

# Celebrity World

Botswana's Native Magazine

October 2025 P12

**10 Exercises to  
Tone Every Inch  
of Your Body**

**Aaliyah:  
The Princess  
of R&B**

**The Lion  
Who Lost  
His Roar**

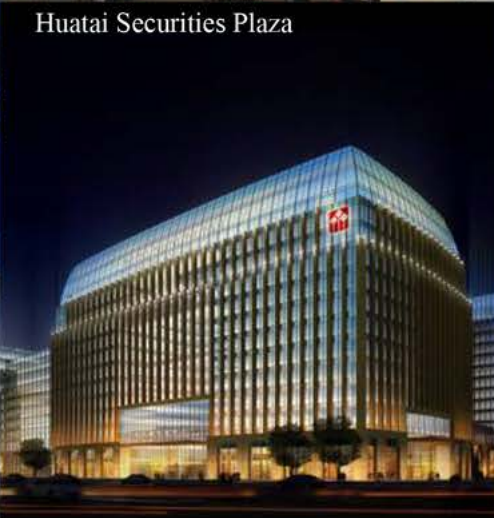
**Smith the  
Seam Ripper:  
Sewing  
Grooves for  
the Future**

**Steps  
to More  
Effective  
Parenting**

**A Tribute  
to Botswana's  
Fallen Star**

**A.T.I**





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Dear Readers

This October, Celebrity World Magazine pays tribute to a legend. Gracing our cover is A.T.I – Botswana's fallen star, whose untimely passing in September left the nation in shock. His music, vision, and spirit transformed the industry, and though he is no longer with us, his legacy continues to inspire. This issue is dedicated to celebrating his extraordinary life and the impact he made on our culture.

Alongside this heartfelt tribute, we spotlight other incredible talents shaping Botswana's creative scene. We meet Kao Segotsi, a Mr Botswana contestant whose story is one of discipline, ambition, and purpose. We also sat down with Mk Mokolobetsi, who began his journey as a dancer and has since carved out his place as a rising force in Bolo House music.

On the fashion front, Gaofengwe T. Maotoanong, famously known as Smith The Seam Ripper, reminds us why style is more than fabric, it's art, culture, and bold individuality. We also introduce you to Poloko NB, a hip hop artist making waves with his fresh sound and unapologetic drive. This issue is a celebration of journeys, some ongoing, some just beginning, and one that will remain eternal. As you turn these pages, may you find inspiration, pride, and a reminder of the rich talent that Botswana continues to nurture.

With love and gratitude  
Takudzwa Joylene  
Chigura  
Editor, Celebrity World  
Magazine



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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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



### Tron: Ares

Is a live-action science fiction action-adventure film set for release in theaters on October 10, 2025. The plot centers on a sophisticated, sentient AI program named Ares (Jared Leto) who leaves the digital world of the Grid to venture into the real world on a dangerous mission, representing humanity's first encounter with advanced AI beings. Directed by Joachim Rønning, the film features a cast including Jeff Bridges, Greta Lee, Evan Peters, and is known for its cutting-edge visual effects and an industrial-inspired score by Nine Inch Nails



### After the Hunt

Is a 2025 psychological thriller film directed by Luca Guadagnino and written by Nora Garrett. Starring Julia Roberts, Ayo Edebiri, Andrew Garfield, Michael Stuhlbarg and Chloë Sevigny, it follows Alma, a college professor caught in between a sexual abuse accusation involving one of her students and a colleague. The film had its world premiere out of competition in the 82nd Venice International Film Festival on August 29, 2025, where it received mixed reviews from critics. It is scheduled to be released in the United States by Amazon MGM Studios on October 10, 2025.



### Frankenstein

Is a 2025 American gothic science fiction horror film, written and directed by Guillermo del Toro, based on Mary Shelley's 1818 novel of the same name. The film stars Oscar Isaac, Jacob Elordi, Mia Goth, Felix Kammerer, Lars Mikkelsen, David Bradley, Lauren Collins, Charles Dance, and Christoph Waltz.

The film had its world premiere in the main competition of the 82nd Venice International Film Festival on August 30, 2025, it will be followed by a limited theatrical release on October 17, 2025 and a global release by Netflix on November 7, 2025.

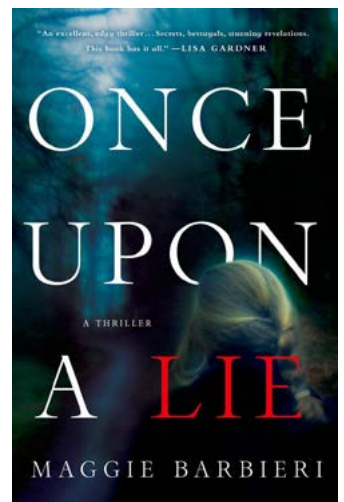
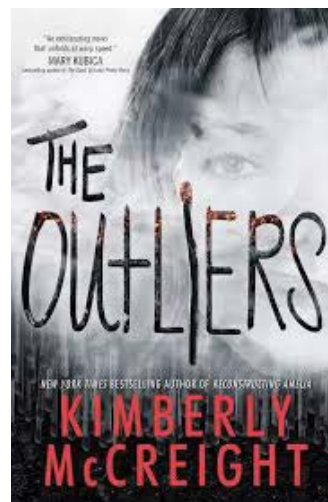
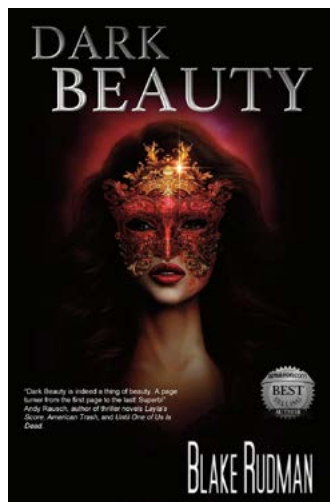
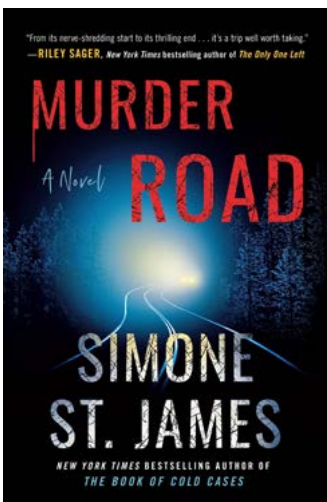


### Thama

Is an upcoming Indian Hindi-language romantic comedy horror film directed by Aditya Sarpotdar, written by Niren Bhatt, Suresh Mathew and Arun Falara and produced jointly by Dinesh Vijan and Amar Kaushik. It serves as the fifth installment in the Maddock Horror Comedy Universe. It stars Ayushmann Khurrana, Rashmika Mandanna, Nawazuddin Siddiqui and Paresh Rawal.

Principal photography began in December 2024, primarily in Delhi, Mumbai and Ooty and concluded by mid-2025. The soundtrack album was composed by Sachin-Jigar. The film is scheduled for a theatrical release on 21 October 2025, coinciding with Diwali.

## What To Read



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# An Exclusive with Kao Segotsi – Mr Botswana Contestant

At just 26 years old, Kao Segotsi is already proving that determination, vision, and purpose can carry a young man far. Born and raised in the Mahalapye district by his single mother, Ntebogang Segotsi, Kao's journey has been defined by resilience and discovery. While academics presented challenges in his early school years, he uncovered a different gift, modeling. His very first title, won while in Form 2 at Itireleng Junior School, marked the beginning of a journey that his mother recognized as a sign of greater things to come.

## **Why Mr Botswana?**

Kao's decision to enter the Mr Botswana competition stems from a strong sense of purpose. He explains that most pageantry platforms primarily focus on young women, often leaving out the boy child and the issues he faces, particularly around gender-based violence. For him, Mr Botswana is not just a competition, but a platform to champion awareness, amplify the voices of young men, and inspire change.

## **The Journey So Far**

The road to Mr Botswana has been both rewarding and challenging. Kao has met incredible people, explored the beauty of Botswana's culture and landscapes, and deepened his understanding of his country. Yet, he is candid about the struggles too—transport being one of the most pressing obstacles. Still, his determination ensures he shows up, ready to face challenges head-on.

What sets him apart, he says, is his mindset: "While all the contestants are strong contenders, I stand out because of the way I think about the challenges facing our communities and the world, and my determination to raise awareness about them."

**Discipline, Wellness, and Sacrifice**

Preparing for the competition has required consistency, discipline, and sacrifice. Kao has developed a routine that balances his personal, professional, and competition commitments. His day-to-day includes exercising twice daily to stay fit and focused, maintaining a wellness-centered lifestyle with fruits, hydration, and abstaining from alcohol and smoking. For him, discipline is not only a tool for success in pageantry but also a building block for long-term goals and public image.

**Beyond Looks – Character and Leadership**

Kao emphasizes that Mr Botswana is about much more than appearance. To him, the competition represents leadership, character, and the ability to use one's platform for the greater good. If crowned, he plans to promote Botswana on the global stage by attracting more tourists, showcasing the nation's diamonds, uplifting local brands, and tackling the challenges young men face in society.

Culture, he adds, will remain central to his advocacy. "Our cultural values, diversity, community, and mutual respect, should be celebrated through events and traditions that unite us and make us proud of our heritage," he says.

**Looking Ahead**

With his eyes set firmly on the future, Kao envisions himself stepping onto international stages such as Mr World or Mr National within the next five years. He sees Mr Botswana as the foundation for that dream. His advice to young men is both heartfelt and empowering: "Keep your head held high, take every opportunity as a chance to grow, and remember that no dream is ever too big."

If there is one word Kao uses to describe himself, it is "superstar." He believes in his light and his ability to inspire others to shine. His final message to the people of Botswana is a call to action: support young talent, because it has the power to take the nation to greater heights.






# A Tribute to Botswana's Fallen Star — A.T.I

Atasaone Molemogi's journey into music was not simply about talent, it was about vision. From a young age, he recognized that music could be more than entertainment; it could be a tool for change, a weapon for truth. Growing up in Botswana, he witnessed the struggles and triumphs of everyday people, and he carried those stories into his music.

When he first broke into the scene, it was clear he wasn't here to blend in, he was here to disrupt. His sound was fresh, his lyrics piercing, and his stage presence unforgettable. He commanded attention not through gimmicks but through authenticity. Listeners didn't just hear A.T.I, they felt him. Each song he released carried weight. Tracks like Khiring Khiring Khorong and Poelo didn't just top charts; they became cultural moments, uniting audiences across age, class, and background. He had the rare ability to fuse Setswana proverbs, social commentary, and contemporary beats into music that resonated on multiple levels. For many, his music was more than a soundtrack, it was therapy. He spoke to the unspoken pain of a generation facing identity, social pressures, and change. At the same time, he celebrated joy, resilience, and the pride of being Motswana. His catalogue will forever stand as a time capsule of a nation's heartbeat.

Behind the headlines and sold-out shows was a man who never hid from his humanity. A.T.I lived openly with his struggles, mental health, public scrutiny, and personal battles. But rather than conceal them, he transformed them into art. Friends describe him as fiercely passionate, uncompromisingly honest, and deeply compassionate. He had a way of making everyone feel seen, whether it was a fan on the street or a collaborator in the studio. His life was a reminder that greatness is not perfection, but the courage to be unapologetically real.



The passing of A.T.I in September sent shockwaves across Botswana and beyond. The grief was not just for a musician lost, but for a voice that had become a guide. Social media flooded with tributes, fans gathered to celebrate his memory, and radio stations replayed his hits in continuous loops. The silence he left behind spoke volumes about the impact he had. Yet, legends never die. His voice continues to echo through his music, in the dreams of young artists he inspired, and in the courage of individuals who find strength in his words. A.T.I's story is now part of Botswana's cultural DNA.

This tribute is more than remembrance, it is a call to carry forward his spirit. To live boldly, to speak truthfully, to create fearlessly. Every artist who dares to push boundaries, every youth who refuses to be silenced, every dreamer who believes their voice matters, carries a piece of A.T.I's fire.

Atasaone Molemogi was not just a musician. He was a cultural architect, a fearless truth-teller, and a soul whose brilliance cannot be dimmed by death. His name will forever stand as a symbol of authenticity and courage. His journey reminds us that art can change people, and people can change the world. His flame burns on, in the beats, the words, and the lives he touched.

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# Cardi B's Big Reveal: Baby Number Four on the Way!

Stop the presses, Cardi B has done it again! Just when we thought we'd seen it all from the chart-topping rap queen, she's dropped a bombshell that has the entire world talking. During an exclusive sit-down with Gayle King on CBS Mornings, Cardi B revealed that she's pregnant with her fourth child, and this one comes with a twist. It's her first baby with NFL superstar boyfriend Stefon Diggs.

The internet hasn't stopped buzzing since the moment Cardi shared the news. From Twitter timelines to Instagram feeds, fans are in a frenzy, and #CardiB is dominating global trends. Why? Because when Cardi speaks, the world listens, and when she shares a surprise like this, it becomes an instant cultural moment.

## A New Chapter for Cardi

For Cardi B, motherhood has always been a huge part of her story. She's already a proud mama to three children with her estranged husband, rapper Offset, and she's never shied away from showing the world the joys, and struggles, of balancing her career with family life.

But this pregnancy feels different. With Stefon Diggs, the star wide receiver for the Buffalo Bills, Cardi is stepping into a whole new chapter filled with possibility. Insiders close to the couple gush that the two are "madly in love" and "completely inseparable," painting a picture of a relationship built on trust, laughter, and support.

"This is a fresh start for me," Cardi told Gayle King, her eyes sparkling with emotion. "I'm grateful for love, for my family, and for this blessing that's on the way."

## When Hip-Hop Meets the NFL

Let's be honest, this pairing is pure celebrity gold. On one hand, you've got Cardi B: Grammy-winning rap goddess, fashion icon, and business mogul. On the other, you've got Stefon Diggs: a football powerhouse with charm to spare. Together, they're the kind of power couple gossip columns dream about. From glamorous red carpet events to courtside basketball dates, the couple has already shown the world they know how to serve looks and love. And now, with a baby on the way, their fairytale is only getting sweeter.



### **Baby Makes Four!**

While some might worry that baby number four could slow Cardi down, the rapper herself has made it crystal clear, that's not an option. "Motherhood doesn't stop my hustle, it fuels it," she said with her signature fire. And if her past is anything to go by, she's telling the absolute truth.

Cardi has proven time and again that she can juggle it all. From recording hit singles and shutting down fashion weeks, to launching business ventures and being a hands-on mom, she's mastered the art of doing everything on her own terms. And you can bet this pregnancy will only add fuel to her fire.

### **Maternity Fashion Watch**

If there's one thing fans are already buzzing about, it's how Cardi B will slay maternity fashion. Remember her unforgettable pregnancy reveal at the BET Awards? Or the

time she stunned the Met Gala in couture while pregnant? Cardi doesn't just wear maternity looks, she reinvents them.

Stylists and fashion insiders are already predicting bold, dramatic, and over-the-top looks that will dominate headlines throughout her pregnancy journey. Expect sequins, feathers, and maybe even a custom Birkin baby bump cover-up, because if anyone can pull it off, it's Cardi.

### **The Fans React**

Of course, the internet had its say. Within minutes of the announcement, fans flooded Cardi's social media with love, excitement, and more than a few jokes. Memes about "Baby Bardi-Diggs" are already circulating, with fans guessing names, zodiac signs, and even which team colors the baby will rock first. Bills blue and red, or perhaps a shade of Balenciaga couture?

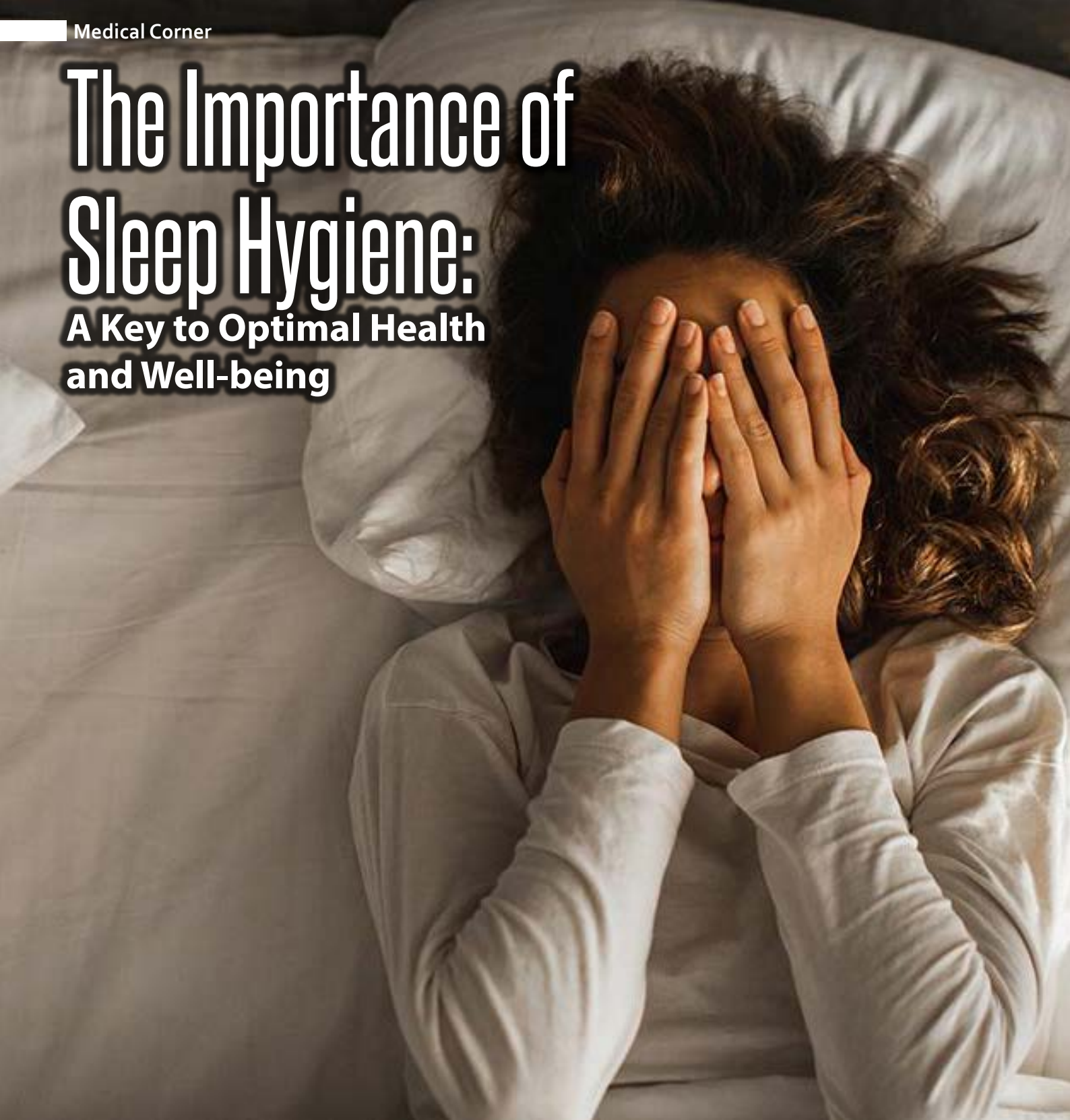
Celebrities also chimed in, with fellow artists, athletes, and influencers congratulating the couple and celebrating the union of two of entertainment's biggest worlds, music and sports.

### **What's Next for Cardi B?**

Pregnancy aside, Cardi B shows no signs of slowing down. She's teased new music, hinted at more fashion collaborations, and continues to build her empire in beauty, entertainment, and business. Add a growing family to the mix, and you've got a woman redefining what it means to "have it all."

With Stefon Diggs by her side, fans are calling this era of Cardi B's life her "rebirth", a season where she's thriving in love, motherhood, and career. And if history has taught us anything, it's that Cardi always comes out on top.

# The Importance of Sleep Hygiene: A Key to Optimal Health and Well-being



Sleep is a fundamental pillar of health, as essential as nutrition and exercise, yet often overlooked. Quality sleep is crucial for both physical and mental well-being, and sleep hygiene plays a pivotal role in ensuring we get the restorative rest our bodies and minds require.

## What is Sleep Hygiene?

Sleep hygiene refers to the practices and habits that are conducive to sleeping well on a regular basis. It encompasses everything from the environment in which we sleep to our behaviors and routines before bedtime. Good sleep hygiene helps regulate our

body's internal clock, making it easier to fall asleep, stay asleep, and wake up feeling refreshed.

## Why is Sleep Hygiene Important?

1. **Physical Health:** Consistent, quality sleep supports the body's repair processes, boosts the immune system, and reduces the risk of chronic conditions like heart disease, diabetes, and obesity. Poor sleep hygiene, on the other hand, can lead to sleep disorders such as insomnia, which are linked to increased risks of these health issues.
2. **Mental Health:** Sleep is closely tied

to mental and emotional well-being. A well-rested mind is more resilient, better at managing stress, and more capable of clear thinking and decision-making. Poor sleep hygiene can contribute to mood disorders such as anxiety and depression, as well as impair cognitive functions like memory and concentration.

3. **Performance and Productivity:** Adequate sleep enhances cognitive function, creativity, and problem-solving skills. In contrast, sleep deprivation, often a result of poor sleep hygiene, leads to reduced productivity,



errors, and accidents, both at work and in daily life.

#### Key Elements of Good Sleep Hygiene

1. **Consistent Sleep Schedule:** Going to bed and waking up at the same time every day, even on weekends, helps regulate the body's circadian rhythm, making it easier to fall asleep and wake up naturally.
2. **Sleep Environment:** A conducive sleep environment is cool, quiet, and dark. Investing in a comfortable mattress and pillows, and minimizing noise and light disruptions, can significantly improve
3. **Pre-Sleep Routine:** Engaging in calming activities before bed, such as reading or taking a warm bath, can signal to the body that it's time to wind down. Avoiding screens and stimulants like caffeine or heavy meals close to bedtime is also crucial.
4. **Mindful Eating and Drinking:** What you consume during the day can impact your sleep. Limiting caffeine intake and avoiding large meals or alcohol before bed can prevent sleep disturbances and contribute to more restful sleep.

sleep quality.

#### Conclusion

Prioritizing sleep hygiene is a simple yet powerful way to improve overall health and well-being. By adopting good sleep habits and creating an environment that supports restful sleep, you can enhance not only your physical and mental health but also your daily performance and quality of life. Sleep should be seen as a non-negotiable component of a healthy lifestyle, deserving the same attention and care as diet and exercise.

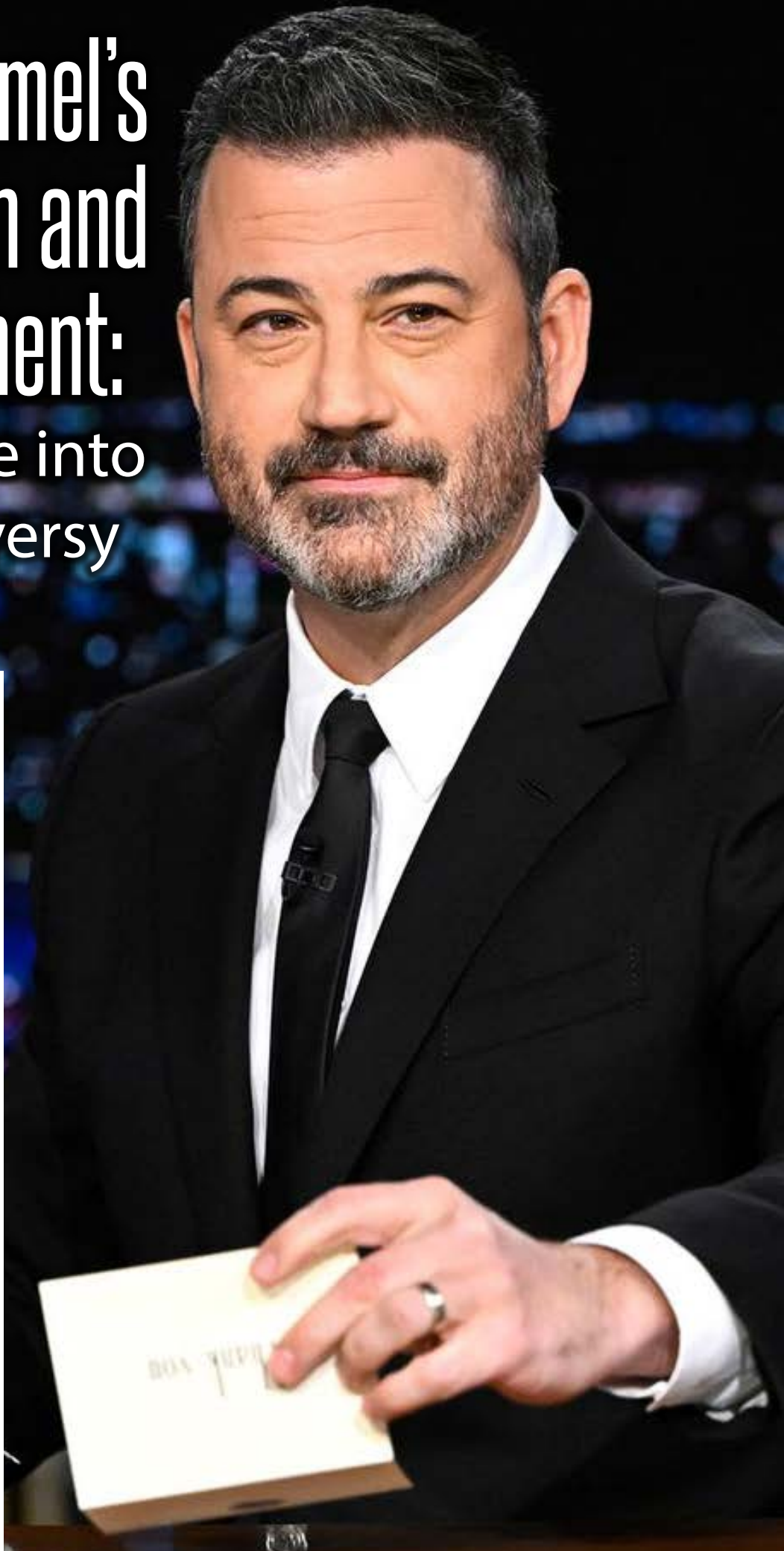
# Jimmy Kimmel's Suspension and Reinstatement: A Deep Dive into the Controversy

In September 2025, late-night television host Jimmy Kimmel found himself at the center of a national controversy that led to the temporary suspension of his show, Jimmy Kimmel Live!, and ignited a broader debate over free speech, media influence, and political pressure.

## The Suspension

The controversy began on September 15, when Kimmel made comments during his monologue about the assassination of conservative activist Charlie Kirk. Kimmel criticized the political reactions to the tragedy, accusing some of attempting to politicize the event. His remarks quickly drew backlash from conservative groups and political figures, including President Donald Trump and FCC Commissioner Brendan Carr. Carr issued a warning to broadcasters, suggesting that failure to address Kimmel's comments could lead to regulatory consequences.

In response to the mounting pressure, Disney, which owns ABC, announced on September 17 that it was suspending Jimmy Kimmel Live! indefinitely. The network cited the need to avoid further inflaming an already tense situation. However, the decision was met with immediate criticism from various quarters, including fellow late-night hosts, advocacy groups, and Hollywood celebrities, who viewed the suspension as an overreach and a threat to free expression.



**The Reinstatement**

After six days of suspension, ABC announced on September 22 that Kimmel's show would return to the air on September 23. The network stated that the decision followed "thoughtful conversations" with Kimmel and a reassessment of the situation.

Kimmel's return episode garnered significant attention, drawing 6.26 million viewers, the highest ratings for the show in over a decade. Despite being preempted by major affiliate networks Nexstar and Sinclair, the episode's viewership underscored the public's interest in the controversy.

During his monologue, Kimmel addressed the incident, expressing that it was never his intention to make light of the tragedy. He emphasized the importance of compassion and free speech, stating that the suspension felt "anti-American".

**Broader Implications**

The suspension and subsequent reinstatement of Jimmy Kimmel Live! highlighted the complex interplay between media, politics, and corporate interests. Disney faced criticism from investors and advocacy groups who accused the company of prioritizing political considerations over its fiduciary duties. Some groups even threatened legal action to obtain documents detailing the financial impact of the suspension and Disney's handling of affiliate relationships.

The incident also sparked discussions about the state of free speech in the media landscape. While some viewed the suspension as a necessary response to controversial remarks, others saw it as a troubling precedent that could lead to self-censorship among broadcasters and content creators.

**Conclusion**

Jimmy Kimmel's suspension and reinstatement serve as a case study in the challenges faced by media companies navigating the pressures of political influence, public opinion, and corporate interests. While Kimmel's return to the airwaves was met with strong viewership and support from many in the entertainment industry, the episode underscores the ongoing debate over the boundaries of free expression in today's media environment.



# Thriving in the Digital Age: The Rise and Resilience of Small Businesses in a Changing Economy

In today's fast-moving, digitally-driven world, the face of business is evolving, and at the center of that transformation is the small business. Once overshadowed by multinational corporations and well-established enterprises, small businesses are now rising to prominence, thanks to a unique blend of technology, innovation, and pure determination.

Across the globe, from bustling city centers to remote villages, entrepreneurs are harnessing the power of the internet to build sustainable ventures that not only boost local economies but also foster job creation and community development. In Africa,

particularly in countries like Botswana, South Africa, Nigeria, and Kenya, the digital revolution has sparked a new wave of youth-led innovation, redefining what it means to be a business owner in the 21st century.

#### The Digital Leap

The rise of social media and mobile technology has turned the business landscape on its head. Platforms such as Facebook, WhatsApp, Instagram, and TikTok have become invaluable tools for marketing, customer engagement, and brand building. For small business owners with limited budgets, these platforms offer a cost-effective way to reach large and diverse

audiences. A well-crafted reel or a viral tweet can transform a little-known brand into an overnight sensation.

In Botswana, a growing number of entrepreneurs are embracing this shift. Take the example of Urban Swag Authentic Wear, a local streetwear label launched by a group of fashion-forward creatives. With bold designs, eco-conscious fabrics, and a mission rooted in cultural pride, the brand has gained a strong following online. Its success story is not just about clothing, it's about identity, innovation, and impact.

E-commerce platforms are also



democratizing retail. Businesses no longer need to wait for a physical shop to open. With platforms like Shopify, Selar, Paystack, and mobile money integrations, anyone with a smartphone and a product can launch a virtual storefront and serve customers beyond borders.

#### Personal Stories Power Brands

What separates small businesses from their larger counterparts is the heart and soul poured into each product or service. Customers today are drawn to authenticity. They want to know the story behind the brand, who is making the products, where materials are sourced from, and what values

the business stands for.

For example, a young woman in Gaborone who creates handmade body care products out of natural ingredients doesn't just sell soap. She sells a wellness lifestyle inspired by African herbs and ancestral knowledge. Another startup, a tech hub founded by university graduates, offers affordable digital solutions to small farmers, proving that passion-driven ideas can bring real, scalable change.

These businesses often begin with a personal challenge or a passion project. From solving local problems to filling market gaps, the

most successful small ventures are those deeply rooted in the everyday experiences of their founders and their communities.

#### The Roadblocks Along the Way

While the digital age offers many opportunities, the journey for small business owners is not without its struggles. Access to capital remains one of the biggest challenges. Many aspiring entrepreneurs are turned away from banks due to lack of collateral, credit history, or formal business plans. Women and youth often face even greater obstacles, battling stereotypes and systemic inequalities.

Operational challenges also abound. Limited supply chains, inadequate infrastructure, inconsistent electricity, and high internet costs can stunt business growth, especially in rural areas. In addition, small businesses often have to play every role in the company: CEO, marketer, accountant, and delivery person all in one.

Despite these hurdles, the entrepreneurial spirit remains strong. Business owners continue to learn, adapt, and push forward, often turning to online courses, mentorship programs, and peer networks for support.

### Support and Sustainability

Recognizing the importance of small businesses to national economies, governments, NGOs, and private organizations are stepping in with supportive policies and initiatives. In Botswana, the Local Enterprise Authority (LEA), Citizen Entrepreneurial Development Agency (CEDA), and Botswana Innovation Hub are among the key players offering mentorship, funding, and incubation opportunities to startups and SMEs.

There is also a growing emphasis on sustainable and inclusive entrepreneurship. Young business owners are increasingly aware of their role in promoting environmental sustainability and social impact. Businesses that prioritize eco-friendly practices, ethical sourcing, and community development are gaining more traction, especially among Gen Z and Millennial consumers.

### Looking Ahead: Small Is the New Big

As we look toward the future, it's clear that small businesses will play a vital role in shaping the economy, not just as income generators, but as cultural influencers and agents of change.

The rise of small businesses in the digital economy is not just a trend, it's a movement. A movement powered by ordinary people with extraordinary ideas. A movement that says you don't need millions to make a difference. You just need vision, resilience, and the courage to begin.

For aspiring entrepreneurs, the message is clear: the world is more connected than ever before. The tools are in your hands. The time is now.

And for the rest of us? It's time to support, celebrate, and invest in the small businesses around us, because behind every logo is a story worth believing in.





# INSIDE PORTUGAL'S CATHEDRAL OF LIGHT: THE BENAGIL CAVES



The Atlantic coast of Portugal hides secrets that only the sea can reveal. Among them, none is more breathtaking than the Benagil Caves. Tucked away in the Algarve region, this natural wonder has become one of the country's most photographed sites—a cathedral carved not by human hands, but by millions of years of waves, wind, and erosion.

As your boat slips quietly under the limestone archway, the cave opens up like a sanctuary. A vast dome rises above, punctured by a single circular skylight that pours golden light onto the sand. The play of shadow and sunshine makes the cavern feel alive, as though nature itself designed a temple to the sea. It's no wonder visitors from across the globe call Benagil one of the most magical places on Earth.

## A Geological Masterpiece

The cave's beauty is no accident. The Algarve's coast is made of soft limestone, which has been sculpted by relentless Atlantic tides over millions of years. In Benagil, the process created a colossal chamber with a sandy beach hidden inside. This natural amphitheater, accessible only from the water, has become the crown jewel of Portugal's coastal landscapes.

But Benagil is just one star in Portugal's constellation of caves. Inland, the Grutas de Mira de Aire plunges more than 100 meters underground, dazzling visitors with stalactites, stalagmites, and subterranean lakes. Further north, the Furninha Cave offers a glimpse into prehistory, with evidence of Neanderthal occupation. Each site adds another layer to the country's geological and cultural story.

## Echoes of the Past

While Benagil captivates with beauty, other Portuguese caves whisper history. The artificial caves of Alapraia, near Lisbon, were carved as burial chambers over 4,000 years ago, while the caves of Poço Velho in Cascais served as ancient necropolises. These sites remind us that caves are not just natural wonders, they are time capsules, preserving the rituals, struggles, and creativity of early civilizations.

## Visiting Benagil Today

Benagil's growing fame has led to new rules aimed at preserving its fragile beauty. Independent swimming or kayaking into the cave is now prohibited, replaced by licensed boat, kayak, and stand-up paddle tours led by guides. These measures protect visitors and reduce overcrowding, ensuring that the



cave remains a place of wonder rather than wear.

The best time to visit is early in the morning or late afternoon, when the light is soft and the crowds are fewer. Tours depart from nearby beaches such as Benagil, Carvoeiro, and Portimão. Adventurers often pair the cave visit with dolphin-watching trips, creating a day of unforgettable encounters with the ocean.

**A Natural Treasure Worth Protecting**

Standing inside the Benagil Cave, sunlight streaming from above, it's easy to feel small, and grateful. Small, because the cave dwarfs human presence. Grateful, because Portugal has preserved this natural treasure for future generations to experience.

From its sunlit dome to its sandy floor, Benagil is more than just a destination. It's a reminder of nature's artistry and endurance, a place where geology, history, and beauty converge. To step inside is to step into a living cathedral, one that humbles, inspires, and connects us to the deep pulse of the Earth.



# Lesotho:

## A Kingdom Woven in Tradition



High in the mountains of Southern Africa lies Lesotho, a land often called “The Kingdom in the Sky.” Beyond its breathtaking landscapes and snow-dusted peaks, Lesotho holds a cultural heritage that is both proud and deeply rooted in tradition. The Basotho people, who make up the majority of the population, have preserved their way of life through rituals, attire, music, and a strong sense of community that continues to thrive in the modern age.

### **The Symbol of Identity: The Basotho Blanket**

Perhaps nothing symbolizes Lesotho more than the iconic Basotho blanket. Worn with pride by men, women, and even royalty, the blanket is more than just protection from the mountain chill, it is a cultural identity. Each pattern and color carries meaning, often associated with milestones such as marriage, chieftainship, or national celebrations. Passed down through generations, the blanket is as much a part of daily life as it is a marker of heritage.

### **Language and Oral Tradition**

Sesotho, the official language of Lesotho, binds the nation together. Proverbs, riddles, and praise poetry, known as lithoko, are essential cultural expressions. Lithoko are not simply verses; they are historical records, often recited to honor chiefs, ancestors, and moments of bravery. Through them, the younger generation learns values such as courage, respect, and unity. **Music and Dance: The Rhythm of the Mountains**



Lesotho's cultural heartbeat is found in its music and dance. Traditional instruments such as the lesiba (a wind instrument made from a feather and string) and moropa (drum) set the rhythm for dances performed during celebrations. The famous mokhibo dance, performed by women on their knees, and the mokorotlo war dance, performed by men, reflect the spirit and history of the Basotho people.

#### Community and Custom

Lesotho is a society where community values are paramount. Lelapa (the family) is considered the foundation of life, and extended kinship networks ensure that individuals are never isolated. Initiation schools, weddings, and funerals are not private matters but communal events that bind people together, reinforcing unity and cultural continuity.

#### Culture in a Modern Nation

While Lesotho continues to embrace modernization, the kingdom has not abandoned its traditions. The Basotho blanket has found its way into global fashion, and traditional songs are being fused with contemporary sounds by modern artists. Festivals and national holidays



remain opportunities to showcase heritage, ensuring that the past and present coexist harmoniously.

#### Why Lesotho's Culture Matters

In an age where globalization often blurs identities, Lesotho stands tall as a nation that has preserved its cultural wealth with pride. From the peaks of the Maloti Mountains to

the bustling streets of Maseru, the essence of Basotho tradition is alive, woven into daily life, celebrated in art, and honored through rituals.

Lesotho's culture is not only a heritage of its people but also a gift to the world: a reminder that tradition, when cherished, can remain timeless.

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# 14 Most Clever Gardening Tips and Ideas

Gardening is more than just a hobby; it's a way to connect with nature, reduce stress, and cultivate your own piece of paradise. Whether you're a seasoned gardener or just starting out, these 14 clever gardening tips and ideas will help you make the most of your green space. From creative planting techniques to eco-friendly solutions, let's explore how you can elevate your gardening game.

- Vertical Gardening:** If you have limited space, vertical gardening can be a game-changer. Utilize wall-mounted planters, trellises, or even old pallets to grow your favorite herbs, flowers, or vegetables vertically.
- Companion Planting:** Maximize your garden's potential by planting companion crops that benefit each other. For example, planting marigolds alongside tomatoes can deter pests and improve tomato growth.
- DIY Rain Barrels:** Save money and water by creating your own rain barrel system.
- Epsom Salt for Healthier Plants:** Sprinkle a bit of Epsom salt around your plants to boost magnesium levels, which can enhance their overall health and vibrancy.
- Strategic Mulching:** Mulch serves as a protective blanket for your garden. Use it to control weeds, regulate soil temperature, and retain moisture. Organic materials like straw or compost work wonders.
- Upcycled Garden Art:** Get creative by repurposing old items into garden art. An old bicycle wheel can become a unique trellis, and mismatched teacups can adorn your garden as charming planters.
- DIY Drip Irrigation:** Create a custom drip irrigation system using inexpensive materials like PVC pipes and hoses. This ensures your plants receive a consistent and efficient water supply.
- Natural Pest Control:** Attract beneficial insects like ladybugs and lacewings to your garden by planting flowers they love, such as daisies and sunflowers. They'll help keep pesky aphids and caterpillars in check.
- Raised Garden Beds:** Raised beds offer better drainage, improved soil quality, and easier maintenance. Plus, they can be aesthetically pleasing additions to your garden.
- Crop Rotation:** Prevent soil depletion and disease buildup by practicing crop rotation. Change the location of your crops each season to maintain soil health.
- Herb Spiral Gardens:** Create a visually appealing herb spiral garden that not only looks beautiful but also optimizes growing conditions for a variety of herbs.
- Homemade Organic Fertilizers:** Make your own fertilizers from kitchen scraps like eggshells, banana peels, and coffee grounds. These natural fertilizers

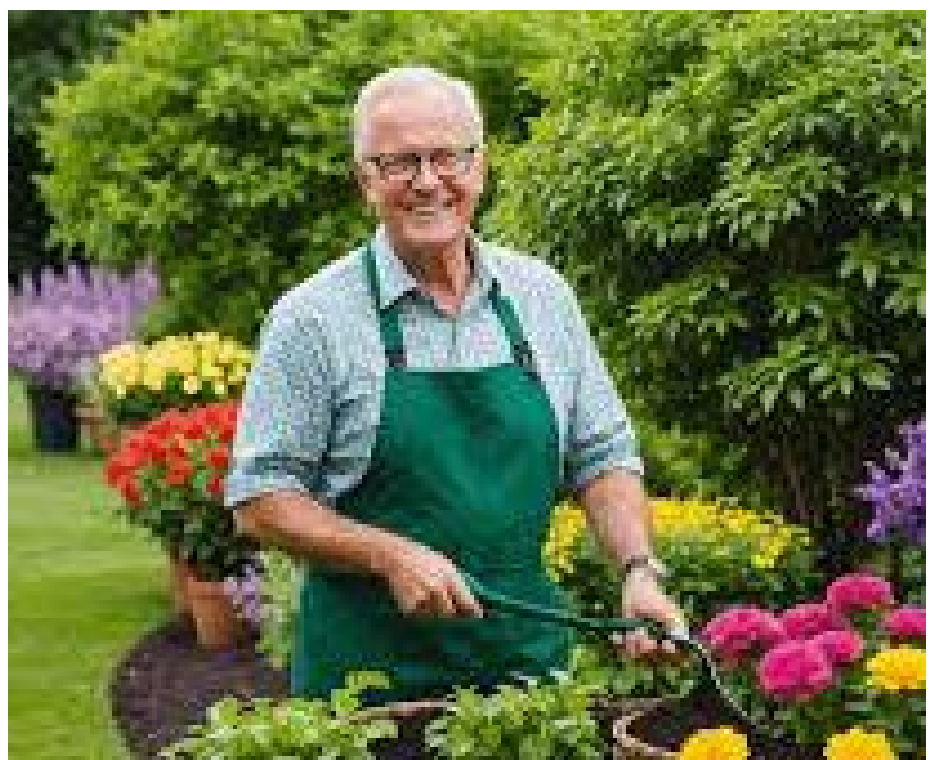


provide essential nutrients to your plants.

13. Indoor Gardening: Don't let limited outdoor space stop you from gardening. Indoor gardens, whether with potted plants, herbs, or small vegetables, can thrive with proper care and attention.
14. Smart Gardening Apps: Take advantage of technology with gardening apps that provide planting calendars, weather alerts, and maintenance reminders, ensuring your garden stays in top shape.

### Conclusion

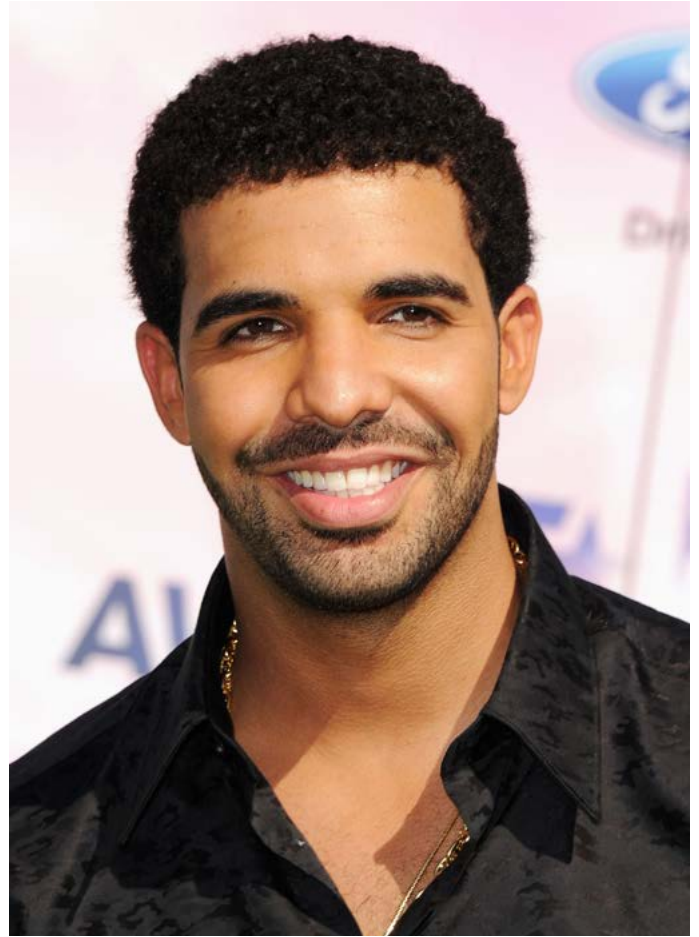
Gardening is a wonderful way to nurture the earth and enjoy the fruits of your labor. These 14 clever gardening tips and ideas offer innovative solutions for both novice and experienced gardeners. From maximizing space to using eco-friendly practices, these techniques will help you create a thriving and beautiful garden that you can take pride in year-round. So, grab your gardening gloves and get ready to dig into a world of green possibilities.





**Kim Kardashian**  
**October 21, 1980**

An American media personality, entrepreneur, and reality TV star who rose to fame with *Keeping Up with the Kardashians*. She built a business empire with ventures like SKIMS and KKW Beauty and has also been active in prison reform advocacy.



**Drake**  
**October 24, 1986**

A Canadian rapper, singer, and actor. He first gained recognition on the TV show *Degrassi: The Next Generation* before becoming one of the most successful artists in hip hop and pop. Known for hits like *God's Plan* and *One Dance*, he has won multiple Grammys.



**Cardi B**  
**October 11, 1992**

An American rapper, songwriter, and TV personality. She gained attention through social media and *Love & Hip Hop: New York*, before breaking into the music industry with her hit *Bodak Yellow*. Cardi B is known for her bold personality and chart-topping success.



**Bruno Mars**  
**October 8, 1985**

An American singer, songwriter, and performer celebrated for his smooth voice and electrifying stage presence. His genre-spanning hits include *Uptown Funk*, *24K Magic*, and *Just the Way You Are*. He has won numerous Grammy Awards and is known for reviving funk and soul sounds.



**Aries**

(March 21 - April 19)

- General: You're feeling bold and energetic today. Take advantage of this momentum.
- Love: Passion is in the air! A surprise encounter may spark something exciting.
- Career: A leadership opportunity could arise—don't hesitate to step up.
- Finance: Avoid impulse spending; focus on long-term investments.

**Taurus**

(April 20 - May 20)

- General: Patience is key today. Things may move slowly, but progress is happening.
- Love: A heart-to-heart conversation will bring clarity in your relationship.
- Career: Your hard work is paying off; recognition is coming your way.
- Finance: Stay cautious with spending—save before you splurge.

**Gemini**

(May 21 - June 20)

- General: Expect a busy and social day! Your charm will attract interesting people.
- Love: If single, a flirtatious

exchange could turn into something meaningful.

- Career: Your creativity is at its peak—use it to solve a lingering issue.
- Finance: Be mindful of unnecessary expenses; budgeting is key.

**Cancer**

(June 21 - July 22)

- General: Emotions may be intense today—take time for self-care.
- Love: A deep conversation with your partner will strengthen your bond.
- Career: Trust your intuition when making important work decisions.
- Finance: An unexpected expense might arise—be prepared.

**Leo**

(July 23 - August 22)

- General: Your confidence is magnetic today! Take the lead in social situations.
- Love: Sparks are flying—expect romantic gestures or new admirers.

- Career: Your hard work is finally being noticed; a reward may be coming.

- Finance: Money matters improve, but don't overspend on luxuries.

**Virgo**

(August 23 - September 22)

- General: A productive day ahead—stay focused on your goals.
- Love: A small misunderstanding may arise, but communication will resolve it.
- Career: You're being watched by higher-ups—show your best work.
- Finance: A practical investment could yield long-term benefits.

**Libra**

(September 23 - October 22)

- General: Balance is key today—don't overextend yourself.
- Love: Romance is in the air! A new connection could take an exciting turn.
- Career: Collaborations and teamwork will bring success.
- Finance: Be mindful of shared expenses; set boundaries where needed.

**Scorpio**

(October 23 - November 21)

- General: Trust your instincts—they won't lead you astray.
- Love: Intensity in love—whether good or bad,

emotions run deep.

- Career: Your determination will help you push past any obstacles.
- Finance: A financial opportunity may present itself—analyze before acting.

**Sagittarius**

(November 22 - December 21)

- General: Adventure calls! A spontaneous plan could lead to great experiences.
- Love: Love is lighthearted today—enjoy the moment without overthinking.
- Career: A new challenge is coming, but you're more than ready.
- Finance: Watch out for impulsive spending—save for future travels.

**Capricorn**

(December 22 - January 19)

- General: Discipline and hard work pay off—stay committed.
- Love: Stability in love—focus on deepening your emotional connection.
- Career: A promotion or recognition is on the horizon.
- Finance: Practical decisions will lead to financial growth.

**Aquarius**

(January 20 - February 18)

- General: Unconventional ideas will bring exciting opportunities.
- Love: Be open to new experiences; someone unexpected may capture your heart.
- Career: Innovation is your strength—use it to impress at work.
- Finance: Keep track of your finances; a smart move now will pay off later.

**Pisces**

(February 19 - March 20)

- General: Your intuition is strong today—trust it.
- Love: Romance flows naturally; express your feelings without hesitation.
- Career: Creative pursuits will bring satisfaction and success.
- Finance: A small financial gain could surprise you.



# The Lion Who Lost His Roar



One sunny morning in the middle of the wide, golden savanna, Leo the lion woke up, stretched his paws, and yawned.

"Time for my mighty roar!" he said proudly. But when he opened his mouth and tried to roar

"Roooo..."  
nothing came out! Not even a squeak.  
"Oh no!" gasped Leo. "Where is my roar?"  
Leo felt embarrassed. A lion without a roar? That couldn't be right! He decided to ask his friends for help.

First, Leo went to see Ellie the elephant.  
"Ellie, I lost my roar! Can you help me find it?"  
Ellie trumpeted loudly: "Pawooooo!"

She shook her trunk. "Sorry, Leo, I can only trumpet. But don't worry, you're still my friend."

Next, Leo padded over to Gina the giraffe.  
"Gina, I lost my roar! Do you know where it is?"

Gina bent her long neck and said, "Hmm, I don't think I've seen it. But you don't need a roar to reach the sweetest leaves like me!"  
Leo sighed. He still couldn't roar.

Then Leo heard a squeak!



A little meerkat was stuck between two rocks.

"Help! I can't get out!" squeaked the meerkat. Leo forgot all about his missing roar. He pushed the rocks gently with his strong paws until the meerkat wriggled free.

"Thank you, Leo!" chirped the meerkat. "You're so brave!"

Leo blinked. "Brave? But I don't even have my roar."

The meerkat smiled. "Bravery isn't about being the loudest. It's about helping others."

Just then, Leo's chest felt warm and full. He opened his mouth and

"ROOOAAAR!"  
His roar came back! Louder and prouder than ever.

From that day on, Leo remembered:  
You don't need a roar to be brave.

All you need is a kind heart and good friends.

And every morning, his roar echoed across the savanna not just with pride, but with friendship, too.  
The End.



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# The Science Revolution:

## How One New Brand Cuts Through the Beauty Industry Noise

Written By: Carlas Hoffman and Prince Moabi Thulo Craig

In an industry saturated with endless competition, flashy marketing campaigns, and products that often shout louder than they perform, consumers are drowning in noise whilst searching for substance.

Activ O<sub>2</sub> cuts through this chaos with something refreshingly different, authentic science that speaks for itself.

The South African brand has developed an approach to harnessing Activated Oxygen, that helps transform the relationship between active ingredients and your skin, helping to provide transformation you can see and feel, combined with a 360-degree approach to skin wellness.

But what makes this approach revolutionary isn't just the science, it's the comprehensive understanding that skin health depends on both advanced science and lifestyle factors that support it.

### The Hidden Psychology of Skin Struggles

Here's what the beauty industry doesn't always acknowledge: skin concerns don't just affect how you look, they can reshape how you live.

Research reveals the staggering psychological impact of common skin challenges. Studies show 60-88% of people with acne experience reduced self-

confidence, with larger surveys indicating approximately 60% report decreased confidence levels. Research indicates 69% of acne patients report problems in daily activities, whilst 68% experience impacts on social activities during acne flares. For those dealing with hyperpigmentation, studies show 47-54% feel self-conscious or embarrassed about their appearance, with validated research confirming significantly worse psychological impact compared to acne alone.

The numbers paint a clear picture: when skin struggles, confidence suffers. Social interactions become calculated. Professional presence diminishes. The ripple effects



extend far beyond what others see, affecting academic performance, career opportunities, romantic relationships, and overall quality of life.

"We founded Activ O<sub>2</sub> because we understood something fundamental," explains the brand's founders. "True skincare innovation isn't just about changing what you see, it's about transforming how you feel about yourself."

This philosophy drives everything about Activ O<sub>2</sub>'s approach, from their breakthrough formulations to their ethos of inclusivity, where every product is designed for all genders, ethnicities, and skin tones.

### The Science That Changes Everything

At the heart of Activ O<sub>2</sub> lies their approach to harnessing the purifying, revitalising properties of Ozonated Plant Oils that

the brand classify as Activated Oxygen Technology (AOT).

Their breakthrough lies not in inventing AOT, but in perfecting a stabilisation process that allows this powerful technology to be safely combined with other active ingredients in daily-skincare formulations that would typically be volatile and unstable.

Using medical-grade ozone, completely different from atmospheric ozone, the team filters it through premium natural plant oils until the oils are fully saturated, transforming into a balm that captures ozone's beneficial properties safely and effectively.

This ozonated balm then becomes the foundation for targeted formulations, combined with cherry-picked dermatological actives to address specific skin challenges. The result is what Activ O<sub>2</sub> call "the multiplier

effect" enhanced performance through multiple mechanisms:

**Enhanced Penetration:** Helps beneficial ingredients reach their cellular targets more effectively

**Antimicrobial Action:** Eliminates bacteria, fungi, and viruses at their source without harsh chemicals

**Cellular Renewal:** Helps speed up natural skin turnover for faster visible improvements

**Antioxidant Protection:** Combats free radical damage that leads to premature ageing and skin barrier compromise  
**Collagen Support\*:** Indirectly supports collagen synthesis by supporting optimal cellular conditions and enhancing the effectiveness of collagen-supporting ingredients, crucial because collagen



provides skin's structural foundation, maintaining firmness, elasticity, and youthful appearance

The result? Formulations that work smarter, not harder. Gentle enough for most sensitive skins, yet powerful enough to deliver the transformations people have been searching for.

"Our approach focuses on enhancing how proven ingredients work together," notes the brand's formulation team. "Rather than simply adding more actives, we've developed a method that helps amplify the efficacy of carefully selected dermatological ingredients through intelligent science.

### Three Ranges, Three Transformations

Activ O<sub>2</sub>'s approach centres on three carefully

developed ranges, each targeting the specific confidence challenges that different skin concerns create:

#### Spotless: From Acne Frustration to Clear-Skin Freedom

For those whose acne has stolen their spark, Spotless offers more than just breakout management, it helps provide a path back to spontaneous photos and authentic self-expression.

The range strategically deploys AOT alongside proven actives across different formulations.

The Breakout Clearing Face Wash and Bar provide deep cleansing with salicylic acid for non-abrasive exfoliation.

The Breakout Clearing Face Cream combines AOT with Natural Organic Sulphur (MSM) to target acne-causing bacteria at the source, scavenge free radicals that contribute to skin damage, accelerate skin cell renewal for faster clearing of acne and blackheads, whilst maintaining skin barrier health through MSM's anti-inflammatory properties.

The SPF 50 Broad Spectrum Mineral Face Lotion helps protect against post-acne hyperpigmentation and sun damage.

Each product serves a specific purpose in the comprehensive system, working synergistically to address acne's multiple contributing factors.

Brighten: Revealing Your Natural Radiance and a more even complexion

When uneven skin tone dims your inner light, Brighten helps restore the luminosity that's been hiding beneath the surface.

The range features AOT working alongside targeted brightening ingredients across different formulations.

The Even-Tone Face Wash removes surface dullness whilst preparing skin for active absorption.

The Radiance Even-Tone Face Cream\* targets dark spots with kojic acid dipalmitate, whilst the Lumiplex Face Cream, features clinically proven Lumiskin™ and Lumisphere™ technology, ingredients that work to inhibit melanin overproduction and regulate pigmentation formation, for both immediate optical effects and progressive improvement in dark spots, uneven tone, and overall skin clarity.

The Even-Tone Corrective Serum, delivers concentrated Lumiskin™, a clinically proven melanin production inhibitor that helps reduce the formation of dark spots and hyperpigmentation, creating a clearer, more even skin tone, alongside nourishing squalane for deep hydration.

Suitable for all skin tones, Brighten enhances natural beauty by regulating excess melanin production to create greater evenness and radiance, helping reduce the appearance of dark spots, post-acne marks, and uneven pigmentation, without compromising melanin-rich complexions.

#### Ageless: Timeless Confidence

When your reflection doesn't match the vitality you feel inside, Ageless bridges that gap through scientifically advanced anti-ageing support.

The range addresses both prevention and restoration through strategic ingredient



deployment.

The Rejuvenating Face Wash, features glycolic acid for non-abrasive exfoliation that optimises active absorption.

The \*Rejuvenating Face Serum\* combines AOT with clinically proven, highly awarded Matrixyl® 3000 peptides, compounds that help stimulate collagen production, reduce wrinkle depth, and improve skin texture, alongside stable VCIP vitamin C for brightening and comprehensive cellular support.

The Rejuvenating Face Cream, showcases multiple clinically proven, highly awarded Matrixyl® peptides, advanced anti-ageing compounds that help stimulate collagen production, reduce wrinkle depth, and improve skin firmness, alongside Natural Organic Sulphur (MSM) for barrier support and enhanced ingredient delivery.

Each product helps address the natural 1% annual collagen decline we experience from the mid-20s onwards, supporting skin's renewal processes at every level.

### The Clean Beauty Revolution

In an era where "clean" beauty often means

compromising effectiveness, Activ O<sub>2</sub> proves that advanced science and ingredient safety can coexist beautifully.

Every formulation is dermatologist-tested, vegan, and cruelty-free. Free from parabens, phthalates, GMO ingredients, harsh scrubs, dyes, and masking fragrances, the products are created to achieve remarkable results through intelligent formulation rather than ingredient overload.

The mineral-based SPF formulations use non-nano zinc oxide, avoiding chemical filters that raise environmental and safety concerns. It's cleaner beauty that refuses to compromise on performance.

### Real-World Validation

The science-backed formulations have been thoroughly tested in real-life application by verified members of Brand Power's Home Tester Club, where 1000 consumers tested the ranges and shared their experiences.

"I stopped taking selfies two years ago when my acne flared up," shares one verified Spotless trialist. "Today I took twenty-seven. The science behind why it works matters, but what matters more is that I no longer cancel

plans because of breakouts. I'm just... free."

A verified Brighten trialist reflects: "I used to spend forty minutes every morning trying to cover my melasma. Now I wear concealer only when I want to, not because I have to. My skin looks like me again, just the best version."

For verified Ageless trialists, the transformation often involves rediscovering their professional confidence: "I used to avoid video calls because I worried about looking tired. Now I feel like my skin reflects how energetic I actually am inside."

### The Science of Skincare Excellence

What sets Activ O<sub>2</sub> apart isn't just their breakthrough technology, it's their unwavering commitment to treating customers as intelligent consumers who deserve to understand how their skincare actually works.

Rather than relying on marketing hyperbole, the brand educates consumers about AOT's mechanisms, ingredient synergies, and the importance of consistent routine use. They acknowledge that no product works for everyone because individuals are unique, whilst maintaining confidence in their scientific approach and ability to make a difference in the lives of many who face daily skincare struggles.

"We're not interested in creating magic," explains one of the brand's founders. "We're interested in creating science that feels transformative when you experience the results."

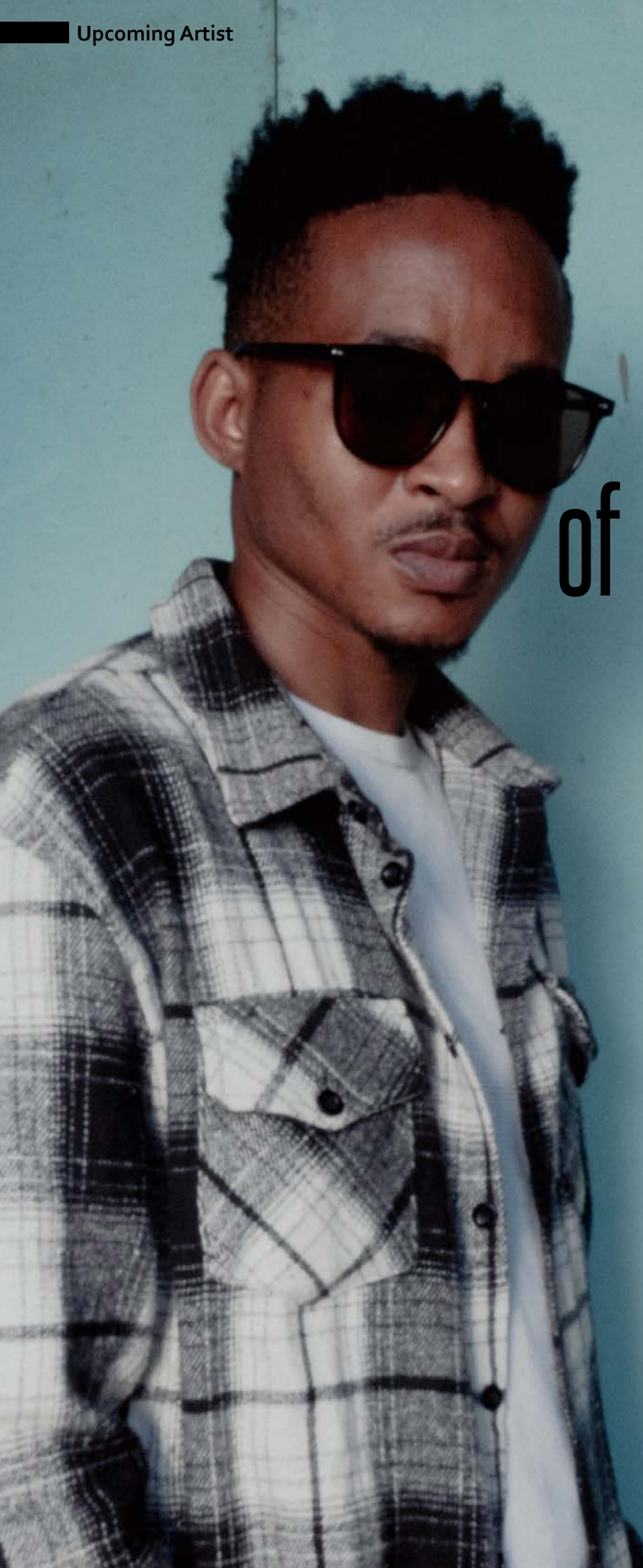
### The Future is Activated

In a beauty landscape crowded with trends and temporary solutions, Activ O<sub>2</sub> represents something more enduring: a fundamental advancement in how skincare technology works.

By harnessing the power of stabilised ozone and combining it with proven dermatological actives, they've created formulations that don't just achieve skin improvements that can sometimes look too good to be true, they help transform the confidence that comes with skin you never want to hide.

For those ready to move beyond ordinary skincare that overpromises and underdelivers, Activ O<sub>2</sub> offers something genuinely different: science-backed innovation that in many cases, delivers results you can see, feel, and live confidently with.

The revolution isn't just in the technology, it's in finally having skincare that works as well as it says.



# Beyond the Stage: M.K.'s Story of Passion and Persistence

Mokolobetsi Johannes Mahupela, known on stage as M.K, is an artist who never planned to be one. His journey began in 2008 when he joined Captain Dira, a popular traditional artist, as a dancer. For seven years he mastered the rhythm of movement before stepping away in 2015. By 2017, he was carving his own path, not as a dancer anymore, but as a musician—something he admits he never expected for himself. “I had no desire, I had no passion about it,” he reflects. “I just wanted to try it.” What began as curiosity slowly grew into passion.

Inspired by Maskandi, Famo, and local traditional sounds, M.K developed a style that refuses to fit into one box. His music is a fusion of genres, stitched together with unique touches that make his flow distinct. “Once you listen to my music, it won’t be difficult to differentiate it from others,” he explains. His lyrical focus is on real life—its struggles, its consequences, and its lessons. Through his songs, he reprimands, encourages, and advises, creating music that resonates with listeners on a deeper level.

His creative process is raw and spontaneous. “My music comes to me anytime, anywhere,” he says. Whenever inspiration strikes, he records ideas on his phone and gradually builds them into lyrics before heading into the studio. But despite his dedication, M.K is

no stranger to the challenges that come with being an upcoming artist. Bookings are rare, and more often than not, performances are unpaid. "Sometimes when you are booked you get paid by being given alcohol and food if you are lucky. If not, you will be told you are marketing yourself time and again." It is a tough reality, but one he faces with self-discipline and humility.

Even in the midst of these challenges, M.K celebrates the small victories. Recognition is slowly coming his way, and audiences are beginning to appreciate his work. "I am not where I wish I would have been by now," he admits, "but still I see my progress as an achievement." His upcoming EP, *Nako Yaka*, set to drop on 20th September 2025, is one of those milestones. The project features collaborations with Mr Message, Sho Chovela, Wame RkR, Mpho Kagiso, and Blue Lady—artists he credits and thanks sincerely for being part of the journey.

Looking ahead, M.K doesn't dream of fame but of stability. In five years, he hopes to be able to pay his bills and feed his family through music. Beyond that, he has also developed a passion for radio presenting and currently spends time on Lobatse Online Radio, with ambitions of one day transitioning to television hosting. His inspirations include artists such as Theoha le Koenane with "Seo Ke Leng Sona," King Salama's "Tonkie E Ka Lapa," and CK the DJ's "Akena Future."

Though his stage presence is bold, M.K describes himself as an introvert, a contrast that adds depth to his character. His advice to aspiring musicians is honest and unpolished: "Don't do music just because you see me doing music. Be passionate about it first. Know the ins and outs of the industry. Don't have high hopes because not everyone of us will be famous. It's a dog-eat-dog world."

For M.K, music is not just about personal success, but about connection. He calls on fans and supporters to share his work, spread the word, and help him secure bookings. "Tell a friend to tell a friend about M.K music," he urges. His music can be found on TikTok as M.K bw92, on Instagram as m.k bw\_92, and on Facebook at M.K bw. For bookings, he can be reached at +267 72289814 or +267 77653333, or via email at mahupelaml@gmail.com.

M.K's story is one of resilience, growth, and a passion discovered by chance. From dancer to musician, and now radio presenter, he continues to evolve, grounded by discipline, fueled by vision, and determined to let his music speak for itself.



# Smith the Seam Ripper:

## Sewing Grooves for the Future

By: Obakeng Innocent Molebatsi

"I'm driven by purpose, and I find joy in seeing others grow and thrive through what I help create," says Smith, a passionate motivational speaker, creative entrepreneur, and community builder who believes in the power of local talent, collaboration, and empowerment.

Born Gaofengwe T. Maotoanong, Smith is the founder of Smith the Seam Ripper, the fashion company behind the brand Seam Ripper. The name draws inspiration from a sewing tool used to undo stitches, a symbol of his life journey: growing up as an orphan, overcoming immense challenges, and stitching his way into the world of fashion. For Smith, no circumstance is permanent, and breakthroughs are always possible. His work revolves around creating opportunities and spaces where small businesses, creatives, and dreamers can flourish, whether through pop-up markets, curated events, or brand partnerships.

Smith's journey into fashion started with a burning desire to create pieces that reflect individuality, culture, and confidence. To him, fashion is more than clothing; it is expression, identity, and storytelling. As a



child, he was captivated by the way textures, colors, and designs could transform moods and convey emotion. Over time, passion evolved into purpose: to craft designs that combine style with meaning. "Fashion gave me a voice, and I use it to help others express theirs," he says.

Starting out, Smith would sketch designs purely out of love for the craft. As his work gained attention, he realized he wasn't just indulging a hobby, he was inspiring others, especially young creatives who saw themselves in his story. Turning that passion into entrepreneurship became the next step. "I had to learn how to build a brand, manage a business, and lead a team," he explains. This process pushed him beyond artistry and into entrepreneurial leadership, helping him create a sustainable platform for his work. Smith's journey as a motivational speaker grew organically. People connected with his story of resilience, challenges, and perseverance. Encouraging others to believe in themselves and pursue their goals became another way to give back. Today, he proudly wears three hats: designer, entrepreneur, and speaker, each allowing him to make a unique impact.

"I design with the intention of making people feel confident, empowered, and seen," Smith says. His signature style is bold, authentic, and timeless. Vibrant colors, clean lines, and thoughtful details define pieces that tell a story and leave a lasting impression. Smith believes fashion should reflect identity, not simply follow trends. "Every piece I create is crafted to balance creativity, quality, and meaning," he adds, drawing inspiration from culture, everyday life, and human resilience. Like many startups, Smith the Seam Ripper faced challenges, limited resources, financial pressures, and lack of industry connections. Gaofeng managed design, production, marketing, and sales largely on his own. At times overwhelming, he stayed resilient and resourceful. Slowly, the brand gained visibility, and consistency paired with faith carried him forward. "Every obstacle became a stepping stone," he reflects proudly.

Balancing creativity and business remains a constant challenge. "As a designer, I'm driven by vision. As an entrepreneur, I have to think practically, budgets, timelines, customer needs, and market trends," he explains. Creating time for design, building supportive teams, and establishing strong systems have allowed him to thrive. "The business gives creativity a platform, and the creativity gives the business its soul."

Through his experience, Smith has learned key lessons, which he shares during motivational talks:

- Rejection is redirection – Every "no" is an



opportunity to grow.

- Consistency matters more than hype – Trends fade, but vision endures.
- Confidence is everything – People believe in you when you believe in yourself.
- Comparison kills creativity – Your uniqueness is your superpower.
- Growth takes time – Success is gradual; patience and persistence pay off.

“Fashion is powerful in building confidence and empowerment. It allows people to express themselves without words,” Smith says. Empowerment, for him, comes when people feel good in what they wear, when they stand taller, move with purpose, and speak with clarity. His designs are crafted not just for style, but to make people feel celebrated, seen, and confident.

Beyond design, Smith mentors young creatives by openly sharing his journey, including wins, setbacks, and behind-the-scenes moments. Workshops, speaking engagements, social media, and one-on-one mentorship sessions create spaces for learning, growth, and support.

His proudest achievement remains building a brand that resonates and makes an impact. “Seeing someone wear my designs with confidence, or hearing that my story inspired someone to pursue their dreams, is priceless,” he says.

Looking ahead, Smith plans to expand his pop-up market series to include workshops and mentorship sessions for emerging designers and entrepreneurs. He is also preparing a new collection blending sustainable materials with cultural storytelling, a project close to his heart, celebrating heritage and environmental responsibility. Collaborations with local artists and brands will further amplify collective impact.

“These projects energize me because they combine creativity, purpose, and empowerment, values I deeply believe in,” he shares.

To aspiring creatives and entrepreneurs, Smith leaves this advice: “Believe in your vision, even when the path is uncertain. Your creativity and passion are your greatest assets. Failure is a teacher, not the end. Surround yourself with uplifting people, keep creating, and never forget why you started. The world needs your voice. Your dreams matter. And you are just getting started.”





















# GRANITE MASTER

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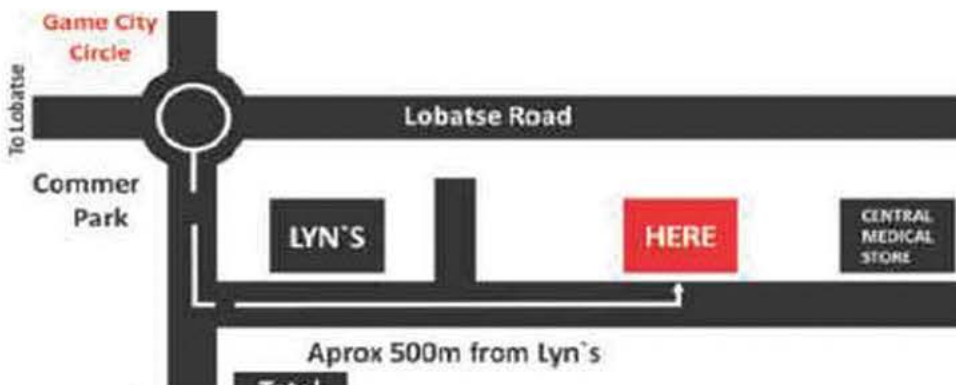
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# Elevating Elegance: Master Bedroom Interior Design Unveiled

The master bedroom, often considered the sanctuary of a home, is a space where style meets serenity. In the realm of interior design, crafting a master bedroom that seamlessly blends luxury, comfort, and personal style is an art form. Let's delve into the elements that define a masterful master bedroom interior design.

## 1. The Art of Balance:

A master bedroom should be a harmonious blend of comfort and sophistication. Striking the right balance between plush textiles and sleek furniture creates an inviting ambiance. A carefully chosen color palette, with soothing tones like muted neutrals or calming pastels, sets the stage for a tranquil retreat.

## 2. The Statement Bed:

At the heart of any master bedroom is the bed, often the focal point and centerpiece. Investing in a statement bed frame or an upholstered headboard can instantly elevate the room's aesthetic. Luxurious bedding and an array of throw pillows add layers of texture and visual interest.

## 3. Ambient Lighting:

Lighting plays a pivotal role in setting the mood. A combination of ambient, task, and accent lighting allows for versatility in creating different atmospheres. Elegant bedside lamps, a dazzling chandelier, or even recessed lighting can contribute to the overall allure of the space.

## 4. Thoughtful Storage Solutions:

A clutter-free environment is essential for a restful retreat. Incorporating thoughtful storage solutions, such as built-in closets, chic dressers, or under-bed storage, not only adds functionality but also maintains the room's clean and sophisticated aesthetic.

## 5. Personal Touches:

Injecting a sense of personality into the master bedroom is key. Personalized artwork, family photographs, or cherished mementos can transform the space into a reflection of the homeowner's unique style and life experiences.

## 6. Cozy Seating Areas:

Create intimate corners within the master bedroom by incorporating cozy seating areas. A stylish chaise lounge, a pair of accent chairs, or even a window seat provides a retreat within a retreat—a place for relaxation, reading, or simply unwinding.

## 7. Nature's Embrace:

Bringing a touch of nature into the master bedroom can have a calming effect. Indoor plants, natural materials like wood or stone, or even panoramic views framed by well-designed windows can enhance the overall sense of tranquility.

## 8. Technological Integration:

In the modern era, integrating technology seamlessly into the bedroom is a design consideration. Smart lighting, automated window treatments, and hidden charging stations can enhance convenience without compromising aesthetics.

Master bedroom interior design is a dynamic interplay of aesthetics and functionality, where every element contributes to the creation of a space that exudes both style and comfort. As the day concludes and the door to the master bedroom closes, it becomes a private haven—a carefully curated retreat where luxury and personal taste intertwine to create a sanctuary of restful bliss.



# Ask Aunty Love: Real Talk for the Heart



**Aunty**, my boyfriend doesn't post me on social media. Should I be worried?

– Confused & Unseen

**Aunty says:**

Sweetheart, don't let a post define your place in someone's life. Some people are private, and that's okay. BUT... if he's posting everything but you, that's something to side-eye. If he's proud to be with you, he won't mind showing it, even if it's offline. Talk it out. Don't stalk it out.

**Aunty**, I still have feelings for my ex, but I'm in a new relationship. What should I do?

– Torn in Two

**Aunty says:**

Baby girl, unfinished business with an ex is like wearing shoes that don't fit, painful and unnecessary. If your heart's still back there, maybe you need to pause this new thing and

do some healing. Don't lead someone on while you're looking backwards. Closure first, commitment second.

**Aunty**, is it okay to go through my partner's phone if I suspect they're cheating?

– Curious But Guilty

**Aunty says:**

Trust issues are like termites, darling, they eat away silently until everything falls apart. If you feel the need to snoop, your relationship needs more honesty. Try talking instead of spying. But if your instincts are loud and your partner is shady... well, Aunty says don't ignore the signs.

**Aunty**, my girlfriend keeps comparing me to her ex. It's making me insecure.

– Second Place

**Aunty says:**

You're not a placeholder, my love. You're not

here to compete with a ghost from the past. If she hasn't healed, she shouldn't be dating. You deserve to be loved for you, not judged by someone else's history.

**Aunty**, I love him but he's not ambitious. Am I being shallow for wanting more?

– Dreaming Bigger

**Aunty says:**

Wanting a partner who matches your drive isn't shallow, it's smart. Love is sweet, but shared goals are sweeter. If he's content doing the bare minimum and you're aiming for the stars, you'll eventually feel held back. Encourage him, but don't shrink your dreams to fit into someone else's comfort zone.

**Aunty**, my partner blocks me when we argue, then comes back like nothing happened. Is that normal?

– Ghosted by Love

**Aunty says:**

Emotional maturity doesn't block and disappear. That's manipulation, baby, not love. If someone can't sit and resolve conflict like an adult, they're not ready to handle you. Communication is the glue. Without it, things fall apart, quickly.

**Aunty,** we've been dating for 4 years. I'm ready for marriage but he says 'not yet.' Should I wait?

– Waiting With Hope

**Aunty says:**

Four years is a whole university degree, darling! If he still doesn't know what he wants, you need to ask yourself what you want. Are you growing together or just passing time? Ask him for clarity, not promises. And don't let "not yet" turn into "never."

**Aunty,** he says he loves me but doesn't

want to commit. Should I stay and hope he changes?

– Half Loved

**Aunty says:**

Oh sweetheart, love without commitment is like a car with no wheels, it's going nowhere. Don't waste your heart on someone who loves your company but fears your value. Hope is beautiful, but not when it keeps you stuck. Know your worth.

**Aunty,** I'm tired of dating. Everyone's playing games. Is love even real?

– Losing Faith

**Aunty says:**

Love is real, but so is emotional laziness. The world has people who want vibes more than values. Don't let a few heartbreaks make you cold. Protect your peace, keep your standards, and remember: the right one

won't need convincing.

**Aunty,** I feel like I always fall for the wrong ones. What's wrong with me?

– Heartbroken & Tired

**Aunty says:**

Nothing's wrong with you, angel. But maybe it's time to check your patterns. Do you mistake chaos for passion? Do you ignore red flags just to feel wanted? Healing comes before healthy love. Fix the inside first, the right one will meet you there.

**Have a question for Aunty?**

Send it in, anonymous, judgment-free, and always with a side of real talk. Because love is complicated... but Aunty's got you.

# Poloko NB:

## Fusing Culture, Creativity, and Hip-Hop

**P**oloko NB is a versatile artist whose music seamlessly blends Kalanga, English, and Setswana, creating a sound that refuses to be confined to a single style. "I pride myself on not limiting myself with just one style of making music. Any kind of beat thrown my way, I make sure I flourish when I write for it," he shares, a reflection of his fearless approach to artistry.

Creativity runs through every aspect of Poloko NB's journey. Inspired by William Last KRM in 2021, he credits this mentorship for shaping him into the creative force he is today. Musically, his influences come from global icons Nasty C and NF, whose work helped him navigate challenging teenage years. "Their music helped me survive some very difficult times, so I thought, why not do the same for someone else? I am confident that soon my music will speak and inspire a lot of people," he says.

His upcoming album, PHIZHA, takes its name from a Kalanga clan that symbolizes the elephant. The project is a bold representation of who Poloko NB is, an artist grounded in his roots while celebrating individuality and enjoyment in his music. "This album portrays who I truly am and what my music is about: representing the people while still having fun and inspiring someone along the way," he explains.

Fans can expect a diverse collection of 9 to 11 tracks, each carrying a unique sound. Poloko NB emphasizes that he does not want to limit his music to one style. "I want all listeners to find their own favourite song, not just have one standout track," he says. The album also celebrates his Kalanga heritage, weaving culture and pride throughout the music while honoring all listeners regardless of background.

PHIZHA features collaborations with standout artists such as Osta Tyger from Bafana Ba and SketchThaHoodie, a close friend of Poloko NB. He also worked with producers Rraagwe Banuza, whose mixing expertise helped shape the project's sound, and Butterfly, whose unique beats add a distinctive edge to the music. Visual storytelling is equally important, with videographer Mogomotsi Makolo contributing to elevating Poloko NB's brand through high-quality visuals.

Musically, the album leans heavily into Hip-Hop while exploring subgenres like drill, trap, and kwaito. Poloko NB also incorporates sampling from old-school Botswana songs, creating a colorful and dynamic listening experience. Unlike his earlier, more experimental mixtape, which earned over 1,000 plays, PHIZHA reflects a patient, meticulous approach, with every song refined since January to ensure top-quality production.

While the official release date will be announced on his social media, fans can anticipate the album dropping in November, accompanied by launch events and performances. The album will be available across all streaming platforms, with physical copies also on sale. Looking ahead, Poloko NB hopes to work with his idols Nasty C and William Last KRM and collaborate with top producers like Jazzman, Fella-The Beat, and Pro Lanez to further elevate his sound.

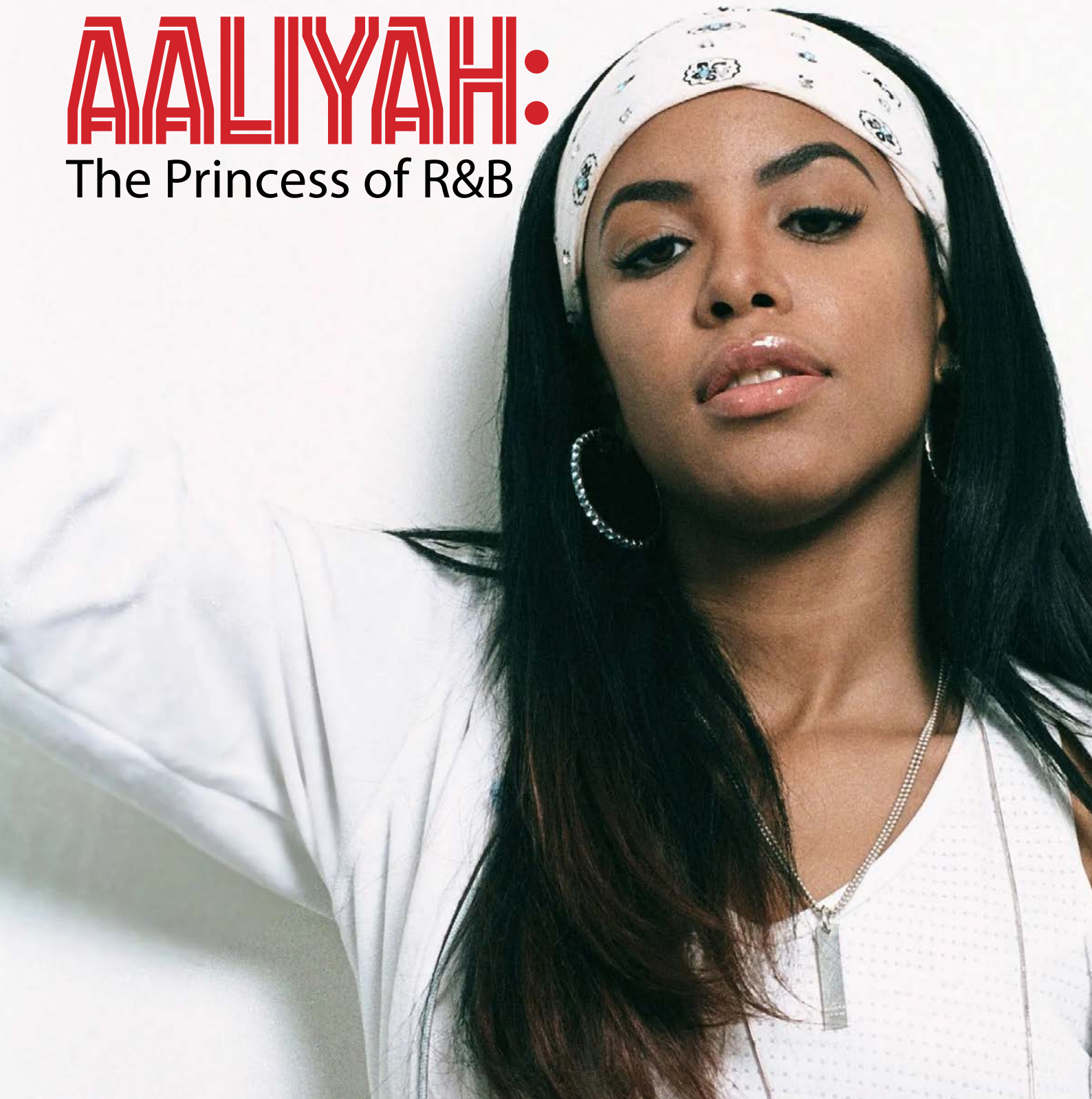
Beyond PHIZHA, Poloko NB is planning a deluxe edition of his debut mixtape, *Diamond Kid; The Mixtape*, slated for release next year. His overarching vision is clear: to become a front-runner in the industry and open doors for others who aspire to make their mark. "Many doors have been closed to me before I could enter, so I am counting on becoming as big as possible and creating new pathways for others, by God's grace," he concludes.

With PHIZHA, Poloko NB is not just releasing an album; he is telling a story, sharing a culture, and setting the stage for a new wave of Botswana music.



# AALIYAH:

## The Princess of R&B



Few artists have managed to shape an entire generation the way Aaliyah Dana Haughton did. Known to millions simply as Aaliyah, she was a singer, actress, dancer, and style icon who redefined what it meant to be young, fearless, and innovative in the entertainment industry. Her voice was smooth yet commanding, her style effortless yet groundbreaking, and her influence continues to echo more than twenty years after her passing.

### Early Life: A Star in the Making

Born on January 16, 1979, in Brooklyn, New York, and raised in Detroit, Aaliyah's gift for

performing shone early. Encouraged by her family, she pursued music and acting as a child, appearing on *Star Search* and performing alongside Gladys Knight at just 11 years old. By 12, she had signed with Jive Records and Blackground Records, beginning a career that would forever change R&B.

### Breakthrough in Music

Her debut album, *Age Ain't Nothing but a Number* (1994), marked the arrival of a rising star. But it was her second album, *One in a Million* (1996), crafted with Timbaland and Missy Elliott, that set her apart. Tracks like "If Your Girl Only Knew" and the title song

showcased a futuristic sound that redefined the genre.

By the time she released her self-titled third album in 2001, Aaliyah had evolved into a mature, versatile artist. Songs such as "We Need a Resolution" and "Rock the Boat" displayed her ability to blend R&B, pop, and electronic influences seamlessly.

### Hollywood Aspirations

Aaliyah's talent wasn't confined to music. She transitioned into acting with confidence, starring in *Romeo Must Die* (2000) alongside Jet Li and later mesmerizing audiences

as Queen Akasha in *Queen of the Damned* (2002). Critics praised her screen presence, and Hollywood saw her as a rising actress destined for greatness.

#### **Fashion & Cultural Impact**

Crowned the Princess of R&B, Aaliyah became a fashion icon in her own right. She popularized the tomboy-chic aesthetic, baggy jeans, crop tops, sports bras, leather jackets, and her signature bandanas. Her look redefined femininity in pop culture, balancing edge with elegance.

Musically, Aaliyah was a trailblazer. Her ability to merge soulful vocals with futuristic production paved the way for the modern R&B sound embraced by artists like The Weeknd, Normani, and SZA.

#### **Tragic Loss**

On August 25, 2001, tragedy struck. After filming the video for "Rock the Boat" in the Bahamas, Aaliyah and eight others lost their lives in a plane crash. She was only 22 years old. The news devastated fans around the world, cutting short a career that had only just begun to reveal its full potential.

#### **Legacy That Lives On**

Even in death, Aaliyah's influence is undeniable. Her music continues to resonate, inspiring global superstars like Beyoncé, Rihanna, and Drake. Her fashion sense remains a blueprint for today's streetwear trends, and her soft-spoken yet powerful presence is still celebrated in documentaries, tributes, and fan communities.

Known affectionately as "Babygirl," Aaliyah left behind more than hits and films, she left behind a cultural legacy rooted in authenticity, artistry, and vision.

#### **The Princess Forever**

Aaliyah's story is both inspiring and heartbreaking. She embodied elegance, innovation, and courage, becoming a symbol of what it means to be ahead of one's time. More than two decades later, her music still plays, her style still influences, and her spirit still inspires. She may be gone, but as the world continues to celebrate her, Aaliyah remains forever the Princess of R&B.





# 9 Steps to More Effective Parenting

Raising kids is one of the toughest and most fulfilling jobs in the world — and the one for which you might feel the least prepared. These 9 child-rearing tips can help you feel more fulfilled as a parent.

## 1. Boost Your Child's Self-Esteem

Kids start developing their sense of self as babies when they see themselves through their parents' eyes. Your tone of voice, your body language, and your every expression are absorbed by your kids. Your words and actions as a parent affect their developing self-esteem more than anything else.

Praising accomplishments, however small, will make them feel proud; letting kids do things independently will make them feel capable and strong. By contrast, belittling comments or comparing a child unfavorably

with another will make kids feel worthless. Avoid making loaded statements or using words as weapons. Comments like "What a stupid thing to do!" or "You act more like a baby than your little brother!" cause damage just as physical blows do.

Choose your words carefully and be compassionate. Let your kids know that everyone makes mistakes and that you still love them, even when you don't love their behavior.

## 2. Catch Kids Being Good

Have you ever stopped to think about how many times you react negatively to your kids in a given day? You may find yourself criticizing far more often than complimenting. How would you feel about a boss who treated you with that much negative guidance, even if it was well-

intentioned?

The more effective approach is to catch kids doing something right: "You made your bed without being asked — that's terrific!" or "I was watching you play with your sister and you were very patient." These statements will do more to encourage good behavior over the long run than repeated scoldings.

Make a point of finding something to praise every day. Be generous with rewards — your love, hugs, and compliments can work wonders and are often reward enough. Soon you will find you are "growing" more of the behavior you would like to see.

## 3. Set Limits and Be Consistent With Your Discipline

Discipline is necessary in every household.



The goal of discipline is to help kids choose acceptable behaviors and learn self-control. They may test the limits you establish for them, but they need those limits to grow into responsible adults.

Establishing house rules helps kids understand your expectations and develop self-control. Some rules might include: no TV until homework is done, and no hitting, name-calling, or hurtful teasing allowed.

You might want to have a system in place: one warning, followed by consequences such as a “time-out” or loss of privileges. A common mistake parents make is not following through with consequences. You can’t discipline kids for talking back one day and ignore it the next. Being consistent teaches what you expect.

#### 4. Make Time for Your Kids

It’s often hard for parents and kids to get together for a family meal, let alone spend quality time together. But there is probably nothing kids would like more. Get up 10 minutes earlier in the morning so you can eat breakfast with your child or leave the dishes in the sink and take a walk after dinner. Kids who aren’t getting the attention they want from their parents often act out or misbehave because they’re sure to be noticed that way.

Many parents find it rewarding to schedule together time with their kids. Create a “special night” each week to be together and let your kids help decide how to spend the time. Look for other ways to connect — put a note or something special in your kid’s lunchbox.

Teens seem to need less undivided attention from their parents than younger kids. Because there are fewer windows of opportunity for parents and teens to get together, parents should do their best to be available when their teen does express a desire to talk or participate in family activities. Attending concerts, games, and other events with your teen communicates caring and lets you get to know more about your child and his or her friends in important ways.

Don’t feel guilty if you’re a working parent. It is the many little things you do — making popcorn, playing cards, window shopping — that kids will remember.

#### 5. Be a Good Role Model

Young kids learn a lot about how to act by watching their parents. The younger they are, the more cues they take from you. Before you lash out or blow your top in front of your child, think about this: Is that how you want your child to behave when angry? Be aware

that you’re constantly being watched by your kids. Studies have shown that children who hit usually have a role model for aggression at home.

Model the traits you wish to see in your kids: respect, friendliness, honesty, kindness, tolerance. Exhibit unselfish behavior. Do things for other people without expecting a reward. Express thanks and offer compliments. Above all, treat your kids the way you expect other people to treat you.

#### 6. Make Communication a Priority

You can’t expect kids to do everything simply because you, as a parent, “say so.” They want and deserve explanations as much as adults do. If we don’t take time to explain, kids will begin to wonder about our values and motives and whether they have any basis. Parents who reason with their kids allow them to understand and learn in a nonjudgmental way.

Make your expectations clear. If there is a problem, describe it, express your feelings, and invite your child to work on a solution with you. Be sure to include consequences. Make suggestions and offer choices. Be open to your child’s suggestions as well. Negotiate. Kids who participate in decisions are more motivated to carry them out.



### **7. Be Flexible and Willing to Adjust Your Parenting Style**

If you often feel “let down” by your child’s behavior, perhaps you have unrealistic expectations. Parents who think in “shoulds” (for example, “My kid should be potty-trained by now”) might find it helpful to read up on the matter or to talk to other parents or child development specialists.

Kids’ environments have an effect on their behavior, so you might be able to change that behavior by changing the environment. If you find yourself constantly saying “no” to your 2-year-old, look for ways to alter your surroundings so that fewer things are off-limits. This will cause less frustration for both of you.

As your child changes, you’ll gradually have to change your parenting style. Chances are, what works with your child now won’t work as well in a year or two.

Teens tend to look less to their parents and more to their peers for role models. But continue to provide guidance, encouragement, and appropriate discipline while allowing your teen to earn more independence. And seize every available moment to make a connection!

### **8. Show That Your Love Is Unconditional**

As a parent, you’re responsible for correcting and guiding your kids. But how you express your corrective guidance makes all the difference in how a child receives it.

When you have to confront your child, avoid blaming, criticizing, or fault-finding, which hurt self-esteem and can lead to resentment. Instead, try to nurture and encourage, even when disciplining your kids. Make sure they know that although you want and expect better next time, your love is there no matter what.

### **9. Know Your Own Needs and Limitations as a Parent**

Face it — you are an imperfect parent. You have strengths and weaknesses as a family leader. Recognize your abilities — “I am loving and dedicated.” Vow to work on your weaknesses — “I need to be more consistent with discipline.” Try to have realistic expectations for yourself, your partner, and your kids. You don’t have to have all the answers — be forgiving of yourself.

And try to make parenting a manageable job. Focus on the areas that need the most attention rather than trying to address everything all at once. Admit it when you’re burned out. Take time out from parenting to do things that will make you happy.

Focusing on your needs does not make you selfish. It simply means you care about your own well-being, which is another important value to model for your children.

# Shining a Light: The Launch of Lesedi Television

## Your Story, Your Voice

Botswana's media scene has grown brighter with the arrival of Lesedi Television, an online station bringing engaging stories, fresh perspectives, and dynamic entertainment straight to viewers' screens. Lesedi combines local culture with global trends, creating a platform that informs, inspires, and entertains.

Launched with the vision of bridging the gap between traditional broadcasting and the digital space, Lesedi Television is built to be accessible to everyone. Unlike conventional TV, the station thrives online, offering flexibility, inclusivity, and a sense of community.

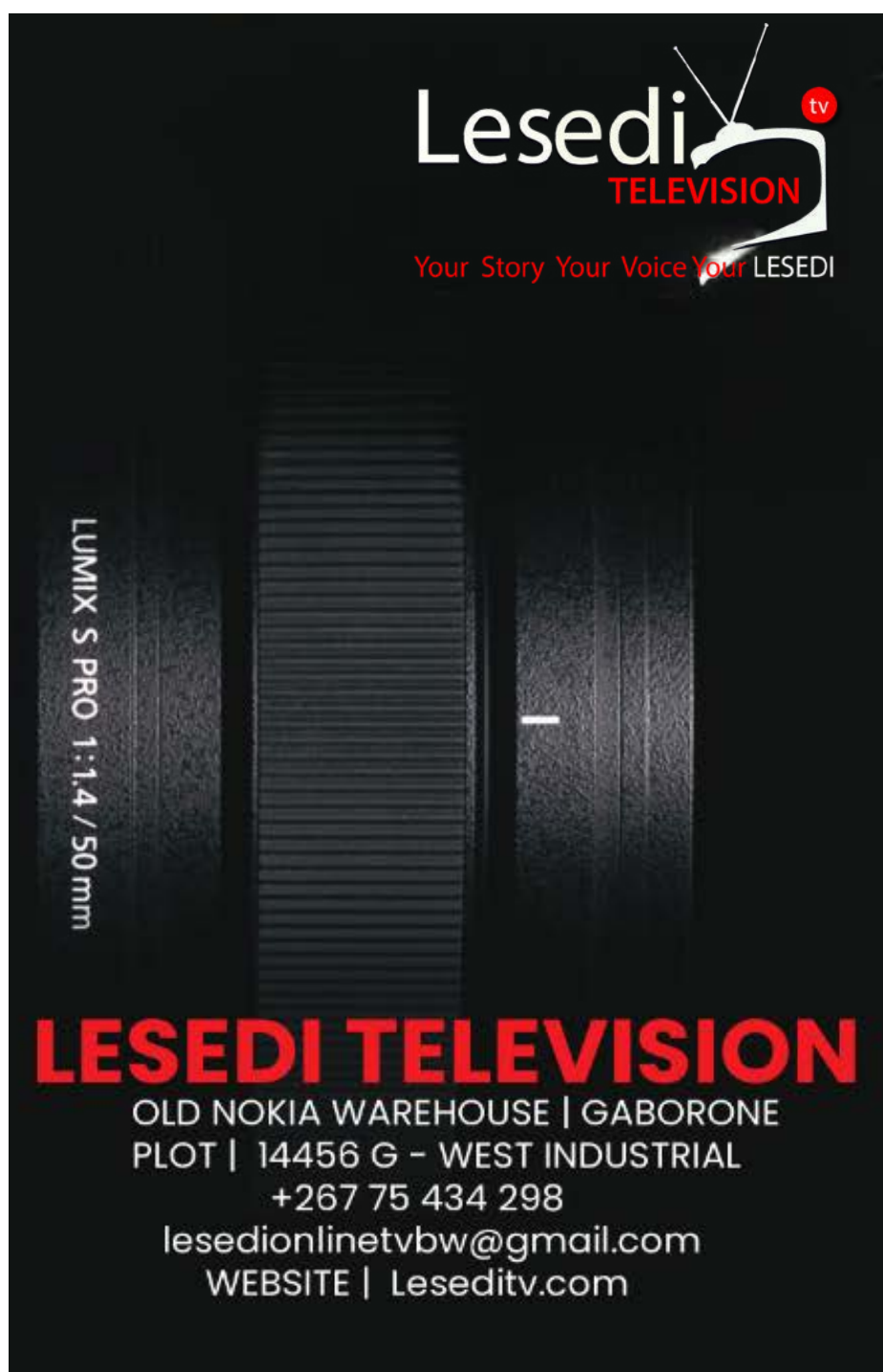
But Lesedi is more than just another TV channel, it's a lifestyle hub. From travel and entertainment to current affairs and cultural programming, the station promises a vibrant mix of content that resonates with Botswana at home and connects the global diaspora eager to stay rooted in Botswana's stories.

At the core of Lesedi Television is its guiding line, "Your Story, Your Voice." This principle reflects the station's commitment to amplifying local voices, showcasing homegrown creativity, and highlighting the entrepreneurial spirit that defines Botswana. By sharing these authentic stories, Lesedi becomes both a cultural ambassador and an innovative media space.

Viewers can look forward to features on unique destinations, inspiring personalities, and pressing social issues, all presented in a way that feels both relatable and globally competitive.

Though newly launched, Lesedi Television is ambitious. Its team envisions partnerships with local brands, creatives, and international networks to expand its reach and impact. By leveraging the flexibility of digital broadcasting, Lesedi is ready to experiment with fresh formats and cultivate a loyal online community.

"Lesedi means 'light,' and that is exactly what we want to be, a source of illumination, inspiration, and entertainment for our



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audience," the team says.

With online streaming demand soaring across Africa and beyond, Lesedi Television's timing is perfect. Its blend of technology, creativity, and cultural authenticity positions

it as one of Botswana's most promising media exports.

For viewers, Lesedi Television is not just another channel, it's a reflection of their stories, their voices, and their future.



# Incredibly Delish Wraps We Can't Stop Eating

Our absolute favorite, incredibly delish wraps that we can't stop eating! These healthy wrap recipes are packed with protein & amazing flavors, and make the perfect easy lunches or dinners. We've included vegetarian wraps, burritos, pinwheels, and even bonus recipes and salads that make the best filling for wraps!

Ever since my boys and I tried a bunch of delicious sandwiches and salads in Gabs, I've been on a big lunch kick. One of my go-to's lately has been to literally add anything and everything to a wrap — salads, leftovers from dinner, a random mix of protein & veggies, you name it, it's perfect

for rolling up into your fav tortilla.

I put together our absolute favorite wrap recipes from over the years, plus tons of bonus recipes and salads that make the perfect lunch wraps! In this round up you'll find salad wraps, chicken wraps, and plenty of vegetarian wraps, plus fresh & delicious salad recipes that you can easily fold into a tortilla. I've also sprinkled in some yummy, easy main dishes that are great for repurposing as a lunch wrap — just fold them up and go!

## Customize your wraps

These sandwich wrap recipes are perfect for customizing. As always, be sure to check out the full recipes for all of our

recommended ingredient swaps, but in

general:

- Feel free to use a spinach wrap, regular flour tortilla, a lettuce or collard wrap, or even a grain free tortilla to wrap up all the goods.
- Use whatever veggies you have on hand to bulk up your wraps.
- Easily choose your favorite proteins for each wrap. Chickpeas are a great swap for chicken, and vice-versa!
- Drizzle and dip with extra sauces & dressings. My homemade recipes are a great place to start.

## Tips for rolling up wraps

With a few key tips you'll have the perfect lunch wrap in no time:



- Be sure not to overfill your wrap, otherwise, it will be very hard to roll up and may even break. If you like a lot of filling, try using a burrito-sized tortilla!
- Fold the ends in as you go so that the filling stays tightly rolled into the tortilla.
- Feel free to secure your full wrap or halves with a toothpick so that it stays in tact!

#### Make them ahead of time

You can easily make the filling for these wrap recipes ahead of time, then wrap them into your favorite tortilla the next day! They're the perfect meal prep lunch option because they're portable and won't fall apart like regular sandwiches tend to do. As I hope you love these incredibly delish, healthy wrap recipes! If you make any of them, or if you add any of the bonus

recipes to a wrap, be sure to leave a comment & rating on the recipe so I know how you liked it. Enjoy!

#### Ingredients in these buffalo chickpea salad wraps

These delicious buffalo chickpea wraps have over 13g of protein per serving and use super simple ingredients but are packed with flavor and crunch. Here's what you'll need to make them:

- Chickpeas: the base of the filling in these wraps is made with a can of chickpeas, which provides a boost of protein.
- Veggies & produce: you'll be mixing your mashed chickpeas with shredded carrot, diced celery, cilantro, and red onion. The perfect pairing with that buffalo flavor!
- For the dressing: here's the fun part – you'll mix a couple of tablespoons of your favorite buffalo sauce with plain yogurt for a creamy, spicy balance that takes the chickpea salad to the next level.
- For the wraps: you'll want to use any 8-inch tortillas you'd like (including

gluten or grain free), and you'll wrap up the salad with fresh spinach, avocado, and sliced red onion. SO GOOD.

Vegan Curry Chickpea Salad Collard Wraps  
Smashed Chickpea Avocado Salad Sandwich with Cranberries + Lemon

#### Spicy Cashew Chickpea Broccoli Salad with Ginger Peanut Dressing

Vegan Pecan Apple Chickpea Salad Wraps  
Healthy Pumpkin Seed & Avocado Pesto  
Chicken Salad Sandwiches  
Vegetarian Lunch Sandwiches + Wraps  
June 9, 2025

#### Avocado Buffalo Chickpea Salad Wraps

Flavorful buffalo chickpea salad wraps packed with crunchy veggies, creamy avocado, and fresh spinach. These easy buffalo chickpea wraps are packed with protein thanks to yogurt and a full can of chickpeas for the perfect packable weekday lunch!

#### Prep Time

15 mins

#### Cook Time

0 mins

#### Total Time

15 mins

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#### Jump to Recipe

Hi it's me, your fairy lunch godmother here to re-share one of the easiest, most satisfying, and absolutely delicious lunch recipes that only takes 10 minutes to make: buffalo





**chickpea salad wraps!**

If you know me, you know I'll add hot sauce to pretty much anything. What you may not know is that I've recently become low key obsessed with adding buffalo sauce to recipes (aka this buffalo mac & cheese and these tuna (or chicken!)

stuffed bell peppers). That's right, spicy, tangy buffalo sauce somehow has my heart. Looking for more 30-minute meals? Enter your email below to get my FREE e-book with our best 30-minute dinners straight to your inbox!

**Yes, I want this!**

The idea for these amazing buffalo chickpea salad wraps came out of this newfound love. We're not just making wings here, people! This amazing wrap is loaded with veggies and protein thanks to chickpeas and some yogurt. The yogurt also adds the perfect creamy, cooling balance to your fav buffalo sauce, and the whole thing is wrapped up with fresh, crunchy veggies.

**Ingredients in these buffalo chickpea salad wraps**

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**Customize your wraps**

- Add extra heat: if you love spice like I do, feel free to add another tablespoon of buffalo sauce and/or use a spicy buffalo

sauce.

- Mix in more veggies: dice some bell pepper to fold into the salad, or add slices of them into the wrap!
- Choose your protein: these wraps would also be delicious with cooked, cubed tofu, cooked, shredded chicken, or even canned tuna!
- Go vegan & dairy free: simply use your favorite plain dairy free yogurt

**Looking for a different dressing?**

Try mixing the chickpea salad in one of these delicious, yogurt-based dressings:

- Homemade Greek Yogurt Ranch
- Chipotle Ranch
- Feta Yogurt Dressing

**The best buffalo chickpea wraps in 3 easy steps**

- Mix the salad. Drain & rinse your can of chickpeas, mash them with a fork in a large bowl, then add the diced celery, shredded carrot, cilantro and red onion.
- Add the sauce. Next, add the yogurt and buffalo sauce and mix it all

together well. Taste and adjust by adding more buffalo sauce if you'd like, as well as salt and/or pepper.

- Assemble the wraps. Finally, top a tortilla with 1/3rd of the chickpea salad and add spinach, a few avocado slices and red onion slices on top. Roll it up like a burrito, tucking in the ends as you go. Repeat with the remaining 2 tortillas to meal prep or share with others, or store the salad and wrap up later; enjoy!

**Delicious ways to serve this buffalo chickpea salad**

I absolutely love rolling up the buffalo chickpea salad with veggies in tortilla wraps, but feel free to try these other ways to serve the salad!

- Collard wrap: for a low carb, grain & gluten free option, roll up all of the

salad ingredients in a collard wrap or lettuce wrap! Get all of my tips for making collard wraps here.

- Bread: of course, pile the chickpea salad high with veggie toppings on your go-to bread for a heartier meal. I love a good seedy sandwich bread, especially my homemade recipe.
- Chips & crackers: because scooping salads with chips is trending right now (as it should be) enjoy the buffalo chickpea salad as a dip by serving it with tortilla chips or my paleo crackers!

**Storing tips**

Store any leftover buffalo chickpea salad in an airtight container in the refrigerator for up to 4-5 days.





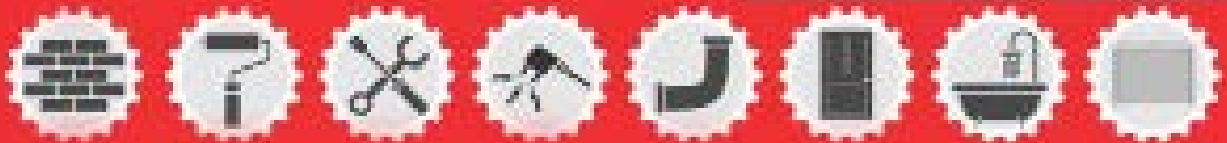
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# 10 Exercises to Tone Every Inch of Your Body

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 sure-fire way to attack your fitness regimen effectively? Keep the fuss to a minimum and stick with the basics.

## LUNGES

Challenging your balance is an essential part of a well-rounded exercise routine. Lunges do just that, promoting functional

movement while also increasing strength in your legs and glutes.

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

Complete 3 sets of 10 reps.

## PUSH UPS

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

1. Start in a plank position. Your core should be tight, shoulders pulled down and back, and your neck neutral.
2. Bend your elbows and begin to lower

your body down to the floor. When your chest grazes it, extend your elbows and return to the start. Focus on keeping your elbows close to your body during the movement.

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.

- Ensuring your knees don't bow inward or outward, drop down until your thighs are parallel to the ground, bringing your arms out in front of you in a comfortable position. Pause for 1 second, then extend your legs and return to the starting position.
- Complete 3 sets of 20 reps.

### STANDING OVERHEAD DUMBBELL PRESSES

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

**Equipment:** 10-pound dumbbells

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

### DUMBBELL ROWS

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

**Equipment:** 10-pound dumbbells

- Start with a dumbbell in each hand. We recommend no more than 10 pounds for beginners.
- 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.
- 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.
- Return to the starting position and repeat with the left arm. This is one rep. Repeat 10 times for 3 sets.

### SINGLE-LEG DEADLIFTS

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

**Equipment:** dumbbell

- Begin standing with a dumbbell in your right hand, and your knees slightly bent.
- Hinging at the hips, begin to kick your left leg straight back behind you, lowering the dumbbell down toward the ground.
- 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.
- 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.

- Start by standing upright with your feet shoulder-width apart and your arms down at your sides.
- 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 push-up position.
- 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.
- Stand up straight, bringing your arms above your head, and jump.
- 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.

- 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.
- Contract your core to stiffen your spine and lift your hips and knees off the ground, forming a straight line with

your body.

- 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 sit-ups or crunches might.

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

### GLUTE BRIDGE

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

- 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.
- 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.
- Pause 1-2 seconds at the top and return to the starting position.

**Complete:** 10-12 reps for 3 sets.

### How to improve workouts

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

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

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

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

# OUSMANE DEMBÉLÉ: THE UNLIKELY KING OF FOOTBALL

The football world watched in awe as Ousmane Dembélé lifted the Ballon d'Or trophy, his smile as bright as the golden globe in his hands. For a player whose career has been a story of setbacks, comebacks, and flashes of brilliance, this moment wasn't just about individual glory. It was about redemption.

## A JOURNEY MARKED BY DOUBT

When Dembélé first burst onto the scene at Rennes, and later at Borussia Dortmund, he was hailed as the next big thing. His flair, unpredictability, and ability to use both feet with equal brilliance made him a nightmare for defenders. Yet, the road from prodigy to polished star was anything but smooth. His blockbuster transfer to Barcelona brought both pressure and expectation. Injuries, however, became his constant companion. Seasons were disrupted. Headlines questioned whether the Frenchman could ever fulfill his promise. Some even branded him a "wasted talent."

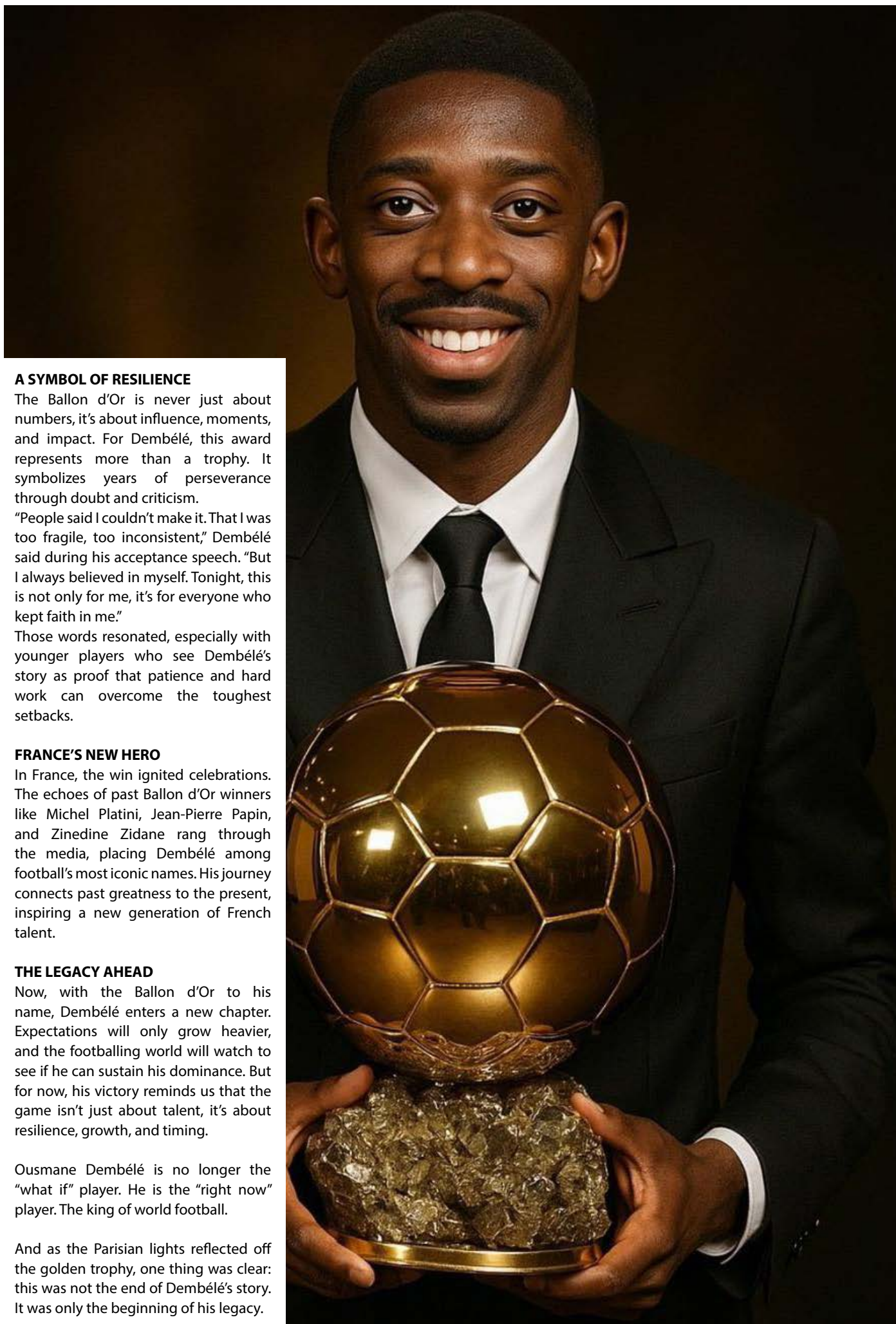
But Dembélé refused to let those words define him.

## THE SEASON OF TRANSFORMATION

Fast forward to this past season, and the narrative flipped. Dembélé not only stayed fit but also elevated his game to world-class consistency. His statistics spoke volumes, double digits in both goals and assists, game-winning moments in the Champions League, and decisive performances for France on the international stage.

What made the difference? Those close to him point to his renewed discipline, dedication to recovery, and a stronger mentality. His dribbling remained electric, but now it was paired with sharper decision-making and an instinct to bring his teammates into the spotlight.





### A SYMBOL OF RESILIENCE

The Ballon d'Or is never just about numbers, it's about influence, moments, and impact. For Dembélé, this award represents more than a trophy. It symbolizes years of perseverance through doubt and criticism.

"People said I couldn't make it. That I was too fragile, too inconsistent," Dembélé said during his acceptance speech. "But I always believed in myself. Tonight, this is not only for me, it's for everyone who kept faith in me."

Those words resonated, especially with younger players who see Dembélé's story as proof that patience and hard work can overcome the toughest setbacks.

### FRANCE'S NEW HERO

In France, the win ignited celebrations. The echoes of past Ballon d'Or winners like Michel Platini, Jean-Pierre Papin, and Zinedine Zidane rang through the media, placing Dembélé among football's most iconic names. His journey connects past greatness to the present, inspiring a new generation of French talent.

### THE LEGACY AHEAD

Now, with the Ballon d'Or to his name, Dembélé enters a new chapter. Expectations will only grow heavier, and the footballing world will watch to see if he can sustain his dominance. But for now, his victory reminds us that the game isn't just about talent, it's about resilience, growth, and timing.

Ousmane Dembélé is no longer the "what if" player. He is the "right now" player. The king of world football.

And as the Parisian lights reflected off the golden trophy, one thing was clear: this was not the end of Dembélé's story. It was only the beginning of his legacy.



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 CROWN CHILI BITE SWI SPICE 1x1kg <b>45<sup>99</sup></b>	 FREDDY HIRSCH CHILI BITE SPICE 1x1kg <b>37<sup>99</sup></b>	 FREDDY HIRSCH CHILI BITE SPICE 1x1kg <b>36<sup>99</sup></b>	 thokoman Peanut Butter Smooth 1x2.75kg <b>199<sup>99</sup></b>	 Hugo's Mixed Fruit Jam 1x375g <b>143<sup>99</sup></b>
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 ALL GOLD MIXED FRUIT JAM 1x3.2kg <b>44<sup>99</sup></b>	 MOORE'S BAKING POWDER 1x500g <b>36<sup>99</sup></b>	 ROBERTSONS BAKING POWDER 1x1kg <b>69<sup>99</sup></b>	 ROBERTSONS ESSENCE 1x500ml <b>52<sup>99</sup></b>	 Selati SUGAR SACHETS STICK ASSORTED 1x3000x5kg <b>333<sup>99</sup></b>	 NESTLE HOT CHOCOLATE POWDER 1x500g <b>75<sup>99</sup></b>
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 NESTLE NESPRAY 1x2kg <b>247<sup>99</sup></b>	 MILK MILO 1x750g <b>93<sup>99</sup></b>	 NESCAFE COFFEE STICKS ORIGINAL 1x200 <b>325<sup>99</sup></b>	 NESCAFE GOLD 1x200 <b>379<sup>99</sup></b>	 RICOFFY INSTANT COFFEE 1x200 <b>221<sup>99</sup></b>
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 Freshpak PURE ROOIBOS 1x160 <b>70<sup>99</sup></b>	 Laager Rooibos Tea 1x160 <b>66<sup>99</sup></b>	 FIVE ROSES ROOIBOS SELECT ENVELOP 1x200 <b>435<sup>99</sup></b>	 FIVE ROSES TEA BAG ENVELOP CATERING 1x200 <b>376<sup>99</sup></b>
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 FIVE ROSES CEYLON BLEND TEA 300 TEA BAGS <b>91<sup>99</sup></b>	 CREMORA CREAMER 1x200 <b>229<sup>99</sup></b>	 ELLIS BROWN STICKS 1x200 <b>197<sup>99</sup></b>	 RICOFFY COFFEE 1x150g <b>247<sup>99</sup></b>
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 SAFARI RAISINS 1x500g <b>44<sup>99</sup></b>	 Samba PEANUTS & RAISINS 1x500g <b>36<sup>99</sup></b>	 Endearmints ORIGINAL 1kg <b>99<sup>99</sup></b>	 SCHWEPES MIXERS ASSORTED 6x200ml <b>48<sup>99</sup></b>	 FITCH & LEEDS ENGLISH TONIC 1x200ml <b>41<sup>99</sup></b>	 FITCH & LEEDS PINK TONIC 1x200ml <b>41<sup>99</sup></b>
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<b>CASTELLO BLUE CHEESE 3x100g</b>	<b>CASTELLO BLUE CHEESE CREAMY 3x100g</b>	<b>CASTELLO BRIE DANISH 3x125g</b>	<b>CASTELLO CAMEMBERT DANISH 3x125g</b>	<b>PRESIDENT FETA CHEESE 3x200g</b>	<b>CLOVER FETA CHEESE 1x400g</b>
<b>39<sup>99</sup></b>	<b>39<sup>99</sup></b>	<b>39<sup>99</sup></b>	<b>39<sup>99</sup></b>	<b>24<sup>99</sup></b>	<b>44<sup>99</sup></b>

<b>LANCEWOOD GRATED CHEESE 3x600g</b>	<b>LANCEWOOD CHEESE LOAF PER KG</b>	<b>LANCEWOOD MOZZARELLA LOAF PER KG</b>	<b>LANCEWOOD PUCKS 3x1,050g</b>	<b>LANCEWOOD MEDIUM FAT CREAM CHEESE 3x250g</b>	
<b>89<sup>99</sup></b>	<b>124<sup>99</sup></b>	<b>114<sup>99</sup></b>	<b>159<sup>99</sup></b>	<b>389<sup>99</sup></b>	

<b>BUSH'S VERMOREL CREAM 1x3L</b>	<b>SANDWISHER CREAM CHEESE 3x230g</b>	<b>LURPAK BUTTER ASSORTED 3x100g</b>	<b>LURPAK SALTED 100g</b>	<b>SENN FOODS POLONY 3x3kg</b>	<b>SENN FOODS JUMBO CHEESE CHILLERS 3x150g</b>	<b>SENN FOODS RUSKIANS 3x2kg</b>
<b>43<sup>99</sup></b>	<b>32<sup>99</sup></b>	<b>32<sup>99</sup></b>	<b>49<sup>99</sup></b>	<b>42<sup>99</sup></b>	<b>106<sup>99</sup></b>	<b>134<sup>99</sup></b>

<b>NICE ONE DOUBLE CHAFING DISH 11Ltr</b>	<b>REGENT CHAFING DISH FUEL 11Ltr</b>	<b>BON VOYAGE HEAVY DUTY POT 8Ltr</b>
<b>239<sup>99</sup></b>	<b>54<sup>99</sup></b>	<b>166<sup>99</sup></b>

<b>HART CATERING POT SET 6PIECE</b>	<b>TOTAL BOILING GAS TABLE COMPLETE STOVE 3POTS</b>	<b>CIBTRAY MAINPAK FOMD TRAYS NO 30 75's</b>	<b>CIBTRAY MAINPAK FOMD TRAYS BURGER TRAY 6 125's</b>
<b>799<sup>99</sup></b>	<b>1499<sup>00</sup></b>	<b>57<sup>99</sup></b>	<b>62<sup>99</sup></b>
<b>BON VOYAGE HEAVY DUTY POT 13Ltr</b>	<b>TWINS AVER MIGHTY BIG KITCHEN TOWEL 2's</b>	<b>SKL80 PAPER PLATE 50's</b>	
<b>224<sup>99</sup></b>	<b>43<sup>99</sup></b>	<b>49<sup>99</sup></b>	
<b>BON VOYAGE HEAVY DUTY POT 21Ltr</b>			
<b>284<sup>99</sup></b>			
<b>BON VOYAGE HEAVY DUTY 40Ltr</b>			
<b>799<sup>99</sup></b>			



# Selected Stores Only

<b>GABORONE:</b> PLOT 53956, SAMORA MACHEL DRIVE. FAIRGROUNDS	<b>MON TO FRI:</b> 08:00am to 08:00pm <b>SATURDAY:</b> 08:00am to 06:00pm <b>SUNDAY:</b> 08:00am to 03:00pm	WHATSAPP
<b>GABORONE:</b> NEW LOBATSE ROAD INDUSTRIAL PLOT 14399 PHONE: +267 3910209	<b>MON TO FRI:</b> 08:00am to 07:00pm <b>SATURDAY:</b> 08:00am to 05:00pm <b>SUNDAY:</b> 08:00am to 03:00pm	+267 7609 4433 or 7229 9975
<b>SELEBI PHIKWE:</b> INDUSTRIAL SITE PLOT 11271 UNIT 4 PHONE: 2600 700	<b>MON TO FRI:</b> 08:00am to 06:00pm <b>SATURDAY:</b> 08:00am to 05:00pm <b>SUNDAY:</b> 08:00am to 02:00pm	+267 7424 8768
<b>FRANCISTOWN:</b> LIGHT INDUSTRIAL SITE PLOT 248 PHONE: 2412828	<b>MON TO FRI:</b> 07:30am to 06:00pm <b>SATURDAY:</b> 07:30am to 04:00pm <b>SUNDAY:</b> 07:30am to 03:00pm	+267 7634 0313
<b>FRANCISTOWN:</b> SOMERSET INDUSTRIAL PLOT 49655 PHONE: 2408 533	<b>MON TO FRI:</b> 08:00am to 07:00pm <b>SATURDAY:</b> 08:00am to 05:00pm <b>SUNDAY:</b> 08:00am to 02:00pm	+267 7634 0290
<b>PALAPYE:</b> RIVERVIEW MALL PLOT 8717 SHOP NO.24 PHONE: 4920 448	<b>MON TO FRI:</b> 08:00am to 07:00pm <b>SATURDAY:</b> 08:00am to 05:00pm <b>SUNDAY:</b> 08:00am to 03:00pm	+267 7634 0114
<b>GHANZI:</b> BOSELE WARD PLOT 4&9 PHONE: 6511 900	<b>MON TO FRI:</b> 08:00am to 07:00pm <b>SATURDAY:</b> 08:00am to 05:00pm <b>SUNDAY:</b> 08:00am to 03:00pm	+267 7713 3857 or 7409 6666
<b>BOSEJA-MAUN:</b> BOSEJA INDUSTRIAL PLOT 115 & 116 PHONE: 6801 685	<b>MON TO FRI:</b> 08:00am to 06:00pm <b>SATURDAY:</b> 08:00am to 05:00pm <b>SUNDAY:</b> 08:00am to 03:00pm	+267 7536 1947
<b>SHAKAWA:</b> PLOT 3181 PHONE: +267 6872025	<b>MON TO FRI:</b> 08:00am to 07:00pm <b>SATURDAY:</b> 08:00am to 05:00pm <b>SUNDAY:</b> 08:00am to 03:00pm	+267 7171 2221