

# Celebrity World

Botswana's Native Magazine

July 2023 P12

**Fashion Killer Drip "Rage X Vehement"**

**Financial Navigating in the Current Economy**

**The Role of Business in Society and the Economy**

**The Best Time to Visit Puerto Rico**

**Art With Sego**

# Marking My Mark



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The Ford Mustang Dark Horse Is the New Pony Car King

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Hello everyone, I welcome you to the winter season. We are in the half of the year 2023 and I want to believe everyone is prospering, doing great and ready for winter. My advice to you is please keep warm and take all the necessary precautions to not catch flu. As we all know that on the 1st of July we're celebrating our first president His Excellency Sir Seretse Khama, please grab yourself a copy of our magazine and have a good read during the holiday. I would say we were lucky to have leaders and forefathers we were not afraid to lay their lives for our freedom and since 1966 till date Botswana has been declared independent and democratic. This month on the cover we have featured the number one raising actor, Lesego Madingwane a.k.a Ghetto General whom happens to be taking Botswana film industry by storm. Grab yourself a copy and read more about him and possibly be inspired. Check out this issue on our website at [www.celebrityworld.co.bw](http://www.celebrityworld.co.bw) and follow us on our Facebook page called Celebrity world. Regards.

# Contents July 2023



- 6** FASHION KILLER DRIP "RAGE X VEHEMENT"

---

- 10** The Role of Business in Society and the Economy

---

- 14** Financial Navigating in the Current Economy

---

- 16** Chobe, Jackalberry Lodge

---

- 20** The Ford Mustang Dark Horse Is the New Pony Car King

---

- 22** Art With Segó

---

- 24** The Best Time to Visit Puerto Rico

---

- 27** Health is Wealth

---

- 30** Winter Clothes Shopping Guide

---

- 31** Exercises to Tone Every Inch of Your Body

---

- 32** Sports



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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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### GUARDIAN OF THE GALAXY VOL. 3

Still reeling from the loss of Gamora, Peter Quill rallies his team to defend the universe and one of their own - a mission that could mean the end of the Guardians if not successful.

**Genre:** Action, Comedy, Adventure

**Directed By:** James Gunn

**Starring:** Chris Pratt, Chukwudi Iwuji, Bradley Cooper, Pom Klementieff, Dave Bautista



### PRISONERS OF THE GHOSTLAND

A notorious criminal must break an evil curse in order to rescue an abducted girl who has mysteriously disappeared.

**Genre:** Thriller, Action, Horror

**Directed by:** Sion Sono

**Starring:** Nicolas Cage, Sofia Boutella, Nick Cassavetes, Bill Moseley



### PUSS IN BOOTS: THE LAST WISH

Puss in Boots discovers that his passion for adventure has taken its toll: he has burned through eight of his nine lives. Puss sets out on an epic journey to find the mythical Last Wish and restore his nine lives.

**Genre:** Animation, Adventure

**Directed By:** Joe Crawford

**Starring:** Antonio Banderas, Salma Hayek, Harvey Guillen, Florence Pugh, Olivia Colman



### THE POPE'S EXORCIST

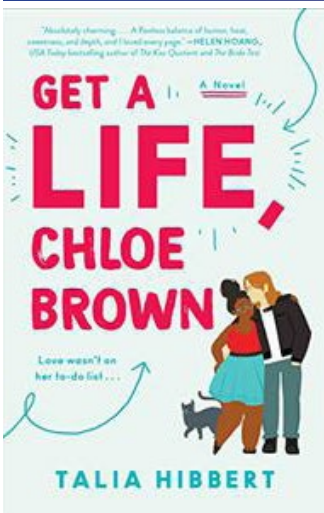
Follow Gabriele Amorth, the Vatican's leading exorcist, as he investigates the possession of a child and uncovers a conspiracy the Vatican has tried to keep secret.

**Genre:** Thriller, Horror

**Directed By:** Julius Avery

**Starring:** Russell Crowe, Daniel Zovatto, Alex Essoe, Franco Nero, Peter DeSouza-Feighoney

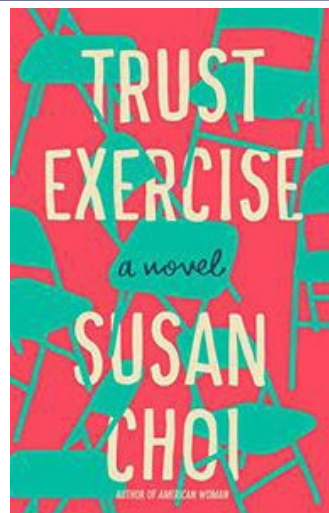
## What To Read



### GET A LIFE, CHLOE BROWN

BY: TALIA HEBBERT  
GENRE: ROMANCE

When computer geek Chloe realizes she has allowed her chronic illness to shrink her world, she creates a list of risky adventures that her building superintendent, a hunky artist, is all too happy to share.



### TRUST EXERCISE

BY: SUSAN CHOI  
GENRE: FICTION

What begins as the story of obsessive first love between drama students at a competitive performing arts high school in the early 1980s twists into something much darker in Choi's singular new novel.

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# FASHION KILLER DRIP "RAGE X VEHEMENT"



**P**henyo G. Daniel a native of Mahalapye, a self-made fashion designer and brand founder of "RAGE X VEHEMENT". The 20 years old young man clearly said he is doing it for the love of drip as the 21st century called and wants to have a local clothing brand store to provide customers with the unlimited trends of fashion throughout the year nonstop.

#### WHAT INSPIRED YOUR BRAND NAME?

There is this other documentary I really enjoy on National geographic channel called wrath of Africa which was really fascinating looking at how the events unfolded...thus leading me to find synonyms of wrath and that's how RAGE was born...but that was just the beginning few weeks later as I was going through my dictionary I came across yet another interesting word "vehement" pitched the idea to a couple of people and they really liked it as I've already had some designs done which made it very easy for them to visualise the whole idea leading to the merge of both brands RAGE X VEHEMENT.

#### WHY HAVE YOU CHOSEN THE FASHION INDUSTRY?

Growing up I've always been a PUMA fanatic and that alone made me grow the love towards fashion...and the need to look nice has ALWAYS been my first priority. I've observed how Batswana react to trends and really loved to give them something to keep the trend going and fashion was the way to go. Started using a couple of apps to create what I had in mind believe me you! The response I got in return made me to not question myself if I have what it take to be unique as I want to and that allowed me to showcase my vast designs.

#### WHAT ARE THE CHALLENGES YOU HAVE COME ACROSS SINCE YOU STARTED?

It has never been and will never be a walk in a park a battle in a concrete jungle so patience and hard work were my only virtue. I've learnt to with the fact that our industry is still pretty much poor in terms of machinery, quality fabrics needed to produce any type of merchandise in demand those alone to mention a few hinders progress in one's GROWTH I still have hope that something great will turn up especially on how am diversifying and doing things nowadays..

#### WHAT ARE YOUR LONG TERM GOALS AS A FASHION DESIGNER?

Growth. Nothing comes first and foremost than growth when it comes to long term goals being able to grow a certain which will be recognised worldwide would be one of those that one can be proud of and have stores nationally for starters which will be able to provide customers with unlimited trends throughout the year not seasonal as it has been happening and remain relevant.

#### WHO DO YOU ASPIRE WORKING WITH?

I can mention a few companies I would aspire to work with if I were to include international ones but I would rather stick to local as am still growing and All Kasi just does it for me...

#### WHAT ADVICE DO YOU HAVE FOR ASPIRING FASHION DESIGNERS AND BRAND OWNERS WHO ARE LOOKING UP TO YOU?

The only advice I can give aspiring fashion designers and brand owners is stick to uniqueness, this is what sets your brand apart from others. I believe when it comes to birthing a clothing brand you should stand out.

**ARE THERE ANY COLLABORATIONS YOU'RE WORKING ON?**

I am currently planning on engaging fast growing fashion stores like Km sales and Urban soul.

**IS IT WITHOUT A DOUBT THAT BOTSWANA AT THE MOMENT IS NOT EMPOWERING IT'S OWN ENTREPRENEURS AS MUCH AS THEY SHOULD, UNTIL THEY ARE DISCOVERED INTERNATIONALLY, WHY THAT?**

Botswana is without a doubt not empowering their own entrepreneurs especially clothing brands. The clothing brands are not really taken into consideration until they become successful on their own. We do not get enough exposure!

**DO YOU THINK THERE COULD BE MORE OUT THERE FOR YOU AS A FASHION DESIGNER?**

Yes, I see myself growing and thriving in this competitive fashion market. The goal is to become big and continue standing out.

**WHAT DO YOU RECKON SHOULD BE DONE IN CHANGING THE WAY CREATIVE ARE HANDLE IN BOTSWANA?**

The ministry of youth empowerment, sports and culture Development should not only hold workshops but provide the necessary resources, motivation and drive innovation as well as encouraging collaboration. Clothing brands should be recognised and the best should earn credibility.



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## MARKING MY MARK

**G**hetto General born “Lesego Madingwane” is a Botswana talented born actor taking the film industry of Botswana by storm. Acting in Botswana is without a doubt one of the steep road one can go up but only for the determined make up it to the top. The Subway star, Lesego Madingwane a.k.a Ghetto General is going up the ladder day by day marking his marker with perseverance and with a head held up. Film industry is the biggest portion in Botswana entertainment industry that is not fully occupied unlike our music industry and it is hardly given the seriousness it deserves, a concern that really should be looked into.

### WHERE DID IT ALL BEGIN?

Well it all began at a very young age. I always loved drama stories and performances, by the age of 11 years old way back when I was in primary I joined my school drama club and

that’s how it all started because it was more of an adventure for me, I got an opportunity to learn a lot to be the main character, learn to face the audience, performed at the All Schools Competitions and with all that I discovered my talent.

### DO YOU HAVE A SPECIFIC GENRE YOU PREFER AS AN ACTOR?

As a professional and seasoned actor I take on any genre that comes, be it a movie, drama, soap, comedy and commercial advertising because I chose acting as my career to be the best version of myself without limitation because when an opportunity presents itself you should be ready and able to adjust to any role you’re given as an actor. So for me I do every role with the intentions of learning something new every time I get a chance to.

### ARE THERE ANY PROJECTS YOU’RE WORKING ON?

Yes, this year 2023 I was casted in a story

“ROSES IN DECEMBER” which is yet to premiere in New Capital Cinema Riverwalk and The Perfect Stranger which is still in production which also will be premiere at The New Capital cinema and the good news is that I am the lead role in it. Also I have been helping students with their projects, Limkokwing and AWIL students.

### WHAT ARE THE CHALLENGES YOU HAVE COME ACROSS AND HOW DID YOU OVERCOME THEM?

The top challenge above all is that the industry does not really pay quite well and one has to go through a lot of compromises and carry on the work even if it’s not paying what I want or expected. It is not a walk in park because this is a growing industry in terms of platforms to showcase and sell our talent that alone hinders progress in one’s artistic growth but since from the start I told to myself, work hard and be patient. I always have hopes that all will well as time goes



on as long as I keep on working and prove that I can, then I will definitely change the situation to the better.

#### **HOW HAS IT BEEN ON YOUR COME UP AS AN ACTOR?**

This is a difficult industry especially when you're coming up trying to make it up in the game you really got to face and overcome the challenges which I did because I grew up in a society where I am expected to be working a white collar job, a one way street society, where I am expected to go to school, read text books only, find a job and with all I mentioned above here and there my family had doubts on me when they came to know that I am pursuing acting as a career, I had financial crisis to fund some of my projects and it was difficult for me to get a role but I didn't give up because all that was just a tip of an iceberg that I couldn't allow to make me forget my goals and vision about where I want to see myself in the next coming years.

#### **ARE THERE ANY PROJECTS YOU WORKED ON AS OF LATE?**

Yes, I was casted the movies, SUBWAY TO HELL, UNTITLED, CENTRAL INTELLIGENCE AND CHIEF.

#### **AS AN INDIVIDUAL, DO YOU THINK THERE'S A LOT MORE FOR YOU POUT THERE?**

From my perspective point of view I am confident and assertive that I am the best actor in Botswana and truth be said, I deserve the crown. So been said, yes theirs is so much more for me, I want to get roles bigger than what I've been getting in South Africa for starts and go big, international because I believe I can do it, I love what I am doing, and I am certainly growing the industry everyday artistically...I deserve a chance to celebrate and be celebrated.

#### **IS IT WITHOUT A DOUBT THAT BOTSWANA AT THE MOMENT IS NOT LOOKING EQUALLY AT BOTH SIDES OF ITS ENTERTAINMENT INDUSTRY AS MUCH AS IT SHOULD UNTIL THERE'S A "SELF MADE" OUTSTANDING CREATIVE WHO IS DISCOVERED INTERNATIONALLY, WHY THAT?**

Botswana without doubt has always been a stumbling block, the acting industry has never really been something to look up on... the Film Industry to Botswana does exist but is not taken in to consideration. I have been acting for over 15 years and had never seen or received any award or some kind of recognition that today I can present or shoe to people that this is my 20 something award for best actor or anything and not alone the platforms in which we should sell our productions, for as long as you're still making you way up they don't see you but once an internal recognition say your name, you're the jam of the day. We need to get paid as



Actors.

**WHAT DO YOU RECKON SHOULD BE DONE IN CHANGING THE WAY CREATIVES ARE HANDLE IN BOTSWANA?**

So much change needs to be done, Film industry should have its own ministry, employ people who have the knowledge in the field not because someone is well known. Change can only be done by someone who knows and understands what film Industry is all about and what it brings to Botswana and Batswana.

I really want to work with anyone who is willing to give me a chance to do what I know can because I am the best at what I do and preferably south Africa is a great start for me because I believe their Industry is well established.

**WHAT ARE THE LONG TERM GOALS YOU HAVE SET FOR YOURSELF?**

I want to be a force to reckon with. I want to set a foundation for the upcoming. I want to bring hope and life to the industry. I want to build and leave an empire for me and this country.

**WHAT ADVICE DO YOU HAVE FOR ASPIRING UPCOMING ACTORS AND ACTRESS WHO ARE LOOKING UP TO YOU?**

Never stop learning that will help u grow as an Actor or Actress. Be aware of anything that comes or happens awareness is key, ask and associate yourself with people who knows people. Work hard and be patient, we all have different destinies and that comes with hard work. Perseverance, endurance, faith trust and a willing heart but the most important aspect of growth is passion love brings joy if you do it with love, the rest will follow and invest in your talent. Manifest and grow artistically and spiritually.

**LEAST BUT NOT LAST, WHAT IMPACTS DO YOU WANT TO BRING IN BOTSWANA FILM INDUSTRY?**

Change. I want to change how Botswana and Batswana think about Film and Acting industry in this country. We need to get paid as practitioners of this industry the whole production hierarchy from writers to producers, directors, actors, make-up artists, production designers we need to get paid and have those committees and associations that can represent us.





## Financial Navigating in the Current Economy: Five Things to Consider Before You Make Investing Decisions

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

### 1. Draw a personal financial roadmap.

Before you make any investing decision, sit down and take an honest look at your entire financial situation -- especially if you've never made a financial plan before.

The first step to successful investing is figuring out your goals and risk tolerance -- either on your own or with the help of a financial professional. There is no

guarantee that you'll make money from your investments. But if you get the facts about saving and investing and follow through with an intelligent plan, you should be able to gain financial security over the years and enjoy the benefits of managing your money.

### 2. Evaluate your comfort zone in taking on risk.

All investments involve some degree of risk. If you intend to purchase securities - such as stocks, bonds, or mutual funds - it's important that you understand before you invest that you could lose some or all of your money. Unlike deposits at FDIC-insured banks and NCUA-insured credit unions, the money you invest in securities typically is not federally insured. You could lose your principal, which is the amount you've invested. That's true even if you purchase your investments through a bank.

The reward for taking on risk is the potential for a greater investment return. If you have a financial goal with a long time horizon, you are likely to make more money by carefully investing in asset categories with greater risk, like stocks or bonds, rather than restricting your investments to assets with less risk, like cash equivalents. On the other hand, investing solely in cash investments

may be appropriate for short-term financial goals. The principal concern for individuals investing in cash equivalents is inflation risk, which is the risk that inflation will outpace and erode returns over time.

### 3. Consider an appropriate mix of investments.

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

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

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

One of the most important ways to lessen the risks of investing is to diversify your investments. It's common sense: don't put all your eggs in one basket. By picking the right group of investments within an asset category, you may be able to limit your losses and reduce the fluctuations of investment returns without sacrificing too much potential gain.

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

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

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# Importance of Business Environment

**B**usiness plays a vital role in our lives. First, they create goods and services to satisfy our needs and wants. Then, they also recruit households as labor and provide them with compensation, such as wages, salaries, and benefits. Thus, it becomes a source of their income, which can be used to sustain their life.

Where does the business come into play and operate? Business is everywhere. They can operate in the primary sector to extract natural resources such as mining. Or they harvest various agricultural commodities. They usually produce raw materials, which are inputs for other businesses in the secondary sector.

Others operate in the secondary sector. They process raw materials into intermediate products or final products. Intermediate products are sold to other businesses to be further processed into final products and then sold to consumers. Meanwhile, the final products are for final consumption without going through further processing to obtain

their benefits.

Then, some businesses operate in the tertiary sector. They offer services. Their activities range from providing trading services (retail and wholesale), tourism services to financial services such as banking and insurance. Apart from providing services to businesses in the primary and secondary sectors, they also provide them to households.

How does business play a role?

Businesses buy inputs such as raw materials from suppliers. They then process it into output, which they can sell at a higher price than the dollars they pay suppliers. This process we call value-adding wherein, they convert lower-priced inputs into higher-priced outputs.

**The output then we use to fulfill our needs and wants. What are needs and wants?**

Needs are something we need because they are essential for our survival. Without fulfilling it, it could pose significant risks such as death. An example is our need for food, drink, clothing, and shelter.

Wants are something we need but are less essential for our survival. For example, we want a vacation and a smartphone, although, without both, we'd be fine too. Likewise, standard clothing is a necessity, but we may want luxury clothes if we have enough money.

**What output does the business produce?**

Business output falls into two main categories: goods and services. We call them both products.

**Goods** represent tangible products. We can see or touch them. We can also save them for later use. Examples are clothes, food, smartphone cars.

**Services** are intangible products. We can only feel their benefits without being able to see or touch them. Banking services, hotels, consultants, barbershops are examples. We can interact with the people who gave them but can't see what they gave us like when we receive the goods from the seller.



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**What inputs are used?**

In a broad definition, inputs include not only raw materials. For a business to operate, it requires the following four resources – we refer to as factors of production:

**Land** – such as land for factory and office locations and natural resources for raw materials.

**Labor** – includes the physical and mental effort of a worker.

**Capital** – includes man-made to assist production such as machinery and equipment.

**Entrepreneurship** – our attempt, by taking risks, to establish a business by bringing together and organizing land, labor, and capital.

**What are the role of business in society and the economy?**

As with the opening sentence, the role of business is vital to our society and economy. Businesses don't just satisfy our needs and wants through the products they produce. But, they also create jobs and income in the economy. In addition, competition between them encourages innovation and efficiency, making goods and services cheaper and of higher quality.

**Satisfying our needs and wants**

Businesses sell goods and services to satisfy our needs and desires for profit. So, without them, we would have to produce everything ourselves, including our food and clothes.

Then, businesses also have to compete with each other. To keep the money flowing,

they must deliver higher satisfaction than competitors do. Competition forces them to be more efficient and innovative, leading to lower prices and better quality.

**Creating added value**

Businesses create wealth in the economy by adding value to the inputs they use. It makes the output more valuable than the input used. Finally, added value makes their products more attractive, and customers will usually be willing to pay more.

Value creation or value addition can be done in several ways. For example, businesses transform inputs into more valuable forms, such as converting bauxite into aluminum slabs and processing them into car bodies. Another example is offering convenience, such as saving customers time as fast food businesses offer. Quality also contributes to added value, such as embedding 4G technology in smartphones instead of 3G.

**Creating jobs**

Business creates jobs in the economy. Therefore, the more businesses there are, the more manpower is needed. Likewise, as their size grows, they also require more manpower.

When starting a business, employers hire workers to support operations. They work in several functional areas such as accounting and finance, human resources, marketing, and production.

Then, as businesses grow, employers also need more workers. The larger business

size makes operations more complex and requires more staff to handle tasks and jobs.

**Income creation**

Entrepreneurs set up businesses for profit. If the business is successful, their income and wealth increase.

Likewise, by working, individuals earn income. The money they get they can use to fulfill their needs and wants.

Thus, growing business activity creates more income in the economy. More people work for income. Higher incomes drive more demand for goods and services.

Then, with high demand, entrepreneurs see more opportunities to grow their business and introduce new businesses.

**Economic development**

The business contributes to promoting economic development. In addition, business activity creates a ripple effect, encouraging other businesses to emerge, creating more income and jobs in a region. Business growth in the region does not only contribute to job creation. But, it will also lead to improvements to infrastructure such as roads and railways in the region. In addition, health facilities, education, shopping centers, and other public and private services are also developing. Eventually, the economy in the region grows.

**Community empowerment**

Some business organizations seek to strike a balance between profit, social and environmental. They do not pursue maximum profit and wealth for the owner. But, they reinvest the profits for social and environmental causes.

For example, microfinance providers raise money through crowdfunding and lend it to small entrepreneurs on flexible terms and low-interest rates. It allows small businesses to thrive, creating more jobs and income for the neighborhood. Then, microfinance providers use the profits to expand the reach of their services to communities elsewhere.

In other cases, social enterprises empower a community by training people in entrepreneurial skills. They then help the community market the product and use the sales money to provide more training and build public facilities such as education and health.



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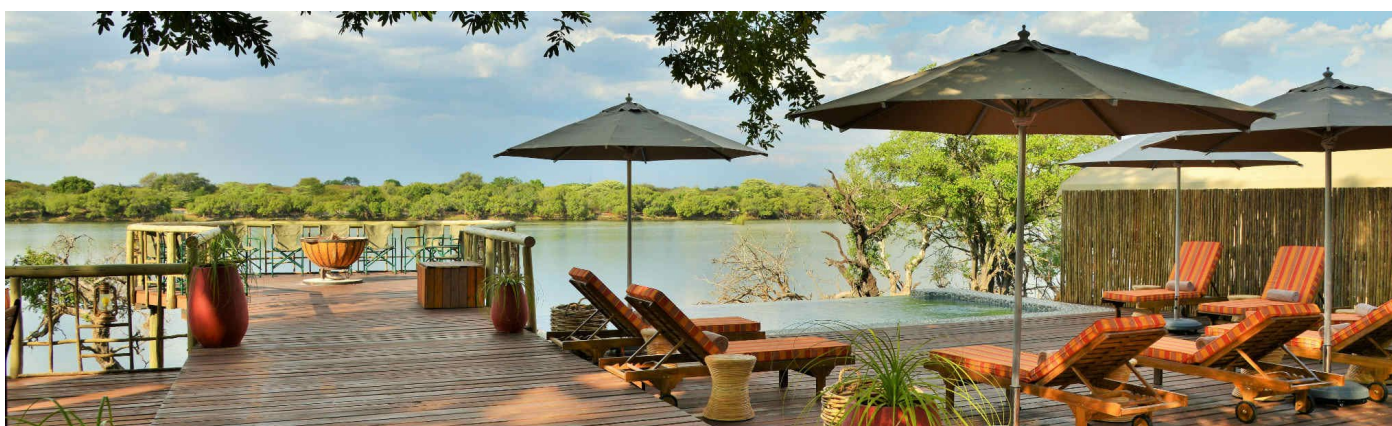
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# CHOBE, JACKALBERRY LODGE



**J**ackalberry Chobe Lodge is a luxury tent camp on the banks of the Chobe River. It's the first lodge of its kind in the Chobe region. With a maximum occupancy of 32 clients across 16 luxury tents, Jackalberry Chobe Lodge offers an intimate lodging experience that you can only experience here. The lodge is cosy and romantic.

## ACCOMMODATION

The property features three luxury tent accommodation types: river view, partial river view and bushveld view tents. All tents have king-size beds with the option to change to twins. Single supplements apply.

All room types feature a private balcony, air-conditioning and mosquito nets. The rooms have laptop-size safes, tea and coffee-making facilities, desks, universal power points, shaver adapters, and hairdryers. Private en-suite bathrooms have two sinks, a shower, and a stand-alone claw bath.

## LEISURE AND MORE

The camp itself has a buffet restaurant as well as al fresco dining. There's also a bar, leisure lounge, and a spectacular infinity pool overlooking the Chobe River. Wi-Fi is available throughout the property.

All rates include accommodation, local

drinks, a laundry service and airport transfers. They also include twice-daily game-viewing activities and government fees or taxes.

## JACKALBERRY CHOBE LODGE FACILITIES

- Airport Shuttle.
- Wheelchair Enabled.
- Laundry Facilities – please inquire.
- Braai/Barbecue.
- Swimming Pool is overlooking the Chobe River.
- Wi-Fi is available.
- Restaurant.
- Safe and Secure Parking.
- Wooden walkways connect the lodge.



**CHILD POLICY**

No children under six years.  
 Children 6-11 years are to pay 50% of the per-person sharing rate.  
 Only one child is to accompany two parents in a tent.  
 A total of 2 children can attend to one parent in a tent.  
 Private vehicles or boats are for children between 6 and 11 years.  
 This lodge is family-run and offers some of the best views of the Chobe River in Kasane. Experience Chobe National Park and stay over at Jackalberry Chobe Lodge.  
 Chobe Game Lodge  
 Etosha National Park

**INCLUDES**

- Accommodation, all meals and laundry (wash and fold)
- Two activities/day (e.g 1 Night stay = 2 activities, 2 Night stay = 4 activities)
- House wine, local beer/cider, soft drink and water.
- Tourism levies and government taxes
- Chobe National Park fees.
- Transfers to and from Kasane airport or to and from Zambia and Zimbabwe border.

**ACCOMMODATION INFORMATION**

**DEPOSIT:** 100%  
**MINIMUM STAY:** 2 nights

**RATES INFO:** LODGE POLICIES

- Check in time at 2pm and check out time is 11am
- Children between 6 years to 11 years to be provided a stretcher bed

**CHILD POLICY**

- No children under 6 years
- Children 6-11 years to pay 50%
- Total of 1 child only permitted when accompanying 2 parents in a tent.
- Total of 2 children only permitted when accompanying 1 parent in a tent.
- Private vehicle/boats required when children 6 – 11 years are partaking in activities.



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Plot 14447, Unit 03,  
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pink drapes block light and add color. Matching side tables, lamps, and linens provide symmetry. Mustard yellow throw pillows add color contrast and a portrait hung in the blank wall space between windows creates a focal point.

**2. Mount a Live Edge Headboard**

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

**3. Dress the Wall Opposite the Bed**

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

**Best Bedroom Ideas & Design Tips for Every Style**

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

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

Whether you prefer a minimalist neutral aesthetic or a colorful maximalist approach, check out these bedroom ideas from a

range of interior designers that will inspire you to create your own at-home oasis that's custom built to suit your needs.

**1. Drape the Windows**

This Los Feliz, Los Angeles bedroom from Ghislaine Viñas has a low-profile pink velvet headboard that fills the wall without blocking the windows. When it's time to sleep, thick

**5G DIGITAL**

*Deal of the Month*



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### CAPRICORN

Capricorn is the tenth astrological sign in the zodiac out of twelve total zodiac signs, originating from the constellation of Capricornus, the goat. It spans the 270–300th degree of the zodiac, corresponding to celestial longitude.

### AQUARIUS

Aquarius is the eleventh astrological sign in the zodiac, originating from the constellation Aquarius. Under the tropical zodiac, the Sun is in the Aquarius sign between about January 20 and about February 18.

### SAGITTARIUS

Sagittarius is the ninth astrological sign, which is associated with the constellation Sagittarius and spans 240–270th degrees of the zodiac. Under the tropical zodiac, the sun transits this sign between approximately November 22 and December 21.

### ARIES

Aries is the first astrological sign in the zodiac, spanning the first 30 degrees of celestial longitude, and originates from the Aries constellation. Under the tropical zodiac, the Sun transits this sign from approximately March 21 to April 19 each year.

### GEMINI

Gemini is the third astrological sign in the zodiac. Under the tropical zodiac, the sun transits this sign between about May 21 to June 21. Gemini is represented by the twins, Castor and Pollux,

known as the Dioscuri in Greek mythology. It is a positive, mutable sign.

### TAURUS

Taurus is the second astrological sign in the modern zodiac. It spans from 30° to 60° of the zodiac. This sign belongs to the Earth element or triplicity, and has a feminine or negative polarity, as well as a fixed modality, quality, or quadruplicity. It is a Venus-ruled sign along with Libra.

### PISCES

Pisces is the twelfth and final astrological sign in the zodiac. It is a negative, mutable sign. It spans 330° to 360° of celestial longitude. Under the tropical zodiac, the sun transits this area between February 19 and March 20.

### LEO

Leo is the fifth sign of the zodiac. It corresponds to the constellation Leo and comes after Cancer and before Virgo. The traditional Western zodiac associates Leo with the period between about July 23 and August 23, and the sign spans the 120th to 150th degree of celestial longitude.

### SCORPIO

Scorpio is the eighth astrological sign in the zodiac, originating from the constellation of Scorpius. It spans 210–240° ecliptic longitude. Under the tropical zodiac, the Sun transits this sign on average from October 23 to November 21.



### ANGELINA JOLIE

Angelina Jolie DCMG is an American actress, filmmaker, and humanitarian. The recipient of numerous accolades, including an Academy Award and three Golden Globe Awards, she has been named Hollywood's highest-paid actress multiple times  
D.O.B 04 JUNE 1975



### ARIANA GRANDE

Ariana Grande-Butera is an American singer, songwriter, and actress. She is noted for her four-octave vocal range and her signature use of the whistle register, which have received critical acclaim by music critics and media. Her personal life and music have been the subject of widespread media attention.

D.O.B 26 JUNE 1993



### NATALIE PORTMAN

Natalie Portman is an Israeli-born American actress. She has had a prolific film career since her teenage years and has starred in various blockbusters and independent films, receiving multiple accolades, including an Academy Award and two Golden Globe Awards.

D.O.B 9 JUNE



# The Ford Mustang Dark Horse Is the New Pony Car King

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

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

Silly name aside, the Dark Horse arrives as the first all-new special edition Mustang since the Bullitt was first introduced in 2001. Whereas nameplates like Mach 1 or GT500 carry a certain amount of historic expectation



from customers, global design director Joel Piaskowski explained to R&T that the move to the S650 generation opened up a new opportunity for the Mustang team. More specifically, the new platform allowed the automaker to push the boundaries of what a Mustang can and should be.

"We talked about all different series within Mustang and felt this was now the right time to do something new," said Piaskowski

in an interview with R&T. "We've got great heritage, but that just also leaves the door open for future opportunities. That's where we see understanding our customer base, and knowing that we want to attract a newer customer. We know the current customer very well, and we have the GT which really resonates with that customer, but we feel Dark Horse is this new entry that we really feel brings a different customer into the mix. It's a lot more track-focused."

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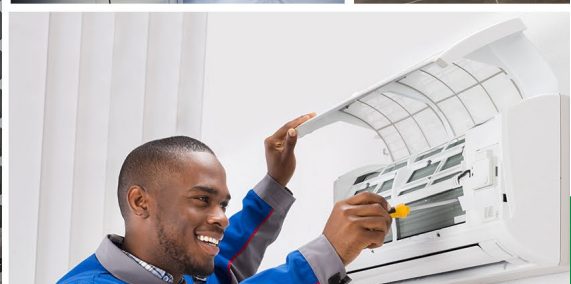
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## 9 Signs You're in a Healthy Relationship

### 1. You're Not Afraid to Speak Up

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

### 2. Trust Is at the Core of the Relationship

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

### 3. You Know Each Other's Love Language

Many couples swear by the book *The 5 Love Languages* for a reason: In it, you discover

your partner's "love language" — the way they prefer to give and receive love (through words of affirmation, quality time, gifts, acts of service, or physical touch). In a healthy relationship, you've taken the time to learn each other's "love language" so you can express your love in a way that works for you both, says Howell.

### 4. You Agree to Disagree on Certain Issues

Every couple fights. But contrary to what you might think, you don't need to fix every issue. In fact, it's okay to have a handful of topics that you two will never agree on. Sometimes, "it's totally fine to agree to disagree. I think that's healthy fighting," explains Rapini. "In healthy relationships, there are at least five issues that are 'no-talkers.' They're the issues that you both differ in opinion and perspective on, and that's okay."

### 5. You Encourage Each Other to Go After Your Goals

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

### 6. You and Your Partner Hold Separate Interests

"Couples who have the greatest love affairs are the ones who are able to maintain their interests, but don't put guilt on their partner for not sharing it with them," she says. Meaning, both of you encourage the other to explore what they love on their own. Howell agrees, adding that while it's easy to adopt your partner's habits and interests, over time becoming over-reliant on each other can breed resentment. "Developing and investing in yourself builds self-confidence, self-love, and joy," she says.

### 7. You're Comfortable in Your Own Skin

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

### 8. Boundaries Are Honored and Respected

A healthy relationship means you're both on the same team. "In a healthy relationship, both parties discuss and agree upon important subjects that are meaningful to one another," says Howell. She gives the example of budgeting for something big, like a vacation. An unsupportive partner in an unhealthy relationship doesn't honor that goal, and they may sabotage it by trying to get you to splurge on something unnecessary. If you can talk it out with your partner and they acknowledge and understand your boundaries, that's a good sign, notes Howell. "However, if your partner repeatedly ignores what you value, including your boundaries, that's concerning," she says.

### 9. You Feel Happy and Supported

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



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# ART WITH SEGO

Segolame Obatleng Nkape, a native of Sepopa village located close to the beginning of Okavango delta, currently a resident of Kanye, she is the gem in the making of art. From a young age, art was just a hobby before she realize the beauty she can create and want to share with the world. Ladies and gentlemen, let tour into Segolame's world of art.

## WHEN DID YOU VENTURE INTO THE ART WORLD?

Art has always come as a hobby for me since a young age, my work was only for my private eye but 2 years back that's when I realized I had potential and the world needed to see the beauty I can create.

## WHAT MESSAGE DOES YOUR ART POTRAY?

My art emphasizes on feminine beauty. Women are art personified, this aspect needs to be reflected on canvases as well. This is the message I am trying to put out there. We need to appreciate how beautiful women are and that's what I'm doing as a woman in art.

## WHO DO YOU ASIPRE WORKING WITH LOCALLY & INTERNATIONALLY?

I aspire to work with a lot of local artists Wilson Ngoni, Prince Tom, Rexx Mautle and Martin Sefako just to name a few.

## WHAT ARE YOUR LONG TERM GOALS AS AN ARTIST?

The long term goal is make art my priority in terms of career. I majored in science at the university but art has since been my first love, even when I pulled i away I was still drawn to it at the end of the day, I'd find myself drawing something just to ease my mind from stress and all the bad the world has to offer.

## HAVE YOU EVER BEEN NOMINATED IN ANY AWARDS OR COMPETITIONS?

I have not been nominated for any awards or competitions as of yet, emphasis on the 'yet'. I'm just freshly off ground, still very new to the industry and just taking it one step at a time.

## APART FROM ART, WHAT DO YOU DO FOR LEISURE?

I'm socially awkward so leisure time involves me and my computer. It's either I'm watching a really funny sitcom, anime or anything to do with science fiction.

## WHAT ARE THE THINGS THAT LIMIT YOU AS AN ARTIST?

My limitations as of now is that I'm new and not a lot of people are quite familiar with my work yet so the client base still needs a bit of work. I'm trying to curb this by getting as many interviews I can get for exposure and recognition and also producing more of my paintings.

## WHAT ARE THE MEMORABLE TIMES YOU HAD SINCE YOU STARTED ART?

My most memorable times would have to be the satisfactory looks on the people I've done work for. They are always satisfied with my work, from preschools, interior office designs to canvas paintings.

## ARE THERE ANY BIG PROJECT/ COLLABORATIONS YOU'RE WORKING ON?

I'm currently pursuing a project with one of the restaurants in Kanye, still under raps but hopefully it's going to be a good one.

## DO YOU THINK THERE COULD BE MORE OUT THERE FOR YOU?

Yes, I know there is more out there for me. The key to artistry is patience.

## WHAT CAN YOU SAY TO THOSE LOOKING UP TO YOU AND THOSE WHO ARE HOLDING BACK WITH THEIR CREATIVITY?

All I can say to those looking up to me is the key is to believe in yourself, never give up on yourself or your dreams, your dreams are going to pick you up. Holding back is self-sabotage.

## WHAT IS YOUR MESSAGE TO THE YOUNG PEOPLE OUT THERE?

My message to the young people out there is never shy away from what makes you happy. Go out on a limb and just dream.

# Skin Care Routine



Great skin is not simply a matter of DNA — your daily habits, in fact, have a big impact on what you see in the mirror. But depending on which product reviews you read or doctors you consult, there is a dizzying number of opinions on everything from how to moisturize to how to protect yourself from UV rays. Ultimately, caring for your skin is simply personal. Here's what you should keep in mind to sort through all the noise.

## Three Main Steps

Think of your skin-care routine as consisting of three main steps:

- Cleansing — Washing your face.
- Toning — Balancing the skin.
- Moisturizing — Hydrating and softening the skin.

The goal of any skin-care routine is to tune up your complexion so it's functioning at its best, and also troubleshoot or target any areas you want to work on. "Beauty routines are an opportunity to notice changes within yourself," says the San Francisco skin-care specialist Kristina Holey. As your skin needs shift with age, so will your products. Still, she adds, "it's not about creating perfection." Allow these three steps to become your daily ritual that fortifies your skin and grounds your day.

## Give it Time

The science behind skin-care products has come a long way but there's still no such thing as an instant fix — you need time to reap the benefits, says Dr. Rachel Nazarian, a Manhattan dermatologist at Schweiger Dermatology Group. "Results are only seen through consistent use," she explains. Generally, aim to use a product over at least six weeks, once or twice daily, to notice a difference.

Tip: With any skin-care product, apply in order of consistency- from thinnest to thickest. For example, cleanser, toner (if you use it), serum, and then moisturizer.



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# The Best Time to Visit Puerto Rico

## for Fewer Crowds, Better Weather, and Lower Prices



**P**uerto Rico is a holiday hot spot for families, couples, and groups of friends — and rightfully so. It's blessed with beautiful beaches, lush rain forests, mountains, and picture-perfect weather much of the year. Of course, like virtually every vacation destination, this tropical U.S. territory has both periods of heavier and lighter tourism. High season is December through April. Most people consider shoulder season to be the stretch between when winter travellers depart and the rain rolls in. And low season coincides with hurricane season, which falls from June to November.

Besides its obvious natural beauty, many people journey to Puerto Rico for surfing and other types of outdoor recreation. This stunning Caribbean island also offers many historic landmarks, a vibrant culture, and a dynamic culinary scene. High-rise hotels, nightlife, and casinos dot the Condado district. There are luxury resorts like Dorado Beach, a Ritz-Carlton Reserve, and The St. Regis Bahia Beach Resort, Puerto Rico, as well as eco-oriented properties in more rugged areas. The low-key off-shore isles of Culebrita and Vieques exude an entirely different type of energy altogether. And it certainly doesn't hurt that American travellers don't need a passport to visit.

Considering a trip to Puerto Rico? Read on to figure out the best time to plot your escape. **Best Time to Visit Puerto Rico for Good Weather**

When much of the U.S. is battling snow and arctic blasts, Puerto Rico continues to enjoy swimsuit weather. Average temperatures in peak winter months typically hover around 80 degrees Fahrenheit, and it tends to be dry with little chance of precipitation — meaning you can bet on some glorious beach days.

### **Best Time to Visit Puerto Rico for Fewer Crowds**

The best time to visit Puerto Rico for smaller crowds is its shoulder season, which runs from mid-April to June. That's the period after the busy winter season ends and summer begins. The weather is great, and since the winter crowds won't be here in full force, you can roam the uncrowded beaches, old forts, and forested trails without being elbow to elbow with fellow holidaygoers.

**Best Time to Visit Puerto Rico for Lower Prices**  
The shoulder season draws fewer tourists, which in turn lends itself to more favorable rates. Travelers can score the best deals of the year during the summer, especially in August and September, when the probability of storms increase. For example, a room at the boutique hotel Dreamcatcher by DW costs about \$172 per night during the summer season, but surges to \$539 in the winter. Although some people don't mind gambling the chance of inclement weather during their stay, it's a decision that shouldn't be made lightly — or simply with price in mind.

### **Best Time to Visit Puerto Rico for Beaches**

Puerto Rico brims with beautiful beaches. For fun in the sun, you can't beat the

winter. It's prime time to take advantage of the blue skies, consistent sunshine, and warm temperatures. That means a whole of strolling on the sand, catching rays, and swimming in the turquoise waters. The shoulder season is pleasant because the beaches are less busy, but the summer rain hasn't started. Meanwhile, many locals (and plenty of travellers) prefer beach days when the thermometer peaks in June and July, though it does overlap with the beginning of hurricane season.

### **Best Time to Visit Puerto Rico for Surfing**

Not only does the northwest coast — from Isabela to Rincón — boast some of the most gorgeous beaches on the island, but it also lays claim to top surfing spots. The best time of year to grab a board and ride the waves? Winter. In fact, the epic swells and barrels during this period are how Puerto Rico got its nickname, the "North Shore of the Atlantic."

### **Worst Time to Visit Puerto Rico**

While Puerto Rico enjoys warm weather year-round, like the majority of tropical Caribbean destinations, it's very much affected by hurricane season, which runs from June to November, with the greatest risk in August and September. Major storms have caused significant damage and devastated the island over the past few years. Plenty of travellers decide to take their chances given the favourable rates, but it's worth considering that the chance of bad weather very well may impact your trip.

# *Karabo Moeti A.k.a Klato*

**Age:** 21 Years

**Profession:** Accountant

**Sports:** Football

**Meal:** Samp And Stew



# Maduo Bmodisane

**Age:** 21

**Profession:** Model, Student

**Beauty Queen:** Miss Arise Botswana 2022

Miss Royal Int Botswana 2022

2nd Runner Up Miss World Heritage Botswana 2023

**Favourite Meal:** Dumbplings Nad Beef Stew



# Grilled Steak With Greek Corn Salad



Level: Easy  
Total: 20 min  
Active: 20 min  
Yield: 4 servings

**Ingredients**

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh oregano and/or mint
- 1 teaspoon honey
- Kosher salt and freshly ground pepper
- 1 English cucumber, peeled and chopped
- 1 pint grape or cherry tomatoes, halved
- 1 small red onion, diced

- 1/2 cup crumbled feta cheese (about 4 ounces)
- 1/3 cup pitted green olives, sliced
- 2 ears of corn, shucked
- 1 1/4 pounds cube steaks

**PREPARATION**

Preheat a grill to high. Whisk the olive oil, vinegar, herbs, honey, 3/4 teaspoon salt and a few grinds of pepper in a medium bowl. Remove 2 tablespoons of the vinaigrette to a large bowl; set aside. Add the cucumber, tomatoes, red onion, feta and olives to the bowl with the remaining vinaigrette; toss to coat.

Grill the corn, turning occasionally, until charred in spots, about 8 minutes;

remove to a cutting board. Meanwhile, season the steaks with salt and pepper. Working in batches if necessary, grill the steaks until the edges start browning, about 2 minutes. Flip and cook until browned on the other side, about 30 seconds. Transfer to the bowl with the reserved vinaigrette; toss to coat.

Cut off the corn kernels and add to the salad. Serve the steak with the corn salad.

**Cook's Note**

Cube steak is an inexpensive cut of beef that has been tenderized by machine. If you can't find it, pound a top round steak with a meat mallet.



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# Health is Wealth



## 4 Things You Must Do Before Disaster Strikes

Good health is one of the most important components of a happy life, but often we do not treasure it until it is gone.

Here are for four tips to give you the best possible chances of maintaining good health throughout your life.

### Eat well and exercise

Forget the fad diets and wellness crazes. Living a healthy life really boils down to two simple rules—eating well and exercising regularly.

Eat a balanced, mostly plant-based diet made of fresh produce, and limit your intake of processed foods like instant noodles and microwaveable meals. For best results, it is a good idea to make cooking at home a regular habit, as you then have control over what goes into your meal. Make an extra portion at dinnertime and you will have a healthy meal to eat at lunch during the workday, too.

Exercising regularly has never been more important now that so many of us work in jobs that require us to spend long hours seated. Making time to exercise several times a week is a must. Busy people can incorporate exercise into their daily schedule, such as doing yoga or hitting the

gym during lunch breaks or riding a bicycle to work.

### Quit smoking

Smoking is not only an expensive habit but also increases your risk of a whole host of illnesses, from obvious ones like lung cancer to less likely ones like Alzheimer's disease, stroke, cataracts and other types of cancers. The health and financial implications of being a smoker are just not worth it.

Smokers would reap lifelong benefits by making a firm commitment to quitting today. There is a variety of self-help resources online, and threads on platforms like Reddit reveal thousands of tips from users who have successfully kicked the habit.

Other than putting in the effort on your part to quit smoking, make it a point to tell all the people around you, especially those you usually spend smoke breaks with, that you are quitting. This creates accountability and also alerts people to the need to avoid offering you cigarettes.

### Protect yourself with HL Assurance's Critical Illness Protect360

Critical illness insurance offers financial protection if you are diagnosed with a critical illness, including late-stage cancers, heart attack, stroke and more.

How it works is that your insurer offers you a lump sum payout upon diagnosis. This lump sum payout can be used in any way you wish. Many critical illness patients spend an extended period of time away from the workforce as they seek treatment. In such a situation, the lump sum payout can be used to support you and your family as you concentrate on recovery.

HL Assurance's Critical Illness Protect360 offers up to \$2 million worth of critical illness protection, so you and your family are assured of financial security.

### Go for an Annual Health Screening

The earlier a serious illness is detected, the higher your chances of making a full recovery.

So, it is important to go for a health screening at least once a year, and to ensure you are screened appropriately according to your age, gender and medical history.

HL Assurance's Critical Illness Protect360 plan offers free annual health screenings so you can ensure you have a clean bill of health every year at no additional cost.

Commit to your health today by signing up for HL Assurance's Critical Illness Protect360. Find out more here.



## The 4 Types of Parenting Styles and How Kids Are Affected

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

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

Researchers have identified four main types of parenting styles:

- Authoritarian
- Authoritative
- Permissive
- Uninvolved

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

Learn more about the four major parenting styles, why they matter, and how to tell which one you parent with—and how and when to adapt your approach, if needed.

### Authoritarian Parenting

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

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

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

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

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

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

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

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

### Authoritative Parenting

- Do any of these statements sound like you?
- You put a lot of effort into creating and

maintaining a positive relationship with your child.

- You explain the reasons behind your rules.
- You set limits, enforce rules, and give consequences, but take your child's feelings into consideration.

If those statements sound familiar, you may be an authoritative parent. Authoritative parents have rules and they use consequences, but they also take their children's opinions into account. They validate their children's feelings, while also making it clear that the adults are ultimately in charge. This is the approach backed by research and experts as the most developmentally healthy and effective parenting style.<sup>1</sup>

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

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

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

**Permissive Parenting**

Do any of these statements sound like you?

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

If those statements sound familiar, you might be a permissive parent. Permissive parents are lenient. They often only step in when there's a serious problem.

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

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

Kids who grow up with permissive parents are more likely to struggle academically. They may exhibit more behavioral problems as they don't appreciate authority and rules. They often have low self-esteem and may report a lot of sadness.

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

**Uninvolved Parenting**

Do any of these statements sound familiar?

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

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

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

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

Children with uninvolved parents are likely to struggle with self-esteem issues. They tend to perform poorly in school. They also exhibit frequent behavior problems and rank low in happiness.

**A Word From Verywell**

There's no such thing as perfect parenting. Sometimes parents don't fit into just one category, so don't despair if there are times or areas where you tend to be permissive or uninvolved and other times when you're more authoritative. It is hard to remain consistent when balancing life and parenting. Don't engage in parent guilt or shame. That's not helpful for anyone.

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

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



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## Winter Clothes Shopping Guide: 5 Items You Need to Buy

**A**s we approach winter, it's important to have the proper attire to stay warm when venturing out in near-freezing weather and other harsh winter elements.

Because winter attire is worn only for a few months, most of us do not keep it readily accessible year round. You probably have your winter gear stored, waiting for the temperatures to drop low enough to pull it out. If not, you might need to buy new winter

gear to replace items you've outgrown or ones that are no longer in quality condition.

Before you purchase new winter clothes, be sure to understand the importance of dressing in layers for cold weather because some layers require clothes to be made of specific materials to ensure warmth.

Read our post on the three winter layers you need—base, middle, and outer—to learn how they work together to trap body heat.



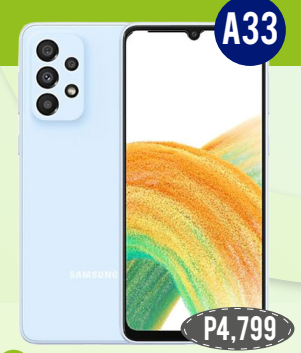
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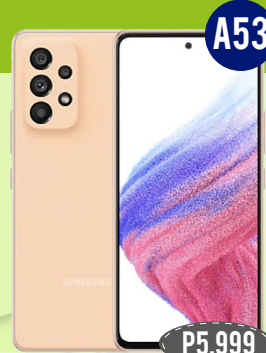
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## Exercises to Tone Every Inch of Your Body

After 30 days — although you can also do them just twice a week — you should see improvements in your muscular strength, endurance, and balance.

### Benefits of working out

We know daily exercise is good for optimizing health. But with so many options and limitless information available, it's easy to get overwhelmed with what works. But not to worry. We've got your back (and body)! Check out the 10 exercises you can do for ultimate fitness. Combine them into a routine for a workout that's simple but powerful and sure to keep you in shape for the rest of your life.

Why these 10 exercises will rock your body  
One surefire way to attack your fitness regimen effectively? Keep the fuss to a minimum and stick with the basics.

### LUNGES

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

1. Start by standing with your feet shoulder-width apart and arms down at

your sides.

2. Take a step forward with your right leg and bend your right knee as you do so, stopping when your thigh is parallel to the ground. Ensure that your right knee doesn't extend past your right foot.
3. Push up off your right foot and return to the starting position. Repeat with your left leg. This is one rep.

Complete 3 sets of 10 reps.

### PUSH UPS

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

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

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

### SQUATS

Squats increase lower body and core strength, as well as flexibility in your lower back and hips. Because they engage some of the largest muscles in the body, they also pack a major punch in terms of calories burned.

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



## Man City boss Pep Guardiola: Premier League win exceptional but we need to win Champions League to be great

Man City boss Pep Guardiola: "I have the feeling we've done something exceptional. It's something extraordinary. People know how exceptional it is. But to be considered one of the greatest we have to win the Champions League, otherwise it's not complete."

Man City boss Pep Guardiola described his side's achievements as "exceptional" and "extraordinary" after they celebrated clinching a fifth Premier League title in six years, but admitted they would need to go on

to win the Champions League to be regarded among the greats.

Arsenal's loss to Nottingham Forest on Saturday ensured City wrapped up a third straight title win, and they sealed the achievement in style by defeating Chelsea 1-0 for their 12th consecutive league win.

City hope the Premier League will prove the first leg of a treble, with the FA Cup and Champions League finals to follow next

month. They face United in the FA Cup final on June 3 before meeting Inter Milan a week later as they chase a first Champions League crown.

Guardiola, who won the European competition twice as Barcelona manager, said: "A fifth Premier League in six years, seven in 12, I could not imagine winning five in six.

"I have the feeling we've done something exceptional. It's something extraordinary. People know how exceptional it is.

"But to be considered one of the greatest we have to win the Champions League, otherwise it's not complete.

"You have to win in Europe, the Champions League, to be considered one of the best teams like Manchester United or Liverpool but also it's unfair to say if you don't win it, the Premier League doesn't make sense."

He added: "Of course, it makes sense, of course it's important. It's every day, every week. This club won five of the last six but six of the last 10 and seven of the last 12. It's amazing.

"It can be unfair that you need to win the Champions League to give credit and value to what you have done but we have to accept it. It is good.



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