Reliable**

Building trust takes time and consistent effort. Keep your promises, however small they may seem. If you say you'll do something, follow through. Transparency is also crucial; share your thoughts and feelings honestly and encourage your partner to do the same. This open exchange fosters a deeper understanding and trust.

#### **Keep the Romance Alive**

Romance can be kept alive through both grand gestures and small, daily acts of love. Surprise your partner with thoughtful gifts or plan special outings. Even small notes, texts, or unexpected compliments can keep the romance alive. Physical affection, such as holding hands, hugging, or a gentle touch, also maintains emotional closeness.

#### **Seek Support When Needed**

Recognize when professional help is needed. A therapist can provide a neutral perspective and tools to navigate relationship challenges. Don't wait for problems to escalate; seeking help early can prevent small issues from becoming major obstacles. Additionally, join couples' workshops or read relationship books together to continuously learn and grow as a couple.

#### **Real-Life Stories: Couples Who Made It Work**

To illustrate these principles, let's look at real-life examples of couples who have successfully navigated challenges and built strong, healthy relationships.

#### **Case Study: John and Lisa**

John and Lisa have been married for 15 years. They attribute their strong relationship to consistent communication and prioritizing quality time. Despite their busy schedules, they make it a point to have a weekly date night and take annual vacations together. Their secret? They always make time to talk about their day, no matter how late it is.

#### **Case Study: Maria and Alex**

Maria and Alex faced significant challenges in their relationship due to cultural differences. However, they overcame these by maintaining open communication and seeking support from a relationship therapist. They also embraced each other's cultures, which enriched their relationship and brought them closer together.

#### **Conclusion**

Building a strong and healthy relationship requires effort, patience, and commitment from both partners. By practicing open communication, spending quality time together, showing appreciation, maintaining individuality, resolving conflicts respectfully, building trust, keeping the romance alive, and seeking support when needed, couples can foster a loving and enduring relationship. Remember, a thriving relationship is not about perfection but about growing and evolving together as partners. A successful relationship is a continuous journey of learning and adapting. Embrace the journey with an open heart and a willingness to grow together, and you will find your bond strengthening with each passing day.



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## Champion of Change and Community Development

Thabang Motlhaolwa, a 24-year-old energetic and ambitious young man, hails from Lobatse but grew up in Sepako. His journey from a small village to becoming a recognized community leader and pageant titleholder is a testament to his dedication and determination. Thabang's passion for community development and youth empowerment has made him a respected figure in his hometown.

Thabang's rise to prominence began with his participation in the Mr. RADP fashion show. In 2022, he won the title for the Tutume

sub-district council and secured a spot in the top 5 at the national level. His success continued in 2023 when he was crowned the 1st Prince at the district level. These accolades opened numerous opportunities for him and garnered significant recognition from the public. Thabang fondly recalls the emotional moment when his father shed tears of joy upon his triumphant return to Sepako Kgotla.

Thabang's commitment to his community is evident through his active involvement in various committees, including the PTA and

social clubs. He has spearheaded several projects aimed at uplifting and empowering the youth. Among his notable initiatives are:

### **Volleyball Teams**

Thabang formed ladies' and gents' volleyball teams that competed in the 2023-2024 constituency competitions, where both teams secured second place.

### **Beauty Pageantry and Fashion Show Training:**

Partnering with the local S&CD Office, Thabang trains young individuals in beauty

pageantry and fashion shows, providing them with the skills and confidence to pursue their dreams.

**Motivational Speaking:**

Thabang engages in motivational speaking at local schools and out-of-school clubs, inspiring young minds to strive for excellence.

Thabang is a strong advocate for mindset change and Vision 2036, initiatives aimed at transforming Botswana into a high-income country. He acknowledges that while only a few in his community understand and appreciate these initiatives, a lot of work remains to be done. Thabang believes that overcoming the community's dependency on government support and encouraging self-sufficiency are crucial steps toward achieving Vision 2036.

Thabang praises the Mr. & Miss RADP fashion show as a valuable program that grows each year. It serves as an eye-opener for rural youth, helping them unearth and nurture their talents. The platform allows aspiring models and fashion stars from rural areas to showcase their abilities, gain exposure, and acquire life skills that can lead to small business opportunities.

**Thabang lives by a set of principles that guide his journey to success:**

1. Get up, Do it AGAIN: Persistence is key.
2. KNOW what you want: Clarity of purpose is essential.
3. BELIEVE in yourself: Confidence drives achievement.
4. LEARN from others: Wisdom can be found in shared experiences.
5. Don't be afraid to TRY: Taking risks is part of growth.

Thabang urges the youth in rural settlements to abstain from negative behaviors such as alcohol and drug abuse, gender-based violence, and criminal activities. He encourages them to stay sober, focus on their goals, and utilize government programs designed for their benefit. His final words resonate with inspiration: "Aspire to inspire; otherwise, you choose your destiny."

Thabang Motlhaolwa's journey is a beacon of hope and inspiration for many. His unwavering commitment to community development and youth empowerment continues to make a significant impact, paving the way for a brighter future in Sepako and beyond.







## Embrace Winter with Style: The Best Fashion Tips for the Season

Cozy layers, fashionable coats, and chic accessories are hallmarks of the winter season. It's time to revamp your wardrobe with warm-weather clothing that doesn't sacrifice style as the mercury drops. These are some of the best style advices to help you look great in winter.

### 1. Layer Up Smartly

Layering is a chic and useful way to dress during the cold. To keep dry, start with a base layer of cloth that wicks away moisture. For more insulation, throw on a lightweight or thermal sweater, and finish the look with a

chic coat. Choose for lighter layers that keep you warm without piling on the bulk.

### 2. Invest in Quality Outerwear

For winter, a good coat or jacket is a must. Seek for warm and long-lasting solutions such as parkas, down jackets, or wool coats. Camel, black, grey, and navy are examples of neutral colors that go well with a variety of ensembles. Think about wearing a coat with distinctive detailing or in a vibrant color to make a statement.

### 3. Accessorize with Scarves, Hats, and Gloves

In addition to being practical, accessories are a wonderful way to give your winter attire a unique flair. Select scarves with a variety of hues and textures to go with your outerwear. Beanies and berets are examples of hats that may keep your head warm and look fashionable. Remember to wear gloves; leather gloves are stylish and toasty.

### 4. Opt for Warm Footwear

Warm, well-fitting shoes are necessary in the winter. Ankle boots and knee-high versions



alike, boots are a winter wardrobe must because they're warm and fashionable. Choose alternatives with lining or those constructed of insulating materials. For days that are rainy or snowy, waterproof boots are also a wise choice.

### 5. Experiment with Textures and Fabrics

You can experiment with a range of materials and textures for winter fashion. Add textures and fabrics to your outfit, such as velvet, cashmere, wool, and faux fur. These materials give your clothes a rich, opulent feel in addition to offering warmth.

### 6. Choose Versatile Pieces

Choose apparel pieces that are simple to combine and match to create various styles. The best materials to choose when creating an adaptable winter outfit are neutral hues and classic cuts. For instance, you can dress more formally with a skirt and trousers or more casually with a turtleneck sweater and a skirt.

### 7. Stay Stylish with Sweaters and Cardigans

Winter wardrobe staples include cardigans and sweaters. Choose a range of designs, including cable knits, chunky knits, and turtlenecks. For extra warmth and style, these pieces can be layered over shirts or dresses.

### 8. Don't Forget the Base Layer

Having a warm base layer is essential in the cold. Select thermal leggings and tops composed of merino wool or other heat-trapping synthetic fabrics. These layers don't add bulk when worn under conventional clothing because they are sufficiently thin.

### 9. Experiment with Colors and Patterns

Even though the winter season frequently brings out darker hues, don't be scared to mix in some colour and pattern. You can add brightness to your clothing by wearing jewel tones like ruby red, sapphire blue, and emerald green. Animal patterns, houndstooth, and plaids are excellent choices for bringing interest to your winter ensembles.

### 10. Stay Cozy Indoors

Comfort is essential during days spent indoors. Invest on loungewear crafted from cashmere or fleece, two warm, soft materials. At home, cozy socks, baggy sweaters, and knit leggings will keep you looking put together and feeling comfy.





# Raising Responsible Children: A Compr

Raising responsible children is a fundamental goal for many parents. Responsibility goes beyond just fulfilling tasks; it's about developing character, integrity, and a sense of accountability. This article delves into various strategies that parents can use to instill responsibility in their children, ensuring they grow into capable and conscientious adults.

## **Modeling Responsible Behavior Leading by Example**

Children are keen observers and often mimic the behavior of their parents. Demonstrating responsible behavior in your daily life is one of the most powerful lessons you can impart. Show them how you manage your duties, honor commitments, and handle mistakes. Your actions will serve as a template for their own behavior.

## **Open Communication**

Engage in open discussions about responsibilities you handle as an adult. Explain the thought processes behind your decisions, the challenges you face, and how you overcome them. This transparency helps children understand the nuances of

responsible behavior and the importance of consistency and reliability.

## **Establishing Clear Expectations Defining Responsibility**

Set clear, age-appropriate expectations for your children. Explain what responsibility means in different contexts, such as school, home, and social interactions. Clearly communicated expectations help children understand what is required of them and reduce confusion and frustration.

## **Age-Appropriate Tasks**

Assign tasks that are suitable for their developmental stage. Younger children can start with simple chores like tidying their room or helping set the table, while older children can take on more complex responsibilities like managing their homework or taking care of a pet.

## **Encouraging Independence Gradual Autonomy**

Allow children to make choices and take on tasks appropriate for their age. Start with simple chores and gradually introduce more complex responsibilities. This fosters a sense

of independence and self-reliance, crucial traits for developing responsibility.

## **Safe Failures**

Permit children to experience the consequences of their decisions in a safe and controlled environment. These experiences teach valuable lessons in accountability and the real-world implications of their actions.

## **Teaching Consequences Positive Reinforcement**

Reinforce responsible behavior with praise and rewards. Positive reinforcement encourages repetition of good behavior and builds self-esteem. Recognize and celebrate their efforts and achievements to motivate them further.

## **Logical Consequences**

Instead of punitive measures, use consequences that are logical and related to the misbehavior. For instance, if they neglect their chores, they might lose privileges related to their free time. This method teaches children the direct impact of their actions and fosters accountability.



# Comprehensive Guide for Parents

## Providing Opportunities for Problem-Solving Guided Problem-Solving

Encourage your children to solve their own problems. Offer guidance and support, but let them come up with solutions. This helps develop critical thinking and decision-making skills, essential components of responsibility.

## Real-World Scenarios

Create scenarios that require problem-solving, such as planning a family outing or managing a small budget. These real-world exercises help children understand the complexities of responsibility and the importance of thoughtful decision-making.

## Fostering a Growth Mindset

### Embracing Mistakes

Teach children that mistakes are opportunities for learning rather than failures. A growth mindset encourages perseverance and resilience. Praise their efforts and progress, not just their successes, to build their confidence in tackling responsibilities.

## Continuous Improvement

Encourage a mindset of continuous improvement. Discuss ways they can learn from their mistakes and make better choices in the future. This approach helps them view challenges as opportunities for growth and development.

## Encouraging Volunteering and Community Service

### Community Engagement

Engaging in community service or volunteer work can broaden a child's understanding of responsibility. It teaches them the importance of contributing to their community and caring for others. These experiences also provide a sense of accomplishment and purpose.

## Family Volunteering

Participate in volunteer activities as a family. This not only sets an example but also strengthens family bonds while instilling a sense of collective responsibility.

## Creating a Supportive Environment Emotional Support

A supportive and loving environment is

crucial for nurturing responsibility. Provide encouragement, guidance, and praise. Show empathy and understanding when they struggle, and help them learn from their experiences.

## Constructive Feedback

Offer constructive feedback that focuses on improvement rather than criticism. Highlight what they did well and discuss areas where they can improve. This balanced approach fosters a positive learning environment.

## Setting Consistent Routines Structured Schedules

Consistent routines provide structure and help children understand their responsibilities. Regular schedules for homework, chores, and family activities create a sense of stability and predictability, essential for developing responsible habits.

## Flexibility and Adaptation

While consistency is important, also teach them to adapt to changes and handle disruptions to their routines. This flexibility is crucial for managing responsibilities in a dynamic world.

## Involving Them in Decision-Making Family Decisions

Involve children in family decisions where appropriate. This inclusion helps them understand the impact of their choices and the importance of considering others. It also gives them a sense of ownership and responsibility within the family unit.

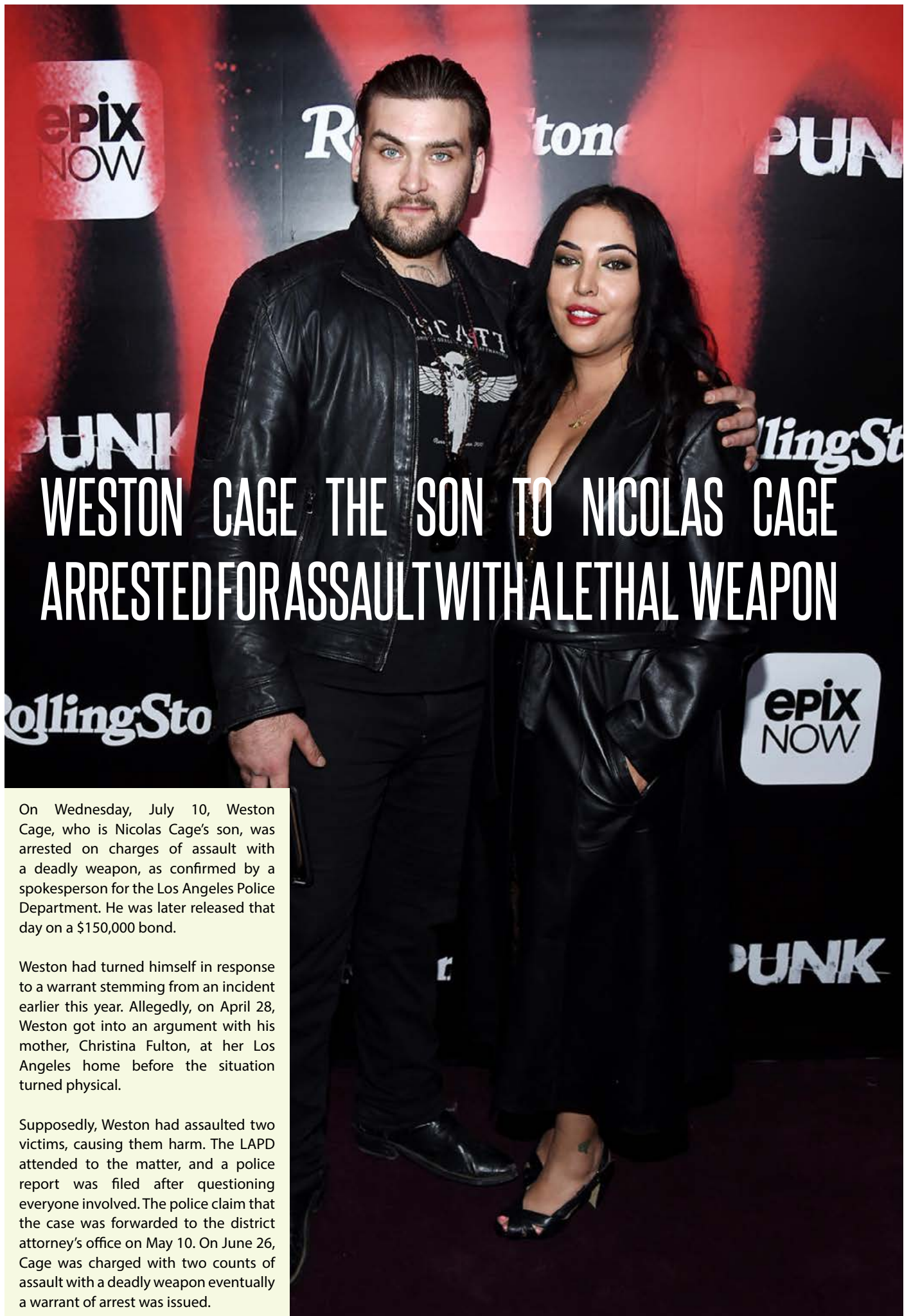
## Empowering Choices

Empower them by allowing them to make decisions about their activities, schedules, and even some family matters. This practice fosters a sense of responsibility and independence.

## Conclusion

Raising responsible children is an ongoing process that requires patience, consistency, and dedication. By modeling responsible behavior, setting clear expectations, and fostering independence, you can help your children develop the skills and attitudes necessary for a responsible and fulfilling life. Remember, the goal is to guide and support them as they learn and grow, preparing them to face the world with confidence and integrity.

Through consistent effort and a supportive environment, parents can equip their children with the tools they need to become responsible adults. As they mature, these children will not only fulfill their duties but also contribute positively to their communities, embodying the values and principles instilled in them from a young age.



On Wednesday, July 10, Weston Cage, who is Nicolas Cage's son, was arrested on charges of assault with a deadly weapon, as confirmed by a spokesperson for the Los Angeles Police Department. He was later released that day on a \$150,000 bond.

Weston had turned himself in response to a warrant stemming from an incident earlier this year. Allegedly, on April 28, Weston got into an argument with his mother, Christina Fulton, at her Los Angeles home before the situation turned physical.

Supposedly, Weston had assaulted two victims, causing them harm. The LAPD attended to the matter, and a police report was filed after questioning everyone involved. The police claim that the case was forwarded to the district attorney's office on May 10. On June 26, Cage was charged with two counts of assault with a deadly weapon eventually a warrant of arrest was issued.



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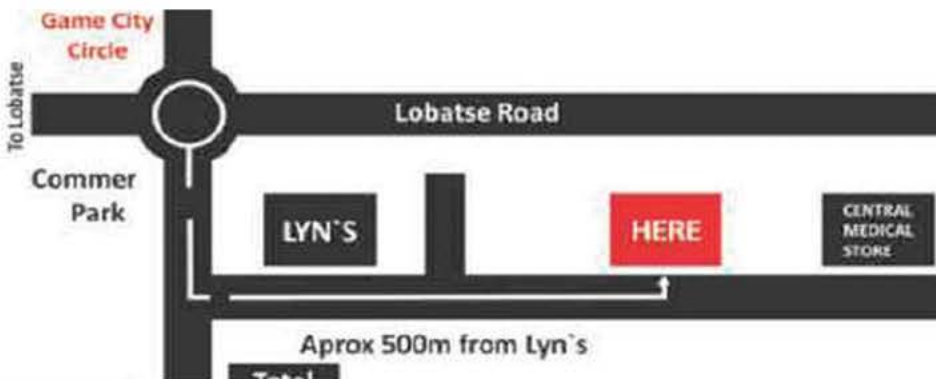
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# 10 Ways to Stay Healthy This Winter Season



It's official: cold and flu season is upon us, and it's important to keep your immune system in tip-top shape! Here's a refresher on the simple habits you can incorporate into your routine to feel healthy and happy this winter season.

## 1. Get Vaccinated

Vaccination is the an important tool to prevent against disease! With so many viruses circulating this year, it's important to stay up-to-date. Yearly flu vaccination is recommended as vaccines may be updated from one year to the next to help protect against the latest strains. Getting a flu vaccine and COVID-19 vaccine at the same visit is recommended if you are eligible and the timing for each vaccine is right. Importantly, both the COVID-19 and flu vaccines have been proven safe and effective for those

who are pregnant, breastfeeding, or trying to conceive. The CDC now also recommends RSV vaccination for pregnant individuals during weeks 32 through 36 of pregnancy.

## 2. Focus on Good Nutrition

Eating a well-balanced diet full of vitamins and minerals can help to support your immune system so it can be better prepared to fight off germs. Certain vitamins and minerals like vitamin C, vitamin D, and zinc are the most effective in helping ward off infections. Citrus fruits such as oranges and grapefruits, as well as vegetables like broccoli and Brussel sprouts, are all great sources of Vitamin C. Good sources of vitamin D include eggs and oily fish like salmon. Meat, poultry, and legumes are also great natural sources of zinc.

## 3. Invest in a Humidifier

Humidifiers can provide a variety of health benefits during the cold, dry winter months. By adding moisture to the air, humidifiers can help to alleviate cold or allergy symptoms like a runny nose or sinus congestion. They can also provide much-needed nourishment for your skin and help prevent chapping.

## 4. Get Adequate Sleep

Sleep is essential to allowing our bodies and minds to recharge every night. In fact, did you know that as you sleep your body produces proteins, known as cytokines, that can help fight infections and inflammation? Practicing good sleep hygiene by going to bed at the same time each night and limiting technology use an hour or two before bed can help to ensure better sleep.

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### 5. Wash Your Hands Regularly

By now, we likely all are aware of the benefits of handwashing in preventing germs from entering our bodies. The CDC recommends washing for at least 20 seconds, or to the tune of “Happy Birthday”. You could also sing to the chorus of your favorite pop hit. Songs like “Truth Hurts” by Lizzo or “Love on Top” by Beyonce, and many more, provide the perfect timing and make the process a little more fun!

### 6. Engage in Exercise

Experts agree that 30 minutes of moderate cardio each day can help support our immune system. Exercise helps to increase white blood cell counts and ward off infections. Of course, if you are sick, it's best to rest and allow your body to recover before engaging in any strenuous activity.

### 7. Stay Hydrated

Drinking water is still important, even in the colder months. It's generally recommended to drink 8 cups of water a day to help with brain and body function.

### 8. Disinfect Your Phone

One of the most germ-filled objects in your home is likely your cell phone, because it's picking up all of the germs that you are throughout the day. In fact, researchers at the University of Arizona found it may be 10 times dirtier than a toilet seat – yikes! Using a special phone cleaning wipe or a UV light can help to kill germs.

### 9. Take Time to Relax

With a busy holiday schedule and year-end deadlines to meet, it's easy to feel stressed during winter months. That stress can decrease our immune system's ability to fight off infection. If you feel tensions rising, make sure to set aside time for yourself for whatever helps you to relax – yoga, meditation, reading, or catching up with a friend!

### 10. Stay Home If You're Sick

Beyond caring for our own health, we can care for others around us by staying home if we're sick and avoiding social gatherings. While we hope you're busy spending the season with friends and loved ones, your Axia Women's Health care team is always here, if and when you need us.



# 2026 BMW i8 M



## Overview

Even though the current i8 hasn't lived up to the sporting intentions BMW had for it, that apparently hasn't put the German luxury brand off of high-dollar hybrid sports cars. Development of the next i8—we're a fan of calling it the i8 M, considering it should represent a significant performance improvement over the current model—is underway, and BMW's Vision M Next concept from mid-2019 is proof. A massive increase in power, a longer all-electric driving range, updated styling, and a more capable chassis are all expected to separate the i8 M from the model it will ultimately replace.

## What's New for 2026?

The i8 M—or whatever BMW decides to call its next-generation hybrid sports car—will be all-new for the 2026 model year. We expect to find out more as we get closer to the car's on-sale date, which is predicted to be sometime in 2025 as a 2026 model.

## Pricing and Which One to Buy

The price of the 2026 BMW i8 M is expected to start around \$160,000 and go up to \$180,000 depending on the trim and options.

Without knowing how the i8 M will be equipped or what options may be available, it's hard to recommend a particular model. We expect the i8 M to be offered in both a fixed-roof coupe body style as well as a ragtop roadster, similar to the previous generation model's lineup.

## Engine, Transmission, and Performance

The i8 M's plug-in hybrid powertrain is anticipated to follow the same basic setup as the current i8, which means an electric motor driving the front wheels and a mid-mounted gasoline engine and electric motor for the rear wheels. In lieu of the i8's turbocharged 1.5-liter three-cylinder gas engine, BMW has said the new car will offer a turbocharged four-cylinder; the company also claims a total system output—gas and electric power combined—of 591 horsepower, which is far more than the i8's 369-hp output. This up-rated powertrain will help the i8 M compete with rivals such as the Lexus LC500h and the new Chevrolet Corvette E-Ray.

## Range, Charging, and Battery Life

The previous generation i8's 18-mile electric driving range was unimpressive to say the

least. BMW has been mum on details such as battery size but said the electric driving range for the Vision M Next concept was a claimed 62 miles. That means either BMW's engineers found a way to squeeze a lot more miles out of the current car's 11.6-kWh battery pack or they found space for a much larger unit. It's almost certainly the latter. More information will be available regarding the i8 M's battery, range, and charging capability closer to the car's on-sale date.

## Fuel Economy and Real-World MPG

The EPA has not tested the i8 M or released estimates for its fuel consumption—which is not surprising since the car doesn't exist yet. In addition to improving the electric driving range, we're expecting the i8 M to offer slightly better fuel economy ratings than the current i8, despite an anticipated improvement in acceleration and driving performance. For more information about the i8 M's fuel economy, visit the EPA's website.

## Interior, Comfort, and Cargo

Little is known about the i8 M's cabin so far, but we are hoping BMW addresses the i8's



difficult ingress and egress by equipping the new car with front-hinged doors and a lower side sill to make the interior more easily accessible. Like the previous car, the i8 M will be BMW's playground for future styling and should feature unique materials, cutting-edge features, and eye-popping designs. Storage and cargo capacity will likely remain limited, but a front trunk (or "frunk") may make an appearance to provide additional luggage space.

#### **Infotainment and Connectivity**

A lot can change in the world of in-car infotainment between now and 2026, so details about what might be offered in the i8 M are anyone's guess. In the Vision M Next concept, BMW showed off a futuristic take on infotainment that the company calls the Boost Pod; it consists of several glass screens and a head-up display to provide the driver access to car-related information and onboard entertainment features.

#### **Safety and Driver-Assistance Features**

Considering the i8 M is still a few years off, it's possible more advanced driver-assistance features will be featured, including perhaps a true autonomous driving system. Time will tell. Key safety features are likely to include:

- Standard automated emergency braking with pedestrian detection.
- Standard lane-departure warning with lane-keeping assist.
- Available adaptive cruise control with semi-autonomous driving mode.

#### **Warranty and Maintenance Coverage**

BMW's warranty coverage could change between now and 2024, but if everything holds steady in this area, expect the same warranty package that's available on today's lineup. A dedicated hybrid-components warranty is all but a certainty, and we're hoping BMW continues to offer a three-year complimentary maintenance plan for all new models.

- Limited warranty covers 4 years or 50,000 miles
- Powertrain warranty covers 4 years or 50,000 miles
- Hybrid components are covered for 8 years or 100,000 miles
- Complimentary maintenance is covered for 3 years or 36,000 miles

As more information becomes available, we'll update this story with more details about:

- 0-60-MPH Times



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# DJI Mic 2



Filmmakers, vloggers, and content producers will find the DJI Mic 2 to be a flexible and excellent wireless microphone system. The DJI Mic 2, renowned for its small size, user-friendliness, and remarkable sound quality, is a dependable instrument for recording crisp, high-quality audio.

## Design and Build Quality

The DJI Mic 2 is incredibly portable because to its elegant and small design. Because the transmitter and receiver are lightweight and compact, attaching them to gear or clothing is simple and doesn't need any effort. Strong construction and long-lasting materials that can tolerate frequent use in a variety of

settings characterize the product.

## Performance

**Audio Quality:** The outstanding audio quality of the DJI Mic 2 is one of its most notable characteristics. It successfully reduces background noise while capturing clear, crisp sound, making it perfect for filming in noisy locations or for capturing interviews and chat.

**Range and Connectivity:** The DJI Mic 2 boasts an outstanding wireless range, offering reliable connectivity up to 250 meters (820 feet) in open areas. This makes it possible to move freely without being

concerned about losing contact. The 2.4 GHz frequency at which the system runs ensures less interference and a steady transmission.

**Battery Life:** With a single charge, the DJI Mic 2 may be used continuously for up to 15 hours, demonstrating its long battery life. The system is always prepared for use thanks to the extra power supplied by the charging case. Its ability to charge quickly adds even more use for long shots.

## Features

- **Dual-Channel Recording:** The DJI Mic 2 has dual-channel recording capabilities that let users record sounds



SAMSUNG



concurrently from two sources. This is very helpful for multi-person recordings and interviews.

- **Built-in Storage:** By including storage inside the transmitter, onboard recording is made possible without the use of external devices. This function ensures that audio is recorded even in the event of a wireless signal interruption, adding an extra degree of security.
- **Touchscreen Interface:** The receiver has a touchscreen interface that makes it simple to change modes, monitor audio levels, and make settings adjustments. The user experience is improved by the easy interface, which also enables last-minute tweaks.
- **Versatility:** The DJI Mic 2 may be used with a variety of gadgets, such as laptops, cellphones, and cameras.

Because of its adaptability, it can be used in a variety of recording situations.

Pros and Cons

Pros:

- Outstanding audio quality combined with noise reduction
- Extended battery life and rapid charging
- Small and lightweight design
- The capacity to record on two channels
- Integrated storage for onboard video capture
- A user-friendly touchscreen interface

Cons:

- Greater cost in comparison to certain rivals
- Restricted possibilities for expert users to customize
- Possible interference when using wireless in congested areas

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# CHICKEN PASTA RECIPE

## Ingredients:

- Two skinless and boneless chicken breasts
- Two tsp olive oil
- Three minced garlic cloves
- One little onion, diced finely
- One sliced bell pepper (optional)
- Half a cup of cherry tomatoes
- One cup of heavy cream
- One cup of chicken broth
- Grated Parmesan cheese, half a cup
- One tsp of dried basil
- One tsp of dehydrated oregano
- Half a teaspoon of optional red pepper flakes
- To taste, add salt and pepper.
- 12 ounces of pasta (you can use fettuccine or penne)
- Chopped fresh parsley (for garnish)

## Instructions:

### 1. Cook the pasta:

- Heat a big saucepan of salted water till it boils.
- When the pasta is al dente, add it and cook it as directed on the package.

- After draining, set away.

### 2. Prepare the Chicken:

- Add salt and pepper to the chicken breasts for seasoning.
- One tablespoon of olive oil should be heated over medium-high heat in a big skillet.
- Cook the chicken breasts for 6-7 minutes on each side, or until they are thoroughly done.
- After taking the chicken out of the skillet, leave it to rest.
- Slice the chicken into bite-sized pieces or strips after it has cooled.

### 3. Prepare the Sauce:

- Add the last tablespoon of olive oil to the same skillet.
- Add the chopped onion, minced garlic, and bell pepper (if using) and sauté for 3-4 minutes or until the ingredients are tender.
- After adding the cherry tomatoes, simmer for about two minutes, or until they begin to soften.

- After adding the heavy cream and chicken broth, mix everything together.
- Add the red pepper flakes (if using), dried basil, and dried oregano. To taste, add salt and pepper for seasoning.
- The sauce will thicken somewhat after about 5 minutes of cooking at a low simmer.
- Add the grated Parmesan cheese and stir until it melts and blends thoroughly.

### 4. Mix:

- After cooking, add the pasta to the skillet and toss to evenly coat it in sauce.
- Return the cut chicken to the skillet and stir to combine.
- Cook for a further two to three minutes, or until well heated.

### 5. Serve:

- If preferred, garnish with more Parmesan cheese and fresh parsley.
- Enjoy while hot!

Feel free to add extra spices or your preferred veggies to this dish!





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# 10 Ways to Make Sure You Work Out Through the Winter



Don't let colder temps chill your exercise routine. Try these tips from HSS exercise physiologist Chelsea Long to transition from outdoor to indoor workouts.

Spring and summer practically beg you to work out. Fall and winter, not so much. The colder, darker days make working out just a little more work.

But it's important to keep active, even as the temperatures dip. "In the colder months our bodies turn to conservation mode and we tend to gain weight," says HSS exercise physiologist Chelsea Long, MS, CSCS. "We also don't get as much vitamin D and we often feel run down." To keep your metabolism revving and energy levels high, you need to keep your activity levels consistent, she says. Plus, exercise releases endorphins — nature's feel-good chemicals — which can help boost your mood no matter how dark the days seem.

To make sure the cold weather won't freeze out your exercise plan, here are 10 tips to help keep you going all season long.

**1. If you're a morning exerciser, set everything out the night before.** Pull your workout clothes out of the drawers, get your water bottle ready and make sure your electronics are charged and your exercise playlist cued up. "It's much harder to skip a workout when you've already committed to it," says Long.

**2. Dedicate a workout space in your house.** Distractions .... Well, they distract. "You want to have a place where no one can bother you unless it's an emergency," says Long. "Just like when you're on a Zoom meeting with co-workers and no one's allowed to disturb you, when you go into your exercise space, that's your time to be alone," she says. Even a corner of a living room counts, if you set your boundaries.

**3. Invest in a piece of equipment you love.** The best thing you can buy is the one you're going to use. If you're a cardio fanatic, you should probably have a bike, treadmill or rower. If you enjoy strength training, get some dumbbells, kettlebells or resistance bands. If you like to do core work, make

sure you have an exercise mat. "I also think that having a mirror in your gym space is the best way to keep you motivated and make sure you stay safe with your form and technique," says Long. If you don't have the budget for a big-ticket item, check Facebook Marketplace, Craigslist or another resale site for gently used workout gadgets looking for new homes.

**4. Make a deal with yourself.** If you just don't feel like working out, tell yourself that you'll just do a five-minute warm up. Chances are once you get started you won't want to stop.

**5. Tweak your mindset.** If you're used to running a few miles a day and expect to get the same results from an indoor workout, you may be disappointed. Instead, Long suggests you focus on workouts that address the weaknesses that may not show up when you exercise outdoors. So, for example, if you're a runner with flexibility issues, try more yoga and Pilates during the winter. If you've had a recent injury, focus on strength



work indoors. "Create an indoor experience that you enjoy just as much as the outdoor one, which is what's going to help you make that transition and keep you accountable," she adds.

**6. Don't beat yourself up if you skip a day.**

Exercise isn't an all-or-nothing affair. If you miss a day, or even a few days, of exercise, that doesn't mean all is lost. Remember that days off are just as important as days on. "Rest days are when your muscles repair and rebuild," says Long. "That's when the changes are made." The American Heart Association recommends getting at least 150 minutes of moderate-intensity aerobic activity per week — that works out to be 30 minutes, five days a week — plus moderate- to high-intensity muscle-strengthening activity (such as resistance bands or weights) on at least two days per week.

**7. Find an indoor pool.** Swimming is a great low-impact cardio option. And a warm pool may be just what you want when it's freezing outside.

**8. Use social media to your advantage.** If you're still less than enthusiastic about going to the gym but need to connect with others to keep you going, there are plenty of ways to get support. "Social media has a way of creating friends you never actually meet in person," says Long. "It's a great way to find a like-minded community, and it helps you stay accountable because you become invested in that community." Do a search on Facebook for "fitness groups" or follow fitness or workout hashtags on Instagram. If you can't find what you want, start your own group.

**9. Take it outside.** Winter temps don't mean you have to work out inside. If you want to go outside, go! Just make sure to dress in layers so you can unzip and strip as your body heats up. Drink plenty of fluids, since you may not feel as thirsty in the cold. Start your workout slowly. Cold weather tightens your muscles and increases the risk of injury. And if you're going out at dawn or dusk, wear light-colored clothing or a reflective vest.

**10. Make everyday tasks a workout.** When you're not moving around as much outside, you want to move around more inside. Turn the music up loud as you vacuum your house and exaggerate the movements, do some extra squats while you make the beds, plank during commercial breaks while watching television, do some heel raises while brushing your teeth. "Short little adds throughout your day will improve your posture, better your bones, and increase your overall mobility and flexibility," says Long.





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# Schauffele Secures A Second M

Within two months of winning his first major tournament, American Xander Schauffele won his second on Sunday, claiming the British Open. At Royal Troon on Scotland's west coast, the 30-year-old Californian fired a flawless final round of 65 to take the Claret Jug from a crowded leaderboard.

The PGA Championship winner in May, Schauffele finished two strokes clear of American Billy Horschel and Justin Rose of England at nine-under-par. He started the last 18 holes one stroke behind overnight leader Horschel and tied for second place with five other players.

In pleasant weather, Schauffele completed a clean front nine on the Ayrshire course, making birdies at the sixth and seventh holes to reach the turn at two-under par for the day. Then, at the beginning of the back nine, he suddenly sprang to life as his closest rivals—Rose, world number 62 Horschel, and

South African Thriston Lawrence—started to stutter. Alongside 27-year-old Lawrence, Schauffele shot to seven under after hitting a stunning approach to the challenging 11th hole that set up a tap-in birdie. On the 13th, Schauffele sank a 16-foot birdie putt to further his lead. After Lawrence missed his first shot of the day on the 12th, Schauffele took the lead shortly after.

At hole 14, the American took a two-shot lead after rolling in a 12-footer. That went up to three when another birdie at the sixteenth hole came from a wonderful chip over a bunker. After Brooks Koepka in 2018, Schauffele became the first golfer to win two majors in a single season with two final-round pars.

Lawrence had a one-shot lead at the turn and was vying to become the next prominent South African to raise the Claret Jug, following in the footsteps of Gary Player,

Ernie Els, and Bobby Locke. Rose, who is aiming for his second major championship and the first Open victory for England since Nick Faldo in 1992, had a brief lead with Lawrence after making three birdies in his first nine holes.

However, he bogeyed holes twelve and fourteen before birdies on holes sixteen and eighteen put him on seven under. Horschel of America had a rough first ten holes but birdied the next three to finish tied for second with Rose.

At six under, Lawrence finished alone in fourth place, with American Russell Henley a stroke behind in fifth. Shane Lowry of Ireland, who had led after two rounds, finished four under par and in sixth place. Although South Korea's Im Sung-jae and world No. 1 Scottie Scheffler, as well as two-time major champion Jon Rahm, momentarily threatened to move up the leaderboard, they ultimately tied for eighth place at one under.



# Major Victory In The British Open

Playing in his maiden major, unheralded Englishman Daniel Brown finished tied for tenth place with a round of 74, three over par. Due to this week's challenging weather, deep, uneven terrain, and strategically placed punitive pot bunkers, some stars suffered.

After two dreadful rounds, Rory McIlroy missed the cut on 11 over, meaning he will now have to wait until 2025 to win a fifth major championship. The three-time champion Tiger Woods did not play during the weekend, finishing at 14 over 156, his lowest finish ever at the Open.

In addition, Viktor Hovland, Wyndham Clark, Ludvig Åberg, and US Open champion Bryson DeChambeau did not get past the first two rounds. Robert MacIntyre, the home favorite, finished nine over after his heroics from last week's Scottish Open were not repeated.



# The USA escapes a loose from South Sudan

In the Olympic warm-up game held in London, the United States went from 16 points to beating South Sudan 101-100. Before going to a break South Sudan lead by 14 points in the second quarter. In the third quarter the USA went on a 16-0 run to end with a five point lead however South Sudan fought to go one point forward with 20 seconds left.

With only eight seconds to go Lebron James hit a needed lay-up to propel his team by one point unfortunately South Sudan could not return. The USA and South Sudan will battle it out again at this year's Olympics to be held in August.



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