

Celebrity World

Botswana's Native Magazine

November 2024 P12

**Pako Mosweu:
From Mochudi
Streets to Comedy
Stardom**

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Persistence Are
Steps To Success
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**How To Grow
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Dear Readers,

Welcome to the November edition of Celebrity World Magazine! As the year draws to a close and the festive season approaches, we reflect on the incredible journey 2024 has been—full of both triumphs and challenges. We've come this far through the grace and mercy of God, and none of it would have been possible without your unwavering support. To our readers, followers, and everyone who believes in us, thank you. You are the reason we are where we are today.

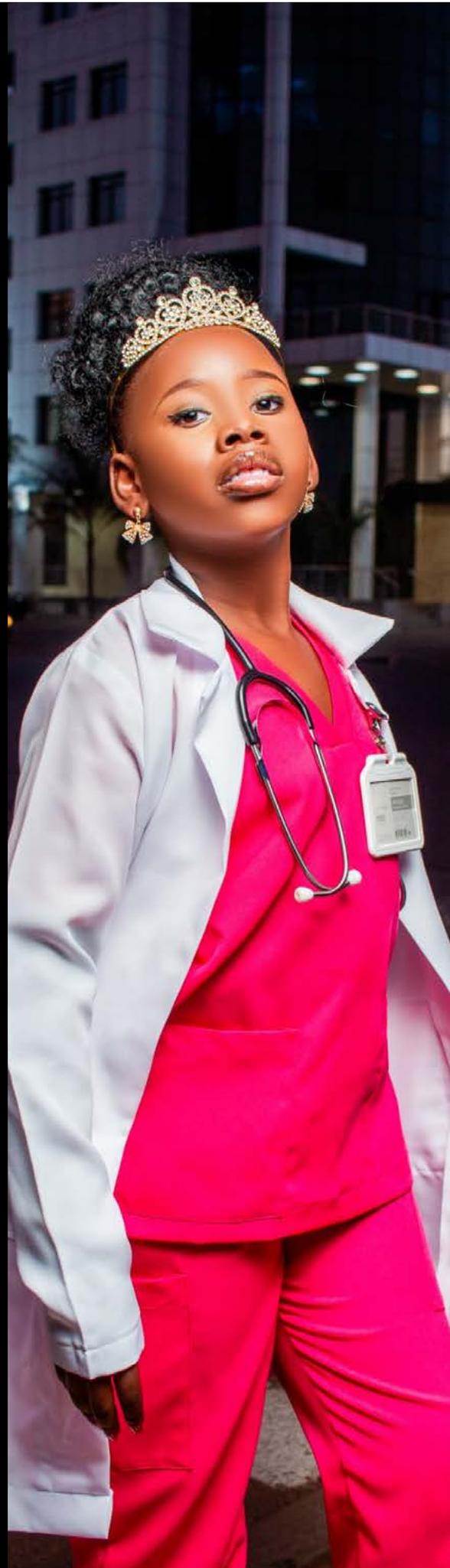
This month, we are thrilled to feature a truly remarkable young star on our cover—Phoebe Sewawa Jacobs. At just 11 years old, Phoebe is already making waves in the modeling world with a promising career ahead. But modeling is not the only way she shines. Phoebe is also an author, and her first book, "Steps into the Shadows," is a beautiful reflection of her personal journey. Through this work, she bravely explores the shadows of grief, fear, and uncertainty, emerging with strength and a deeper understanding of herself and the world. Her story is a beacon of hope for young readers, encouraging them to keep moving forward, even when life feels uncertain.

As we turn the page towards the holiday season, we want to remind you that your stories matter. If you have an inspiring journey, creative talent, or personal reflection you'd like to share with our readers, we encourage you to reach out. Connect with us on Facebook @CelebrityWorldMagazine or send us a WhatsApp message at (+267) 77 606 907. We love hearing from you!

From all of us at Celebrity World Magazine, we wish you a blessed and joyful month ahead. Stay safe, take care, and let's continue walking together into a bright and beautiful future.

With love,

The Editorial Team
Celebrity World Magazine



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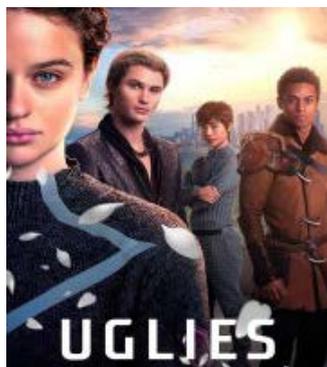
Stay inside or head outdoors, we've got plenty to keep you entertained



BLINK TWICE

When tech billionaire Slater King meets cocktail waitress Frida at his fundraising gala, he invites her to join him and his friends on a dream vacation on his private island. As strange things start to happen, Frida questions her reality.

DIRECTOR: Zoë Kravitz
GENRE: Horror, Thriller



UGLIES

A world in which a compulsory operation wipes out physical differences and makes everyone pretty.

DIRECTOR: McG
GENRE: Action, Adventure, Sci-Fi

CAST: Joey King, Brienne Tju, Keith Powers, Chase Stokes, Laverne Cox, Charmin Lee, Jay DeVon Johnson, Jan Luis Castellanos, Sarah Vattano, Ashton Essex Bright, Zamani Wilder, Joseph Echavarría, Gabriella Garcia, Ash Maeda, Jordan Sherley, Paria Akbarshahi, Jessica Craig, Ashley Lambert



THE CROW

Soulmates Eric and Shelly are brutally murdered. Given a chance to save the love of his life, Eric must sacrifice himself and traverse the worlds of the living and the dead, seeking revenge.

DIRECTOR: Rupert Sanders
GENRE: Fantasy, Horror, Romance

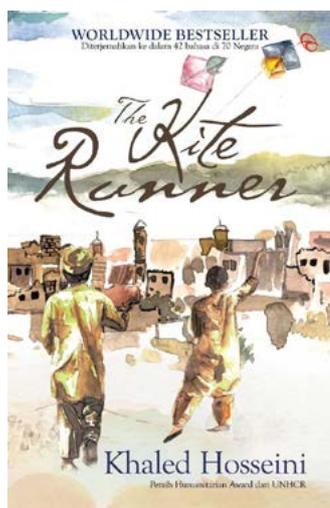


REBEL RIDGE

An ex-Marine grapples his way through a web of small-town corruption when an attempt to post bail for his cousin escalates into a violent standoff with the local police chief.

DIRECTOR: Jeremy Saulnier
GENRE: Action, Crime, Drama,
CAST: Aaron Pierre, Don Johnson, AnnaSophia Robb, David Denman, Emory Cohen, Oscar Gale, Reid Williams, Steve Zissis, Daniel H. Chung, Dana Lee, Zsane Jhe, C.J. LeBlanc, Matthew Rimmer, Brannon Cross, Victor Eli Hugo, James Cromwell, Chelsea Bryan, Al Vicente

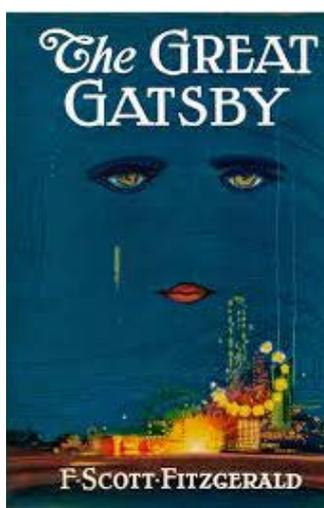
What To Read



THE KITE RUNNER

The Kite Runner is the first novel by Afghan-American author Khaled Hosseini. Published in 2003 by Riverhead Books, it tells the story of Amir, a young boy from the Wazir Akbar Khan district of Kabul.

BY: KHALED HOSSEINI
GENRE: NOVEL



THE GREAT GATSBY

The Great Gatsby is a 1925 novel by American writer F. Scott Fitzgerald. Set in the Jazz Age on Long Island, near New York City, the novel depicts first-person narrator Nick Carraway's interactions with Jay Gatsby, the mysterious millionaire with an obsession to reunite with his former lover, Daisy Buchanan.

BY: F. SCOTT FITZGERALD
GENRE: FICTION

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Pako

Mosweu:

From Mochudi Streets to Comedy Stardom



Laughter, as they say, is the best medicine, and for Pako Mosweu, it's been more than just a source of joy — it's been his life's work. Growing up in the vibrant town of Mochudi, Pako found humor in the most ordinary of situations, turning mundane moments into comedic gold. What began as a lighthearted way to engage with friends has now grown into a thriving career, with Pako's content touching thousands. His unique style and relatable jokes have captured the hearts of many, making him a beloved figure in Botswana's comedy scene. But Pako isn't just about entertainment — he's a storyteller, a connector, and a beacon of authenticity.

Pako's journey into the world of comedy was not a meticulously planned endeavor but one that evolved naturally from his environment. The streets of Mochudi, where he grew up, provided him with his earliest audience. It was in these streets, among a group of friends who shared his love for humor, that Pako first found his comedic spark. Reflecting on those early days, Pako says, "It all began with my friends. They were into comedy first, and that's how I got inspired to join them. We started doing short skits together."

These initial experiences laid the foundation for Pako's distinctive brand of comedy, one that thrives on the ordinary moments of life. Drawing inspiration from social events, local ceremonies, and the ever-evolving world of social media, Pako's content resonates with the everyday experiences of his audience. "There's nothing much to it," he humbly states. "I get my ideas from social ceremonies and social media, put them together, and create my own content." This ability to extract humor from daily life has made his work not only funny but also deeply relatable.

One of Pako's most remarkable strengths as a comedian is his sensitivity to the topics he tackles. In a world where humor can sometimes border on the offensive, Pako walks a fine line, ensuring that his jokes never cross into harmful territory. "When I create content that touches on sensitive issues or topics, I make sure I relate to it, putting myself in the position where it's me being in that situation," Pako explains. This empathetic approach ensures that his content doesn't just make people laugh — it makes them feel understood. His ability to balance humor with empathy has been key

to his success, fostering a connection with his audience that goes beyond entertainment.

This thoughtfulness extends to how Pako interacts with his followers as well. Unlike many content creators who may seem distant from their audience, Pako makes a conscious effort to engage with his fans on a personal level. "When it comes to my followers, I make time," he says with sincerity. "I respond to their comments and messages, and I go live chatting with them. Even on WhatsApp, I am friendly and always like chatting with them." This open, approachable nature has endeared him to his fans, who feel as though they're part of his journey rather than mere spectators.

Pako's engagement with his audience is not only a way to maintain a strong fan base but also a critical source of inspiration. He values the feedback and ideas that his followers provide, often incorporating their suggestions into his work. "My followers are part of my creative process," he admits. "Their ideas help shape the content I create. It's a two-way street, and I'm always listening to what they have to say."

Of course, Pako's rise to prominence has not been without its challenges. Like many content creators, he has faced significant hurdles, particularly in terms of resources. "The struggles and challenges I've encountered include lack of capital and needing money to travel for shooting content or attending shows and seminars," he shares candidly. Equipment shortages have also been a recurring issue. "I remember one day I had to borrow my mum's phone to shoot with it," Pako recalls with a laugh. These obstacles have tested his resolve, but they have also fueled his determination to keep pushing forward.

Despite the setbacks, Pako has learned to take everything in stride. Negative feedback is an inevitable part of being a public figure, and while it can be disheartening, Pako views it as an opportunity for growth. "Yes, I have encountered people with negative responses, but all I had to do was be resilient, knowing that not everyone is going to like what I do," he reflects. Instead of letting criticism hold him back, Pako uses it as motivation to improve his craft, always striving to become better.

Collaboration has been another cornerstone of Pako's success. He acknowledges that working with others can sometimes be challenging, but he views these experiences as opportunities for learning and growth. "I am open, and I like working with people even though others are difficult to work with," he admits. Through collaboration, Pako has met individuals who share his vision and determination, and together, they have achieved remarkable results. "I am blessed to meet people who are determined and understanding, and we always achieve our end goals," he adds.

At the heart of Pako's work is a commitment to authenticity. In a world where many are tempted to conform to trends or adopt personas for the sake of popularity, Pako remains steadfast in his resolve to be himself. "When I create content, I make sure I express myself as I am," he emphasizes. This honesty is what sets him apart from other creators and what continues to draw fans to his work. His audience appreciates the realness he brings to the table, and in return, they reward him with unwavering loyalty.

Looking ahead, Pako's aspirations extend far beyond comedy. He dreams of one day producing films and running his own studio, a space where he can create opportunities for aspiring artists to shine. "I want to be in a position where I can produce films, running a reputable studio where I can help and create opportunities for those who are aspiring to join the entertainment industry," he reveals. This vision speaks to Pako's desire to give



back to the community that has supported him throughout his journey. He wants to be a mentor, a guide, and a champion for the next generation of talent.

Pako Mosweu's journey from the streets of Mochudi to becoming one of Botswana's most beloved comedians is a proof to his passion, perseverance, and ability to connect with people on a deep level. Through humor, he has not only entertained but also

inspired, showing that success doesn't come from fancy equipment or big budgets but from authenticity, resilience, and a genuine love for one's craft. As Pako continues to grow and evolve as a content creator, there's no doubt that his future is as bright as the laughter he brings to the world. To keep up with his journey, follow him on all his social media platforms and become part of the ever-expanding Pako Mosweu fan base.



The Story Of Phoebe Sewawa Jacob

Phoebe Sewawa Jacob may be only 11 years old, but she carries the wisdom and compassion of someone well beyond her years. Phoebe's story is a powerful testament to resilience, heritage, and purpose, traits that have led her to be crowned Little Miss Gem Africa Botswana 2025. Despite her young age, Phoebe has faced personal hardships, found healing through creativity, and discovered a passion for community service that drives her every day.

Raised in Moshupa village, Botswana, with roots reaching into neighboring South Africa, Phoebe's identity is woven with rich cultural threads. Her pride in being a Motswana, and her deep connection to her heritage, defines who she is. While she was born across the border, she grew up amidst the unique rhythms, stories, and values of Moshupa, a village with a special place in Botswana's history. This area is celebrated for nurturing some of Botswana's most prominent leaders, including the former President, Dr. Eric Keabetswe Masisi, and the Minister of Entrepreneurship, Mr. Karabo Gare. Phoebe feels honored to be part of this lineage of strong and resilient people and is inspired by the achievements of those around her.

In Botswana, totems hold deep significance, representing family histories and linking individuals to their ancestors. Phoebe's totem, the monkey, is a symbol of curiosity, playfulness, and adaptability—

qualities that mirror her spirited personality. These traits are not just emblematic but serve as guiding principles in her life, reminding her to face every challenge with optimism and a sense of wonder.

Growing up in a close-knit, culturally vibrant environment, Phoebe has always valued the importance of community and heritage. Moshupa is her sanctuary, where she learned the art of storytelling, respect for tradition, and the power of unity. From the elder stories shared around the fire to the songs sung at community gatherings, every aspect of her upbringing in Moshupa has instilled in Phoebe a deep appreciation for her roots. This cultural foundation has not only grounded her but also given her a strong sense of purpose.

For all the blessings Phoebe has experienced, she has also endured personal trials. Losing her father at a young age was a turning point, thrusting her into a new reality of loss and longing. In the wake of his passing, Phoebe felt a profound sense of sadness and confusion, grappling with emotions that many adults struggle to process. Her mother, Ms. Penah Jacob, became her pillar of strength, guiding her through the darkest moments and teaching her to find resilience even when life feels uncertain.

Amidst this emotional journey, Phoebe discovered a healing outlet: writing. Through her writing, she began to process her grief, using words to articulate the profound emotions of losing a loved one. Her book, "Steps into the Shadow," captures this transformative period in her life. The title itself is a metaphor, symbolizing her willingness to confront the "shadow" aspects of life—grief, fear, and loss. Phoebe hopes that her story will resonate with others facing similar struggles, showing them that it is okay to feel broken and that healing is possible. Her book is a beacon for those who need to feel seen and understood, offering a message of hope for readers of all ages.

Phoebe's life took an exciting turn in October when she entered and won the Little Miss Gem Africa Botswana 2025 pageant. Held at the Tlokweng Community Hall and directed by Ms. Vanessa Tshelo Leepo, this pageant is more than a beauty contest; it is a platform for young girls to advocate for social issues, celebrate cultural heritage, and develop leadership skills. Competing on this stage required more than just poise and elegance; it demanded that each contestant demonstrate empathy, resilience, and a clear vision for change.

Phoebe's platform, "Reaching Out to the Broken Hearts," is a call to action to support individuals dealing with emotional and



B R Y A N J O H N S H O T I



mental health challenges. She chose this theme because of her own experience with grief and her commitment to helping others find strength in difficult times. With courage and confidence, she spoke passionately about the importance of community support and mental health awareness, topics that often go unaddressed in her age group. Her message touched the hearts of judges and audience members alike, securing her victory and marking the beginning of her journey as a national role model.

As Little Miss Gem Africa Botswana, Phoebe has committed to making a tangible difference in her community. Her first project focuses on organizing a charity drive to collect toiletry supplies for a rehabilitation center in Mogoditshane. This initiative is close to her heart, as it aligns with her belief in supporting the well-being and dignity of

others. Toiletries, though often overlooked, are essential items that help people feel respected and cared for. Phoebe wants to show her community that small acts of kindness—like donating a bar of soap or a toothbrush—can uplift those in need.

Through her charity work, Phoebe is setting an example for her peers. She encourages young people to recognize their own capacity to create change, no matter their age. By involving others in her project, she aims to foster a spirit of generosity and unity, inviting everyone to become part of something larger than themselves. This initiative is just the beginning of Phoebe's plans to make a difference; she dreams of expanding her efforts to address issues like youth education, mental health resources, and cultural preservation.

The Miss Gem Africa platform advocates for mental health, entrepreneurship, and cultural heritage, values that Phoebe wholeheartedly embraces. She believes that mental health awareness is crucial, especially for young people who may feel isolated in their struggles. By sharing her story and speaking openly about her own experiences, Phoebe hopes to break the stigma surrounding mental health. She wants other young people to know that it's okay to seek help and that they are not alone.

In addition to her mental health advocacy, Phoebe supports the idea of youth entrepreneurship. She believes that young people have the creativity and potential to shape the future and that fostering entrepreneurial skills from an early age can empower them to pursue their dreams. Finally, as someone who treasures her



cultural heritage, Phoebe is dedicated to preserving Botswana's traditions and values. She hopes to inspire other young Botswana to take pride in their identity and to continue the legacy of their ancestors.

Phoebe Sewawa Jacobs' journey is just beginning, but her vision is clear. As Little Miss Gem Africa Botswana 2024/2025, she represents a new generation of leaders who are rooted in tradition yet forward-thinking, compassionate, and dedicated to making a difference. She carries her totem's spirit of curiosity and resilience with her, unafraid to step into life's shadows and emerge with greater strength.

As Phoebe Sewawa Jacobs takes on her journey as Little Miss Gem Africa Botswana 2025, her team has been instrumental in helping her shine and feel confident every step of the way. For her pageant look, she was photographed by the talented Bryan Johnson, who captured her spirit and elegance with precision and artistry. Her stunning makeup was skillfully done by The Hive Cosmetics, bringing out her natural beauty and enhancing her radiant confidence. Thanks to these creative professionals, Phoebe not only looked beautiful but felt empowered to represent her message and mission with grace. Their support and expertise have made an unforgettable mark on Phoebe's journey, and she is deeply grateful for their contributions.

For those who wish to support Phoebe's charity drive, donations of toiletry items are welcome. Join her in her mission of "Reaching Out to the Broken Hearts" by contributing to her cause. With each bar of soap, toothbrush, and bottle of shampoo, you can be part of a movement that uplifts, inspires, and changes lives. As Phoebe embarks on this chapter, she continues to honor her roots, embrace her passions, and build a brighter future for her community.

Ms Vanessa Tshepo Leepo,
Director of Miss Gem Africa Botswana





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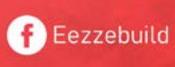
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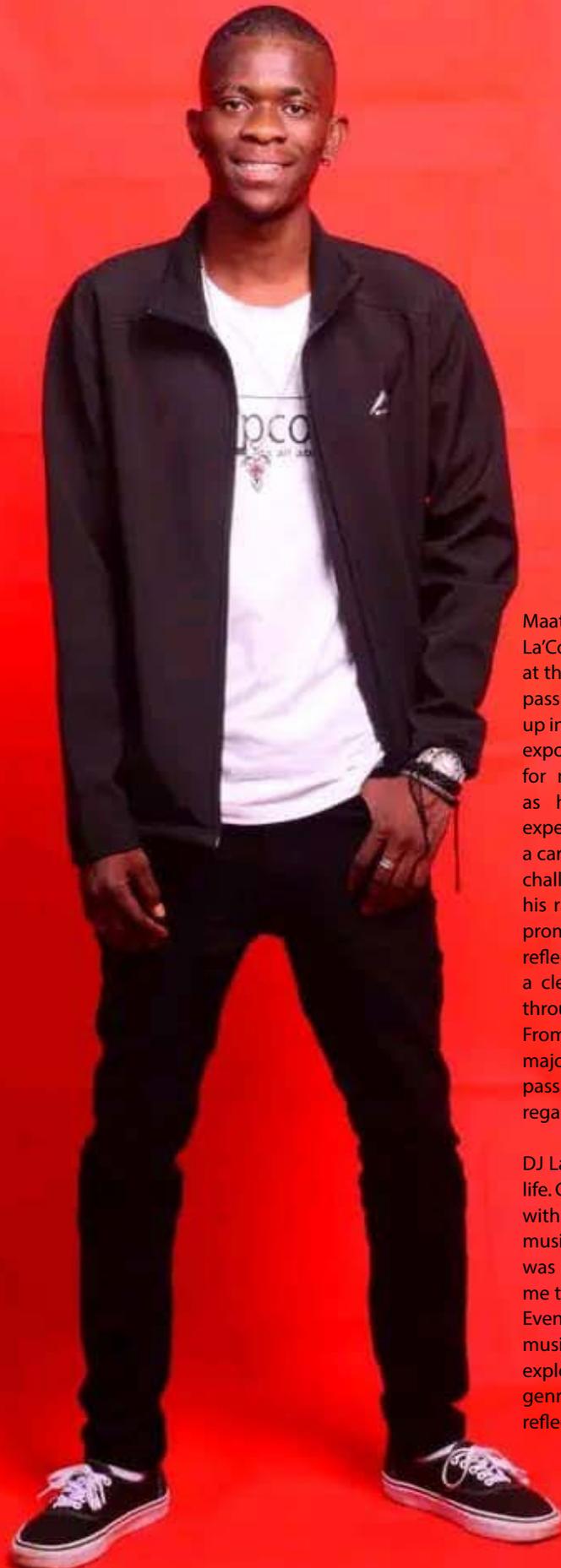
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Passion, Persistence Are Steps To Success And Progress



Maatla Comfort Bejile, better known as DJ La'Com, began his music journey in 2021 at the age of 23, driven by a deep-rooted passion for sound and rhythm. Growing up in Nswazwi, a small village with limited exposure to contemporary music, his love for music began early and blossomed as he sought out new sounds and experiences. His determination to build a career in the music industry despite the challenges of his environment has fueled his rapid rise as one of Botswana's most promising DJs. DJ La'Com's journey is a reflection of persistence, ambition, and a clear vision of what can be achieved through dedication.

From humble beginnings to hosting major events, his story exemplifies how passion can be transformed into success, regardless of where one starts.

DJ La'Com's love for music began early in life. Growing up in Nswazwi, a small village with limited access to modern influences, music was a cherished treasure. "Music was always something that connected me to the world beyond my small village. Even though our exposure to modern music was limited, I always found ways to explore and immerse myself in different genres whenever I could," says DJ La'Com, reflecting on his early years.

His exposure to diverse musical environments outside his hometown broadened his horizons. From the raw, traditional sounds of his community to the rhythmic and dynamic beats of afro-tech, deep house, and amapiano in urban settings, DJ La'Com absorbed it all. This mix of influences has profoundly shaped his musical style and ambition to bring something fresh and unique to the music scene.

"Bringing music back to my hometown is a huge part of my mission," he says. "I want to show the people from my community that we can compete on a national and international level. There's so much untapped talent in rural areas, and I want to be part of the movement that helps bring that talent to light."

One of the turning points in DJ La'Com's career came when he was mentored by the renowned DJ Kay Matone. The mentorship, which started early in his career, was a critical part of his development as an artist and a professional in the music industry.

"DJ Kay Matone was instrumental in teaching me the ins and outs of the music industry," DJ La'Com recalls. "From the technical aspects of DJing to understanding how to navigate the music business, his guidance was invaluable. He taught me that being a successful DJ is about more than just playing music—it's about building relationships, understanding your audience, and continuously honing your craft."

Kay Matone's mentorship offered DJ La'Com not just skills, but a mindset for success. He learned how to balance creativity with business acumen, a skill that has enabled him to effectively market himself and grow his brand. Through this mentorship, DJ La'Com developed a comprehensive understanding of what it takes to make a lasting impact in the music world—a lesson that continues to influence his career today.

In addition to his mentorship, DJ La'Com's leadership and organizational abilities also contributed significantly to his career growth. While serving as the Minister of Entertainment at Botho University, he had the opportunity to showcase his skills on a larger platform. "I organized and participated in numerous events to promote my brand, and it was an incredible learning experience," he says.

One of the most notable milestones in his journey was hosting the Freshers Ball in 2022, an event that truly elevated his profile. The event, held in collaboration with Botho University, featured high-profile acts such as the award-winning rapper ATI and the famous FME DJs. It was a major success and

demonstrated DJ La'Com's ability to bring top-tier talent to the university stage, further cementing his reputation as a rising star in Botswana's music industry.

"It was a huge event for me. Hosting a ball that featured some of the biggest names in the local music scene was a dream come true," DJ La'Com explains. "It wasn't just about the music, but about proving to myself that I had what it takes to pull off such a large-scale event."

Although DJ La'Com started his musical journey focusing on afro tech and deep house, he has since diversified his sound to include other genres like amapiano and 3-step. This expansion of his musical repertoire has been a pivotal part of his growth as an artist. By exploring new genres, he has not only broadened his appeal but also developed his ability to adapt to the ever-changing trends in the music industry.

"Starting with afro tech and deep house was natural for me because those were the genres I was most familiar with," he says. "But as I continued to grow and evolve as a DJ, I wanted to challenge myself and push my boundaries. Amapiano, for instance, has become such a global sensation, and I wanted to see how I could put my own spin on it."

Currently, DJ La'Com is working on his first single, an amapiano track titled "Talk to Me." He expresses immense excitement about the upcoming release, describing it as a reflection of his musical journey so far. "This track represents the blend of influences I've absorbed over the years," he shares. "It's amapiano with a twist—something that will resonate with people but also stand out as my own."

Looking ahead, DJ La'Com envisions taking his brand to new heights. His ambition is not just to be a household name in Botswana but to reach audiences far beyond. He is committed to refining his skills, experimenting with new sounds, and collaborating with both local and international artists. His goal is to bring a refreshing energy to the modern music scene, leaving a lasting mark with his unique sound and dynamic performances.

"I want to continue engaging with my community here in Botswana, but I also have my sights set on international stages," he says. "Artists like Romeo Makota and DJ Jaivane are huge inspirations for me, and collaborating with them is one of my top goals. I believe that working with artists who have already made waves on a global scale can help me grow and offer something new to my audience."

For DJ La'Com, collaboration is a key aspect of his creative process. He has already had the pleasure of working with several local artists, including Kay Matone, Casper The DJ, and PxB DJs. "Working with these talented artists has been incredible. We've exchanged ideas, learned from each other, and created something special every time. I'm excited to see where future collaborations will take me."

As a rising star in the competitive world of DJing, DJ La'Com has learned several valuable lessons that he readily shares with aspiring DJs. One of the most important pieces of advice he offers is to remain dedicated to the craft and work tirelessly to improve.

"The music industry is tough, and you have to be willing to put in the work," he advises. "Whether it's spending hours practicing your sets, studying different genres, or networking with other artists, every bit of effort counts. Never underestimate the power of connections—networking is crucial in this industry."

Another key lesson he has learned is the importance of patience and resilience. The journey to success is rarely smooth, and setbacks are inevitable. But for DJ La'Com, each challenge is an opportunity to grow. "There have been times when things didn't go as planned, and I've had to remind myself to be patient and keep pushing forward. Success doesn't happen overnight. You have to stay focused, remain resilient, and learn from every experience."

In addition, he emphasizes the importance of building and maintaining good relationships within the industry. "Whether it's with fellow artists, promoters, or fans, relationships are everything in this business. You never know who might open the next door for you."

DJ La'Com's journey is one of passion, perseverance, and a deep commitment to his craft. From his humble beginnings in Nswazwi to organizing major events at Botho University, he has proven himself as a versatile and dynamic force in the music industry. With his debut single on the horizon and ambitious plans for the future, DJ La'Com is undoubtedly a star on the rise, poised to make a significant impact both locally and internationally.

As he continues to evolve as an artist, his unwavering dedication to his craft, coupled with his drive to elevate Botswana's music scene, will ensure that his name remains on the lips of music lovers for years to come. Whether spinning afro tech, deep house, amapiano, or 3-step, DJ La'Com is determined to bring fresh energy and a unique sound that will leave an indelible mark on the world of modern music.



The Beauty & Rich Cultural Heritage Of Mexico

Mexico, a country of vibrant colors, rich history, and dynamic culture, is a land that enchants visitors from around the world. Known for its ancient civilizations, breathtaking landscapes, and remarkable diversity, Mexico offers a unique blend of tradition and modernity. Whether it's the stunning beaches along the Caribbean coastline, the bustling city life in Mexico City, or the serene countryside, Mexico captivates all who explore its wonders. In this article, we'll delve into Mexico's beauty, its tourist sites, the native people, languages, food, currency, population, and its major cities.

Natural Beauty and Tourist Attractions

Mexico's natural beauty is nothing short of spectacular. It offers a wide variety of landscapes, from arid deserts and lush rainforests to beautiful beaches and towering mountain ranges. Its coastlines along both the Pacific Ocean and the Caribbean Sea are famed for their crystal-clear waters and white sandy beaches. These are the perfect

destinations for sunbathing, snorkeling, and diving enthusiasts.

One of the most iconic natural sites in Mexico is the Yucatán Peninsula, home to the world-famous beaches of Cancun, Playa del Carmen, and Tulum. These areas not only offer stunning vistas but are also gateways to explore the rich underwater life in the Mesoamerican Barrier Reef, the second-largest reef system in the world.

Beyond its beaches, Mexico is also known for its archaeological treasures. The ruins of ancient civilizations such as the Maya and Aztecs provide a glimpse into the country's pre-Hispanic history. Chichen Itza, one of the New Seven Wonders of the World, is an awe-inspiring pyramid complex that dates back to the Mayan civilization. Other prominent ruins include Teotihuacan, where visitors can marvel at the Pyramid of the Sun and the Pyramid of the Moon, and Palenque, a site deep within the jungle that

offers a breathtaking view of ancient Mayan architecture.

For nature lovers, Mexico also boasts beautiful landscapes such as the Copper Canyon, a series of six canyons in the Sierra Madre Occidental, larger and deeper than the Grand Canyon. The Monarch Butterfly Biosphere Reserve, where millions of butterflies migrate each year, is another natural wonder. The picturesque colonial towns like San Miguel de Allende and Guanajuato, known for their cobblestone streets and colorful facades, also add to the allure of Mexico's diverse and charming scenery.

Native People and Language

Mexico is a country with a rich indigenous heritage, home to over 68 different indigenous groups. Some of the largest groups include the Naha (descendants of the Aztecs), Maya, Zapotec, Mixtec, Otomi, and Tzotzil people. These communities have



distinct languages, customs, and traditions that have been passed down through generations, and they continue to play an essential role in shaping Mexico's cultural identity.

Spanish is the official language of Mexico, spoken by the majority of the population. However, Mexico is also a multilingual country with 68 national languages, of which 63 are indigenous languages. Some of the most widely spoken indigenous languages include Nahuatl, Maya, Mixtec, and Zapotec. These languages have survived centuries of colonial influence and are still spoken in various regions, particularly in the southern states of Chiapas, Oaxaca, and Yucatán, where indigenous populations are most concentrated.

The presence of these native languages is a testament to the country's deep respect for its indigenous heritage, and efforts have been made in recent years to preserve and

revitalize these languages. Indigenous traditions, from craft making to ceremonies and music, continue to enrich Mexican culture and are often celebrated through festivals and cultural events.

Mexican Cuisine: A Culinary Adventure

Mexican cuisine is recognized globally for its bold flavors, colorful presentations, and unique combinations of spices, herbs, and ingredients. Traditional Mexican dishes are the perfect expression of the country's diverse regions and indigenous cultures. In fact, in 2010, Mexican cuisine was added to UNESCO's list of Intangible Cultural Heritage of Humanity.

One of the staples of Mexican food is corn, which is used to make tortillas, tamales, and a variety of other dishes. Beans and chili peppers are also central ingredients that appear in countless recipes. Tacos, one of Mexico's most famous dishes, are made with soft corn tortillas filled with a variety of ingredients such as beef, chicken, pork, fish, or vegetables, topped with salsa, guacamole, and other condiments.

Another beloved dish is mole, a rich, complex sauce made from chili peppers, chocolate, and spices, usually served over chicken or turkey. Each region of Mexico has its own variation of mole, with Puebla and Oaxaca being particularly famous for their versions.

Pozole, a traditional soup made from hominy (dried maize kernels), pork, and spices, is another dish deeply rooted in Mexican history, often enjoyed during celebrations and family gatherings. Tamales, a dish made of masa (corn dough) filled with meats, cheeses, or sweet fillings, wrapped in corn husks, are also an essential part of Mexican cuisine, especially during holidays.

Mexican street food, known as "antojitos," is also a must-try for any visitor. From elotes (grilled corn on the cob), quesadillas, and churros (fried dough pastries), to sopes (thick tortillas topped with beans, cheese, and meat), the variety of flavors and textures in Mexican street food is a culinary delight.

Currency, Population, and Economy

The official currency of Mexico is the Mexican Peso (MXN). The peso is one of the most stable and widely traded currencies in Latin America. As of 2024, 1 US dollar is equivalent to around 17 Mexican pesos, though exchange rates fluctuate over time. The peso is further divided into 100 centavos, and visitors will find coins and bills of various denominations in circulation.

Mexico has a population of approximately 130 million people, making it the 10th most populous country in the world. It is also the

most populous Spanish-speaking country. The majority of the population lives in urban areas, with Mexico City, the capital, being home to more than 21 million people in its metropolitan area. Mexico is also one of the most urbanized countries in Latin America, with major cities such as Guadalajara, Monterrey, and Puebla serving as significant cultural, industrial, and economic hubs.

Mexico's economy is the 15th largest in the world by nominal GDP and is considered one of the largest and most diversified economies in Latin America. It is a major player in international trade, thanks to its natural resources, manufacturing industries, and proximity to the United States. Key industries include automotive production, electronics, agriculture, and tourism.

Mexico City: A Bustling Metropolis

Mexico City, the capital, is a massive metropolis that perfectly encapsulates the essence of Mexico's history and modernity. With over 21 million residents, it is one of the largest cities in the world. The city was built on the ancient ruins of Tenochtitlán, the capital of the Aztec Empire, and remnants of its rich past can still be seen today in the city's architecture and cultural sites.

Visitors to Mexico City will find an endless array of museums, parks, restaurants, and historic landmarks. The Zócalo, the city's main square, is home to the Metropolitan Cathedral and the National Palace, while nearby, the Templo Mayor offers a glimpse into the city's Aztec roots. Chapultepec Park, one of the largest urban parks in the world, is a green oasis in the heart of the city, featuring a zoo, museums, and the historic Chapultepec Castle.

Mexico City is also renowned for its art scene, from the murals of Diego Rivera and Frida Kahlo's Blue House to contemporary galleries and street art. The city's markets, such as Mercado de la Merced and Mercado Roma, offer everything from traditional crafts to gourmet cuisine.

Mexico is a country of remarkable beauty, cultural richness, and historical depth. From its stunning landscapes and ancient ruins to its vibrant cities and diverse indigenous communities, Mexico has something to offer every traveler. The warmth of its people, the richness of its food, and its lively traditions make it a must-visit destination for anyone looking to experience the best of Latin American culture. Whether you're walking through the bustling streets of Mexico City, exploring the ancient Mayan ruins, or relaxing on a beach in Cancun, Mexico will leave an unforgettable impression.



Laughing Through Life: Morekolodi Scotch

In the heart of Botswana, an 18-year-old entertainer is carving a name for himself, blending humor with life's hardships to bring joy to those around him. His name is Morekolodi Scotch, though many know him as Makopoza or Rex—a moniker he earned for his infectious ability to make others laugh. Raised by a single mother in Kopong, Morekolodi's journey is one of resilience, creativity, and a passion for comedy that has led him to capture the hearts of audiences across the country.

From his early days in Lentsweletau to his current status as a rising star in Botswana's comedy scene, Morekolodi's life is filled with moments of laughter, personal struggle, and a determination to succeed. His story is not just about becoming a comedian; it's about overcoming adversity, embracing creativity, and using humor to shine a light even in the darkest moments.

Morekolodi's early life was marked by challenges. Raised in a single-parent household by his mother, he experienced firsthand the weight of financial and emotional hardships. Despite these obstacles, Morekolodi found solace in his ability to make people laugh—a gift that would later shape his future.

At school, Morekolodi was well-known for

his humor. His classmates dubbed him Rex because he could always lighten the mood, even when life was tough. But behind the jokes, there was a boy who often felt the need to put on a facade, masking the struggles he faced at home. Comedy became his way of coping, and as he grew older, it became clear that his gift for making others laugh was more than just a coping mechanism—it was his calling.

Morekolodi's educational journey is a testament to his perseverance. He began his schooling at Neal Primary School in Molepolole but moved frequently, attending Lentsweletau Primary and Molefe Primary in Kopong before completing his primary education. Throughout this period, Morekolodi's comedic talent continued to shine, especially during a drama performance in Standard 5, where his natural sense of humor made him a standout performer.

However, life's challenges caught up with Morekolodi as he progressed through school. After attending Form 1 and 2 at Kopong Junior School, he transferred to Sedumedi Junior School in Molepolole for Form 3. It was here that he faced one of his toughest moments—failing Form 3. Reflecting on this period, Morekolodi admits it was a difficult time, but rather than dwelling on it, he embraced the philosophy of "It is what it

is," putting his faith in God and continuing forward with hope for the future.

Despite his setbacks in school, Morekolodi never lost his love for making people laugh. Inspired by comedy legends like Martin Lawrence—particularly his role in *Big Mama*—Morekolodi began to see comedy not just as a hobby, but as a potential career. His classmates began calling him Comedian MamaRex, a nickname that fueled his confidence in his comedic abilities.

In 2021, after transferring schools once again, a chance moment led to the creation of his iconic persona, Makopoza. On his first day at Sedumedi Junior School, his new classmates mistook the name Kopong on his T-shirt for his actual name. Rather than correct them, Morekolodi embraced the misnomer, cleverly transforming it into Makopoza—a name that would soon become synonymous with laughter and entertainment in Botswana.

It wasn't long before Morekolodi decided to take his comedic talent to a broader audience. On August 9, 2021, he created a Facebook page dedicated to his comedy, but without a phone of his own, he had to borrow his uncle's to shoot his first video. On October 10, 2021, that first video was posted, marking the official start of Morekolodi's journey as a content creator.



While social media gave Morekolodi a platform to share his humor, it was a chance encounter with fellow comedian Jonny Pula that opened the door to stand-up comedy. On January 30, 2023, Morekolodi was chatting with Jonny, expressing his desire to perform live. Jonny invited him to take the stage at Tricc's birthday comedy show at the Gaborone Comedy Club the next day. Nervous but determined, Morekolodi took the plunge, delivering his first stand-up performance on January 31, 2023.

The experience was both exhilarating and humbling. While not every joke landed, the thrill of being on stage fueled Morekolodi's passion for stand-up comedy. With guidance from Jonny Pula and other seasoned comedians, Morekolodi began refining his act, learning how to captivate an audience with his unique blend of humor and storytelling.

In early 2024, Morekolodi teamed up with fellow comedian and content creator Thapelo Shianyana, better known as Longlife. Together, they began creating comedy videos that quickly gained traction on social media. Their first collaboration, inspired by Vee Mampzeezy's song "Your Time is Coming," may have been hampered by bad weather, but their follow-up video, released on March 8, 2024, was a hit.

With their combined talents, Morekolodi and Longlife became a dynamic comedic duo, producing over 75 videos together and amassing a loyal following. Today, Morekolodi's Facebook page boasts over 20,000 followers, and their content continues to attract new fans. Despite their success, the duo remains grounded, eager to collaborate with brands and take their comedy to new heights.

Morekolodi Scotch's journey is far from over. As he continues to explore new opportunities in comedy, content creation, and music, his star is on the rise. His latest venture, a hip-hop track titled "Botshelo," captures the essence of his life story—the ups, the downs, and everything in between. The song is a reminder to live fully, embrace challenges, and find joy in every moment.

With a bright future ahead, Morekolodi remains focused on his mission: to bring laughter and joy to audiences far and wide. Whether through stand-up comedy, viral videos, or his music, he is determined to make his mark on Botswana's entertainment scene—and beyond. For bookings or inquiries, contact Morekolodi Scotch at 77812013, and be sure to stay tuned for more exciting content from this talented young comedian.



10 Simple Home Management Skills That Will Make Your Life Better

When it comes to your home and life the easier you make it the better it is for you and your family. Improving your home management skills will do just that, not only will you feel better about your home, but it will make living in your home less complicated and a lot less stressful.

These 15 different home management tips and ideas will help you to manage your home and life and are key to ensuring that every aspect of your home is looked after to the best ability.

What Are The Principals Of Home Management?

When it comes to thinking about managing your home there are a lot of different areas you need to consider.

Looking after a home and a family takes a lot of work and you need a lot of different skills to ensure you are looking after the entire process of home management.

Using a home management system is a way to remember all of those different areas of

your home aren't overlooked or missed.

This is important when it comes to appointments and the annual maintenance of our homes, we don't want to miss these as it can cause extra problems that we have to deal with.

Improving Your Home Management Skills But what is home management?

When it comes to home management there are so many different aspects in looking after a home that sometimes you feel like you wear a multitude of different hats and that not only do you need to know the basics in cleaning, home maintenance, and finance but you also need to know how to meal plan do laundry and the worst of the lot, paperwork!

I like the description that Jessica from Life as Mom describes as 'successful home management is organizing all these areas in a way that fits your family's needs.'

I think this is a great way to think about your family as a whole unit and how every aspect

of your life revolves around your home and family and making this as easy as possible is key to having a great home management system.

It's how to look after your home and home life, it's bringing all the aspects of caring for your home and family under the one umbrella of home management.

Why Home Management Tips

These tips and ideas will help you create systems in your home that will work for you. The benefits of creating a home management system that encompasses the whole family out-rank any system that forgets any one of these areas, it's what makes a house a home that works for you and your family.

There is so much you are expected to know as an adult and having the responsibility of a home, it's overwhelming and scary but having a system that can guide you and help you in these areas is key to a successful home and life balance.

1: How To Deal With Home Organization

You need to have some organization systems

in your home. There will be more than one system as you will need different systems for the different areas of your home.

The most important thing to think about when organizing is finding homes for the things that you and your family own. This gives them a place where they belong and they have somewhere to go.

Without having homes for the things it's difficult to keep your home looking tidy because no one will know where to put it when they have finished using it.

Getting your home to the point where everything has its own home takes time. You have to learn the skills required when it comes to organizing. It isn't going to happen overnight, it will take time and practice to get it right.

Changing How You Organize

If you decide to take a new approach to organizing this will take time to pull everything together and it will be stressful.

Not only are you looking at setting up a new system for all family members to follow but you are dealing with this whilst trying to live, and this isn't always easy.

It's easy to get frustrated and annoyed when things aren't put away. You will be tested to the limits with your children and even your partner but sticking with it can and will in the long run make your home run smoothly.

It's like any new habit that you are trying to form, and it takes time and practice to get it right.

2: Getting Your Home Clean

One key area you have to tackle is how clean you want your home and whose job it is. When my kids were growing up, I did everything around the home and garden. I was home all day and my husband worked.

When I went out to work, I needed help and that meant that we divided up the cleaning and tidying of the home had to change.

What works now might not work long-term and you might have to tweak how you do things but that's OK and is a part of the changing circumstances in life.

Learning how to clean your home and to keep it clean is not something I was taught, it's something I learned as I was growing up. But cleaning your home as a child and having your own home to clean is something very different.

3: Money And Budgeting

You have to have a handle on your money, it's important to pay your bills and to ensure that you have food on the table.

Getting into the habit of creating a budget and sticking to your budget is part of the home management skills you need to learn.

For many people learning to budget is difficult, I've seen it first-hand when I worked in a bank, it's hard to look at your money and assign a task that it needs to do.

But looking after money and the household bills is an important home management skill you need to learn.

4: Planning With Your Family

When it comes to home management there is more to this than you might at first consider. Planning is important to make everyone's schedule work together.

This includes doctors' appointments and school holidays they all fall into the category of planning and getting your home organized.

To run an effective home you need to know what you need to do and when, this isn't as easy as it sounds there is a lot more work involved to get it running smoothly.

You could simply use a google calendar if you want an electronic one, you can share calendars so you know what needs to happen and when.

5: Spending Time With Your Family

Having time to do the fun stuff as a family is so important and often overlooked.

You won't get the time again with family and making this time a priority will improve communication and relationships. Making family time special will allow you to make your family feel important and part of the process of home life.

It's about connecting with your family and making memories that are special and important so they can look back on them when times are tough.

Making your family a priority will ensure that you are all on the same page and able to communicate with each other when life throws one of those unexpected curve balls.

6: Meal Planning

Knowing what you are having to eat each night is important in any household. But when you have a family making sure that everyone is getting a well-balanced diet and on a budget is important.

It's not as simple as rummaging through the freezer right before you need to prepare the evening meal, it's about planning what you can eat and getting a variety into your diet that takes into account favorite meals and home cooking.

Cooking meals at home is something that seems to be declining, but it's a skill that you should develop as it can save you a lot of money and this is always important when managing a home.

7: Dealing With Mail Or Post

Unless you deal with the post as soon as it comes into the home it can quickly take over your home, but also there is the possibility of missing some important information or even missing the payment on a bill which can cause late payment fees.

You have to create a system that allows you to deal with mail when it turns up so that you

aren't stuffing it into a drawer and forgetting about it.

Or, worse still just throwing it away without checking what's inside. You have to create a system that works for you and your family.

Take into consideration who opens the mail, who pays the bills, and what systems you need to have in place for organizing the mail you need to keep and shredding the items you don't need to keep.

Keeping on top of the mail is key to minimizing the paper that comes into your home. Having a home for the mail that comes into your home could also help, something like this mail organizer would be good.

8: Who Does The Laundry

Laundry is one of those jobs that if you don't do regularly it builds up quickly and you end up with no clothes and that isn't very pleasant.

However, in my opinion, it's not just about throwing it all into a machine and then hoping it comes out looking fine.

There are processes that you need to consider, including sorting the washing into different categories when they get washed and dried but also who's responsible for putting it away when it's clean.

9: Home Maintenance

Keeping your home in tip-top shape means your home is being looked after and maintained.

This is something that you have to do as homeowners, if you are renting then this is something you need to discuss with your landlord.

But keeping your home in good working order is key to ensuring that your home will continue to keep a roof over your head. You can't neglect home maintenance it's a key part of your home management upkeep.

You can also include decoration and major updates to the interior and exterior of your home as part of your ongoing maintenance work.

10: Dealing With Paperwork

The amount of paper coming into your home can be a lot!

If you don't keep on top of your paperwork you can quickly find yourself drowning in paper.

I do think it has decreased a lot since some schools are emailing rather than sending letters home, but there is still too much that comes into our home that needs dealing with.

It's about finding the right system that works for you and your family. There are a lot of examples of going paper-free and just having images of your important documents stored on the cloud or on an external hard drive.

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Mogo Mall Unit 4&5

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Fax: 311 846

LOBATSE:

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

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10 Characteristics Of Successful Entrepreneurs

Multiple factors go into starting a successful business, including a strong concept and initial funding. But, perhaps the most important ingredient is the entrepreneur. These are individuals who must transform their ideas into a fully operational business. If you're thinking about launching your own venture, you might be wondering if you have what it takes to be an entrepreneur. But first, what is an entrepreneur, and what do they do?

WHAT IS ENTREPRENEURSHIP?

While entrepreneurship is commonly thought of as the process of starting a business, there are several nuances to consider.

In the HBS Online course Entrepreneurship Essentials, entrepreneurship is defined as "the pursuit of opportunity beyond the resources currently controlled." An opportunity can be a myriad of things, but the course goes on to describe it as "a proposed venture to sell a product or service for which customers are willing to pay more than the required investments and operating costs."

By that definition, entrepreneurs—either as individuals or in teams—discover opportunities throughout their personal and professional lives. They form hypotheses on ways to deliver value to customers and perform structured tests to validate their ideas. This often involves recruiting teammates through networking and investing funds to determine how they'll deliver a product or service at an acceptable cost.

Great entrepreneurs come from all walks of life. In Entrepreneurship Essentials, it's noted that "there's no single personality profile, and it's important to pay attention to the entrepreneurial team, rather than focus on the individual." And while that's true, there are certain characteristics and skills that are particularly important for entrepreneurs to have when starting and leading a venture. Here are 10 characteristics shared by successful entrepreneurs.

10 CHARACTERISTICS OF SUCCESSFUL ENTREPRENEURS

1. Curiosity

Successful entrepreneurs have a distinct personality trait that sets them apart from other organizational leaders: a sense of curiosity. An entrepreneur's ability to remain curious allows them to continuously seek new opportunities. Rather than settling for what they think they know, entrepreneurs ask challenging questions and explore different avenues. This is validated in the online course Entrepreneurship Essentials, where entrepreneurship is described as a "process of discovery." Without curiosity, entrepreneurs can't achieve their main objective: discovering new opportunities.

The drive they have to continuously ask questions and challenge the status quo can lead them to valuable discoveries easily overlooked by other business professionals.

2. Structured Experimentation

Along with curiosity, entrepreneurs require an understanding of structured experimentation. With each new opportunity, an entrepreneur must run tests to determine if it's worthwhile to pursue. For example, if you have an idea for a new product or service that fulfills an underserved



demand, you'll have to ensure customers are willing to pay for it. To do so, you'll need to conduct thorough market research and run meaningful tests to validate your idea and determine its potential.

3. Adaptability

The nature of business is ever-changing. Entrepreneurship is an iterative process, and new challenges and opportunities present themselves at every turn. It's nearly impossible to be prepared for every scenario, but successful business leaders must be adaptable. This is especially true for entrepreneurs who need to evaluate situations and remain flexible to ensure their business keeps moving forward, no matter what unexpected changes occur.

4. Decisiveness

To be successful, an entrepreneur has to make difficult decisions and stand by them. As a leader, they're responsible for guiding the trajectory of their business, including every aspect from funding and strategy to resource allocation. Being decisive doesn't always mean being correct. If you want to be an entrepreneur, it means having the

confidence to make challenging decisions and see them through to the end. If the outcome turns out to be less than favorable, the decision to take corrective action is just as important.

5. Team Building

A great entrepreneur is aware of their strengths and weaknesses. Rather than letting shortcomings hold them back, they build well-rounded teams that complement their abilities. In many cases, it's the entrepreneurial team, rather than an individual, that drives a venture toward success. When starting your own business, it's critical to surround yourself with teammates who have complementary talents and contribute to a common goal.

6. Risk Tolerance

Entrepreneurship is often associated with risk. While it's true that launching a venture requires an entrepreneur to take risks, they also need to take steps to minimize it. While many things can go wrong when launching a new venture, many things can go right. According to *Entrepreneurship Essentials*, entrepreneurs who actively manage the

relationship between risk and reward position their companies to "benefit from the upside." Successful entrepreneurs are comfortable with encountering some level of risk to reap the rewards of their efforts; however, their risk tolerance is tightly related to their efforts to mitigate it.

7. Comfortable with Failure

In addition to managing risk and making calculated decisions, entrepreneurship requires a certain level of comfort with failure. It's estimated that nearly 75 percent of new startups fail. The reasons for failure are vast and encompass everything from a flawed business model to a lack of focus or motivation. While many of these risks can be avoided, some are inevitable. Despite this, successful entrepreneurs must prepare themselves for, and be comfortable with, failure. Rather than let fear hold them back, they allow the possibility of success to propel them forward.

8. Persistence

While many successful entrepreneurs are comfortable with the possibility of failing, it doesn't mean they give up easily. Rather, they see failure as an opportunity to learn and grow. Throughout the entrepreneurial process, many hypotheses turn out to be wrong, and some ventures fail altogether. Part of what makes an entrepreneur successful is their willingness to learn from mistakes, continue to ask questions, and persist until they reach their goal.

9. Innovation

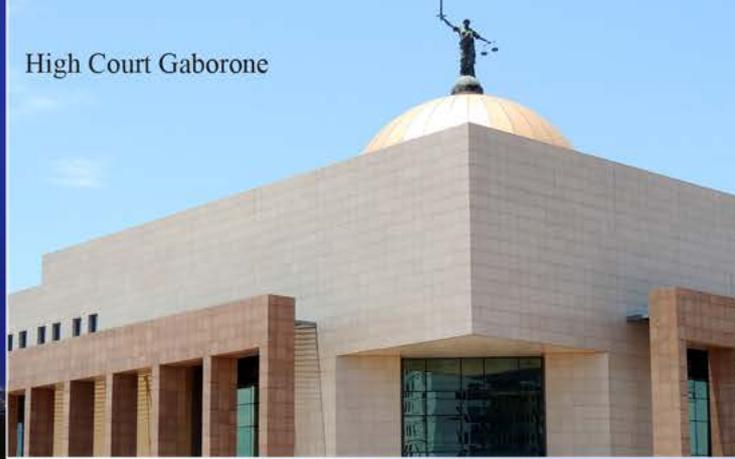
Many ascribe to the idea that innovation goes hand-in-hand with entrepreneurship. This notion is often true. Some of the most successful startups have taken existing products or services and drastically improved them to meet the changing needs of the market. Innovation is a characteristic some, but not all, entrepreneurs possess. Fortunately, it's a type of strategic mindset that can be cultivated. By developing your strategic thinking skills, you can be well-equipped to spot innovative opportunities and position your venture for success.

10. Long-Term Focus

Finally, most people think of entrepreneurship as the process of starting a business. While the early stages of launching a venture are critical to its success, the process doesn't end once the business is operational. According to *Entrepreneurship Essentials*, "it's easy to start a business, but hard to grow a sustainable and substantial one. Some of the greatest opportunities in history were discovered well after a venture launched." Entrepreneurship is a long-term endeavor, and entrepreneurs must focus on the process from beginning to end to ensure long-term success.



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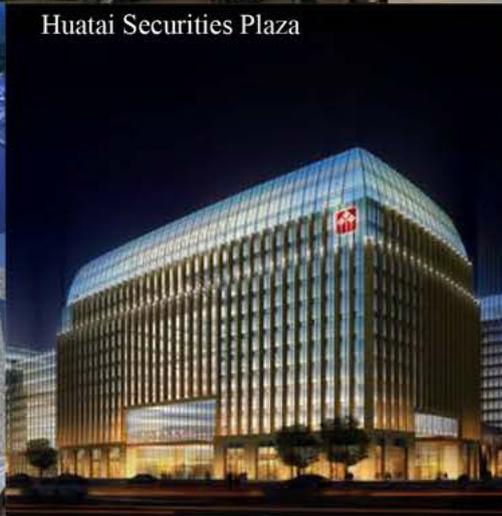
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Beloved Australian writer who was awarded an Officer of the Order of Australia dies aged 95

Beloved Australian writer and arts patron Barbara Blackman died peacefully on Friday aged 95, from natural causes.

Blackman was born Barbara Patterson in Brisbane in 1928 and was a renowned writer, poet, essayist and patron of the vibrant Australian arts scene for decades.

She was married to the legendary late Australian painter Charles Blackman, who died in 2018, from 1952 to 1978 and was the muse for many of his works.

Blackman's daughter Christabel confirmed the heartbreaking news in a statement: 'We had Beatles music, scripture and poetry, so it was a really beautiful goodbye. She was utterly extraordinary.'

'Barbara was such an advocate for stepping back and looking at the bigger picture. She

lived in the poetry of life.'

Blackman overcame significant hardship early in her life after being diagnosed legally blind and went on to become an intellectual voice for the arts scene.

She was well known for her incredible memoirs and poetry, which often reflected on her personal experiences and relationships, including her marriage to Charles.

Throughout her career, Blackman wrote essays and critiques on literature and art, which showcased her insights into the creative process and Australia's cultural landscape.

Her works were celebrated for their emotional depth and eloquent exploration of both personal and universal themes.

She was also a benefactor of Australia's cultural scene, and made significant monetary donations to the Canberra International Music Festival and the Australian Chamber Orchestra.

Blackman was the subject of a 2017 documentary called *Seeing From Within*, in which she discussed her long and celebrated career.

In recognition of her long-services to the arts, Blackman was awarded an Officer of the Order of Australia in 2012.

She outlived her ex-husband Charles, who died in 2018 aged 90.

Blackman is survived by her children Auguste and Christabel.



How To Grow A Small Successful Business

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

KEY TAKEAWAYS

- Starting and growing a business requires good organizational skills, creativity, and constant focus, among other essentials.
- It's important to be aware of your

competition, particularly the things it is doing that you might want to adopt or improve upon.

- You'll almost certainly end up working harder for yourself than you would for someone else, so be prepared to make some sacrifices in your personal life.

9 Tips For Growing A Successful Business

1. Get Organized

To achieve success as a business owner you first have to be well organized. That will help you complete tasks efficiently and stay on top of the many things that need to be done. A simple way to get and stay organized is to create a to-do list each day. As you complete

each item, check it off your list. Remember, too, that some tasks are more important than others. Aim to tackle the high-priority ones first.

There are many online resources that are available to help. They include tools like Slack, Asana, Zoom, and Microsoft Teams. That being said, a simple Excel spreadsheet will meet many of a small business's organizational requirements, especially in the early days.

2. Keep Detailed Records

No matter how busy they are, successful businesses take the time to keep careful accounting records. By doing so, they know where their business stands financially and

can often get a better (and earlier) grasp of any potential challenges they might be facing. Investopedia periodically rates the best accounting software for small businesses.

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

3. Analyze Your Competition

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

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

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

4. Understand the Risks and Rewards

Another key to being successful is taking calculated risks to help your business grow. Besides contemplating the potential rewards if you succeed, a good question to ask is: "What's the downside if this doesn't work out?" If you can answer that question, you'll know what the worst-case scenario is. If you could live with that scenario, and are prepared to take the necessary steps to manage the risk as much as possible, you might want to give it a go. Otherwise, this could be a good time to consider other opportunities.

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

5. Be Creative

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

different approaches.

Keep an eye out for opportunities to expand your current business or develop related enterprises that will lead to additional revenues and provide the benefit of diversification. The history of Amazon provides a good example. The company started out as an online bookseller and grew into an e-commerce giant, selling just about everything. Today it has a growing brick-and-mortar presence, as well. Among its many subsidiaries are Amazon Pharmacy, Amazon MGM Studios, Whole Foods Market, and Zappos.

6. Stay Focused on Your Goals

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

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

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

7. Provide Great Customer Service

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

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

8. Be Consistent

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

9. Prepare to Make Some Sacrifices

Having your own business often requires putting in more time than if you were working for someone else. That can mean spending less time with family and friends than you wish you could. The adage that there are no weekends and no vacations for business owners can ring true for anyone who's committed to making their business work.

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

What Is the Fastest Way for a Business to Grow?

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

How Do You Increase Sales?

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

What Makes a Startup Successful?

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

The Bottom Line

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

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



Financial Navigating in the Current Economy: Five Thi

Given recent market events, you may be wondering whether you should make changes to your investment portfolio. The SEC's Office of Investor Education and Advocacy is concerned that some investors, including bargain hunters and mattress stuffers, are making rapid investment decisions without considering their long-term financial goals. While we can't tell you how to manage your investment portfolio during a volatile market, we are issuing this Investor Alert to give you the tools to make an informed decision. Before you make any decision, consider these areas of importance: Invest Wisely: An Introduction to Mutual Funds. This publication explains the basics of mutual fund investing, how mutual funds work, what factors to consider before investing, and how to avoid common pitfalls.

1. Draw a personal financial roadmap. Before you make any investing decision, sit

down and take an honest look at your entire financial situation -- especially if you've never made a financial plan before.

The first step to successful investing is figuring out your goals and risk tolerance -- either on your own or with the help of a financial professional. There is no guarantee that you'll make money from your investments. But if you get the facts about saving and investing and follow through with an intelligent plan, you should be able to gain financial security over the years and enjoy the benefits of managing your money.

2. Evaluate your comfort zone in taking on risk.

All investments involve some degree of risk. If you intend to purchase securities - such as stocks, bonds, or mutual funds - it's important that you understand before you invest that you could lose some or all of your money.

Unlike deposits at FDIC-insured banks and NCUA-insured credit unions, the money you invest in securities typically is not federally insured. You could lose your principal, which is the amount you've invested. That's true even if you purchase your investments through a bank.

The reward for taking on risk is the potential for a greater investment return. If you have a financial goal with a long time horizon, you are likely to make more money by carefully investing in asset categories with greater risk, like stocks or bonds, rather than restricting your investments to assets with less risk, like cash equivalents. On the other hand, investing solely in cash investments may be appropriate for short-term financial goals. The principal concern for individuals investing in cash equivalents is inflation risk, which is the risk that inflation will outpace and erode returns over time.



Things to Consider Before You Make Investing Decisions

3. Consider an appropriate mix of investments.

By including asset categories with investment returns that move up and down under different market conditions within a portfolio, an investor can help protect against significant losses. Historically, the returns of the three major asset categories – stocks, bonds, and cash – have not moved up and down at the same time. Market conditions that cause one asset category to do well often cause another asset category to have average or poor returns. By investing in more than one asset category, you'll reduce the risk that you'll lose money and your portfolio's overall investment returns will have a smoother ride. If one asset category's investment return falls, you'll be in a position to counteract your losses in that asset category with better investment returns in another asset category.

In addition, asset allocation is important because it has major impact on whether you will meet your financial goal. If you don't include enough risk in your portfolio, your investments may not earn a large enough return to meet your goal. For example, if you are saving for a long-term goal, such as retirement or college, most financial experts agree that you will likely need to include at least some stock or stock mutual funds in your portfolio.

4. Be careful if investing heavily in shares of employer's stock or any individual stock.

One of the most important ways to lessen the risks of investing is to diversify your investments. It's common sense: don't put all your eggs in one basket. By picking the right group of investments within an asset category, you may be able to limit your losses and reduce the fluctuations of

investment returns without sacrificing too much potential gain.

You'll be exposed to significant investment risk if you invest heavily in shares of your employer's stock or any individual stock. If that stock does poorly or the company goes bankrupt, you'll probably lose a lot of money (and perhaps your job).

5. Create and maintain an emergency fund.

Most smart investors put enough money in a savings product to cover an emergency, like sudden unemployment. Some make sure they have up to six months of their income in savings so that they know it will absolutely be there for them when they need it.

MAKGADIKGADI PAN



The Makgadikgadi Pan, a salt pan situated in the middle of the dry savanna of north-eastern Botswana, is one of the largest salt flats in the world. The pan is all that remains of the formerly enormous Lake Makgadikgadi, which once covered an area larger than Switzerland, but dried up tens of thousands of years ago. Recent studies of human mitochondrial DNA suggest that modern Homo sapiens first began to evolve in this region some 200,000 years ago, when it was a vast, exceptionally fertile area of lakes, rivers, marshes, woodlands and grasslands especially favorable for habitation by evolving hominins and other mammals.

Lying southeast of the Okavango Delta and surrounded by the Kalahari Desert, Makgadikgadi is technically not a single pan, but many pans with sandy desert in between, the largest being the Sua (Sowa), Ntwetwe and Nxai Pans. The largest individual pan is about 1,900 sq mi (4,921.0 km²). In comparison, Salar de Uyuni in Bolivia is a single salt flat of 4,100 sq mi (10,619.0 km²), rarely has much water, and is generally claimed to be the world's largest salt pan. A dry, salty, clay crust most of the year, the pans are seasonally covered with water and grass, and are then a refuge for birds and animals in this very arid part of the world. The climate is hot and dry, but with regular annual rains.

The main water source is the Nata River, called Amanzanyama in Zimbabwe, where it rises at Sandown about 37 mi (59.5 km) from Bulawayo. A smaller amount of water is supplied by the Boteti River from the Okavango Delta.

These salt pans cover 6,200 sq mi (16,057.9 km²) in the Kalahari Basin and form the bed of the ancient Lake Makgadikgadi, which evaporated many millennia ago. Archaeological recovery in the Makgadikgadi Pan has revealed the presence of prehistoric man through abundant finds of stone tools; some of these tools have been dated sufficiently early to establish their origin



as earlier than the era of Homo sapiens. Pastoralists herded grazing livestock here when water was more plentiful earlier in the Holocene.

The lowest place in the basin is Sua Pan with an elevation of 2,920 feet.

As the ancestral Lake Makgadikgadi shrank, it left relic shorelines, which are most evident in the southwestern part of the basin. As the lake shrank numerous smaller lakes formed with progressively smaller shorelines. The relic shorelines at elevations of 3100 feet and 3018 feet can be seen mostly easily on Gidikwe Ridge, west of the Boteti River.

The geologic processes behind the formation of the basin are not well understood. It is conjectured that there was a gentle down-warping of the crust, with accompanying mild tectonics and associated faulting; however, no significant plate boundary faults have been identified. The main axis of the developing graben runs northeast-southwest.

Kubu Island and Kukome Island are igneous rock "islands" in the salt flat of Sua pan. Kubu Island lies in the southwestern quadrant of Sua Pan, contains a number of baobab trees, and is protected as a national monument.

The pans themselves are salty desert whose only plant life is a thin layer of blue-green algae. However the fringes of the pan are salt marshes and further out these are circled by grassland and then shrubby savanna. The prominent baobab trees found in the area function as local landmarks. One of them, named after James Chapman, served as an unofficial post office for 19th-century explorers.

Very little wildlife can exist here during the harsh dry season of strong hot winds and only salt water, but following a rain the pan becomes an important habitat for migrating animals including wildebeest and one of Africa's biggest zebra populations, and the large predators that prey on them. The wet season also brings migratory birds such as ducks, geese and great white pelicans. The pan is home of one of only two breeding populations of greater flamingos in southern Africa, and only on the Sua pan, which is part of the Makgadikgadi pans. The other breeding population is at Etosha, in the Northern part of Namibia. The only birds here in the dry season are ostriches, chestnut-banded plover (*Charadrius pallidus*) and Kittlitz's plover (*Charadrius pecuarius*). The grasslands on the fringes of the pan are home to reptiles such as tortoises, rock monitor (*Varanus albigularis*), snakes and lizards including the endemic Makgadikgadi spiny agama (*Agama hispida makgadikgadiensis*). The region's salt water is home to the cladoceran crustacean *Moina belli*.

The salt pans are very inhospitable and human intervention has been minimal so they remain fairly undisturbed, although land surrounding the pans is used for grazing and some areas have been fenced off, preventing the migration of wildlife. Modern commercial operations to extract salt and soda ash began on Sua Pan in 1991, and there are also plans to divert water from the Nata River for irrigation, which would cause severe damage to the salt pan ecosystem. Another threat is the use of quad bikes and off-road vehicles by tourists, which disturbs breeding colonies of flamingos. Illegal hunting in the national parks is a persistent problem.

There are some protected areas within the Makgadikgadi and Nxai Pan National Park. The Makgadikgadi Pans Game Reserve is the scene of large migrations of zebra and wildebeest from the Boteti River across to Ntwetwe Pan, while the Nata Sanctuary in Sua Pan is a place to see birdlife and antelopes. In Nxai Pan the baobabs painted by 19th century British artist Thomas Baines are still visible. The area can be accessed between the towns of Nata and Maun, or from the town of Gweta.



The Maasai Tribe: Guardians of Tradition and Wilderness

The Maasai tribe, one of Africa's most iconic and recognized ethnic groups, inhabits vast regions in southern Kenya and northern Tanzania. Known for their striking red shukas (cloaks), intricately detailed beadwork, and deeply rooted traditions, the Maasai have become symbols of African pastoralism and cultural preservation. For centuries, the Maasai have captivated the world with their unique way of life, their symbiotic relationship with nature, and their resilience in maintaining their cultural heritage in the face of modernization and globalization.

Origins and Historical Settlement

The Maasai are a Nilotic ethnic group, believed to have migrated southward from the Nile Valley regions, in what is now Sudan and South Sudan, around the 15th century. Their migration eventually brought them to the Great Rift Valley and its surrounding savannahs in Kenya and Tanzania, regions they now call home. By the 17th and 18th centuries, they had established a presence in these territories, developing a nomadic way of life that revolved around cattle herding.

For the Maasai, cattle are not merely livestock but form the core of their economic, social, and spiritual existence. Cows provide milk and blood, which are staple elements of their diet, and are often viewed as gifts from Enkai (God). In Maasai cosmology, all cattle on Earth belong to them, a belief that underpins their deep reverence for livestock. Wealth, status, and even marriage prospects are measured by the size of one's cattle herd,

highlighting the centrality of these animals in Maasai culture. In fact, cattle are often seen as a bridge between the spiritual and physical worlds.

The Maasai Culture: A Life of Tradition and Ceremony

The Maasai way of life is steeped in tradition, with every stage of life marked by rituals that emphasize the community's spiritual connection, social structure, and cultural values. One of the most celebrated rites of passage is "Eunoto", a ceremony marking the transition of young men into warriors or "Morans." The warriors hold a revered status within the community, serving as the protectors of livestock and defending the tribe against potential threats.

During Eunoto, young men undergo a series of rituals that include elaborate songs, dances, and blessings. One of the most famous elements of these ceremonies is the ***"adumu,"** commonly known as the "jumping dance." In this display of strength and agility, Maasai warriors leap into the air from a standing position, while their fellow warriors sing and chant rhythmically. The height of each man's jump signifies his strength and prowess, and this performance is not only a test of physical endurance but also a celebration of youthful energy and warrior spirit.

The Maasai are also known for their intricate beadwork, which is a vital aspect of their material culture and identity. Maasai women

create stunning pieces of jewelry, including necklaces, earrings, and bracelets, using small, colorful beads arranged in complex patterns. These adornments are not merely decorative; they carry deep symbolic meaning. Different colors in the beadwork represent various elements of Maasai life—red symbolizes bravery and strength, blue signifies the sky and God's provision, and white represents purity and health. The jewelry also serves as a marker of social status, wealth, and personal milestones, with certain designs worn during specific life events such as weddings or rites of passage.

Connection to the Land: Environmental Stewardship and Conservation

One of the most fascinating aspects of Maasai culture is their harmonious relationship with the environment. Living in proximity to some of Africa's most famous wildlife reserves—such as the Maasai Mara in Kenya and the Serengeti in Tanzania—the Maasai have long coexisted with nature. Their deep respect for the land and its resources has made them natural stewards of the environment.

The Maasai's semi-nomadic way of life, in which they move seasonally with their cattle in search of fresh grazing land, has historically allowed them to use the land sustainably. Unlike agriculturalists, who may exhaust the soil with continuous farming, the Maasai's herding practices ensure that the land remains fertile and regenerates. Their traditional knowledge of the land and its ecosystems has made them key players



in conservation efforts, and many Maasai have been actively involved in initiatives to protect wildlife and their natural habitats.

However, the Maasai's ancestral lands have come under threat due to a variety of external pressures, including land privatization, commercial agriculture, and the expansion of national parks and game reserves for tourism. Over the years, governments in Kenya and Tanzania have sought to convert Maasai grazing lands into commercial farms or wildlife reserves, often displacing Maasai communities in the process. These land grabs have caused significant disruptions to their traditional way of life, forcing them to adapt to new economic realities while struggling to retain their cultural identity.

Challenges in the Modern World: Adaptation Without Assimilation

In recent decades, the Maasai have faced a number of challenges as they navigate the complexities of modernity. Climate change, land scarcity, and shifting government policies have all contributed to a shrinking grazing area for their cattle, threatening the sustainability of their traditional livelihoods. Droughts have become more frequent, and the availability of water and pasture has decreased, leading to food insecurity and forcing some Maasai to abandon their pastoralist lifestyle.

In response to these challenges, the Maasai have shown remarkable adaptability. Many have embraced formal education, which

was once seen as incompatible with their nomadic way of life. Schools have now been established in Maasai territories, and Maasai children are being educated not only in subjects like math and science but also in conservation and tourism management, equipping them with skills to navigate the modern economy while preserving their heritage.

Tourism has become a key part of the Maasai's strategy for economic survival. The Maasai Mara and Serengeti, famous for their breathtaking landscapes and abundant wildlife, attract millions of visitors annually. Many Maasai have become directly involved in eco-tourism, offering cultural tours, showcasing traditional living structures (manyattas), and educating visitors about their customs. This form of cultural exchange has allowed the Maasai to generate income, fund community projects, and advocate for the protection of their land, all while sharing their rich heritage with the world.

Furthermore, some Maasai have taken on political leadership roles, advocating for their rights and fighting against policies that threaten their land and way of life. By engaging with the political system, they aim to secure legal protections for their lands and ensure that their voices are heard in discussions about land use, conservation, and economic development.

Maasai Women: Leaders in Craft and Community

While Maasai society has traditionally been patriarchal, Maasai women have always played a critical role in the community. Beyond their roles as mothers and homemakers, women are the creators of the Maasai's iconic beadwork, a craft passed down through generations. Beadwork is not

only a source of artistic expression but has also become a significant economic activity for Maasai women. The sale of their jewelry to tourists and in markets has provided Maasai women with new avenues for financial independence, enabling them to contribute to the economic well-being of their families.

In recent years, Maasai women have also become leaders in advocating for social change within their communities. Issues such as gender equality, education for girls, and the elimination of harmful practices like female genital mutilation (FGM) are now being addressed by Maasai women activists, who are working to transform their society from within while staying true to their cultural values.

A Legacy of Resilience and Cultural Pride

The Maasai tribe stands as a powerful symbol of resilience and cultural pride in the face of profound external pressures. While modernity continues to encroach on their way of life, the Maasai have shown a remarkable ability to adapt without losing their essence. Their culture, traditions, and deep connection to nature remain intact, offering the world a living example of how ancient customs can coexist with contemporary realities.

As Africa continues to urbanize and modernize, the Maasai people serve as a reminder of the importance of preserving diverse cultural heritages. Their role as guardians of their land and wildlife is as significant as their rich traditions and ceremonies, creating a lasting legacy that continues to inspire and educate people around the world. By blending tradition with innovation, the Maasai tribe exemplifies the possibility of cultural endurance in an ever-changing world.



“FROM PALAPYE TO PULA: Botswana’s Creative Visionary LEADING A SUPERHEROS REVOLUTION”

Gomolemo Mark Kalayakgosi Snr. is a multifaceted creative force from Palapye, Botswana, whose passions and talents span across psychotherapy, pastoral work, and art. As a psychotherapist and professional counselor, he devotes his time to uplifting others through mental health awareness. Simultaneously, as a pastor, he empowers his community with spiritual teachings. However, one of his most distinct contributions is in the realm of art, where Kalayakgosi has earned recognition as Botswana’s leading graphic illustrator and cartoonist. His crowning achievement in this arena is the creation of Pula, Botswana’s first comic book superhero, a powerful and groundbreaking symbol for the nation.

Born and raised in Palapye’s Extension 1, Kalayakgosi’s artistic journey began at the tender age of five. His elder brother, Mothusi Abraham Kalayakgosi, a realistic artist, served as his earliest inspiration. Watching his brother bring lifelike portraits to life ignited a spark in young Gomolemo. At first, he followed in Mothusi’s footsteps, honing his skills as a realistic artist. However, as he entered primary school, Kalayakgosi discovered a love for illustration and abstract art, marking a turning point in his creative evolution.

It was through drawing from his imagination, rather than observation, that Kalayakgosi found his true artistic calling. “Drawing from my imagination gave me the freedom to express my creativity in ways that realism couldn’t,” he recalls. It was this passion for boundless creativity that led him to create his first comic book character, Senganga, in 2002. Senganga was a major step toward realizing Kalayakgosi’s dream of becoming a prominent comic book artist in Botswana. In 2004, the character was featured in his local church newsletter, PAG Revelations, offering him a platform to share his work with a wider audience. This publication inspired Kalayakgosi to aim higher, aspiring to see his comic strips in major local newspapers alongside established cartoonists like Tebogo Motswetla, famed for the Mabigo comic.

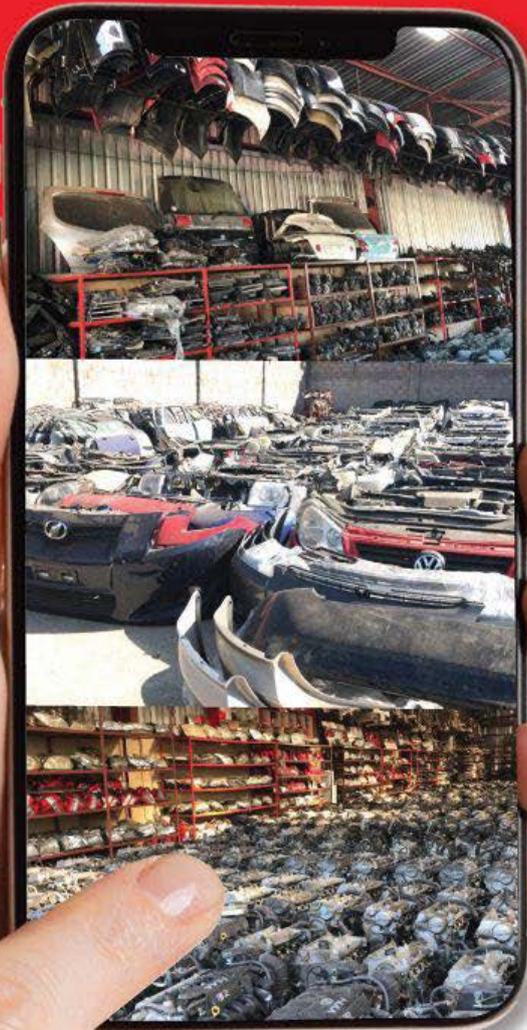
Kalayakgosi’s artistic talent is not an isolated phenomenon in his family. He comes from a large family of six siblings—five brothers and one sister. Remarkably, three of his brothers are



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also artists, specializing in realistic drawing. What sets Kalayakgosi apart, however, is the fusion of his spirituality with his art. All five brothers are pastors, each leading their own registered ministries. The strong Christian environment in which Kalayakgosi grew up has deeply influenced his approach to art, shaping his desire to use his creativity to inspire hope, positivity, and moral values.

"My art is a reflection of my faith," Kalayakgosi explains. "It's about spreading positivity and encouraging people to believe in themselves and in a higher purpose." His early comic character, Senganga, grew in popularity within his church, eventually premiering in other newsletters, where it became a source of inspiration for many. These small victories were a precursor to the significant accomplishments that would follow.

Kalayakgosi has since built an impressive catalogue of comic books that tackle important social issues. His work includes *Eseng mo Ngwaneng – Say No to Defilement*, which aims to educate about child protection and sexual abuse prevention, and *Creativity for Sustainable Development*, a comic book that highlights the importance of creativity in advancing societal goals. Other works, such as *Mask Up*, *Defeat COVID-19*, provide timely social commentary on global crises, while *Chouka* offers another dimension to his diverse array of stories.

However, it is his most recent project, *Pula*, that stands as his most iconic achievement. *Pula* is not just any superhero—she is Botswana's first comic book superhero and, notably, the country's first female superhero. The story of *Pula* is a poignant one: a young Motswana girl who loses her mother to gender-based violence (GBV), which drives her to become an activist in her own right. *Pula* doesn't just fight crime with fists and superpowers; she stands up for justice by advocating against GBV and raising awareness about mental health. The character resonates deeply with readers in Botswana, where issues of GBV and mental health are often stigmatized or overlooked.

The impact of Kalayakgosi's work extends far beyond Botswana's borders. His contributions to the field of graphic illustration have earned him numerous accolades. Notably, he won Best Graphic Designer at the regional and national levels at the Botswana National Arts Festival and placed third worldwide in the Best Cartoonist of the Year Award from *ToonsMagazine* in Norway in 2022. This global recognition solidified his reputation as a world-class artist, capable of making meaningful statements through his medium.

Despite the success of *Pula* and other projects, Kalayakgosi acknowledges that



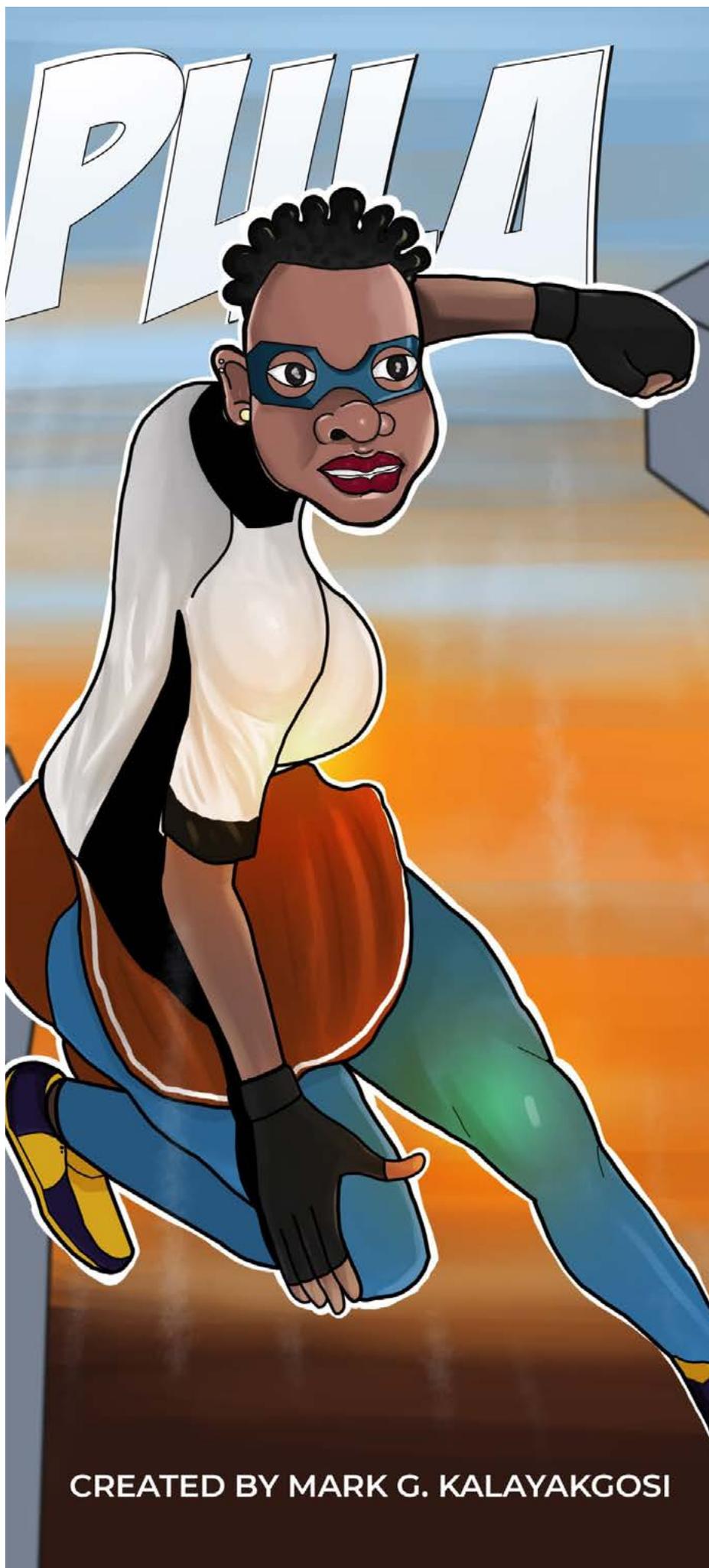
the road has not been easy, particularly in Botswana, where comic books are still a relatively niche form of entertainment. "Locally, we are few who do this form of art," he explains. "However, Botswana have been overwhelming with their support. People have bought the comic books based on their own capacity and understanding of the art." He notes that while comic books abroad can generate millions in revenue, Botswana is still at the beginning stages of developing a robust comic book industry.

Nevertheless, Kalayakgosi remains hopeful. He is encouraged by the growing interest in his work, both locally and internationally. "The world knows superheroes like The Flash, Superman, and Spiderman," he says. "Our kids wear them as brands. With time, I believe Botswana's comic book world will grow, and we'll see more sponsors coming on board." In fact, Kalayakgosi has already experienced the benefits of digital transformation. His comic book, Pula, is available online, and while it has taken time for Botswana to adjust to purchasing digital products, his work has reached a broader audience through social media platforms. Commissions and paid work from abroad have poured in, validating the universal appeal of his art.

Kalayakgosi's ultimate goal is to see the art of comic books and animation thrive in Botswana. He dreams of creating a "mega studio" that would fuse the two art forms, providing employment opportunities for other talented illustrators and animators. For now, he is doing what he can within his own capacity, but the vision of a large-scale operation that could revolutionize the local art scene is always at the forefront of his mind.

At the core of Kalayakgosi's mission is faith. He believes that with faith, nothing is impossible. "Whoever thought we'd have our own black superhero in Botswana?" he muses. "Pula is a national symbol of hope, faith, and love." Through his artwork, Kalayakgosi is not only entertaining audiences but also offering a message of empowerment and self-belief. His work reminds people, especially the youth, that their dreams are achievable, no matter the obstacles they may face.

As Kalayakgosi continues to build his legacy, he remains focused on his mission of preaching positivity and empowering people through both his art and his ministry. His story is a testament to the power of perseverance, creativity, and faith—a reminder that even in the most unexpected places, superheroes can emerge to inspire a nation.





If your outdoor space is currently void of life save for a few weeds sticking up here and there, you're probably in need of some fresh backyard ideas to revive this area. You want to be tempted to sit outside all the time, not turned off.

Whether you prefer to fire up the BBQ or simply take lizard form and bask in the sun for hours (don't forget the SPF), your garden or outdoor area should look the part. Get your green thumb involved and plant some new leafy friends or get your patio furniture cleaned up and officially laid out. You've got options, even if you're not #blessed with a gigantic lawn, any tiny balcony or patio can still get a stylish refresh.

From easy-to-maintain backyard ideas to bigger landscaping projects, we've got you covered with ideas that'll turn any sad outdoor space into one that's thriving.

1. START SMALL WITH CONTAINER PLANTING
Raised beds are cool and all but a lot of work. And as anyone with a small backyard knows, who has the space? If you still want to grow herbs, edible plants, and flowers, container gardening is your new bestie.

It works for absolutely every type of backyard or garden space under the sun and is especially ideal for renters who want to take their plants with them. Plus, you have the chance to get creative with both the plant and the pot to make a really beautiful display. Mix it up with herbs and scented flowers. Hydrangeas look great in a container, while you can team upright florals alongside trailing plants like creeping rosemary or ivy.

2. LANDSCAPE, SUBTLY

For a curated backyard that's styled yet subtle, choose low trees, planted simply in rows of three for definition. It's enough to elevate a space and add privacy to a yard

without creating a space that's too high maintenance.

3. PLANT VERTICALLY ON A PATIO

Even concrete-filled patios have the chance to feel a little greener. Make your outdoor furniture pop with a matching garden plant scheme that features plants in vertical containers.

4. REPEAT PLANTING AND COLORS FOR IMPACT

For an eye-popping display, repeat planting of wildflowers is the way to go. Choose tall-growing perennials that are colorful (and hardy). Foxgloves are an all-time fave, plus the bees love them, too. Rose mallow, hollyhocks, valerian, and globe thistles are other nice choices for bold summer color and fragrance.

5. FRAME AN OUTDOOR DINING AREA

Gorgeous borders make for a beautiful



display in all areas of your backyard, so consider making raised borders part of your garden design if you have the space. Plant a variety of greenery and bright flowers, and build it around an outdoor dining spot for a chic and decorative finish that will make your guests feel like the center of attention.

6. INTRODUCE ONE MAJOR POP OF COLOR

Choosing just one pop of color is enough to make a backyard look chic and even a little expensive, sans the effort of a complete redo. Grab furniture or accent decor that matches the colors of your favorite potted flowers or use patterned pillows as your burst of florals if you don't have a green thumb.

7. CREATE AN ORGANIC LAYOUT

It's all about balance when you're choosing your favorite backyard ideas. You want the space to be just as beautiful as it is functional. This yard is big, but puts all the space to good use, weaving in good garden landscaping

techniques.

By continuing the deck material through to the dining and seating areas, all the little outdoor pockets feel cohesive.

8. ADD A BOHO TOUCH

Missed out on Coachella? No problem. Make your backyard area or patio feel like a festival with boho touches. Investing in a cozy modular outdoor sofa, fairy lights, patterned soft furnishings, and even a fire pit and you'll be sure to ignite that same spirit in your own backyard.

9. PLANT FOR YOUR CLIMATE

If you live in California, you're going to be working with a more Mediterranean-like climate, in comparison to if your backyard is in Florida and a little more tropical. It's no secret that the climate you live in will ultimately define your garden ideas.

So if you live in a particularly dry area,

embrace it with xeriscaping, which is actually a very beautiful and resourceful way to garden. Little or no irrigation is required so it's ideal for a low-maintenance garden or backyard.

10. ADD TREES THAT BECOME FOCAL POINTS

Outdoor spaces and trees go hand in hand, and if you're lacking these lovely plants in your backyard, we recommend buying some. If you have a tiny balcony, patio, or deck, try finding trees like olive, apple, or cherry, which do totally fine in pots.

If you're lucky enough to have a space with mature trees, these can be a great starting point for your garden design, adding natural height and structure to your backyard. And other than being an attractive feature, trees also create wonderful habitats for birds and wildlife.



EMMA STONE

Emily Jean "Emma" Stone is an American actress and producer. Her accolades include two Academy Awards, two British Academy Film Awards, and two Golden Globe Awards. In 2017, she was the world's highest-paid actress and named by Time magazine as one of the 100 most influential people in the world.

BORN: 06 November 1988

PROFESSION: Actress & Producer



ERIC DANE

Eric William Dane is an American actor. After multiple television roles in the 1990s and 2000s, which included his recurring role as Jason Dean in Charmed, Dane was cast as Dr. Mark Sloan on the ABC medical drama television series Grey's Anatomy.

BORN: 09 November 1972

PROFESSION: Actor

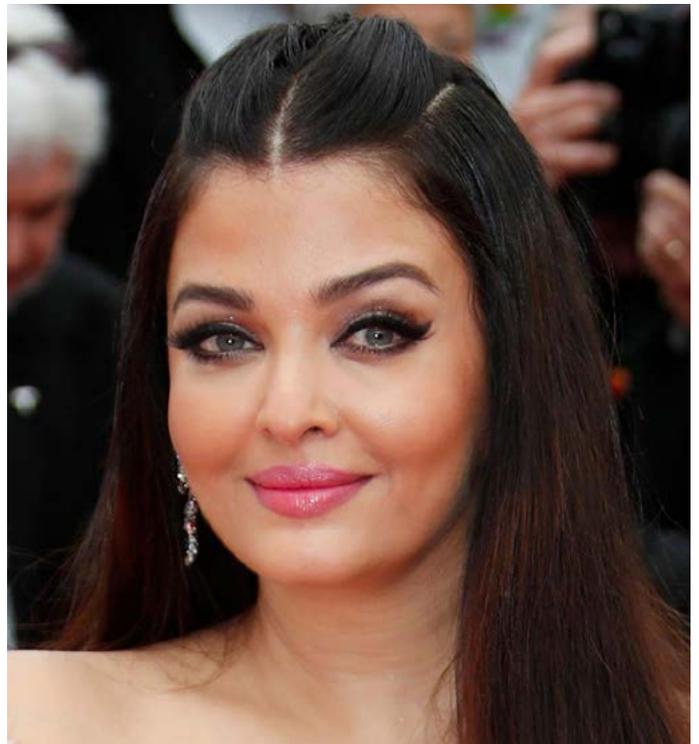


LEONARD DICAPRIO

Leonardo Wilhelm DiCaprio is an American actor and film producer. Known for his work in biographical and period films, he is the recipient of numerous accolades, including an Academy Award, a British Academy Film Award, and three Golden Globe Awards.

BORN: 1974

PROFESSION: Actor



AISHWARYA RAI

Aishwarya Rai Bachchan is an Indian actress who is primarily known for her work in Hindi and Tamil films. Rai won the Miss World 1994 pageant and later established herself as one of the most-popular and influential celebrities in India. She has received numerous accolades for her acting, including two Filmfare Awards.

BORN: 1 November 1973

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.





Science Trivia Questions & Answers

Q. Which blood type is a universal donor?

- A. AB
- B. A
- C. O NEGATIVE
- D. B

Q. How many moons does Neptune have?

- A. 5
- B. 14
- C. 7
- D. 1

Q. Which globally-dreaded disease did the World Health Organization declare eradicated in 1980?

- A. CHICKEN POX
- B. SMALLPOX
- C. MONKEY POX
- D. CANCER

Q. Who was the first American

woman in space?

- A. VALENTINE TERESHKOVA
- B. SALLY RIDE
- C. SVETLANA SAVITSKAYA
- D. HELEN SHARPMAN

Q. How many pounds are in a ton?

- A. 2'000
- B. 700
- C. 100
- D. 5

Q. What is the largest bone in the human body?

- A. SPINAL CORD
- B. SCAPULA
- C. SKULL
- D. FEMUR

Q. How many planets make up the solar system?

- A. EIGHT
- B. THREE
- C. FIVE

D. SIX

Q. How many colors are in a rainbow?

- A. TWELVE
- B. TWENTY SIX
- C. SEVEN
- D. TEN

Q. Which astronomer is called out in "Bohemian Rhapsody"?

- A. RAMI MALEK
- B. GALILEO
- C. JIM HUTTON
- D. ESTIEN

Q. What is the fear of flowers called?

- A. ANTHROPHOBIA
- B. HEMOPHOBIA
- C. TRYPOPHOBIA
- D. AMAXOPHOBIA

ANSWERS: 1. C 2. B 3. B 4. B 5. A 6. D 7. A 8. C 9. B 10. A



The Soulful Antidote: A Musical Pioneer from Botswana

Antidote, a multifaceted musician, composer, and producer, stands out in the vibrant tapestry of Botswana's music scene. Born in 1999 in Harare, Zimbabwe, and raised in Botswana, he embodies a unique blend of cultural influences that inform his artistic expression. Growing up in a middle-class Christian family, Antidote found himself surrounded by music from a young age, thanks largely to his father's dedication to gospel music. His father's ability to play various instruments and his passion for legendary artists, particularly Bob Marley, not only shaped Antidote's musical preferences but also laid the foundation for his artistic journey.

Antidote's love for music took a significant turn in 2012 when his father purchased a computer equipped with the Fruity Loops demo. Although he had no prior knowledge of music production, his eagerness to learn propelled him into the world of sound

engineering. Over the years, he honed his skills, developing a signature style that blends trap, jazz, rhythm & blues, Afro-pop, Amapiano, and rock. His mission is clear: to create music that resonates deeply and heals the soul. He aims to make each track a soulful experience, using sound as a medium for connection and emotional expression.

Influenced by a diverse range of musical legends, including Bob Marley, Michael Jackson, Notorious B.I.G., Lil Wayne, J. Cole, Kendrick Lamar, and Young Thug, Antidote meticulously studies the greats. Each artist teaches him something new, guiding him in his pursuit of excellence. He fell in love with trap music in 2014 and began adapting his sound to the evolving musical landscape. Antidote acknowledges the importance of continuous learning and adaptation, recognizing that the dynamic nature of music parallels the changes in language and culture.

Despite his admiration for Botswana's music pioneers, Antidote is critical of the current landscape. He believes that many of the earlier artists lacked the international exposure to showcase their true talent. Nonetheless, he holds Dramaboi in high regard, admiring his lyricism and the way he communicates powerful messages through his music. Antidote aspires to carry this torch of impactful storytelling within his own work.

Antidote's career has already reached impressive milestones. He served as a producer for the American short film *Blindfolded Africa!* and has seen his music played in international clubs. Collaborations with American stars and other international artists have further solidified his reputation as a creative force. Most notably, he has received invitations from major music labels, including Universal Music Group Canada and Atlantic Records USA. Currently, he is negotiating to secure a deal that he believes



will elevate Botswana's presence on the global music stage.

Collaboration plays a crucial role in Antidote's creative process. He thrives on the energy of working with fellow artists, believing that face-to-face interactions foster inspiration and authenticity in music. This belief drives him to seek out opportunities for in-person collaboration, allowing for a rich exchange of ideas and creative energy. His commitment to learning extends beyond just music; he is an avid reader and researcher, always seeking to deepen his understanding of the industry and its ever-evolving dynamics.

While Antidote is optimistic about his future, he remains realistic about the challenges facing the local music scene. He expresses concern over the lack of support for artists and the general public's perception that music cannot be a viable source of income. This skepticism contributes to fewer

investors, sponsors, and promoters in the industry. However, Antidote sees this as a call to action, believing that raising awareness about the potential of music as an economic driver can help change the narrative.

Fans can look forward to more exciting international collaborations from Antidote with artists from the USA, Canada, the UK, Nigeria, and South Africa. His recent debut mixtape, *Motlanta Tapes*, released on September 30, showcases a blend of indigenous languages, including Setswana, Shona, and Ndebele slang. The project features contributions from artists he grew up with, such as Greneel Worldwide, Drippy Kin, Taeylormadeit, Bigraww, Tobacco, and Fliq Quan from South Africa. On October 9, which coincided with his birthday, he released a Deluxe Edition of the mixtape, further expanding the project with additional tracks and international instrumentals.

Antidote firmly believes in the potential of his generation to elevate Botswana's music to new heights. He emphasizes the importance of passion and persistence in pursuing one's dreams. His message to aspiring artists is both motivational and heartfelt: "Never give up on what you love. What you are passionate about truly defines you. If you work towards it, the journey may be hard and stormy, but it will lead to a land of milk and honey."

In an industry that demands resilience and creativity, Antidote is a testament to the power of dedication and artistic vision. As he continues to forge his path, he remains committed to uplifting others and ensuring that Botswana's music finds its rightful place on the global stage.



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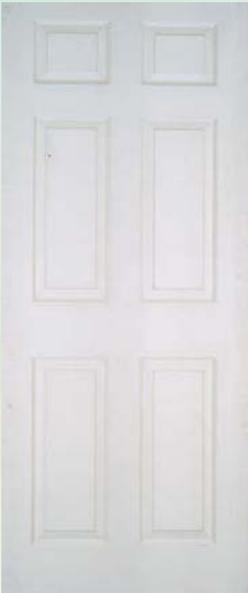
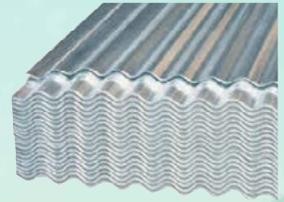
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Five Factors Of A Beautiful Face To Consider

When it comes to assessing beauty, the face holds a significant place in our perceptions. While beauty is subjective and can vary across cultures and individuals, there are certain factors that are commonly considered in evaluating a beautiful face. Here are five important factors to consider:

1.Symmetry: Facial symmetry is often associated with attractiveness. A symmetrical face is perceived as more balanced and harmonious. While perfect symmetry is rare, a well-proportioned face with balanced features can create an aesthetically pleasing appearance.

2.Clear and Healthy Skin: The condition of the skin plays a crucial role in facial beauty. A clear and glowing complexion, devoid of blemishes, acne, or excessive pigmentation,

is highly desirable. Proper skincare routines, a healthy diet, and protection from environmental factors contribute to achieving and maintaining beautiful skin.

3.Proportions and Facial Harmony: Facial proportions are essential in creating an attractive face. The relationship between the eyes, nose, lips, and other facial features should be balanced. Facial harmony refers to the overall balance and coherence of these features. For example, well-defined cheekbones that complement the shape of the face can enhance its beauty.

4.Eyes: The eyes are often considered the windows to the soul and are a focal point of facial beauty. Large, expressive eyes with well-defined eyebrows can add depth and allure to a face. Eye color, eyelashes, and the

absence of under-eye puffiness or dark circles also contribute to the overall attractiveness.

5.Smile and Teeth: A warm and genuine smile is universally appealing. Straight and well-aligned teeth are commonly associated with beauty. Good oral hygiene, proper dental care, and a confident smile can significantly enhance facial aesthetics.

It is important to note that beauty is diverse and subjective, and these factors may vary in importance across cultures and personal preferences. Embracing and celebrating individual uniqueness is also an integral part of appreciating beauty. Ultimately, a beautiful face is not solely defined by physical features but also by the confidence, kindness, and inner radiance that shine through.



6 Best Bedroom Ideas & Design Tips for Every Style

The bedroom is the most essential bedroom in the house, built for comfort and relaxation, a place to recharge and decompress. Depending on the layout, a main bedroom can be a spacious en suite with its own bathroom or a small and cozy retreat. For the ideal sanctuary, you need bedroom ideas that can maximize every last inch of space.

Your primary suite should feel like a private haven where you can escape from the world—and possibly the kids and pets—to practice self-care, bond with your partner, or simply to relish a good night's sleep.

Whether you prefer a minimalist neutral aesthetic or a colorful maximalist approach, check out these bedroom ideas from a range of interior designers that will inspire you to create your own at-home oasis that's custom built to suit your needs.

1. Drape the Windows

This Los Feliz, Los Angeles bedroom from Ghislaine Viñas has a low-profile pink

velvet headboard that fills the wall without blocking the windows. When it's time to sleep, thick pink drapes block light and add color. Matching side tables, lamps, and linens provide symmetry. Mustard yellow throw pillows add color contrast and a portrait hung in the blank wall space between windows creates a focal point.

2. Mount a Live Edge Headboard

This Montauk, New York bedroom from Studio Robert McKinley has white shiplap walls, a navy geometric rug, and a scene-stealing, one-of-a-kind live edge headboard mounted to the wall that creates an organic feel in the cool coastal room.

3. Dress the Wall Opposite the Bed

While many people choose to add accent wallpaper on the wall behind the bed, this Paris bedroom from Caroline Andréoni Interior Design takes the opposite approach, adding black-and-white palm tree wallpaper on the wall across from the bed that helps to camouflage the wall-mounted TV.

4. Add a Custom Windowseat

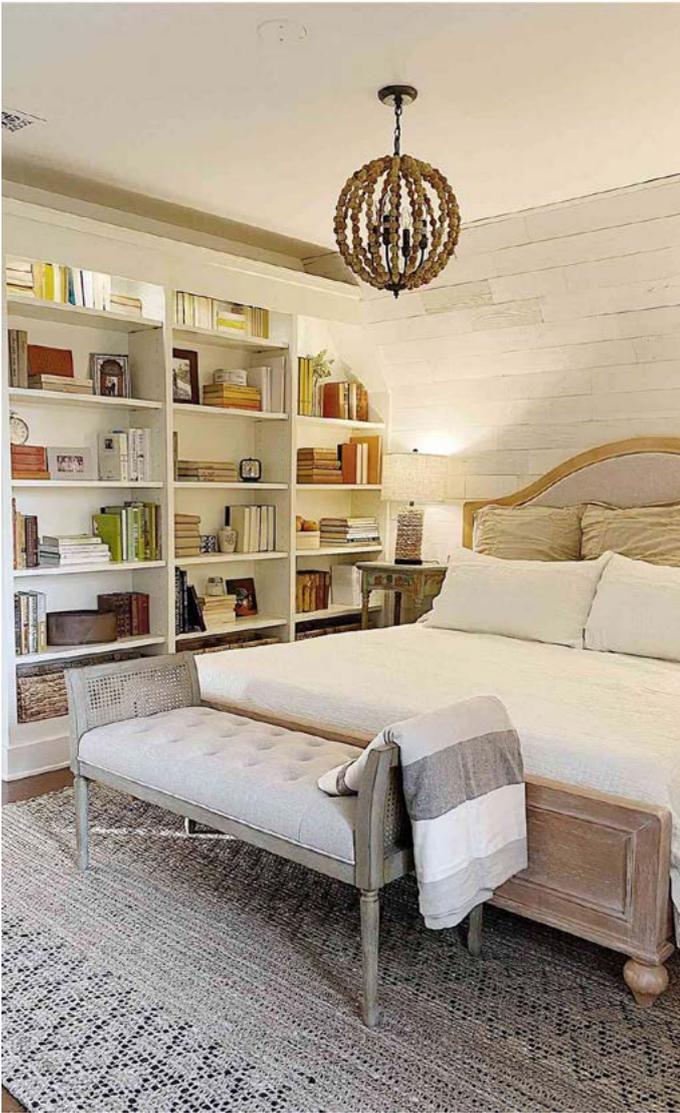
In this NYC bedroom from Chango & Co., a custom headboard and window seat with rounded edges creates a luxurious minimalist cocooning feel with a calming creamy beige monotone color scheme that wraps around three walls of the room.

5. Build a Home Library

In this bedroom from Leanne Ford Interiors, the wall behind the bed has been transformed into a home library with an integrated headboard. A large round pendant light adds dimension, and art on the other walls completes the casual, lived-in feel of a room ideal for book and art lovers.

6. Lean an Antique Floor Mirror Against the Wall

This spacious and opulent main bedroom from Michelle Gerson Interiors has a graphic wallpapered ceiling, statement lighting, and a dramatic antique French gilded floor mirror leaning casually against the wall for outfit selfies.





There's more to a great union than sexual attraction and common interests. Here's how to know if your partnership is healthy.

You and your partner love trying new restaurants together, going on long bike rides, and traveling, but when it comes to being happy and healthy in a relationship, there are other things to consider besides having common interests.

What exactly makes a relationship healthy? "A great relationship is a safe place for both people to love, honor, and respect one another," says Jennifer Howell, a leadership and relationship coach based in North Carolina. You can communicate your wants, needs, and boundaries, as well as listen to the other person.

A healthy relationship is important to cultivate because the opposite — a toxic relationship — takes a toll on your quality of life by heightening depression and anxiety, impacting sleep, causing you to take up unhealthy habits, and even impacting heart health, says Mary Jo Rapini, a licensed professional counselor in Houston who specializes in intimacy and sex therapy.

Being in a high-quality romantic relationship is associated with greater well-being, according to a study from 2019. But being single was far better for someone's well-being than being in a less happy partnership, the study found.

What's more, many couples in unhealthy relationships don't know that they are, especially if they grew up in a household where it was the norm, says Rapini. So it's all the more important to be able to identify where yours stands.

Here are nine signs you and your mate are a good match:

1. You're Not Afraid to Speak Up

It's easy to know when your partner does something you don't like — maybe they don't call you for two days or don't help out around the house when you live together. But it's not always easy to speak up and tell your significant other how you're feeling. "This takes a lot of strength, self-confidence, and courage, because you have to come from a vulnerable place," says Howell. In a healthy relationship, you'll feel secure enough to be open with your partner.

2. Trust Is at the Core of the Relationship

Trust is foundational in all relationships, but with social media and always-on gadgets, it can become all too easy to snoop. But in a healthy relationship, you don't need to do that. In part, that's because your partner shows you they're trustworthy. "They're reliable and available. When they say they'll be there, they'll be there," says Rapini. They also show you they trust you by giving you the freedom and space you need without checking up on you constantly — and that includes checking your phone, she says.

3. You Know Each Other's Love Language

Many couples swear by the book *The 5 Love Languages* for a reason: In it, you discover your partner's "love language" — the way they prefer to give and receive love (through words of affirmation, quality time, gifts, acts of service, or physical touch). In a healthy relationship, you've taken the time to learn each other's "love language" so you can express your love in a way that works for you both, says Howell.

4. You Agree to Disagree on Certain Issues

Every couple fights. But contrary to what you might think, you don't need to fix every issue.



In fact, it's okay to have a handful of topics that you two will never agree on. Sometimes, "it's totally fine to agree to disagree. I think that's healthy fighting," explains Rapini. "In healthy relationships, there are at least five issues that are 'no-talkers.' They're the issues that you both differ in opinion and perspective on, and that's okay."

5. You Encourage Each Other to Go After Your Goals

"Many of us have a dream or vision for our life, and especially as we age, we want to maintain those visions," says Howell. According to Howell, it's okay if your dreams don't align with one another as long as you "honor and encourage each other to achieve your goals."

6. You and Your Partner Hold Separate Interests

"Couples who have the greatest love affairs are the ones who are able to maintain their interests, but don't put guilt on their partner for not sharing it with them," she says. Meaning, both of you encourage the other to explore what they love on their own. Howell agrees, adding that while it's easy to adopt your partner's habits and interests, over

time becoming over-reliant on each other can breed resentment. "Developing and investing in yourself builds self-confidence, self-love, and joy," she says.

7. You're Comfortable in Your Own Skin

When you're in a relationship, it's crucial to know your strengths and weaknesses, says Howell. Maybe you're confident around your friends but self-conscious at work. Or you know that little things, like your partner forgetting to take out the trash, can set you off. Whatever your strengths and weaknesses are, being aware of them can help you reach a point of loving and accepting yourself, which in turn can help you love and accept your partner.

8. Boundaries Are Honored and Respected

A healthy relationship means you're both on the same team. "In a healthy relationship, both parties discuss and agree upon important subjects that are meaningful to one another," says Howell. She gives the example of budgeting for something big, like a vacation. An unsupportive partner in an unhealthy relationship doesn't honor that goal, and they may sabotage it by trying to get you to splurge on something

unnecessary. If you can talk it out with your partner and they acknowledge and understand your boundaries, that's a good sign, notes Howell. "However, if your partner repeatedly ignores what you value, including your boundaries, that's concerning," she says.

9. You Feel Happy and Supported

Once the initial elation of a new relationship wears off, check in with yourself: Do you feel happy and supported by your partner? How are your mood and self-esteem? If you feel any strain or lack of support, talk to your significant other — it's the healthy thing to do.

Feeling unhappy in a relationship can lead to health problems down the road. According to a study from 2015, which looked at nearly 5,000 adults over age 50 who were partnered up, having regular negative interactions in a relationship increases the likelihood of suffering from depression and anxiety, and is even linked to suicidal thoughts, likely because relationship dysfunction drives up day-to-day stress. On the other hand, strong partnerships protect people when they're in the midst of a crisis — exactly the time they need someone on their side.



Street Style: The Pulse of Fashion's Beating Heart

In the world of fashion, trends often start not on the runways of Paris or Milan but on the bustling streets of major cities around the globe. Street style, a term that has become synonymous with urban fashion, is the raw, unfiltered voice of individuality and creativity. It's where fashion meets the real world, and where anyone can become a style icon.

The Essence of Street Style

Street style is more than just an aesthetic; it's a cultural phenomenon that reflects the diversity and dynamism of urban life. It's influenced by a variety of factors, including geography, weather, music, and subcultures.

What sets street style apart from other fashion trends is its authenticity. It's about personal expression and breaking away from the confines of conventional fashion norms.

Key Elements of Street Style

1. Mix and Match: Street style often involves mixing high-end pieces with affordable items, creating a unique blend that's both chic and accessible. It's not unusual to see designer jackets paired with thrift store jeans, or luxury handbags combined with sneakers.

2. Statement Pieces: Bold accessories and statement pieces are hallmarks of street style. Oversized sunglasses, chunky jewelry,

and eye-catching hats can elevate a simple outfit to a fashion-forward look.

3. Layering: Layering is a key technique in street style, especially in cities with variable weather. It's all about combining different textures, patterns, and colors to create a cohesive yet intricate ensemble.

4. Vintage and Retro Influences: Many street style aficionados incorporate vintage or retro pieces into their outfits. This not only adds a unique touch but also brings a sense of nostalgia and history to modern fashion.

5. Sustainability: With a growing emphasis on sustainability, many street style enthusiasts are turning to eco-friendly and ethical fashion choices. Thrift shopping, upcycling, and supporting local designers

are becoming increasingly popular.

Iconic Street Style Cities

1. New York: The Big Apple is a melting pot of styles, from the edgy and avant-garde looks of Brooklyn to the polished and professional outfits of Manhattan. New York Fashion Week is a prime time for spotting the latest street style trends.

2. Tokyo: Known for its bold and eclectic fashion, Tokyo's street style is a fascinating mix of traditional Japanese elements and futuristic designs. Harajuku, in particular, is famous for its colorful and whimsical outfits.

3. Paris: Parisian street style is effortlessly chic and sophisticated. It's characterized by timeless pieces, minimalist designs, and a muted color palette. Parisians have a knack for looking stylish without appearing to try too hard.

3. London: London's street style is eclectic and unpredictable, reflecting the city's diverse cultural influences. From punk-inspired looks to polished preppy outfits, Londoners are not afraid to take risks and experiment with fashion.

Influencers and Trends

Street style has given rise to a new wave of influencers who are shaping fashion trends through their social media platforms. These style icons, with their large followings and distinctive looks, are setting the tone for what's in vogue.

Aimee Song (@aimeesong): With her effortlessly chic style, Aimee Song combines high fashion with every day wear, making her a go-to source for street style inspiration. **Chiara Ferragni (@chiaraferragni):** As one of the first fashion bloggers to gain international fame, Chiara Ferragni's style is a mix of luxury and accessibility, with a penchant for bold accessories and vibrant colors.

Yoyo Cao (@yoyokulala): Known for her minimalist yet striking looks, Yoyo Cao's style is a perfect blend of sophistication and edginess, making her a standout in the world of street style.

The Future of Street Style

As the world becomes more interconnected, street style will continue to evolve and influence global fashion trends. The rise of digital platforms has made it easier for people to share their personal style with a wider audience, blurring the lines between local and global fashion.

In a world where individuality is celebrated, street style remains a powerful medium for self-expression. It's a reminder that fashion is not just about clothes; it's about telling a story, making a statement, and most importantly, being yourself.





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The Boxing Legend Who Redefined Greatness: Floyd Mayweather

Floyd Mayweather Jr., widely regarded as one of the greatest boxers of all time, stands as a symbol of unparalleled skill, determination, and success in the sport. Over the course of his illustrious career, Mayweather not only dominated opponents inside the ring but also revolutionized the business side of boxing. With a perfect professional record of 50-0, he earned the nickname "Money" due to his ability to generate massive pay-per-view sales and lucrative fight purses. However, his legacy extends beyond his financial success, as he will forever be remembered for his technical brilliance, defensive mastery, and ability to transcend the sport.

Born on February 24, 1977, in Grand Rapids, Michigan, Floyd Joy Mayweather Jr. was destined for boxing greatness. Coming from a family of fighters, Mayweather was surrounded by the sport from a young age. His father, Floyd Mayweather Sr., was a former welterweight contender who famously fought Sugar Ray Leonard, while his uncles, Roger and Jeff Mayweather, were also professional boxers. Growing up in such an environment, Floyd Jr. quickly developed a passion for boxing.

Under the tutelage of his father and uncles, Mayweather honed his skills in the gym, developing the technical prowess that would

later define his career. He had an impressive amateur career, compiling a record of 84 wins and only 6 losses. In 1996, Mayweather represented the United States in the Atlanta Olympic Games, where he won a bronze medal in the featherweight division. Though he fell short of gold, his Olympic performance solidified his reputation as a rising star.

Mayweather turned professional later in 1996, quickly making waves in the boxing world with his speed, precision, and defensive brilliance. His fighting style, often described as "hit and not get hit," was a departure from the more aggressive



approach that many of his contemporaries favored. Under the guidance of his father and later his uncle Roger, who took over as his lead trainer, Mayweather developed his signature defense-first style, often referred to as the “shoulder roll.” This technique, where he used his shoulder to deflect punches while countering with precise shots of his own, became his trademark and baffled opponents for years to come.

In 1998, Mayweather won his first world title, the WBC super featherweight championship, with a dominating performance against Genaro Hernández. This victory marked the beginning of his reign as one of the sport’s elite fighters. Over the next few years, he continued to defend his title and established himself as the premier fighter in the lighter weight divisions, earning the nickname “Pretty Boy Floyd” for his ability to emerge from fights with minimal damage.

Mayweather’s rise to stardom was marked by his willingness to take on and defeat some of the toughest competition in the sport. In 2002, he moved up to the lightweight division, capturing the WBC title by defeating

José Luis Castillo in a close and controversial fight. Despite some debate about the outcome, Mayweather solidified his status by winning the rematch convincingly later that year.

In the years that followed, Mayweather continued to rise through the weight classes, collecting titles in the super lightweight, welterweight, and super welterweight divisions. His undefeated streak and dominant performances earned him the nickname “Money” as his star power and marketability skyrocketed. His 2007 fight against Oscar De La Hoya was a turning point in his career, both in terms of legacy and financial success. The fight, which took place at the super welterweight limit, was one of the most highly anticipated in boxing history, and Mayweather won a close split decision to capture the WBC title. The event generated record pay-per-view numbers at the time and cemented Mayweather as the sport’s biggest draw.

After defeating De La Hoya, Mayweather took a brief retirement, but his love for the sport and the allure of big-money fights brought

him back to the ring. In 2009, he returned to face Juan Manuel Márquez in a fight that further displayed his dominance. By this point, Mayweather had fully embraced his “Money” persona, flaunting his wealth and using his status to negotiate unprecedented paydays for his fights.

Mayweather’s brilliance in the ring was built on his extraordinary defense. He was a master of timing, footwork, and anticipation, making him one of the most difficult fighters to hit cleanly. His signature “shoulder roll” defense allowed him to block or deflect punches while simultaneously positioning himself to counter. His ability to adjust to different opponents, whether they were aggressive power punchers or technical boxers, was a key factor in his long-lasting success.

What separated Mayweather from many other fighters was his ring IQ. He could read his opponents and make split-second adjustments that often left them frustrated and unable to land significant shots. His defense, combined with his sharp counterpunching, made him nearly



impossible to defeat. While critics often labeled his fights as “boring” due to the lack of sustained action, Mayweather’s approach was about efficiency and minimizing risk, which helped preserve his longevity in the sport.

Throughout his career, Mayweather faced some of the most dangerous and accomplished fighters in the world. In 2012, he took on Miguel Cotto in a fight that pushed him to his limits. Cotto, a strong and aggressive fighter, managed to land more punches on Mayweather than most of his previous opponents, but Mayweather’s precision and defense ultimately carried him to victory.

One of Mayweather’s most significant victories came in 2013 when he faced a young and undefeated Canelo Álvarez. At the time, Canelo was seen as the future of boxing, but Mayweather delivered a masterclass in boxing, thoroughly outclassing the Mexican star in a fight that showcased his technical superiority. The unanimous decision victory reaffirmed Mayweather’s status as the pound-for-pound king of the sport.

The fight that defined Mayweather’s career, however, was his long-awaited showdown with Manny Pacquiao in 2015. After years of negotiations, the two biggest stars in boxing finally squared off in a fight that shattered all financial records, generating over \$400 million in pay-per-view revenue. Although the fight did not live up to the hype in terms of excitement, Mayweather’s tactical brilliance was on full display, as he neutralized Pacquiao’s aggression and coasted to a unanimous decision victory.

In 2017, Mayweather came out of retirement for one final mega-fight, this time against UFC star Conor McGregor. While many saw the fight as a spectacle rather than a true test of Mayweather’s skills, it was another opportunity for the undefeated boxer to add to his legacy and his bank account. Mayweather won the fight via TKO in the 10th round, officially retiring with a perfect record of 50-0.

Floyd Mayweather’s legacy in boxing is undeniable. His perfect record, world titles in five weight classes, and ability to defeat the best fighters of his era solidify his place

among the sport’s greatest. While some critics argue that his defensive style was not always fan-friendly, his technical brilliance, unparalleled work ethic, and longevity make him one of the most respected fighters in history. Beyond his in-ring accomplishments, Mayweather revolutionized the business of boxing. His ability to market himself, negotiate lucrative deals, and take control of his own promotional efforts set a new standard for athletes in all sports. His promotion company, Mayweather Promotions, has continued to grow, further establishing his influence on the future of boxing.

Floyd Mayweather will forever be remembered as a boxing legend who not only dominated his era but also redefined what it means to be successful in the sport. His perfect 50-0 record, combined with his defensive mastery, ring intelligence, and business acumen, sets him apart from other champions. Whether loved or hated for his flashy persona, Mayweather’s impact on boxing is undeniable, and his legacy will endure as one of the greatest fighters to ever step into the ring.



R. KELLY'S DAUGHTER CLAIMS SINGER SEXUALLY

"I was too scared to tell anybody," Buku Abi, now 26, said in a new two-part documentary.

R. Kelly's daughter Buku Abi is claiming in a new documentary that her father sexually abused her as a child.

Abi, whom Kelly shares with his ex-wife Andrea "Drea" Kelly, made the accusation in the two-part series *R. Kelly's Karma: A Daughter's Journey*, which premiered through the TVEI Streaming Network on Friday (Oct. 11).

"He was my everything. For a long time, I didn't even want to believe that it happened. I didn't know that even if he was a bad person that he would do something to me," Abi, whose legal name is Joann Kelly, says in the episode. "I was too scared to tell anybody. I was too scared

to tell my mom."

In the second episode, Abi, now 26, claims the abuse happened when she was 8 or 9 years old. "I just remember waking up to him touching me," she tearfully recalls. "And I didn't know what to do, so I just kind of laid there, and I pretended to be asleep." She added, "from that moment on, I was a different person."

Abi says she initially reported the alleged abuse to her mother in 2009, and a complaint was filed under "Jane Doe," but the statute of limitations had run out. "They couldn't prosecute him because I waited too long. So at that point in my life, I felt like I said something for nothing," she said.

Kelly's attorney Jennifer Bonjean said in a statement to People that



ABUSED HER AS A CHILD

the imprisoned singer “vehemently denies these allegations. His ex-wife made the same allegation years ago, and it was investigated by the Illinois Department of Children & Family Services and was unfounded.... And the ‘filmmakers,’ whoever they are, did not reach out to Mr. Kelly or his team to even allow him to deny these hurtful claims.”

The disgraced R&B singer, whose real name is Robert Sylvester Kelly, is currently serving a 30-year prison sentence after he was convicted of racketeering and sex trafficking charges in 2021. In 2022, Kelly was also convicted of six counts of child pornography and enticing a minor to engage in sexual activity.

The first two episodes of R. Kelly’s Karma: A Daughter’s Journey are currently streaming through the TVEI Streaming Network.

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The 4 Types of Parenting Styles and How Kids Are Affected

Learn if your style is authoritative, authoritarian, permissive, or uninvolved.

Your parenting style can affect everything from your child's self-esteem and physical health to how they relate to others. It's important to ensure your parenting style is supporting healthy growth and development because the way you interact with your child and how you discipline them will influence them for the rest of their life. Researchers have identified four main types of parenting styles:

- Authoritarian
- Authoritative
- Permissive
- Uninvolved

Each style takes a different approach to raising children, offers different pros and cons, and can be identified by a number of different characteristics. People often want to know which parenting style they are using—and which is the best. The truth is that there is no one right way to parent, but the general parenting style that most experts, including the American Academy of Pediatrics (AAP), recommend is an authoritative approach.

Learn more about the four major parenting styles, why they matter, and how to tell which one you parent with—and how and

when to adapt your approach, if needed.

Authoritarian Parenting

Do any of these statements sound like you? You believe kids should be seen and not heard.

When it comes to rules, you believe it's "my way or the highway."

You don't take your child's feelings into consideration.

If any of those ring true, you might be an authoritarian parent. Authoritarian parents believe kids should follow the rules without exception.

Authoritarian parents are famous for saying, "Because I said so," when a child questions the reasons behind a rule. They are not interested in negotiating and their focus is on obedience. They also don't allow kids to get involved in problem-solving challenges or obstacles. Instead, they make the rules and enforce the consequences with little regard for a child's opinion.

Authoritarian parents may use punishments instead of discipline. So, rather than teach a child how to make better choices, they're invested in making kids feel sorry for their mistakes. Children who grow up with strict authoritarian parents tend to follow rules much of the time. But, their obedience comes at a price.

Children of authoritarian parents are at a higher risk of developing self-esteem problems because their opinions aren't valued.

They may also become hostile or aggressive. Rather than think about how to do things better in the future, they often focus on the anger they feel toward their parents or themselves for not living up to parental expectations. Since authoritarian parents are often strict, their children may grow to become good liars in an effort to avoid punishment.

Authoritative Parenting

Do any of these statements sound like you?

- You put a lot of effort into creating and maintaining a positive relationship with your child.
- You explain the reasons behind your rules.
- You set limits, enforce rules, and give consequences, but take your child's feelings into consideration.

If those statements sound familiar, you may be an authoritative parent. Authoritative parents have rules and they use consequences, but they also take their children's opinions into account. They validate their children's feelings, while also making it clear that the adults are ultimately in charge. This is the



approach backed by research and experts as the most developmentally healthy and effective parenting style.

Authoritative parents invest time and energy into preventing behavior problems before they start. They also use positive discipline strategies to reinforce positive behavior, like praise and reward systems.

Researchers have found kids who have authoritative parents are most likely to become responsible adults who feel comfortable self-advocating and expressing their opinions and feelings.

Children raised with authoritative discipline tend to be happy and successful. They're also more likely to be good at making sound decisions and evaluating safety risks on their own.

Permissive Parenting

Do any of these statements sound like you?

- You set rules but rarely enforce them.
- You don't give out consequences very often.
- You think your child will learn best with little interference from you.

If those statements sound familiar, you might be a permissive parent. Permissive parents

are lenient. They often only step in when there's a serious problem.

They're quite forgiving and they adopt an attitude of "kids will be kids." When they do use consequences, they may not make those consequences stick. They might give privileges back if a child begs or they may allow a child to get out of time-out early if they promise to be good.

Permissive parents usually take on more of a friend role than a parent role. They often encourage their children to talk with them about their problems, but they usually don't put much effort into discouraging poor choices or bad behavior.

Kids who grow up with permissive parents are more likely to struggle academically. They may exhibit more behavioral problems as they don't appreciate authority and rules.

They often have low self-esteem and may report a lot of sadness.

They're also at a higher risk for health problems, like obesity, because permissive parents struggle to limit unhealthy food intake or promote regular exercise or healthy sleep habits. They are even more likely to have dental cavities because permissive parents often don't enforce good habits, like ensuring a child brushes their teeth.

Uninvolved Parenting

Do any of these statements sound familiar?

- You don't ask your child about school or homework.
- You rarely know where your child is or who they are with.
- You don't spend much time with your child.

If those statements sound familiar, you might be an uninvolved parent. Uninvolved parents tend to have little knowledge of what their children are doing. There tend to be few rules in the household. Children may not receive much guidance, nurturing, and parental attention.

Uninvolved parents expect children to raise themselves. They don't devote much time or energy into meeting children's basic needs. Uninvolved parents may be neglectful but it's not always intentional. A parent with mental health issues or substance abuse problems, for example, may not be able to care for a child's physical or emotional needs on a consistent basis.

At other times, uninvolved parents lack knowledge about child development—or they may believe that their child will do better without their oversight. And sometimes, they're simply overwhelmed with other problems, like work, paying bills, and managing a household.

Children with uninvolved parents are likely to struggle with self-esteem issues.

They tend to perform poorly in school. They also exhibit frequent behavior problems and rank low in happiness.

A Word From Verywell

There's on such thing as perfect parenting. Sometimes parents don't fit into just one category, so don't despair if there are times or areas where you tend to be permissive or uninvolved and other times when you're more authoritative. It is hard to remain consistent when balancing life and parenting. Don't engage in parent guilt or shame. That's not helpful for anyone.

The studies are clear, however, that authoritative parenting is the best parenting style. But even if you tend to identify with other parenting styles more, there are steps you can take to become a more authoritative parent.

With dedication and commitment to being the best parent you can be, you can maintain a positive relationship with your child while still establishing your authority in a healthy manner. And over time, your child will reap the benefits of your authoritative style.

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2024 Audi Q8



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

What's New for 2024?

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

Pricing and Which One to Buy

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

We'd choose the Audi Q8 Premium trim and enhance it with select options. Its standout standard features already include a fully digital gauge cluster, built-in navigation, leather upholstery, heated front seats, a panoramic sunroof, and a power-operated tailgate. While 21-inch rims are standard, we'd still spec the Black Optic package for its sportier appearance. We'd also add the Convenience package (blind-spot monitoring, rear cross-traffic alert, wireless charging, and more) and the Towing package. The latter unlocks the Q8's maximum tow rating of 7700 pounds.

Engine, Transmission, and Performance

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

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

Towing and Payload Capacity

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

Fuel Economy and Real-World MPG

The Q8 has mediocre EPA estimates that are lower than other all-wheel-drive rivals. The government estimates the Q8 is good for 17 mpg city and 23 highway. The Q8 we took on our highway fuel economy route greatly exceeded its EPA highway rating,



however, returning 28 mpg over 200 miles. A similarly equipped BMW X6 returned 29 mpg. For more information about the Q8's fuel economy, visit the EPA's website.

Interior, Comfort, and Cargo

In typical fashion, Audi has crafted a sophisticated and sturdy environment inside the Q8. The materials are premium, and the panels are expertly aligned. While the base model misses out on upscale features such as four-zone climate control and a leather dashboard with contrast stitching, it has standard heated front seats and a panoramic sunroof. Only the top-of-the-line model offers massaging front seats, upgraded leather surfaces, and quieter dual-pane glass. Our test vehicle had all that plus a head-up display and customizable ambient interior lighting. Not only is the Q8 visually impressive, it has more than enough passenger space. The driving position remains sporty despite its elevated height, and two adults can leisurely stretch out in the back. Although the two-row Q8 has less cargo volume than the three-row Q7, we managed to squeeze eight carry-on bags behind its back seat. That number increased to 23 (two less than in the Q7) with the split rear bench folded nearly flat. Our test vehicle had the optional air suspension, which

can lower the rear end to help with lifting luggage in and out. Inside, the Q8 has limited cubby storage. Its shallow center-console bin and narrow door pockets left us with few spots to store small items.

Infotainment and Connectivity

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

Safety and Driver-Assistance Features

While the base model is available with several driver assists, more advanced options such as adaptive cruise control with stop-and-go technology and night vision with pedestrian

detection are reserved for higher trims. Our test vehicle had the optional 360-degree camera system that helped us navigate narrow drive-throughs and avoid scratching the massive rims.

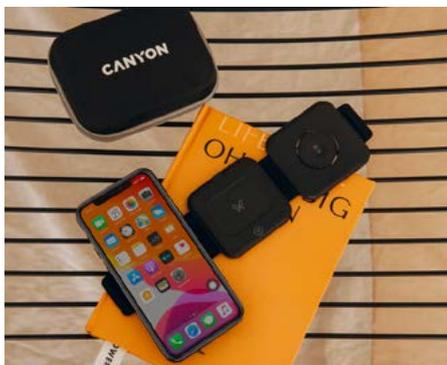
For more information about the Q8's crash-test results, visit the National Highway Traffic Safety Administration (NHTSA) and Insurance Institute for Highway Safety (IIHS) websites. Key safety features include:

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

Warranty and Maintenance Coverage

Audi provides the same limited and powertrain warranty as BMW and Mercedes-Benz.

- Limited warranty covers four years or 50,000 miles
- Powertrain warranty covers four years or 50,000 miles
- No complimentary scheduled maintenance



Top 10 Necessary Gadgets For Man In 2024

In our fast-paced world of technology, staying updated with the recent trending in-demand gadgets is a pure necessity.

While planning a date, storming for a hiking tour with your friends, or visiting your grandma in an outlying residential district, you'll certainly keep calm and secure with these faithful assistants.

Catch up a curated list of the coolest gadgets for men in 2024, with an all-round structure of their advanced tech features, with the focus on quality and reliability, and shining with reputable brands that will absolutely resonate with your lifestyle.

Most trending devices of a high-reputation gentleman: TOP 10 necessary gadgets for man in 2024

1. Smartphone as a pocket companion

Starting the story, let's embark on a technological cruise with the top-brand gadget for man – smartphone.

Whether you're capturing memories or navigating daily tasks, the smartphone functionality is absolutely mind-blowing as it procures everything we need to live life, work, tour, relax, and everything above. The average gadget cost starts from \$119, making it a record high \$790.

Core smartphone functions:

Powerful processor for multitasking and swift app launches

High-resolution camera
Long battery life
Secure biometric authentication: fingerprint or facial recognition
Smooth integration with other devices and networks

On top of that, these smart assistants safely withstand daily wear and tear for long-term reliability, sharing joy with us by the quick replenishment of battery levels for convenience on the go.

2. Bluetooth headphones

Premium wireless headphones present us redefined audio expertise, giving admiring music tapestry fans the charm of every-minute listening. Boasting features like noise cancellation, touch controls, and superior sound quality, with sleek designs and ergonomic comfort, these necessary gadgets are engineered for extended listening sessions.

Being the extreme companions in every possible trip or sport take-over, the gadgets providing both a refined gentleman and an athletic bodybuilder wireless audio comfort. So, willing to unleash your independence or charm on stroll, cut the cords and enjoy superior audio quality with Bluetooth headphones.

Priced initially from \$13 and reaching higher, this accessory's industry-leading noise cancellation and an immersive listening

experience with touch-sensitive controls, also means long battery life and impeccable sound quality.

Key headphones features of these best gadgets for guys:

Active noise cancellation technology equals to an immersive audio experience, also complemented by Long-lasting battery life, ensuring extended usage with no frequent recharging

Ergonomic design

Also get to know about multipoint connectivity ensuring multiple devices connections altogether. Touch controls and voice assistant integration, not letting go of the robust build quality, water and sweat resistance, completes the cool technology list.

3. Gaming console

Created a distinct time ago for real gamers, gaming consoles have evolved to offer a multitude of features for a whole range of PC lovers.

High-performance hardware, including advanced GPUs and processors, with a background of massive game libraries and online multiplayer capabilities, provide users with a broad spectrum of entertainment options.

User-friendly interfaces and intuitive controllers enhance the overall gaming experience

Compatibility with VR systems and awesome streaming capabilities enable gamers to access a great variety of stylish content. Explore the world of gaming with models from \$50 to over \$500, depending on the type.

4. Bluetooth speakers

Bluetooth speakers, also presented as portable audio powerhouses, come in diversified choices. For a sophisticated company eager to listen to Chopin symphony or breezing out on a picnic with your kids and listening to Super Simple Songs, high-quality speakers are great to take your music on the go with Bluetooth speakers.

Open up their range of functions:

- Compact and durable design
- Advanced Bluetooth connectivity options (like Bluetooth 5.0)
- High-fidelity sound reproduction
- Waterproof and rugged builds & high resilience
- Extended battery life & unstopped music playback
- Multi-speaker connectivity

Speaking of devices' price, it takes off from around \$50 for a quality brand.

5. Fitness tracker

Having this device as trusted sport partner managing your state of health, you'll absolutely get to the highest point in your workouts.

Fitness trackers being indispensable for health-conscious stylish men, offer:

- Accurate biometric monitoring
- GPS tracking capabilities with precise data on outdoor activities
- Water resistance and durable construction
- Mobile apps' integration
- Multi-sport modes
- Quick charging capabilities

Meet a quality tracker that doesn't exceed a price of \$75 for beginners.

6. Beyond time limits with your smartwatch

A smartwatch is more than just a time-measuring hand decoration, but a partner to trust your work comfort, and reputation. Smartwatches with health monitoring, app integration, and customizable faces, combining functionality with style.

Diving into its core functionality, we'll find:

- Advanced health tracking
- Personalized watch faces and interchangeable bands
- App integration, enabling you to receive notices, listen to music, and even pay from your wrist
- Voice assistant incorporation for hands-free tasks

Robust build quality (water and dust resistance)

Long battery life and efficient power-saving mode

The simplest timing gadget with basic functions is about \$19,99.

7. Laptop: transportable command center

For work or creative endeavors, a powerful laptop is essential. What are its central capacities?

Notebooks/laptops, being essential productivity tools, boast forceful processors and massive RAM

High-resolution displays, vivid tones, extensive viewing angles

Light and slim design

Ergonomic keyboards, precise trackpads

Extensive connectivity options (USB-C and Thunderbolt)

Long battery service, just as many of these smart devices possess

Robust reliability characteristics

Opening the cost line at \$155, this sleek powerhouse is armed with array of functions.

8. Cinema in your pocket with portable mini projector

Standing as a compact accessory for on-the-go entertainment, projectors possess high brightness levels and adjustable resolutions for clear and vibrant projections.

Smooth connectivity options

Built-in speakers and audio-out ports rendering a complete audio-visual experience.

User-friendly interfaces and intuitive controls, and battery-powered options on top of that

Elevate your entertainment, starting, take, with the shyest price projector of \$50, and go above.

9. Drone: aerial photography adventure

Featuring a host of key features, this smart gadget meritably boasts:

Advanced camera systems

GPS navigation and smart obstacle prevention specs

Intelligent flight modes, such as Follow Me and Waypoints, for aerial maneuvers automation.

Compact and foldable layouts

Extended flight times and quick-charging capabilities

User-friendly remote controllers and intuitive mobile apps

Unravel the drone price of \$50 that combines power and finesse in the skies.

10. Tablet: versatile computing

Having come into our lives as versatile indispensable devices, tablets possess several key features:

High-resolution displays, responsive touch interfaces

Forceful processors and ample RAM support
Light and slim construction for portability focus

Prolonged battery service, taken almost for granted

Extensive app ecosystems

Connectivity options, such as Wi-Fi and cellular capabilities for internet access on the fly

Optional tricks, like styluses and keyboard attachments, give charm and style to your work

Immerse yourself in the laptop universe with \$65-price appliance, where cutting-edge technology meets sleek design.

11. Powerbank: vibrant charging

Powerbanks, appearing as indispensable smart gadgets' life sponsors, are undeniably one-and-alone gift on the move.

High-capacity batteries provide multiple charges for smartphones and other devices

Compact and easyweight design presents portability, fitting into your pocket

Fast-charging technologies and multiple output ports empower simultaneous charging of multiple devices

Intelligent safety features, LED indicators offer real-time information on remaining power levels, coupled with durable builds and materials contribute complete its outstanding features list

Meet any of these smart appliance, swimming off with the price of \$18, a portable powerhouse for your devices.

Throughout different consumer preferences, simple smartphone acquisition moved to a journey with millions of choices. It brings us the idea of making our personalized needs the primary focus of manufacturers.

Stay also focused on new tech gadgets in 2024, like iPhone 16, PHOLED TV, more compact laptops, brand-new Nintendo console, and Samsung Galaxy 24.

So, keep note of this effect: wireless chargers, eliminating the drizzle of cables, or portable batteries, compact and efficient, ensure complete security and comfort. It means the need for you to look for specialized tools completing the luxury gadgets, with no demand for substitution for newer ones.

Benefiting from the extraordinary smart gadgets selection for your time-spending, remember about their functionality and usefulness as a primary goal, facilitating every aspect of your daily routine.

If something important is close to your heart of a high-reputation man, take a look at the brands on the Canyon high-standard product platform, may be taking some technical advice.



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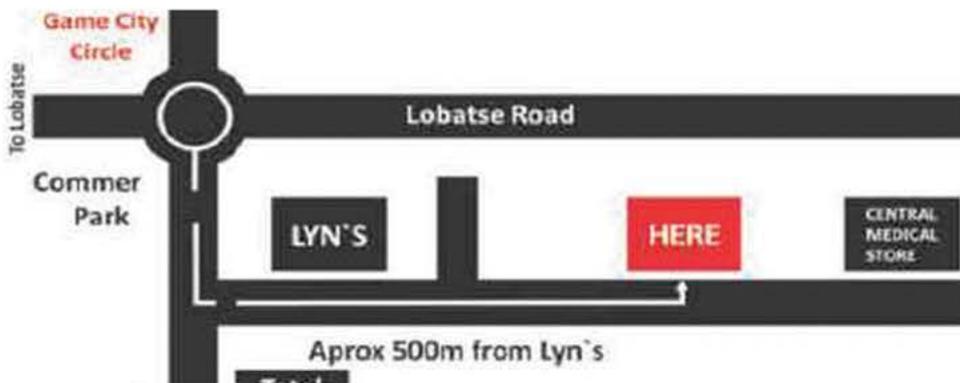
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Tuna Salad Sandwich

Make a classic tuna sandwich for lunch. To turn it into a tuna melt, simply toast the bread, then top one with cheese and grill until bubbling

Method

STEP 1

To make the tuna salad tip all the ingredients into a bowl, season with a little salt and lots of pepper and use a fork to mash everything together until completely mixed. Will keep covered and chilled for a day.

STEP 2

To assemble the sandwiches pile and spread the tuna salad over two slices of the bread. Add the cucumber and lettuce, then spread the remaining slices with the mayonnaise and use them to top the sandwiches. Press down on the sandwiches lightly, then halve (rectangles or triangles) and serve. Best eaten straightaway or pack into a reusable plastic container for lunch.

Ingredients

For the tuna salad

- 145g can tuna (sunflower oil, olive oil

or spring water are all fine), drained if needed

- ½ stick of celery, peeled, and finely diced
- ½ small red onion, finely diced
- 1 tbsp mayonnaise
- small pinch of paprika, optional

For the sandwich

4 slices granary bread

8 slices cucumber

4 Little Gem lettuce leaves, washed and dried

2 tsp mayonnaise



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10 Exercises to Tone Every Inch of Your Body After 30 days



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

Benefits of working out

We know daily exercise is good for optimizing health. But with so many options and limitless information available, it's easy to get overwhelmed with what works. But not to worry. We've got your back (and body)!

Check out the 10 exercises you can do for ultimate fitness. Combine them into a routine for a workout that's simple but powerful and sure to keep you in shape for the rest of your life.

Why these 10 exercises will rock your body

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

LUNGES

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

1. Start by standing with your feet shoulder-width apart and arms down at your sides.
2. Take a step forward with your right leg and bend your right knee as you do so, stopping when your thigh is parallel to

the ground. Ensure that your right knee doesn't extend past your right foot.

3. Push up off your right foot and return to the starting position. Repeat with your left leg. This is one rep.
4. Complete 3 sets of 10 reps.

PUSH UPS

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

1. Start in a plank position. Your core should be tight, shoulders pulled down and back, and your neck neutral.
2. Bend your elbows and begin to lower your body down to the floor. When your chest grazes it, extend your elbows and return to the start. Focus on keeping your elbows close to your body during the movement.
3. Complete 3 sets of as many reps as possible.

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

SQUATS

Squats increase lower body and core strength, as well as flexibility in your lower back and hips. Because they engage some of the largest muscles in the body, they

also pack a major punch in terms of calories burned.

1. Start by standing straight, with your feet slightly wider than shoulder-width apart, and your arms at your sides.
2. Brace your core and, keeping your chest and chin up, push your hips back and bend your knees as if you're going to sit in a chair.
3. Ensuring your knees don't bow inward or outward, drop down until your thighs are parallel to the ground, bringing your arms out in front of you in a comfortable position. Pause for 1 second, then extend your legs and return to the starting position.
4. Complete 3 sets of 20 reps.

STANDING OVERHEAD DUMBBELL PRESSES

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

Equipment: 10-pound dumbbells

1. Pick a light set of dumbbells — we recommend 10 pounds to start — and start by standing, either with your feet shoulder-width apart or staggered. Move the weights overhead so your upper arms are parallel to the floor.



Repeat 10 times for 3 sets.

SINGLE-LEG DEADLIFTS

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

Equipment: dumbbell

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

BURPEES

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

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

SIDE PLANKS

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

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

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

and lift your hips and knees off the ground, forming a straight line with your body.

3. Return to start in a controlled manner. Repeat 3 sets of 10–15 reps on one side, then switch.

PLANKS

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

1. Begin in a pushup position with your hand and toes firmly planted on the ground, your back straight, and your core tight.
2. Keep your chin slightly tucked and your gaze just in front of your hands.
3. Take deep, controlled breaths while maintaining tension throughout your entire body, so your abs, shoulders, triceps, glutes, and quads are all engaged.
4. Complete 2-3 sets of 30-second holds to start.

GLUTE BRIDGE

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

1. Start by lying on the floor with your knees bent, feet flat on the ground, and arms straight at your sides with your palms facing down.
2. Pushing through your heels, raise your hips off the ground by squeezing your core, glutes, and hamstrings. Your upper back and shoulders should still be in contact with the ground, and your core down to your knees should form a straight line.
3. Pause 1–2 seconds at the top and return to the starting position.
4. Complete 10–12 reps for 3 sets.

How to improve workouts

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

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

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

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

2. Bracing your core, begin to push up until your arms are fully extended above your head. Keep your head and neck stationary.
3. After a brief pause, bend your elbows and lower the weight back down until your triceps muscle is parallel to the floor again.
4. Complete 3 sets of 12 reps.

DUMBBELL ROWS

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

Equipment: 10-pound dumbbells

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



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Maun Riversand Marathon & Beach Boot Camp: Where Fitness Meets Community Empowerment

In the heart of Maun, where the Okavango Delta's natural beauty meets a vibrant community spirit, a unique fitness initiative is transforming Sunday mornings. The Maun Riversand Marathon & Beach Boot Camp, hosted by Cena Active Fitness Centre, is not just a marathon or workout—it's a movement dedicated to fitness, philanthropy, and the betterment of lives. Every Sunday at 5 AM, participants gather to embark on a physically demanding journey, all with a registration fee of P350 per person. But this event is about more than just pushing physical limits—it's about giving back to the community, especially those in need.

The day begins bright and early, with participants meeting at the break of dawn for the 10-kilometer marathon. Starting at 5 AM, runners of all fitness levels lace up their shoes and hit the trail along the picturesque riverbanks of Maun. The route offers not only a test of endurance but also a refreshing and scenic environment that

motivates participants to push through the challenge. Whether you're a seasoned runner or a beginner, the marathon welcomes all, providing an opportunity to improve fitness and mental fortitude.

But the marathon is just the first step. Once the 10km run is complete, participants gear up for the Beach Boot Camp, held right by the riverbanks. The boot camp focuses on a variety of exercises, from strength training and weight loss routines to muscle-gaining and weight maintenance workouts. Whether you're looking to tone your body, lose those extra pounds, or build muscle mass, the boot camp is designed to cater to everyone's fitness goals. Cena Active Fitness Centre has created a program that's as challenging as it is rewarding, allowing participants to experience comprehensive workouts in an invigorating outdoor setting.

What sets the Maun Riversand Marathon & Beach Boot Camp apart from typical fitness

events is its underlying purpose. All funds raised from registration fees are directed toward supporting people with albinism, a community that often faces unique challenges, including discrimination, social marginalization, and medical difficulties. For Cena, the founder of Cena Active Fitness Centre, this cause is deeply personal. Growing up in a Christian family, he was taught the values of compassion, empathy, and selflessness—principles that continue to guide his life and business.

By organizing this event, Cena aims to raise awareness about the struggles faced by individuals with albinism, while also providing practical support through funds that will go towards medical care, education, and social advocacy. For participants, this means that every step they take in the marathon and every push-up completed in the boot camp contributes to a greater cause—helping people with albinism live better, healthier, and more fulfilling lives.



Cena's Vision: Beyond Profit to Community Impact

Unlike many fitness centers, Cena Active Fitness Centre looks beyond profit and instead focuses on creating a lasting impact in the community. Cena's dream goes beyond just organizing marathons and boot camps; he envisions a future where his fitness initiatives are intertwined with philanthropy and community development.

His long-term goal is to own a farm where he can establish a permanent fitness hub that caters not only to fitness enthusiasts but also to those in need. A significant part of this vision includes digging a borehole to address Maun's persistent water shortages. With this borehole, Cena plans to provide water to the less privileged, allowing them to access clean drinking water—something that many take for granted. The borehole would serve as a resource for the entire community, ensuring that even those without taps in their homes can come and fetch water.

This vision of integrating fitness, philanthropy, and community service stems from Cena's deep-rooted belief that true success lies in helping others. ****"Fitness is not just about improving ourselves physically, but also about empowering others to live better lives,"*** Cena often says. Through his future farm and fitness center, he hopes to create a space where people can improve

their health, contribute to charitable causes, and gain access to basic necessities like clean water.

A Lifeline for the Less Privileged: Education and Essential Resources

In addition to supporting individuals with albinism, Cena Active Fitness Centre is committed to helping underprivileged children and families. With the proceeds from the Maun Riversand Marathon & Beach Boot Camp, Cena aims to provide educational resources such as stationery and textbooks to children in need. As the summer season approaches and the temperatures rise, it becomes even more critical to support those who lack the basic resources to thrive.

Cena recognizes that education is the key to breaking the cycle of poverty, and he is determined to ensure that the leaders of tomorrow—today's children—are equipped with the tools they need to succeed. From providing food to families struggling to make ends meet to supplying school materials to students, Cena's charitable efforts extend far beyond the fitness realm. It's about uplifting the entire community and ensuring that everyone has the opportunity to flourish, regardless of their financial situation.

Recognizing the power of media to amplify his mission, Cena has partnered with Urban

Rhythm Magazine, a leading lifestyle and entertainment publication, to spread the word about the Maun Riversand Marathon & Beach Boot Camp. This partnership aims to raise awareness about the initiative, encouraging more people to participate in the marathon, contribute to the fundraising efforts, and support the noble causes Cena champions.

By utilizing the platform offered by Urban Rhythm Magazine, Cena hopes to reach a wider audience—not just in Maun, but across Botswana and beyond. The magazine serves as a bridge, connecting potential sponsors, partners, and participants to Cena's mission. Together with Urban Rhythm Magazine, Cena is laying the groundwork for a fitness movement that reaches far beyond the riverbanks of Maun, inspiring others to get involved and make a difference.

The Road Ahead: Building a Legacy of Compassion

As Cena looks toward the future, his aspirations are clear. He wants to continue building a community that is rooted in fitness, compassion, and social responsibility. His vision for the Maun Riversand Marathon & Beach Boot Camp is one of sustainability and growth, where more people join the movement and more lives are touched through charitable efforts.

By creating a space where fitness enthusiasts can come together to improve their health while also contributing to meaningful causes, Cena is building a legacy that will last for generations. His commitment to addressing issues like water scarcity, supporting individuals with albinism, and providing educational resources to children ensures that his efforts will have a lasting impact on the Maun community and beyond.

The Maun Riversand Marathon & Beach Boot Camp is more than just a fitness event—it's an opportunity to make a difference. Whether you're a runner, a fitness enthusiast, or someone who simply wants to give back to the community, this event is the perfect way to combine your passion for fitness with a noble cause. With a registration fee of P350, you're not just investing in your health—you're helping to improve the lives of those in need.

So why not lace up your running shoes and join the movement? Every Sunday at 5 AM, the Maun Riversand Marathon & Beach Boot Camp brings people together for a morning of fitness, fun, and philanthropy. Together, we can create a future where everyone has the opportunity to thrive, where people with albinism are supported, and where children have access to the education and resources they need to succeed.



Ben Whittaker: British Fighter Have Further Assessments On

British fighter Ben Whittaker suffers ankle sprain and will have further assessments on an aggravated neck injury after bizarre conclusion to light-heavyweight fight in Riyadh on Saturday where both fell out of the ring.

Ben Whittaker suffered an ankle sprain

and will have further assessments on an aggravated neck injury after the bizarre conclusion to his bout in Riyadh on Saturday. The fight between Whittaker and Liam Cameron ended in a draw after both crashed out of the ring.

Whittaker left the arena in a wheelchair and

was taken to hospital for scans to his injured leg after he and Cameron grappled onto the ropes and tumbled over the top.

Cameron was sprawled on Whittaker as they fell on the outer canvas towards the end of the fifth round, with the latter unable to get up.



Suffers Ankle Sprain And Will An Aggravated Neck Injury.

- Ben Whittaker opponent accuses him of 'staying down'
- Ben Whittaker injured after flipping out of ring
- Frazer Clarke has successful surgery after Fabio Wardley loss

The bout was abandoned due to accidental

injury and declared a technical split draw, with Whittaker 58-57 on one scorecard and Cameron ahead by the same score on another with the third tied 58-58 moving Whittaker's professional record to 8-1 and Cameron to 23-6-1.

His promoter Ben Shalom told Sky Sports:

"Following the unprecedented incident that ended the match on Saturday night, Ben Whittaker is undergoing further assessments on his neck as a previous injury was aggravated by the fall.

The judges would rule the contest a technical decision split draw, with Cameron calling for

Sports

a rematch, insisting he had done enough to win the fight after five rounds.

"I want either a rematch or something better. Ben deserves the rematch," Cameron told TNT after the fight.

"I think I was a bit hard done by. He's the golden boy here, and I've just ripped the script up."

Cameron reiterated those calls on Monday with a post on social media which taunted Whittaker's injury. "Unfinished business. We need a rematch," he wrote on X.

"Bring your wheelchair and we can do it in the steel cage if you like."

The fight was on the undercard for the undisputed light-heavyweight world title bout between Dmitry Bivol and Artur Beterbiev.



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139⁹⁵



BOKOMO BREAD FLOUR BROWN
1x12.5Kg
124⁹⁵



BLUE CRYSTAL SUKIRI WHITE
1x12.5Kg
149⁹⁵
SUKIRI WHITE
1x5Kg
60⁹⁵



BLUE CRYSTAL SUKIRI BROWN
1x5Kg
59⁹⁵



EEZEE NOODLES ASSORTED
1x5's
15⁹⁵



MAGGI NOODLES ASSORTED
1x5's
21⁹⁵

IMBO SUGAR BEANS
1x2Kg
89⁹⁵



IMBO LENTIL SOUP MIX
1x500g
9⁹⁵



CHOBE MAIZE SAMP
1x10Kg
84⁹⁵



SUNSTAR/D'LITE/PAN COOKING OIL 1x2Ltr
41⁹⁵



EXCELLA COOKING OIL
1x2Ltr
44⁹⁵



PAN COOKING OIL
1x750ml
15⁹⁵



EXCELLA COOKING OIL
1x20Ltr
499⁹⁵

FOURS

YOUR BASKET OF GOOD

GIVE WINTER THE
Cold Shoulder
with these great deals!

PRICES VALID FROM
1 JULY TO 31 JULY

P339⁹⁵ only

CHOICE
COMBO
DEAL!



TASTIC
RICE
10Kg

PAPA SUPER MAIZE
OR A1 OR WHITE STAR
MEAL 12.5Kg OR
CHAMPION MABELE 10Kg

FATTIS & MONIS 2kg/
NONNA'S 3kg
MACARONI

EXCELLA
COOKING
OIL 2Ltr

ALL GOLD
TOMATO
SAUCE 700ml

CROSSE &
BLACKWELL
MAYONNAISE
750g



COMBO
DEAL! **P299⁹⁵** only

BUDGET
COMBO!

P199⁹⁵ only

SPEKKO/EXCELLA
RICE 10kg

PAPA SUPER MAIZE OR
CHAMPION
MABELE 10kg

CWK
MIXED PASTA
2kg

PAN
COOKING
OIL 2Ltr

ALL GOLD
TOMATO
SAUCE 700ml

CROSSE &
BLACKWELL
MAYONNAISE
750g

PAPA SUPER MAIZE OR
CHAMPION MABELE 10kg

CWK
MIXED PASTA
2kg

PAN
COOKING OIL
2Ltr

NOLA
MAYONNAISE
750g

WELLINGTON'S
TOMATO SAUCE
700ml



PAPA
SUPER MAIZE
MEAL
1x12.5kg
91⁹⁵



SUPER A1
MAIZE MEAL
1x12.5kg
98⁹⁵



WHITE STAR
MAIZE MEAL
1x5kg
42⁹⁵



TASTIC
PARBOILED RICE
1x2kg
32⁹⁵
TASTIC
PARBOILED RICE
1x10kg
148⁹⁵



BABY SOFT
TOILET TISSUE
1x18's
99⁹⁵



DINU
BATHROOM
TISSUE ROSE
COLLECTION
1x18's
89⁹⁵
MINI 1x9's
33⁹⁵



MAQ
FABRIC
CONDITIONER
ASSORTED
1x2Ltr
29⁹⁵



STA SOFT
FABRIC
SOFTENER
1x2Ltr
36⁹⁵



SKY
WASHING
POWDER
1x2kg
28⁹⁵



SURF
WASHING
POWDER
1x2kg
36⁹⁵



SUNLIGHT
WASHING
POWDER
1x2kg
38⁹⁵



MAQ
WASHING
POWDER
1x2kg
48⁹⁵



COMFORT
FABRIC
CONDITIONER
1x800ml
35⁹⁵