

# Celebrity World

Botswana's Native Magazine

January 2024

**A Journey of Musical Grace:  
Tefo Award-Winning Gospel  
Artist Shines Bright**

**10 Steps To Profitable Strategic  
Business Decisions**



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**DJ Sbu on Zahara's death  
- I was shocked and  
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**Elevating Elegance: Master  
Bedroom Interior Design  
Unveiled**

**Financial Management  
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Dear Readers,

As we step into the promising embrace of a new year, it is with great excitement and admiration that I present to you the January 2024 edition of our magazine, featuring the extraordinary Tsothe Ngakaage, a dynamic force behind the empowerment of women through faith at the tender age of 24.

Tsothe's journey is nothing short of inspiring. As the founder of "Phenomenal Women," she has dedicated herself to creating a movement that not only uplifts but transforms the lives of women globally. Through the lens of faith, Tsothe has woven a tapestry of empowerment, resilience, and purpose, reminding us all that age is no barrier to making a significant impact.

In our exclusive interview with Tsothe, she shares the intricacies of her personal odyssey, the driving forces that led her to establish Phenomenal Women, and the profound experiences that have shaped her commitment to empowering others. Her story is a testament to the belief that, regardless of our age, we possess the ability to be catalysts for change.

This issue provides an intimate look into the heart of Phenomenal Women, exploring the diverse initiatives that Tsothe has initiated to nurture a community of strength, support, and spiritual growth. From mentoring programs to transformative workshops, Phenomenal Women is not merely an organization; it is a movement that traverses boundaries, creating ripples of positive change that reverberate far beyond its inception.

As we embark on the journey of 2024, let Tsothe Ngakaage's narrative be a guiding light, illuminating the possibilities that lie within each of us. May her story inspire you to embrace your own potential, confront challenges with unwavering determination, and find solace and strength in the shared journey of empowerment.

Within these pages, you'll discover the profound impact of Phenomenal Women and the extraordinary vision of its founder. May the stories recounted here kindle a flame within you—a flame that fuels a year of purpose, courage, and unyielding faith.

Wishing you a year filled with the spirit of Phenomenal Women—bold, resilient, and empowered.

Warm regards,

Editorial Team, Celebrity World Magazine



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# BANJO MOSELE

Banjo Mosele is a musician from Botswana and one of the founding members of Kalahari Band that is backed Hugh Masekela. Together with this band, he has toured the world throughout the 1980s. While studying music at Goldsmiths College, he formed and led Bushmen Don't Surf, a group that made a name in the UK performing in festivals such as WOMAD, Glastonbury, and around Europe.

Banjo released his first solo album 'Badisa' in 2003 and followed by 'Movin' On' in 2005 and 'Nowa Days' in 2008. All albums did very well in the country, South Africa, England and in Norway. He has played the guitar in three of Hugh Masekela's albums namely 'Techno Bush' 'Waiting For the Rain' and 'Tomorrow'. He has worked as a session musician with the likes of Jonas Gwangwa, Peter Gabriel, Julian Bahula, Bheki Mseleku and Barney Rachabane in the London Music Scene. He also played with Norwegian jazz musicians, Ole Homre, Olav Dale, Herald Dahlstorm and the Gambian kora master Sanjali Jobarteh.

In 2009, Botswana Music Awards nominated him in the categories 'Song of The Year', 'Best Album' and 'Best DVD'. His song 'Ntsa E Jele Ntsanyana' (Dog eat dog) won song of the year award.

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# Celebrity World

## FILM, TV, BOOKS & MUSIC

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



### WONKA

Armed with nothing but a hatful of dreams, young chocolatier Willy Wonka manages to change the world, one delectable bite at a time.

**GENRE:** Musical fantasy

**DIRECTED BY:** Paul King

**Distributed by:** [Warner Bros.](#), [Warner Bros.](#)

[Pictures](#)

**CAST:** [Timothée Chalamet](#) in the title role, along with newcomer [Calah Lane](#) and an ensemble cast including [Keegan-Michael Key](#), [Paterson Joseph](#), [Matt Lucas](#), [Mathew Baynton](#), [Sally Hawkins](#), [Rowan Atkinson](#), [Jim Carter](#), [Tom Davis](#), [Olivia Colman](#) and [Hugh Grant](#).



### THE COLOR PURPLE

Torn apart from her sister and her children, Celie faces many hardships in life, including an abusive husband. With support from a sultry singer named Shug Avery, as well as her stand-her-ground stepdaughter, Celie ultimately finds extraordinary strength in the unbreakable bonds of a new kind of sisterhood.

**Genre:** Musical Drama

**Director:** [Blitz Bazawule](#)

**Producers:** [Steven Spielberg](#), [Oprah Winfrey](#), [Quincy Jones](#), [MORE](#)

**Cast:** [Taraji P. Henson](#), [Danielle Brooks](#), [Colman Domingo](#), [Corey Hawkins](#), [H.E.R.](#), [Halle Bailey](#), [Phylicia Pearl Mpasi](#), [Fantasia Barrino](#)



### AQUAMAN AND THE LOST KINGDOM

After failing to defeat Aquaman the first time, Black Manta wields the power of the mythic Black Trident to unleash an ancient and malevolent force. Hoping to end his reign of terror, Aquaman forges an unlikely alliance with his brother, Orm, the former king of Atlantis. Setting aside their differences, they join forces to protect their kingdom and save the world from irreversible destruction.

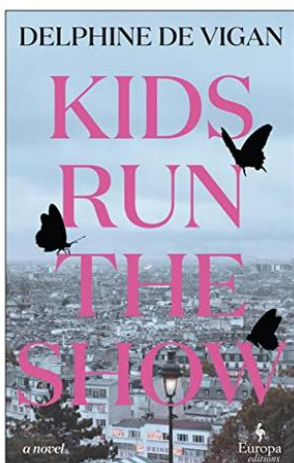
**Genre:** Action/Fantasy

**Director:** [James Wan](#)

**Distributed by:** [Warner Bros. Pictures](#)

Cast: Jason Momoa, [Patrick Wilson](#), [Amber Heard](#), [Yahya Abdul-Mateen II](#), [Nicole Kidman](#)

## What To Read



### KIDS RUN THE SHOW

The search for a kidnapped child reveals the truth behind her curated onscreen image.

As a child growing up in the French countryside just after the turn of the 21st century, Mélanie Claux finds the only thing that can soothe the empty feeling inside her is watching television, particularly *Loft Story*, France's first foray into reality TV. Raised in an emotionally abusive household, Mélanie moves to Paris at the first opportunity.

**BY:** Delphine De Vigan



### THAT OTHERS MAY LIVE

After the death of Ann Vanderlaan, Jen J. Danna, the surviving partner behind the Driscoll pseudonym, shoulders their dog-heavy franchise on her own in this ripped-from-the-headlines tale.

In the week before Christmas, Meg Jennings, a civilian consultant to the FBI's Forensic Canine Unit, is shocked to hear from her brother-in-law, *Washington Post* investigative reporter Clay McCord, that Talbot Terraces, an upscale 12-story structure combining retail stores and condos only a few locks from the White House, has partly collapsed.

**BY:** SARA DRISCOLL

## Botho David: A Journey of Colors and Visual Magic in the World of VFX

In the dynamic world of visual effects and coloristry, Botho David stands out as a vibrant mix of a colorist and VFX artist. His journey in the realm of visual arts, from traditional painting to cutting-edge animation, is a testament to his passion and creativity.

The inception of David's career as a VFX artist and colorist took place with the in-house short film titled "One Room." Produced under Cre8ive Cactus, a venture where David is a co-founder and part owner, the film became a canvas for him to infuse surreal colors and next-level effects. It marked the beginning of a journey that has been nothing short of extraordinary.

David's work has garnered immense appreciation from the community, who marvel at how he brings colors to life and weaves magic into every visual effect. For him, the encouragement from his audience serves as a constant driving force, motivating him to push the boundaries of his craft.

The roots of David's VFX journey trace back to his deep love for film and animation. He embarked on a path of study, mastering the technical aspects of VFX, and later delving into the intricate world of color theory. This dual expertise has shaped his unique style, making him a storyteller through colors and illusions.

In his own words, David describes the joy he finds in painting stories with hues and breathing life into scenes with stunning visual effects. His heart beats fastest at that pivotal moment when colors transform a mere visual into a tangible emotion. The culmination of this process, witnessing the final piece come together, is what David cherishes the most.

Offering advice to aspiring artists, David emphasizes the importance of diving deep into learning the tools of the trade, practicing relentlessly, and allowing creativity to soar. As he sees it, the VFX scene in the country is poised for significant growth, especially in a world where the film industry is becoming a global community, presenting more opportunities than ever.

Peering into the crystal ball, David envisions the VFX industry evolving like never before. He foresees more immersive experiences in movies, the integration of AR/VR technologies, and even groundbreaking developments in advertising. The future excites him, as it signifies the prospect of pushing creative boundaries further and contributing to the ever-changing landscape of visual storytelling.

Beyond his art, David's passion for storytelling is undeniable. Whether through his visuals or engaging narratives, he is dedicated to weaving tales that captivate the heart and soul. For Botho David, the canvas extends beyond the screen, creating a legacy of color and magic in the world of visual arts.







# Netflix Unveils South African Slate Including 'Blood & Water' Season 4, Rom-Com 'Soweto Love Story'

[Netflix](#) has unveiled a new slate of programming at TV conference MIP Africa. The line-up includes the fourth season of hit drama "Blood & Water" plus a new feature-length rom-com, "Soweto Love Story."

The streamer also revealed a number of partnerships with South African filmmakers and production outfits. Among them are a deal with Akin Omotoso and Ochre Media for multiple book adaptations, a three-picture partnership with director Donovan Marsh ("iNumber Number"), and a multi-project partnership with production company Gambit Films ("Blood & Water") across series and features.

"We are incredibly excited to continue with our investment in South African storytelling and to expand our relationships with these amazing storytellers," said Ben Amadasun, Netflix's VP of content for Middle East and Africa. "These long-term partnerships with local filmmakers have enabled us to uncover unique perspectives and diverse stories from South Africa to entertain our more than 238 million members around the world. This is why we're committed to investing in South Africa's creative industry and showcasing the incredible talent the country has to offer."

Check out Netflix's full slate below:

## "Blood & Water" Season 4

The hit series from writer and director Nosipho Dumisa and Gambit Films is set to return for a fourth instalment at Parkhurst High. Coming first quarter 2024.

## "Savage Beauty" Season 2

Created by Lebogang Mogashoa and produced by Quizzical Pictures, the mystery drama series will see the powerful Bhengu family and their global beauty empire back with a bang. Coming 2024.

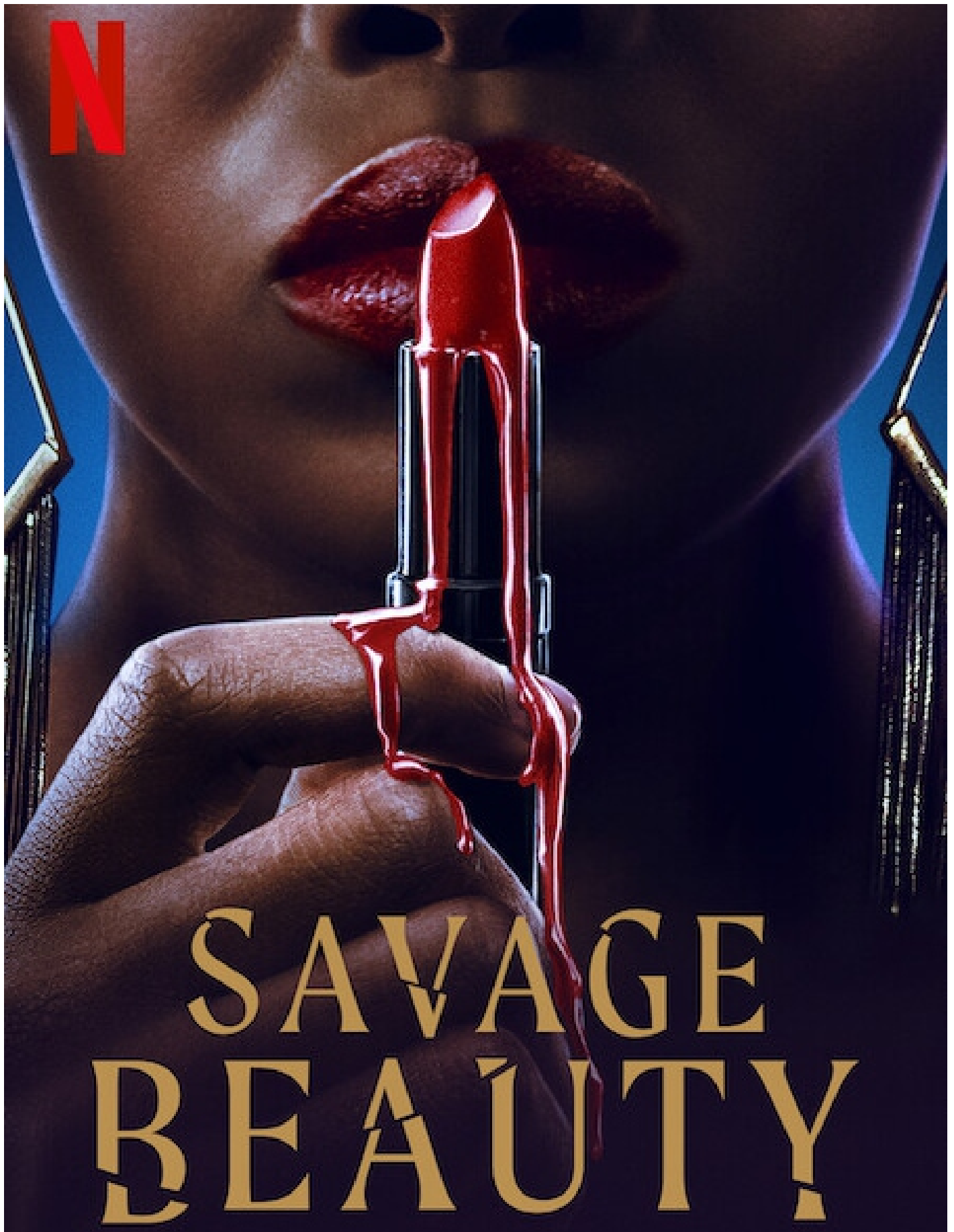
## "Heart of the Hunter"

Based on the novel by Deon Meyer, this spy thriller is directed by Mandla Dube ("Silverton Siege") and features an all-star cast. Coming first quarter 2024.

## "Soweto Love Story"

Not much is known yet about this feature except that it's a rom-com set in Johannesburg. It is set to launch first quarter 2024.





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## Award-winning South African Afro-pop singer Bulelwa Mkutukana, popularly known as Zahara, died at the age 36.



She had been in hospital, reportedly with liver complications, and the government had been assisting the family "for some time", Culture Minister Zizi Kodwa said.

The songstress won fame in 2011 with her album *Loliwe*, loved across Africa.

In 2019, Zahara opened up about her battle with alcohol addiction.

"Zahara and her guitar made an incredible and lasting impact in South African music," Mr Kodwa posted on X, formerly Twitter.

In November, the family confirmed the musician had been admitted to hospital and called on South Africans to keep her in their prayers.

She passed away on Monday 11 December night in a Johannesburg hospital at the age of 36.

[In a statement posted on Zahara's Instagram account](#), her family said: "She was a pure light, and an even purer heart, in this world. A beacon of hope, a gift, and a blessing to us and countless people around the world."

Fans have been grieving and sharing fond memories of her on social media.

"She left us with such beautiful music," one X user posted.

Zahara, who released five albums, won dozens of awards both local and international. In 2020, she was named in the BBC's 100 Women list.

The songwriter also used her platform to speak out about violence against women in South Africa, something she revealed had happened to her.

In an interview with a local radio last year, Zahara said her music was not for recognition but to bring comfort to broken souls that need healing.

# DJ Sbu on Zahara's death – I was shocked and heartbroken like everyone else

DJ Sbu, reacts to the allegations against him following Bulelwa [Zahara](#) Mkutukana's death.

The singer's death triggered anger against the DJ and TK Nciza for allegedly exploiting the late singer

During an interview on Newzroom Afrika, [DJ Sbu](#) said he never cheated the singer, but ensured she received her money.

“We made sure she owns her own publishing, which she does with Sheer publishing. Sheer pays her publishing directly into her bank account and they have done so ever since we have been working together. Also, with our current people who distribute our music catalog, Universal Music, we decided to have Universal pay her directly. I would never do wrong anything to anybody. The only thing I've ever done was to contribute and help her succeed.”

The businessman said he will remember her for being full of life and fun.

“The few years I worked with her, I want people to remember her for being a jolly person, full of life, full of fun. She was funny, she was caring, she was kind. It was sad to hear she lost her life at such an early age.”

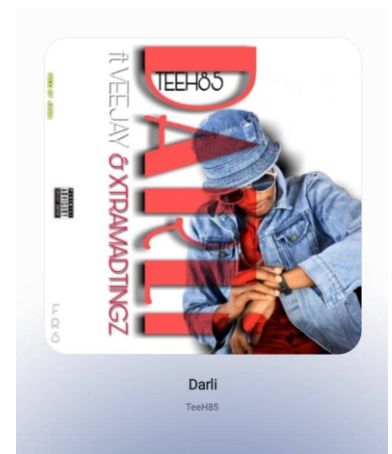
[DJ Sbu](#) addressed the people's anger while speaking to SABC.

“I was shocked. I was heartbroken like everyone else. Just like how you do in African customs and traditions you go and pay your respects at her family home. Despite what is out there in the public. People might be mad and might want to find somebody to blame,” he said.

“A lot of people are saying I'm to blame. Even though I am not, having worked in the public eye for so long I understand. It's okay, let's be angry, let's be sad. Let's mourn. I'm also grieving, but as much as I'm grieving, you'll also get a lot of people saying certain messages on social media, and that's fine. As a bigger brother I will take all your cries, all your messages. I understand you are angry.”



# TEEH85: Lobatse's Rising Star Making Waves in the Music Scene



In the heart of Lobatse, a small town in Botswana, a talented artist is making waves with his unique blend of dance and music. Thabo Thato Nthebolang, known by his stage name "TEEH85," has been on a remarkable journey from his early days as a dancer to his current pursuit of a solo music career. Let's delve into the fascinating story of TEEH85 and his evolution as an artist.

### Early Years and Dance Passion:

TEEH85's artistic journey began at a tender age, with the rhythm of dance coursing through his veins. His love for movement and expression found a home during his formative years at Ipelegeng Junior School in Lobatse, where he immersed himself in the world of dance from 2010 to 2015. It was evident even then that he possessed a natural talent for performance, capturing the attention of those around him.

### The "AMAKUVUKI" Era:

As he transitioned to secondary school, TEEH85's passion for the arts only intensified.

This led him to join a group of fellow musicians named "AMAKUVUKI." The collaboration with the group was an exciting chapter in TEEH85's artistic journey, filled with dreams of making a significant impact on the music scene. Unfortunately, despite their collective efforts, plans did not unfold as expected for "AMAKUVUKI."

### The Solo Ascent:

In the face of challenges, TEEH85's resilient spirit and unwavering determination shone through. Undeterred by the setbacks with "AMAKUVUKI," he embarked on a solo music career, marking a significant turning point in his artistic evolution. The decision to go solo allowed TEEH85 to explore his unique style and express his musical vision freely.

### New Beginnings and First Single:

With a newfound sense of independence, TEEH85 set his sights on creating music that resonated with his personal experiences and emotions. As 2023 unfolded, he began

diligently working on his first solo single, a project that symbolizes his growth as an artist and an individual. The anticipation surrounding his debut solo release has been building, and fans can expect a fusion of TEEH85's dance roots and musical prowess.

### Looking to the Future:

As the end of 2023 approaches, TEEH85 stands at the threshold of a promising future. His dedication to his craft and the resilience he exhibited throughout his journey are indicative of an artist poised for success. Lobatse and the broader music scene eagerly await the release of TEEH85's first single, which promises to be a testament to his artistry and creative expression.

In conclusion, TEEH85's story is one of passion, perseverance, and the pursuit of dreams against all odds. From the dance floors of Ipelegeng Junior School to the solo stage of his music career, TEEH85 is undeniably a rising star to watch in the vibrant landscape of Botswana's music scene.

# Empowering Women Through Faith: The Phenomenal Journey of Tsothe Ngakaagae



In the heart of Botswana, a beacon of inspiration and faith has emerged in the form of Tsothe Ngakaagae, a 24-year-old Christian woman on a mission to empower and uplift her fellow sisters through her organization, Phenomenal Woman. Born out of a profound desire to support women who have faced life's trials, Tsothe's journey is a testament to the transformative power of faith and community.

## A Vision for Empowerment

Phenomenal Woman, founded by Tsothe Ngakaagae, is more than just an organization – it's a movement dedicated to raising prayerful women hungry for a deeper connection with God. Tsothe, having witnessed the struggles of numerous women, felt a calling to create a space where women could discover their true identity in Christ and realize their destined greatness.

The organization's mission is clear: to bring out the best in women by providing spiritual guidance and fostering a community of support. Through a series of Zoom sessions featuring international men and women of God, Phenomenal Woman strives to impact lives positively and create a ripple effect of empowerment.

## A Night of Worship in Mahalapye

As Phenomenal Woman celebrates its one-year anniversary, Tsothe Ngakaagae and her team have organized a Night of Worship in Mahalapye on the 21st of December. This event promises an immersive experience where women can come together to celebrate their faith, share their stories, and bask in the presence of the divine. The night will be filled with soul-stirring music, heartfelt prayers, and a sense of unity that transcends individual struggles.

## A Night of Prayer for Ladies Only

Following the Night of Worship, Phenomenal Woman has another impactful event on the horizon. On the 2nd of February, they will host a Night of Prayer exclusively for ladies in Mahalapye. This gathering, with free entrance for all, aims to create a sacred space for women to seek solace, guidance, and strength through prayer. Accompanied by other women of God, Tsothe Ngakaagae and her fellow leaders are dedicated to making this night a transformative experience for all attendees.

## Leading a Generation at 24

It's a remarkable feat to lead a generation at the age of 24, but Tsothe Ngakaagae does so with grace, passion, and unwavering faith. Her commitment to empowering women, coupled with her ability to gather support from international figures in the faith community, speaks volumes about her leadership and the impact Phenomenal Woman is making.

In a world where young leaders are emerging to drive change, Tsothe Ngakaagae stands out as a beacon of hope and inspiration. As Phenomenal Woman continues to grow, it's clear that Tsothe's vision of raising prayerful and empowered women is resonating with hearts around the world.

As we celebrate Tsothe Ngakaagae's one-year anniversary with Phenomenal Woman, let us join hands and hearts in supporting this remarkable movement. Together, we can empower women, transform lives, and create a future where every woman knows her worth and walks in the greatness destined for her by a higher power.

# A Journey of Musical Grace: Tefo Award-Winning Gospel Artist Shines Bright



In the realm of gospel music, where faith and melody intertwine, there exists a luminous star whose journey through the harmonious corridors of church life has been nothing short of extraordinary. This musical virtuoso, a recipient of the prestigious Tefo Award, has not only graced the stage with renowned South African artists but has also left an indelible mark on Botswana's gospel music scene.

Born and raised within the nurturing embrace of the Assemblies of God, this gifted artist's musical journey began at the heart of the church. The echoing hymns and rhythmic beats of praise and worship in the Assemblies of God provided the fertile ground where the seeds of a lifelong passion for gospel music were sown.

The artist's talents did not go unnoticed, and in 2014, the Botswana Music Union (BOMU) Awards recognized their exceptional contribution to traditional gospel. Nominated for both Best Traditional Gospel and Best Music Video, the artist clinched the coveted Best Music Video Award, a testament to their prowess in both musicianship and visual storytelling.

As the years unfolded, so did the accolades. In 2018, nominations poured in from the 1st Annual Gospel Awards and BOGMA Awards, once again acknowledging the artist's stellar performances in both traditional gospel and music video production. Their ability to weave spiritual narratives into captivating visuals continued to captivate audiences and industry professionals alike.

The pinnacle of recognition came in 2021 when the artist took on the role of arranger for a poignant song composed by their pastor at Jwaneng Assembly of God. The song, a harmonious blend of faith and musicality, received nominations in three categories at the 2023 Gospel Music Awards: Best Single, Best Video, and Best Group. This achievement serves as a testament to the artist's versatility and enduring commitment to musical excellence.



Beyond the borders of Botswana, this gospel luminary has shared the stage with local icons and esteemed South African artists such as Keke, Khotso, Sello Malete, and Winnie Mashaba. The experience of collaborating with such distinguished musicians undoubtedly enriched the artist's musical palette and contributed to the unique sound that sets them apart.

The artist's journey extends beyond solo endeavors, as they were once a member of the Beatitudes, a group formed by the revered Rev Thuso Tiegó. Additionally, their involvement as lead and backing vocals in the SAFIRE Group further highlights their dedication to the collective spirit of gospel music.

In a heartwarming display of generosity, the artist sponsored Tshiamo Motswagomo's single track, contributing to both its audio and video production. This act of benevolence showcases not only their commitment to their craft but also their desire to uplift and support fellow artists on their journeys.

As this illustrious journey continues to unfold, the Tefo Award-winning gospel artist remains an inspiration to aspiring musicians, demonstrating that faith, talent, and a genuine love for music can open doors to remarkable achievements. With the 2023 Gospel Music Awards on the horizon, anticipation builds for the artist's potential triumph in multiple categories, solidifying their place as a beacon of light in the world of gospel music.



# Elevating Elegance: Master Bedroom Interior Design Unveiled

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

## 1. The Art of Balance:

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

## 2. The Statement Bed:

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

## 3. Ambient Lighting:

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

## 4. Thoughtful Storage Solutions:

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



### 5. Personal Touches:

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

### 6. Cozy Seating Areas:

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

### 7. Nature's Embrace:

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

### 8. Technological Integration:

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

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







# What is Business Management? And Why It Can Be a Great Career Choice

## What is Business Management?

**Business management** is the process of planning, organizing, directing, and controlling the activities of a business or organization to achieve its goals and objectives. It involves overseeing all aspects of a business, from finance and operations to marketing and human resources. Business managers must be skilled in leadership, communication, and problem-solving, and must be able to make strategic decisions that drive the success of the organization.

## Every Organization Needs Leaders

Not everyone can be a leader or manager at work, and many people don't want the responsibilities of overseeing employees and processes. Fortunately, others feel called to work in management roles and want to make a meaningful impact on their teams and their employers.

Some managers go through company training to learn the skills they need. Others who are new to management "learn by doing," having to figure things out as they go. Some entry-level managers start the job with formal management education under their belts, which helps them be more confident in their supervisory roles.

## Associate Degree in Business Management

If a rewarding career in management is on your life's bucket list, here's something that can help you conquer that goal: Get a degree in business management.

The University of Cincinnati Online offers an [Associate of Business Management Technology \(BMTN\)](#) degree program that's focused, flexible, and designed for today's modern students.

Our BMTN program prepares you to move into an entry-level supervisory or management position in a wide variety of business settings, with a format that allows you to:

- **Study part or full-time.** If you attend full-time, you'll get your associate degree in two years. Your time in the program will move quickly, and you'll have your degree before you know it.
- **Earn a degree online.** 100% of the courses are offered online, and there are no campus visits required — a big time-saver for you.
- **Learn on your schedule.** If you want to study on weeknights or prefer the weekend, the program gives you the flexibility you need to balance your studies with work and family obligations.
- **Get the support you need.** Our program is 100% engineered for your success. You learn from experienced educators and get access to helpful tools and technical support. We pair you with a Student Success Coordinator who's with you from enrollment to graduation — they'll be your biggest champion.



## Business Management Curriculum

Our [program curriculum](#) is expertly designed to help you excel in the business world. You'll complete a minimum of 60 credit hours to graduate, studying subjects that include Entrepreneurship, Financial Accounting, Introduction to Marketing, Personal Selling and Sales Management, and Fundamentals of Human Resources.

Completing UC Online's business management degree equips you with skills that are highly sought after by employers, such as:

- Effectively communicating in a business setting
- Analyzing scenarios and drawing suitable conclusions
- Demonstrating effective team management skills
- Executing the four functions of management: planning, organizing, leading, and controlling
- Using critical thinking skills to solve problems and make decisions based on accepted business principles

## Managers Are in Demand Today

The [Bureau of Labor Statistics \(BLS\)](#) expects employment in management occupations to grow 8% between 2021 to 2031, faster than the average for all occupations. With a projected 883,900 new positions opening up, the opportunities for you to work in management are broad.

If you do some research online, you'll see a variety of entry-level manager positions, including jobs like these:

- Assistant store manager
- Sales support manager
- Assistant office manager
- Customer relationship manager
- Shift manager

## Ready to Grow Your Management Expertise?

A career in business management can offer a range of opportunities for personal and professional growth. With the right education and experience, individuals can develop the skills needed to succeed in this challenging and rewarding field. From leading teams and making strategic decisions to navigating complex business environments, business management requires a diverse set of skills and a commitment to lifelong learning.

Pursuing a degree in business management can be a great way to kickstart your career or take your next step in leadership. Whether you aspire to be an entrepreneur, a corporate executive, or a community leader, an associate degree in business management can help you achieve your goals and make a positive impact on the world around you.

# Financial Management Explained: Scope, Objectives & Importance



In business, financial management is the practice of handling a company's finances in a way that allows it to be successful and compliant with regulations. That takes both a high-level plan and boots-on-the-ground execution.

## What Is Financial Management?

At its core, financial management is the practice of making a business plan and then ensuring all departments stay on track. Solid financial management enables the CFO or VP of finance to provide data that supports creation of a long-range vision, informs decisions on where to invest, and yields insights on how to fund those investments, liquidity, profitability, cash runway and more.

[ERP software](#) can help finance teams achieve these goals: A [financial management system](#) combines several financial functions, such as accounting, fixed-asset management, revenue recognition and payment processing. By integrating these key components, a financial management system ensures real-time visibility into the financial state of a company while facilitating day-to-day operations, like period-end close processes.

## Objectives of Financial Management

Building on those pillars, financial managers help their companies in a variety of ways, including but not limited to:

- **Maximizing profits:** Provide insights on, for example, rising costs of raw materials that might trigger an increase in the cost of goods sold.
- **Tracking liquidity and cash flow:** Ensure the company has enough money on hand to meet its obligations.
- **Ensuring compliance:** Keep up with state, federal and industry-specific regulations.
- **Developing financial scenarios:** These are based on [the business current state](#) and forecasts that assume a wide range of outcomes based on possible market conditions.
- **Manage relationships:** Dealing effectively with [investors](#) and the [boards of directors](#).
- Ultimately, it's about applying effective management principles to the company's financial structure.

## Scope of Financial Management

Financial management encompasses four major areas:

### 1. Planning

The financial manager projects how much money the company will need in order to maintain positive cash flow, allocate funds to grow or add new products or services and cope with unexpected events, and shares that information with business colleagues.

Planning may be broken down into categories including capital expenses, T&E and workforce and indirect and operational expenses.

### 2. Budgeting

The financial manager allocates the company's available funds to meet costs, such as mortgages or rents, salaries, raw materials, employee T&E and other obligations. Ideally there will be some left to put aside for emergencies and to fund new business opportunities.

Companies generally have a master budget and may have separate sub documents covering, for example, cash flow and operations; [budgets may be static or flexible](#).

### 3. Managing and assessing risk

Line-of-business executives look to their financial managers to assess and provide compensating controls for a variety of risks, including:

#### Market risk

Affects the business' investments as well as, for public companies, reporting and stock performance. May also [reflect financial risk](#) particular to the industry, such as a pandemic affecting restaurants or the shift of retail to a [direct-to-consumer model](#).

#### Credit risk

The effects of, for example, customers not paying their invoices on time and thus the business not having funds to meet obligations, which may adversely affect creditworthiness and [valuation, which dictates ability to borrow at favorable rates](#).

#### Liquidity risk

Finance teams must track current cash flow, estimate future cash needs and be prepared to free up working capital as needed.

#### Operational risk

This is a catch-all category, and one new to some finance teams. It may include, for example, the risk of a cyber-attack and whether to [purchase cybersecurity insurance](#), what disaster recovery and business continuity plans are in place and what [crisis management](#) practices are triggered if a senior executive is accused of fraud or misconduct.

#### 4. Procedures

The financial manager sets procedures regarding how the finance team will process and distribute financial data, like invoices, payments and reports, with security and accuracy. These written procedures also outline who is responsible for making financial decisions at the company — and who signs off on those decisions.

Companies don't need to start from scratch; there are policy and procedure templates available for a variety of organization types, such as this one for nonprofits.

## Functions of Financial Management

More practically, a financial manager's activities in the above areas revolve around planning and forecasting and controlling expenditures.

The FP&A function includes issuing P&L statements, analyzing which product lines or services have the highest profit margin or contribute the most to net profitability, [maintaining the budget](#) and forecasting the company's future financial performance and scenario planning.

Managing cash flow is also key. The financial manager must make sure there's enough cash on hand for day-to-day operations, like paying workers and purchasing raw materials for production. This involves overseeing cash as it flows both in and out of the business, a practice called cash management.

Along with cash management, financial management includes revenue recognition, or reporting the company's revenue according to standard accounting principles. Balancing [accounts receivable turnover ratios](#) is a key part of [strategic cash conservation](#) and management. This may sound simple, but it isn't always: At some companies, customers might pay months after receiving your service. At what point do you consider that money "yours" — and report the good news to investors?

### Strategic vs. Tactical Financial Management

On a tactical level, financial management procedures govern how you process daily transactions, perform the monthly financial close, compare actual spending to what's budgeted and ensure you meet auditor and tax requirements.

On a more strategic level, financial management feeds into vital [FP&A \(financial planning and analysis\)](#) and visioning activities, where finance leaders use data to help line-of-business colleagues plan future investments, spot opportunities and build resilient companies.

### Importance of Financial Management

Solid financial management provides the foundation for three pillars of sound fiscal governance:

#### 1.Strategizing

Identifying what needs to happen financially for the company to achieve its short- and long-term goals. Leaders need insights into current performance [for scenario planning](#), for example.

#### 2.Decision-making

Helping business leaders decide the best way to execute on plans by providing up-to-date financial reports and data on relevant KPIs.

#### 3.Controlling

Ensuring each department is contributing to the vision and operating within budget and in alignment with strategy.

With effective financial management, all employees know where the company is headed, and they have visibility into progress.

### What Are the Three Types of Financial Management?

The functions above can be grouped into three broader types of financial management:

#### 1.Capital budgeting

Relates to identifying what needs to happen financially for the company to achieve its short - and long-term goals. Where should [capital funds be expended to support growth?](#)

#### 2.Capital structure

Determine how to pay for operations and/or growth. If interest rates are low, taking on debt might be the best answer. A company might also [seek funding from a private equity firm](#), consider selling assets like real estate or, where applicable, selling equity.



### Financial Management



### 3.Working capital management

As discussed above, is making sure there's enough cash on hand for day-to-day operations, like paying workers and purchasing raw materials for production.

### What Is an Example of Financial Management?

We've covered some examples of financial management in the "functions" section above. Now, let's cover how they all work together:

Say the CEO of a toothpaste company wants to introduce a new product: toothbrushes. She'll call on her team to estimate the cost of producing the toothbrushes and the financial manager to determine where those funds should come from — for example, a bank loan.

The financial manager will acquire those funds and ensure they're allocated to manufacture toothbrushes in the most cost-effective way possible. Assuming the toothbrushes sell well, the financial manager will gather data to help the management team decide whether to put the profits toward producing more toothbrushes, start a line of mouthwashes, pay a dividend to shareholders or take some other action.

Throughout the process, the financial manager will ensure the company has enough cash on hand to pay the new workers producing the toothbrushes. She'll also analyze whether the company is spending and generating as much money as she estimated when she budgeted for the project.

### NetSuite: Financial Management for Startups and Beyond

At the outset, financial management responsibilities within a startup include making and sticking to a budget that aligns with the business plan, evaluating what to do with profits and making sure your bills get paid and that customers pay you.

Financial management gets more complicated as the company grows and adds finance and accounting contractors or staffers. You must ensure your employees get paid with accurate deductions, properly file taxes and financial statements, and watch for errors and fraud.

This all circles back to our opening discussion of balancing strategic and tactical. By building a plan, you can answer the big questions: Are our goods and services profitable? Can we afford to launch a new product or make that hire? What might the coming 12 to 18 months bring for the business? Solid financial management provides the systems and processes to answer those questions.

Financial management challenges can be daunting for both startups and growing businesses. This is where [NetSuite's financial management software](#) comes into play. With its comprehensive, cloud-based solutions, NetSuite ensures that your financial data is accurate, up-to-date, and accessible anytime, anywhere.

From automating complex financial processes to offering real-time visibility into performance, NetSuite is the go-to solution for businesses aiming for seamless integration and efficient financial operations. As your company expands, NetSuite scales with you, ensuring you have the right tools to make informed strategic decisions at every stage. Make the smart choice for your business's financial future with NetSuite.



# 10 Steps To Profitable Strategic Business Decisions

## ENTREPRENEURIAL MINDSET



Most entrepreneurs are so overwhelmed by the day-to-day challenges of their business that they rarely take the time to work on longer-term strategy (they work *in* the business versus *on* the business). As a result, strategy decisions are made in the same ad-hoc crises style as operational decisions, and the business suffers. Gut reactions are rarely the optimal solution to any problem.

In reality, the discipline most often reserved by entrepreneurs just for strategic decisions should be used for all decisions, including operational ones. As detailed in a new book, [“Smart Decisions,”](#) by Dr. Thomas N. Martin, decision makers need to develop and practice the art and science of strategic decision making early in their career to thrive in this complex business world.

I support his assertion that good ethical decisions are best made by applying the following ten steps to the analysis and decision process:

**1. Start with creativity to expand decision alternatives.** The act of coming up with alternatives forces everyone to dig deeper and look at the problem from different angles. This will force you to step outside your normal patterns of thinking and come up with more innovative solutions. Decisions made without innovation lead to a stale business.

**2. Evaluate alternatives through a future-oriented lens.** All decisions and actions have immediate as well as future consequences. For example, it is only from the perspective of future orientation that the decision to re-invest profits, versus distributing them, makes any sense. Decisions made for immediate relief feel good, but rarely add long-term value.

**3. Learn from previous results to eliminate repeat mistakes.** Making a wrong decision once means you are willing to take risks, but repeating that same mistake a second time means you didn't learn anything. Own your bad decisions, with no excuses, but wisdom is the accumulation of learning and experience and is required to succeed in business.

**4. Don't try to satisfy everyone with every decision.** Trying to please everyone can cause you to lose sight of your values and strategic goals. Certainly you must actively listen to the opinions, suggestions, and ideas of others, but the decision has to be yours, even in the face of second guessing from those with negative consequences.

**5. Test the quality of information available for analysis.** If you're not using data to make decisions, you're flying blind, and gut decisions are based primarily on emotional data. To assess objective data quality, look for completeness, consistency, and timeliness, relative to the decision at hand. The best analysis done on bad data will still yield a bad decision.

**6. Ask open-ended questions to stimulate critical thinking.** The ability to ask and answer questions is central to both thinking and learning. The [“5 Whys”](#) is another iterative technique used to determine the root cause of a problem or stimulate creative and in-depth thinking. Every entrepreneur benefits from critical thinking and learning.

**7. Don't allow information paralysis to delay reaching a decision.** Analysis paralysis is the state of over-thinking a decision, to the point where a choice never gets made, or is made

too slowly. Always identify your top objective for any specific decision, and use that to drive you in decision making. Timeliness must always be a top business objective.

**8. Factor in personal values, assumptions, and intuitions.** These are valid and important in any decision, but need to be communicated effectively to all constituents in order to foster total understanding and support. Perceptions are as important as reality, and the wrong perception of your decision rationale can derail even the best effort.

**9. Always define one or more backup or contingent solutions.** Contingency plans make sense in every case where you don't have all the decision information you need, or there are factors involved that you can't control, such as regulations, economic conditions, or market trends. They should never be used as a shortcut for not doing proper analysis.

**10. Communicate the primary solution to all, with implementation steps.** Decisions without a viable implementation plan are counter-productive. Thus the best entrepreneurs map out an implementation plan, and make sure everyone understands what has to be done and how to do it. Finally, they monitor and manage the rollout, with required pivots.

In fact, the business decision-making steps and process have to be uniquely applied to three situational states – the current state, a future state, and the transitional state in between. The author defines a detailed framework and process that fits all three of these to make the best decision possible, whether it be strategic or operational. It's an art and a science that will make or break your business. How much of your time do you spend now working on your business?

# Who are the top entrepreneurs aged 25 and under?

Although many entrepreneurs have gotten more successful the older they've gotten, for some entrepreneurs age has proved no barrier to success. For our latest Business Leader Top 12, we've looked at the top entrepreneurs aged 25 and under.

## Luca Schnettler – CEO, Qumata

After dropping out of Queen Mary University London in 2017, Schnettler founded Healthy Health, a company set up to revolutionise life and health insurance underwriting by harnessing digital data to calculate risk for over 800 conditions.

Snettler has since rebranded the London-based software platform Qumata, expanded to Europe, Asia and the US, and successfully raised more than \$25m to date, and he's still only 23 years old.



## Ben Towers – Co-founder, Tahora

Towers began his entrepreneurial career at just 11 years old, launching his first business, Towers Designs. In 2019, he co-founded workplace connectivity platform Tahora with Mike Rose and the two have managed to secure more than £1m in funding for the platform that transforms people's favourite things into real-world connections.



## Mia Monzidelis – CEO, Power Pony

Despite being just 11 years old, Mia Monzidelis is the Founder and CEO of her own business, Power Pony. Monzidelis came up with the idea for Power Pony, a mechanical horse that is interactive and features an iOS app, aged just five, and the young inventor has sold more than 5000 units, with the company employing 15 people and having 12 volunteers work for them.



### **Charles Williamson – Co-founder, Stairway**

Williamson co-founded Stairway, a digital personal tutor and community platform for STEM learning back in 2019. After achieving a first in the first year of a Computer Science degree at King's College London, Williamson dropped out to focus on Stairway, raising £15k in equity finance and leading the company to a £3.35m valuation in the year of its founding.

The now 24-year-old operated as the CEO of Stairway until 2021 when it was acquired by Nordic EdTech company, Albert.



### **Grace Beverley – CEO, TALA**

Known by her online moniker GraceFitUK, Beverley is not only a successful entrepreneur to watch out for but she's also a well-known social media influencer, with over one million followers on Instagram.

The Founder and CEO of two direct-to-consumer fitness brands, Beverley founded her sustainable clothing brand TALA in 2019, aged just 22, and turned over £6.2 million in its first year. Her fitness tech and equipment app Shreddy has also been downloaded more than 450,000 times since it was launched in 2016.



### **Mo'ziah Bridges – Founder, Mo's Bows**

Bridges is the Founder of Mo's Bows, a company he created aged just nine. After being unable to find a suitable bow tie, Bridges learned to sew and make colourful bow ties using the leftovers from his grandmother's sewing projects. He went on to hire tailors and appear on US business reality show "Shark Tank".

Today, Bridges is 20 years old and has generated more than \$700,000 in sales, with customers including former President Barack Obama.



**Omari McQueen – CEO, Dipalicious**

Despite being just 14 years old, Omari McQueen is the youngest award-winning vegan chef in the UK, and the Founder and CEO of Dipalicious, a company that manufactures and supplies vegan dips.

Incredibly, McQueen started Dipalicious at just eight years old and has gone on to win numerous other awards for his exploits, including a TruLittle Hero Award for being the Entrepreneur Hero under twelve 2018 by Cause4Children Ltd.



**Vinusha MK – Founder, Four Seasons Pastry**

Although Vinusha MK is only 12 years old, she's the Chief Baking Officer of Four Seasons Pastry, a company the young entrepreneur founded in September 2019. Vinusha bakes and sells a selection of cakes, chocolates and sandwiches along with her very own baking kit, which helps kids to bake cakes without the use of the Internet or a smartphone.

In the future, Vinusha would like to set up a culinary institute for low-income people in India.



**Teri Elizabeth Ellington – Director, Ellington Timepiece Limited**

A keen advocate for mental health, Ellington founded the high-quality but affordable watch brand, Ellington Timepiece from her bedroom back in 2017 with just £80 in the bank.

Despite enduring hard times which saw Ellington sell her car and sleep on the couch, the now 25-year-old was able to attract an angel investor to fund a move into an office in Stockton-on-Tees and take on more staff. Thanks to soaring sales, Ellington was even able to buy out her investors two years early.



**Rachel Zietz – CEO, Gladiator Lacrosse**

As a 13-year-old lacrosse player back in 2012, Rachel Zietz found herself disappointed with the quality, cost and lack of selection available for lacrosse practice equipment. So, she sought to do something about it and ended up founding Gladiator Lacrosse, a company that offers a wide range of professional lacrosse accessories, practice products and clothing.

In 2022, Gladiator Lacrosse had an estimated net worth of \$5 million, whilst Zietz reportedly became a millionaire aged just 15.



**Kofi McCalla, Founder Holy Grail**

Regarded as a crucial influencer in menswear and streetwear, McCalla began a fashion series called 'The Unknown Vlogs' back in 2016 as a student. Despite operating on a student's budget, McCalla has grown his fashion series to nearly one million subscribers and has even worked with Canadian rapper Drake.

McCalla is also the Creative Director of the Violent fashion line and the Founder of London-based design and fashion company, Holy Grail.



**Lily Born – Chairwoman, Imagiroom LLC**

Aged just 16, Lily Born is an internationally recognised inventor and entrepreneur. Born invented the Kangaroo Cup, a three-legged cup designed not to tip over, after noticing her granddad, who has Parkinson's Disease, was knocking his cup over a lot.

Born has gone to sell tens of thousands of Kangaroo Cups through crowdfunding sites, whilst the generous entrepreneur uses a percentage of the profits to support STEM education for young girls.



# Upcoming movie



Coming soon



# BORN AGAIN

Botswana's finest action movie  
Produced & Directed: Takudzwa Matienga

*Starring:*

Richard Zikale | Rutendo Sibanda | Trust Jani | Boago Gasenna  
Atlang Selatlha | Larona Lone Nkomazana | Tshepand Bopoto | Nonofu Ngazi

For more info:   +267 74 081 121

# Relationship Advice

## Dear Aunty

**Que:** Dear Aunty, my boyfriend says he loves me but his actions speaks otherwise, he acts like a boyfriend when he wants something from me. I suggested we call it quits but he won't let me go, he keeps coming back asking for forgiveness, claiming he loves and cannot live without me. What should I do? Should I give him a chance or not?

**Aunty:** I highly suggest you don't give him a chance. The fact that you clearly see it that he only acts like a boyfriend when he wants something should already tell you he is just using you. He is displaying so many red flags, he is a narcissist, he doesn't want you at the same time he doesn't want to see you move on with someone else, don't let him be the owner of your life, take charge, breakup with him. Stop feeding his ego by taking him back, show him you mean it when you break up with him and he will stop bothering you.

**Que:** Dear Aunty, my girlfriend gets angry whenever I ask to visit her when she is on her period. How do I keep her happy, what are some of the dos and don'ts?

**Aunty:** I think talking to her when she's not on her periods would help and ask her what she wants when she's on her periods because women have different hormones when they are not on their periods and when they are not. So talk to her and try to understand how she is during her days.

**Que:** Dear Aunty, my wife is not interested in having sex with me, whenever I try to make a move on her, she says she's tired and this has been going on for a month now, I asked her if I had wronged her somehow and she said no, there is pressure at work and many other excuses. What should I do with this situation?

**Aunty:** Marriage is all about communicating and compromising, if your wife is always complaining about being tired, lift some burden off her shoulders. Help her with house chores whenever you can, cook her favourite meals, bring back that spark you both had when you first met. Find other outdoor activities that keeps her mind off work pressure. Remember to always remind her that she is loved and appreciated.

**Que:** Dear Aunty, I had an unsupervised abortion when I was a teenager and the Doctor told me, I will never be able to bear children. I now have a boyfriend and we plan to marry soon, I am scared to tell him because he always talk about us having children one day. Should I tell him?

**Aunty:** Situations like these are very sensitive and must be discussed onset before tying the knot. Let him know you might have a problem conceiving and what will be the cause and let him decide if he wants to continue with you or not. Prevention is better than cure.



**RELATIONSHIP  
ADVICE**



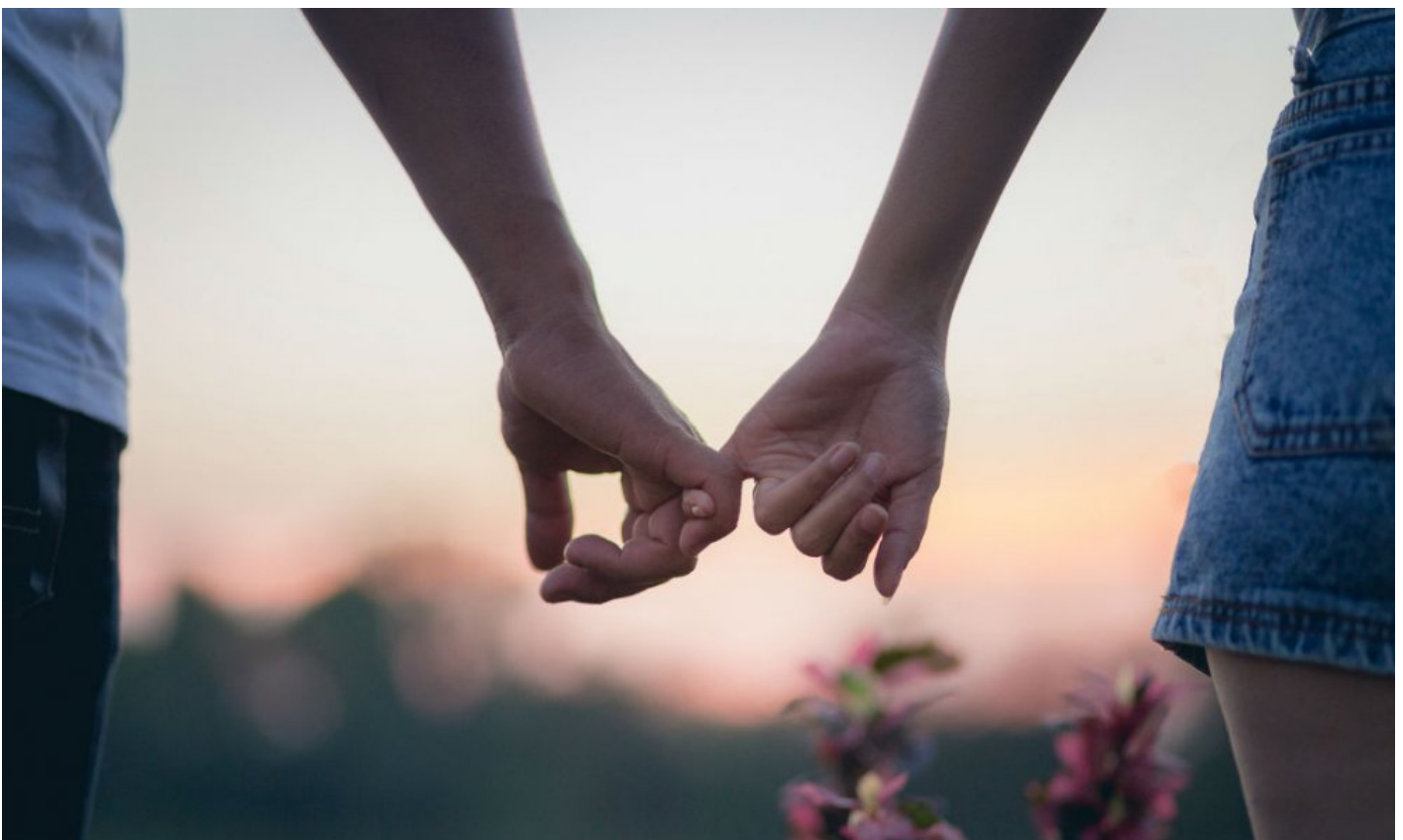
# Aunty's Letter

## Key to a health relationship:

### Make it a priority to say sorry whenever you wrong your partner

Many relationships fail because of ignorance and pride, apologizing is an essential part of a connected relationship and sometimes a simple "I'm sorry" is enough. But it can be useful to understand that the words and momentary experience of "APOLOGIZING" is usually just one part of a bigger process, a repair process, especially when whatever created the rapture had a significant emotional impact. Partners often wonder why they are saying sorry to their partner, but their partner just can't move on. Sometimes the situation is more complicated and the healing more complicated. Sometimes it's just a matter of knowing how to expand upon and maximize the effectiveness of the process. It can be scary to go this route. The last thing many people want to do is continue to linger in what they did wrong especially when they also feel hurt and wounded. But give it a try anyway, because when an environment of true understanding and empathy is created even if it takes more time to work at the beginning is far more likely to :

1. Keep the rapture from continuing to beg for healing by infidelity resurfacing.
2. Make it to where both partners wounds can eventually be tended to, because heard and understood partners naturally want to hear and understand you too.





# CHOBE, JACKALBERRY LODGE

**Jackalberry 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:	<p>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</p> <p>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.</p>



# *Veggieland*

GREEN GROCERS TO THE NATION



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## What Is a Food Allergy?

Lots of kids have food allergies. Food allergies happen when the [immune system](#) makes a mistake. Normally, your **immune** (say: ih-MYOON) system protects you from germs and disease. It does this by making **antibodies** that help you fight off bacteria, viruses, and other tiny organisms that can make you sick. But if you have a food allergy, your immune system mistakenly treats something in a food as if it's really dangerous to you.

The same sort of thing happens with any allergy, whether it's a medicine (like penicillin), pollen in the air (from grasses, weeds, and trees), or a food, like peanuts. So the thing itself isn't harmful, but the way your body reacts to it is.

### What Are the Most Common Food Allergies?

Kids can be allergic to any food, but these cause most food allergy reactions:

- [peanuts and other nuts](#)
- seafood, such as shrimp
- fish
- milk, particularly cow's milk
- [eggs](#)
- soy
- wheat
- sesame

### What's a Food Allergy Reaction Like?

If a kid with peanut allergy would have eaten that peanut-topped brownie, here's what would happen. Antibodies to something in the food would the body to release chemicals into the bloodstream. One of these chemicals is **histamine** (say: HISS-tuh-meen).

This then causes symptoms that affect a person's eyes, nose, throat, respiratory system, skin, and digestive system. A person with a food allergy could have a mild reaction — or it could be more severe. An allergic reaction could happen right away or a few hours after the person eats it.

Some of the first signs that a person may be having an allergic reaction could be a runny nose, an itchy skin rash such as [hives](#), or a tingling in the tongue or lips. Other signs include:

- tightness in the throat
- hoarse voice
- wheezing
- cough
- nausea
- vomiting
- belly pain
- diarrhea

In the most serious cases, a food allergy can cause **anaphylaxis** (say: ah-nuh-fuh-LAK-sis). This is a sudden, severe allergic reaction in which several problems happen all at once. It can involve the skin, breathing, digestion, the heart, and blood vessels. A person's blood pressure can drop, breathing tubes can narrow, and the tongue can swell.

People at risk for this kind of a reaction have to be very careful and need a plan for handling emergencies, when they might need to get special medicine to stop these symptoms from getting worse.

Many kids outgrow allergies to milk and eggs as they grow older. But severe allergies to foods like peanuts, some kinds of fish, and shrimp often last a lifetime.

### How Do You Know if You Have One?

Sometimes it's easy to figure out that a kid has a food allergy. They might get hives or have other problems after eating it. But other times, what's causing the problem is more of a mystery. Most foods have more than one ingredient, so if a kid has shrimp with peanut sauce, what's causing the allergy — the peanut sauce or the shrimp?

Many people react to a food but are not actually allergic. For example, people with [lactose intolerance](#) (say: LAK-tose in-TAHL-uh-runtz) get belly pain and diarrhea from milk and other dairy products. That doesn't mean they're allergic to milk. They don't feel good after drinking milk because their bodies can't properly break down the sugars found in milk.

### What Will the Doctor Do?

If you think you may be allergic to a food, let your parents know. They will take you to the doctor to get it checked out.

If your doctor thinks you might have a food allergy, you'll probably go see a doctor who specializes in allergies, called an **allergist**. This doctor will ask you about past reactions and how long it takes between eating the food and getting the symptom (such as hives).

The allergist might want to do a **skin test**. This is a way of seeing how your body reacts to a very small amount of the food that is giving you trouble. The allergist will use a liquid extract of the food and, possibly, other common allergy-causing foods to see if you react to any of them. The doctor will make a little scratch on your skin (it will be a quick pinch) and drop a little of the liquid on the scratched area. Different extracts will go on the different scratches so the doctor can see how your skin reacts to each one. If you get a reddish, raised spot, you might be allergic to that food or substance.

Some doctors may also take a blood sample and send it to a lab for testing.

Even though the doctor tests for food allergies by exposing you to a very small amount of the food, **you should not try this at home!** The best place for an allergy test is at the doctor's office, where the staff is specially trained and could give you medicine right away if you had a serious reaction.

**How Are Food Allergies Treated?**

There is no special medicine for food allergies. Some can be outgrown; others will last a kid's whole life. The best treatment is to avoid the food itself and any foods or drinks that contain the food.

One way to figure that out is to read [food labels](#). Any foods that might cause an allergic reaction will be listed near or in the ingredient list. Some people who are very sensitive may need to avoid foods just because they are made in the same factory that also makes their problem food. You may have seen some candy wrappers that say the candy was made in a factory that processes nuts too.

**Have a Plan**

No matter how hard you try, you may eat the wrong thing by accident. Stay calm and follow your emergency plan. What's an emergency plan? Before a slip-up happens, it's a good idea to create a plan with your doctor and parents. The plan should spell out what to do, who to tell, and which medicines to take if you have a reaction.

This is especially important if you have a food allergy that can cause a serious reaction (anaphylaxis). For serious reactions, people may need a shot of **epinephrine** (say: eh-pih-NEF-rin) with them. This kind of epinephrine injection comes in an easy-to-carry container that looks like a pen. You and your parent can work out whether you carry this or someone at school keeps it on hand for you. You'll also need to identify a person who will give you the shot.

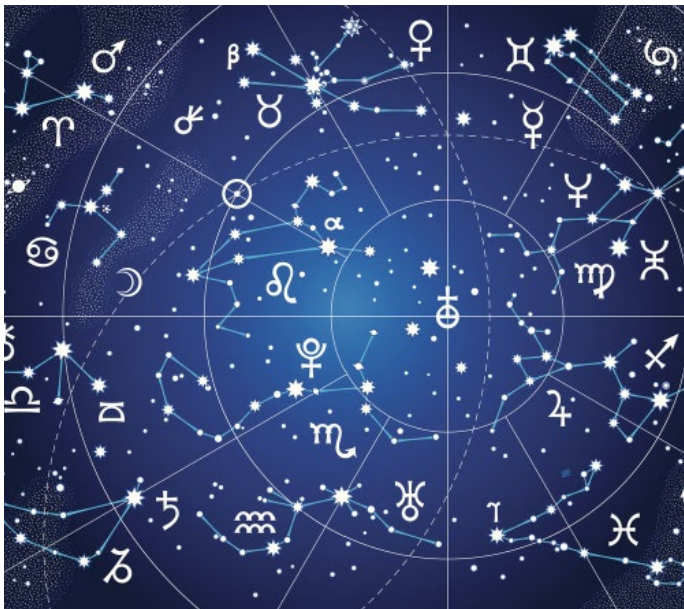
If you get an epinephrine shot, you will need to go to the hospital or a medical facility, where they can keep an eye on you and make sure the reaction is under control.

**Living With Food Allergies**

Having a food allergy is a drag, but it doesn't need to slow a kid down. Your mom, dad, and other adults also can help you steer clear of reactions.

But what if something you really like turns out to be on your "do not eat" list? Today, so many people have food allergies that companies have created lots of good substitutes for favorite foods — everything from dairy-free mashed potatoes to wheat-free chocolate chunk cookies!





All zodiac signs have their own characteristics and traits which define someone's personality. Wouldn't it be helpful if you started your day by already knowing about what's going to come your way? Read on to find out whether the odds will be in your favour today.

### ARIES (Mar 21-Apr 20)

The money you had been waiting for is likely to be released. A medical condition suffered by some will show signs of improvement. Adopting a wait-and-watch policy is advised for those considering a job switch. An enjoyable time is foreseen outside the home. An overseas journey may materialize. Acquisition of property is in the pipeline for some.

Love Focus: Young couples are likely to achieve a good understanding of each other.

Lucky Number: 4  
Lucky Colour: Purple

### TAURUS (Apr 21-May 20)

Health-wise, you may feel on top of the world. Those in the financial sector can hope to start making profits. A good break may land some a well-paying job. Support of family will encourage you to take up a challenge. A lot of enjoyment is in store for those planning a vacation. You are likely to spike your romance with some excitement. Praise may be expected on the academic front.

Love Focus: Those seeking love may have to double their efforts.

Lucky Number: 2  
Lucky Colour: Yellow

### GEMINI (May 21-Jun 21)

An old ailment troubling some is likely to disappear. A financier will help you in investing correctly. You will get the support you need to complete an important project. The home front will be most inviting for rest and relaxation today. Getting an overseas invitation in an official capacity is possible for some. Luck is likely to shine for those who have applied for a house or a plot.

Love Focus: A fantastic time is foreseen in the company of lover.

Lucky Number: 17  
Lucky Colour: Green

### CANCER (Jun 22-Jul 22)

Meditation and yoga may prove a good remedy for mental stress. If you have lost money in speculation, you stand to recover it. Prospects for entrepreneurs are likely to increase. A function at home can keep you busy and entertained. Your plans for an outing will proceed without any hassles. Doing up a newly acquired place is on the cards for some.

Love Focus: Your love interest is likely to do something that can make you suspicious.

Lucky Number: 9  
Lucky Colour: Brown



### BRADLEY COOPER

Bradley Charles Cooper is an American actor and filmmaker. He is the recipient of various accolades, including a British Academy Film Award and two Grammy Awards, in addition to nominations for nine Academy Awards, six Golden Globe Awards, and a Tony Award.

**BORN:** 5 JAN 1975

**CAREER:** ACTOR

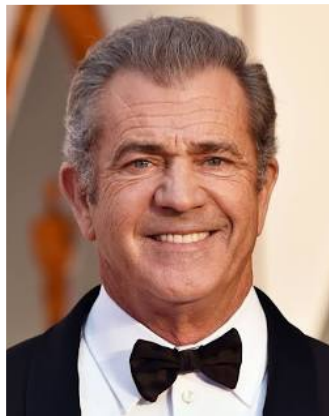


### ALICIA KEYS

Alicia Augello Cook, known professionally as Alicia Keys, is an American singer and songwriter. A classically trained pianist, Keys started composing songs when she was 12 and was signed at 15 years old by Columbia Records.

**BORN:** 25 JAN 1981

**CAREER:** SINGER



### MEL GIBSON

Mel Columcille Gerard Gibson AO is an American actor, film director and producer. He is best known for his action hero roles, particularly his breakout role as Max Rockatansky in the first three films.

**BORN:** 3 JAN 1956

**CAREER:** ACTOR/PRODUCER



### NICOLA CAGE

Nicolas Kim Coppola, known by his stage name Nicolas Cage, is an American actor and film producer. Born into the Coppola family, he is the recipient of various accolades, including an Academy Award, a Screen Actors Guild Award, and a Golden Globe Award.

**BORN:** 7 JAN 1964

**CAREER:** ACTOR

# Dikakapa: Preserving Botswana's Cultural Tapestry Through Traditional Dance

BY: DUNCAN SEBESO

In the heart of Botswana, a group named "Dikakapa" has emerged as a vibrant force dedicated to the preservation and celebration of the country's diverse cultural heritage. Born out of a shared passion for traditional dance, Dikakapa has become a beacon of authenticity, meticulously weaving the rich tapestry of Botswana's cultural traditions into captivating performances. This traditional group is not only a custodian of the past but also a bridge to the future, actively engaging with communities and aspiring to be a global ambassador for Botswana's cultural richness.

Dikakapa's dance performances are a testament to the group's commitment to authenticity. Each routine is a carefully curated selection of traditional dances, guided by considerations of historical relevance, uniqueness, and representation of the various tribes that contribute to Botswana's cultural mosaic. Meticulous research and collaboration with cultural experts ensure that every performance reflects the genuine essence of the traditions it seeks to showcase.

One of Dikakapa's most poignant endeavors is the "Tribute to Gong Master" album. This heartfelt homage commemorates the late legend who played a pivotal role as a singer in the group. The album not only preserves the legacy of the Gong Master but also reflects his profound influence on Dikakapa and the broader cultural landscape of Botswana. Through carefully composed pieces, the album pays tribute to this cultural icon while showcasing the group's commitment to cultural continuity.

Dikakapa has actively engaged in collaborations and performances, both within Botswana and on the international stage. Partnerships with cultural institutions and participation in global festivals have not only enriched the group's experiences but have also fostered cultural exchange and understanding. The dance routines in the new album, influenced by various tribes, stand as a testament to the group's dedication to showcasing the diversity inherent in Botswana's cultural heritage.

Beyond the stage, Dikakapa is deeply involved in engaging with local communities. Workshops, cultural events, and performances are avenues through which the group collaborates with schools and community organizations to promote traditional dance. By doing so, Dikakapa fosters a sense of pride and appreciation for Botswana's cultural heritage, ensuring that traditional dance remains a vibrant part of the nation's identity.



Dikakapa skillfully balances tradition and contemporary influences. While staying true to cultural roots, the group embraces innovation in choreography and presentation, ensuring that traditional dance remains relevant and captivating to diverse audiences. This delicate balance is crucial in navigating the challenges posed by changing societal interests and limited resources.

Recognizing the importance of passing on traditional dance knowledge to younger generations, Dikakapa is actively involved in educational initiatives and workshops. Collaborations with schools, community centers, and cultural institutions are instrumental in ensuring the continuity of Botswana's dance heritage. By doing so, Dikakapa is sowing the seeds for the next generation of cultural custodians.

Looking ahead, Dikakapa aspires to continue growing as a cultural ambassador, both locally and internationally. The group envisions expanding its outreach, forging partnerships with international collaborators, and contributing to the global appreciation of Botswana's diverse cultural traditions. In doing so, Dikakapa not only preserves the past but also paves the way for a future where Botswana's cultural heritage continues to thrive and captivate audiences worldwide.

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## Goitse mang Million - A Passionate Educator in Media Studies

In the vibrant city of Francistown, nestled in the northern part of Botswana, resides a promising 20-year-old presenter, Goitse mang Million. Hailing from Jakalas 2, Goitse mang's journey from Mophane Primary to the University of Botswana is a tale of unexpected twists, resilience, and newfound passion.

Having navigated through the educational milestones of PSLE at Mophane Primary, JCE at Tlogatloga Junior Secondary School, and BGCSE at St Joseph's College, Goitse mang found herself on an unforeseen path when she embarked on media studies at the University of Botswana in 2021. Despite media studies not being her initial choice, Goitse mang reflects that her journey into this field was guided by a higher force. Faced with the challenge of not qualifying for her desired course due to BGCSE results, she embraced media studies with hesitation, only to discover a profound fondness for the discipline over the course of one and a half years.

Media studies, an expansive field encompassing film and video production, radio and TV presenting, and social media management, has become Goitse mang's newfound passion. Her heart lies in television presenting, where she revels in being within the frame, engaging with diverse individuals, and constantly learning new things.

In her approach to engaging the audience, Goitse mang advocates for open conversations, especially on controversial topics. She believes in taking discussions to social media to encourage a broader range of views and opinions. Emphasizing the contagious nature of positive energy, Goitse mang underscores the importance of maintaining a friendly and lively demeanor to create an inviting atmosphere for the audience. Additionally, she highlights the significance of dressing appropriately, citing confidence as a crucial element in effective presentation.

Given her focus on educational presentations, Goitse mang places immense value on ensuring the audience grasps the content. To enhance participation, she offers valuable insights:

### Thorough Research:

Goitse mang underscores the importance of researching issues affecting the general public, with a particular emphasis on those raised through social media. Bringing these topics to television provides a platform for discussion and potential solutions.





### Visual Representation

Incorporating realistic images relevant to the discussed issues captures the audience's interest and provides a tangible connection to the subject matter.

Reflecting on her journey, Goitseman shares the lessons she has learned as a presenter. She emphasizes the necessity of being well-informed, especially when engaging with individuals of varying intellectual capacities. Emotional intelligence, she notes, is equally vital to navigate topics that may impact the presenter personally.

Empathy and sympathy, according to Goitseman, are powerful tools for audience engagement. By sharing personal experiences, presenters can connect with their audience on a deeper level, fostering a sense of unity.

Highlighting the importance of time management, Goitseman extends her advice to guests on her show, encouraging them to be concise and focused to save time while delivering essential information.

In her final piece of wisdom, Goitseman stresses the significance of recommending relevant resources to the audience. Whether

it's a book, research points, or additional material, providing valuable resources enhances the audience's understanding and further supports their engagement with the presented content.

As Goitseman Million continues to carve her path in the dynamic realm of media studies, her story serves as an inspiration for aspiring presenters, reminding them that passion can emerge from unexpected places, and genuine connection with the audience is the heart of effective communication.

# THE 8 MOST BEAUTIFUL PLACES IN ARABIA

*From monumental desert tombs and epic canyons to white-sand atoll and evocative old towns, these are the places you need to put on your Saudi Arabian bucket list.*

With [Saudi Arabia](#) only recently opening up to international visitors, its beauty spots aren't yet as recognisable (or overrun) as they perhaps deserve to be. The destination is home to Nabatean tombs to rival Petra, pristine dive spots that compete favourably with any of Egypt's and great canyons that are as awe-inspiring as the well-trodden ones populating several American national parks.

The landscape is as diverse and layered as the country's ancient trading culture, which can be experienced in the souks of gleaming modern cities as well as around the desert homes of prophets and poets, princes and pilgrims.

The ochre deserts of the north give way to the white-sand atolls of the Red Sea coast and lush mountains and valleys of the south-western Asir region, home to rare Arabian leopards and Qahtani tribesmen donning floral headdresses. Much of the south-eastern region is covered by the vast Empty Quarter, the world's largest sand desert.

With the country eager to welcome British visitors once it's Covid-safe to do so, you'll find a much warmer welcome than in more weary destinations – but, more to the point, staggering beauty that still feels as though you're uncovering a thrilling secret. Here are eight spots you shouldn't miss.

## **Wadi Al Disah**

Near Tabuk in the north of the country, the Al Disah Valley looks like an otherworldly mix of the Grand Canyon and Monument Valley – an epic collection of sandstone columns in a vast hollow, where the dusty amber desert is interrupted by a valley of swaying high grasses and palm trees. Whether you get in on foot or by four-wheel-drive, make sure to be here as the sun casts an ethereal glow over the sculptural rock formations.

## **Hegra**

There are perhaps no more recognisable sights in Saudi than the monumental rock-cut tombs suspended in the majestic desert at Hegra, near Al Ula in the heart of the kingdom. If these 131 enigmatic mausoleums recall the ancient ruins of Petra, that's because they were built in the first century AD by the Nabataeans, the same nomadic warrior-traders behind Jordan's wonder of the world. But while Petra hosts more than a million visitors a year, Hegra remains relatively undiscovered, attracting more wildlife than tourists. That might change in the next few years: Aman, Banyan Tree and Tulum-born Habitas are among the hotel groups opening eco- and heritage-sensitive camps around what could be one of the big destinations of the 2020s.



### Umluj

It's not hard to see why this unassuming coastal town and region is often referred to as the Maldives of Saudi Arabia. To the north of the town, 104 atolls are scattered across a corner of the Red Sea that is most definitely turquoise. The quintessential Umluj activity is an island-hop – spotting dolphins on the way to outcrops including Jabal Hassan to snorkel, fish or laze on white sandbars, becoming as relaxed as the dugongs and hawksbill turtles that swim around these islets. This is also a world-class dive area; much quieter than Red Sea hotspots such as Sharm El Sheikh, but with a technical bounty of 1,200 fish species and 300 types of coral, four times as many as you'll find in the Caribbean. Sustainable resorts are under development on a selected few islands, but most of the area is a thrillingly untouched natural aquarium.

### Al Balad, Jeddah

Many Saudi cities have a historic quarter, often called Al Balad and marked by the scent of exotic spices and the beautiful cries of the call to prayer. Balad in Jeddah, Saudi's cosmopolitan port city, is the most evocative of all – a series of tight alleyways between ancient coral-stone merchants' houses, home to oud sellers, clove-scented traditional bakeries and the vast, glowing Souq Al Alawi. Since it was listed as a UNESCO World Heritage site in 2014, many of the area's vast, crumbling mansions have been sensitively restored, including the grand 106-room Nasseef House – now a museum and cultural centre hosting art and photography exhibitions as well as lectures by academics. What's more, galleries, mangour woodcrafting workshops and cool cafés are breathing new life into once-derelict buildings, giving a district built in the seventh century a bright future.

### The Edge of the World

Just west of the capital Riyadh, the Edge of the World (Jebel Fihrayn) is another aptly named geological wonder – a great towering wall of striated sandstone that rises improbably from the reddish plain of an ancient ocean bed. Best reached by four-wheel-drive, there's an uninterrupted view from the top across the arid landscape, where wild camels can still be seen rambling across ancient caravan routes.

### Diriyah

Few sites are more striking than the ancient desert city of Diriyah, wrapped in the green oasis of Wadi Hanifa just outside Riyadh. It was once a hotbed of culture, a historic crossroads for pilgrims and traders throughout the centuries, and the ancestral seat of the royal dynasty. Today Diriyah's museums, such as the spectacular Salwa Palace, delve into the citadel's storied past. Dotted around its magnificent mud-brick architecture and lining its palm-fringed avenues, restaurants and coffee shops also nod to tradition with Najdi plates such as *gereesh bil laban*, cracked wheat cooked in a yogurt sauce.



### Al Qarah mountain, Al Ahsa

Brushing the eastern edge of the Shadqam plateau, Al Qarah remains one of the kingdom's lesser-known destinations, despite its raw beauty. A majestic stretch of sand-blasted caves and canyons sculpted over millennia are best viewed from the summit of Al Qarah mountain, which rises 670ft above sea level. Clamber up its limestone cliffs, punctuated with a warren of honeycomb caves, nooks and passageways to explore along the way, for rewarding panoramic views. The place names here reveal a deep reverence for nature and the elements that have shaped the character and traditions of this region as rigorously as its landscapes. (Al Ahsa translates as 'murmuring streams' and the main city of Hofuf, 'whistling wind'). Palm-tree farms and picturesque villages surround the mountains, their maze of artisanal shops and restaurants offering a shady refuge.



### Rijal Almaa

Widely referred to as the Gingerbread Village, Rijal Almaa's blocky stone buildings with bright shutters sit deep within a lush, verdant setting and have long been an attraction for travellers seeking rich culture and history. But it's more than a beauty spot – most of the residents are from the Qahtan tribe, best known for the bright outfits and floral crowns worn by men, and celebrated at the Flowerman Festival every August.



# SIX TIPS FOR STARTING A BACKYARD GARDEN



One of the best steps you can make for improving your diet is to increase your regular consumption of healthy fruits and vegetables. Not only are fruits and veggies loaded with the kinds of healthy nutrients and minerals that aren't as readily available from pre-packaged, overly processed alternatives, but they can be low on calories and high on taste. Whether you don't have easy access to a local farmer's market, organic grocery options, or you simply want to indulge your green thumb, in recognition of National Fruit and Vegetable Month, we're providing six tips for starting a backyard garden.

**Start Small.** Walk before you run. Resist the urge to start growing a wide variety of fruits, vegetables, and herbs by starting with just one or two plants to get some experience under your (green) belt. Tomato plants, for examples, are forgiving, making them an excellent choice for beginners and offering versatile culinary options. If space is an option for your garden, consider vining plants, such as green beans and peas, to make use of your available vertical space.

**Choose a Location for Your Garden.** You may be tempted to place your garden where you feel it will add the most significant aesthetic to your backyard, but set your fruits and

veggies up for success by choosing the best location for their needs. Most vegetable and fruit plants require at least five hours of direct sunlight daily, while herbs and root vegetables will grow in partial shade. If you need help understanding the different light and water needs of individual plants, talk to an expert at your local nursery.

**Build Raised Beds.** Depending on the size available to you in your backyard or patio, build raised beds for your plants. Raised beds create a physical barrier that protects your plants from weeds and keeps food and moisture dedicated to your crops. Click here to watch an instructional video on how to build a raised garden bed.

**Feed Your Organic Garden with Organic Matter.** Keep your garden and yourself healthy by avoiding harsh chemical pesticides, fertilizers, and growth agents. While mineral nutrients such as agricultural lime, rock phosphate, and greensand can be added to your garden more safely the chemicals, the best fertilizer is organic matter, such as compost, manure, coffee grounds, and shredded leaves.

**Water Wisely.** If you start with seeds, know that they should never be dried out, so make

time to water your plants daily. As your plants grow, they will need less water, but don't think you can rely on Mother Nature alone. The amount of water your fruits and vegetables need will depend on rainfall, humidity, and soil. Clay soil, for example, dries out more quickly than sandy soil and will require more regular watering. Make sure you understand the unique needs of the plants you selected and accommodate them accordingly.

**Rotate Your Crops.** If you're successful (and you will be!), you'll find plants you enjoy cultivating and that you are confident growing year after year. Once you are committed to a seasonal cyclical, plan to rotate your crops. Only plant the same crop in the same soil (or box) once every three years for best results.

Regularly eating healthy fruits and vegetables has been linked to improved health, while gardening has been proven to be a healthy, mood-boosting hobby. By embracing National Fruits and Vegetable Month this June and embracing the challenge and rewards of a backyard garden, you'll be investing in a project you can be proud of that will help improve your health—mind, body, and spirit—all year long.



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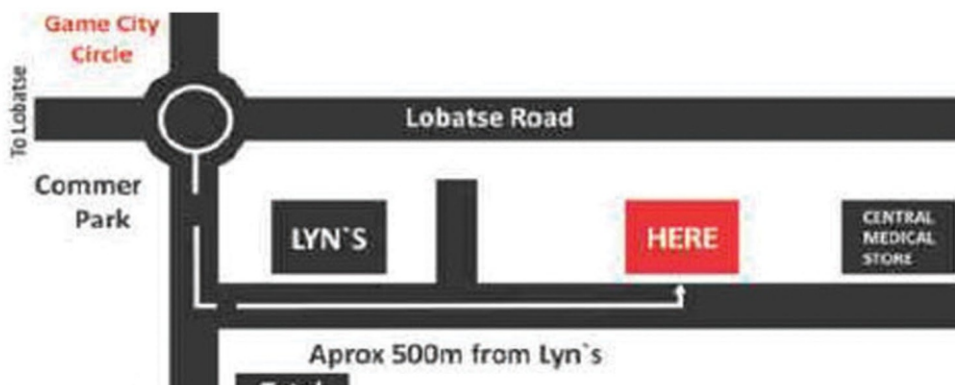
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# The Ford Mustang Dark Horse Is the New Pony Car King

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



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

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

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

That potent V-8 can be mated to either a 10-speed automatic, or the Tremec-sourced six-speed manual offered in the Mach 1. The latter gearbox is a welcome addition in this case, as the Mustang's standard MT82 manual gearbox has often been lamented for its lack of on-track prowess. The Dark Horse team also wanted to celebrate manual customers by offering a shift knob inspired by the titanium exhaust found on the [mid-engined GT](#) supercar. The shifter itself is topped with a 3D-printed bit of blue anodized titanium, which features a unique texture underneath to help with cooling the surface.

That focus on track readiness starts under the hood, where a familiar 5.0-liter Coyote V-8 engine sits, now in its fourth generation. For the Dark Horse, it's packed with a ton of unique components aimed at improving performance, including a tougher set of camshafts, as well as a forged crankshaft and connecting rod setup borrowed right off of the outgoing GT500. Combined with a unique engine calibration, the Dark Horse promises to deliver the most amount of horsepower ever offered by a 5.0-liter Coyote engine. Ford hasn't given us an exact number, but we have some idea. At the reveal event, Ed Krenz said Ford is targeting at least 500 hp.

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

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

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

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

Some of those Shelby traits continue with the styling of the Dark Horse, which is reminiscent of the current GT500. The front end is much more horizontal than before, mirroring the squared-off look of that 760-hp monster. The aero packages only further press on this familial relationship, as the front splitter and side skirts are nearly ringers for the current offering. The rear diffuser and blacked-out exhaust tip combo looks menacing, and aims to hint at the performance on offer from the Dark Horse. As you'd expect, there are a ton of unique Dark Horse badges around the vehicle, which feature a ton of detailing work we've yet to see on a Mustang. The same can be said about the Blue Ember metallic paint, which shifts from a bluish gray to an ember orange depending on the light. The effect is almost like that of the (in?)famous Mystichrome hue found on the [SN95 generation](#) of Mustangs, albeit a bit more mature in its execution.

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

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

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



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Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



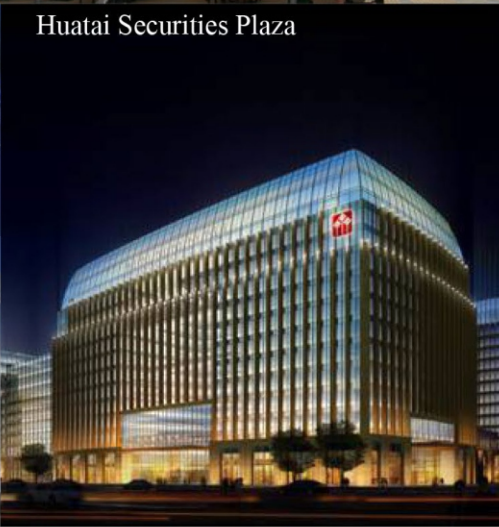
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# 5 tips to become a kid's favorite adult



There is seemingly endless advice out there to help parents raise healthy, responsible children. But parents aren't the only people who help raise kids or invest in their well-being. Author and entrepreneur [Rachel Cargle](#) isn't a parent, but kids are a central part of her life.

"I found myself as this auntie figure, both for my nieces and nephews who are biologically part of my life, but also as my friends and other people in my community are having children of their own," Cargle says. "I found a lot of joy in being part of their lives."

Cargle runs the Instagram account [Rich Auntie Supreme](#), which helped popularize this image of blissful, wealthy, carefree women who can live that way because they don't have children.

Cargle is not the first person to talk about living a child-free life, but she says she found many child-free communities talked about how much they didn't like children or believed people who did have kids made the wrong choice. She wasn't interested in that. As someone who spends time caretaking in a variety of ways, Cargle loves kids.

"Children are such wonderful reminders of the wonder of life," she says. "Having children in your world is a meaningful part of the life experience."

For Cargle, choosing to live child-free was an invitation to have relationships with kids without being a parent. And she's discovered there are plenty of ways to do it. "There are opportunities to be an auntie everywhere."

Aunts, uncles, godparents and even trusted neighbors play a unique role in shaping the littlest members of our society. Here are five tips from superstar aunties, uncles and experts on how to be a supportive adult to the kids in your life.

## Figure out your role

The great part about not being a parent to a child, is that you get to choose how much you want to engage and in what ways. Some aunties and uncles want to send cards full of money on birthdays and holidays. Others want to do school pickup every week. Whatever your style, the first step in being a supportive adult in a kid's life is understanding your own interests and being intentional about what you can and can't give.

"A lot of the auntie role is, of course, caretaking," says Cargle. "But it's also teaching and exposing and introducing and showing up."

Do you like getting your nails done or making TikToks? Is the kid in your life a big Seahawks fan or are they really good at math? Think about an activity or subject you enjoy that you can share with the kids in your life. Finding a shared interest is an easy way to create a point of connection that can help you build or strengthen that relationship.

## Come up with a routine for staying in touch

Once you figure out your role, start thinking about how often you want to participate. Are you checking in every day? Once a week? Do you go to all the football games and recitals, or send each other your wordle responses every morning? When it comes to building relationships with kids, consistency is key.

[Erlanger Turner](#) is a licensed child and adolescent psychologist and founder of Therapy for Black Kids. He's also an uncle, and he says it's normal for kids to develop attachments and get used to a particular level of interaction, so think about what level of commitment you can maintain. You can even get input from the parent to see what would work for them. And try to stick to a schedule that you can balance with the rest of your life.

Part of being a good auntie is being present and engaged with the whole family. You can talk about all sorts of things with the parents or guardians, including how they think you can be the most supportive. Maybe they'd like you to work on a specific behavior with their child or mentor them on a particular subject.

Talk with them about what support they need as a parent and how you can best show up for them, too. That could be a simple word of encouragement, reminding parents they're doing a good job, or something more involved like regularly babysitting, buying the kids lunch every once in a while or helping them with homework.



### Provide non-judgmental support

Turner says relationships with adults who aren't their parents help children's development because a lot of how kids learn is through observation.

Aunties show kids that there are different perspectives, ways to live and ways to be. Being able to introduce kids to that broader view of life is one of the really special things that aunties and uncles do, Turner says.

The main difference between a parent-child relationship and an auntie-child relationship is, as an auntie, you're not the primary caretaker. Unlike being a parent, there's less pressure for you to always be on your best behavior or be the perfect role model. Because aunties and uncles operate in this neutral safe zone, they can listen to kids a little bit differently than their parents.

Kids might be afraid to share certain things with their parents because they're afraid they'll get in trouble or disappoint them, says Turner.

"When they have a relationship with the aunt or uncle sometimes those expectations may not be there. They may be more comfortable sharing certain things."

In this safe zone, aunties can be more free to express themselves than parents, and kids can feel more comfortable sharing their thoughts and experiences.

Have a conversation about boundaries with the child and their parents

If a kid sees you as a safe person, they might start sharing their secrets with you. Sometimes these are fun secrets like a surprise they're planning for Mother's Day or small revelations they may have as they get older that they only want to share with you.

But a time may come when you're being asked for advice or they tell you something that is a little bit outside the scope of your relationship. You might even get a sense that they're in harm's way. This is a moment you can prepare for.

Turner says if a child shares something with you that you don't feel comfortable keeping secret, follow this two-step process.

Before you talk to the parents, validate the child and what they've shared with you. Then, explain how you feel and talk about how you want to proceed. It might go something like this:

"Say, 'Hey, I know you told me this, and you wanted me to keep this a secret, but I think that it is something that I need to share with your parents.'"

The child can share directly with their parents if they feel more comfortable with that option. You can also offer to accompany them as moral support when they talk to their parents, says Turner. Kids might be upset at first, but Turner says they usually understand.

"It's really important to communicate to the child that you want to be supportive of them. You want to be there for them and listen to the things they may be going through," Turner says. "In most cases, the kids understand that you're an adult and that adults have to make some tough decisions that maybe they don't agree with."

It's important to keep the lines of communication between you, the parent and the child open. Everyone's on the same team. As important as your relationship with the child is, you're there to help raise them. Being an ally to the parents and working with them, not against them, is key to being a good auntie.

### Talk about discipline

Another situation you can prepare for is discipline. Turner says that in most situations, kids are going to test the limits when they're not with their parents, and there may even be some behavior issues they are working on. So, have ongoing conversations with the parents about what they think is appropriate.

# 26 Helpful Tips for Fitness and Nutrition

Get stronger in no time with these accessible, actionable tips.

We all want to be our best, healthiest selves. Still, with so much advice floating around, it can be hard to choose which healthy lifestyle tips are worth trying.

To make your life a bit easier, we've rounded up some of our go-to diet and [fitness](#) strategies to help you achieve your goals.

## Stay Hydrated

Whether you're heading off to spin class, boot camp, or any other exercise class, it's always important to hydrate so you can stay energized and have your best workout. But you don't want to grab just anything for hydration purposes.

Electrolyte-loaded athletic drinks, for example, can be a source of unnecessary calories. So "drinking water is usually fine until you're exercising for more than one hour," [Jackie Newgent, RD](#), author of "The Big Green Cookbook," told *Health*.

But if you are doing high-intensity exercise for a long period, feel free to go for regular sports drinks. They can give you a beneficial replenishment boost—especially since they typically include minerals, electrolytes, and sometimes vitamins.

If you don't want the calories but want some flavor, there are lower-calorie sports drinks available, added Newgent, that you could find in the grocery store.

## Find a Workout Buddy

A friend you can work out with is very helpful for staying motivated, but it's important to find someone who will inspire—not discourage. So make a list of all your exercise-loving friends, then see who fits this criterion, [Andrew Kastor](#), an ASICS running coach, told *Health*:

- Can your pal meet to exercise on a regular basis?
- Are they supportive (not disparaging) of your goals?
- Will your bud be able to keep up with you or even push your limits in key workouts?

If you've got someone that fits all three, make the phone call to start getting fitness plans together. But if you don't have someone close to you who could be your workout buddy, you may be able to find other ways to exercise with others.

You could check out a local gym or recreation center for more information about group workout classes, personal training sessions, or exercise-focused groups. You could even ask your family members or friends if they know individuals who are also looking for a workout buddy.



## Stock Your Fridge with Healthy Foods

Foods like fruits, vegetables, and lean meats can go a long way for your fitness journey.

There are even some delicious, [healthy snack options](#) to take advantage of, like hummus, grapes and walnuts, and apple slices with cheese.

Additionally, some key ingredients may make it a lot easier to meet your weight-loss goals. During your next grocery store run, you could also consider placing Newgent's top three diet-friendly items in your cart:

- Balsamic vinegar (it adds a pop of low-cal flavor to veggies and salads)
- In-shell nuts (their protein and fiber keep you satiated)
- Fat-free plain yogurt (a creamy, comforting source of protein)

"Plus, Greek yogurt also works wonders as a natural low-calorie base for dressings and dips—or as a tangier alternative to sour cream," said Newgent.

## Relieve Those Achy Muscles

After a grueling workout, there's a good chance you're going to be feeling sore thighs and tight calves.

Fortunately, you might get relief from post-fitness aches by using cold water immersion in the form of ice baths. This involves submerging your lower body in a cold bath (50 to 59 degrees Fahrenheit; you may have to throw in some ice cubes to get it cold enough) for 10 to 15 minutes.

"Many top athletes use this trick to help reduce soreness after training sessions," said Kastor. "An athlete training for an important race should consider getting one to two massages per month to help aid in training recovery."

Of note, when a person puts their body in cold water, doing so can lead to increased breathing, heart rate, and blood pressure. The body can also lose heat faster in cold water than in air.

In other words, cold water can cause the body to work harder, which may not be good for certain health conditions. People should not use ice baths if they have, for example, the following conditions:

- Cryoglobulinemia (a condition where antibodies in the blood thicken in the cold)
- Heart conditions
- Impaired circulation
- Open wounds
- Raynaud's disease (a condition where blood vessels get narrow due to cold or stress)
- Type 1 and type 2 diabetes

Cold temperatures might also worsen dysesthesia symptoms (when normal stimuli, like touch, are painful or don't feel good) or lead to urticaria, or hives.

To be sure ice baths are safe for you, talk with a healthcare provider if you are interested in trying this type of therapy.

## Curb Your Sweet Tooth

Cutting down on sugar can assist you with weight loss—individuals who consume less sugar end up with lower weights.

"To satisfy your sweet tooth without pushing yourself over the calorie edge, even in the late night hours, think 'fruit first,'" said Newgent.

You can enjoy a sliced apple with a tablespoon of nut butter (like peanut or almond) or fresh fig halves spread with ricotta.

Whether you're just starting or trying to maintain your nutrition and fitness progress, you have many options to help you meet your goals. From changing how you eat to finding the right fitness wear for your exercise routine, you can personalize your journey to a healthier lifestyle using *Health's* tips and strategies.

# 7 Effective Fitness Tips For Beginners



## What Does Being Fit Mean?

Being fit is often considered the elixir of life, hence so many fitness tips for beginners exist. Someone who is healthy, physically and mentally, finds success in life, time and again. They also do not give up in the face of adversity. And, have a positive attitude toward life in general. Also, they are less likely to fall ill and recover from illnesses more quickly. But, becoming and staying healthy requires consistent dedication to diet, workout, sleep, hydration, and emotional regulation. Doing a lot of work at the beginning of your fitness journey can seem daunting. But, we all have got to start somewhere. So, today we have brought you some *amazing fitness tips for beginners* along with workout tips that you can use even as a total beginner and turn into a fitness enthusiast, or as the kids say, a pro.

So, before starting your fitness journey, let us take you through the steps to get the most out of your fitness journey.

## Fitness Tips For A Healthy Life

Here's a rundown of everything that we are about to discuss.

1. A Balanced Diet Is The Way To A Healthier Life
2. Hydration Is The Key To A Perfect Fitness Workout
3. Setting Achievable Health And Fitness Goals
4. Cut Out The Screen Time That Does Not Serve You
5. Hit The Bed On Time
6. Personalize Your Workout
7. Learn To Regulate Your Emotions In A Healthy Manner

Now, let's take a closer look at each of these fitness tips for beginners.

## Fitness Tip 1. A Balanced Diet Is The Way To A Healthier Life

Ever since we were kids, we have been taught the importance of eating a balanced meal. As an adult, we understand how essential those lessons were and how useful those fitness tips for beginners are. As per the list shared by the World Health Organization (WHO), a healthy diet consists of the following components:

At least 400 g of fruits, vegetables, legumes, and whole grains, less than 5% of sugar, less than 30% of fats (nuts, oils, butter, etc.), out of which unsaturated fats should take precedence over saturated fats and less than 5g of salt per day.

It might not be possible to have an exact diet like this every day, yet something that matches this is highly desirable and can help you stay healthy for a long. Remember, your fitness journey starts in your kitchen.

## Fitness Tip 2. Hydration Is The Key To A Perfect Fitness Workout

A ton of fitness tips come and go but the biggest fitness tip you can get is this. Our bodies are made of 60-70% water, so maintaining optimum levels of water in the body not only seems like the right choice but is also essential. Avoid drinks that dehydrate your body like alcohol and instead switch it up with a glass of water.

You can add different things to your water to meet the daily requirement of 2 liters or 8 glasses of water per day. Remember, staying hydrated helps you maintain a healthy weight balance, clears out your skin, can help you to work out for a longer period of time, boosts your brain performance, and improves your digestive functioning.

## Fitness Tip 3. Setting Achievable Health And Fitness Goals

Setting realistic health and fitness goals is a crucial first step in starting a [fitness journey](#). These objectives act as compass points that keep us on track and inspired. But it's crucial to set goals while maintaining a realistic outlook and a solid grasp of our own potential. To do so, you can follow the SMART approach, that is, keep your goals specific, measurable, achievable, relevant, and time-bound. The trick is to strike a balance between neither overestimating your strengths nor undermining them. Use your strengths to your advantage and work on your weaknesses in a consistent manner.

## Fitness Tip 4. Cut Out The Screen Time That Does Not Serve You

We as adults have multiple things to do. Working on computers, laptops, mobiles, and tablets on our jobs. Even during our off-hours, we are constantly using our phones and scrolling through irrelevant material. It impacts our bodily movements, constricting us to one space for too long.

By replacing our daily screen time with more movements, such as quick exercise, yoga, meditation, and any other physical task, we can be healthy while also protecting our eyes and our dopamine receptors from frying.





#### **Fitness Tip 5. Hit The Bed On Time**

Have you heard of the golden rule of **'8 hours of sleep'**? Well, that is true...mostly. Since everyone's body functions differently, we all require different amounts of sleep to feel good and refreshed. So, you will need to figure out the number of hours you need. They can range anywhere between 7-9 hours. Also, if your day allows it, try to take a 30-minute nap post-lunch. Following lunch, a brief momentary rest may assist in gastrointestinal health.

#### **Fitness Tip 6. Personalise Your Workout**

While staying active is important for overall **physical and mental well-being**, there are multiple routes that you can take to achieve supreme health. You should personalize your workout as much as possible, this can include but is not limited to doing your preferred form of workout such as weightlifting, Yoga, Zumba, Karate, Boxing, and any other form of exercise to choosing the number of hours you want to devote to workout every day.

You can also break your workout into different segments that can be completed throughout the day. For example, you may choose to workout for 20 minutes each prior to breakfast, lunch, and dinner.

#### **Fitness Tip 7. Learn To Regulate Your Emotions In A Healthy Manner**

Anger is the biggest detriment to our **health and fitness journey**. When we feel emotions that we are not able to regulate and process properly, it creates cognitive dissonance and negatively impacts our physical and mental health. To overcome this often-looked-over factor, it is important to learn to communicate our feelings in a calmer manner, to express our emotions timely rather than bottling them up, and to face our insecurities and concerns with a logical point of view.

You can use meditation, journaling, therapy, and connecting with nature as forms of healthy outlets to let your feelings out. As a

subset of many of the other fitness tips, emotional regulation can be a powerful tool for staying healthy as a beginner.

#### **Conclusion**

Overall, in order to maintain a healthy lifestyle as a beginner, it is essential to follow the **fitness tips for beginners** given above. Remember, this is just a basic blueprint of what you can do to be healthier. Everyone's journey looks different and ultimately only you can decide what works best for you. But whatever you do, aim to stay consistent, be disciplined, and keep experimenting until you find the right mix for you. Patience and congruency will take you to your destination.

# 6 Budget Shopping Tips For Household Items



Running a household isn't a cheap and easy thing to accomplish. There are many supplies you'll constantly have to replenish. When you add these all up to your monthly expenses, it does add up significantly, on top of the other essentials like grocery items and utility bills. Wanting to find ways to trim down on these expenses is, therefore, normal.

When you're managing a household budget, the focus is often on the bigger expenses, without putting much thought about how the little household items add up to escalate your bills. Think of these for instance: your laundry detergent, dishwashing soap, and sponges—these little things.

With that said, here are six budget shopping tips for some of the most common household items:

## 1. Use Generic Or Store Brands

There are certain things in your home which may not necessarily call for their branded alternatives. These include cleaners like your dishwashing soap, bleach, cleaning sponges, toilet paper, kitchen towel, detergent—you name it.

Unless your favourite brand is on special, then it's worth giving the store brands a try. More and more [supermarkets and shops](#) are coming up with their own store brand items, for a lower price than that of the branded ones, but still with a competitive quality.

## 2. Keep Track Of Your Purchases

Keeping track of your purchases enables you to remember how much of certain household items you use in a month, so you can watch out when a sale comes.

For example, after going through your supermarket's catalogue, you know that your dishwashing liquid is going on special next week. It's on half-price that it turns out cheaper than the generic one. If you're due to buy dishwashing liquid anyway, then might as well buy two bottles, now that it's on half price. By doing so, you're stretching the purchasing power of your dollar.

Tracking your purchases enables you also to keep a budget for those certain expenses, so you're ready for when they suddenly run out.

## 3. Use Coupons And Take Advantage Of Discounts

Certainly, you can't go crazy like the extreme coupon shoppers and collectors you see on TV. But you get the point. If you have a store membership, or you're browsing through your [Coles catalogue](#), or any other supermarket in your local area, there are coupons available for certain things you need to buy. Take advantage of those coupons.

Any discount you can get for items you know you'll end up using soon are big savings on your monthly budget.

With that in mind, it's always a good idea too to plan your shopping trips. Before you go to your supermarket, make it a point to visit the shop's website first to check for any coupons you can use. [Saving monthly](#) on your usual expenses can mean more budget for other needs.



**4. Make Bulk Purchases**

Depending on where you are and the stores you usually shop from, there may be certain purchases that end up cheaper when you buy in bulk. It may cost you more at present, but in the long run, it results to cash savings than when purchased per item. Buying in bulk enabled you to save more.

Think of the things you run out fast in your household. There's no uniform approach to this, as households have different patterns, depending on your family's size and needs. The most common items usually bought in bulk are toilet paper, kitchen towels, canned goods, and baby diaper.

**5. Simplify Your Supplies**

Take a good look at your cleaning supplies. Do you have separate items for everything? Floor cleaner, wood cleaner, table cleaner, kitchen oven, shower cleaner, bathroom floor cleaner, these are only a few.

You don't really need to have separate cleaning supplies for every single need. An all-purpose cleaner or multi-surface cleaner works just as well. When you simplify your supplies, you may be able to significantly reduce your bill for household items. Specialised cleaners are often quite expensive compared with the usual bleach or multi-purpose cleaner.

**6. Make Your Own Household Cleaners**

There are some household cleaning supplies that are actually quite easy to make on your own. If you've made that choice now to live a more natural and eco-friendlier lifestyle, then you may want to skip on too much chemical household cleaners.

Some of the ingredients for household cleaners are common pantry items like baking soda, apple cider vinegar, and lemon, among others.

Saving money on certain expenses, without necessarily cutting off those household items off your grocery list, is always a good idea. If you take the time to sit down and list every single household item you need to replenish every month, you may be surprised by how much of your budget it eats up.

If there's anything the recent times has taught everyone, it's that it's very important to be as practical as possible, and to be budget-savvy. The tips above can help you successfully reach that goal.

**Conclusion**



Cowboy pie  
**Prep:**20 mins  
**Cook:**1 hr  
**Easy**  
**Serves 4-6**

What says comfort food better than sausages and baked beans in a pie topped with cheesy, buttery mashed potato? This is a guaranteed family favourite.

**Ingredients**

- 2 tsp [sunflower oil](#)
- 1 [onion](#), finely chopped
- 8 pork sausages, cut into bitesize pieces
- 2 [garlic cloves](#), crushed or finely grated
- 2 tsp [hot smoked paprika](#)
- 2 x 410g cans baked beans
- 3 tbsp barbecue sauce

**For the mashed potato**

- 1 kg [potatoes](#), peeled and roughly chopped
- 50g [butter](#)
- 4 tbsp [milk](#)
- 75g [grated cheddar](#)
- 2 tbsp chopped chives, to garnish, optional

**Method**

**•STEP 1**

First, make the mashed potato. Bring a large pan of salted water to the boil over a medium heat, then carefully tip in the chopped potatoes. Cook for 15-20 mins until tender. Drain, then tip back into the pan and leave to air-dry for a couple of minutes before mashing. Tip in the butter and milk, and stir through until combined. Set aside with the lid on to keep warm.

**•STEP 2**

Heat the oven to 200C/180C/gas 6. While the potatoes are cooking, heat the oil in a frying pan or [saucepan](#) over a medium heat and fry the onion for 6-8 mins until softened. Tip in the sausage pieces and fry for 4 mins until browned all over, then add the garlic and cook for 1 min before stirring in the smoked paprika and cooking for 1 min more. Pour in the beans and barbecue sauce and cook until just about to simmer before removing from the heat.

**•STEP 3**

Spoon the sausage and bean mixture into an ovenproof tin or dish (ours was 20x20cm), then spoon over the mashed potato and sprinkle the grated cheddar on top. Bake in the oven for 25-30 mins until bubbling round the edges and the cheese is golden. Remove from the oven and scatter over the chives, if using.

**Spicy kimchi pancake (kimchi jeon)**

**Prep:**10 mins  
**Cook:**10 mins  
**Easy**  
**Serves 2**

Make these Korean-style spicy pancakes made with gut-friendly kimchi (sour cabbage) and gochujang (Korean red pepper paste). They're packed with flavour.



**Ingredients**

- 175g [self-raising flour](#)
- 1 tbsp cornflour
- 200g [vegan fermented \(sour\) kimchi](#), drained and finely chopped, and 2 tbsp liquid reserved
- 2 tsp [gochujang](#) (Korean red pepper paste), or use half sriracha, half miso paste
- 2 [spring onions](#), finely sliced
- 6 tbsp vegetable oil

**•STEP 1**

Put the flours in a bowl and pour in 200ml ice-cold water and the reserved kimchi liquid. [Whisk](#) until a smooth batter is formed.

**•STEP 2**

Mix in the kimchi, gochujang and spring onions – the batter should be a slightly thick pancake batter, similar to a drop scone consistency. You can add a tablespoon of flour if you need to thicken it a little.

**•STEP 3**

Place a large, non-stick pan over a high heat with 2 tbsp vegetable oil. Ladle the pancake mix into the pan. Use the back of the ladle to smooth the mixture out to create a thin, even layer. Reduce the heat to medium high. Fry for 2-3 mins, until air bubbles start to pop on the surface and the sides start to crisp.

**•STEP 4**

Flip the pancake then slightly lift the side of the pancake with a [spatula](#) and add another tablespoon of oil underneath – shake the pan a little to make sure the oil coats the bottom of the pancake.

**•STEP 5**

Use a spatula to press on top of the pancake to ensure the pancake is crispy. Fry for a further 2 mins.

**•STEP 6**

Flip one last time, pressing down on the pancake again and fry for 30 seconds. Drain on kitchen paper and keep warm in a low oven while you cook the second pancake using the same method. Serve (optionally cut into bite-sized pieces).

One-pan spaghetti with nduja, fennel & olives

**Prep:**15 mins  
**Cook:**15 mins  
**Easy**  
**Serves 4**

A spicy sausage pasta dish with a difference. Using the cooking water helps the sauce cling to the pasta and gives the dish more body. A silky smooth sauce, perfect pasta and one pan to wash!

**Ingredients**

- 400g spaghetti
- 3 [garlic cloves](#), very thinly sliced
- ½ [fennel](#), halved and very thinly sliced
- 75g [nduja](#) or sobrasada paste
- 200g [tomatoes](#) (the best you can get), chopped into chunks
- 75g [black olives](#), pitted and sliced
- 2 tsp tomato purée
- 3 tbsp [olive oil](#), plus a drizzle
- 2 tsp red wine vinegar
- 40g pecorino, plus extra to serve
- [handful basil](#)
- , torn

**•STEP 1**

Boil the kettle. Put all the ingredients except the pecorino and basil in a wide saucepan or deep frying pan and season well. Pour over 800ml kettle-hot water and bring to a simmer, using your tongs to ease the spaghetti under the liquid as it starts to soften.

**•STEP 2**

Simmer, uncovered, for 10-12 mins, tossing the spaghetti through the liquid every so often until it is cooked and the sauce is reduced and clinging to it. Add a splash more hot water if the sauce is too thick or does not cover the pasta while it cooks. Turn up the heat for the final few mins to drive off the excess liquid, leaving you with a rich sauce. Stir through the pecorino and basil, and serve with an extra drizzle of oil and pecorino on the side.

Chorizo & mozzarella gnocchi bake

**Prep:** 10 mins

**Cook:** 25 mins

**Easy**

**Serves 6**

Upgrade cheesy tomato pasta with gnocchi, chorizo and mozzarella for a comforting bake that makes an excellent midweek meal

**Ingredients**

- 1 tbsp [olive oil](#)
- 1 [onion](#), finely chopped
- 2 [garlic cloves](#), crushed
- 120g [chorizo](#), diced
- 2 x 400g cans chopped [tomatoes](#)
- 1 tsp [caster sugar](#)
- 600g [fresh gnocchi](#)
- 125g mozzarella ball, cut into chunks
- small bunch of [basil](#), torn
- green salad, to serve

**•STEP 1**

Heat the oil in a medium [pan](#) over a medium heat. Fry the onion and garlic for 8-10 mins until soft. Add the chorizo and fry for 5 mins

more. Tip in the tomatoes and sugar, and season. Bring to a simmer, then add the gnocchi and cook for 8 mins, stirring often, until soft. Heat the grill to high.

**•STEP 2**

Stir  $\frac{3}{4}$  of the mozzarella and most of the basil through the gnocchi. Divide the mixture between six ovenproof ramekins, or put in one baking dish. Top with the remaining mozzarella, then grill for 3 mins, or until the cheese is melted and golden. Season, scatter over the remaining basil and serve with green salad.

Vegetarian lasagne

**Prep:** 25 min

**Cook:** 1hr and 10 min

**Easy**

**Serves 6**

Make our easy vegetarian lasagne using just a handful of ingredients. You can use ready-made tomato sauce and white sauce, or batch cook the sauces and freeze them

**Ingredients**

- 3 [red peppers](#), cut into large chunks
- 2 [aubergines](#), cut into  $\frac{1}{2}$  cm thick slices
- 8 tbsp [olive oil](#), plus extra for the dish
- 300g lasagne sheets
- 125g mozzarella
- handful [cherry tomatoes](#), halved

**For the tomato sauce**

- 1 tbsp [olive oil](#)
- 2 [onions](#), finely chopped
- 2 [garlic cloves](#), sliced
- 1 [carrot](#), roughly chopped
- 2 tbsp tomato purée
- 200ml white wine
- 3 x 400g cans [chopped tomatoes](#)
- 1 bunch of [basil](#), leaves picked

**For the white sauce**

- 85g [butter](#)
- 85g [plain flour](#)
- 750ml [milk](#)

**•STEP 1**

To make the tomato sauce, heat the olive oil in a saucepan. Add the onions, garlic and carrot. Cook for 5-7 mins over a medium heat until softened. Turn up the heat a little and stir in the tomato purée. Cook for 1 min, pour in the white wine, then cook for 5 mins until this has reduced by two-thirds. Pour over the chopped tomatoes and add the basil leaves. Bring to the boil then simmer for 20 mins. Leave to cool then whizz in a food processor. **Will keep, cooled, in the fridge for up to three days or frozen for three months.**

**•STEP 2**

To make the white sauce, melt the butter in a saucepan, stir in the plain flour, then cook for 2 mins. Slowly whisk in the milk, then bring to the boil, stirring. Turn down the heat, then cook until the sauce starts to thicken and coats the back of a wooden spoon. **Will keep, cooled, in the fridge for up to three days or frozen for three months.**

**•STEP 3**

Heat the oven to 200C/180C fan/gas 6. Lightly oil two large baking trays and add the peppers and aubergines. Toss with the olive oil, season well, then roast for 25 mins until lightly browned.

**•STEP 4**

Reduce the oven to 180C/160C fan/gas 4. Lightly oil a 30 x 20cm ovenproof dish. Arrange a layer of the vegetables on the bottom, then pour over a third of the tomato sauce. Top with a layer of lasagne sheets, then drizzle over a quarter of the white sauce. Repeat until you have three layers of pasta.

**•STEP 5**

Spoon the remaining white sauce over the pasta, making sure the whole surface is covered, then scatter over the mozzarella and cherry tomatoes. Bake for 45 mins until bubbling and golden.

Campfire stew

**Prep:** 15 mins

**Cook:** 3 hrs and 25 mins  
plus overnight soaking

**Easy**

**Serves 6**

Enjoy this easy stew made with gammon and plenty of veg – it's full of goodness, delivering four of your five-a-day, and can also be cooked in a slow cooker

Ingredients

- 600g gammon
- 1 tbsp vegetable oil
- 2 [onions](#), roughly chopped
- 2 [carrots](#), chopped
- 1 [celery stick](#), chopped
- 2 [peppers](#), deseeded and chopped
- 3 [garlic cloves](#), crushed
- 1 tbsp tomato purée
- 2 tsp [smoked paprika](#)
- ½ tsp [chilli powder](#) (optional)
- 2 x 400g [cans chopped tomatoes](#)
- 1 tbsp Worcestershire sauce
- 2 bay leaves
- 2 x 400g cans haricot beans, drained and rinsed

**•STEP 1**

Remove the rind and fat from the gammon, then soak in a pan of water in the fridge overnight – this will remove some of the salt.

**•STEP 2**

Heat the oil in a large flameproof casserole or ovenproof pan over a medium-high heat and cook the onion, carrots and celery for 10 mins, stirring regularly until the veg starts to soften. Stir in the peppers, garlic, tomato purée, paprika and chilli powder. Cook for another 2 mins, then add the tomatoes and stir. Swill out the tomato cans with a little water and pour this into the casserole. Season well and stir in the Worcestershire sauce, 1 tbsp sugar and the bay leaves.

**•STEP 3**

Heat the oven to 170C/150C fan/gas 3. Put the gammon in the casserole, cover and bring to a simmer. Transfer to the oven and cook for 3 hrs until the meat is tender. Carefully lift out the casserole and return to a medium heat on the hob, then add the haricot beans. Simmer for 10 mins until the beans are heated through then shred the ham using two forks. Serve straightaway. **To store, leave to cool completely and chill in an airtight container for up to three days, or freeze for up to two months. Defrost in the fridge overnight before reheating until piping hot.**



# Simple And Easy Home Management Tips For Working Moms



Are you struggling to fit everything into your day that you feel you need to? Are you exhausted and feeling guilty that you have to work?

Find the balance with these simple **home management tips for working moms** they are going to make a difference.

There are things that you can do that will make it easier for you and your family. These [home management tips](#) and ideas are going to change how you look at the tasks you need to do. They could even give you back some time just for you.

I know how difficult it can be to find the time for everything. Often, work seems to get in the way of getting it all done. But it doesn't have to be like that.

## What Is Home Management?

Let's quickly look at what home management is and how everything fits together.

Home management simply means managing all aspects of your home, from cleaning to booking dentist appointments. It's the heart of everything that happens in your home, for yourself and your family.

## Have A Command Center In Your Home

A command center is a place or a file that is the center of how you manage your home.

You can have command centers on the wall. You can have electronic ones or just a folder that sits on the countertop that everyone knows how to use.

It's about having everything in one place. So you and your family know where to go to find the answer to any questions about any commitments.

For example:

- What's for dinner?
- When's my dentist appointment?
- Where is my hockey match being played?
- What do I need to buy from the supermarket?

This is the place where all important dates and information is held.

## Planning Your Day Properly

When it comes to your day, having a plan that you can accomplish is the main goal. Putting a long list of tasks that is impossible to complete in a day isn't planning.

What a massive to-do list does is set you up to fail. This isn't something you should be doing as it will impact how you feel. When you feel low it won't motivate you to do any of the tasks on the list.

You need to know what time you have and the tasks that you need to complete. Let's start with time management.

## Time Management

Knowing what time you have is key to the success of your day. Don't forget to and from work, this needs to be placed in your schedule too.

Getting good at working out your priorities, what's urgent and needs doing first, is going to save you time. No more rushing around when you realize that you need to do something NOW!

Know the time you have and then use that time for the things that you need to do. I get it, there is never enough time if you are always playing catch-up.

Prioritizing the right tasks, at the right time, is going to make it so much easier. When you have practiced these tactics, try doing some in advance to save even more time.





### Create A Master To-Do List

Having a list of the tasks you need to do is good. You can't keep all that information in your head, it's not good for you to remember so much.

A master to-do list is important, you can put items on the list, and not on your daily task list. This keeps your daily list realistic and easier to manage.

If it's important and you have to move items from today's list put that back on your master to-do list.

Your to-do list isn't set in stone, it's flexible and it's ok to move things around if you need to. But don't use it as an excuse for not doing the tasks required.

### Routines And Habits Are Good For You

Creating routines and habits in your life is going to make it easier for you. Tasks will be completed at certain times of the day, and it quickly becomes an automatic function.

Getting your whole family involved is a great idea as it helps to make running your home a team effort.

Always start small and build up your routines slowly. It makes it easier for everyone involved if they don't have to start with a massive list.

You can even have routines that start at different times of the day.

- A morning routine to get everyone out of the door on time.
- An evening routine after you've eaten your evening meal to get the house picked up and tidy.
- A personal routine to practice self-care

Use a tracking sheet to check off the items from your daily habits and routines.

### Did You Know Meal Planning Reduces Stress?

Meal planning is essential if you don't want to live off takeaways, or easy-to-throw-in-the-oven pre-made high-processed foods.

Take the time to prepare as much as possible the night before. You could even have different family members responsible for different parts of the meal.

The evening meal is a time when hunger turns into anger or shows in temper. Being prepared for your evening meal can help resolve these issues in your home.

It also means that you can have each family member pick their favorite meal. This helps to create a meal plan without much thought on your part.

Just remember to put the items you don't have on your shopping list.

### Create A Cleaning Schedule For Your Family

A cleaning schedule is an essential part of any home that hopes to function and look good too.

Get everyone who lives at your home involved in the cleaning, it's only fair! But, it also teaches your children how to take care of a home.

You can also be flexible, it's your home, so you want it to work for you and your family.

Encouraging everyone to take part in the cleaning helps to show respect for the home.

Gone are the days when the wife was expected to do all the cleaning and looking after the home. It's time for everyone who lives there to get involved.

### Budgeting Your Money Helps Too

Creating a budget for your money is essential for reducing the stress in your home.

Money is the top worry for many people. Prices are going up, and knowing what you can and can't afford helps you to manage your money better. You might be able to save some for later.

Knowing what is due helps to spread the cost of the bills and makes life easier.

You can create your own budgeting spreadsheet, or use a pen and a piece of paper. What works for you is all that matters.

### Why These Home Management Tips Are Essential For Working Moms

Bringing all the information you need in one place. Is perhaps the most important step for making life easier as a working moms .

Have a folder like my [home management binder](#), or, create a command center in your home. Either option will have a massive impact on how you run your home.

It gives the family a place where they need to go to find the information that relates to the home. The family schedule, and what's for dinner are just two examples of the information they might be looking for.

You don't have to do all the tasks yourself, delegate family members to do their share too.

# Beauty tips for women



Women love beauty tips and are always on the lookout for to get-gorgeous tricks that will make your hair shinier and skin flawless. We have the round up for some of the best beauty tricks every woman must know.

## Use green tea for beauty

Besides being the miraculous detox drink, green tea can be miraculous for your skin too. Green tea bags help in reducing swelling and stiffening the skin. When placed over closed eyes, the cooled tea bags can act wonders in getting rid of those disappointing dark circles. Try it and you will know.

## Sweet almond oil to remove lipstick

A long lasting lipstick is a bliss for a long working day, but the simple idea of removing it hassles us. Take this simple tip for getting rid of it by simply drizzling some sweet almond oil over a cotton ball and dabbling it over your lips. Super cheap when compared to those expensive make up removers, this tip is a win-win for sure.

## Buy non-condogenic products

There are a lot of things associated with teenage, which makes us nostalgic, acne is certainly not amongst that. Those tiny spots on your face are very disappointing and demoralizes you. Hiding and concealing them by make up is the only recourse let. This temporary coping strategy can be disastrous in the long run. While buying make up, especially when you have an oily skin, make sure you use a product which is non-condogenic. Non-condogenic products are less likely to irritate the skin or clog your pores. These products won't cause blocked pores and prevent you from those irritating acne.

## Vaseline for better eyebrow shaping

Eyebrows can sometimes behave awkwardly. You can tame your unruly eyebrow by just applying some Vaseline over it and then using your eyebrow brush for further shaping and you are done!

## Coconut hair massage before washing

Hair is one of the most appealing and at the same time experimented parts of a woman's body. Curls, straightening and hair colour, our hair handles it all. With all that damage we cause them, nourishment of your hair becomes of paramount importance. A gentle massage with some coconut oil ten minutes prior to shampooing can add wonders to your hair. Make your hair enviable and lustrous by this simple effort.

## Cleanse with cold water

Having a flawless skin is something every girl aspires for. For achieving that, hydrating your body from the inside out is indispensable. Cleanse your face at least twice every day with cold water. Avoid warm water as it opens the pores allowing dirt to enter into them. And don't forget to drink at least eight glasses of water for keeping your skin smooth and radiant.

Last but not least, always carry a curve called smile down your nose. After all, it's the best make up a girl can wear.

## Kristen Stewart shows off her signature style in a tweed ensemble as she joins fashionable Lucy Boynton at the Chanel Metiers d'Art show



[Kristen Stewart](#) and [Lucy Boynton](#) put on stylish displays as they led the star-studded guest list at the [Chanel](#) Metiers d'Art show in Manchester on Thursday.

Famous faces descended upon Thomas Street in Manchester as [Chanel](#) brought its Métiers d'Art show to the north of England despite uproar from locals who [defied police orders not to disrupt the event](#).

Keeping in line with the French fashion house's creations, Kristen, 33, cut an edgy figure in a black and white tweed dress with a low neckline and a voluminous skirt.

She completed her trendy ensemble with a pair of chunky black boots and array of chunky silver jewellery as she added her own flare to the look.

Kristen styled her choppy brunette tresses in a long fringe falling over her stunning features and added a pop of colour with a bold red lip.

Lucy, 29, put on an equally fashionable appearance in a monochrome collared dress embellished with silver buttons.

She styled her eye-catching mini dress with white tights and ballet pumps and toted her essentials in a small black handbag for the occasion.

Thomas Street in Manchester's Northern Quarter was transformed for the prestigious fashion event as runway models strutted down the road, covered from the rain by a metal structure, while A-list guests lined the pavements.

For the night, actress Jenna Coleman put on a glamorous display in a brown tweed jacket with black lapels and a tie belt, which she styled with black heels.

Tilda Swinton, 63, cut a sophisticated figure in a white shirt and a tweed jacket as she posed up a storm at the event.

Alexa Chung looked as glamorous as ever in a smart black and white dress, which she paired with a scarf and knee-high black boots.

The model, 40, toted her essentials in a small black handbag with a gold chain strap and kept her accessories simple for the event.

Hugh Grant also cut a dapper figure as he stepped out at the event hand-in-hand with his elegant wife Anna Elisabet Eberstein, who he married in 2018.

Also among the guest list were the likes of Liam Gallagher's sons Lennon and Gene, Laura Bailey and rapper Aitch.

In recent years, celebrity regulars at the Metiers d'Art have included [Pharrell Williams](#), [Lily-Rose Depp](#) and [Kristen](#), and this year, the A-list guests have descended on Manchester amid uproar from locals.

# Selena Gomez confirms she's in a relationship with music producer Benny Blanco... as she reveals they've been secretly dating for SIX months

- The singer/actress, 31, cuddled up to Benny, 35, in a snap she posted to her Instagram stories on Thursday, December 7
- It comes after she liked and commented 'Facts' underneath the Popfactions Instagram - that said the star 'seemingly confirms' that she's 'in a relationship'
- She also revealed they have been dating for six months and that he treats her better than anyone else

Selena Gomez confirmed her relationship with music producer Benny Blanco.

The singer/actress, 31, cuddled up to Benny, 35, in a snap she posted to her Instagram stories on Thursday, December 7.

Selena had her head on his shoulder in the snap - with Benny's face cut off in the image.

The snap comes after she liked and commented 'Facts' underneath the [Popfactions](#) Instagram - that said the star 'seemingly confirms' that she's 'in a relationship'.

After she shared her cuddled up snap with Benny, Selena's fans criticized her - because of his previous jabs at her.

She also revealed they have been dating for six months and that he treats her better than anyone else.

Selena and Benny already follow each other on Instagram; Selena's mom Mandy Teefey also follows him.

One month prior, Selena commented on Benny's Instagram post about his new cookbook 'Open Wide'.

She simply wrote 'Finally' adding hands up emojis, per Popfactions.

She also reposted it in her stories and said: 'One of my favs releasing a cook book [sic]'

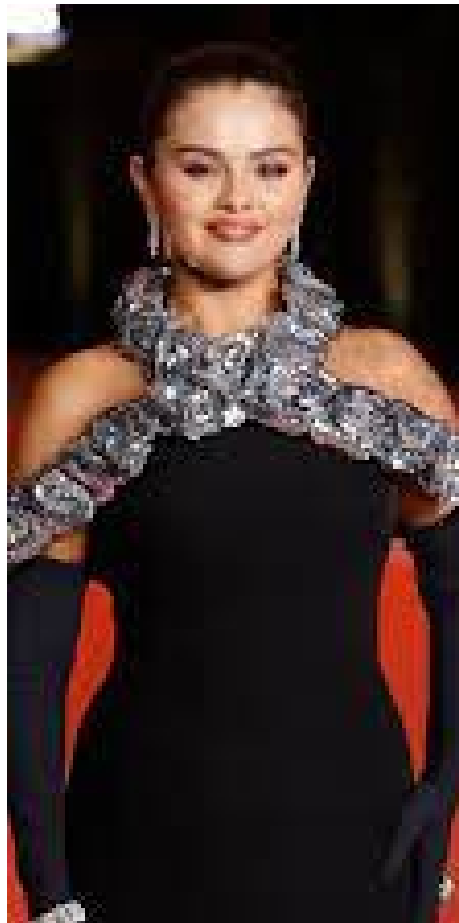
The social media site also posted an Instagram story post from Benny that he shared recently.

In the stories, he holds up a handwritten note he says is from his girlfriend - as he holds it up in the air slightly blocking a woman sleeping in front of him - who seemingly looks like Selena.

The handwritten note said: 'I am so bloated please do not squeeze/hold onto my waist tonight or I'll fart a hole through the sheets. Love you,' with a smiley face, heart and air being released image drawn on it.

He captioned the image of the letter and the woman who appears to be a sleeping Selena with: 'My gf left this warning for me on my pillow.'

In July, Benny attended Selena's 31st birthday party, with her arm seductively around his waist - as he stood behind her.





Selena has previously hinted during filming of her holiday special *Selena + Chef* that she has a crush on someone - but did not give hints on who.

Selena and Benny previously worked together on three songs - the 2021 tune *I can't Get Enough*.

Selena and J. Balvin sang the vocals on the song by Benny.

Benny also produced her song *Same Old Love* in 2015.

In 2020, Benny appeared to throw shade at Selena, when he appeared to praise her ex-boyfriend Justin Bieber and criticize her in a thinly-veiled insult.

Benny worked with Justin on his song *Lonely*, which was released in 2021.

He gushed about Justin in an interview he did with [Zach Sang](#) in 2020 while appearing to insult stars who also have makeup lines.

Selena founded her makeup brand *Rare Beauty* in 2020.

'Justin's not one of those cookie-cutter pop artists. Like you know, they're like, "This is my new single and here's my makeup line." And he's like, Justin's like, "Yo. I have a pimple and I have anxiety today." He's always been upfront about that stuff,' Benny said.

'For me, I think he's really falling into himself as an adult now. It's brave to put this song out,' he added.

Selena was previously linked to Zayn Malik and Andrew Taggart from *The Chainsmokers*.

She was reportedly dating Andrew in January 2023 and Zayn in March 2023.

Selena dated Justin Bieber on and off from 2009 until early 2018, *The Weeknd* in 2017 and Nick Jonas briefly in 2008.

She was also linked to Taylor Lautner, Zedd, Charlie Puth, Samuel Krost and Niall Horan.

# Zebras coach: A sitting target!

By Kenneth Mosekiemang



**The Botswana Football Association (BFA) has found itself in a state of confusion and disarray due to the constant chopping and changing of Zebras coaches.** The recent firing of Mogomotsi Mpote, the fourth coach to be fired under President Maclean Letshwiti's era, has raised eyebrows and led to questions about the rationale behind the decision. This confusion is particularly concerning as the team is preparing for the 2025 Africa Cup of Nations finals and the 2026 World Cup qualification journey.

The Mpote dismissal, according to some in the football fraternity, indicates that the position of Zebras coach is apropos a sitting target, because they will always be used as a scapegoat when in fact the Football Association administration personnel and/or leadership are the square peg in a round hole.

According to the BFA, Mpote was relieved of his duties due to an internal assessment and evaluation of the team's performance. However, the timing of the decision and the upcoming important matches against Mozambique and Guinea have only added to the confusion surrounding the coaching change. It is unclear why the BFA would make such a decision just before crucial games that could determine the team's future in these tournaments.

A statement from BFA reads; "Following an internal assessment and evaluation of where the Botswana senior men's national football team is, the Zebras are currently not where we want them to be. The Botswana Football Association would like to announce that we have parted ways with Mogomotsi Mpote, the Zebras national team head coach."

This confusion is further highlighted by the case of Adel Amrouche, who was fired in 2021 after failing to qualify the team for the 2021 Africa Cup of Nations. Since his dismissal, Amrouche has gone on to guide Tanzania to the 2024 Africa Cup of Nations, which raises questions about whether the BFA made the right decision in letting him go or if they are simply confused about their coaching choices.

Reports suggest that Mpote's termination may have been influenced by the association's bid to host the 2027 Africa Cup of Nations. It is rumored that Mpote was instructed to assemble a younger squad for the tournament, which led to the exclusion of some senior players. However, Mpote's resistance to this directive was seen as insubordination, leading to a strained relationship between him and the BFA executives.

Furthermore, Mpote was tasked with winning the COSAFA Cup, qualifying for the African Nations Championship (CHAN), and improving the country's FIFA rankings. However, the recent poor performance of the Zebras, including their failure to qualify for the 2024 Africa Cup of Nations, made these goals seem unattainable, especially considering the directive to assemble a youthful squad.

"At one stage he was told that if he insists on bringing the older players the association was not going to arrange him some international friendly matches or avail some resources for the team camp, hence the relationship between the two was already sour and broken," highly placed source revealed.

The constant chopping and changing of coaches reflects poorly on President Letshwiti and his administration. It is clear that the coaches are not the root cause of the team's problems, and it is time for the BFA to reflect on their own administration and decision-making processes. The firing of Mpote was the final nail in the coffin, and it is evident that the results on the pitch are not improving despite the coaching changes.

Since Letshwiti took over as president in 2016, four coaches have been fired or not had their contracts renewed, setting a bad precedent for stability and direction within the Zebras team. The association has previously stated that results take time to materialize and that there are no shortcuts in football. However, their actions contradict these statements, as they continue to make hasty decisions without giving coaches enough time to implement their strategies and achieve results.

When reached for a comment surrounding the sacking of Mpote, local football analyst Jimmy George said, "The firing of coach Mpote was the final nail into coffin by President Maclean Letshwiti and his administration. You can't be chopping and changing coaches for the Zebras whereas on the other side the results are not coming,"

"Perhaps maybe it's high time he look himself into the mirror and introspect what's is it that they are not doing right as the association as it clearly evident that the coaches are not the root cause of the problem maybe his administration. Coach Amrouche came here in 2019 and by 2021 he was already gone before the end of his contract and he was later appointed as Tanzanian head coach of which he guided the team to the AFCON 2023 which will be played next year in Ivory Coast," he shared.

### Four Zebras coaches has been fired since 2017

Meanwhile an investigation carried out by this publication has discovered that since President Letshwiti took over from Tebogo Sebego in 2016, four coaches have been fired or their contracts were not renewed upon expiry.

In 2017- British gaffer Peter Butler was the first coach to suffer the dismissal fate, at the time the Zebras was doing tremendously well and they had made the Obed Itani Chilume stadium a fortress. Following his departure, the late Major David Bright was roped in and he also failed to meet his targets and was ultimately shown door in 2019.

The late Major Bright was eventually succeeded by Amrouche in 2019 who also failed to meet the objectives which the association had assigned him. He was later released when his contract was about to elapse. However, this has left the nation's football enthusiasts wondering about the stability and direction of the Zebras team.

It is time for the BFA to reflect on their own administration and decision-making processes, as it is clear that the coaches are not solely responsible for the team's poor performance.



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