

Celebrity World

Botswana's Native Magazine

October 2024 P12

**A Journey Of
Music, Love,
And Self-
Empowerment**

**Beauty and
Wellness for
Holistic Care**

**10 Must
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The A Team

Editor

Takudzwa J Chigura

Writers

Duncan Sebeso

Graphic Designer

Amuchilani Rara

Photographer

Celebrity World

Cover Story Credits

Wardrobe: Self

Make up: Self

Hairstyle: Self

Marketing Officer

Tumo Tadubana

General Manager

Umme Kulsum



Founder & CEO

Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

Plot 14385 First floor of double storey building, New Lobatse Road Gaborone West Industrial

Cell: 77606907

Tell: 3937886

Email:celebrityworldbw@gmail.com

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Dear Readers,

Welcome to the October edition of Celebrity World Magazine! As the seasons change, so too does the ever-evolving landscape of the entertainment world, and this month, we bring you stories of reinvention, collaboration, and ambition that are sure to inspire.

On our cover, we are thrilled to feature the dynamic Afro duo Raptured Roots. Their musical journey is a testament to the power of passion and persistence. Starting off as solo artists, each made their own impact on the music scene, but it was their shared vision and undeniable chemistry that brought them together to form a powerhouse duo. In our cover story, we explore their rise to prominence and the influence they are making not just locally, but on the global stage.

In our feature section, we dive deep into the world of Baratwa, the pop singer who is capturing hearts with her latest album, *Evolve*. This project is more than just music – it's a reflection of Baratwa's growth as an artist and a person, blending her diverse influences into a sound that's uniquely hers. We take you behind the scenes of her creative process and what the future holds for this rising star.

Finally, in our business spotlight, we shine a light on Ndigra Raw Beauty Spa, a haven for those looking to relax and rejuvenate. Offering everything from hair plaiting and nails to body massage services, this spa is a growing gem in the beauty industry, providing top-notch care and luxury for its clients.

As always, we are honored to bring you the latest in music, entertainment, and business. We hope you enjoy reading this edition as much as we enjoyed putting it together.

Stay inspired, stay creative!

Warm regards,

Editorial Team
Celebrity World Magazine



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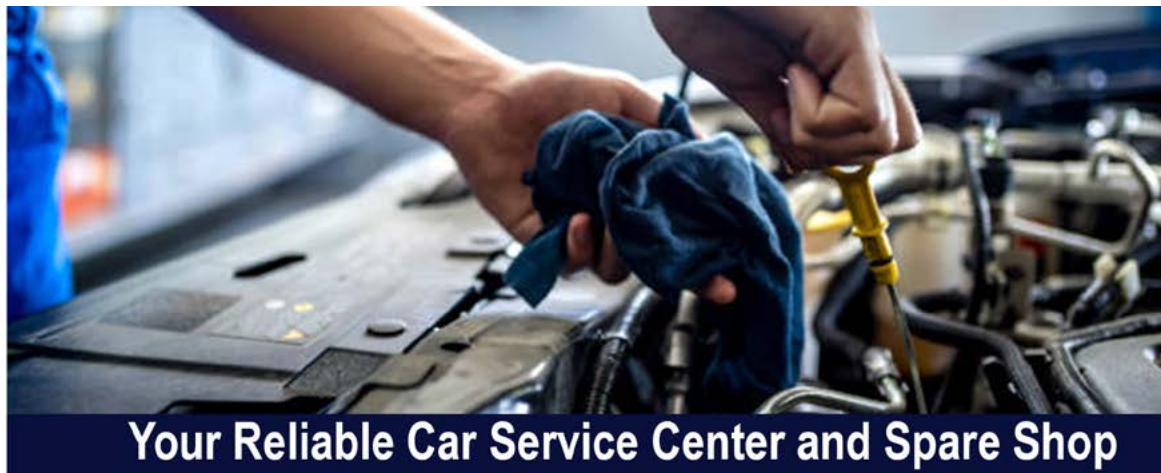
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Deadpool and Wolverine

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

Release date: July 26, 2024

Director: Shawn Levy

Distributed by: Walt Disney Studios Motion Pictures

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



MaXXXine

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

Release date: July 2, 2024

Director: Ti West

Distributed by: A24



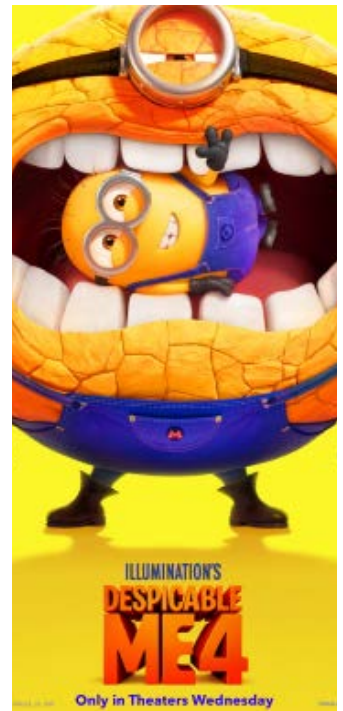
Longlegs

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

Release date: July 12, 2024

Director: Oz Perkins

Distributed by: Neon



Despicable Me4

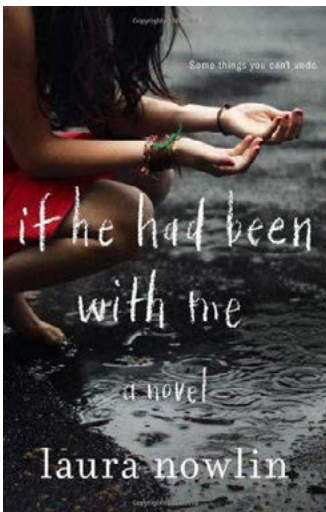
Gru welcomes a new member to the family, Gru Jr., who's intent on tormenting his dad. However, their peaceful existence soon comes crashing down when criminal mastermind Maxime Le Mal escapes from prison and vows revenge against Gru.

Release date: July 3, 2024

Directors: Chris Renaud, Patrick Delage

Distributed by: Universal Pictures

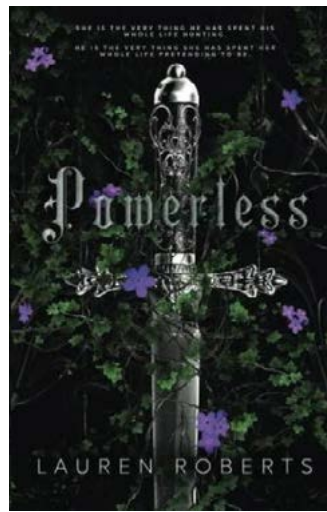
What To Read



IF HE HAD BEEN WITH ME BY LAURA NOWLIN

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

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



POWERLESS BY LAUREN ROBERTS

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

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

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A JOURNEY OF MUSIC, LOVE, AND SELF-EMPOWERMENT

Baratwa, a pop sensation from Palapye, Botswana, is not just another name in the music industry—she’s an artist with a deeply personal and profound connection to her craft. Her journey from a young girl singing in church to becoming a nominee for prestigious music awards reflects her passion, resilience, and determination. This is the story of how she turned dreams into reality, evolving not only as a musician but also as an individual deeply rooted in self-belief, love, and empowerment.

Music has always been a core part of Baratwa’s life. Growing up in SPalapye, she found her voice within the walls of her church, where she not only sang in the choir but also played the guitar. Playing the guitar in church became a foundational experience for her, as it opened her eyes to the intricacies of music. “Playing guitar in church deepened my love for music as I learned to play songs, and eventually realized that I could write and perform my own,” she says, recalling her early days.

But her passion for music didn’t stop there. Baratwa was also a dancer, and movement

became another way for her to connect to music. Dancing helped her understand rhythm and timing, further enhancing her artistic skills. It was a beautiful fusion—singing, playing guitar, and dancing—that eventually shaped her sound and stage presence.

One of the pivotal moments in her childhood was when she moved to live with her grandmother in 1998, at the age of six. It was here that she gained full access to television, which exposed her to a world of endless possibilities. Watching her favorite shows, seeing performers on stage singing and dancing, ignited her desire to pursue music as a career. What struck her most was seeing Black artists like Brenda Fassie, Boom Shaka, and Yvonne Chakachaka excelling in the industry. “Seeing Black women succeed made me realize my dreams were valid. I could achieve the same,” she reflects.

Baratwa is a name with profound meaning for the artist. Given to her by her father, it carries a sense of love and identity that resonates deeply with her. Unlike many artists who opt for stage names, she chose

to keep her birth name, explaining, “Baratwa represents love. Love is God, and it’s a daily reminder of how loved I am by both God and my people.” Her name became a symbol of everything she stands for—love, faith, and the belief in one’s worth.

This deep connection to her name is reflected in her music. Every song is infused with emotion, passion, and a desire to uplift others, mirroring the love that her name signifies.

The road to success in the music industry is never a straight line, and Baratwa’s journey has been filled with both exhilarating highs and challenging lows. One of her proudest achievements was being nominated for several prestigious awards, including the 2019 Palapye Youth Awards for Best Female Artist and Best Performing Arts, the Women Achiever Awards 2022 for Rising Star, and the BOMU Awards 2022 for Best R&B. “These nominations were not just recognition of my work but a reminder that people are listening and appreciating my sound,” she says with pride.

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BARATWA

ALBUM
PRODUCED BY PRO LANEZ

Another significant highlight was being selected for the DBS Road Show with DJ Fresh. Representing Palapye, Baratwa made it into the Top 40 and later the Top 20, a milestone that affirmed her growing presence in the music scene. "The DBS Road Show was an incredible experience. It tested my skills, boosted my confidence, and allowed me to connect with a larger audience," she recalls.

However, the journey has not been without its challenges. Like many independent artists, Baratwa has faced the difficulty of securing funds for music and video production. Booking performances and ensuring payment for her work has also been an ongoing struggle. Despite these hurdles, she remains determined, pushing through with a relentless drive and a passion that fuels her creativity. "I stay dedicated, always seeking new opportunities and letting my passion guide me forward," she says.

Baratwa describes her sound as pop music, though it is far from the typical definition of the genre. Her music is a blend of various styles, including rock, R&B, and even rap, making her sound distinct and appealing

to a broad audience. Pop, she explains, is characterized by its catchy melodies and simple lyrics that resonate with listeners. "Pop is universal," she says. "It's music that connects with people from all walks of life."

Her latest album, "Evolve", is a reflection of her diverse influences and her growth as an artist. Tracks like "No Doubt," a punk rock metal song, and "O Lekile," a Motswako rap anthem, showcase her versatility. These songs are more than just music—they're statements of her journey and the obstacles she has overcome. "No Doubt" in particular stands as a testament to her determination, defying those who said she wouldn't succeed.

"Evolve", Baratwa's latest album, is a powerful statement about personal growth and self-empowerment. "The title reflects the need for both personal and professional growth," she explains. "We must continuously develop ourselves to become the best version of who we are."

The themes of the album—self-empowerment, motivation, and self-belief—

resonate with her own life experiences. Songs like "Khumagadi" and "Kesegofaditswe" carry messages of royalty and self-worth, particularly for women. "As women, we should never chase validation from others. We are queens, and we should own that," she emphasizes.

"Evolve" is lighthearted but also powerful, aimed at boosting self-confidence in listeners. With its wide appeal, the album connects with both younger audiences and those seeking motivation and empowerment in their daily lives. "I wanted to create music that empowers people to believe in themselves, to find strength in their identity," she says.

One of the standout tracks, "Shadows," reflects a more personal side of Baratwa's journey. Produced by Pro Lanez, whom she met after the DBS Roadshow Boot Camp, the song is a raw reflection of her struggles at a low point in her life. "Shadows" captures the emotional turmoil she faced, but it also represents hope and renewal. "With the support of Pro Lanez and an encounter that led me back to church, I regained my strength, and we completed the album in just three weeks," she recalls. This period of growth reminded her that she is never alone, even in her darkest moments.

The album artwork for "Evolve" features a quote from Isaiah 40:31: "But they who wait for the Lord shall renew their strength." This scripture is a testament to her faith and the role it plays in her life and music.

As she looks to the future, Baratwa is filled with optimism and ambition. Her collaborations with artists like CrosBreed, Term Ntombo, and K Fros have enriched her sound, and she's excited about her new partnership with Elijahthe2nd on "Evolve". In the future, she hopes to work with more established local artists like Charma Gal, Slizer, Maxi Khoisan, and Cultural Spears, as she has a deep love for Botswana's rich musical heritage.

For Baratwa, the future holds endless possibilities. "Evolve" is just the beginning of her journey, and she plans to continue growing as an artist, pushing the boundaries of her sound, and reaching even greater heights. "There's no doubt that I will keep evolving, both as an artist and as a person. The best is yet to come," she says confidently.

In a world filled with doubt, challenges, and uncertainty, Baratwa's story stands as a beacon of hope. Her message is clear: with love, faith, and dedication, we can all evolve into the best versions of ourselves. NO DOUBT!

Raptured Roots:

The Afro House Power Duo Elevating Botswana's Music Scene



Ezekiel Ezek and DJ Kev Karter, collectively known as "Raptured Roots", have quickly become a dominant force in the Afro House genre in Botswana. Their musical journey began as solo artists, each making waves in their own right, but it was their shared passion for music and desire to impact the local scene that brought them together. Individually, they had already gained significant recognition, but together, they realized their potential was even greater. Forming Raptured Roots marked the start of a dynamic partnership destined to leave an indelible mark on both local and international stages.

Their journey from solo success to collaboration was serendipitous. A WhatsApp group that connected musicians from across the globe became the catalyst for their official union. As the only Botswana artists selected to participate, they had the unique opportunity to collaborate with international artists and share ideas with like-minded creatives. It was during these exchanges that they discovered their shared vision for music. This realization sparked the idea of forming a duo, which they embraced with enthusiasm, solidified by their shared ability to play various musical instruments. Their skills on keyboards and percussion allowed them to blend Afro House with elements from other genres, creating a sound that is as diverse as it is unique.

The name "Raptured Roots" is deeply symbolic, representing both their fierce commitment to innovation and their grounding in cultural heritage. "Raptured" signifies their determination to carve out their own path in the music industry, defying conventional norms and pushing creative boundaries. Meanwhile, "Roots" speaks to the foundation of their music,



which is deeply tied to their African heritage. The duo is passionate about showcasing the beauty and richness of indigenous sounds while blending them with modern Afro House rhythms. Together, “Raptured Roots” is not just a name; it is a declaration of their identity and their mission to reshape Botswana’s music landscape.

Their journey into the Afro House genre was ignited by the vibrant sounds of influential artists like “Revolution, DJ Kent, and DJ Fresh”, whose music resonated deeply with both Ezek and Kev. These artists showcased the seamless blend of African rhythms and electronic beats that define Afro House, sparking the duo’s desire to contribute to this dynamic genre. Further inspiration came from other Afro House luminaries, such as “DJ Chrispin The Drummer, Ricky Lamar, and Black Motion”. Their music became the fuel that ignited the bonfire of passion in Raptured Roots’ hearts, motivating them to explore the endless possibilities within Afro House.

DJ Kev Karter’s musical journey began in his early childhood, growing up in a church-going family where music was an integral part of life. His exposure to church music laid the foundation for his skills in playing various instruments, a talent that would later become essential to his career. As he grew older, the advent of modern technology introduced him to Western music culture, which significantly influenced his musical style. Kev’s ability to blend traditional influences with contemporary sounds has been a key component of the duo’s success, allowing him to create a unique sound that resonates with diverse audiences.

Ezekiel Ezek, on the other hand, found his love for music through dance. From a young age, he was captivated by rhythm and movement, realizing early on that music was the heartbeat of dance. His experiences in dance led him to explore a variety of musical genres, both local and international, and he drew inspiration from the connection between music and movement. For Ezek, music became a powerful form of expression, fueling his creativity and shaping his journey as an artist.

Together, these two backgrounds merge seamlessly, creating a duo whose sound is grounded in both traditional and contemporary influences. Their ability to play multiple instruments and their deep understanding of rhythm and melody allow them to create music that stands out in the Afro House scene.

Raptured Roots’ creative process is one of meticulous research, experimentation, and collaboration. Each new project begins with

a thorough research phase, during which they study current trends in pop culture and music. This step is crucial as it helps them stay connected to what's happening in the world, allowing them to infuse their music with relevant themes that resonate with their audience. Once the research phase is complete, the duo moves into composition, where the magic truly begins.

During the composition phase, they focus on creating the musical elements that form the foundation of their tracks, including rhythm, melody, and harmony. Ezek and Kev both believe in keeping an open mind during this stage, allowing the music to evolve naturally. This flexibility ensures that their creative ideas aren't stifled by technical details too early in the process. By fostering an environment of creativity and innovation, Raptured Roots consistently produces music that feels authentic and fresh.

Their inspiration comes from a deep connection to both contemporary pop culture and their African heritage. They are heavily influenced by the pulse of modern music trends, but they never lose sight of the nostalgia and history embedded in their cultural roots. By blending these elements, Raptured Roots creates a sound that is both relevant and timeless, offering listeners a journey through sound that honors the past while celebrating the present.

One of the defining features of Raptured Roots is the strength of their partnership. Both Ezek and Kev understand that balancing individual ideas and styles is key to their success. Open communication, compromise, and a shared vision are the cornerstones of their creative process. They make it a priority to have regular, honest conversations about their music, ensuring that both of their voices are heard and that they each feel a sense of ownership over the final product.

Their shared vision guides every decision they make, from their creative process to their long-term goals. While they each bring their own individual styles to the table, they are united by a common desire to push the boundaries of Afro House music and to share their unique sound with the world. This shared vision allows them to navigate creative differences and to continuously grow as artists.

One of the duo's most significant accomplishments was performing at the "MAFTOWN BEER FEST 2019". Sharing the stage with some of the industry's biggest names, Raptured Roots delivered a performance that was nothing short of electrifying. The energy from the audience was palpable, and it was a pivotal moment in their career, affirming their potential to reach





greater heights in the industry.

However, like many artists, Raptured Roots has faced challenges. As Afro House is still considered a niche genre in Botswana, gaining mainstream recognition has been difficult. Additionally, the infrastructure for promoting and producing Afro House music is limited, with few platforms and venues that cater specifically to the genre. Despite these obstacles, Ezek and Kev remain committed to their craft, relying on their creativity and networks to reach their audience.

One of their proudest moments came when they produced "Han-C and Charma Gal's" hit song "Itsatsaula." While they may not always receive the credit they deserve, they know the impact their work has had on the music industry, and they continue to push for greater recognition both locally and internationally.

The future is bright for Raptured Roots. With exciting projects in the pipeline, including collaborations with unexpected artists, the duo is poised to continue making waves in the Afro House scene. Their commitment to pushing creative boundaries and engaging with their fans ensures that they will remain a force to be reckoned with.

As they look to the future, Raptured Roots envisions their music evolving in transformative ways. By exploring new sub-genres within Afro House and collaborating with a broader range of artists, they aim to connect with an even wider audience. They are also focused on building a vibrant community around their music, engaging with fans through innovative platforms and live performances.

Balancing their professional and personal lives is a priority for both Ezek and Kev. They recognize the importance of self-discipline and mental well-being in sustaining long-term success. By establishing routines that allow them to recharge, they ensure that they remain inspired and connected to both their art and each other.

Raptured Roots is more than just a music duo; they are a powerhouse of creativity and innovation, destined to make a lasting impact on the Afro House genre. With a shared passion for music, a deep connection to their cultural heritage, and a commitment to pushing creative boundaries, Ezekiel Ezek and DJ Kev Karter are well on their way to achieving greatness. As they continue to explore new musical horizons, the world can expect nothing less than extraordinary from this dynamic duo.



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10 MUST SEE PLACES AROUND THE WORLD



There are some things around the world that provide photo-showing rights for decades. We haven't got them all – in fact we barely scratched the surface. But we have picked out a few of the scenes that, if you're lucky enough to witness them, will invariably leave you spellbound. Here are 31 of the world's must-see sights:

1. Sossusvlei Dunes, Namibia

Sossusvlei means "the gathering place of water" but you'll need to bring your own if you don't want to dehydrate at this, Namibia's most outstanding attraction.

The dunes have developed over millions of years, the result of material flowing from the Orange River into the Atlantic, carried north and returned again to land by the surf. Climbing the dunes yields breathtaking views, including the Deadvlei, a ghostly expanse of dried white clay punctuated by skeletons of ancient camelthorn trees.

2. Torres del Paine, Chile

In the heart of Patagonia, glaciers rise in the midst of mountainscapes and alpine meadows, close enough to hike right up to and touch. They make Torres del Paine one of the most special national parks in

the world — you'll never forget your first sight of ice on the beach. Explora offers a four-night package including transfers from Punta Arenas, full board and excursions from \$2,780.

3. The great migration, East Africa

No sight in the world replicates the timeless drama of tens of thousands of wild beasts charging across the African plains in search of food and water while pursued by their predators. The best way to experience the migration is via a mobile camp which ups sticks and follows the animals every day. A four-night safari combining two nights in Singita's Explore mobile camp and two in a fixed location in the Serengeti costs from \$5,110, including internal flights, full board and safari activities.

4. Star-filled sky, Mackenzie Basin, New Zealand

Picking out Orion's Belt and The Big Dipper is even more impressive if there are a million other stars distracting you from the task. A 1,600-square-mile area on the South Island of New Zealand, comprising Aoraki/Mount Cook National Park and the Mackenzie Basin, has just been designated the world's fourth International Dark Sky Reserve. That makes

it "one of the best stargazing sites on Earth" according to Bob Parks, executive director of the International Dark-Sky Association. Nature's Highway arranges three-night/four-day cycling tours to Mackenzie Basin from \$995 per person. Includes accommodation, bike hire and luggage transport.

5. Cormorant fishing, China

With its mountain backdrop and shores lined with ancient houses, the Nanxi River in Zhejiang, China, inevitably became the cradle of classic Chinese water-and-ink painting. By drifting down the Nanxi River on a bamboo craft, travelers can enjoy views of locals doing laundry along the river and fishermen employing traditional methods of using cormorants to catch fish. The xiangyu is a rare freshwater fish unique to the Nanxi. The nearest traffic hub to Nanxi River is Wenzhou, a major city in Zhejiang Province. It's about 23 kilometers away. Major cities connected to Wenzhou Airport by direct flights include Beijing, Shanghai, Guangzhou and Hangzhou.

6. Jungle pyramids, Palenque, Mexico

Mayan pyramids pervade the eastern side of Mexico, but none are more breathtaking than those of Palenque in the far south. The



jungle temple of this site inspired “Raiders of the Lost Ark,” and it has a lost-world, Indiana Jones kind of feeling other ruins lack.

This is the year to hit the Mayan ruins — the ancient tribe believed the world would end in 2012.

Tucan Travel’s 22-day End of the World tour hits Palenque on New Year’s Eve and takes in other Mayan sites; \$2,240

7. Inside the Thrihnukagigur volcano, Iceland
Iceland is a spectacular living wilderness, and in summer it’s possible to journey right into the inner cavity of the Thrihnukagigur volcano, which has been dormant for 4,000 years.

After a short hike across lava fields, participants descend 120 meters via a cable car into the heart of the volcano and its magma chamber, only accessible between mid-June and the end of July.

Discover the World offers three nights in Iceland including accommodation, volcano visit and a look at other natural wonders as well as the capital, Reykjavik, from around \$1,130

8. Monument Valley, United States

You’d be forgiven for thinking this thrilling red rock vista at the conjunction of Arizona and Utah was a movie set. But although it’s served as the backdrop for many John Ford movies, this corner of the Navajo Nation is for real.

The best way to experience the area is to stay overnight, then ride into the park with a Native American guide who can arrange a visit with some of the residents. Particularly magical is a nighttime visit around the time of the full moon.

General admission \$5

9. Kasanka bat migration, Zambia

Five million bats cluster together in one tiny corner of Zambia’s Kasanka National Park every November. Orange-brown in color, they feed off the swamp forest’s delicious wild fruits, on which they chomp solidly every night (making sunset and dawn the best times to view them). After the bats abandon it, Kasanka is spectacular in a different way: all that remains of Bat Central are stripped, broken trees and an eerie silence.

Naturetrek has a Swamps & South Luangwa Zambia safari departing on November 4, taking in the bat migration. \$2,725 includes

all transport, full board accommodation, park fees and guides

10. Djemaa el Fna, Marrakech, Morocco

If any city has a vast expanse of street theater at its beating heart, it’s this Moroccan metropolis where Moorish influences give way to a throbbing African pulse.

This huge empty space over which the sun rises comes to life from mid-afternoon as the local characters creep in — storytellers, snake charmers, musicians, Berber apothecaries, henna-painters and lady-boy dancers.

First-floor cafes are the best places to overlook the action as the scene unfolds, but when night closes in and smoke starts rising from the food stalls, it’s time to join the crowds at trestle tables for a \$5 feast of grilled meats and flatbread.

Stay in a riad — a traditional townhouse hotel — within the Medina for maximum impact. Riad Farnatchi sets out a great little handbook for guests of what not to miss, including the best food stalls on the square. Rooms from US\$360 per night



How to Create a Household Management System: Simple Steps and Tips

Household management involves all the difficulties of running a multinational corporation — but with none of the prestige or money.

Cleaning and cooking while keeping clutter minimal and ensuring you're sticking to your financial budget is no small task. Fortunately, even the most overwhelmed can transform into organizational pros with the right household management system.

Read on to learn how to use technology to better manage your home. We also share a few bonus tips that will help you elevate your household management game.

What is a household management system?

A household management system helps you handle all aspects of your home life and finances. It's a plan that covers what you need to do, how you're going to do it, and who's going to do it.

Home management tasks

A household management system may include the following tasks:

- **Meal planning and preparation:**

Planning your meals so you know what groceries to buy and when you'll prepare recipes.

- **Cleaning:** Allocating time slots for cleaning the bathroom, fridge, oven, and other key areas of the house.
- **Budgeting:** Breaking down your income and expenses and allocating funds accordingly.
- **Financial planning:** Preparing for major expenses, like vacations or your kids' college funds.
- **Family scheduling:** Planning extracurricular activities, appointments, and down time.
- **Organizing belongings:** Creating a system for where you store household items.
- **Laundry:** Determining when to wash light or dark items, sheets, towels, and bedding.
- **Home maintenance:** Hiring an HVAC company to perform yearly maintenance, changing fire alarm batteries, and keeping track of repair issues.

Why create a household management system?

Household management is just like any other professional or personal task — winging it almost always leads to stress and chaos.

Creating a system, on the other hand, gives you more control over the outcome of your household management — and, ultimately, your life. Here's why:

Saves time

The average parent spends over 100 hours a week on household tasks and jobs. A household management system boosts efficiency by reducing mental, physical, and digital clutter.

Plus, household activities often take less time overall when approached more systematically. Preparing 10 meals at once, for instance, is quicker than cooking them on 10 different days.

Boosts wellness

Many people overstress and underexercise. A household management plan makes it easier to organize your life so you have time for the things that keep you healthy, from getting enough sleep to exercising to practicing mindfulness.



Gets everyone on the same page

A household management system makes it easier to share the burden of household tasks.

For instance, you could create a plan that breaks down the weekly tasks of each person who lives in your home (bonus points if you make this plan easily accessible online). This is easier and more effective than asking Sandra to do the dishes and Brandon to vacuum on an ad-hoc basis.

Keeps you organized

The organization that a household management system provides gives you more time for what truly matters, such as quality time with loved ones or professional success.

How to create an effective home management system

Using a digital tool is one of the best ways to create a home management system. It allows you to create a coherent, visually appealing system with minimal effort.

We'll use Motion as an example in this case, but you can apply a similar approach using other digital tools.

1. Identify which areas you want to start with

Motion lets you create workspaces with different themes. For instance, you could designate one workspace for cleaning and another for meal planning.

These will become the "homes" of their corresponding tasks, helping you to find the information you need more easily.

2. Break areas down into tasks

Once you have your workspaces, you can add projects and tasks within them.

In the above example of a cleaning workspace, you might add a task for vacuuming the house. This task can even be recurring (e.g., daily or every Sunday).

You can also create projects if you need to complete multiple tasks as part of a larger goal, such as deep cleaning that involves wiping down ceiling fans, windows, and cabinets.

3. Customize your calendar

Once you've added a few tasks, you can check your calendar to see your schedule for

the week (or month) ahead. This helps you visualize your system and makes it easier to figure out if you're missing anything.

Remember to schedule life events, such as football practice or dentist appointments, in your calendar, too.

4. Add checklists

If your task involves many steps, you might prefer to create a checklist that breaks down everything you need to do. For example, meal prep for the week ahead may involve making five different dishes. With Motion, you can easily add checklists to projects or tasks.

5. Stay up-to-date on what's happening using the task changelog

Some people are reluctant to go digital with their household management systems due to fears of losing track of info once they tick off or remove tasks.

Motion's changelog function takes care of this by showing all changes made to your tasks. This is invaluable if you want to remind yourself of what you've already done or if multiple people are accessing your workspace and completing tasks at the same time.

6. Fine-tune your system over time

When creating your household management system, you won't get everything perfect the first time. It's okay if you can't always stick to the plan due to unexpected circumstances (like your washing machine breaking) or if you're simply a bit overambitious with your tasks and run out of time.

Just keep fine-tuning your system based on how things go, and be persistent. Eventually, the perfect system will be yours!

Apps that can help with home management Motion lets you create a system and put it on auto-pilot, but you can also use other apps to help with specific areas of household management. Here are our top recommendations:

YNAB

You Need a Budget (YNAB) is — you guessed it — an app for budgeting. While there are endless budgeting apps, YNAB stands out due to its unique system. It prompts you to allocate every dollar to a specific purpose, break down non-monthly expenses into equivalent monthly costs, and adjust your budget depending on your progress.

This is a much more proactive approach than simply looking at numbers on a spreadsheet. The annual membership fee is \$99, but YNAB offers a generous 34-day free trial. It also claims the average user saves \$600 in their first two months of using the app.

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Thema 1 Plot 472

Phone: 5332 088

Fax: 5339 003

SELEBI PHIKWE:

Industrial Site Plot 11271 Unit 4

Phone: 2600 700

Fax: 2600 400

SHAKAWE:

Plot 3181

Phone: +267 6872025

Fax: +267 6872075

FRANCISTOWN:

Light Industrial Site Plot 248

Phone: 2412828

Fax: 2412626

FRANCISTOWN:

Somerset Industrial Plot 49655

Phone: 2408 533

Fax: 2408 544

PALAPYE:

Riverview Mall Plot 8717 Shop No.24

Phone: 4920 448

Fax: 4920 457

GHANZI:

Bosele ward Plot 4&9

Phone: 6511 900

Fax: 6511 901

MAUN:

Old Moremi Road Lot 292

Phone: 6861 377

Fax: 6863 840

MAUN-BOSEJA:

Boseja Industrial Plot 115 & 116

Phone: 6801 685

Fax: 6801 575

BOBONONG:

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THE EVOLUTION OF ENTREPRENEURSHIP: A VISION TO SUCCESS

In the fast-paced and ever-evolving world of today, entrepreneurship stands out as a driving force of innovation and economic advancement. Entrepreneurs are the vanguards of progress, transforming nascent ideas into successful ventures that shape industries and communities. Their journey is a rich tapestry woven with creativity, resilience, and strategic foresight, reflecting the essence of modern business dynamics.

At the heart of every successful entrepreneur is a distinctive mindset. This mindset encompasses a combination of optimism, risk-taking, and an inherent drive to solve problems. Entrepreneurs often possess the ability to see opportunities where others may perceive obstacles. This forward-thinking approach allows them to navigate through uncertainties and embrace risks that could lead to groundbreaking innovations.

Central to this mindset is an unwavering belief in one's vision. Entrepreneurs are not easily swayed by immediate setbacks or challenges. Instead, they view these as stepping stones toward their goals. This perseverance is crucial in a landscape where failure is often a part of the journey. The entrepreneurial mindset is also marked by a strong sense of curiosity and a commitment to continuous learning, which drives entrepreneurs to seek out new knowledge and adapt to changing circumstances.

The entrepreneurial journey typically begins with a vision—a compelling idea that promises to address a market need or improve existing solutions. However, the transition from a mere idea to a successful business requires more than just inspiration. It involves a meticulous process of turning that idea into a viable enterprise.

The first step in this process is conducting thorough market research. Entrepreneurs must understand their target audience, evaluate market trends, and analyze the competitive landscape. This research helps in refining the idea and identifying potential challenges and opportunities.

Once the market research is complete, the next phase is business planning. A well-structured business plan outlines the vision, mission, and goals of the venture. It includes detailed strategies for marketing, operations, finance, and growth. This plan serves as a roadmap, guiding the entrepreneur through the complexities of starting and running a business.

Securing resources is another critical component. Entrepreneurs need to source funding, whether through personal savings, loans, or investors. They must also build a capable team, establish operational processes, and create a robust supply chain. Each of these elements plays a vital role in the execution phase, where the idea begins

to take shape in the real world.

Execution is often the most challenging part of entrepreneurship. It requires adaptability and resilience. Entrepreneurs must be prepared to pivot their strategies in response to market feedback and unforeseen obstacles. Building a strong team, managing finances effectively, and scaling operations are essential for transforming a concept into a thriving business.

Innovation is the lifeblood of entrepreneurship. It differentiates successful ventures from those that struggle. Entrepreneurs are not merely business owners; they are innovators who push the boundaries of conventional thinking. They continuously seek ways to enhance products, services, and processes, often leading to significant advancements in their industries.

Innovation can take various forms. It might involve developing new technologies, adopting novel business models, or implementing creative marketing strategies. For instance, tech entrepreneurs often focus on creating disruptive technologies that revolutionize industries, while others may innovate by offering unique customer experiences or finding more efficient ways to deliver their products.

The ability to innovate also involves staying



attuned to emerging trends and shifts in consumer behavior. Entrepreneurs who can anticipate and adapt to these changes are better positioned to stay ahead of the competition and capture new market opportunities.

The entrepreneurial path is seldom smooth. Entrepreneurs encounter numerous challenges, from financial constraints and market competition to regulatory hurdles and operational difficulties. These challenges test their resolve and creativity.

Financial challenges, for example, are a common hurdle. Many entrepreneurs struggle with securing adequate funding or managing cash flow effectively. Market competition poses another significant challenge, requiring entrepreneurs to continuously differentiate themselves and stay relevant.

Regulatory and legal issues can also present obstacles. Navigating complex regulations and compliance requirements often demands considerable effort and expertise. Entrepreneurs must be proactive in understanding and addressing these legal aspects to avoid potential pitfalls.

Despite these challenges, the entrepreneurial journey is also marked by triumphs. Achieving milestones such as profitability, market expansion, or industry

recognition validates the hard work and dedication invested. These successes not only provide financial rewards but also serve as motivational boosts for entrepreneurs to continue pursuing their vision.

The impact of entrepreneurship extends beyond economic gains. Entrepreneurs play a crucial role in societal development by creating jobs, fostering community growth, and driving technological progress. Their ventures often lead to improvements in quality of life and contribute to addressing social issues.

Entrepreneurs generate employment opportunities, which stimulate local economies and enhance livelihoods. They also engage in community development initiatives, supporting local causes and contributing to social welfare. Many entrepreneurs are involved in philanthropic activities, using their success to give back to society and support various charitable endeavors.

Moreover, entrepreneurial ventures frequently lead to technological advancements that benefit society. Innovations in fields such as healthcare, education, and environmental sustainability can have far-reaching effects, improving overall well-being and addressing pressing global challenges.

Looking ahead, the field of entrepreneurship will continue to evolve in response to technological advancements, shifting consumer preferences, and global challenges. The future of entrepreneurship will be shaped by emerging trends such as artificial intelligence, blockchain technology, and sustainable business practices.

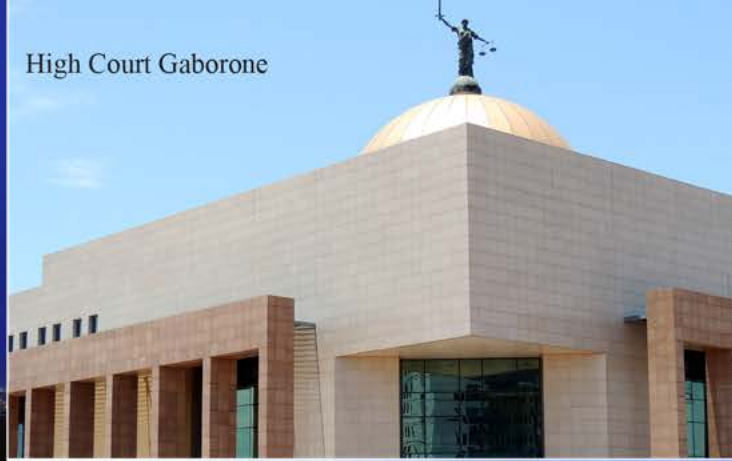
Entrepreneurs will need to embrace adaptability and forward-thinking to navigate this ever-changing landscape. The ability to leverage new technologies, anticipate market trends, and address societal needs will be crucial for success.

As we move forward, entrepreneurship will remain a powerful force for progress and innovation. It embodies the spirit of creativity and resilience, driving economic growth and societal improvement. Embracing the entrepreneurial mindset will be essential for individuals and businesses seeking to make a meaningful impact in the future.

Entrepreneurship is more than just the act of starting a business; it is a journey of turning vision into reality and creating value. The path is marked by both challenges and triumphs, and it is the enduring spirit of entrepreneurs that propels progress and innovation. As we look to the future, fostering this entrepreneurial spirit will be key to shaping a better and more prosperous world.



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Physical Address: Plot 20635, Block 3, New Broadhurst Industrial, Gaborone, Botswana
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Botswana Unveils Massive Diamond: A Gem of Hope for the Nation

Botswana, a country celebrated for its abundant diamond reserves, has once again captured global attention with the discovery of an exceptionally large diamond. This precious gem, one of the largest diamonds ever found, further solidifies Botswana's standing as a top producer of high-quality diamonds and renews optimism for economic growth in a nation still recovering from the socio-economic challenges of the post-pandemic era. The magnitude of this discovery is not only monumental for the diamond industry but also serves as a beacon of hope for the country's future.

In August 2024, Karowe mine—one of the world's premier diamond mines located in central Botswana—made a discovery that sent ripples through the global gemstone market. A massive diamond weighing 2,429 carats was unearthed, marking the largest diamond discovered since the Cullinan Diamond was found in South Africa in 1905. This extraordinary find reaffirms Botswana's position as a dominant player in the global diamond industry.

The diamond, believed to be of top-quality due to Botswana's geological conditions, is currently undergoing analysis to determine

its value and potential applications. Experts predict it will be categorized as a Type Ila diamond, among the purest in terms of carbon content and transparency. Such diamonds are highly sought after in the international market for their exceptional brilliance and rarity.

The sheer size of the diamond has already stirred excitement, drawing comparisons to other legendary gems such as the Lesedi La Rona, another significant diamond found in Botswana in 2015, which weighed 1,109 carats. The new diamond, however, far surpasses previous finds, both in size and potential impact, placing it among the top five largest diamonds ever discovered globally.

Botswana's relationship with diamonds began just a year after the nation gained independence in 1966. In 1967, the discovery of diamonds in Orapa, a region located in central Botswana, changed the country's fate forever. At the time, Botswana was one of the poorest countries in the world, with a largely agrarian economy and minimal infrastructure. The discovery of diamonds became a turning point, transforming the nation into one of Africa's success stories, with diamonds accounting for a significant

portion of government revenue and contributing to an increase in the standard of living.

Since then, Botswana has built a robust diamond industry that is globally recognized for its ethical practices and commitment to sustainability. Diamonds now make up more than 80% of Botswana's export revenue, driving economic growth and funding critical social programs such as education, healthcare, and infrastructure development. The country has leveraged its mineral wealth to uplift the lives of its citizens, raising the national GDP to one of the highest per capita in Africa.

The latest diamond discovery is not just a reflection of Botswana's rich diamond heritage but also comes at a critical juncture. In recent years, the global diamond industry has experienced significant shifts, with growing consumer awareness around the ethical sourcing of gemstones. Botswana, with its stringent ethical mining practices and strong adherence to environmental and social standards, has positioned itself as a leader in this space. The country's diamonds are often marketed with the assurance that they contribute to national development and are mined with respect for human rights



and environmental sustainability.

The unveiling of the 2,429-carat diamond is expected to have far-reaching economic and social consequences for Botswana. The diamond, once polished and sold, could command a price in the tens of millions of dollars, with experts suggesting that its final value could approach or even surpass \$100 million depending on its quality. This significant revenue will likely be reinvested into national development projects, in line with the government's tradition of using diamond revenue for the public good.

Botswana has a track record of effectively managing its diamond wealth. The government has used profits from the diamond industry to invest in critical areas such as infrastructure, education, healthcare, and poverty alleviation programs. For example, the revenues from diamond sales have been instrumental in funding Botswana's national Vision 2036 plan,

which aims to diversify the economy and reduce dependence on diamonds while fostering long-term social and economic development.

The discovery of this colossal diamond is expected to attract further investment into the country's diamond industry, creating additional jobs and stimulating growth across various sectors. Currently, the mining sector is one of Botswana's largest employers, providing direct and indirect employment to thousands of individuals. Major mining companies, including De Beers and Lucara Diamond Corp., have operations in Botswana and have contributed significantly to the economy. This new discovery could spur greater interest from global investors, encouraging further exploration and potentially leading to new diamond mines.

Moreover, the social impact of the diamond cannot be understated. In a nation where diamonds have historically funded major public services, this discovery presents a

renewed opportunity to address pressing social issues, including unemployment, healthcare access, and education. The influx of capital will allow the government to expand social welfare programs, improve public services, and ensure that the benefits of the diamond industry are shared by all citizens.

In recent years, the diamond industry has seen a growing emphasis on transparency, ethical sourcing, and sustainability. Consumers, particularly in key markets like the United States, Europe, and increasingly Asia, are demanding greater accountability in the supply chain. Ethical sourcing and the reduction of conflict diamonds—those used to finance rebel groups or conflict—are now critical concerns for the industry.

Botswana's diamond industry, managed by Debswana (a joint venture between De Beers and the Botswana government), has long been regarded as a model of ethical mining. The country's adherence to the Kimberley



Process, a certification scheme designed to prevent conflict diamonds from entering the mainstream market, has reinforced its reputation as a trusted diamond producer. This latest discovery will likely enhance Botswana's stature, as it underscores the nation's commitment to responsible mining practices and sustainable development.

With rising global demand for ethically sourced diamonds, Botswana's diamonds are well-positioned to meet this market trend. Consumers are not only interested in the aesthetic qualities of diamonds but also in knowing that their purchase supports communities and contributes to long-term development. Botswana's track record of using diamond wealth to improve the lives of its citizens makes its gemstones even more appealing to conscientious buyers.

While diamonds have been the bedrock of Botswana's economy for over five decades, the government has recognized the need to diversify the economy to reduce reliance

on a single resource. The discovery of this massive diamond, while momentous, is also a reminder of the finite nature of natural resources.

In recent years, Botswana has taken steps to develop other sectors such as tourism, agriculture, and manufacturing. The tourism industry, for instance, has become a vital part of the economy, with the country's pristine wildlife reserves, such as the Okavango Delta, attracting visitors from around the globe. The government's diversification efforts aim to create a more resilient economy that can withstand fluctuations in global diamond prices and other economic shocks.

Nevertheless, diamonds remain central to Botswana's identity and economy. The latest discovery reinforces the enduring importance of diamonds to the nation's development strategy, even as the country continues to explore other avenues for growth. Botswana's leadership is keen to ensure that the benefits of its mineral wealth

are distributed equitably, fostering inclusive growth and social development.

The discovery of the 2,429-carat diamond is more than just a significant moment in Botswana's mining history—it is a symbol of hope for the future. As Botswana continues to navigate the complexities of the global economy and the challenges of post-pandemic recovery, this remarkable gem provides a timely boost to national morale and economic prospects.

Beyond its economic value, the diamond serves as a reminder of Botswana's rich natural heritage and the importance of responsible resource management. It underscores the nation's global leadership in ethical diamond mining and its commitment to using its natural resources for the benefit of all its citizens. As Botswana prepares to share this extraordinary gem with the world, the nation can look ahead with optimism, knowing that its legacy of diamond excellence will continue to shine for generations to come.

BUSINESS FINANCE



Business finance, the raising and managing of funds by business organizations. Planning, analysis, and control operations are responsibilities of the financial manager, who is usually close to the top of the organizational structure of a firm. In very large firms, major financial decisions are often made by a finance committee. In small firms, the owner-manager usually conducts the financial operations. Much of the day-to-day work of business finance is conducted by lower-level staff; their work includes handling cash receipts and disbursements, borrowing from commercial banks on a regular and continuing basis, and formulating cash budgets.

Financial decisions affect both the profitability and the risk of a firm's operations. An increase in cash holdings, for instance, reduces risk; but, because cash is not an earning asset, converting other types of assets to cash reduces the firm's profitability. Similarly, the use of additional debt can raise the profitability of a firm (because it is expanding its business with borrowed money), but more debt means more risk. Striking a balance—between risk and profitability—that will maintain the long-term value of a firm's securities is the task of finance.

Short-term financial operations Financial planning and control

Short-term financial operations are closely

involved with the financial planning and control activities of a firm. These include financial ratio analysis, profit planning, financial forecasting, and budgeting.

Financial ratio analysis

A firm's balance sheet contains many items that, taken by themselves, have no clear meaning. Financial ratio analysis is a way of appraising their relative importance. The ratio of current assets to current liabilities, for example, gives the analyst an idea of the extent to which the firm can meet its current obligations. This is known as a liquidity ratio. Financial leverage ratios (such as the debt–asset ratio and debt as a percentage of total capitalization) are used to make judgments about the advantages to be gained from raising funds by the issuance of bonds (debt) rather than stock. Activity ratios, relating to the turnover of such asset categories as inventories, accounts receivable, and fixed assets, show how intensively a firm is employing its assets. A firm's primary operating objective is to earn a good return on its invested capital, and various profit ratios (profits as a percentage of sales, of assets, or of net worth) show how successfully it is meeting this objective.

Ratio analysis is used to compare a firm's performance with that of other firms in the same industry or with the performance of industry in general. It is also used to study trends in the firm's performance over time

and thus to anticipate problems before they develop.

Profit planning

Ratio analysis applies to a firm's current operating posture. But a firm must also plan for future growth. This requires decisions as to the expansion of existing operations and, in manufacturing, to the development of new product lines. A firm must choose between productive processes requiring various degrees of mechanization or automation—that is, various amounts of fixed capital in the form of machinery and equipment. This will increase fixed costs (costs that are relatively constant and do not decrease when the firm is operating at levels below full capacity). The higher the proportion of fixed costs to total costs, the higher must be the level of operation before profits begin, and the more sensitive profits will be to changes in the level of operation.

Financial forecasting

The financial manager must also make overall forecasts of future capital requirements to ensure that funds will be available to finance new investment programs. The first step in making such a forecast is to obtain an estimate of sales during each year of the planning period. This estimate is worked out jointly by the marketing, production, and finance departments: the marketing manager estimates demand; the production manager estimates capacity; and the

financial manager estimates availability of funds to finance new accounts receivable, inventories, and fixed assets.

For the predicted level of sales, the financial manager estimates the funds that will be available from the company's operations and compares this amount with what will be needed to pay for the new fixed assets (machinery, equipment, etc.). If the growth rate exceeds 10 percent a year, asset requirements are likely to exceed internal sources of funds, so plans must be made to finance them by issuing securities. If, on the other hand, growth is slow, more funds will be generated than are required to support the estimated growth in sales. In this case, the financial manager will consider a number of alternatives, including increasing dividends to stockholders, retiring debt, using excess funds to acquire other firms, or, perhaps, increasing expenditures on research and development.

Budgeting

Once a firm's general goals for the planning period have been established, the next step is to set up a detailed plan of operation—the budget. A complete budget system encompasses all aspects of the firm's operations over the planning period. It may even allow for changes in plans as required by factors outside the firm's control.

Budgeting is a part of the total planning activity of the firm, so it must begin with a statement of the firm's long-range plan. This plan includes a long-range sales forecast, which requires a determination of the number and types of products to be manufactured in the years encompassed by the long-range plan. Short-term budgets are formulated within the framework of the long-range plan. Normally, there is a budget for every individual product and for every significant activity of the firm.

Establishing budgetary controls requires a realistic understanding of the firm's activities. For example, a small firm purchases more parts and uses more labour and less machinery; a larger firm will buy raw materials and use machinery to manufacture end items. In consequence, the smaller firm should budget higher parts and labour cost ratios, while the larger firm should budget higher overhead cost ratios and larger investments in fixed assets. If standards are unrealistically high, frustrations and resentment will develop. If standards are unduly lax, costs will be out of control, profits will suffer, and employee morale will drop.

The cash budget

One of the principal methods of forecasting the financial needs of a business is the cash budget, which predicts the combined effects

of planned operations on the firm's cash flow. A positive net cash flow means that the firm will have surplus funds to invest. But if the cash budget indicates that an increase in the volume of operations will lead to a negative cash flow, additional financing will be required. The cash budget thus indicates the amount of funds that will be needed or available month by month or even week by week.

A firm may have excess cash for a number of reasons. There are likely to be seasonal or cyclic fluctuations in business. Resources may be deliberately accumulated as a protection against a number of contingencies. Since it is wasteful to allow large amounts of cash to remain idle, the financial manager will try to find short-term investments for sums that will be needed later. Short-term government or business securities can be selected and balanced in such a way that the financial manager obtains the maturities and risks appropriate to a firm's financial situation.

Accounts receivable

Accounts receivable are the credit a firm gives its customers. The volume and terms of such credit vary among businesses and among nations; for manufacturing firms in the United States, for example, the ratio of receivables to sales ranges between 8 and 12 percent, representing an average collection period of approximately one month. The basis of a firm's credit policy is the practice in its industry; generally, a firm must meet the terms offered by competitors. Much depends, of course, on the individual customer's credit standing.

To evaluate a customer as a credit risk, the credit manager considers what may be called the five Cs of credit: character, capacity, capital, collateral, and conditions. Information on these items is obtained from the firm's previous experience with the customer, supplemented by information from various credit associations and credit-reporting agencies. (See credit bureau.) In reviewing a credit program, the financial manager should regard losses from bad debts as part of the cost of doing business. Accounts receivable represent an investment in the expansion of sales. The return on this investment can be calculated as in any capital budgeting problem.

Inventories

Every company must carry stocks of goods and materials in inventory. The size of the investment in inventory depends on various factors, including the level of sales, the nature of the production processes, and the speed with which goods perish or become obsolete.

The problems involved in managing

inventories are basically the same as those in managing other assets, including cash. A basic stock must be on hand at all times. Because the unexpected may occur, it is also wise to have safety stocks; these represent the little extra needed to avoid the costs of not having enough. Additional amounts—anticipation stocks—may be required for meeting future growth needs. Finally, some inventory accumulation results from the economies of purchasing in large quantities; it is always cheaper to buy more than is immediately needed, whether of raw materials, money, or plant and equipment.

There is a standard procedure for determining the most economical amounts to order, one that relates purchasing requirements to costs and carrying charges (i.e., the cost of maintaining an inventory). While carrying charges rise as average inventory holdings increase, certain other costs (ordering costs and stock-out costs) fall as average inventory holdings rise. These two sets of costs constitute the total cost of ordering and carrying inventories, and it is fairly easy to calculate an optimal order size that will minimize total inventory costs. The advent of computerized inventory tracking fostered a practice known as just-in-time inventory management and thereby reduced the likelihood of excess or inadequate inventory stocks.

Short-term financing

The main sources of short-term financing are (1) trade credit, (2) commercial bank loans, (3) commercial paper, a specific type of promissory note, and (4) secured loans.

Trade credit

A firm customarily buys its supplies and materials on credit from other firms, recording the debt as an account payable. This trade credit, as it is commonly called, is the largest single category of short-term credit. Credit terms are usually expressed with a discount for prompt payment. Thus, the seller may state that if payment is made within 10 days of the invoice date, a 2 percent cash discount will be allowed. If the cash discount is not taken, payment is due 30 days after the date of invoice. The cost of not taking cash discounts is the price of the credit.

Commercial bank loans

Commercial bank lending appears on the balance sheet as notes payable and is second in importance to trade credit as a source of short-term financing. Banks occupy a pivotal position in the short-term and intermediate-term money markets. As a firm's financing needs grow, banks are called upon to provide additional funds. A single loan obtained from a bank by a business firm is not different in principle from a loan



obtained by an individual. The firm signs a conventional promissory note. Repayment is made in a lump sum at maturity or in installments throughout the life of the loan. A line of credit, as distinguished from a single loan, is a formal or informal understanding between the bank and the borrower as to the maximum loan balance the bank will allow at any one time.

Commercial paper

Commercial paper, a third source of short-term credit, consists of well-established firms' promissory notes sold primarily to other businesses, insurance companies, pension funds, and banks. Commercial paper is issued for periods varying from two to six months. The rates on prime commercial paper vary, but they are generally slightly below the rates paid on prime business loans.

A basic limitation of the commercial-paper market is that its resources are limited to the excess liquidity that corporations, the main suppliers of funds, may have at any particular time. Another disadvantage is the impersonality of the dealings; a bank is much more likely to help a good customer weather a storm than is a commercial-paper dealer.

Secured loans

Most short-term business loans are unsecured, which means that an established company's credit rating qualifies it for a loan. It is ordinarily better to borrow on an unsecured basis, but frequently a borrower's credit rating is not strong enough to justify an unsecured loan. The most common types of collateral used for short-term credit are accounts receivable and inventories. Financing through accounts receivable can

be done either by pledging the receivables or by selling them outright, a process called factoring in the United States. When a receivable is pledged, the borrower retains the risk that the person or firm that owes the receivable will not pay; this risk is typically passed on to the lender when factoring is involved.

When loans are secured by inventory, the lender takes title to them. He may or may not take physical possession of them. Under a field warehousing arrangement, the inventory is under the physical control of a warehouse company, which releases the inventory only on order from the lending institution. Canned goods, lumber, steel, coal, and other standardized products are the types of goods usually covered in field warehouse arrangements.

Intermediate-term financing

Whereas short-term loans are repaid in a period of weeks or months, intermediate-term loans are scheduled for repayment in 1 to 15 years. Obligations due in 15 or more years are thought of as long-term debt. The major forms of intermediate-term financing include (1) term loans, (2) conditional sales contracts, and (3) lease financing.

Term loans

A term loan is a business credit with a maturity of more than 1 year but less than 15 years. Usually the term loan is retired by systematic repayments (amortization payments) over its life. It may be secured by a chattel mortgage on equipment, but larger, stronger companies are able to borrow on an unsecured basis. Commercial banks and life insurance companies are the principal

suppliers of term loans. The interest cost of term loans varies with the size of the loan and the strength of the borrower.

Term loans involve more risk to the lender than do short-term loans. The lending institution's funds are tied up for a long period, and during this time the borrower's situation can change markedly. To protect themselves, lenders often include in the loan agreement stipulations that the borrowing company maintain its current liquidity ratio at a specified level, limit its acquisitions of fixed assets, keep its debt ratio below a stated amount, and in general follow policies that are acceptable to the lending institution.

Conditional sales contracts

Conditional sales contracts represent a common method of obtaining equipment by agreeing to pay for it in installments over a period of up to five years. The seller of the equipment continues to hold title to the equipment until payment has been completed.

Lease financing

It is not necessary to purchase assets in order to use them. Railroad and airline companies in the United States, for instance, have acquired much of their equipment by leasing it. Whether leasing is advantageous depends—aside from tax advantages—on the firm's access to funds. Leasing provides an alternative method of financing. A lease contract, however, being a fixed obligation, is similar to debt and uses some of the firm's debt-carrying ability. It is generally advantageous for a firm to own its land and buildings, because their value is likely to increase, but the same possibility of

appreciation does not apply to equipment. The statement is frequently made that leasing involves higher interest rates than other forms of financing, but this need not always be true. Much depends on the firm's standing as a credit risk. Moreover, it is difficult to separate the cash costs of leasing from the other services that may be embodied in a leasing contract. If the leasing company can perform nonfinancial services (such as maintenance of the equipment) at a lower cost than the lessee or someone else could perform them, the effective cost of leasing may be lower than other financing methods.

Although leasing involves fixed charges, it enables a firm to present lower debt-to-asset ratios in its financial statements. Many lenders, in examining financial statements, give less weight to a lease obligation than to a loan obligation.

Long-term financial operations

Bonds

Long-term capital may be raised either through borrowing or by the issuance of stock. Long-term borrowing is done by selling bonds, which are promissory notes that obligate the firm to pay interest at specific times. Secured bondholders have prior claim on the firm's assets. If the company goes out of business, the bondholders are entitled to be paid the face value of their holdings plus interest. Stockholders, on the other hand, have no more than a residual claim on the company; they are entitled to a share of the profits, if there are any, but it is the prerogative of the board of directors to decide whether a dividend will be paid and how large it will be.

Long-term financing involves the choice between debt (bonds) and equity (stocks). Each firm chooses its own capital structure, seeking the combination of debt and equity that will minimize the costs of raising capital. As conditions in the capital market vary (for instance, changes in interest rates, the availability of funds, and the relative costs of alternative methods of financing), the firm's desired capital structure will change correspondingly.

The larger the proportion of debt in the capital structure (leverage), the higher will be the returns to equity. This is because bondholders do not share in the profits. The difficulty with this, of course, is that a high proportion of debt increases a firm's fixed costs and increases the degree of fluctuation in the returns to equity for any given degree of fluctuation in the level of sales. If used successfully, leverage increases the returns to owners, but it decreases the returns to owners when it is used unsuccessfully. Indeed, if leverage is unsuccessful, the result

may be the bankruptcy of the firm.

Long-term debt

There are various forms of long-term debt. A mortgage bond is one secured by a lien on fixed assets such as plant and equipment. A debenture is a bond not secured by specific assets but accepted by investors because the firm has a high credit standing or obligates itself to follow policies that ensure a high rate of earnings. A still more junior lien is the subordinated debenture, which is secondary (in terms of ability to reclaim capital in the event of a business liquidation) to all other debentures and specifically to short-term bank loans.

Periods of relatively stable sales and earnings encourage the use of long-term debt. Other conditions that favour the use of long-term debt include large profit margins (they make additional leverage advantageous to the stockholders), an expected increase in profits or price levels, a low debt ratio, a price-earnings ratio that is low in relation to interest rates, and bond indentures that do not impose heavy restrictions on management.

Stock

Equity financing is done with common and preferred stock. While both forms of stock represent shares of ownership in a company, preferred stock usually has priority over common stock with respect to earnings and claims on assets in the event of liquidation. Preferred stock is usually cumulative—that is, the omission of dividends in one or more years creates an accumulated claim that must be paid to holders of preferred shares. The dividends on preferred stock are usually fixed at a specific percentage of face value. A company issuing preferred stock gains the advantages of limited dividends and no maturity—that is, the advantages of selling bonds but without the restrictions of bonds. Companies sell preferred stock when they seek more leverage but wish to avoid the fixed charges of debt. The advantages of preferred stock will be reinforced if a company's debt ratio is already high and if common stock financing is relatively expensive.

If a bond or preferred stock issue was sold when interest rates were higher than at present, it may be profitable to call the old issue and refund it with a new, lower-cost issue. This depends on how the immediate costs and premiums that must be paid compare with the annual savings that can be obtained.

Earnings and dividend policies

The size and frequency of dividend payments are critical issues in company policy. Dividend policy affects the financial structure, the flow

of funds, corporate liquidity, stock prices, and the morale of stockholders. Some stockholders prefer receiving maximum current returns on their investment, while others prefer reinvestment of earnings so that the company's capital will increase. If earnings are paid out as dividends, however, they cannot be used for company expansion (which thereby diminishes the company's long-term prospects). Many companies have opted to pay no regular dividend to shareholders, choosing instead to pursue strategies that increase the value of the stock.

Companies tend to reinvest their earnings more when there are chances for profitable expansion. Thus, at times when profits are high, the amounts reinvested are greater and dividends are smaller. For similar reasons, reinvestment is likely to decrease when profits decline, and dividends are likely to increase.

Companies having relatively stable earnings over a period of years tend to pay high dividends. Well-established large firms are likely to pay higher-than-average dividends because they have better access to capital markets and are not as likely to depend on internal financing. A firm with a strong cash or liquidity position is also likely to pay higher dividends. A firm with heavy indebtedness, however, has implicitly committed itself to paying relatively low dividends; earnings must be retained to service the debt. There can be advantages to this approach. If, for example, the directors of a company are concerned with maintaining control of it, they may retain earnings so that they can finance expansion without having to issue stock to outside investors. Some companies favour a stable dividend policy rather than allowing dividends to fluctuate with earnings; the dividend rate will then be lower when profits are high and higher when profits are temporarily in decline. Companies whose stock is closely held by a few high-income stockholders are likely to pay lower dividends in order to lower the stockholders' individual income taxes.

In Europe, until recently, company financing tended to rely heavily on internal sources. This was because many companies were owned by families and also because a highly developed capital market was lacking. In the less-developed countries today, firms rely heavily on internal financing, but they also tend to make more use of short-term bank loans, microcredit, and other forms of short-term financing than is typical in other countries.

Top Attractions in Panamá



Panamá is a unique country that rewards exploration, bringing together countless sights and sensations – all within 30,000 square miles. Here are some of the most popular attractions around the country that you can't miss on your next visit.

Panama Canal

Arguably the most famous attraction in Panamá is the Panama Canal. As one of the 7 Wonders of the Modern World, the Panama Canal is a must-see for anyone traveling in the country. Built to dramatically decrease the travel time for ships between the Pacific Ocean and the Caribbean Sea, the Canal has seen over 900,000 vessels and counting. At one point this engineering miracle was considered impossible to build, but today, you can see it for yourself.

Did you know that The Canal uses a lock system to lift ships up 85 feet to the elevation of the canal? How about the fact that it takes 8-10 hours for each ship to make the transit through the canal? Learn about all of this and more at the visitor center at Miraflores, where you can watch an IMAX documentary of the history of the canal narrated by

Morgan Freeman. At Miraflores, you'll also be able to watch the ships in transit just a few meters away.

For another vantage point, visit the Agua Clara Visitor's Center on the Atlantic side of the Canal in Colón. Here, you'll be able to see both the ships and the canal. Agua Clara is also where the brand new, larger locks are housed. Consider making a day of it, by canoeing the Chagres River afterwards, where you can visit the indigenous Emberá community in the Panama Canal watershed. Want the full Canal experience? While in Panama City, you can even organize a crossing of the Canal as a day trip to see the locks from a new perspective.

Getting There

To visit the Canal, the Miraflores Visitor Center is just a 15-minute drive from downtown Panama City. The Agua Clara Locks are a 1-hour drive from the capital, nearby to Colón City in the Atlantic.

Casco Antiguo

Experience the historical, charming and vibrant neighborhood of Casco Antiguo.

Casco Antiguo, also known as Casco Viejo, or the 'old quarter,' is Panama City's historic district. Considered a UNESCO Cultural World Heritage Site, the district dates back to 1673, and features vibrant plazas and picturesque brick-paved streets surrounded by colorful buildings. The area is ideal for walking, discovering history and enjoying a variety of fine cuisine. Come for some of the city's best gastronomy, culture and photo ops, and stay to mingle with the locals in the heart of the nightlife scene.

Start your visit with a lively walk through the neighborhood. You'll encounter some religious history at the Metropolitan Cathedral of Panama City located in the main square, Plaza Mayor, as well as the Church of San Jose, famous for its amazing golden altar. As you walk, make sure to stop at Plaza de Francia, a beautiful plaza that pays homage to the French role in the construction of the Panama Canal. The plaza is also home to Las Bóvedas, a monument that was once used as a defense against pirate attacks. Next, visit Paseo Esteban Huertas, where you'll get pristine views of the city skyline and bay.



Casco Antiguo is also home to several of the city's top museums, including the Museo del Canal (The Canal Museum), and the Museo de la Mola, featuring the traditional textile art made by the Guna indigenous group. You'll also find the iconic stone archway at Arco Chato, which is the remains of a church built by Dominican friars, and a beautiful photo opportunity. Next, be sure to visit the Panama National Theater to see the stunning ceiling frescoes painted by Robert Lewis. On your walk, you'll also get the chance to do some shopping, with opportunities to buy local crafts and visit high-end boutiques.

When you get hungry, you're in luck. Casco Viejo is home to the heart of the gastronomy scene in Panama City. You'll be met with the smells of grilled seafood wafting through its historic streets, and you'll get to try some of Panamá's best dishes, as well as cuisine from all over the world made by premiere chefs. After dinner, check out the nightlife scene, or take in the sunset with views of the capital from one of the amazing rooftop bars overlooking the city.

Getting There

Look for the Casco Antiguo in the San Felipe neighborhood of Panama City, which can be accessed by taxi.

Panama Viejo

Venture to the eastern suburbs of Panama City and you'll find the remaining parts of the original Panama City and former capital of the country. Now a UNESCO Cultural World Heritage Site, the settlement dates back to 1519, when Pedro Arias Dávila and 100 other inhabitants made it their home. The area now known as Panama Viejo was the first permanent European settlement on the Pacific Ocean.

When you get there, explore the archeological site of Panama Viejo to see the Old Panama Cathedral, as well as various historical ruins. Next, climb atop the iconic bell tower and look at the Panama City skyline from the city's original "skyscraper." As you wander, keep in mind that the layout and scale of Old Panama remain largely unchanged from the original form, and no architectural renovations have been made—this means you'll have the rare opportunity to walk through history. While you're there, take some time to shop at the artisan market, where you can pick up local crafts and souvenirs.

Getting There

Panama Viejo is a short ten-minute drive or 30-minute bus ride from the city center.

Volcan Baru National Park

Visit the highest point in the country, which also happens to be a volcano! At 3,474 meters high, the towering Baru Volcano is the 12th highest peak in Central America and the only place in the world where, on the clearest of days, you can see the Atlantic and Pacific Oceans at the same time. The Volcano and its surrounding land feature five different ecosystems thanks to a combination of rainforest highlands, as well as the byproducts of volcanic eruptions that occurred millions of years ago.

Volcan Baru National Park is located in the province of Chiriqui, which is an internationally recognized producer of geisha coffee, thanks to the area's volcanic soil. This high-quality coffee is grown at extremely high altitudes and is one of the most expensive coffee varieties in the world. Make sure to pick some up when you visit!

Baru Volcano has seven craters, and several hiking trails you can take to see them. Some trails are quite challenging, while others are shorter and more accessible. If you're a very experienced hiker, you can make the epic journey to the top of the volcano via the town of Volcan. This demanding hike can take up to eight hours there and back. For a more accessible journey to the top, you can enter the park in the town of Boquete,

where you can access the peak by 4x4 in about 90 minutes, or by hiking on a long, but easier trail. When you get to the top, you'll be standing at the highest point in Panamá. If the timing's right, stay for an incredible sunset above the clouds, or consider camping there to experience a night close to the stars.

Getting There

The Baru Volcano is located in the Chiriqui Highlands, surrounded by the towns of Boquete, Volcan and Cerro Punta. The entrance of the Park is in Boquete, where hikes and most tours start from.

Biomuseo

Geologically speaking, the isthmus of Panamá formed only recently, but its appearance literally changed the world. As a huge ocean split in two, changing currents and climates, two large continents merged. The result was an unprecedented exchange of flora and fauna.

To learn more about Panamá's unique impact on the planet's biodiversity and the country's commitment to protecting the environment, visit the Biomuseo. Famed architect Frank Gehry, the mastermind behind some of the world's most iconic buildings, such as the Guggenheim Museum in Bilbao and the Louis Vuitton Foundation in Paris, designed the striking, colorful building. The Biomuseo is Gehry's first project in Latin America.

There are 8 galleries in the space: "Biodiversity Showcase;" "Panamarama," a three-level projection space of Panamá's ecosystems; "Building The Bridge" which explains how Panamá was formed; "Worlds Collide," an exhibit on the animals that migrated through the region; "The Human Path," where you can learn about the human history of the area; "Oceans Divided," an aquarium; "The Living Web," a 15 meter (50 foot) sculpture, and finally, "Panamá is the Museum" an interactive view of the relationship between Panamá's cultural and ecological diversity.

After you visit the permanent and temporary indoor interactive exhibits, venture outdoors and explore Biodiversity Park. It surrounds the museum and includes green spaces such as the Lawn of Microdiversity, the Garden of Evolution, and the Crops Garden. From there, you can even see ships passing through the Canal and under the Bridge of the Americas.

Getting There

The Biomuseo is located on the Amador Causeway, just a few minutes from downtown Panama City. It can be reached by car. To get there via public transportation, take route C850, which starts at the Albrook Line 1 metro station and goes to Amador Causeway and back.



The Art and Controversy of Graffiti: A Global Perspective

Graffiti, often described as a form of visual expression rooted in urban culture, has long been a subject of intense debate. Depending on the lens through which it is viewed, graffiti can either be seen as an act of defiance against societal norms or as a legitimate and powerful art form that communicates the voices of the marginalized. This article delves into the multifaceted nature of graffiti, exploring its historical origins, cultural significance, artistic value, and the ongoing controversy surrounding it.

A Historical Overview: From Ancient Times to Modern Urban Landscapes

Graffiti is far from a modern invention. Its origins can be traced back to ancient civilizations, where people inscribed images and messages on walls, monuments, and other surfaces. The term "graffiti" itself comes from the Italian word "graffito," which means "scratched," reflecting the ancient practice of carving messages into stone surfaces. For instance, in ancient Rome, graffiti was a common sight, with messages ranging from political commentary to declarations of love found on the walls of buildings.

Fast forward to the 20th century, and graffiti began to evolve into a distinct urban art

form, particularly in the United States. The late 1960s and early 1970s saw the rise of modern graffiti in New York City, where young people began using spray paint and markers to tag their names or aliases on public surfaces. This period marked the birth of "tagging," a foundational element of graffiti culture. Pioneers like Cornbread, TAKI 183, and Dondi White emerged during this time, using graffiti as a means of self-expression and identity in a city grappling with social and economic challenges.

As graffiti gained popularity, it also began to spread beyond New York, reaching cities across the United States and eventually around the world. Each region developed its own distinct style and approach to graffiti, influenced by local cultures and social issues. The spread of graffiti across the globe cemented its status as a universal language of urban expression.

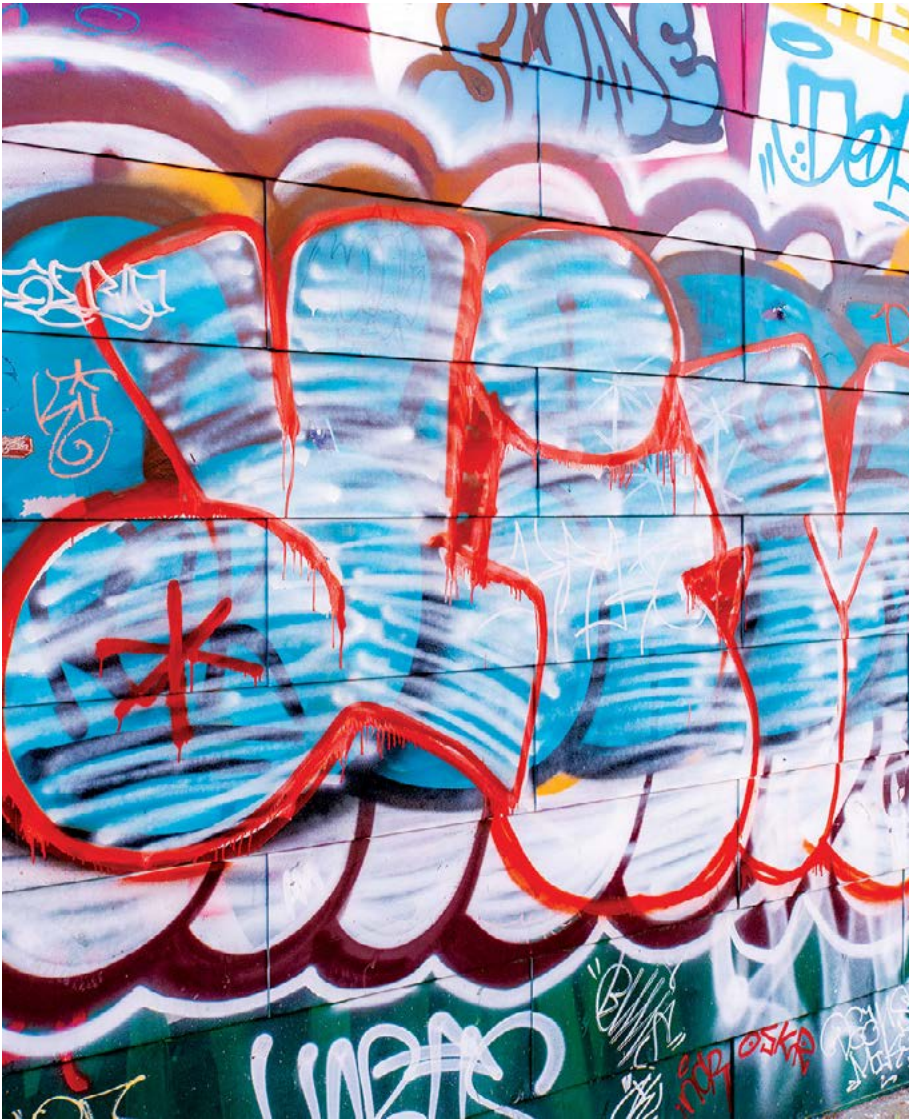
Cultural Significance: Graffiti as a Voice for the Marginalized

At its core, graffiti is more than just visual art; it is a form of communication that often reflects the experiences and struggles of those who create it. Throughout its history, graffiti has been used as a tool for social

and political commentary, giving voice to those who feel marginalized or unheard by mainstream society.

In the 1980s and 1990s, graffiti became closely associated with the hip-hop movement, particularly in urban centers like New York, Los Angeles, and Chicago. Hip-hop culture, which includes elements such as rap music, breakdancing, and DJing, provided a platform for young people, particularly from African American and Latino communities, to express themselves and address issues such as poverty, racism, and police brutality. Graffiti was an integral part of this cultural movement, serving as a visual representation of the struggles and aspirations of these communities.

Beyond its role in hip-hop, graffiti has been a powerful medium for political activism. Around the world, artists have used graffiti to protest against oppressive regimes, social injustices, and human rights violations. In countries like Brazil, Egypt, and Palestine, graffiti has become a form of resistance, with artists using public spaces to challenge authority and raise awareness about critical issues.



For example, during the Arab Spring in 2011, graffiti became a symbol of revolution in countries like Tunisia, Egypt, and Libya. Artists used walls and buildings as canvases to depict the struggles of their people, often at great personal risk. Their work not only documented the events of the time but also served as a rallying cry for those seeking change.

The Artistic Value of Graffiti: From Vandalism to High Art

Despite its often controversial nature, graffiti has gained recognition as a legitimate art form, with some works even finding their way into galleries and museums. This shift in perception has sparked debates about the fine line between graffiti as art and graffiti as vandalism.

In the early days of graffiti, the act of tagging was often viewed as an act of rebellion against the established order. The defacement of public and private property led to widespread condemnation, with many cities enacting strict anti-graffiti laws to combat what was seen as a growing problem. Graffiti was often associated with crime, gangs, and urban decay, further fueling its negative image.

However, as graffiti evolved, so too did the public's perception of it. The emergence of "street art" as a distinct genre helped bridge the gap between graffiti and more traditional forms of art. Street artists like Jean-Michel Basquiat, Keith Haring, and Banksy brought graffiti-inspired works into the mainstream art world, challenging conventional notions of what art could be.

Banksy, in particular, has played a significant role in elevating graffiti to the status of high art. His satirical and often politically charged stencils have garnered international acclaim, with some pieces selling for millions of dollars at auction. Despite his anonymity, Banksy has become one of the most influential artists of our time, using graffiti as a platform to critique social and political issues.

The rise of street art festivals and exhibitions has further legitimized graffiti as an art form. Events like the "Meeting of Styles" and "The Underbelly Project" have provided graffiti artists with legal spaces to showcase their work, attracting audiences from around the world. These events have also highlighted the artistic skill and creativity involved in creating graffiti, challenging the notion that it is merely an act of vandalism.

The Ongoing Controversy: Graffiti as Crime or Art?

Despite its growing acceptance as an art form, graffiti remains a deeply controversial topic. The central debate revolves around the question of whether graffiti should be considered art or vandalism, a distinction that often hinges on the issue of consent and property rights.

For many, graffiti is synonymous with vandalism, particularly when it involves the unauthorized defacement of public or private property. City officials, property owners, and law enforcement agencies often view graffiti as a costly and destructive nuisance, leading to significant investments in graffiti removal and prevention measures. Anti-graffiti laws, which impose fines and even jail time for those caught in the act, are common in many cities around the world.

On the other hand, supporters of graffiti argue that it is a vital form of self-expression, particularly for marginalized communities that may lack access to more traditional artistic outlets. They contend that graffiti, when done with skill and intent, can enhance public spaces, adding color, vibrancy, and meaning to otherwise mundane environments. In some cases, graffiti has even been credited with revitalizing neglected urban areas, attracting tourists and boosting local economies.

The distinction between graffiti and street art further complicates the debate. While both involve the use of public spaces as canvases, street art is often created with the consent of property owners or local authorities, whereas graffiti is typically done without permission. This distinction has led to a growing acceptance of street art, while graffiti continues to be stigmatized as a criminal act.

The Future of Graffiti

As we look to the future, the debate over graffiti's place in society is likely to continue. While some cities have embraced graffiti as a legitimate form of urban art, others remain committed to eradicating it. The rise of digital technology and social media has also transformed the way graffiti is created and shared, with artists using platforms like Instagram and TikTok to reach global audiences.

Ultimately, whether graffiti is viewed as art or vandalism depends on one's perspective. For some, it is a powerful form of self-expression that gives voice to the voiceless; for others, it is a blight on the urban landscape that must be controlled. What is clear, however, is that graffiti will continue to play a significant role in the cultural and artistic life of cities around the world, challenging us



Art In Martin Sefako

Martin Sefako, widely known as “Art In Martin Sefako,” has captivated audiences with his extraordinary talent for hyper-realistic art. This creative journey, rooted in a lifelong passion for drawing, has earned him a significant following and a unique place in the art world. His nickname, “Sirdwalot,” succinctly encapsulates his dedication to his craft—drawing has been an intrinsic part of his life for as long as he can remember.

Martin’s love for drawing began as soon as he could hold a pencil. As a child, he was fascinated by the world around him and constantly sought to capture it on paper. Whether it was a simple sketch on the ground or a detailed drawing on paper, Martin was always creating. His early years were filled with endless hours of drawing, often asking his parents and siblings for guidance whenever he encountered a challenge.

When he started preschool, his teachers quickly recognized his talent, and although art wasn’t a formal subject at his government primary school, Flowertown Primary, they created an afterschool art club where Martin thrived. By Standard 7, he was already competing against other schools and securing top positions in art competitions, a precursor to his future successes.

Martin’s talent continued to shine as he progressed through his education. At Mahalapye Pekenene CJSS, he was the only student to achieve an A in art for his Junior Certificate Examination (JCE) in 2013. His

passion for art grew stronger, and at Madiba Senior School, he earned an A* in art for his 2015 Botswana General Certificate of Secondary Education (BGCSE). This strong foundation in art led him to pursue a degree in architecture at the University of Botswana, where he graduated in 2022.

Martin’s chosen art style, hyper-realism, sets him apart from other artists. Unlike abstract art, hyper-realism focuses on intricate details, precision, and the recreation of reality at a level so refined that his drawings are often mistaken for photographs. His works, predominantly portraits of human faces, are designed to evoke deep connections with his audience, capturing emotions and moments that resonate with viewers on a personal level. Martin shares his artistic process online, where he posts both finished pieces and videos that showcase the meticulous steps involved in creating his hyper-realistic masterpieces.

In 2017, Martin transformed his passion into a business, leveraging social media to reach a wider audience. His art quickly gained recognition, leading to interviews, client commissions, and collaborations with prominent organizations such as FNB, Bank of Baroda, BEC, Botswana Law Society, Huawei Technologies, and Edgars South Africa. These partnerships have allowed Martin to expand his reach beyond Botswana, with clients from across the world, particularly in South Africa, seeking his work.

Martin’s social media presence has been instrumental in his success, with over 240,000 followers on Facebook, 90,000 on TikTok, and the ability to reach up to 8 million people with his posts. This online visibility has solidified his status as the most followed visual artist in Botswana, and his works are cherished by art collectors worldwide.

Martin’s influence extends beyond commercial success; he is also a passionate advocate for using art to bring about social change. He has led initiatives such as a pop-up gallery at Gaborone’s Main Mall to honor the late local singer Sasa Klass. This event, which featured works from local artists, received widespread public support, with the artworks later donated to Sasa Klass’s family and displayed at her official memorial service.

Recently, Martin created a widely beloved artwork featuring Letsile Tebogo, Botswana’s Olympic gold medalist. The piece, which depicted Tebogo embracing his late mother with angel wings, touched the hearts of many and became a symbol of eternal love and triumph. This work not only celebrated Tebogo’s achievements but also highlighted Martin’s ability to use art to convey powerful, emotional narratives.

Martin’s art journey is fueled by his faith in God, and he envisions a future where his work continues to impact the world on an international scale. He aspires to open his own art galleries and make a lasting contribution to society through his art. He encourages young people to nurture their talents and advises parents to support their children’s gifts, especially in these challenging economic times.

With a focus on hyper-realistic pencil drawings, pastels, and paint, Martin offers a range of services, including art lessons, personalized portraits, advertising through art, and bookings for art displays. His contact information is readily available for anyone interested in experiencing or commissioning his art.

Connect with Martin

- Facebook: Art In Martin Sefako
- Instagram: @artinmartinsefako
- TikTok: @artinmartinsefako
- YouTube: Art In Martin Sefako
- Twitter: @artinmartinsfk
- WhatsApp: +267 75116148

Martin Sefako’s story is one of relentless passion, artistic excellence, and a deep commitment to both his craft and his community. As he continues to create and share his art, he is undoubtedly on a path to leaving an indelible mark on the world.

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11 Tips on Starting a Native Plant Garden

Here is an essential guide to enable you to create and maintain a thriving native plant garden during the first year of establishing a garden.

1. Plant Selection

The first aspect to consider before buying natives is “Do they belong to your region?”. Native plants that are local to your region adapt quickly to the weather and soil conditions without much difficulty. They also help create a native ecosystem by providing food and habitat for bees, butterflies, birds and other wildlife. You can always refer to a native plant database to find the right regional native plants, based on your particular ecoregion, preferred type and local climate.

If you feel that’s too much work, then we have an easy alternative for you.

Check out the pre-designed plant collections by My Home Park which offer the right set of plants based on your zip code and yard characteristics. Try them out yourself to see how you can create native gardens effortlessly!

2. Buying Plug Plants Instead of Seeds

There are two main ways to start your garden from scratch – using plant plugs or seeds.

- Seeds are cheaper and easily available.

However, seed propagation is a time-consuming process as factors like quality of seeds and external circumstances largely influence their germination rates.

- Plug plants are good candidates over seeds because they come with a root ball encapsulated in nutritious soil and sturdy packaging to jump start on life. Make holes in the soil with a finger. Gently loosen the roots of the plugs and install them carefully into the holes and press the top soil firmly. Water the roots gently after transplantation. Once planted, within a few months, you can expect most of the native plants to thrive independently.

3. Site Preparation

Preparing a soil bed for native plants is quite simple as they do not have any special requirements. However, to ensure better success, you can consider removing any clumps, weeds or invasive species in your yard. Adding an appropriate amount of organic matter (like compost) to the soil improves soil quality and makes it nutrient-rich.

4. Planting when the Weather is Favorable

Although natives are climate-adapted to a particular region, introducing them into your garden during harsh weather may

not be a great idea. These young plants are still getting used to their new environment and exposing them to extreme heat, cold or windy conditions may threaten their existence. Experts therefore recommend starting a new garden in early spring or fall, when there is a perfect balance of sun and moisture to nourish your babies.

5. Put them in the “Right Spots” for Healthy Growth

Your yard contains different microclimatic zones unknown to you! Some portions contain warm spots that receive full sun for more than 6 hours. Others may be partially shady or full shady, depending on their placement and the structures around them. It would be a great idea to capture and mark these zones on a piece of paper, so you can transfer a sun-loving plant to full sun and a shade lover to a shady zone. Finding the right area of ground will be important for the health of your native plants. Most plant or seed packages have clear labels indicating the ‘ideal’ spots in a garden which you can easily follow.

6. Estimating Mature Size of Plants

Many gardeners assume that a plant will stay the same height and size all of its life. This is far from true! Native plants have a tendency to outgrow other species and can quickly turn into ‘view blockers’ in no time. A way



to deal with this problem is by looking for pictures or videos of what a mature size plant of a particular species will look like before planting it in your garden. Planning other structures or plants around it becomes much simpler if you are prepared for its massive growth and height.

7. Consider What's Growing Below Ground

Plants have very complex root systems that help them anchor to the soil, take up water and nutrients and most importantly, compete with other plants! Grouping plants with deeper and aggressive root systems with species having shallow and slower roots will benefit only the stronger group.

If you want all of your plants to thrive well, then consider grouping plants with similar root systems for better resource distribution.

8. Water Them Gently

Native plants also require regular watering, just like ornamentals, in order to grow well during the first few months. To make sure you don't overwater or underwater your

plants, we recommend you to follow these instructions:

- Water once a day during the first 3-6 months of planting. Make sure the excess water is drained out well into the soil
- Always spray water gently over the leaf surface and around the roots instead of pouring from a container. This way, you won't damage the root structures or budding leaves.
- If the soil is too moist due to rain or mist, wait for it to dry before watering again.
- Using scheduled sprinklers is a great way to save your plants from drying out, especially during the hottest months of the year.

9. Use Natural Fertilizers

Technically, native plants do not require fertilizers or additional growth boosters in the wilderness. But your garden plants can certainly do well with an occasional dose or two of natural fertilizers like compost tea, organic matter, vermicompost, ground coffee, etc. You can also plant some legumes

in your garden which are natural nitrogen fixers to solve nitrogen deficiency in the soil.

10. Mulching for Weed Control

Weeds are unwanted plants that dominate your precious native plants for valuable resources like sun and water. Mulching is a sure way to push them out and never let them grow in your garden. Instead of using hazardous mulches like plastic or treated wood, try using ground covers or natural mulch like fallen leaves, grass clippings etc.

11. Growing in Layers and Using Ground Covers

Try to create at least three distinct plant layers, with the taller ones in the background, flowering plants and shrubs in the middle and ground covers like clover in the front. With time, these plants will learn to coexist in the garden, just as they do in nature and become a living mulch that will eventually push out the weeds. Consider this as mimicking Mother Nature to achieve your goals of ecological gardening!



ELISABETH SHUE

She is an American actress. She is best known for her roles in the films *The Karate Kid* (1984), *Adventures in Babysitting* (1987), *Cocktail* (1988), *Back to the Future Part II* (1989), *Back to the Future Part III* (1990), *Soapdish* (1991), *The Saint* (1997), *Hollow Man* (2000), *Piranha 3D* (2010), *Battle of the Sexes* (2017), *Death Wish* (2018) and *Greyhound* (2020). For her performance in *Leaving Las Vegas* (1995), Shue was nominated for the Academy Award for Best Actress as well as a BAFTA, Golden Globe and SAG Award.

BORN: 6 OCTOBER 1963

PROFESSION: AMERICAN ACTRESS



TESSA THOMPSON

Tessa Lynne Thompson (born October 3, 1983) is an American actress. She began her professional acting career with the Los Angeles Women's Shakespeare Company while studying at Santa Monica College, appearing in productions of *The Tempest* and *Romeo and Juliet*. Following her role in *Veronica Mars* (2005–2006), her breakthrough came with leading roles in Tina Mabry's independent drama film *Mississippi Damned* (2009) and Tyler Perry's *For Colored Girls* (2010).

BORN: 3 OCTOBER 1983

PROFESSION: AMERICAN ACTRESS & MUSICIAN



MATT DAMON

Matt is an American actor, screenwriter, and producer who was noted for his clean-cut good looks and intelligent performances. He won an Academy Award for best original screenplay for *Good Will Hunting* (1997).

BORN: 8 OCTOBER 1970

PROFESSION: AMERICAN ACTOR



CAMILLA BELLE

Camilla Belle Routh, known professionally as Camilla Belle, is an American actress. Born and raised in Los Angeles, California, Belle began her acting career with appearances in numerous television commercials before landing her first lead role in NBC's thriller, *Trapped Beneath the Earth* in 1992. She has since appeared in a variety of films and television shows, including *The Lost World: Jurassic Park* (1997), *Practical Magic* (1998), *Rip Girls* (2000) and *10,000 BC* (2008). Belle has also been recognized for her work in independent films such as *The Quiet* (2005) and *The Mad Whale* (2017).

BORN: 2 OCTOBER 1986

PROFESSION: ACTRESS

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.



Kids Health: A Foundation for a Lifetime of Wellness

Children's health is a priority for parents, caregivers, and societies at large. It is during childhood that the foundation for a healthy life is laid, with good habits, nutrition, and care playing pivotal roles in physical, emotional, and mental well-being. Ensuring that children grow up healthy requires an understanding of the many facets of health that impact them, ranging from nutrition and exercise to mental health, safety, and preventive care.

1. Nutrition: Building Blocks for Growth

One of the key aspects of children's health is proper nutrition. A balanced diet filled with essential vitamins, minerals, proteins, and fats is crucial to a child's physical and cognitive development. Unfortunately, malnutrition remains a challenge in various parts of the world, contributing to stunted growth, developmental delays, and susceptibility to illness.

Children require foods rich in calcium and Vitamin D for strong bones and teeth, proteins for muscle development, and carbohydrates for energy. Healthy fats such as those found in avocados, nuts, and fish support brain development. Moreover, fruits and vegetables are vital for providing

antioxidants that protect the immune system and aid in digestion.

Yet, despite this knowledge, many children today are exposed to poor dietary habits. The rise of processed foods, high in sugar, salt, and unhealthy fats, has led to an increase in childhood obesity and related health issues like Type 2 diabetes and heart disease. Therefore, educating both parents and children about the importance of eating whole, nutritious foods is essential. Preparing meals at home, limiting sugary snacks and beverages, and encouraging children to develop a taste for vegetables can all contribute to improved long-term health outcomes.

2. Physical Activity: Keeping Kids Active

In today's digital age, children are increasingly glued to screens, whether it be through television, tablets, or smartphones. This sedentary lifestyle has contributed to a global concern about childhood obesity and its related health problems. Physical activity is not only crucial for keeping kids in shape but also for their overall mental and emotional well-being.

Exercise helps to strengthen muscles and

bones, supports cardiovascular health, and improves coordination and balance. Moreover, regular physical activity can have profound benefits for a child's mental health, reducing stress, anxiety, and symptoms of depression. It also promotes better sleep, concentration, and academic performance.

Children should ideally engage in at least 60 minutes of physical activity every day. This doesn't necessarily mean structured exercise routines; playtime is an excellent form of physical activity. Whether it's riding a bike, playing soccer, dancing, or simply running around with friends, keeping kids active helps to prevent a host of health issues and fosters positive habits for adulthood.

3. Mental and Emotional Health: Nurturing Well-Being

While physical health is important, we must not overlook the mental and emotional well-being of children. In a world that is becoming increasingly complex, children are exposed to stressors at a young age, whether it's related to academic pressure, family dynamics, or social relationships. Mental health in children is just as important as it is in adults, and early intervention can prevent future issues.



Parents, caregivers, and educators should be vigilant for signs of mental health concerns such as anxiety, depression, or behavioral disorders. These may manifest as changes in appetite, sleep disturbances, irritability, withdrawal from activities they once enjoyed, or difficulty concentrating.

Creating a supportive environment where children feel safe, loved, and heard can go a long way in promoting their emotional well-being. Encouraging open conversations about feelings and emotions, fostering a sense of security, and teaching children coping strategies for stress are all crucial aspects of supporting their mental health. Furthermore, access to mental health services, such as counseling or therapy, can provide additional support when needed.

4. Preventive Care: The Power of Regular Check-Ups

Preventive care plays a significant role in keeping children healthy. Routine medical check-ups allow healthcare professionals to monitor a child's growth and development and identify any potential health issues early on. Vaccinations are also a crucial aspect of preventive care, protecting children from dangerous diseases such as measles, mumps, polio, and whooping cough.

In addition to regular visits to the pediatrician, parents should also ensure that their children maintain good dental hygiene. Dental check-ups from a young age can prevent cavities, gum disease, and other oral health problems that can affect a child's overall health.

Vision and hearing tests are also essential during childhood. Early detection of problems with sight or hearing can prevent

learning difficulties and social challenges, as these senses play an integral role in a child's interaction with the world around them.

5. Safety and Hygiene: Everyday Practices for Health

Another essential aspect of children's health is teaching them about safety and hygiene. Good hygiene practices, such as washing hands before meals and after using the bathroom, brushing teeth twice daily, and keeping nails trimmed and clean, can significantly reduce the risk of infections and illnesses.

Safety measures, including wearing helmets while biking, using seat belts in cars, and applying sunscreen when outdoors, are equally important. Parents should also childproof their homes to prevent accidents, particularly with young children. This includes securing medications and cleaning products, covering electrical outlets, and using safety gates around stairs.

6. Sleep: A Vital Component of Health

Often overlooked, sleep is a critical component of a child's overall health and development. Children need more sleep than adults, as sleep plays a vital role in brain development, learning, mood regulation, and physical growth. Newborns typically need 14-17 hours of sleep per day, while toddlers require about 11-14 hours, and school-aged children need between 9 and 11 hours of sleep each night.

Poor sleep patterns or insufficient sleep can lead to behavioral issues, difficulty concentrating, and even physical health problems such as obesity. Establishing a bedtime routine, limiting screen time before

bed, and creating a calm and comfortable sleep environment can help children get the restorative sleep they need.

7. Building Healthy Habits for Life

The habits formed during childhood often carry into adulthood, making it essential to establish healthy behaviors from an early age. Parents play a key role in modeling positive health behaviors for their children. Encouraging kids to take ownership of their health by involving them in decisions, such as meal planning or choosing physical activities, can foster independence and a lifelong commitment to wellness.

Moreover, teaching children the importance of balance is essential. Health is not about perfection but rather about making informed choices and creating habits that promote overall well-being. Allowing children the occasional treat, while educating them on the importance of balance, teaches moderation and prevents restrictive behaviors that could lead to issues later in life.

Children's health is multi-dimensional, encompassing physical, mental, emotional, and social aspects. By providing a well-balanced diet, encouraging regular physical activity, supporting mental health, and promoting preventive care, parents and caregivers can set the stage for a lifetime of good health and happiness for their children. Health is one of the greatest gifts we can give our children, and it begins with everyday choices that shape their well-being into adulthood. Ensuring they grow up in an environment that values health will empower them to make healthy choices for themselves as they grow.



PALAPYE'S DYNAMIC DJ COLLECTIVE MAKING WAVES

The vibrant town of Palapye is home to a group of talented and innovative individuals who have taken the local music scene by storm. Meet **Heavy Beats DJs**, a unique squad of seven DJs and two MCs who have redefined the art of live performances. Managed by the dedicated Brighten Keabetswe Vinte, this group of passionate youngsters is setting the stage for a new era of entertainment in Botswana.

The Birth of Heavy Beats DJs

The story of Heavy Beats DJs began during the challenging days of the lockdown when

different DJs came together to bring music to the people through live sessions on Facebook. This initiative, known as **Heavy Beats Live Sessions**, quickly gained a following, providing much-needed entertainment during uncertain times. As the world started returning to normalcy, some members of the original group pursued individual careers, but the spirit of collaboration remained strong among those who stayed.

In 2022, five of the original members—DJ Les Joh, DJ Fasso, DJ Lux, DJ Pesko, and DJ

Sonic—decided to rename the group **Heavy Beats DJs**. Their ranks were soon bolstered by the addition of DJ MJ DA DEEP, DJ Cappy, and MC PYS, forming a solid team of seven DJs and one MC. The journey continued, and earlier this year, another MC, **MC Doc Sasa**, joined the team, along with their visionary manager, Brighten Keabetswe Vinte, also known as **Mr. Manager**.

Meet the Crew

- Lesley Johane AKA DJ LesJoh
- Tshiamo Moloise AKA MJ DA Deep
- Opelo Johane AKA DJ Pesko

- Molatedi Onamile AKA DJ LUX
- Thatayaone Bahumi AKA DJ Fasso
- Nonofa Bacholo AKA DJ Cappy
- Keabetswe Kemmonyne AKA DJ Sonic
- Mmoloki Ditodi AKA MC PYS
- Thato Eric Phethu AKA MC Doc Sasa
- Brighten Keabetswe Vinte AKA Mr. Manager

What Sets Heavy Beats DJs Apart?

Heavy Beats DJs is not just another DJ group. Their uniqueness lies in their ability to seamlessly blend multiple music genres, ranging from soulful



house and deep house to Afro tech, amapiano, jazz, R&B, hip-hop, and even Naija music. With their diverse sound palette, they cater to a wide range of musical tastes, ensuring that their performances are always fresh and exciting.

Adding to their dynamic is the presence of two MCs who hype the crowd, creating an electrifying atmosphere at every event. Heavy Beats DJs also operate under their registered business, **Heavy Beats Entertainment**, which includes a recording studio and offers sound and stage hire services.

Previous Performances

Heavy Beats DJs have graced nearly every notable venue in Palapye, including Pin Ville, Legacy, Lekhanda, Deep Town, Pub 22, Royal Oak, 422 Bar, and Guzzlers Jazz Lounge in Serowe. Their talent has also taken them to Chillers Grillers Sunday Chillas and popular local hotspots like Oxygen Club, Wamzito Club, and United Lounge.

They are featured every Saturday on **Yarona FM's VVA Show - The Red Hot Party** (DJ Booth), further solidifying their reputation as top-tier entertainers.

A Message from Mr. Manager

"We are passionate about what we do, and we're eager to bring our unique sound and energy to your event. Whether it's a chilling session, lounge party, wedding, or corporate event, we've got the beats to make it unforgettable. Kindly support us by booking Heavy Beats DJs for your next event."

Bookings and Contact Information

- Call: +267 7779 4724 / +267 7164 2829
 - Email: heavybeatsdjsbw@gmail.com

Follow Heavy Beats DJs on Social Media

- Facebook: Heavy Beats DJs Bw
- TikTok: Heavy Beats DJs
- Instagram: @heavy_beatsdjsbw
- YouTube: @HeavyBeatsDJsBw

With their exceptional talent and unwavering passion, Heavy Beats DJs are undoubtedly a force to be reckoned with in Botswana's music scene. Keep an eye on this squad—they're just getting started.



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Beauty and Wellness for Holistic Care

In the heart of Phase 2, Gaborone, located at Plot 18753, a hidden gem for beauty and wellness enthusiasts awaits—Ndigra Raw Beauty Spa. Founded by the passionate and determined Ndipo Gracious Chilume, this unique spa has become a sanctuary where clients come to rejuvenate, detoxify, and embrace the healing power of natural beauty. Born out of a serendipitous encounter at a local salon, Ndigra Raw Beauty Spa's journey began unexpectedly but has since grown into a full-fledged beauty haven. Ndipo's story is one of passion, perseverance, and a dedication to making people look and feel beautiful, inside and out.

In September of the previous year, Ndipo's life took a turn that would plant the seeds for her future success. What started as a simple

visit to a salon for a routine hair appointment quickly became a turning point. "During that visit, my then hairdresser suggested I rent out a room in the salon," she recalls. It was a suggestion that sparked a powerful idea in her mind. What if she could combine her passion for beauty and wellness to create something truly unique? From that spark, Ndigra Raw Beauty Spa was born. By October, the business was up and running, offering a blend of beauty therapy and holistic wellness services to clients who sought more than just surface-level treatments.

Ndipo's vision was clear from the start. She wanted to create a space where clients could not only indulge in luxurious beauty services but also care for their internal well-being. This idea of holistic care is what sets Ndigra Raw Beauty Spa apart from other salons in

the area. "I've always believed that beauty is not just about how you look on the outside, but how you feel on the inside as well," she explains. This philosophy shaped the spa's offerings, which now include everything from hairstyling to detoxifying juices.

Every business has a story behind its name, and for Ndipo, choosing a name that reflected her journey and values was crucial. "Ndigra" is a deeply personal blend of two names—"Ndi" from her name, Ndipo, and her little sister's name, Ndiye. The second part of the name, "Gra," stands for Gracious, creating a fusion of names that represent the bond between the two sisters. "I wanted to create a sense of sisterhood and connection, not just between the two of us, but also to extend that warmth and bond to our clients," she shares.

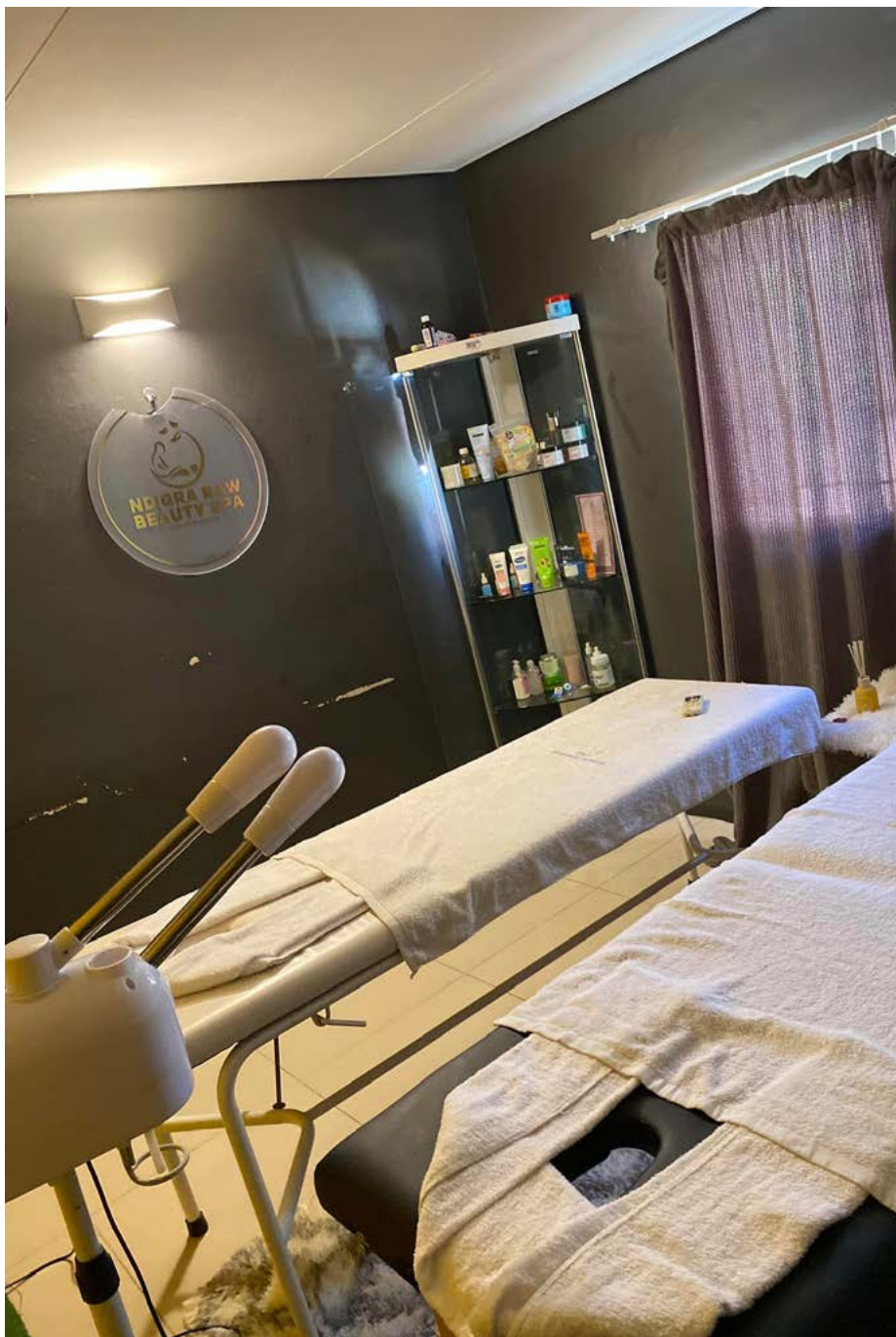
The term "Raw" holds a special significance as well. It is inspired by Ndipo's other venture, Ndigra Raw Juice Bar, which offers plant-based detox products, including vegetable and fruit juices designed to cleanse and heal the body. This connection between beauty and wellness is at the heart of Ndigra Raw Beauty Spa's mission. Clients can not only enjoy top-notch beauty treatments but also take care of their health through detoxification, ensuring that they radiate beauty from within.

Ndigra Raw Beauty Spa is more than just a salon—it is a one-stop destination for beauty and wellness. The spa offers a comprehensive range of services that cater to the diverse needs of its clientele. From hairstyling, massages, and facials to pedicures, manicures, body scrubs, and lash installations, there is something for everyone.

Among the most popular treatments are the full-body massages and deep cleanse facials, which have become client favorites for their rejuvenating effects. "We focus on helping our clients feel refreshed and revitalized after each session," says Ndipo. The spa's appeal lies in its ability to offer a variety of services under one roof, allowing clients to pamper themselves without the hassle of visiting multiple locations.

Additionally, the demand for hairstyling and nail services is consistently high, making the spa a favorite destination for those who want to look their best. Whether it's a glamorous new hairstyle or a relaxing back scrub, Ndigra Raw Beauty Spa is designed to provide a complete beauty experience.

In the competitive beauty industry, it can be challenging to stand out. But Ndigra Raw Beauty Spa has managed to carve out its own niche by focusing on holistic beauty and



wellness. What makes the spa truly unique is its integration of beauty services with detoxifying treatments. The combination of external treatments like facials and massages with internal care in the form of fresh, plant-based juices offers clients a holistic approach to beauty. "I believe that by merging Ndigra Juice Bar with Ndigra Raw Beauty Spa, we're creating something more than just a salon. We're offering a complete experience that focuses on both internal and external wellness," Ndipo explains. This emphasis on holistic care helps clients feel beautiful on the outside while nurturing their health from within, creating a transformative experience that goes beyond surface-level beauty.

While Ndigra Raw Beauty Spa has found success, the journey has not been without its challenges. Ndipo reflects on the hurdles she has faced, particularly in talent acquisition and working capital. "Finding and nurturing

the right talent has been a challenge," she admits. Ndipo strives to work with the best in the industry, but building a cohesive team that aligns with her vision has required time and effort. Another major challenge has been maintaining a strong financial base. "We started with zero capital," Ndipo recalls. There were times when client demand didn't generate enough income to keep operations running smoothly. But despite these difficulties, she has found ways to manage finances wisely, focusing on client retention and creative marketing to boost cash flow.

At the heart of Ndigra Raw Beauty Spa's success is Ndipo's deep sense of purpose. "I believe that my purpose in the world is to heal and help people improve their lives," she says. This mission is what drives her to continually refine her services, ensuring that each client leaves the spa feeling refreshed, cared for, and satisfied. "While some may

initially think my prices are high, once they experience the quality, care, and time I dedicate to each service, they understand the value."

Her commitment to excellence extends to every aspect of the spa. Ndipo stays updated on the latest trends and techniques by constantly researching and engaging with experts in the beauty and wellness industry. She frequently takes online courses and follows beauty blogs, newsletters, and vlogs to ensure that she's always at the forefront of the latest developments.

A key component of Ndigra Raw Beauty Spa's success is its focus on personalization. Every service is tailored to meet the specific needs of the client. "No two treatments are the same," Ndipo explains. "For example, if two clients book a full-body massage, their experiences will differ because I take into account what each person is going through at that moment."

Safety and hygiene are also top priorities at the spa. A professional cleaner comes in regularly to sanitize the entire salon, and disposable tools are used during nail care and massages. This ensures a sterile, safe environment where clients can relax, knowing their health is being carefully safeguarded.

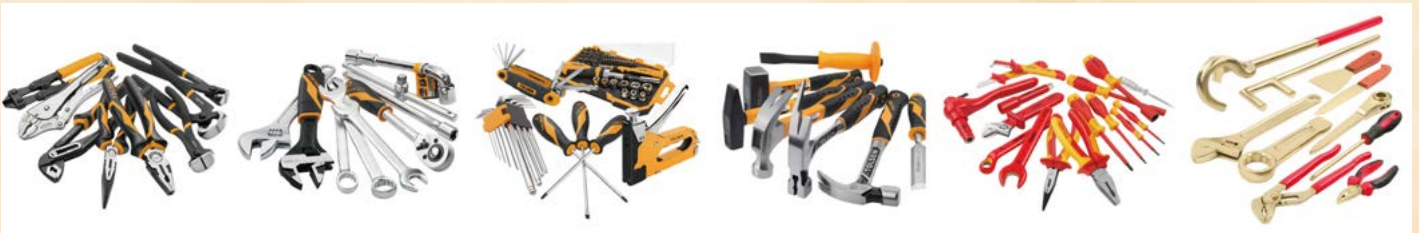
Since taking over the entire salon space in April, Ndipo's focus has been on transforming and enhancing the existing location. "My immediate goal is to redecorate and create a more inviting, relaxing environment for our clients," she says. While plans for expansion are not in the immediate future, Ndipo is committed to making the current location a standout destination for beauty and wellness. As she continues to perfect her services and grow her brand, the possibility of future branches remains open, but for now, her focus is on creating a true sanctuary for her clients.

For those looking to enter the beauty industry, Ndipo has some valuable advice: Be prepared to learn. "Invest time in gaining as much information as you can," she advises. Whether it's through online resources, industry blogs, or connecting with experienced professionals, understanding the industry is key to success. "Have a solid business plan and be prepared for challenges. Patience and perseverance are essential," she says.

As Ndipo continues her journey, Ndigra Raw Beauty Spa stands as a testament to her passion for beauty and wellness. By offering holistic, personalized care in a nurturing environment, she has created a space where clients can truly feel beautiful from the inside out.

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Illuminating Your Space: How to Use Lighting to Decorate Your Living Room

The living room is often regarded as the heart of any home, a space where style, functionality, and comfort harmoniously converge. While furniture, color schemes, and decorative elements usually take center stage, lighting is an unsung hero that can elevate your living room from merely functional to truly captivating. The right lighting doesn't just brighten a room—it sets the tone, highlights key features, adds depth, and enhances the overall aesthetic. Here's how to effectively use lighting to decorate and transform your living room.

1. Layered Lighting: The Foundation of a Well-Lit Room

The key to successful living room lighting lies in layering. Rather than relying on a single light source, combine different types of lighting to create a balanced, versatile space that suits multiple purposes. Layered lighting typically consists of three components:

- **Ambient Lighting:** This is the primary source of illumination and serves as the foundation of your lighting scheme. Ceiling fixtures like chandeliers, pendant lights, or

recessed lighting usually provide ambient lighting. It should be bright enough to illuminate the entire room, creating a warm and inviting atmosphere. However, ambient lighting alone can sometimes feel flat or harsh, which is why additional lighting layers are crucial.

- **Task Lighting:** Task lighting focuses on providing illumination for specific activities such as reading, working, or knitting. Table lamps, floor lamps, and adjustable wall sconces are excellent for task lighting. Position them near seating areas or workspaces to ensure sufficient light for activities, while adding both functionality and style to your room.

- **Accent Lighting:** Accent lighting is used to highlight architectural features, artwork, or decorative elements in your living room. It brings attention to your room's focal points and adds depth to the space. Track lights, picture lights, and uplights can illuminate your favorite pieces, such as a beautiful painting or a statement bookshelf, adding a layer of visual interest and sophistication.

Layering these types of lighting ensures a well-rounded and functional living room that adapts to different needs and moods, from everyday lounging to special occasions.

2. Choosing the Right Bulbs: Color Temperature Matters

The type of light bulb you choose has a significant impact on the overall ambiance of your living room. Light bulbs come in different color temperatures, measured in Kelvins (K), which determine whether the light feels warm, cool, or neutral. Choosing the appropriate color temperature can completely change the mood of your room.

- **Warm White (2700K-3000K):** Bulbs in this range emit a soft, warm glow that creates a cozy, intimate atmosphere, making them ideal for living rooms where relaxation and comfort are prioritized.

- **Cool White (3500K-4100K):** These bulbs provide a brighter, more energizing light, making them suitable for modern or minimalist living rooms with clean lines. They work well in spaces where you need to stay alert and focused.



- **Daylight (5000K-6500K):** With a bright, blue-toned light, daylight bulbs are perfect for task-oriented areas, such as reading nooks or home offices incorporated into your living room. They provide the most accurate color rendering and sharpness, making them ideal for detailed tasks.

A clever way to enhance your living room's versatility is by mixing different color temperatures. For example, you might use warm white lighting for general ambiance but introduce cooler light in areas where more focus is needed, such as near reading chairs or desks.

3. Statement Fixtures: The Jewelry of the Living Room

Much like a statement piece of jewelry completes an outfit, a striking light fixture can be the focal point of your living room. Whether you opt for a grand chandelier, an artistic pendant light, or a cluster of smaller hanging lights, a well-chosen fixture can instantly elevate the design of your space.

When selecting a statement fixture, consider the scale of your living room. A large, open-plan space might call for a bold chandelier,

while a smaller room could benefit from a more understated yet unique fixture. The key is to choose a fixture that complements the existing decor without overwhelming it. If your room has a minimalist or contemporary style, you might lean towards sleek, geometric designs, while a traditional room might be enhanced by a classic chandelier.

4. Dimmers: The Secret to Versatile Lighting

One of the most practical ways to ensure flexible lighting in your living room is by installing dimmer switches. Dimmers allow you to adjust the brightness of your lights to suit various occasions, moods, and times of day. For instance, you might prefer bright lighting for entertaining guests or engaging in family activities, but dimmer, softer lighting for a cozy movie night or quiet reading session.

Dimmers can be added to nearly any type of light fixture, from overhead lights to lamps, giving you complete control over your living room's ambiance at all times. They're an affordable upgrade that significantly enhances the versatility and comfort of your space.

5. Utilize Natural Light: The Best Light Source of All

While artificial lighting is essential, natural light remains the most flattering and refreshing source of illumination. Large windows, glass doors, and skylights can flood your living room with sunlight, creating an open, airy feel that no amount of artificial light can replicate.

To maximize natural light, opt for light and sheer window treatments that let sunlight in without sacrificing privacy. If you're concerned about privacy, consider using blinds or curtains that can be easily adjusted throughout the day. Additionally, strategically placing mirrors opposite windows can reflect natural light throughout the room, making the space appear brighter and more expansive.

6. Accentuating Architectural Features with Lighting

Lighting can also be used to draw attention to unique architectural features in your living room, such as a fireplace, exposed beams, or built-in shelving. For example, recessed lighting above a fireplace can highlight its design, while LED strip lights installed along



shelving or behind a television can create a subtle yet impactful glow.

This type of accent lighting not only highlights your room's best features but also adds depth and layers of interest, turning your living room into a visually dynamic space.

7. Don't Forget the Lampshades: A Touch of Personality

Lampshades play a surprisingly significant role in how light is dispersed in your living room. A dark or opaque lampshade will focus light downwards, creating a more intimate and moody ambiance. In contrast, light-colored or translucent shades will allow more light to filter through, brightening the room.

Lampshades are also a great way to inject texture, color, or pattern into your living room decor. Whether you choose classic linen, bold prints, or more eclectic materials, the right lampshade can complement your overall design while adding an extra layer of style.

Lighting is a powerful design tool that goes



beyond mere functionality—it has the ability to transform your living room into a space that is both beautiful and practical. By layering different types of lighting, carefully selecting the right bulbs, and paying attention to details like dimmers, lampshades, and natural light, you can

create a living room that reflects your personality and serves a variety of purposes. Remember, great lighting is about more than just brightness; it's about setting the mood, enhancing the ambiance, and highlighting the unique elements that make your space special.



BUILDING A STRONG AND LASTING CONNECTION

Relationships are complex, dynamic, and essential aspects of human life. Whether it's a romantic partnership, a friendship, or even family ties, maintaining healthy relationships requires effort, understanding, and growth. At the heart of every successful relationship are love, trust, communication, and respect. In this article, we will explore some essential relationship advice to help foster long-lasting, meaningful connections.

1. Communication is Key

Effective communication is the cornerstone of any relationship. It goes beyond merely exchanging words; it's about understanding and being understood. One of the biggest causes of conflict in relationships is poor communication, leading to misunderstandings, resentment, and emotional distance.

Tips for Effective Communication:

- **Listen Actively:** When your partner or loved one is speaking, give them your full attention. Avoid interrupting or preparing your response while they talk. Instead, focus on understanding their perspective.
- **Express Yourself Clearly:** Be honest and open about your feelings, needs, and concerns. It's crucial to express yourself without being aggressive or

confrontational. Use "I" statements like, "I feel upset when..." instead of blaming with "You always..."

- **Non-Verbal Cues Matter:** Sometimes, body language speaks louder than words. Pay attention to non-verbal cues like eye contact, tone of voice, and posture to ensure your communication is aligned with your intentions.
- **Check-In Regularly:** Life can get busy, but taking time to check in with each other keeps the relationship connected. Ask how their day was, how they're feeling, and discuss anything that may be on their mind.

2. Embrace Vulnerability and Trust

Vulnerability is often misunderstood as a sign of weakness, but in relationships, it's the gateway to true intimacy and connection. Being vulnerable means opening up to your partner about your fears, insecurities, and emotions without the fear of judgment. It requires a deep level of trust, which, when reciprocated, strengthens the bond between two people.

How to Build and Maintain Trust:

- **Be Honest:** Even when it's difficult, being honest with your partner is essential for maintaining trust. Lies and deceit, even about small things, can

erode trust over time.

- **Keep Promises:** Follow through on your commitments, whether it's showing up on time, doing your share of chores, or sticking to agreed-upon boundaries. Consistency builds reliability.
- **Forgive and Apologize:** Nobody is perfect. When mistakes happen, it's crucial to apologize sincerely and work toward rebuilding trust. On the other hand, being willing to forgive your partner when they show remorse is equally important.
- **Avoid Secrecy:** While everyone is entitled to privacy, secrecy in relationships often leads to suspicion and mistrust. If there's something significant in your life that you're hiding from your partner, it might be time to reconsider the transparency of your relationship.

3. Maintain Individuality

In a healthy relationship, both partners should maintain their individuality while fostering a strong connection. Losing your sense of self or becoming overly dependent on your partner can create an unhealthy dynamic where one person sacrifices too much for the other.

be opportunities for growth and deeper understanding.

Healthy Conflict Resolution Tips:

- **Stay Calm:** It's easy to get emotional during a disagreement, but raising your voice or becoming defensive can escalate the situation. Take a moment to breathe and approach the conversation calmly.
- **Focus on the Issue, Not the Person:** Attacking your partner's character during a conflict will only cause more harm. Stick to discussing the issue at hand and avoid bringing up past grievances unless they're directly relevant.
- **Seek Compromise:** A relationship isn't about winning or losing. Often, finding a middle ground is the best solution. Be willing to meet halfway and make compromises when necessary.
- **Agree to Disagree:** There are times when you and your partner might not see eye to eye on certain issues. Instead of trying to change each other's minds, acknowledge the differences and agree to disagree respectfully.

5. Prioritize Quality Time Together

In the hustle and bustle of daily life, especially with work, social obligations, and family, it's easy to put your relationship on the back burner. However, spending quality time together is essential for keeping the spark alive and deepening your connection.

Ideas for Quality Time:

- **Date Nights:** Set aside regular time for just the two of you, free from distractions. It doesn't have to be an extravagant night out; even a cozy dinner at home or a walk in the park can be meaningful.
- **Try New Experiences:** Doing new activities together, whether it's traveling, taking a cooking class, or learning a new hobby, creates shared memories and strengthens your bond.
- **Unplug from Technology:** With the prevalence of phones and social media, it's easy to be physically present but mentally checked out. Make an effort to disconnect from technology during your time together and focus on each other.
- **Celebrate Milestones:** Whether it's an anniversary, a personal achievement, or a special moment in your relationship, take the time to celebrate and cherish these milestones.

6. Show Appreciation and Gratitude

It's easy to take your partner for granted, especially as the relationship becomes more comfortable over time. However, showing appreciation for the small and big things

your partner does can go a long way in keeping the relationship healthy.

Ways to Express Gratitude:

- Say "Thank You": Don't overlook the power of a simple thank you. Whether your partner made dinner, helped you through a tough day, or just listened when you needed to vent, acknowledging their efforts fosters appreciation.
- Give Compliments: Compliments are a great way to make your partner feel valued and loved. Let them know what you admire about them, whether it's their kindness, sense of humor, or the way they handle challenges.
- Random Acts of Kindness: Small gestures of love, like leaving a note, making their favorite meal, or giving a spontaneous hug, can keep the relationship warm and nurturing.

7. Nurture Emotional and Physical Intimacy
Emotional and physical intimacy are both vital components of a strong relationship. Emotional intimacy involves sharing your innermost thoughts, feelings, and experiences with your partner, while physical intimacy includes affection, touch, and sexual connection. Both forms of intimacy strengthen the bond between partners and foster a sense of closeness and security.

Tips for Maintaining Intimacy:

- Be Open Emotionally: Share your emotions, dreams, and fears with your partner. Let them into your inner world and encourage them to do the same. Vulnerability builds deep emotional intimacy.
- Physical Affection: Regularly show physical affection through hugs, kisses, holding hands, or simple touches. Physical touch can communicate love and support in ways that words sometimes can't.
- Maintain Sexual Intimacy: Keeping the physical connection alive is important for most romantic relationships. Make time for intimacy and communicate openly about each other's desires and boundaries.

Healthy relationships require continuous effort, mutual respect, and a willingness to grow together. By focusing on effective communication, trust, independence, conflict resolution, quality time, appreciation, and intimacy, you can build a relationship that not only lasts but thrives. Remember, relationships aren't about perfection but progress. With love, patience, and understanding, you can navigate the challenges and joys that come with being in a relationship, creating a bond that grows stronger over time.

Balancing Togetherness and Independence:

- **Pursue Your Interests:** Just because you're in a relationship doesn't mean you should give up hobbies or activities that make you happy. Encourage each other to pursue individual passions and interests, which can enrich the relationship.
- **Respect Boundaries:** Every person needs time and space for themselves, whether it's to recharge, reflect, or simply enjoy solitude. Don't take it personally if your partner asks for some alone time; instead, recognize it as a sign of a healthy, balanced relationship.
- **Support Personal Growth:** Relationships should encourage growth, both as individuals and as a couple. Support your partner in their personal development, whether it's pursuing a career goal, learning a new skill, or working through personal challenges.

4. Resolve Conflicts Respectfully

Conflict is inevitable in any relationship. However, how couples handle conflict often determines the longevity and happiness of the relationship. Disagreements don't have to escalate into hurtful arguments or emotional shutdowns. Instead, they can



Floral Shirts and Shorts: The Perfect Men's Fashion Trend for Summer

This summer, men's fashion is all about embracing bold, vibrant patterns and relaxed comfort, and nothing captures that vibe better than floral shirts and shorts. Floral prints are making a strong comeback, adding a refreshing touch to casual and vacation wear. These shirts come in a variety of colors and designs, allowing men to express their personality, whether it's with a subtle tropical

vibe or bold, bright flowers.

Pairing floral shirts with well-fitted shorts creates a perfect balance between laid-back and stylish. Lightweight, breathable fabrics make these outfits ideal for beach days, barbecues, or casual outings under the sun. To complete the look, accessorize with neutral sneakers or sandals and some

sunglasses for that cool, effortless summer style.

Whether you're dressing up for a summer festival or relaxing by the pool, floral shirts and shorts are the ultimate go-to for men this season. Step out, stay cool, and embrace the floral trend with confidence!





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Jim Carrey: A Legendary Icon of Comedy and Inspiration

Few actors have left a mark on the entertainment industry quite like Jim Carrey. Known for his unparalleled physical comedy, expressive facial expressions, and larger-than-life characters, Carrey has built a legacy that transcends genres. From his early slapstick humor to his deeply moving dramatic roles, Jim Carrey has proven time and time again that he is more than just a comedian—he is a legend whose impact continues to shape Hollywood and beyond.

Carrey's rise to fame began with his memorable roles in the 1990s, where he quickly became a household name. Movies like *Ace Ventura: Pet Detective* (1994), *The Mask* (1994), and *"Dumb and Dumber"* (1994) showcased his unique brand of humor, combining zany antics with razor-sharp wit. Carrey's ability to fully embody absurd, outlandish characters with boundless energy was a breath of fresh air in the comedy scene, setting him apart from his peers. His physical comedy, often described as "rubber-faced" because of his extreme facial expressions, was reminiscent of classic silent film stars like Charlie Chaplin and Buster Keaton.

What made Carrey stand out even more was his willingness to go beyond the surface of his characters. Even in his most eccentric roles, Carrey brought a sense of humanity and vulnerability, allowing audiences to

connect with his characters on a deeper level. While Jim Carrey made his name in comedy, his dramatic work revealed the depth of his talent. In 1998, he took a bold leap with *The Truman Show*, a film that was both a critical and commercial success. Carrey's portrayal of Truman Burbank, a man whose life is secretly a reality TV show, was nuanced, introspective, and layered. This role showed that Carrey could deliver more than laughs—he could provoke thought and stir emotion.

Further solidifying his dramatic prowess, Carrey's role in *Eternal Sunshine of the Spotless Mind* (2004) remains one of his most revered performances. In this mind-bending love story, Carrey's portrayal of Joel Barish was raw and poignant, earning him widespread acclaim. These performances demonstrated that Carrey had the range to tackle complex characters, making him one of the most versatile actors of his generation.

Jim Carrey's influence extends far beyond the screen. His willingness to take creative risks opened doors for future comedians and actors to push boundaries. Carrey showed that it's possible to blend genres and that a comedian could transition from slapstick to serious drama without losing their essence.

Carrey also became a symbol of perseverance and passion in the entertainment industry.

Known for overcoming personal struggles, including battles with depression and hardship in his early life, his story of success is an inspiration to countless aspiring entertainers. His journey reminds us that even in the face of adversity, with hard work, authenticity, and resilience, one can rise to greatness.

Jim Carrey's career is one that has brought joy, laughter, and reflection to millions around the world. Whether he is playing a goofy pet detective or a heartbroken man trying to erase the memory of lost love, Carrey has a unique ability to connect with audiences. His performances are not just about entertainment; they're about emotion, vulnerability, and the human experience.

Today, Jim Carrey stands as a legend, not only because of his comedic genius but because of the depth of his contribution to film and culture. His work continues to inspire new generations of actors, comedians, and filmmakers, proving that true talent knows no boundaries.

Carrey's impact on the entertainment industry will be felt for years to come, and his legacy as one of Hollywood's most gifted and beloved entertainers is undeniable. From his laughter-inducing antics to his soul-stirring performances, Jim Carrey has earned his place as a true legend.



KHANYI MBAU'S LATEST COSMETIC SURGERY: A NEW FACE, A NEW CONTRAVERSITY

South African media personality and reality TV star Khanyi Mbau has always been known for her unapologetic embrace of cosmetic enhancements and her fearless pursuit of beauty. In her latest reveal, Mbau disclosed that she underwent a procedure known as blepharoplasty—a surgical operation that reduces excess skin from the eyelids—along with a subnasal lip lift to shape her lips. The bold step marks a dramatic shift from her usual regimen of fillers, Botox, and other non-invasive cosmetic treatments, opting instead for a more permanent alteration to her appearance.

The “New Face” Reveal

Mbau’s announcement came via social media, where she posted a video of her post-operative face, visibly swollen and tight. In her caption, she playfully addressed the obvious changes, humorously referring to her new look as still “baking” and “super tight.” She acknowledged that the final results would take time to materialize as the swelling subsides, adding that her face is still in its early stages of healing.

“Now we bake, bought a new face... I know, I know... before we all lose it... it’s still very fresh and super tight... it will take a few weeks for it to cook,” she wrote, signaling her anticipation of the final outcome. The post quickly garnered attention, both in the media and among her large fan base.

Khanyi’s excitement about the results is palpable, but so is her transparency regarding the discomfort she’s experiencing. Describing her post-surgery state, she mentioned feeling “wrapped in cling wrap” due to the tightness of her skin and the swelling. While she awaits the final result, she turned off comments on her social media posts, stating that her vision is still blurry, which makes it difficult to

read people’s responses. Yet, that hasn’t stopped public discourse around her latest cosmetic enhancement from exploding across social media.

The Procedures: Blepharoplasty and Subnasal Lip Lift

Khanyi Mbau’s procedure involved two key surgeries: a blepharoplasty, aimed at reducing the heavy skin on her eyelids, and a subnasal lip lift, which adjusts the shape of the upper lip for a fuller, more youthful appearance. These procedures are designed not only to rejuvenate her look but also to give her a more defined, structured face without the need for ongoing maintenance through Botox and fillers. According to Mbau, she had grown tired of the continuous cycle of injections every three months and sought a more permanent solution.

Mbau shared a special mention of her surgeon, Dr. Merve from Mono Clinic, a well-known cosmetic surgery center based in Izmir, Turkey. She praised the doctor’s skill and expertise, expressing gratitude for the transformation.

“GOODBYE FILLERS, BOTOX AND THREADS!” she triumphantly declared, embracing this new chapter in her beauty journey.

Public Reaction: Praise, Criticism, and Fascination

As expected, Khanyi Mbau’s bold decision has sparked a wave of both admiration and criticism. Public reactions have ranged from fascination to disapproval, with many social media users weighing in on whether her latest cosmetic surgery is a reflection of self-esteem issues or merely another display of her love for attention.

One Twitter user, @Sli_Simelane, expressed concern over Mbau’s



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continuous pursuit of perfection: "It's been two things either Khanyi Mbau has some serious self-esteem issues or uthanda ukunakwa (loves attention), but whatever it is needs some serious intervention."

Others, however, saw her move as a trendsetting statement, predicting that Mbau's surgery could spark a wave of interest in similar procedures. @Jabu_Macdonald tweeted: "Khanyi Mbau getting an entire new face? This is gonna be a new trend and if her procedure is successful, now some women will want to do it—that's how BBLs started."

This comparison to the popularization of Brazilian Butt Lifts (BBLs) draws attention to how celebrities like Mbau often play a role in influencing beauty trends. Much like the rise of BBLs in the early 2010s, which saw women seeking curvier, more voluptuous figures, Mbau's decision to get facial surgery could inspire others to follow suit in pursuit of a more permanently enhanced look.

The Cultural Impact of Celebrity Cosmetic Surgery

Khanyi Mbau is no stranger to public scrutiny when it comes to her appearance. Over the years, she has been open about undergoing skin lightening treatments, breast augmentation, and liposuction, positioning herself as a fearless advocate for beauty enhancement. Mbau has repeatedly emphasized that her choices are personal and that she takes pride in her ability to take control of her appearance.

In a world increasingly driven by social media and image-consciousness, cosmetic surgery has become a hot topic, with many people divided on its merits. For some, it represents a form of empowerment—an opportunity to change something about oneself that doesn't align with their personal standards of beauty. For others, it's seen as a dangerous and unnecessary practice, driven by unrealistic societal pressures. Khanyi's decision to undergo such a visible and dramatic procedure places her squarely in the middle of this debate. On one hand, her fans admire her courage and confidence in embracing change; on the other hand, critics question whether procedures like hers contribute to the normalization of extreme beauty standards, which could negatively impact the self-esteem of her followers, particularly young women.

A Glimpse Into the Future of Cosmetic Trends

The increasing accessibility of cosmetic surgery worldwide, particularly in countries like Turkey, where clinics like "Mono Clinic" are renowned for offering high-quality procedures at a fraction of the cost in Western countries, has made it easier for people to explore surgical options. With celebrities like Khanyi Mbau openly sharing their experiences, these procedures may become even more mainstream.

While Khanyi's fans eagerly await the final results of her "new face," there's no denying that her decision has left a lasting impression on the beauty world. Whether you approve of her choices or not, Mbau's influence is undeniable, and her latest procedure has undoubtedly sparked new conversations about beauty, self-esteem, and the evolving standards of physical perfection.

Khanyi Mbau's latest cosmetic surgery is a proof to her ongoing commitment to maintaining her beauty and reinventing herself. As a public figure, her choices inevitably stir conversation and debate, but one thing is clear—Mbau has made it known that she is in control of her narrative. While reactions continue to pour in, her journey with cosmetic surgery serves as a reflection of the modern-day beauty industry, where surgical enhancements are becoming more accepted and accessible, albeit not without controversy. Whether this trend will grow and influence others remains to be seen, but Khanyi Mbau's latest transformation has certainly left its mark.



A03

P1,699

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



A13

P2,699 P2,899

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



A23

P3,199 P3,499

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



A33

P4,799

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



A53

P5,999

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



A73

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8 Tips for Parenting Teens & Adolescents

Parenting teens can be challenging. But it can also be a joy. The key is to know how to care for yourself, first and foremost. Before you have kids, you might think that parenting will come naturally. And, to some degree, it does. But there are days (and sometimes months and years) when all parents could use some extra support.

That's where time-tested, evidence-based strategies for parenting teens can be helpful. When parents are raising teenagers, they benefit from having a toolkit for keeping calm, creating a harmonious household, and relating to their children in positive ways.

Here are 10 simple yet powerful approaches for parenting teens that build strong relationships for the long-run.

Tip #1: Keep Your Cool and Stay Centered

Living with kids can be stressful. That's true for parenting teens girls and parenting teen boys, too. Tricky situations often arise. But if you're able to regulate your own emotions, chances are your child will do better, too. Self-care plays a huge part in this.

Try these methods for keeping your cool during difficult interactions. Consequently, your relationship with your kids will improve.

Don't take it personally.

Whether they're six or 16, your child is always in the process of developing their identity and opinions. Thus, part of that is disagreeing with and pushing back against what they perceive as parental control. Remember, this is not about how good or bad of a parent you are.

Remind yourself that you are a role model.

The way parents conduct themselves shows their children what it looks like to be authentic and mature. Remind yourself how important it is for you to serve as a positive example. Furthermore, let this be an incentive to be patient, understanding, and compassionate—just like you want your child to be.

Take timeouts.

When talking with teens, if you sense that you or your child is getting frustrated in a discussion or interaction, take a timeout. Tell your teen you're going to pause the conversation and revisit it later, when you both feel calmer.

Tip #2: Emphasize the Positive in Parenting Teens

Ever heard of the negativity bias? That's how scientists describe the fact that our brain responds more strongly to negative information than it does to positive stimuli. Most likely, the negativity bias developed as an evolutionary survival mechanism—

making us more sensitive to threats and danger. That's why we remember bad news more easily than good news.

However, the negativity bias no longer serves us. In fact, it decreases our well-being. Therefore, we need to retrain our brains to focus on what's good in our lives, instead of the bad stuff.

Try this positivity practice with your teen:

- Create a routine at dinner or before bed in which each person shares something that went well that day.
- Acknowledge and appreciate your teen's positive experiences.
- Point out the strengths that your teen used in these positive interactions and events.
- Do this every day for at least 30 days to help your teen create a positive habit.

Tip #3: Set Expectations and House Rules

For teens, declaring independence is inevitable at some point. Accept that it will happen—your child will go through rebellious periods. This is normal teenage behavior. Therefore, it's important for parents to create as much clarity as possible about what they expect of their kids. Moreover, parents need to create limits and consequences to compassionately enforce those expectations and boundaries.



them that they have the choice to respect or reject the rules, but rejection will lead to appropriate consequences. Furthermore, you might even consider drafting a written agreement so you're both on the same page. And negotiation is acceptable if you feel there's room for compromise. In addition, avoid power struggles at all costs.

Set age-appropriate consequences that will go into effect if the rules are broken.

For teens, consequences might be an early curfew, getting grounded, or losing the use of the family car. Make the consequences clear, make sure your teen understands them, and don't make exceptions. As a result, when consequences are in place, the onus is on them: When they break a rule, they know that they're choosing to accept the consequences.

Tip #4: Keep Communication Going

Because we're often busy and distracted, we don't always take the time to really focus on our kids when they're trying to tell us something. Take advantage of the time you have together. Having dinner together as a family, using car time to talk, or chatting before bed are good ways to stay in daily touch with your teen. Prioritize quality time as well as quantity: Consider having breakfast out on the weekend as a special catch-up time to chat about the week. Or schedule monthly "family meetings" to discuss how things have been going and any conflicts that have arisen.

Tip #5: Be an Empathetic Listener

Listening with empathy and caring is one of the most important tips on parenting a teenager. Researchers have shown that people's brain patterns synchronize when they listen closely to one another and watch each other's expressions. As a result, the connection between them becomes stronger. Not feeling truly heard can lead to isolation and lack of self-esteem—root causes of anxiety, depression, and substance abuse. Therefore, take listening seriously. It's not just a way of coping with teenagers; it has an enormous impact on their well-being.

Tip #6: Make Sure Teens Get Enough Sleep

Teenage parenting tips also include ensuring that kids practice self-care, including sleep hygiene. A good night's sleep puts everyone in a better mood. Moreover, sleep and teen mental health are closely linked. Therefore, making sure kids are well rested during the teen years makes parenting teens easier. Here are five ways that parents can help the whole household get to bed earlier and sleep more deeply.

Set an electronic curfew.

Parenting teens today means making an effort to help them unplug as often as possible. Kids' use of technology often

interferes with getting enough sleep. Turning off their computers and cellphones at a fixed time each night will help their brains can wind down and get ready for sleep. In fact, parents should do this, too!

Create a bedtime routine.

The whole family can do relaxing activities before bed instead of using technology, such as reading, taking a shower, listening to quiet music, or meditating. Therefore, family members can have a shared routine, or create their own personal ritual for bedtime.

Get everyone up at the usual time on weekend mornings.

Sleeping till noon and then staying up late will throw off a teen's schedule for the rest of the week. Moreover, getting everyone up on the early side leaves more time for fun family activities during the day.

Make sure your bedrooms are dark enough.

Light can interfere with the sleep cycle. Consequently, use blackout curtains to make sure daylight is not disturbing anyone's sleep. All lights in bedrooms should be off when the family is sleeping.

Keep bedrooms cool.

The body prepares for sleep by lowering its internal temperature, and a cool room can encourage that process. Therefore, turn down the thermostat at night once everyone is ready for bed.

Tip #7: Be aware of what teens are looking at on their phones.

A robust body of evidence links overuse of social media and video gaming to a wide range of negative mental health impacts, including stress and anxiety, depression, poor well-being, body image issues, and disordered eating. Moreover, research shows that both games and social media triggers the same dopamine-related reactions in the brain as drug use, priming the nervous system for addictive behaviors. As much as teens may resist it, parents need to be aware of the content they are interacting with, and set limits around how much time they spend on their phones and apps.

Tip #8: Reach Out for Parenting Support

We all need to vent sometimes, and it's helpful to share our experiences with others. However, it's not okay for parents to vent to their children about their frustrations—it's not their role to take care of their parents. Therefore, parents should find other adults to lean on. Parent support groups, a circle of good friends, or one close friend are all good options. Moreover, make sure you see these people on a regular basis. In addition, parenting books and trainings can provide wisdom for raising teenagers.

Get clear on your values.

Focus on the important areas: how you expect your child (and everyone in the family) to treat each other and to conduct themselves outside the home. Your belief system and set of values will determine what boundaries you set for your teen, whether it's around dating or household chores.

Make rules that support those values.

For example, to support a value of kindness and compassion toward each other, you might set a guideline that there will be no name-calling, yelling, or slamming doors in the house. To support how much you value ongoing communication among family members, you might decide that the whole family needs to eat dinner together at least three times a week.

Acknowledge how they feel and what they want.

It's critical for children to feel understood and validated. When you make house rules, take into account your child's desires and opinions. If you don't agree with them, be sure to honor their feelings before you explain why this doesn't work for the family as a whole.

Clarify how it's going to play out.

Lay out the guidelines, and the consequences if they choose to ignore the limits. Remind

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P30

Samoosa & Chips



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Egg Shawrma



P25

Egg Shawrma & Chips



P25

Egg Fried Noodles



P30

Chicken Noodles



+ bun

P12

Tee with Milk



+ bun

P12

Coffee with Milk



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The Ford Mustang Dark Horse Is the New Pony Car King

Meet the latest track-focused member of the Mustang Family, more powerful than ever before with remarkably hardcore options, all the way up to seam-welding and a racing fuel cell.

Despite the ongoing EV revolution, Ford has managed to keep the traditional pony car alive with the debut of the all-new seventh-generation S650 Mustang. While a new version of the world's best-selling sports car is already exciting on its own, the all-new Ford Mustang Dark Horse model promises to be the most powerful, track-oriented car to ever carry a 5.0-liter V-8 under the hood with a targeted output of 500 hp. There is some serious kit that you can get with this thing.

Silly name aside, the Dark Horse arrives as the first all-new special edition Mustang since the Bullitt was first introduced in 2001. Whereas nameplates like Mach 1 or GT500 carry a certain amount of historic expectation from customers, global design director Joel Piaskowski explained to R&T that the move to the S650 generation opened up a new opportunity for the Mustang team. More specifically, the new platform allowed the automaker to push the boundaries of what a Mustang can and should be.

"We talked about all different series within Mustang and felt this was now the right time to do something new," said Piaskowski in an interview with R&T. "We've got great

heritage, but that just also leaves the door open for future opportunities. That's where we see understanding our customer base, and knowing that we want to attract a newer customer. We know the current customer very well, and we have the GT which really resonates with that customer, but we feel Dark Horse is this new entry that we really feel brings a different customer into the mix. It's a lot more track-focused."

That focus on track readiness starts under the hood, where a familiar 5.0-liter Coyote V-8 engine sits, now in its fourth generation. For the Dark Horse, it's packed with a ton of unique components aimed at improving performance, including a tougher set of



camshafts, as well as a forged crankshaft and connecting rod setup borrowed right off of the outgoing GT500. Combined with a unique engine calibration, the Dark Horse promises to deliver the most amount of horsepower ever offered by a 5.0-liter Coyote engine. Ford hasn't given us an exact number, but we have some idea. At the reveal event, Ed Krenz said Ford is targeting at least 500 hp.

That potent V-8 can be mated to either a 10-speed automatic, or the Tremec-sourced six-speed manual offered in the Mach 1. The latter gearbox is a welcome addition in this case, as the Mustang's standard MT82 manual gearbox has often been lamented for its lack

of on-track prowess. The Dark Horse team also wanted to celebrate manual customers by offering a shift knob inspired by the titanium exhaust found on the mid-engined GT supercar. The shifter itself is topped with a 3D-printed bit of blue anodized titanium, which features a unique texture underneath to help with cooling the surface.

While the S650 generation is indeed largely based on the outgoing S550 chassis, Krenz did note that around 85 percent of the car is new. Automakers tend to use a different definition of that word than the rest of us, but the Dark Horse does specifically pack some chassis tweaks for track use. Every Mustang Dark Horse comes equipped with

MagneRide shock absorbers, which have been recalibrated for the S650. An auxiliary engine oil cooler, rear axle cooler and a lighter radiator all work together to improve cooling capabilities. Opt for the Performance Package, and you'll receive further chassis tuning adjustments, larger sway bars out back, and a heavier duty set of shocks up front. A strut tower brace and a unique K-brace from Ford Performance help to improve handling and chassis feedback. A Torsen rear differential keeps things tidy on corner exit, while 19-inch wheels wrapped in Pirelli P-Zero PZ4 tires work in tandem with a set of massive Brembo stoppers.

If you still need more capability, Ford will also



offer the track package, which also brings a unique rear wing with an integrated Gurney flap. This aero package provides more downforce than any other new Mustang on offer. Stiffer springs are also part of the package, as are upgraded front and rear sway bars, and Pirelli Trofeo tires. You can even spec a set of carbon wheels from Carbon Revolution, which marks the first time they've been offered on a non-Shelby

model. "There's a bit of a theme on this product of what are the best things from our prior Shelby's that we can bring together," said Krenz. "It's always been one of our corporate strategies to develop technology on the pinnacle of our vehicles, and then bring it down and make it more accessible. That's also why when you introduce a new series like the Dark Horse, you want it to be at the

top." Some of those Shelby traits continue with the styling of the Dark Horse, which is reminiscent of the current GT500. The front end is much more horizontal than before, mirroring the squared-off look of that 760-hp monster. The aero packages only further press on this familial relationship, as the front splitter and side skirts are nearly ringers for the current offering. The rear



diffuser and blacked-out exhaust tip combo looks menacing, and aims to hint at the performance on offer from the Dark Horse. As you'd expect, there are a ton of unique Dark Horse badges around the vehicle, which feature a ton of detailing work we've yet to see on a Mustang. The same can be said about the Blue Ember metallic paint, which shifts from a bluish gray to an ember orange depending on the light. The effect is almost like that of the (in?)famous Mystichrome hue found on the SN95 generation of Mustangs, albeit a bit more mature in its execution.

Like every S650 Mustang, the Dark Horse features a much more tech-laden interior than before. This starts with the 12.4-inch digital instrument cluster and 13.2-inch center stack combo, which now run Ford's Sync 4 infotainment. That brings niceties like over-the-air updates and wireless CarPlay functionality. The system is also backed by the Unreal 3D engine, which provides a host of new on-screen graphics that look right at home in 2022. Dark trim pieces will replace the brighter units found across the rest of the lineup, while a 12-speaker B&O stereo plays the tunes. Blue stitching comes as standard, while Deep Indigo Blue seats are part of the Dark Horse Appearance Pack.



Leaning into the track-focused nature of the Dark Horse, Ford will be releasing two track-only variants of the trim known as the Dark Horse S and Dark Horse R. The S model gets a full FIA-certified safety cage, safety nets, a race seat with safety belts and a race steering wheel with quick disconnect. It also comes with a set of Multimatic DSSV dampers and Brembo Racing brakes. The Dark Horse R model is more hardcore yet, and includes all of the aforementioned content, but it will be serialized by Ford for use in proper motorsports events around the world. These

cars also receive some seam welding for added strength, as well as a racing fuel cell and Ford Performance wheels.

The Ford Mustang Dark Horse will arrive as the range-topping pony car offering sometime next spring, so long as Ford is able to keep its supply chain issues in check. While pricing information has yet to be released, expect the Dark Horse to be priced above the current Mach 1 offerings. We'll know more about pricing and actual performance metrics as the on-sale date draws nearer.



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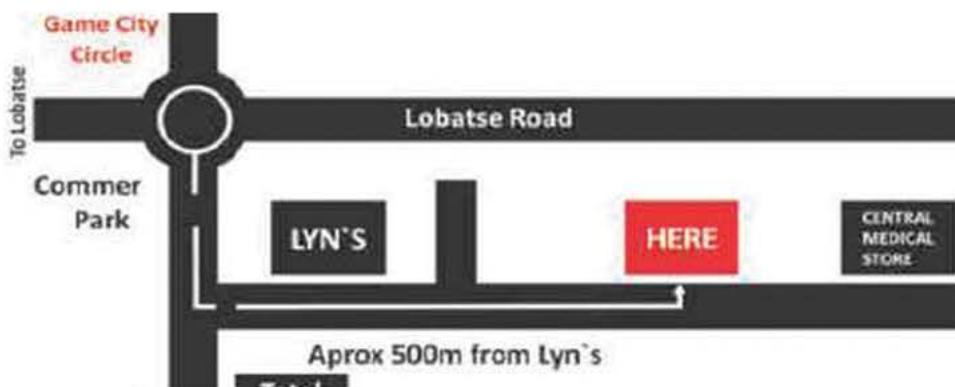
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Method

STEP 1

Dry the lamb with a clean tea towel or kitchen paper, rub all over with the oil, then season well with salt and freshly ground black pepper. Heat a large frying pan over a medium heat and brown the lamb all over – this will take around 10-12 mins. Remove from the pan and set aside. Pour the wine into the pan and cook for 1-2 mins to cook off the alcohol. Turn off the heat.

STEP 2

Tip the veg and herbs into your slow cooker, then lay the lamb on top. Pour in the stock.

Cook on high for 6 hrs or low for 8 hrs, turning halfway, if you can.

STEP 3

Remove the lamb and set aside to rest. Set a sieve or colander over a bowl and capture the liquid (either discard the vegetables or eat them with the meal – they'll be soft but taste great). You can use the cooking liquid to make a gravy simply by thickening with flour or cornflour. Serve with potatoes and seasonal greens, if you like.

Prep: 15 mins

Cook: 6 hrs and 15 mins - 8 hrs and 15 mins
Easy

Serves 4 - 6

Ingredients

1½kg bone-in lamb shoulder
2 tsp vegetable or sunflower oil
200ml red wine
2 carrots, roughly chopped
2 onions, quartered
2 sticks celery, roughly chopped
2 bay leaves
a few rosemary sprigs
a few thyme sprigs
300ml lamb, chicken or vegetable stock
potatoes and seasonal greens, to serve (optional)





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10 FITNESS TIPS FOR BEGINNERS

If you've decided to make fitness a part of your life, first things first — congratulations! That decision is the first step toward living a healthier life, and reaping the many benefits of regular physical activity, including a reduced risk of various diseases, greater strength (which can prevent injuries brought on by aging), improved mental health, and better overall well-being.

Once you decide to get fit, though, that's where things can get a little confusing. You might not know where or how to get started — not to mention that building a fitness habit can feel unfamiliar or even weird at first.

1. Start Small

So you consider yourself a beginner. But it turns out, there's a lot of ways a person can be a beginner. Maybe you exercised, or even played a sport, in high school and/or college, but have fallen off now that you're in the workforce (and maybe even have a marriage, a mortgage, kids, etc.). It happens.

Or maybe you really are a beginner in the truest sense of the word. That is, you haven't exercised since playing tag during recess in elementary school, or since a gym teacher made you "run" laps in high school. That's okay, too. The important thing is you're here, and you're eager to keep moving.

In fact, it might even help if you think of exercise as "recess" for grown-ups — a dedicated time where you take a break from work and/or family to run around and maybe even be a little goofy or playful, if that's your thing.

In any case, just because the World Health Organization recommends a minimum of 150 minutes of exercise per week, that doesn't mean you need to meet that number right away. You don't need to, nor should you, lift the heaviest weights you can pick up off the rack or attempt to run an entire 5K on your first day of a new exercise routine.

Avoid the temptation to push yourself too

hard right from the start. Otherwise, you risk getting injured or burning out, issues that could derail your efforts and dampen your motivation.

Instead, start small and go slow. Listen to your body and give it time to adjust to your new fitness routine. Eventually, you can add more time or intensity to your workouts.

2. Incorporate movement into your daily life

Humans spend a lot of time sitting these days. Whether it's seated behind a desk at work, stuck behind the wheel of a car during the daily commute, or lounging on the sofa watching TV, we move a lot less than our ancient forebears did. And all of that sitting can be harmful to our physical and mental health.

Even if you plan to start jogging in the mornings or hitting the gym after work, you should find ways to incorporate more movement into your daily life. Take the

stairs instead of the elevator or escalator, for example.

If it's feasible, walk or ride your bike to work. Set reminders to get up and move periodically throughout the day. Walk around your home while you're on the phone, or make your next 1:1 meeting a walk-and-talk. Small adjustments like these can add up over time.

3. Set smaller, specific goals

There's nothing wrong with having big fitness goals. Maybe you want to be able to run or bike a set distance. Perhaps you want to lose weight, build muscle, or improve your general health and wellness. However, those goals might feel hard to reach when you're only starting to learn how to get fit.

Instead of one big end goal, give yourself smaller, specific goals to achieve during your fitness journey. These smaller goals give you more easily attainable wins, which can help you build confidence and motivate you to keep going.

One move you can steal from personal finance and business management gurus is to set S.M.A.R.T. goals. Financial experts recommend them for people looking to save more or get out of debt, but you can also apply them to getting fit. S.M.A.R.T. goals should be Specific, Measurable, Assignable, Realistic and Time-Related.

So for example, "building strength" is an admirable goal, but it's not S.M.A.R.T. goal. Instead, try something like "Do ten push-ups three times a week for a month, then move up to 15." That goal is specific, measurable, realistic and time-related. Oh, and it's assignable — because it's assigned to you.

4. Schedule your active time

If you lead a busy life (and you almost certainly do), making time to exercise can feel almost impossible. Scheduling your workouts as you would any other appointment can make it easier to stay on track. Block out a set time to hit the gym, attend a fitness class, or go for a walk.

Add these "appointments" to your calendar, too. Writing them down makes them more visible and could lessen the likelihood that you forget about them. Your calendar's reminder function can also help you start planning your time for movement — when you get a one-hour reminder, for example, that could be your prompt to change into something you can wear while getting sweaty.

5. Find a fitness routine you enjoy

No matter how committed you are to getting fit, it's harder to stick to something you don't

like doing. Believe it or not, exercise can be fun. And when you're having fun with your workouts, it's a lot easier to look forward to and enjoy them.

Not sure what forms of physical activity are best for you? There are countless exercise ideas to choose from.

These include walking, jogging, cycling, strength training, yoga, tai chi, Zumba, and more. Like dancing? Try putting on a playlist and dancing for 20 minutes, two or three times a week. Try a few different workouts to see what clicks with you.

One way to discover a workout program you're likely to enjoy (and stick to!) is to use a fitness app. As we mentioned above, eligible Haven Term policyholders enjoy a no-cost subscription to Aaptiv through the Haven Life Plus bonus rider.

The app asks you a few questions and personalizes your exercise recommendations to fit your needs and goals. You can choose from thousands of audio-based workouts led by world-class certified trainers based on duration, music, and more. There are even meditation apps and apps that will help you sleep better (an often-overlooked part of fitness).

6. Make it social

Don't go it alone. Invite a friend to work out with you. Involve your family and get everyone more active. Find a group of like-minded individuals on their own paths to health and wellness.

While you could technically work out by yourself (and many people do), there are benefits to exercising with others. Research shows that having a fitness friend can motivate you, provide positive reinforcement, and keep you accountable, and you can do the same for them.

Don't have someone to join you in person? Fitness apps like Aaptiv allow you to connect with others digitally, giving you access to a supportive community that can help you stay motivated, achieve your goals, and celebrate your victories.

7. Incentivize yourself

Remember sticker charts? If you have kids, you might have used these charts (or might currently use them) to help them learn good habits like making their beds or keeping their rooms clean. After earning a set number of stickers, the kids earn a reward.

Guess what? Kids aren't the only ones who enjoy earning rewards.

If you're struggling to stay motivated, try incentivizing yourself. Let's say you might

treat yourself to a new set of workout clothes after exercising for a month. The reward doesn't necessarily need to be fitness-related. Whether it's the latest release from your favorite author, a cute outfit, or a trip to your local comic book shop, consider what reward would work best for you

8. Track your progress

Keep an exercise log. Track the distance you ran or cycled or the weights you lifted. Take weekly pictures of yourself (take some before you officially get started, too).

By tracking your progress, you can see how far you've come. It can also motivate you to improve your personal records.

You don't need to be an Excel wizard (or a devoted journal-keeper) to do this, either. Fitness trackers, smartwatches, even your phone can do much of the work for you, and most of it's automated. If anything, the hardest part might be sorting through the haystack of information to find the useful needle of knowledge you truly need.

9. Fuel your body properly

Physical activity is only one aspect of getting fit and improving your overall health and wellness. A healthy, well-balanced diet is another. Properly fueling your body with a combination of carbohydrates, protein, and healthy fats is vital for sustaining your energy level and getting the most out of your workouts.

Consider consulting with a nutritionist or using a food tracker app like Cronometer to ensure you're giving your body the appropriate amounts of nutrients for your needs and fitness goals. And be sure to drink plenty of water, too.

10. Be gentle with yourself

In today's digital world, we've come to expect instant gratification, and we all are guilty of comparing ourselves with those we see living their best lives on social media. But when it comes to working out, there's no such thing as overnight success (although some people might try to tell you differently). Progress takes time. Slowly but surely, you'll begin to see the effects of your hard work. Go easy on yourself.

A quick word on peace of mind

We won't pretend that having a life insurance policy is the cornerstone of a successful exercise program. That said, taking care of your loved ones by having financial protection in place in case the worst should happen to you... well, it provides a little peace of mind, which can help you rest easier, breathe easier, and maybe even push through that last rep or lap.



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Australian hockey player banned for attempted cocaine purchase at Paris Olympics

Hockey Australia confirm player Tom Craig has been banned for 12 months (six months suspended) for attempting to buy cocaine at the Paris Olympics last month; Men's hockey side finished sixth in French capital; the 29-year-old won an Olympic silver medal at the Tokyo games in 2021.

Hockey player Tom Craig has been suspended for 12 months by the sport's Australian governing body for attempting to purchase cocaine at the Paris Olympics.

Craig was arrested but released without charge after trying to purchase the drug in Paris on August 7 during a night out after his Olympic campaign ended.

He faced Australian media in Paris after French prosecutors issued a statement confirming the now 29-year-old Olympian - a silver medalist at Tokyo three years ago - was given a criminal warning and released after spending a night in custody.

"Following an investigation into the arrest involving national men's hockey team athlete Tom Craig at the 2024 Olympic Games in Paris, Hockey Australia's Integrity Unit has imposed a 12-month suspension," the Hockey Australia statement said Wednesday. "Six months of this suspension will be



served fully, with the remaining six months fully suspended, contingent upon meeting conduct and behavioral requirements."

Hockey Australia said Craig would remain

eligible for selection to the 2025 national men's squad which is expected to be announced at the end of this year.

The Australian men's team placed sixth in Paris.



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MAYONNAISE
750g

PAPA SUPER MAIZE OR
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CWK
MIXED PASTA
2kg

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COOKING OIL
2Ltr

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750g

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700ml



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MEAL
1x12.5kg
91⁹⁵



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MAIZE MEAL
1x12.5kg
98⁹⁵



WHITE STAR
MAIZE MEAL
1x5kg
42⁹⁵



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