

Celebrity World

Botswana's Native Magazine

September 2025 P12

**How to
Manage a
Business
Successfully**

**Peace
Tycoon
Clothing
Brand**

**SHAZIA JOHN,
BOTSWANA'S RISING
MODEL & YOUNG
CONSERVATIONIST**

**Bokani
Machinya: In
the Silence,
She Found
Her Voice**

**Pilates: The
Power Of
Control,
Core & Calm**

BOYSON BOIPELO MOKONE:

TURNING ADDICTION PAIN INTO PURPOSE





China Jingsu



High Court Gaborone



Garden In Beijing



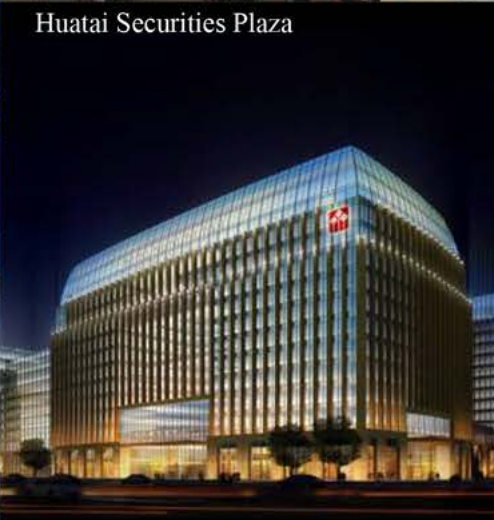
Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



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**CHINA JIANGSU INTERNATIONAL
BOTSWANA (PTY) LTD**

Physical Address: Plot 20635, Block 3, New Broadhurst Industrial, Gaborone, Botswana
Tel: +267 3185296 Fax: +267 3164449
Post Address: P.O.Box 202124, Gaborone
E-mail: cjibots@gmail.com

The A Team

Editor

Takudzwa Joylene Chigura

Writers

Duncan Sebeso

Graphic Designer

Amuchilani Rara

Photographer

Mogomotsi Makolo

Cover Story Credits

Wardrobe: Self

Make up: Self

Hairstyle: Self

Marketing Officer

Harmony Tshuma

Accounting Officer

Mpaphidzi Miclas

Manager

Kudzani Nametso Mudala



Founder & CEO

Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

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

Cell: 77606907

Tell: 3937886

Email:celebrityworldbw@gmail.com

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Dear Readers

September is here and with it comes a quiet but powerful transformation across our continent. The cool edges of winter are beginning to soften. The days are stretching out just a little longer. The skies, once overcast and contemplative, now begin to shine with a golden promise. We are, once again at the doorstep of summer, and with it, the arrival of energy, renewal, and hope.

There's something extraordinary about this time of the year. It's not as loud as January's resolutions or as dramatic as December's endings. It's gentler, a slow unfolding. In many ways, September asks us not to rush but rise, to take stock of how far we've come and to step forward with intention.

This issue is dedicated to that spirit. You'll find voices that speak to courage, the kind that builds quietly behind the scenes. Stories of innovation that are reshaping industries. Art that reflects the soul of a continent in motion. And wisdom that grounds us in who we are even as we stretch toward what we're becoming.

As we enter this new chapter, I hope this issue reminds you that growth doesn't always arrive in grand gestures. Sometimes, it comes in soft beginnings, in the courage to try again, to believe again, to open the window and let the sun back in.

With Gratitude

Takudzwa Joylene Chigura
Editor in Chief



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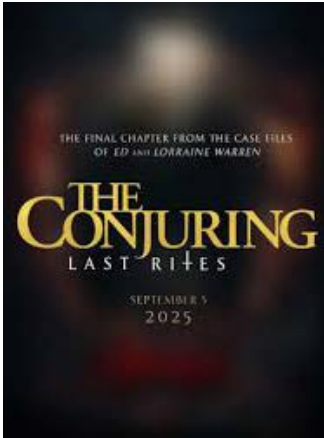
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Celebrity World *List*

FILM, TV, BOOKS & MUSIC

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



The Conjuring: Last Rites

Is the ninth entry in The Conjuring Universe and the long-anticipated concluding chapter featuring Patrick Wilson and Vera Farmiga as paranormal investigators Ed and Lorraine Warren. It opens in theaters on September 5, 2025 in the United States.

Release Date: September 5, 2025

Director: Michael Chaves

Primary Cast: Vera Farmiga, Patrick Wilson, Mia Tomlinson, Ben Hardy



The Long Walk

Teens participate in a grueling high-stakes contest where they must continuously walk or be shot by a member of their military escort.

Release date: September 12, 2025 (USA)

Director: Francis Lawrence

Story by: Stephen King

Screenplay: J.T. Mollner

Producers: Francis Lawrence, Roy Lee, Cameron MacConomy, Steven Schneider

Distributed by: Lionsgate Films



Downton Abbey: The Grand Finale

In the summer of 1930, the Crawleys grapple with the threat of social disgrace when Mary finds herself at the center of a public scandal and the family faces financial trouble.

Release date: September 12, 2025 (USA)

Director: Simon Curtis

Running time: 2h 3m

Distributed by: Focus Features

Produced by: Gareth Neame; Julian Fellowes; Liz Trubridge



Spinal Tap II: The End Continues

Documentarian Marty DiBergi follows estranged Spinal Tap bandmates David St. Hubbins, Nigel Tufnel and Derek Smalls as they search for a drummer and prepare for a reunion concert in New Orleans. Joined by music royalty Paul McCartney and Elton John, Spinal Tap wrestles with their checkered past to p...

Release date: September 12, 2025 (USA)

Director: Rob Reiner

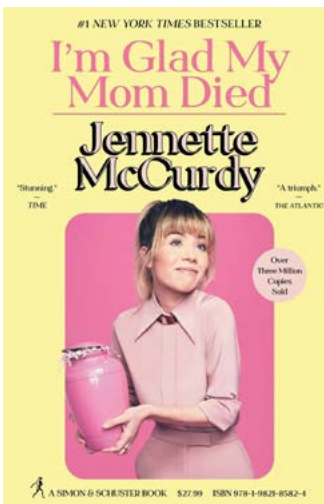
Producers: Rob Reiner, Frank Marshall, Michele Singer Reiner, Matthew George

Budget: 22.6 million USD

Running time: 1h 22m

Distributed by: Bleecker Street, Stage 6 Films

What To Read



Annual Reports
Magazines
Posters
Flyers
etc



Water labels, Scale labels, Medical labels etc



Diaries, Pens, Caps, T Shirts, etc



Offset Printing

Label Printing

Corporate Gifts



SHAZIA JOHN, BOTSWANA'S RISING MODEL & YOUNG CONSERVATIONIST

At just 11 years old, Shazia John from Maun, Botswana, is already living a life many grown-ups can only dream of. Bright-eyed, confident, and deeply passionate, Shazia is not only a young model but also a powerful voice for nature conservation. Her story is one of creativity, courage, and compassion, and it's only just beginning.

Shazia was born in Maun, a town often referred to as the tourism capital of Botswana. Growing up surrounded by nature inspired her in a unique way. While many kids dream

of becoming models or doctors, Shazia found a way to blend her love for fashion with her desire to protect the environment. She is the founder of the "Mr and Miss Nature Conservancy," a one-of-a-kind pageant that goes beyond beauty. The initiative welcomes participants aged 3 to 45 and encourages people of all ages to get involved in giving back to nature. As Shazia puts it, "No hand is too small or too old to give back to Mother Nature." Through this platform, finalists are given exposure to local and international events, from fashion shows to beauty

pageants, helping them grow as individuals and ambassadors for change.

Her journey into modeling began during her preschool graduation. A teacher noticed something special about her and suggested to her mother that Shazia should try modeling. That simple suggestion opened the doors to a new world. Not long after, she had her first professional photoshoot in Gaborone when she was just five or six years old. She remembers the experience vividly, it sparked something deep within her and ignited a passion she's been following ever since.

Although she describes herself as shy when off stage, Shazia completely transforms in front of the crowd. "Modeling really boosts my confidence and self-esteem," she says. "I'm mostly shy in public, but on stage, I feel like a completely different person." Despite the occasional nerves, she's found ways to center herself. Taking deep breaths, staying calm, and focusing on her own performance are all part of her routine before stepping into the spotlight. Still, it's not always easy. She admits that sometimes angry parents backstage can make the atmosphere tense and even a bit scary. But thanks to caring organizers, the environment is kept safe and supportive. And in the midst of it all, backstage becomes a space of friendship, where young models share laughter, learn from one another, and make memories.

Shazia is not only growing in her modeling career, but she's also a committed student. Balancing both worlds might sound like a challenge, but she has found a rhythm that works. She believes it all comes down to balance and staying focused on what matters most. Her parents and teachers are very supportive, helping her stay organized while

allowing her to explore her creative side. She appreciates school for what it brings into her life, knowledge, structure, and friendships, and she sees modeling as a space where she can express herself and grow in confidence. For Shazia, both are equally important. She finds joy in learning new things, and she surrounds herself with kind friends like Nirra, Leann, Jamie-Lee, and Omaatla. But she insists that she's friends with everyone at school, and values the unity and love among her classmates.

At home, Shazia is just like any other child. She spends her weekends playing with her siblings, Farreyl and Ethan, and their close family friend, Akilah. Sometimes they stay indoors, and other times they head outside for fun. It's always lively, always beautiful, and always filled with laughter. Her hobbies are just as vibrant as her personality. She enjoys dancing and even joined a cheerleading group at school to improve her skills. She's a big fan of swimming during the summer and likes playing games like Roblox in her free time. One of her favorite pastimes is playing dress-up. She often sneaks into her mother's closet, grabs a few outfits, makes some adjustments with a needle and thread to make them fit just right, and then struts down her "runway" at home. At first, her mom used to complain, but now, she smiles and says Shazia is going to be the next big fashionista.

Even though she's becoming more recognizable, Shazia remains humble. She understands that being in the spotlight means a lot of people know who she is, even if she doesn't know them. When this happens, she keeps it simple: she smiles, waves, and says hello. "It's okay not to know everyone," she says. "I'm still learning how to handle all the attention, but I'm grateful for the support and kind words."

When asked if she ever feels pressure from being in the public eye, her answer is honest and refreshing. "No, I don't feel any pressure at all. I'm just a normal girl, a child, a daughter, a sister. God made us all different, but He made us equal in His eyes." That sense of grounding and self-awareness is rare in someone so young, but it defines who Shazia is.

Above all, Shazia's message is clear: confidence comes from being true to yourself. Whether she's modeling, at school, or just spending time with her loved ones, she finds strength in expressing herself authentically and believing in her own potential. Her family and friends are her biggest cheerleaders, and their support gives her the courage to keep going and dreaming bigger every day.

Shazia John is more than just a young model, she is a visionary, a leader, and a kind soul with a mission to make the world a more beautiful place, not just through fashion, but through purpose. Her story reminds us all that you're never too young to make an impact, and never too small to dream big.



BOYSON BOIPELO MOKONE: TURNING ADDICTION PAIN INTO PURPOSE



"No matter how many times you fall; you can rise again with purpose." – Boyson Boipelo Mokone

In the quiet village of Mochudi, Botswana, a story of redemption and transformation was born. At the center of it is Boyson Boipelo Mokone, a man who once walked the dark road of substance abuse, but who today stands tall as a beacon of hope for thousands walking the same dark road.

At 46 years old, Boyson is not only a husband to Tebatso Vinolia Mokone and a proud father of four, but he is also a Recovery Support Professional, Founder and Chairman of the Youth Of Hope Safe Haven Organisation (YOHSHO), Executive Director at BBM Counselling and Recovery Services, motivational speaker, and music artist. His mission is clear: to help individuals rise above addiction and rebuild their lives with dignity and purpose.

From Music Dreams to Addiction Nightmares

Boyson's journey began in Mochudi, where as a teenager, discovered his gift for rap music. Like many young dreamers, music opened doors to friendships, opportunities, and unfortunately, to drugs. At just 15 years old, he experimented with ecstasy, also known as 3,4- Methylendioxyamphetamine (MDMA), is a synthetic psychoactive substance that alters mood, perception and cognitive process. What began as curiosity evolved into a 20-year cycle of addiction.

His struggles led to painful consequences: dropping out of school after failing Form 5, being imprisoned at Gaborone Central Prison as one of its youngest inmates, losing employment due to absenteeism, and nearly losing his life to overdoses. Perhaps the lowest point came when he almost harmed his own mother, an event that forced him to confront the reality of his spiraling life.

"I was broken, ashamed, and tired of running from myself," Boyson recalls. "But in that silence, I had to ask: why am I alive, and what is my purpose?"

The Turning Point: Walking Towards Redemption

In 2015, after years of relapses and despair, Boyson decided to fight back. He set out on a prayer walk from Gaborone to Francistown, a journey of endurance and self-reflection that became the beginning of his transformation. Along that road, he rediscovered his faith, found his calling, and met someone who believed in his vision. In 2018, that person became his wife.

"Recovery isn't about avoiding drugs, it's about finding your purpose," he explains.

His personal redemption gave birth to YOHSO (Youth of Hope Safe Haven Organisation), a non-profit registered in 2016 with the mission of prevention, treatment, recovery support, and reintegration for those struggling with substance abuse. Through YOHSO, Boyson has turned his testimony into action, building platforms of hope for thousands of youth and families across Botswana.

Breaking Stigma, Restoring Dignity

YOHSO runs a wide range of initiatives, school awareness campaigns, study camps, motivational talks, prayer walks, and community workshops. Its impact has been profound: students have reached out for help, families have been reunited, and many young people have entered detox and rehabilitation programs through YOHSO's referral systems.

But Boyson stresses that the fight is not only against drugs, but against stigma.

"Addiction is not a moral failure, it is a health issue. Too often, people see addicts as weak or hopeless. But every life has value, and recovery is possible. My story is proof."

The Halfway House: A Bridge to Healing

One of Boyson's proudest milestones is the establishment of a halfway house, a transitional living space for those who have completed rehab but are not yet ready to return home.

"Many people relapse because they go straight back to old environments that fuel their addictions. The halfway house provides structure, accountability, and life skills in a safe environment where recovery is sustained."

Residents participate in counselling, recovery coaching, group activities, and job readiness programs. They also receive spiritual guidance and relapse prevention training. Already, success stories have emerged, men and women who have rebuilt their lives, secured jobs, and reconciled with their families.





Each testimony, Boyson says, is proof that the halfway house model works.

Walking with Purpose: Gaborone to Mahalapye, 2025

Ten years after his life-changing Gaborone–Francistown prayer walk, Boyson is preparing for another symbolic journey. On 5th November 2025, he will walk from Gaborone to Mahalapye—an initiative designed to

raise awareness, mobilize communities, and gather resources for YOHSO and the halfway house.

“Walking is about endurance and struggle, just like recovery. We want to send a message: recovery is possible, and addiction is not the end.”

Boyson hopes churches, schools, NGOs, businesses, and individuals will join or

support the initiative. Participation can come through walking, donating, volunteering, or simply spreading the word.

Lessons from a Life Rebuilt

Boyson’s story is one of persistence. He acknowledges that his recovery was not linear, relapses tested him, cravings haunted him, and setbacks humbled him. Yet each fall became an opportunity to rise again.



“Every relapse was painful, but I always stood up again. That’s what recovery teaches, you don’t give up because of a stumble.”

He believes families, schools, and communities must work together if Botswana is to win the fight against drugs. Families provide unconditional support, schools build discipline and awareness, and communities create safe, healthy environments.

Looking Ahead: Hope and Legacy

For the future, Boyson envisions YOHSO expanding nationwide, with branches in every region which will offer prevention, treatment, and reintegration services. He dreams of establishing a network of halfway houses linked with vocational training and job placement opportunities, ensuring that those recovering from addiction have pathways to independence and dignity.

But his ultimate legacy, he says, is to be remembered as someone who turned addiction pain into purpose.

“I want people to look back and say, ‘He gave hope to the hopeless. He built safe havens. He fought for a drug-free Botswana.’ That is the legacy I want to leave behind.”

A Final Word of Hope

To anyone battling addiction, Boyson offers a message that comes straight from his own scars and victories:

“You are not hopeless. I was there, too. Recovery is possible, no matter how many times you fall. Stand up again. There is still purpose for your life.”

Pull Quotes for Emphasis

- “Addiction is not the end, it’s a battle that can be won.”
- “Every relapse was painful, but I always stood up again.”
- “Families, schools, and communities must unite if we want to save our youth.”

This is the story of Boyson Boipelo Mokone: a man who lost 20 years to addiction, but gained a lifetime of purpose by choosing to rise again. His journey is proof that even the darkest past can be rewritten into a future filled with light.

Marrakech: The Most Fascinating Place in the World



Some cities whisper their stories quietly, and others shout them in the bustle of crowds and the scent of spices. Then there's Marrakech, a city that doesn't speak, it sings. With its swirling souks, ancient palaces, orange sunsets, and vibrant chaos, Marrakech is a place where time folds in on itself, where the past and present dance through alleyways and desert winds.

Located in the heart of Morocco, North Africa, Marrakech is a mosaic of culture, color, and contradiction. It is both ancient and modern, peaceful and buzzing, luxurious and raw, and that's what makes it one of the most fascinating places in the world.

A City of Stories and Souks

The soul of Marrakech lies in Medina, the old walled city. Here, every street feels like a scene from a movie. Snake charmers play

hypnotic melodies in Jemaa el-Fnaa Square, while merchants shout over handcrafted lamps, spices, leather goods, and Berber rugs.

Getting lost in Medina is part of the magic. You'll find centuries-old mosques standing beside rooftop cafés. The scent of mint tea and tagine will lead you down one alley, and the sound of Gnawa music will pull you down another.

Architecture That Speaks Poetry

Marrakech is home to some of the most jaw-dropping architecture in the world. The Bahia Palace, with its intricate tilework and carved cedar ceilings, feels like stepping into a dream. The Koutoubia Mosque, visible from almost anywhere in the city, anchors the skyline with elegance and history.

And then there's Majorelle Garden, a lush, cobalt-blue escape created by French painter Jacques Majorelle and later restored by fashion designer Yves Saint Laurent. It's one of the most Instagrammed spots in Morocco, and for good reason.

Where Cultures Converge

Marrakech is where Arab, Berber, African, and European influences mix into one rich cultural stew. It's a meeting point of traditions, languages, and lifestyles. You'll hear Arabic prayers echoing from minarets, while French and Amazigh (Berber) words drift through market air.

It's a place where donkeys pull carts past Rolls Royces. Where henna artists sit beneath five-star hotels. Where ancient calligraphy and contemporary fashion walk the same streets.



Beyond the City: Desert Dreams

Just beyond Marrakech lies the edge of the Sahara Desert. You can ride camels into golden dunes, sleep under a blanket of stars, and wake to the sun rising over endless sand. It's the kind of experience that rewires your soul.

Closer to the city, the Atlas Mountains offer a cooler, greener contrast, perfect for hiking, exploring Berber villages, and sipping mint tea with panoramic views.

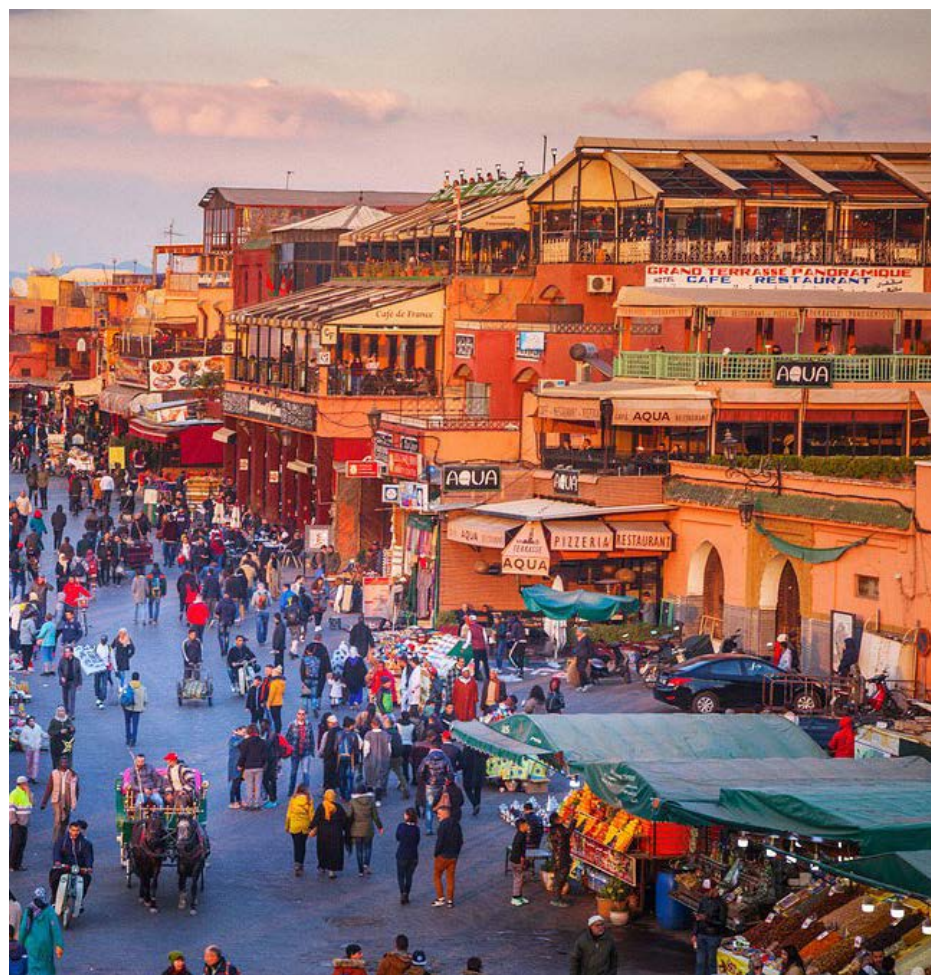
A City That Leaves a Mark

Ask anyone who's been to Marrakech, and they'll tell you: it changes you. Maybe it's the magic of the medina, the generosity of its people, or the hypnotic rhythm of daily life, but something about this city stays with you long after you've left.

Final Word: A Place Like No Other

Marrakech is not a postcard. It's not always tidy or tame. But it is alive, intoxicatingly so. It is a place that overwhelms your senses and awakens your spirit.

In a world full of ordinary destinations, Marrakech is a feeling, an adventure, a story waiting to be lived. And that's why it might just be the most fascinating place in the world.



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Fax: +267 6872075

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Somerset Industrial Plot 49655

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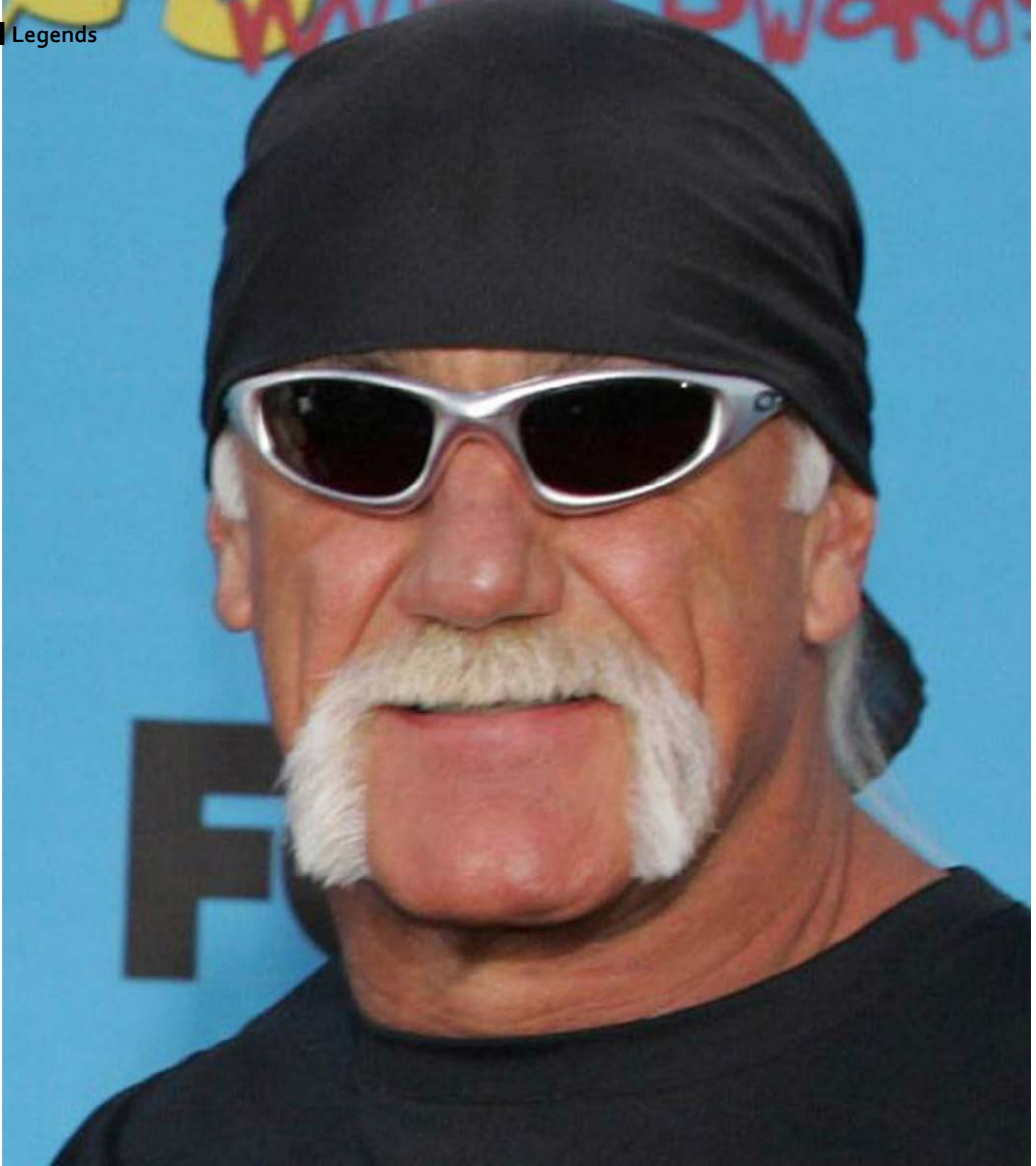
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Hulk Hogan: The Legend, The Legacy, The Immortal

Few figures in entertainment commanded the kind of global recognition and larger-than-life presence that Hulk Hogan did. With his unmistakable handlebar mustache, red and yellow ring gear, and electrifying charisma, Hogan became a symbol of professional wrestling's golden era and a cultural icon whose influence stretched far beyond the ropes of the ring.

Born Terry Gene Bollea on August 11, 1953, in Augusta, Georgia, Hogan's journey from a struggling musician in Florida to the face of sports entertainment was the

stuff of legends. By the early 1980s, he had become the cornerstone of the World Wrestling Federation, captivating audiences with unmatched energy, muscle-bound showmanship, and his rallying cry of "Whatcha gonna do when Hulkamania runs wild on you?"

The rise of Hulkamania in the mid-80s wasn't just about wrestling, it was a phenomenon. Hogan brought professional wrestling into mainstream pop culture, headlining the first-ever WrestleMania in 1985 and going on to

draw crowds in the tens of thousands. His famous match against André the Giant at WrestleMania III, where he bodyslammed the 520-pound giant before a roaring crowd of over 90,000, became an iconic moment not just in wrestling, but in sports history.

As his stardom grew, so did his ambitions. Hogan made a successful crossover into film and television, starring in movies like *No Holds Barred* and *Mr. Nanny*, and later appearing in his own reality series *Hogan Knows Best*. He had a unique way of turning



even the simplest of stories into an action-packed, must-watch spectacle, bringing his wrestling persona to the big screen without missing a beat.

In a bold move that surprised fans and critics alike, Hogan reinvented himself in the mid-90s when he joined World Championship Wrestling and transformed into “Hollywood Hogan.” By embracing the role of a villain and founding the infamous nWo (New World Order), he proved that even legends could evolve. This reinvention not only revitalized his career but also sparked a new era in wrestling, one that blurred the lines between hero and villain and drew in millions of fans. Like many larger-than-life figures, Hogan’s path wasn’t without controversy. From personal struggles to public legal battles, including a highly publicized lawsuit with

Gawker, he faced storms that would have ended the careers of lesser men. But time and again, he bounced back, resilient and still revered by legions of loyal fans.

In July 2025, the world bid farewell to the wrestling icon. Hogan passed away at the age of 71 following cardiac arrest at his home in Clearwater, Florida. The news sent shockwaves across the globe, with tributes pouring in from fellow wrestlers, fans, and celebrities alike. His death came just months after undergoing neck surgery, and though he was said to be recovering, his passing was sudden and deeply felt. Figures such as Ric Flair, John Cena, Dana White, and Sylvester Stallone honored his legacy, celebrating not just the performer, but the man behind the legend.

Even after death, Hogan’s influence remains.

From the mic work to the dramatic flair, his style lives on in the new generation of wrestlers who grew up idolizing him. He wasn’t just a champion in the ring, he was a symbol of determination, reinvention, and showmanship.

Hulk Hogan didn’t just change the game. He defined it, redefined it, and became the standard by which all others are measured. Now that he’s gone, the echoes of “Hulkamania” still thunder in arenas, in childhood memories, and in every fan who ever believed in something bigger than life itself.

Because when you’re the Hulkster, brother, you’re not just remembered. You’re immortal.



Everyday Medical Tips to Boost Your Health and Well-being

Good health is a precious gift that allows us to live fully, pursue our dreams, and enjoy every moment. But staying healthy isn't just about visiting a doctor when you're sick, it's about daily habits that protect your body, mind, and spirit. No matter your age, lifestyle, or background, simple and smart choices each day can make a big difference in how you feel now and in the future.

Here are some essential medical tips to help you build a strong foundation for lifelong wellness.

Hydrate First Thing in the Morning

Your body loses water during sleep, so when you wake up, it's naturally dehydrated. Drinking a glass of clean water first thing in the morning helps jump-start your metabolism, flush out toxins, and wake up your internal organs. Staying hydrated throughout the day supports digestion, improves skin health, and keeps your energy steady.

Try to drink at least 6 to 8 glasses (about 2 liters) of water daily. If you're physically active, spend time outdoors, or live in a hot climate,

you may need even more. Herbal teas and fresh fruit juices (without added sugar) can add variety but should never replace water as your main source of hydration.

Prioritize Quality Sleep

Sleep is your body's natural repair time. During those hours, your brain consolidates memories, your immune system strengthens, and your muscles recover. Adults generally need 7 to 8 hours of good-quality sleep every night, while children and teens require even more.

Poor sleep doesn't just make you tired, it can increase your risk for heart disease, obesity, diabetes, and mental health challenges like depression and anxiety. To improve your sleep:

- Maintain a consistent sleep schedule by going to bed and waking up at the same time daily.
- Avoid caffeine and heavy meals close to bedtime.
- Keep your sleeping environment dark, quiet, and cool.
- Reduce screen time before bed; the blue light from phones and TVs can interfere

with your body's natural sleep rhythms.

Practice Good Hygiene

Washing your hands with soap and clean water remains one of the simplest and most effective ways to prevent infections, from the common cold to more serious illnesses like diarrhea or respiratory infections. Wash your hands:

- Before eating or handling food
- After using the toilet
- After coughing, sneezing, or blowing your nose
- After touching animals or garbage

Avoid touching your face, especially your eyes, nose, and mouth, as this is a common way germs enter the body. Also, regularly clean frequently touched surfaces, such as your phone, door handles, and workspaces, to reduce the spread of germs.

Eat a Balanced, Colorful Diet

Food is your body's fuel and medicine. Eating a variety of foods from all the food groups provides essential nutrients that keep your body functioning well.

Focus on:



connection are healing.

If feelings of depression or anxiety persist for weeks, seek professional help. Mental health is just as important as physical health.

Don't Skip Regular Medical Check-ups

Even if you feel healthy, visiting a healthcare provider regularly helps catch problems early. Routine screenings for blood pressure, blood sugar, cholesterol, and vaccinations are key to preventing serious illness.

Women should keep up with cervical and breast health screenings, and men should monitor prostate health as recommended. Children and seniors also have special health needs that require regular monitoring.

Protect Yourself from the Sun

In many parts of Africa, the sun is strong year-round. Too much sun exposure can cause skin damage, premature aging, and increase the risk of skin cancer. To protect yourself:

- Use sunscreen with SPF 30 or higher, and reapply every two hours when outdoors.
- Wear wide-brimmed hats and sunglasses.
- Seek shade during peak sunlight hours (10 a.m. to 3 p.m.).
- Wear light, loose-fitting clothing that covers your skin.

P

Prepare a Basic First Aid Kit

Having a first aid kit at home means you're ready for minor injuries or common illnesses. Your kit should include:

- Adhesive bandages of various sizes
- Antiseptic cream or solution
- Pain relievers like paracetamol or ibuprofen
- Thermometer
- Tweezers and scissors
- Any prescription medications your family needs

Knowing basic first aid skills can also save lives. Consider taking a course or watching instructional videos.

Listen to Your Body

Finally, always pay attention to how your body feels. Persistent pain, unexplained weight loss or gain, extreme fatigue, changes in appetite, or mood swings are signals your body needs care. Early action is key. Don't delay visiting a healthcare professional if something feels wrong.

Health is a journey, not a destination. By adopting these daily medical tips, you build a strong, vibrant life that supports your dreams and your loved ones. Remember, small changes each day lead to big rewards tomorrow.

- Fresh fruits and vegetables in different colors, each color brings unique vitamins and antioxidants that protect your cells.
- Whole grains like brown rice, millet, sorghum, and oats for sustained energy and fiber.
- Lean proteins such as beans, lentils, fish, eggs, chicken, and nuts for muscle repair and immune support.
- Healthy fats from avocados, nuts, seeds, and vegetable oils in moderation.

include:

- Strengthening your heart and lungs
- Building muscle and bone strength
- Improving mood and reducing stress through the release of "feel-good" hormones called endorphins
- Helping control weight and boosting metabolism

If you have health conditions, check with your healthcare provider before starting a new exercise routine.

Take Care of Your Mental Health

Physical health is deeply connected to emotional and mental well-being. Stress, anxiety, and sadness can affect your energy, sleep, and even your immune system.

To care for your mental health:

- Practice deep breathing or meditation to calm your mind.
- Talk to friends, family, or counselors when you're feeling overwhelmed.
- Take breaks from work or stressful situations.
- Engage in hobbies or activities that bring you joy.
- Avoid isolation; community and

Try to limit processed foods high in salt, sugar, and unhealthy fats, as these can contribute to high blood pressure, diabetes, and heart disease over time.

Stay Physically Active Every Day

Exercise is a cornerstone of good health. You don't need a gym membership or fancy equipment, movement can be fun and practical. Walking briskly, dancing, gardening, cycling, or even household chores count as physical activity.

Aim for at least 30 minutes of moderate exercise most days of the week. Benefits

Chivido 2025:

The Grand Finale of Davido and Chioma's Lavish Wedding Trilogy

In a celebration that captivated the world, Nigerian music sensation Davido and his wife Chioma Rowland Adeleke concluded their wedding journey with an extravagant white wedding in Miami on August 10, 2025. This event marked the third and final chapter of their matrimonial saga, following their court marriage in March 2023 and a vibrant traditional ceremony in Lagos in June 2024.

A Night to Remember: The Miami White Wedding

Held in the heart of Miami, the white wedding was a spectacle of opulence and emotion. The couple spared no expense, with Davido revealing that the event cost a staggering \$3.7 million. Guests were treated to a night of luxury, with black-tie attire required and white and cream reserved exclusively for the bride and groom.

The ceremony was a blend of glamour and heartfelt moments. During the vows, Davido expressed his deep affection for Chioma, stating, "I've been on countless stages, but this is the most nervous I've ever been. You are my love, my peace, my home. You've seen the real me, the me the world doesn't see, and you still chose me." In a grand gesture, he gifted Chioma a diamond-covered Richard Mille watch valued at approximately \$300,000.





A Star-Studded Affair

The guest list was a who's who of celebrities, dignitaries, and close friends. Among the attendees were Nigerian Governor Ademola Adeleke, music mogul Diddy, and fellow Afrobeats artists. The event was not just a wedding but a gathering of the entertainment elite, all coming together to celebrate the union of two of Nigeria's most beloved figures.

The Journey of Davido and Chioma

Davido and Chioma's relationship has been a public journey of love, resilience, and growth. Their story began during their time at Babcock University and became public in 2018 when Davido released the hit song "Assurance," further solidifying their bond. Despite facing public scrutiny and rumors of infidelity in 2021, the couple's connection remained unshaken, culminating in this grand celebration of their love.

The Legacy of Chivido


The wedding trilogy, dubbed Chivido, has been a testament to the couple's enduring love and commitment. From the intimate court marriage to the vibrant traditional wedding in Lagos, and finally to the opulent white wedding in Miami, each event showcased their journey and the strength of their bond. The Chivido saga has not only been a personal milestone for the couple but also a source of inspiration for fans and admirers worldwide.

In conclusion, Davido and Chioma's wedding trilogy is more than just a series of events; it's a celebration of love, culture, and the beauty of commitment. As they embark on this new chapter together, their story continues to inspire and captivate audiences around the globe.



The Power of Financial Literacy





In today's fast-paced and uncertain economy, managing money wisely has never been more important. Whether you're a student learning how to budget, a young professional trying to save, or an entrepreneur balancing business and personal finances, one thing remains constant, financial literacy is the foundation of financial freedom.

But what exactly is financial literacy? Simply put, it's the ability to understand and effectively use various financial skills, including personal budgeting, investing, and debt management. In an age where credit cards, mobile loans, and lifestyle pressures are just a click away, not knowing how to manage money can lead to long-term consequences.

The High Cost of Poor Financial Decisions

Many people find themselves living paycheck to paycheck, not because they don't earn enough, but because they don't plan. Impulse spending, lack of emergency funds, and poor saving habits can quickly lead to financial stress. Add high-interest loans or credit card debt to the mix, and it becomes a cycle that's hard to escape.

Financial mistakes don't just affect your

bank balance, they affect mental health, relationships, and future opportunities. That's why building financial discipline and awareness is not a luxury, it's a necessity.

Budgeting: Your Financial Blueprint

Think of a budget as a roadmap that guides how you earn, spend, and save. It doesn't have to be complicated, even a simple monthly plan can make a huge difference. Start by tracking your income and expenses, then identify areas where you can cut back. Allocate a portion of your income toward savings and investments, no matter how small. Over time, those small amounts add up.

The Saving Habit

A good rule of thumb is the 50/30/20 rule: Spend 50% of your income on needs, 30% on wants, and save at least 20%. But even if you can only save 10% right now, start there. An emergency fund, ideally covering three to six months of expenses, provides a cushion when life throws surprises your way, from medical bills to car repairs.

Investing: Making Money Work for You

Saving helps you preserve money, but investing helps it grow. Whether through

stocks, real estate, or starting a side hustle, investing can generate passive income and build wealth over time. However, it's important to do thorough research or speak to a financial advisor before jumping into any investment opportunity, especially in an age of online scams and get-rich-quick schemes.

The Digital Advantage

The digital era has brought both convenience and complexity to managing money. Mobile banking, budgeting apps, and online investment platforms have made financial tools more accessible than ever. Use them wisely. Automate your savings. Set spending limits. Stay informed. Financial literacy is no longer confined to textbooks, it's right in your pocket.

Final Thoughts: Start Small, Think Big

Financial freedom doesn't happen overnight, but every smart decision brings you one step closer. Learn, plan, save, and invest, your future self will thank you. The more control you take of your finances today, the more choices you'll have tomorrow.

So, whether you're dreaming of owning a home, starting a business, or retiring early, it all begins with mastering your money.



How to Manage a Business Successfully

Managing a business is like juggling flaming torches, exciting, demanding, and not for the faint of heart. Whether you're running a small boutique, a tech start-up, or a growing local brand, the success of your business depends on your ability to manage people, money, time, and strategy effectively.

Business success is rarely about luck. It's about planning, discipline, and the ability to adapt. Here's a guide to mastering the art of business management.

1. Start with a Clear Vision

Every successful business begins with a strong foundation, and that means having a clear mission and vision. What problem are you solving? Who are your customers? What sets you apart from competitors? Your answers to these questions will guide every decision you make, from marketing to hiring to product development.

Pro Tip: Write down your business goals and review them regularly to ensure you're staying on track.

2. Plan and Stay Organized

A solid business plan is not just for banks or investors, it's your playbook. It outlines your goals, your target market, pricing strategy, marketing plan, financial projections, and more. Once your plan is in place, stay organized. Use digital tools or calendars to track deadlines, meetings, and tasks.

Tools to Try: Trello, Google Workspace, Monday.com, QuickBooks.

3. Know Your Numbers

Your business may have the best product in town, but if you don't understand your finances, you're flying blind. Keep a close eye on your income, expenses, profit margins, cash flow, and inventory.

Key Questions to Ask Yourself:

- Are you making more than you're spending?
- What are your biggest expenses?
- When is your break-even point?

Hiring an accountant or learning basic bookkeeping can save you from financial trouble later.

4. Manage Your People Well

If you have a team, your leadership style can make or break your business. Clear communication, fair policies, and a positive workplace culture lead to higher productivity and lower turnover.

Tips for Team Management:

- Set clear expectations.
- Give feedback regularly.
- Reward hard work and loyalty.
- Invest in training and development.

Even if you're a solo entrepreneur, you'll still work with suppliers, freelancers, or customers, so people skills matter.

5. Adapt and Innovate

Markets change. Trends shift. Customer preferences evolve. The best managers stay ahead by learning, experimenting, and adapting. Be open to feedback. Monitor what your competitors are doing. Stay informed on new technologies or market trends.

Remember: The ability to pivot is often the difference between survival and failure.



6. Deliver Exceptional Customer Service

Your customers are your lifeline. How you treat them will determine whether they return or refer others. Prioritize excellent service, respond quickly to complaints, and exceed expectations whenever possible.

A loyal customer is worth more than a one-time sale.

7. Take Care of Yourself

Business burnout is real. You can't run a thriving company if you're constantly exhausted or overwhelmed. Learn to delegate, take breaks, and prioritize your health, mental, physical, and emotional.

Final Word: Be the Boss, But Stay a Student

Business management is an ongoing journey. Markets evolve. Challenges arise. New tools emerge. The best business owners are those who keep learning, growing, and staying open to change.

Whether you're just starting out or trying to grow, remember: success isn't about doing everything, it's about doing the right things, consistently.



Bazaruto:

The Jewel of the Indian Ocean

Off the southern coast of Mozambique lies a world that feels like a dream painted in blues and golds. The Bazaruto Archipelago, a chain of six islands floating in the turquoise embrace of the Indian Ocean, is the kind of place that turns postcards into humble imitations.

Here, the beaches are untouched ribbons of white sand, curving into crystal-clear waters where the horizon seems endless. Palm trees sway lazily, and time slows to the rhythm of the tides. Beneath the surface, the real magic unfolds, Bazaruto is home to one of the richest coral reef ecosystems in the world. Divers and snorkelers are treated to a kaleidoscope of marine life: parrotfish, manta rays, sea turtles, and even the rare dugong, a gentle sea mammal now found in only a few places on Earth.

For those seeking adventure, the islands offer more than sun and sea. Go deep-sea fishing for marlin and sailfish, sandboard down towering dunes on Bazaruto Island, or take a traditional dhow sailing trip at sunset.



Yet, it's the stillness that captures the heart. Nights here are filled with the whisper of the ocean, the scent of salt and hibiscus, and skies so clear you can see the Milky Way stretching like a silver road overhead.

The Bazaruto Archipelago is protected as a national park, ensuring its fragile beauty remains untouched for generations. Local communities, warm and welcoming, share fresh seafood feasts and stories of the sea that have been passed down for centuries.

Travel Tips:

- Best time to visit: April to November for dry, sunny weather.
- Vilankulo is the gateway, flights connect it to Maputo and Johannesburg.
- Bring reef-safe sunscreen to help protect the delicate marine environment.

Bazaruto isn't just a getaway, it's a gentle reminder that paradise still exists, if you know where to look.





Inside the Royal Culture of the Ashanti

In the heart of West Africa lies one of the most iconic and influential cultures on the continent, the Ashanti (or Asante) of Ghana. With a legacy that stretches back centuries, the Ashanti culture is a symbol of African strength, elegance, and resilience.

From the legendary Golden Stool to the vibrant patterns of kente cloth, the Ashanti have maintained a rich heritage that continues to inspire artists, historians, and everyday Ghanaians.

A Kingdom Built on Gold and Glory

The Ashanti Empire was founded in the 17th century, growing into a powerful West African kingdom known for its military prowess, complex political systems, and vast gold resources. At the heart of the kingdom was Kumasi, the cultural and spiritual capital, which remains a bustling city to this day.

Central to Ashanti culture is the Golden Stool (Sika Dwa Kofi), a sacred symbol believed to contain the soul of the Ashanti people. It is never allowed to touch the ground and is seen as more powerful than even the king himself.

Kente: The Cloth of Kings

When you think of West African fashion, kente cloth instantly comes to mind. Originating from the Ashanti people, kente is handwoven from silk and cotton into stunning geometric patterns, each with its own name and meaning.

Color meanings in kente:

- Gold – Royalty and wealth
- Green – Growth and fertility
- Blue – Peace and harmony
- Red – Struggle and political passion
- Black – Maturity and spiritual strength

Kente is worn at weddings, graduations, coronations, and funerals, woven with pride and worn with purpose.

The Royal Court and Chieftaincy

Ashanti society is deeply structured, with a strong chieftaincy system that still exists today. At the top is the Asantehene, the king, who rules from the Manhyia Palace in Kumasi. Chiefs and queen mothers help govern towns and villages, maintaining cultural traditions and community welfare.

Royal ceremonies are grand affairs filled with music, drumming, libations, dancing, and regalia that display the power and unity of the people.

Language and Proverbs: Wisdom in Words

The Ashanti speak Twi (Asante Twi), one of the widely spoken languages in Ghana. But what truly sets their communication apart is their use of proverbs, poetic and wise sayings passed down through generations.



A popular Ashanti proverb says:

“Obi nkyere abofra Nyame.”

“No one shows a child the face of God.”

Proverbs like this are used in storytelling, speeches, and even daily conversations, reflecting values of respect, community, and spirituality.

Festivals: A Time to Reconnect

One of the most important celebrations in Ashanti culture is the Akwasidae Festival, held every six weeks. During this festival, the Asantehene meets with his subjects, pays homage to ancestors, and celebrates the spiritual connection between past and present.

Traditional drumming, dancing, and pouring of libation mark the occasion, a reminder that the ancestors are still watching and guiding.

Final Word: Royal Roots, Global Reach

The Ashanti culture is more than gold, cloth, and tradition, it's a living, breathing identity that continues to influence music, art, politics, and fashion worldwide. As Ghana grows on the global stage, the pride of the Ashanti remains one of its brightest symbols.

In a world that often forgets where it comes from, the Ashanti remind us that royalty begins with remembering your roots.



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The Power and Purpose of Landscaping

Introduction: Beauty with Purpose

When you walk past a neatly trimmed hedge, a flowering garden, or a beautifully paved courtyard, it's easy to admire the surface beauty. But landscaping is more than just decoration, it's the thoughtful art and science of designing, developing, and maintaining outdoor spaces to create environments that are not only visually appealing but also functional, sustainable, and emotionally enriching.

Across urban and rural settings alike, landscaping has evolved into a critical component of environmental management, property development, and even mental well-being. From backyards to business parks, the presence of a well-landscaped area is known to elevate moods, improve air quality, and foster a stronger connection between people and nature.

A Growing Industry

Landscaping has grown into a thriving industry, combining horticulture, architecture, environmental science, and artistry. In Botswana and beyond, landscaping businesses are offering services that range from garden installations and irrigation to stone paving, outdoor lighting, and full-scale property makeovers.

In many communities, landscapers are now seen as essential partners in urban planning

and real estate. With the expansion of cities and the need for green spaces, their expertise helps strike a balance between development and ecological preservation.

The Benefits of Landscaping

1.Environmental Impact:

Trees, shrubs, and grass contribute to better air quality by filtering dust and pollutants. Strategic planting helps reduce soil erosion, manage stormwater, and provide shade that lowers ground temperature in hot seasons.

2.Increased Property Value:

A well-designed landscape can boost property value by as much as 15–20%. First impressions matter, and homes or commercial buildings with attractive, healthy outdoor spaces tend to attract buyers and clients faster.

3.Improved Mental Health:

Green spaces have been scientifically proven to reduce stress, anxiety, and depression. Landscaping gives people spaces to breathe, relax, reflect, and connect, whether it's through a private garden or a communal park.

4.Community Development:

In public settings, landscaped parks and open spaces provide places for leisure, exercise, and social gatherings. They help build stronger communities, promote

healthy lifestyles, and encourage a sense of pride in shared environments.

Landscaping for Sustainability

Today's landscaping is shifting toward eco-conscious practices. Many designers are adopting "xeriscaping", a method that uses drought-tolerant plants to reduce water usage. Others are incorporating composting, rainwater harvesting, and indigenous plants that support local ecosystems.

In Botswana's dry regions, for example, thoughtful landscaping can make a huge difference. Using native trees like morula or acacia not only requires less maintenance but also supports bird and insect life, preserving the area's natural biodiversity.

Creating Personal Sanctuaries

Landscaping is not just for large estates or parks. Even the smallest yard or balcony can become a green sanctuary. People are now turning to vertical gardens, herb planters, and zen corners to personalize their outdoor space.

A well-thought-out landscape adds personality to a property. It reflects the owner's style and values, whether through colorful flowers, practical vegetable beds, shaded seating areas, or water features that bring tranquility.



Trends to Watch

- **Edible Gardens:** Growing your own food is becoming a trend, not just for sustainability, but also for health and affordability.
- **Outdoor Living Spaces:** Patios, fire pits, and outdoor kitchens are extending the home's usable space.
- **Smart Irrigation:** Technology is helping conserve water through sensor-based irrigation systems.
- **Wildlife-Friendly Designs:** Creating spaces that attract bees, butterflies, and birds is becoming popular.

Conclusion: Investing in Nature

Landscaping is an investment, in your property, your health, your community, and the planet. It is the silent architect behind peaceful parks, welcoming driveways, productive gardens, and thriving green cities. Whether you're a homeowner seeking a peaceful retreat, a business aiming to impress clients, or a developer planning a modern estate, landscaping has the power to shape not just spaces, but experiences.

So the next time you pass a flower-lined walkway or rest under a shady tree in the park, take a moment to appreciate the hands and minds that crafted that space, blending nature, beauty, and purpose into one.





Zendaya

September 1, 1996

Profession: Actress, Singer, Fashion Icon

Brief: Zendaya rose to fame on Disney Channel but has since evolved into a Hollywood powerhouse. She's known for her roles in Euphoria, Dune, and Spider-Man, and has become a Gen Z fashion trailblazer and Emmy-winning actress with brains, beauty, and influence.



Beyoncé Knowles

September 4, 1981

Profession: Singer, Actress, Entrepreneur

Brief: One of the most celebrated artists of all time, Beyoncé continues to redefine the music industry with her groundbreaking albums and performances. From Renaissance to her cultural impact as a Black woman in entertainment, she remains the embodiment of power and grace.



Idris Elba

September 6, 1972

Profession: Actor, DJ, Producer

Brief: British actor Idris Elba is best known for his roles in Luther, The Wire, Mandela: Long Walk to Freedom, and various blockbusters. He's also a DJ and occasional rapper, blending his cool charisma with versatility across entertainment platforms.



Taraji P. Henson

September 11, 1970

Profession: Actress, Producer, Author

Brief: Taraji P. Henson's unforgettable performances in Empire, Hidden Figures, and The Curious Case of Benjamin Button have earned her a spot among Hollywood's most talented actresses. She's also an advocate for mental health awareness, especially in the Black community.



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.

Nia and the Talking Tree



In a warm, sunlit village nestled between rolling hills and dusty footpaths, lived a bright-eyed 8-year-old girl named Nia. She was small but full of curiosity, always asking questions and dreaming of adventures. Her favorite place in the world was her grandmother's hut, where every evening they sat by the fire and listened to stories.

Grandmother told tales of clever animals, enchanted drums, invisible rainbows, and magical trees. But there was one story that made Nia's heart beat faster every time.

"It's called the Talking Tree," Grandmother would say, her eyes twinkling. "Deep in the forest, there stands a tree so wise and old, it remembers the beginning of the world. But it only speaks to children who have brave hearts and kind souls."

Nia was fascinated. "Have you heard it talk?" she asked one night.

Grandmother smiled. "Maybe I did... when I was just about your age."

Nia couldn't sleep that night. She lay on her mat, staring at the thatched ceiling, imagining what the tree might look like. What would it sound like? What secrets would it tell her?

The very next morning, after feeding the chickens and helping her mother fetch water, Nia packed a small bag with roasted groundnuts, a bottle of water, and her red scarf, the one her grandmother gave her for "good luck."

She tiptoed past the village fields, past the goats grazing lazily, and entered the forest path, her heart thudding with excitement and a little fear.

The forest was cool and green, with beams of sunlight peeking through the tall trees. Birds chirped overhead, and butterflies danced around her head like tiny floating petals. She walked carefully, brushing past ferns and ducking under vines.

After what felt like hours, she reached a clearing, and there it was.

The tree.

It was taller than any tree she'd ever seen, with a thick trunk that twisted like ropes and roots that spread across the earth like arms reaching out to hug the ground. Its bark was deep brown with golden streaks, and leaves shimmered as though touched by moonlight.

Nia stepped closer and gently touched its bark. "Hello?" she whispered.

Nothing.

She looked around. No one else was there.

"I guess it's just a story after all..." she sighed, turning to leave.

But just as she stepped away, a breeze rustled the leaves, and a deep, warm voice echoed around her:

"Why are you leaving, little one?"

Nia froze. Her eyes widened. She turned slowly and saw... nothing but the tree.

"I... I was just..." she stammered. "Did you just talk?"

"Yes," said the voice, calm and kind. "Only to those who believe."

Nia grinned. "You're real!"

The tree chuckled. "Very real. And you are very brave. Most turn back before they find me."

Nia sat down by its roots and began to talk. She told the tree about her village, her grandmother's stories, and how much she wanted to be a storyteller too. She told the tree how her little brother was afraid of reading, and how some children in the village didn't have books or stories to enjoy. "You carry many dreams in your heart," said the tree. "Would you like to learn the old stories, the ones even your grandmother hasn't heard?"

Nia nodded eagerly.

And so began her secret lessons. Every afternoon, after chores and before sunset, Nia returned to the forest. The Talking Tree told her stories of the stars, of brave girls who tamed lions, of rivers that sang, and of children who healed broken hearts with laughter. Sometimes, the stories made her laugh. Other times, they made her cry.

"Stories," the tree said, "are not just for fun. They are bridges, between people, between past and future, between dreams and truth."



Weeks passed, and Nia began telling stories to the other children in the village. She told them by the river, under the mango tree, and in the classroom when the teacher asked for something special. Her stories were magical.

Everyone listened, even the grumpy village chief!

One day, her teacher asked, "Where do you hear all these wonderful tales, Nia?"

She smiled and said, "From an old friend who believes in brave hearts and kind souls."

And though the grownups laughed and shook their heads, the children knew. They started following Nia into the forest, hoping to hear the Talking Tree too. But the tree never spoke to them, only to Nia.

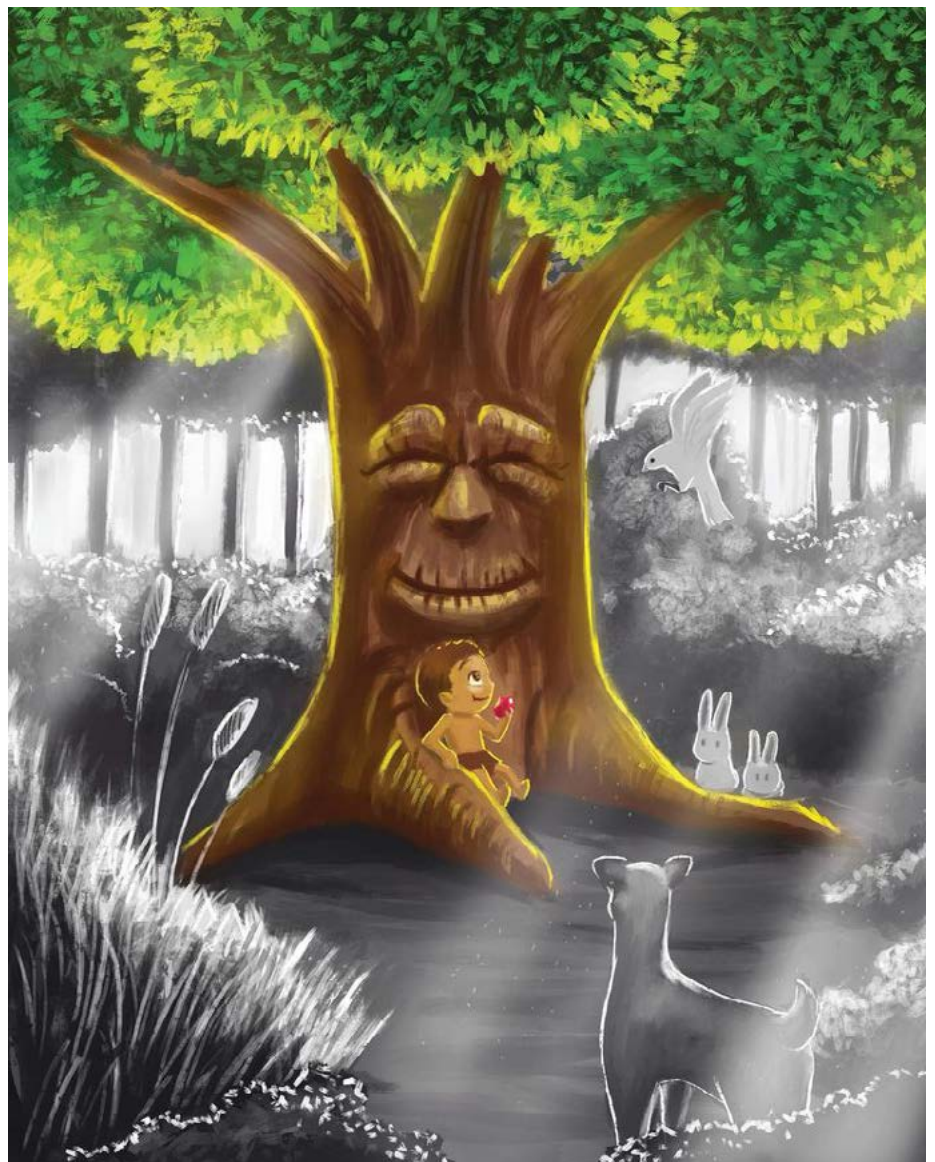
"Why me?" she asked the tree one day.

"Because you listen," the tree replied, "not just with your ears, but with your heart."

Years later, Nia grew up to become a famous storyteller. She traveled to other villages, towns, even cities, sharing stories of hope, courage, and magic. And every story she told began with the same words:

"This one comes from deep in the forest, from the wisest tree that ever lived..."

And somewhere, far away, in a quiet forest clearing, the Talking Tree smiled.





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G/west Industrial,
Gaborone



September Beauty in Africa: Transitioning with Grace and Glow

As September rolls in, the air begins to shift. Across Africa, this month carries a unique blend of seasonal transitions, cooler mornings in the south, blooming flora in the east, and a return to routine after winter or summer breaks. It's a perfect time to refresh your beauty routine and embrace the richness of African beauty in all its forms.

September is not just another month; it's a moment to reset. After the heavy textures of winter or the dry heat of August, our skin, hair, and overall wellness crave nourishment and gentle care. The African continent, with its diverse climates, cultures, and skin tones, demands beauty routines that are tailored

and authentic. So let's talk about how to glow into the new season with confidence and care.

Skincare: Repair, Replenish, Radiate

The change in season can often leave skin feeling confused. Dry patches, breakouts, and uneven tone are common during transitional months. This is the perfect time to give your skin extra love.

Start by exfoliating gently, think sugar scrubs infused with oils like marula, moringa, or baobab. These natural African oils are known for their hydrating and healing properties. Follow with a deeply nourishing moisturizer

or serum packed with vitamin E and antioxidants to restore elasticity and glow.

Don't forget SPF. Even on cloudy days, UV rays can cause damage. Sunscreen isn't just for summer, it's a year-round necessity, especially for preventing hyperpigmentation.

Haircare: Moisture is Your Best Friend

For many across Africa, September signals a return to protective styles after letting hair breathe during the holidays. Whether you rock braids, twists, cornrows, wigs, or your natural coils, hydration is key.

Look for products with shea butter, castor oil, and aloe vera. Deep conditioning at least once a week will help your strands recover from sun exposure and prepare for the new season. Scalp care is just as important, massage with warm oils to stimulate blood flow and reduce flakiness.

Bonus tip: Keep a spray bottle with water, glycerin, and your favorite essential oil mix for easy daily moisture.

Makeup: Earthy, Bold, and Unapologetically African

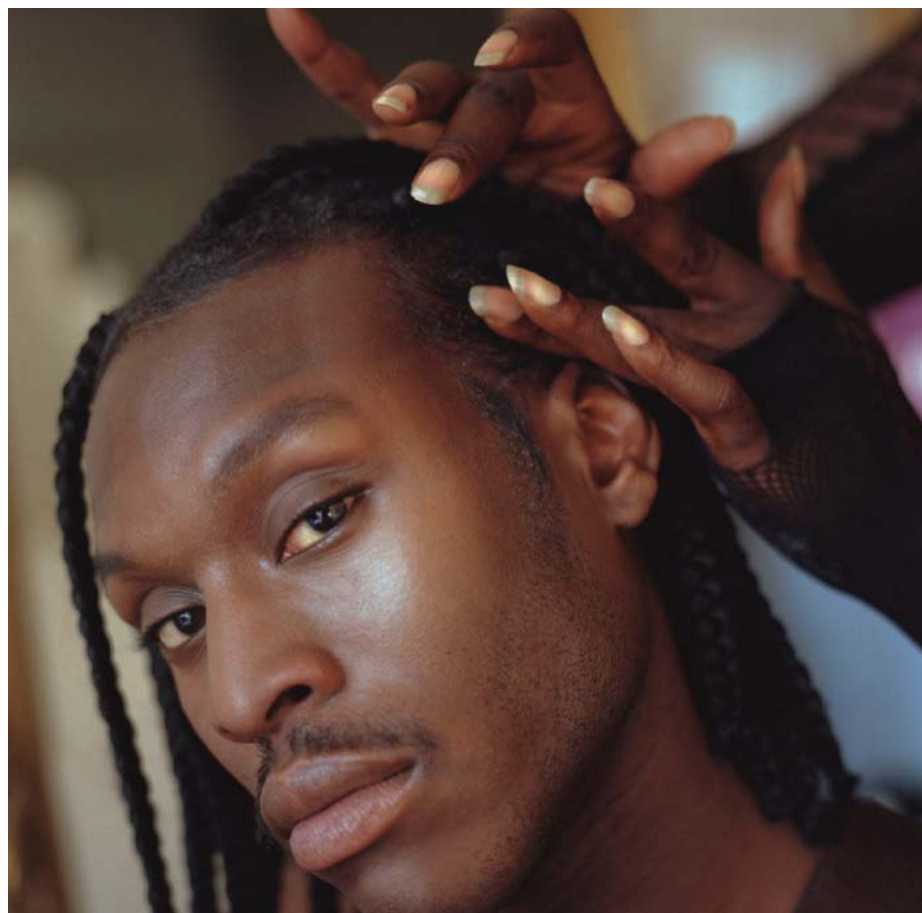
September makeup is all about warm, earthy tones, terracotta, burnt orange, deep browns, and golden shimmer. These colors not only match the African landscape but complement a wide range of melanin-rich skin tones.

This season, skin-focused beauty is trending: dewy foundations, glowing highlighters, and cream-based products that blend easily. Add bold brows, a rich berry lip, or a pop of metallic eyeshadow for a statement look.

Local brands across the continent are stepping up in the beauty space, supporting African-owned makeup lines that celebrate and cater to our tones and textures.

Wellness is Beauty

Beauty doesn't end at your reflection. What you eat, how you feel, and how you move all reflect in your skin, hair, and smile.



September is a great time to detox. Load your plate with colorful fruits and vegetables, mangoes, papayas, spinach, sweet potatoes. Drink more water. Get some sun and fresh air. Move your body in ways that bring you joy, whether that's dance, walking, or yoga.

When your body is healthy, your beauty shines from within.

Beauty, The African Way

African beauty is not one-size-fits-all. It's braided into our histories, painted in our traditions, and evolving with every generation. From the Himba women of Namibia who use red ochre on their skin, to the minimalist beauty of urban South African queens, to the bold Ankara-inspired makeup looks in Nigeria, our continent celebrates beauty in diversity.

So this September, whether you're starting fresh or redefining your look, let your beauty reflect your roots, your rhythm, and your radiance.

You are from Africa. You are beautiful.

TLS: THE CADENCE ARCHITECT REDEFINING HIP HOP'S EDGES



"Imagine a sound that doesn't just hit your ears but shakes your spirit."

That's how Takudzwa Lesley Sibanda, known as TLS, describes the energy he brings to his craft. He's not your average rapper or your typical producer, he calls himself a cadence architect. And once you hear what he's creating, it's easy to see why.

TLS doesn't follow trends; he engineers atmospheres. With music rooted in hip hop but echoing the soul of psychedelic rock, the grit of kwaito, and the electricity of modern experimentalism, TLS is part of a new creative class pushing the boundaries of sound, emotion, and movement.

"I am TLS," he begins, grounded and confident. "My journey in hip hop began around 2017. I used to watch Trace Urban and Mzansi Magic. I'd see those artists and get so inspired."

His fascination with music quickly turned into creation. By 2019, after a friend introduced him to FL Studio, he was producing his own beats. "Shoutout Nezbook Beats (Anesu)," he adds. "The rest was history." And while some may mistakenly think he's a dancer, TLS is quick to clarify: "I've never worn tap shoes in my life. I'm not a dancer. I'm a cadence architect. I construct sound and movement in unity. I'm less interested in fitting into a category and more focused on reshaping how people experience the intersection between music, motion, and spirituality."

His sound defies easy labels.

"It's an animated fusion of rhythm, love, nonacceptance, anger, rebellion, motivation, discipline... every emotion expressed in an anomalous tone."

His influences are just as wide-ranging: Earth, Wind & Fire, Tame Impala, Michael Jackson, Tyler, The Creator, Kanye West, Joyner Lucas, Wu-Tang Clan, and more.

But one of his greatest inspirations is his upbringing.

"I grew up in strict environments where questioning things wasn't welcome. But I've always been curious. I was known for asking questions. That mindset shaped how I create."

When TLS builds a track, it's about more than just the beat.

"It starts with an emotion, a concept, an idea, or even a single sound. I sculpt the sonic landscape from there. I freestyle to bring up ideas. Every breath, every pause, every word, there's harmony to it. I rehearse it like a symphony."

While he doesn't tap dance, TLS understands how rhythm and movement connect.

"If I were working with dancers, I'd say the challenge is making sure one element doesn't overpower the other. They must complement, not compete."

Collaboration is a huge part of his process.

"My pops taught me that collaboration is the lifeblood of evolution. Shoutout to RichPainRecords, DripScopeRecords, and Antido.te. I've done a hell of a lot of collabs, and I'm even on this TV show because of them."

As a producer himself, TLS knows that great collaborators can elevate his work.

"Each one adds texture, perspective, and depth."

So what's he trying to communicate through it all? Empowerment. Passion. Drive.

"I want people to feel seen. I want them to remember that childhood feeling when anything felt possible. Some call it delusion, I call it vision. I believe if you can think it, it can happen. We could even bring back dinosaurs if we really wanted to."

While TLS doesn't necessarily see himself changing hip hop, he believes he's creating something so unique, it may become its own genre.

"My style doesn't just fit in hip hop, it builds beyond it."

And he wants young creatives to know that waiting for the "perfect moment" is a trap.

"Just drop. The perfect time is now. The greatest artist, God, created the Earth in seven days. Don't waste time."

He also believes that true artistic power lies in understanding the spiritual side of creativity.

"A lot of people miss that part. Spirituality is the secret to unlocking your full potential as an artist."

Being humble, especially when you're starting out, is a value he holds close.



"When you're humble, you seem less of a threat. More people are willing to work with you. That's a principle straight out of The 48 Laws of Power, and it's real."

What's next for TLS?

A conceptual EP, cinematic visuals, experimental sounds, and a curated performance series that brings together hybrid artists like himself.

"The next chapter is all about elevation. I'm gonna be one of the greats, mark my words. And don't confuse my drive for lack of humility."

Dream collaborations? He's aiming high.

"Michael Jackson, Tame Impala, Kanye, Earth,

Wind & Fire. I want to work with artists who understand sonic fluidity. I want to perform on platforms like FIFA, the Super Bowl, or my own stage, which will be big."

As for his brand, TLS envisions a creative hub, blending music, performance, education, and storytelling.

"I'm building a legacy that doesn't just entertain. It empowers me."

TLS isn't asking for permission. He's crafting a new blueprint, one that's unpredictable, spiritual, and unmistakably his.

You don't just hear TLS.

You feel him.

PEACE TYCOON CLOTHING BRAND

Loago Keipatetswe, the visionary founder of PeaceTycoon Clothing Brand, is a shining example of entrepreneurial spirit and dedication. Born with a passion for local fashion, Loago's admiration for homegrown brands like BK Proctor and GANG Apparel inspired him to embark on a journey to create something uniquely his own. His brand, Peace Tycoon, is more than just a name, it's a movement that combines style with a profound message of unity and harmony.

THE STORY BEHIND PEACE TYCOON

The name "Peace Tycoon" is deeply symbolic. For Loago, it represents a valuable commodity that the world desperately needs: peace. He sees his brand as a vehicle for spreading this message, encouraging wearers to embrace and share peace in their daily lives. The butterfly emblem, central to the brand's identity, symbolizes transformation and tranquility, reminding people of the beauty and power of peace.

Launched in December last year, Peace Tycoon quickly gained attention for its stylish and meaningful designs. The product line includes T-shirts, hoodies, bucket hats, and biker shorts, with options for custom-painted and tie-dyed items. Each piece is crafted with care, blending 75% cotton and 25% polyester to ensure durability and comfort. This meticulous attention to quality has earned Peace Tycoon a loyal following, making it more than just a brand, it's a lifestyle statement.



OVERCOMING ENTREPRENEURIAL CHALLENGES

Loago's journey has not been without its hurdles. Like many entrepreneurs, he encountered challenges in dealing with customers. A recurring issue was customers placing orders and delaying payments until month-end or simply disappearing without fulfilling their commitments. This strained his resources and slowed his progress.

To address this, Loago implemented a lay-by system, requiring a 50% upfront payment upon order placement, with the balance due upon collection. This not only streamlined the process but also ensured that customers were committed to their purchases. By learning from these experiences, Loago has become a more resilient and resourceful business owner.

EXPANDING THE PEACE TYCOON REACH

Driven by ambition and a clear vision for the future, Loago is taking bold steps to expand Peace Tycoon's reach. One of his recent achievements is the opening of a stall in Bokaa, providing customers with a physical space to explore and purchase his products. This move has brought the brand closer to the community, making it more accessible and fostering a stronger connection with his customers.

Loago is also leveraging the power of collaboration and social media to grow his brand. He has partnered with local models and content creators for brand photoshoots, showcasing the versatility and appeal of Peace Tycoon clothing. Additionally, he runs online competitions, engaging his audience and boosting the brand's visibility. These initiatives not only promote his products but also create a sense of community around the Peace Tycoon message.

A GLOBAL VISION

While Peace Tycoon has established a solid presence locally, Loago's aspirations extend far beyond Botswana. He envisions his brand gaining international recognition, representing the universal value of peace on a global stage. This ambition drives him to constantly innovate, improve, and expand his product offerings. Future plans include opening a dedicated shop and introducing new clothing lines to cater to a wider audience.



Loago's ultimate goal is to make Peace Tycoon synonymous with style, quality, and a message that resonates across borders. He believes that by wearing Peace Tycoon clothing, people can be reminded of the unity that peace brings, creating a ripple effect that extends to communities around the world.

REFLECTIONS AND LESSONS LEARNED

Reflecting on his entrepreneurial journey, Loago emphasizes that success is not achieved overnight. Starting a business may be easy, but sustaining it requires resilience, adaptability, and a willingness to learn from challenges. From dealing with customer complaints to sourcing quality materials, every obstacle has been a stepping stone toward growth.

Loago's advice to aspiring entrepreneurs is simple yet powerful: "Don't give up. Keep pushing until you make it." His story is a testament to the importance of perseverance, passion, and a clear vision.

THE FUTURE OF PEACE TYCOON

As Peace Tycoon continues to grow, Loago remains committed to its founding principles. The brand not only offers fashionable clothing but also serves as a reminder of the peace that unites us all. Through his dedication and innovative strategies, Loago Keipatetswe is turning Peace Tycoon into a brand that stands out for both its style and its substance.

With his entrepreneurial spirit and a message that resonates deeply, Loago is well on his way to making Peace Tycoon a household name, not just in Botswana but around the world. The future is bright for this ambitious young entrepreneur, who is proving that with determination and a meaningful vision, anything is possible.









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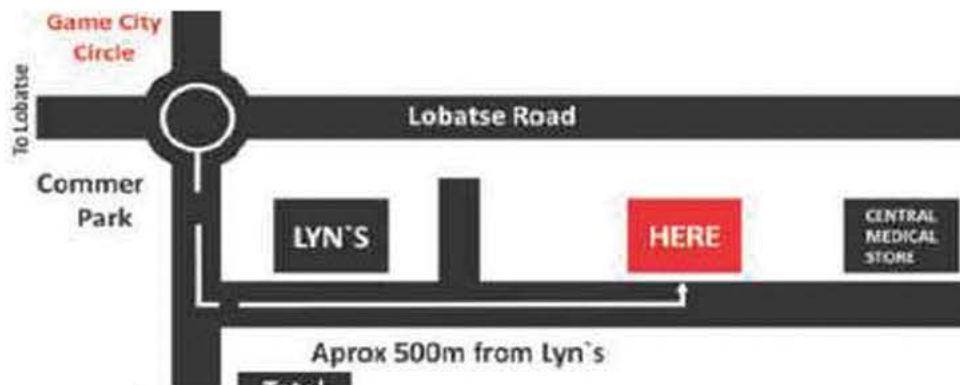
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September Serenity: Interior Design Tips for the African Home



September marks a quiet shift across the African continent. In the south, the chill of winter fades and spring slowly blooms. In the east and west, rainy seasons wind down or begin. It's a time of renewal, and your home should reflect that same refreshing energy.

This month is perfect for updating your interiors with warmth, clarity, and cultural charm. Whether you live in a cozy city apartment or a sunlit rural compound, here are practical and stylish interior design ideas to transform your space for September in Africa.

1. Embrace the September Light

As days grow brighter and longer, take full advantage of natural sunlight.

Try This:

- Swap out heavy winter curtains for sheer linens or cotton blends that let in light but soften glare.
- Use mirrors to reflect daylight into darker corners.
- Add metallic accents (like brass or copper trays, vases, or lamp bases) to reflect golden hues around the room.

Bonus Tip: Position your reading chair, indoor plants, or workspace near a window to soak up those rejuvenating rays.

2. Spring-Inspired Color Palettes

In many parts of Africa, September brings a sense of blooming and awakening. Refresh your space with light, earthy tones mixed with floral or botanical hints.

Color Ideas:

- Base: Beige, ivory, soft sand, or warm taupe
- Accents: Leafy green, blush pink, mustard yellow, or sky blue
- Cultural Touch: Use printed textiles, like Ankara, Kikoy, or

Shweshwe, in soft pastels or florals for cushion covers, table runners, or wall art.

3. Indoor Plants: The Soul of the Season

Greenery brings life into any home, and in September, it also symbolizes growth, wellness, and balance.

Top African Houseplants:

- Snake Plant (Sansevieria) – Low maintenance, air-purifying
- Aloe Vera – Healing and beautiful
- Rubber Plant or Fiddle Leaf Fig – Great for bold corners
- Succulents in clay pots – Minimalist and stylish

Try placing plants in woven baskets or upcycled traditional containers for added cultural charm.

4. Declutter & Reorganize

September is often a time for resetting routines, kids go back to school, and work projects ramp up. Your home should support your flow.

Tips:

- Organize high-traffic areas like the kitchen or entrance with baskets and trays
- Use wooden crates or woven boxes for storing throws, books, or toys
- Rearrange furniture to create more open space and breathing room

This not only boosts functionality but also enhances mental clarity.

5. Celebrate Craftsmanship

Use September as an opportunity to showcase African artistry in your



home, especially handcrafted items that add depth and identity to your space.

Decor Ideas:

Display a collection of African masks or clay sculptures on a feature wall

Use handwoven mats or baskets as centerpieces or wall hangings

Upgrade plain lampshades or stools with Ankara fabric or beaded trim

Place a carved wooden bowl on your coffee table or kitchen counter

6. Textiles That Tell a Story

Textiles are the heartbeat of African design, and September is the time to switch from heavy, warm fabrics to light, breathable, story-rich pieces.

Think:

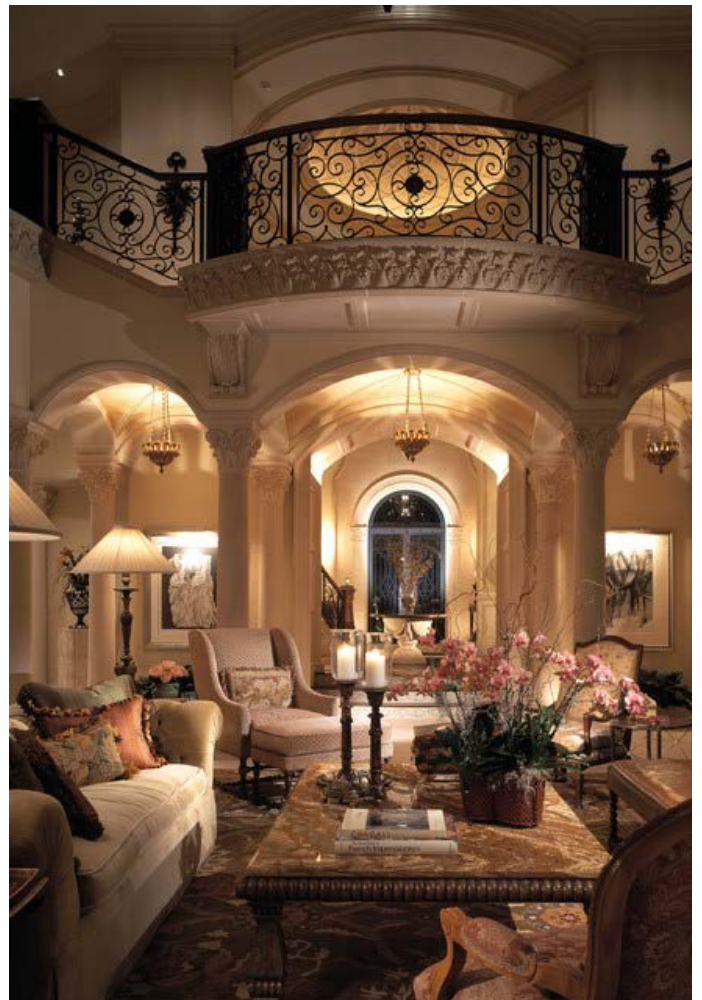
- Kente cloth or Kuba cloth as throws or art pieces
- Linen cushions in mud cloth prints
- Light bedspreads with symbolic embroidery or patterns

These materials add texture, tradition, and personality to any space.

Let Your Home Breathe

September in Africa is a month of change, and your interiors should reflect that beauty. Whether you're inspired by the desert palette of Namibia, the tropical lushness of Ghana, or the modern Afro-chic style of Nairobi, this is your chance to create a space that feels open, alive, and rooted in culture.

Remember: A well-designed African home isn't about perfection, it's about personality, purpose, and pride.



Modern Love in an African Context: What Makes Relationships Last

Relationships today are both exciting and complicated. From old-school love letters to instant messaging, from arranged unions to choosing love for yourself, our idea of love and relationships is constantly evolving. But no matter the form it takes, one thing remains true: building a strong, healthy relationship takes effort, honesty, and heart.

Across Africa, love stories are shaped by culture, family, and changing times. While our parents' generation valued loyalty, family reputation, and stability, today's couples are adding emotional connection, mutual respect, and personal growth to the mix. And that's a beautiful thing.

Communication is Still Everything

Good communication isn't just about talking, it's about understanding. In a healthy relationship, both partners should feel heard and safe enough to express how they feel, even when it's difficult. That means not just reacting, but listening with empathy.

Avoid the silent treatment. Don't expect your partner to read your mind. And when in doubt, ask with kindness rather than accuse with anger. Saying things like, "Help me understand..." or "This is how I feel..." opens the door to resolution instead of conflict.

Love Languages Matter

We all express love differently, some through words, others through actions, gifts, quality time, or physical touch. Knowing your partner's love language and letting them know yours can reduce misunderstandings and deepen your bond.

For example, if your partner values quality time but you're always busy or distracted, they may feel neglected even if you're buying them gifts. Take the time to learn what makes each other feel appreciated and seen.





Respect Over Everything

Romance may spark the fire, but respect keeps it burning. No relationship can thrive without mutual respect. This means respecting each other's time, values, space, boundaries, dreams, and even disagreements.

Avoid putting your partner down in public or private. Don't cross lines you wouldn't want crossed. And if ever in doubt, treat your partner the way you would want to be treated.

Handling Conflict the Right Way

Fighting isn't the end of love, it's often a sign that two people care. What matters is how you handle the fight. Focus on the issue, not on attacking each other. Take breaks when emotions are too high. Come back to the conversation when both of you are calmer. Remember: it's you and your partner versus the problem, not you versus them.

Love Should Feel Safe

No one should feel threatened, scared, or

belittled in a relationship. Emotional abuse, control, manipulation, and physical violence are never part of a healthy love story. Real love nurtures your self-worth, not breaks it down.

If you or someone you know is in a harmful relationship, please seek support from a counselor, trusted friend, or professional organization. You deserve peace and safety.

Let's Talk About Growth

A good relationship isn't just about being together, it's about growing together. Support each other's dreams, celebrate each other's wins, and help each other rise through tough times. Whether it's starting a business, going back to school, or healing from the past, your partner should be part of your growth, not your limitation.

The Role of Culture

In many African homes, relationships are not just between two people, they're

between families. Balancing your love life with cultural expectations can be tricky. The best approach is honesty and boundaries. Respect your roots, but don't let them strangle your happiness.

Is There a Secret to Lasting Love?

There's no magic formula. But couples who laugh together, forgive each other, stay curious about one another, and never stop choosing each other, those are the ones who last.

Love is not about finding someone perfect. It's about finding someone who is willing to do the work with you, grow with you, and love you even when life gets messy.

So whether you're dating, engaged, or married, remember: love is a journey, not a destination. Show up every day. Communicate. Respect. Laugh. And above all, love yourself too.

Bokani Machinya: In the Silence, She Found Her Voice



Bokani Machinya is not one to fit neatly into a single box. She is a lawyer with an LLB, a certified John C. Maxwell speaker, trainer, and coach, and a businesswoman managing multiple ventures in training, secretarial, and consultancy services. But perhaps the role closest to her heart is that of a storyteller, a role she has quietly cultivated for over more than a decade.

Born in Francistown, her family moved to Orapa and raised alongside four siblings, Bokani's childhood was split between the diamond-mining town and her home village of Senete, where she spent her school holidays. Today, she lives in Gaborone, but her sanctuary is a rustic organic farm, where the pace slows, the mind clears, and creativity flows. "It's where I pray and draw inspiration," she says. "It gives me the energy to create."

Her love for writing began early, nurtured through playful competitions with her younger sister. "We would choose a topic, each write something, and then read it to each other. It was simple, but it taught me to love the craft."

That craft has now taken the form of her debut book, *The Silent Room*, a compelling collection of poems and short stories that pull no punches. It is an unfiltered look at life's most profound moments: the ache of loss, the sting of rejection, the shadows of abuse, the complexities of love, and the quiet weight of mental health struggles. Yet, woven through it all is an undercurrent of light, the kind that comes only after darkness has lingered too long.

"The Silent Room is a space we all have, in our minds, in our hearts, where we sit with our thoughts and confront life," Bokani explains.

Some pieces in the collection are deeply personal, while others draw from her observations of the world, from the streets to the quiet corners

where untold stories live. The themes are unflinching: gender-based violence, prostitution, faith, and resilience.

The road to publication, however, was anything but smooth. Bokani chose to self-publish, coordinating editing, through a publisher, printing, and cover design with different companies. "The printing process was my biggest challenge," she admits. "I had delays that meant I didn't have the books ready on the day of my launch." But despite the setback, the launch drew an enthusiastic crowd and set the tone for what would be an inspiring debut.

When writer's block hits, Bokani turns to books, nature, music, or conversations with friends. Sometimes she escapes to the farm to clear her head and write among the peaceful and traditional farm environment. The greatest lesson she has taken from *The Silent Room*? "Patience with myself, and the reminder that all things work together for good, no matter the setback"

Bokani is already working on her next project, a fictional novel she plans to publish in 2026. And if *The Silent Room* were to be adapted for the screen, she knows exactly which story she would choose: *City Gerl*, a short story about a young village woman whose move to the city changes her life in ways she never imagined.

Her advice to aspiring writers, especially in Botswana and Southern Africa, is simple but firm: "There is never a perfect time. Just start, and push forward."

For Bokani Machinya, the message behind *The Silent Room* is one she hopes stays with every reader: no matter the silence, no matter the struggle: perseverance, hope and faith are the cornerstones that can carry you through.

A copy of *The Silent Room* is available for sale at The Alliance Française of Gaborone: opposite the University of Botswana for P400.





Mama Africa: Miriam Makeba

Miriam Makeba's voice wasn't just beautiful, it was powerful. It carried the weight of history, the sound of resistance, and the spirit of Africa. Born Zenzile Miriam Makeba on March 4, 1932, in Johannesburg, she would grow to become one of the most celebrated voices in global music and a fearless advocate for human rights. Her influence stretched far beyond music, transforming her into a legend in both entertainment and activism. Raised during the oppressive days of apartheid, Makeba's early life was anything but easy. She faced poverty, racial discrimination, and personal tragedies, including the loss of her father at a young age. Yet from those struggles, her gift began to bloom. Her voice was first heard in church choirs and later through local music groups, where her talent quickly stood out.

Her big break came in the 1950s when she joined the all-female South African group, the Manhattan Brothers, and later formed her own ensemble, The Skylarks. But it was her role in the musical *King Kong* and the documentary *Come Back, Africa* that captured international attention. She was invited to perform in the United States, and what followed was a meteoric rise to fame.



Miriam Makeba's music blended traditional South African sounds with jazz, soul, and folk influences. Songs like "Pata Pata," "The Click Song," and "Malaika" enchanted audiences around the world. But Makeba never separated her music from her message. She used her platform to speak out against apartheid and injustice, which led to her exile from South Africa in 1960 after she testified at the United Nations.

For over 30 years, she lived in exile, moving between the U.S., Guinea, and other countries, representing Africa through her music and diplomacy. Her life was a delicate balance of glamour and activism, rubbing shoulders with legends like Harry Belafonte (with whom she won a Grammy), while also standing on world stages to denounce racism and inequality.

Makeba married fellow activist Stokely Carmichael (Kwame Ture) in the late 1960s, which sparked political



backlash and limited her access to American stages. But she never stopped singing. She performed for kings and presidents, for rebels and children, always draped in African attire, always with a song on her lips that spoke of home.

In 1990, after Nelson Mandela was released from prison, Miriam Makeba returned to South Africa. Her homecoming was met with love and celebration. She continued to perform until her last breath, literally. In 2008, she collapsed on stage in Italy after performing a concert against organized crime and passed away shortly after. She died as she lived: giving her voice to justice.

Miriam Makeba's legacy is one of resilience, beauty, and purpose. She showed the world that art and activism can walk hand in hand, and that a single voice, backed by truth and courage, can echo across continents. To this day, young African artists cite her as an inspiration, and her songs continue to play on stages and radios worldwide.

She wasn't just Mama Africa. She was Africa's voice, soul, and heartbeat.



Parenting in the Modern African Home: Nurturing with Love and Wisdom

Parenting is one of life's most beautiful yet challenging journeys. From the moment a child enters your life, everything changes, your priorities, your routines, even how you see the world. For African parents today, the role comes with a unique blend of tradition, modernity, and a desire to raise children who are grounded, confident, and prepared for the world ahead.

While each home, culture, and family dynamic is different, the heart of parenting remains the same: love, guidance, and growth.

Balancing Tradition and Modern Life

African parenting is deeply rooted in community, respect, and cultural identity. Elders pass down wisdom, and the phrase "it takes a village to raise a child" still rings true in many parts of the continent. But as urbanization and digital life evolve, modern African parents find themselves at

a crossroads, wanting to preserve tradition while adapting to new ways of thinking.

The key lies in balance. Teach your child the values of humility, responsibility, and respect, but also encourage them to ask questions, explore, and be themselves. Let tradition guide, not limit.

Discipline with Love

Discipline is not about punishment; it's about teaching. Children thrive when they understand boundaries and consequences, but they also need to feel safe and loved. Instead of shouting or harsh punishments, try positive discipline. Use calm, clear explanations and give children a chance to reflect on their actions.

Create structure. Consistent routines help children feel secure. Whether it's setting bedtime rules, homework hours, or screen time limits, children learn better when they know what to expect.

Quality Time Over Quantity

Busy schedules, side hustles, and extended family commitments can make it hard to spend hours with your child. But what matters most is the quality of the time you do spend. Simple activities like cooking together, bedtime storytelling, or weekend walks create lasting memories.

Put the phone away. Look into their eyes. Listen to their little stories, even if they sound silly. When children feel heard, they feel valued.

Parenting in the Digital Age

From cartoons on YouTube to teenage social media trends, the digital world is a big part of children's lives today. As a parent, it's important not to avoid this world but to guide them through it. Set screen time boundaries and monitor the content they consume. Talk to them about online safety, kindness, and critical thinking.



You don't have to be a tech expert, just be involved. Ask questions like: "What are you watching?" or "Who are your favorite online creators?" These open conversations build trust and help you stay connected.

Self-Care for Parents

You can't pour from an empty cup. Parenting is demanding, and burnout is real. It's okay to feel overwhelmed sometimes. Take moments for yourself, read a book, pray, stretch, talk to a friend, or simply rest.

Ask for help when you need it. Whether it's your partner, a relative, a neighbor, or a parenting support group, remember you're not alone.

Every Child Is Different

Children grow at different paces. Some are quiet and observant; others are bold and talkative. One may love books; another may be obsessed with dancing. Avoid comparisons. Instead, nurture your child's unique gifts.

Celebrate their efforts, not just achievements. Teach them that mistakes are part of learning. Most of all, remind them that they are loved, unconditionally.



The Legacy You Leave

Parenting is not about being perfect. It's about being present. The way you treat your child shapes how they will treat others and themselves. The love you show, the patience you practice, and the lessons you pass down,

all of these become part of your child's inner world.

So take it one day at a time. Breathe. Laugh. Hug your children often. You're doing better than you think.



These are Fiery harissa, squeaky cheese bagels, peppery rocket, sweet tomato salsa and creamy mayo sandwich you'll want to eat again and again & the main ingredient is here is halloumi .

What is halloumi? Where can I buy it?

Halloumi is a type of semi-hard cheese typically made with a mix of goat and sheep milk, though some versions of halloumi also contain cow's milk. You should be able to find halloumi in most supermarkets.

Halloumi is a traditional Cyprus / Eastern Mediterranean cheese that is poached in a brined solution as part of its preparation,

giving it a distinctive rubbery texture and a much higher melting point than most UK cheeses.

The high melting temperature means that halloumi can be cooked and retain its shape, making it an excellent meat replacement in many dishes such as burgers or wraps. It also works really well in salads.

Why does halloumi squeak?

Halloumi is known to squeak when it's cut, and on your teeth, this is because of the texture of the cheese. According to New Scientist Dec 2020, this is known as a "slip-stick" phenomenon where the elastic cheese

slips, then sticks, the slips again as it squeaks across the smooth, hard knife or tooth enamel.

Halloumi's texture is created in production when the fresh curds are heated, giving halloumi its high melting point and also its unique consistency.

How can I tell if my halloumi has gone off?

As halloumi is a brined cheese, an unopened packet usually has a long shelf life.

Check the "Best Before" or "Use By" date on your cheese to give you an indication of whether or not the cheese is still safe to eat. Use By dates should never be exceeded, whereas Best Before dates can be exceeded

provided the food in question has been properly stored and has no signs of spoilage. Make sure the halloumi has been stored correctly and kept in the fridge. Once you've opened the packet, it typically needs to be used within 3 days. There will usually be information on the packaging to confirm this.

Check the texture of the cheese. It should be firm not mushy. As halloumi is brined, it's unlikely to have developed mould in the unopened pack, but if you see any on the cheese, discard it.

Are halloumi bagels suitable for vegetarians?

There are no meat, poultry or fish ingredients in this bagel.

Most supermarket halloumi will be suitable for vegetarians but it's important to check the packet as traditional halloumi is made using animal rennet.

Are halloumi bagels suitable for vegans?

This recipe is not suitable for vegans, since it uses mayo (which contains egg) and halloumi (which is made with a mix of ewe and goat's milk).

To make a vegan version of this recipe, you could switch to vegan mayo and then use slices of courgette in place of halloumi, spreading with harissa paste and cooking on the griddle pan.

Make sure to check the bagels are also suitable for vegans too.

Are halloumi bagels gluten-free?

Standard bagels are made with wheat-based flour so are not gluten-free.

However, if you want to make this recipe gluten-free, you'll just need to switch to gluten-free bagels.

Be sure to check the labels on all other ingredients, including the balsamic glaze, to ensure there are no traces of gluten.

Are halloumi bagels keto-friendly?

Bagels are too high in carbohydrates to be considered keto. However, if you want to leave the bagels out, this recipe would make a great salad with fresh tomato relish and harissa halloumi served over peppery rocket. You'll probably need to leave the sugar out of the relish too.

Are halloumi bagels safe to eat while pregnant?

Make sure to use halloumi that is made with pasteurised milk and wash the rocket well. As long as good food hygiene is practiced and the ingredients are in good condition and properly stored and handled, this recipe should not pose a risk to a pregnant woman. If you have any worries or concerns



please seek help from a qualified medical professional

What goes well with halloumi bagels?

These halloumi bagels are a meal in themselves, packed with peppery rocket and sweet tomato relish. You could serve them with a few sweet potato chips, some crisp salad, or some roasted veg if you want a more substantial meal.

Can I make this recipe without harissa?

Yes, if you don't like harissa or don't have any then it's no problem to just make it without. If you'd still like to add a bit of spice, you could sprinkle a few chili flakes into the pan with your tomatoes instead.

I don't have halloumi can I use another cheese?

Halloumi is a pretty special cheese that holds its shape when fried. Most other cheese won't cook in quite the same way. Paneer might work as a substitute, giving a different but still delicious flavour and texture. Alternatively, you could use a cheddar and keep all the flavours but just don't try and cook it. Cream cheese with the harissa stirred through it could also work really well.

Can I bake these halloumi bagels?

I wouldn't recommend baking the finished bagels as it will most likely dry everything out.

You can bake or grill (broil) the halloumi



before you put it into the bagels, if you wish, I find it easier to cook the halloumi on the hob so you can keep an eye on it.

To bake, lightly oil a baking sheet and place your harissa covered halloumi onto the baking sheet. Cook in a preheated 180C/350F (160C Fan) oven for 10-15 minutes. This method doesn't give quite the same griddled crispy outside to the halloumi so keep that in mind if you choose this method.

To grill/broil/ place the halloumi on to the grill pan or baking sheet and cook under the grill for 2-4 minutes until just starting to brown, turn over and cook the other side for another 1-2 minutes. Keep a close eye on the halloumi under the grill as it cooks quickly this way and can burn.

Pointers, tricks and troubleshooting tips for the perfect halloumi bagel

Is this halloumi bagel recipe easy to make? Yes, these halloumi bagels are super easy to make. I love the quick tomato relish to bring a little sweetness and acidity to offset

the warm spices from the harissa paste, all balanced beautifully with the squeaky halloumi and soft bagels

This recipe is ideal for a weekend lunch or a quick dinner.

Will I need any special equipment to make halloumi bagels?

I've used a griddle pan to cook my halloumi but don't worry if you don't have one, you can just use a regular frying pan. All the other equipment you'll should be easy to find in most kitchens, such as weighing scales, a chopping board and knife.

Equipment

- Weighing scales
- Measuring spoons
- Kitchen knife
- Chopping board
- Small nonstick frying pan
- Wooden spoon
- Griddle pan
- Fish slice/Slotted spatula
- Silicone pastry brush

Recipe

Fiery harissa, salty halloumi, peppery rocket, sweet tomato salsa and creamy mayo: this halloumi bagel is a sandwich you'll want to eat again and again.

Prep Time 10 minutes mins

Cook Time 10 minutes mins

Total Time 20 minutes mins

Course: Burgers and sandwiches

Cuisine: American

Diet: Vegetarian

Servings: 4 bagels

Author: Koketso Sheleni

Ingredients

- 1 tbsp olive oil
- 200 g fresh cherry tomatoes halved
- 3 cloves garlic finely chopped
- 1 tsp soft light brown sugar
- 1 tsp balsamic glaze
- 225 g halloumi cheese cut into thin slices
- 4 tbsp harissa paste
- 4 bagels
- 4 tbsp mayonnaise

- 100 g fresh rocket (arugula)
- Pinch salt and black pepper

Instructions

- Warm the olive oil in a pan over a medium heat.
- Add the cherry tomatoes, garlic and a pinch of salt and pepper.
- Fry for 2 minutes or until the tomatoes really start to release their juices.
- Add the brown sugar and balsamic glaze. Stir through then turn the heat down to low and continue to gently cook, stirring occasionally until the relish darkens and thickens.
- Meanwhile, prepare the halloumi. Start by laying the slices out on a board.
- Brush the harissa paste all over the both sides of the halloumi slices. Tip: Use a silicone brush rather than a pastry brush so that the bristles don't soak up the spicy, smoky flavours.
- Heat a griddle pan over a medium heat. When the pan is nice and hot, lay the halloumi slices into the pan. You want them sear on the outside and stay gooey on the inside. Fry for 1-2 minutes.
- Flip and fry for a further 1-2 minutes so that you have a lovely sear on both sides.
- Halve all of the bagels and spread the bottom halves with mayo.
- Add a generous layer of rocket.
- Pile on the halloumi.
- Spoon on the relish.
- Replace the bagel tops and you're done.

Notes

Some harissa pastes are hotter than others. If you prefer a mild heat, taste a dot of harissa and use as much or as little as you like. You can also leave it out altogether, if you prefer, although I promise it is really delicious!

Nutrition

Calories: 632kcal | Carbohydrates: 65g | Protein: 25g | Fat: 30g | Saturated Fat: 12g | Cholesterol: 6mg | Sodium: 1538mg | Potassium: 372mg | Fiber: 4g | Sugar: 5g | Vitamin A: 940IU | Vitamin C: 18mg | Calcium: 634mg | Iron: 2mg

Note: nutritional information is estimated, based on publicly available data. Nutrient values may vary from those published. Information on this website should not be taken as medical advice. Cuisines identify the primary region of inspiration for a dish.





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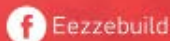
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PILATES: THE POWER OF CONTROL, CORE & CALM

In a world where high-intensity workouts and fast-paced gym sessions dominate the fitness scene, Pilates offers a refreshing alternative, one that emphasizes strength, control, and mindfulness over sweat-soaked chaos. But don't be fooled by the gentle movements and calm energy, Pilates is one of the most effective workouts for building core strength, improving posture, and transforming your body from the inside out.

What Is Pilates?

Developed in the early 20th century by Joseph Pilates, this full-body exercise method focuses on controlled movements, alignment, and breathwork. It targets the deep muscles of the abdomen, lower

back, hips, and thighs, also known as the "powerhouse." The goal is to build a strong foundation that supports every other movement your body makes.

Pilates can be performed on a mat or with specialized equipment like the reformer, which uses resistance springs to intensify the workout.

The Benefits of Pilates

Whether you're a beginner or a seasoned athlete, Pilates offers benefits that extend beyond the studio:

- **Core Strength:** At the heart of every movement is the core. Pilates strengthens and stabilizes the core,

leading to better balance and reduced risk of injury.

- **Improved Posture:** Say goodbye to slouching! Pilates teaches body awareness and alignment, which translates to better posture in everyday life.
- **Flexibility & Mobility:** With its emphasis on lengthening muscles and increasing joint range of motion, Pilates improves both flexibility and functional movement.
- **Low-Impact but High-Reward:** Pilates is gentle on the joints, making it ideal for people recovering from injury or looking for a sustainable long-term workout routine.



- **Mind-Body Connection:** Each session encourages focus and intentional movement, promoting mindfulness and even reducing stress.

Who Is Pilates For?

The beauty of Pilates lies in its accessibility. It's suitable for all ages, fitness levels, and body types. Whether you're looking to recover from injury, improve athletic performance, or simply move better in your daily life, Pilates offers a tailored approach.

Even celebrities and athletes, from ballerinas to football players, swear by its power. Why? Because Pilates strengthens from the inside out, creating a resilient, toned, and functional body.

Getting Started

You don't need fancy equipment or a gym membership to begin. Start with beginner-friendly mat exercises like the hundred, leg circles, or bridges. There are countless online videos and virtual classes to guide you, or you can sign up for a local studio session for hands-on guidance.

Final Word

In a culture obsessed with "go hard or go home," Pilates reminds us of the beauty in slowing down, tuning into our bodies, and building strength with purpose. It's not about lifting heavier or running faster, it's about moving smarter.

Pilates isn't just a workout. It's a lifestyle. One that builds not just a stronger body, but a more balanced, connected, and mindful version of you.



Mohamed Salah Clinches Third PFA Players' Player of the Year Award



When Mohamed Salah first lit up the Premier League in 2017, few could have predicted the legacy he would carve out in the years to come. Fewer still would have imagined that in 2025, eight years later, he would not only still be dominating English football, but once again be crowned the best player in the land by his peers.

And yet, here we are: Salah has officially won the 2025 PFA Players' Player of the Year, marking the third time he has claimed the coveted award. It's a feat reserved for legends. Thierry Henry. Cristiano Ronaldo. Now, Mohamed Salah.

The Numbers Behind the Glory

The stats from Salah's 2024/25 campaign tell a story of continued excellence:

22 Premier League goals
12 assists

Countless clutch performances

An ever-present leader in Liverpool's top-four finish and Europa League run. But as always with Salah, the numbers only scratch the surface.

This wasn't just a season of personal brilliance, it was a campaign that reasserted his ability to lead, to inspire, and to redefine what it means to age in elite sport. At 33,

Salah didn't slow down. If anything, he seemed to get smarter, more efficient, more dangerous in front of goal. His movement became subtler, his decision-making sharper, and his vision, always underrated, emerged as a defining strength.

Peer Recognition Hits Different

The PFA Players' Player of the Year is widely seen as one of the most meaningful awards a footballer can receive. Voted for by fellow professionals, it reflects a player's impact on those who understand the game best, not pundits, not fans, but those who share the field.

"Being recognized by your peers, by the



guys you battle with every week, that means everything," Salah said on stage, clutching the award with a quiet smile. "It's a huge honor, and I'm grateful every single day to be able to do what I love."

Grateful, yes but also relentless. That has always been Salah's way. The hunger. The discipline. The obsession with improvement. Even in a season where younger stars emerged, from Cole Palmer's rise at Chelsea to Phil Foden's brilliance at City, it was Salah who once again came out on top.

The Evolution of a Legend

It's easy to forget the pressure Salah faced when he first arrived at Liverpool. A failed spell at Chelsea had many doubting whether he could truly thrive in the Premier League. But under Jürgen Klopp, Salah didn't just survive, he exploded.

In his debut season (2017/18), he scored 32 league goals, a record for a 38-game season.

From that point on, he became the focal point of one of the greatest Premier League sides of all time: Champions League winners, Premier League champions, Club World Cup victors. Salah was at the heart of it all.

But what makes his 2025 recognition even more impressive is how he's adapted. No longer the raw, blistering winger who hugged the touchline and ran at defenders, Salah has morphed into a refined, complete forward, part scorer, part creator, and always a leader.

He's also become a mentor to Liverpool's next generation, often seen guiding younger players through matches and training sessions alike.

"Mo's presence around the squad is huge," said Liverpool captain Virgil van Dijk. "He leads by example, whether it's in how he trains, how he eats, or how he competes. We all look up to him, even now."

The Legacy Question

Three PFA Players' Player of the Year awards. Over 200 goals for Liverpool. Every major club honor in his locker. Salah's legacy, by all measures, is secure. But where does he truly stand in the pantheon of Premier League greats?

Statistically, he's now well ahead of most. In terms of longevity, few attackers have remained so influential for so long. And culturally, he may be one of the most important figures in modern football, an African icon, a Muslim role model, and a global ambassador for the sport.

His influence goes far beyond Anfield.

"He changed the perception of what an Arab or African player could do at the top level," said former teammate Sadio Mané. "He made us believe. He made everyone believe."



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What's Next for Salah?

Though he's hinted at finishing his career in Europe, the whispers of a final chapter in Saudi Arabia or a return to Egypt persist. But for now, Salah's future remains red, and bright.

Liverpool, undergoing a slight tactical evolution under manager Arne Slot, still revolves around Salah. Whether deployed as a central forward or drifting in from the right, he remains the team's most dangerous weapon and most reliable star.

As fans, we often look for a 'last dance,' a swan song to end a glittering career. But Salah refuses to play by those rules. He's still writing chapters. Still breaking records. Still proving that greatness is not a moment, it's a mindset.

Conclusion: A Living Legend

In a world where the headlines often go to the youngest or the flashiest, Mohamed Salah's 2025 PFA win is a powerful reminder of the value of consistency, professionalism, and heart. He may not always scream for attention, but year after year, he earns it.

Three-time Players' Player of the Year.

Liverpool's all-time European goal scorer.

Premier League icon.

And still, somehow, not done.

In the end, greatness isn't just about what you do, it's about how long you can do it. And Mohamed Salah? He's still doing it better than almost anyone.



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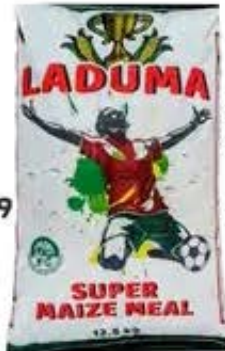
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GABORONE: PLOT 53956, SAMORA MACHEL DRIVE. FAIRGROUNDS	MON TO FRI: 08:00am to 08:00pm SATURDAY: 08:00am to 06:00pm SUNDAY: 08:00am to 03:00pm	WHATSAPP
GABORONE: NEW LOBATSE ROAD INDUSTRIAL PLOT 14399 PHONE: +267 3910209	MON TO FRI: 08:00am to 07:00pm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