

# Celebrity World

Botswana's Native Magazine

February 2024 P12

**Killo G Reboel:**  
Crafting Musical Narratives that Resonate with Life's Journey

**A Musical Journey of Triumph and Inspiration: Anafiki Ditau**

**Jackalberry Chobe Lodge**

**Valentine's advice for a new couple**

**Amogelang Cynthia Bilton:**  
A Journey into Fashion Design and Entrepreneurship

**Gappy Roberts:**  
Botswana's Afrobeat Sensation Making Waves in the UK

Amogelang Cynthia Bilton: A Journey into Fashion Design and Entrepreneurship	Crafting Confidence: Lindy Kelebeletse's Journey with MadebyLin	The 4 Types of Parenting Styles and How Kids Are Affected	Chobe, Jackalberry Lodge
--	---	---	--------------------------



6 009601 479134

# ARCHEIN HARDWARE

Prices Valid for Lobatse, Moshupa, Moelpolole, Mochudi and Phakalane Stores Only



**Spruce Gloss**  
5L  
White/ Cream/ Black/ Blue  
**219.95**



**Capitol PVA**  
White 20L  
**259.95**

**Capitol PVA 20L**  
Cream/ Peach  
**259.95**



**Thinner 5L**  
**99.95**



**Crack Filler 2Kg**  
**29.95**

**Roller & Tray Set**  
**24.95**



**899.95**  
6/8/10 Panel Meranti Door



**289.95**  
6/8/10 Panel Meranti Door



**289.95**  
6/8/10 Panel Meranti Door



**269.95**  
6/8/10 Panel Meranti Door



**159.95**  
Hardboard Door



**549.95**  
Single Sidelight Meranti Frame



**699.95**  
Double Sidelight Meranti Frame



**79.95**  
Skirting  
70mm 3.6m



**79.95**  
Comico  
76mm 3.6m



**Cooper Pipe 5.5M 15mm P119.95**  
**Cooper Pipe 5.5M 22mm P199.95**



**Galvanised Pipe 5.8M 15mm P89.95**  
**Galvanised Pipe 5.8M 20mm P129.95**



**Kitchen Sink**  
Single Bowl 900mm P249.95  
Double Bowl 1.2m P349.95  
Double Bowl 1.5m 499.95



**Manhole Cover & Frame 450x600mm**  
**P349.95**



**Pillar/Bib Tap**  
**P89.95**



**Basin/Stand Toilet Pan**  
**P199.95**  
Each



Business Hours: Monday to Friday 8am to 5pm, Saturday, Sunday & Holiday 8am to 1pm Unit Price Includes VAT, Offer Valid Till Stock Last Company may withdraw any item or whole, promotion without any Notice before its expiry Picture may vary from actual items in store

**GUMARE**  
TEL 6874463

**LETLHAKANE**  
TEL 2976373

**MAUN**  
TEL 6860007

**MOCHUDI**  
TEL 5739577

**MOLEPOLOLE**  
TEL 5960999

**MOSHUPA**  
TEL 5490119

**PHAKALANE**  
TEL 3181512

**SHAKAWA**  
TEL 6875156

**TSABONG**  
TEL 6540645

**LOBATSE**  
TEL 5300105

## The A Team

### Editor

Takudzwa J Chigura

### Writers

Duncan Sebeso

### Graphic Designer

Amuchilani Rara

### Photographer

Celebrity World

### Cover Story Credits

Wardrobe: Self

Make up: Self

Hairstyle: Self

### Marketing Officer

Tyrone Molefe

### General Manager

Pinky Aysha Siddiky

### Executive Marketing Officer

Amirul Hoque Bhuiyan

### Managing Director

N.md Estaq Farthous Bhuiyan



### Founder & CEO

Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

Plot 14385 First floor of double storey

building, New Lobatse Road

Gaborone West Industrial

Cell: 77606907

Tell: 3937886

Email:celebrityworldbw@gmail.com

### Disclaimer

All rights reserved. Copying of articles from this magazine without permission is not allowed. No part of this publication may be reproduced without permission from the publisher. Any information in this magazine about local creatives or entrepreneurs is not necessarily shared by CW magazine staff.

 @celeb\_bw  **Celebrity World**

 [www.celebrityworld.co.bw](http://www.celebrityworld.co.bw)

Dear Readers,

Love is in the air, and as February unfolds its romantic tapestry, we are thrilled to bring you an issue that captures the essence of passion, creativity, and the vibrant spirit of the youth. This month, we're turning the spotlight on two exceptional youngsters who are making waves in their respective fields and redefining the meaning of talent. Meet Killo G Reboel, the rhythmic wordsmith hailing from the heart of Serowe. As a rising rapper, Killo G is not just weaving lyrics; he's crafting a narrative that resonates with the beats of his hometown. In our feature, delve into the mind of this young artist, exploring his journey, inspirations, and the unique flavor he brings to the world of music.

On the other side of the creative spectrum, we introduce you to Amogelang Cynthia Bilton, a passionate designer with an extraordinary vision. Founder of the renowned fashion line, Cynthia Designs, she transforms fabric into wearable art. Uncover the story behind her creations, the inspirations that fuel her designs, and the impact she's making in the world of fashion.

As Cupid readies his bow for Valentine's Day, we invite you to celebrate love in all its forms. Whether it's the love for rhythm, expressed in Killo G's verses, or the love for design, reflected in Cynthia Bilton's clothing, this issue is a tribute to the diverse passions that shape our lives.

Flip through our pages to discover the heartbeat of Serowe's rap scene and the elegance that graces the runway of Cynthia Designs. Allow the stories of these extraordinary youngsters to inspire and ignite your own creative flame.

Here's to a February filled with love, art, and the boundless possibilities that youth brings. Warm regards,

Celebrity World Magazine  
Editorial Team



# Contents February 2024



**6** Killo G Reboel: Crafting Musical Narratives that Resonate with Life's Journey

**10** PUERTO RICO, BREATH TAKING SCENERY

**13** The Five Stages of Small Business Growth

**17** Investment Strategy: Ways to Invest and Factors to Consider

**20** Jackalberry Chobe Lodge

**24** Stigger Sola

**28** Valentine's advice for a new couple

**30** Crafting Confidence: Lindy Kelebeletse's Journey with MadebyLin

**34** Amogelang Cynthia Bilton: A Journey into Fashion Design and Entrepreneurship

**38** A Musical Journey of Triumph and Inspiration: Anafiki DitauBy: Duncan Sebeso

**32** The 4 Types of Parenting Styles and How Kids Are Affected



Gaborone West Industrial  
Kamushongo  
Plot. 1447 267 Gaborone  
Cell: (+267) 71 822 215



**Your Reliable Car Service Center and Spare Shop**

# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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

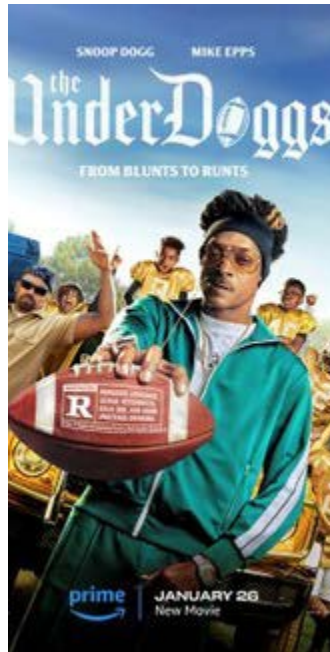


### MEAN GIRL

Mean Girls is a 2024 American musical teen comedy film directed by Samantha Jayne and Arturo Perez Jr. (in their feature directorial debuts), from a screenplay by Tina Fey. It is based on the Broadway musical of the same name, which in turn was based on Mark Waters's 2004 comedy film, both written by Fey and based on Rosalind Wiseman's 2002 book Queen Bees and Wannabes.

**GENRE:** MUSICAL/COMEDY

**DIRECTED BY:** SAMNTHA JAYNE

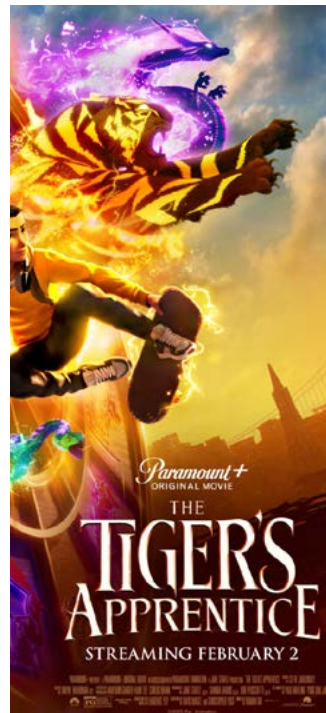


### THE UNDERDOGGS

Former NFL player Jaycen Jennings agrees to coach a youth football team in order to avoid going to prison, as he tries to relaunch his career.

**GENRE:** SPORTS/COMEDY

**DIRECTED BY:** CHARLE STONE III



### THE TIGER APPRENTICE

The film centers on Tom Lee, a Chinese American boy tasked with protecting a phoenix egg.

**GENRE:** FANTASY

**DIRECTED BY:** RAMAN HUI



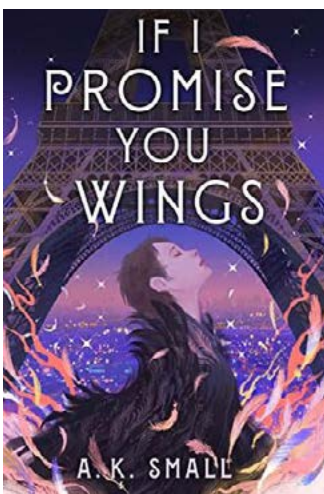
### LIFT

Cyrus, a renowned international thief, leads a heist crew of inside man Denton, pilot Camila, hacker Mi-Sun, safecracker Magnus, and engineer Luke. They undertake two simultaneous thefts, stealing a Van Gogh painting in London while staging the fake kidnapping of renowned NFT artist N8 in Venice. At first, N8 is shocked that he is kidnapped but Cyrus points out that famous paintings balloon in value after being stolen and he elaborates that his crew stole the Van Gogh painting and sold in the black market for 20 millions to buy N8 NFTs. After being stolen, N8 NFT ballooned in value of 89 millions. N8 decides to play along after being promised a cut of the money.

**GENRE:** COMEDY

**DIRECTED BY:** F. GARY GAR

## What To Read



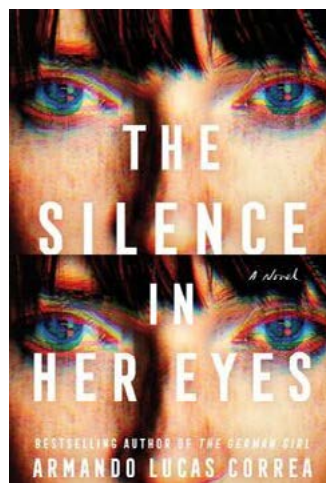
### IF I PROMISE YOU WINGS

After her best friend's death, a 17-year-old French girl makes the leap to becoming a feather artist in a Parisian boutique.

Alix Leclair can rarely express her feelings, whether it's not wanting her father to leave for weeks at a time to pursue his musical ambitions or her frustrations with best friend Jeanne, who prioritizes boys and partying over their friendship.

**BY:** A.K. SMALL

**GENRE:** TEENS & YOUNG ADULTS



### THE SILENCE IN HER EYES

A woman with motion blindness becomes obsessed with a new neighbor whose husband, she's convinced, wants to kill her. When Leah Anderson was 8, she suffered both the sudden death of her father and a freak accident—unspecified until late in the book—which left her with akinetopsia, a rare condition that causes an inability to see movement.

**BY:** ARMANDO LUCAS CORREA

**GENRE:** THRILLER & SUSPENSE

Annual Reports  
Magazines  
Posters  
Flyers  
etc



Water labels, Scale labels, Medical labels etc



Diaries, Pens, Caps, T Shirts, etc

Offset Printing

Label Printing

Corporate Gifts



GABORONE : Tel: 390 1955

LOBATSE : Tel: 533 0882

[www.masterprint.biz](http://www.masterprint.biz)



## KILLO G REBOEL:

# Crafting Musical Narratives that Resonate with Life's Journey

In the heart of Serowe, Botswana, emerges a rising star known by the stage name "Killo G Reboel," born Kago Reboeleng. This talented rapper and songwriter have been making waves with his unique blend of Poetic Rap and Afro Pop, creating a distinct sound that captures the essence of his life experiences.

Killo G Reboel's musical journey didn't begin with Hip Hop; he experimented with various genres, initially scripting his stories through the rhythms of Kwaito Kwasu. However, it was in the realm of Hip Hop that he discovered a powerful medium for self-expression. He found that the genre allowed him to articulate his thoughts and emotions in a way that resonated with his core identity.

The fusion of Poetic Rap and Afro Pop in Killo G Reboel's music sets him apart from the crowd. With a penchant for incorporating melodic hooks and rhythmic verses, he crafts a sound that is both relatable and uplifting. The instrumentals in his songs often carry the infectious vibe of Afro Pop, creating a musical

landscape that appeals to a wide audience.

Inspired by the likes of Noello during his early scripting days, Killo G Reboel was drawn to Motswako through its punchlines, rhymes, flows, and metaphors. The influence of Motswako is evident in his work, as he seamlessly weaves together storytelling and musicality to create a compelling narrative.

Reflecting on his growth as an artist, Killo G Reboel acknowledges the evolution in his music. In the early days, he felt his music lacked depth, attributing it to his youth and limited life experiences. However, as life unfolded, he encountered heartbreak, disappointment, and loss, enriching his storytelling with genuine emotions that many can relate to.

"I make music for dipelo tse Di robegileng (hearts that have suffered) Pelo tse happy le Ba marapo a kgobegileng (hearts that are joyful and those discouraged)," says Killo G Reboel. His music speaks to the highs and

lows of life, resonating with those who have experienced both triumphs and tribulations. He also dedicates his music to the "losers," believing that everyone has the potential to rise above challenges and create their path to success.

Last year, Killo G Reboel dropped a track titled "KE VAILE," which received significant airplay on radio stations, affirming the artist's growing influence. Currently, he is working on a joint EP with BYC Music, set to be released later this year. Fans can stay updated on the release date by following Killo G Reboel on his page "Killo G Reboel" and BYC Music's page "BYC MUSIC."

As Killo G Reboel continues to evolve as an artist, his commitment to authenticity and storytelling remains unwavering. Through his music, he invites listeners to join him on a journey of self-discovery, resilience, and triumph, proving that talent, coupled with belief, has the power to shape a life of fulfilment and purpose.

# *Veggieland*

GREEN GROCERS TO THE NATION



**Tel: 3974975/3974550 Fax:3939720**



**Professional Experienced  
Agents For Your Personal  
and Business Travel**



**Contact us**  
Cell: 76220987  
Fax: 3937855

**Tell: 3937886**  
[info@wgateway.co.bw](mailto:info@wgateway.co.bw)





## The Rhythmic Journey of a Rocklady: From Sinyawe to Stardom

In the heart of Sinyawe village, a hidden gem emerged in July 2023, breaking the silence with the soulful beats of house music. Meet the Rocklady, an upcoming Motswana artist with dreams as vast as the Botswana sky. Though her music is yet to echo in the ears of many, her passion and determination are creating ripples that promise a harmonious future.

Rocklady, who prefers to keep her real name under wraps for now, found herself drawn into the world of music with an irresistible gravitational pull. Inspired by the pulsating

rhythms of house music, she decided to embark on a journey to share her melodious tales with the world.

Her initiation into the music world wasn't without guidance. A fortuitous connection with a fellow artist, who also happened to be one of her salon clients, became the turning point. This artist not only provided encouragement but also shared invaluable advice on navigating the intricate path of the music industry.

Undeterred by the challenges that come

with being an upcoming artist, Rocklady began crafting her lyrics, pouring her emotions and experiences into each line. Recording sessions followed, transforming her thoughts into a symphony of beats that would soon find their way to the ears of music enthusiasts.

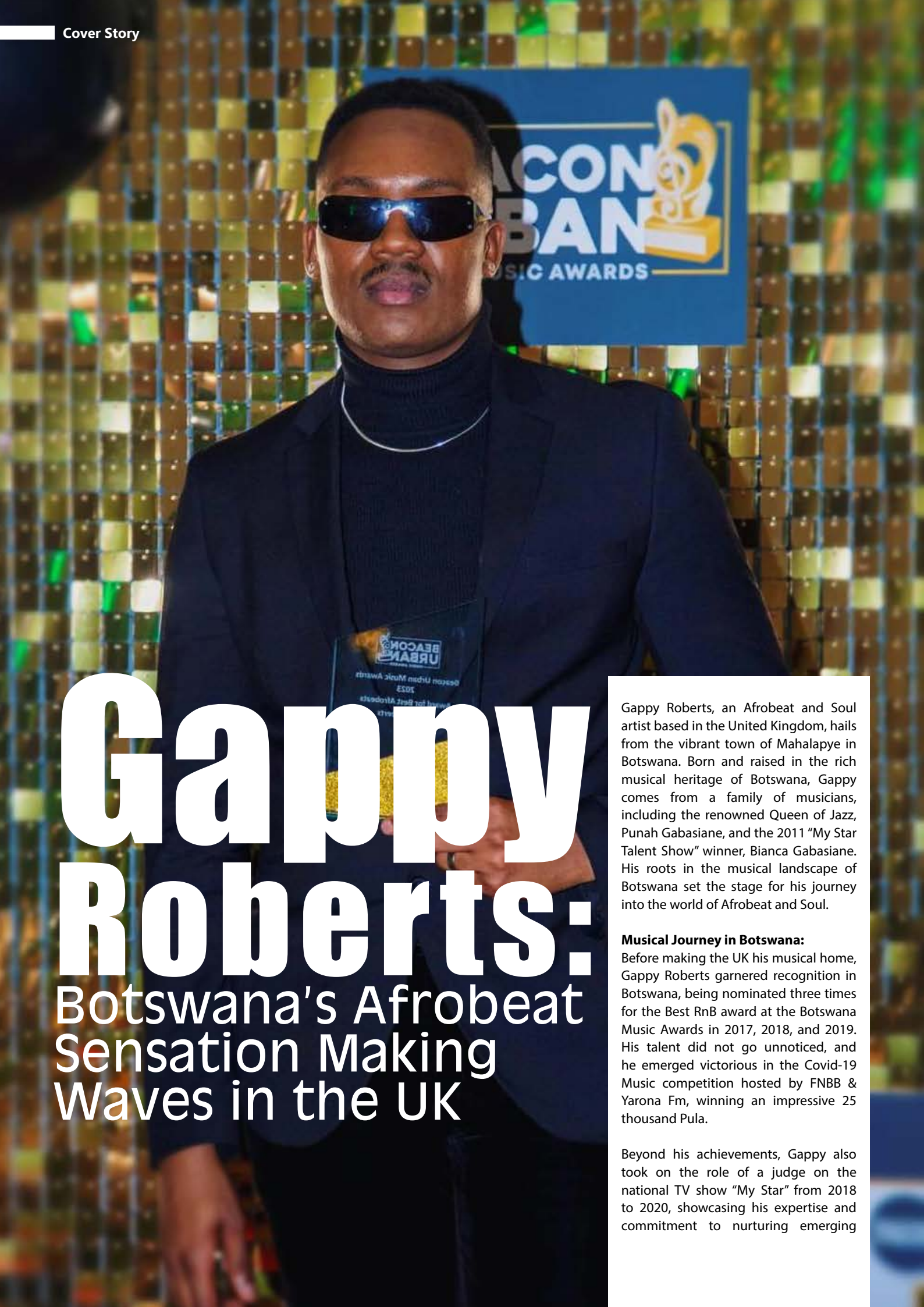
Patience is the Rocklady's virtue, a quality that she believes is indispensable on her journey to success. Despite facing the uncertainties of the music industry and the occasional setback at events, she remains steadfast in her pursuit. Her resilience is a testament to her unwavering commitment to her craft.

Looking to the future, Rocklady envisions a fusion of her house music roots with the iconic Botswana sound, Kwasa Kwasa. Her willingness to explore and experiment showcases not only her versatility but also her openness to embracing the rich musical tapestry that Botswana has to offer.

In her own words, "I have patience, and I motivate myself. Giving up is not an option." These words echo the spirit of a determined artist who understands that success is a journey, not a destination.

As the beats of Rocklady's music continue to reverberate in the Botswana air, we eagerly anticipate the day when her melodies will reach far and wide, resonating with audiences who are yet to discover the enchanting sounds of this rising star from Sinyawe. Watch this space, for the Rocklady is on a rhythmic journey to stardom.



A photograph of Gappy Roberts, an Afrobeat and Soul artist, standing on a red carpet. He is wearing a dark blue turtleneck sweater, a dark blue blazer, and dark sunglasses. He is holding a gold award trophy. The background is a wall of gold and green mosaic tiles. A blue sign with the Beacon Urban Music Awards logo is visible behind him.

# Gappy Roberts:

## Botswana's Afrobeat Sensation Making Waves in the UK

Gappy Roberts, an Afrobeat and Soul artist based in the United Kingdom, hails from the vibrant town of Mahalapye in Botswana. Born and raised in the rich musical heritage of Botswana, Gappy comes from a family of musicians, including the renowned Queen of Jazz, Puna Gabasiane, and the 2011 "My Star Talent Show" winner, Bianca Gabasiane. His roots in the musical landscape of Botswana set the stage for his journey into the world of Afrobeat and Soul.

### **Musical Journey in Botswana:**

Before making the UK his musical home, Gappy Roberts garnered recognition in Botswana, being nominated three times for the Best RnB award at the Botswana Music Awards in 2017, 2018, and 2019. His talent did not go unnoticed, and he emerged victorious in the Covid-19 Music competition hosted by FNBB & Yarona Fm, winning an impressive 25 thousand Pula.

Beyond his achievements, Gappy also took on the role of a judge on the national TV show "My Star" from 2018 to 2020, showcasing his expertise and commitment to nurturing emerging



talent in Botswana.

#### **Recognition in the UK:**

Gappy's journey from Botswana to the UK marked a significant turning point in his career. Starting as a street busker in London, he transitioned from the lively streets to the airwaves. Gappy's music caught the attention of the BBC, with features on BBC London radio and even a mention on BBC News. In 2023, his brand experienced remarkable growth in the South East of the UK, leading to invitations to headline events and one-man shows.

#### **Awards and Achievements:**

Gappy Roberts recently added another feather to his cap by winning the Best

Afrobeat award at the Beacon Urban Music Awards in 2023, held in Poole. This recognition underscores his growing impact on the music scene in the UK.

#### **Future Endeavors:**

Currently, Gappy is channeling his creativity into his second album, titled "BEFORE I MADE IT." The much-anticipated album is set to showcase the evolution of his artistry. The first single from the album, "STHANDWA SAME," featuring the talented William Last KRM, is slated for release on the 2nd of February.

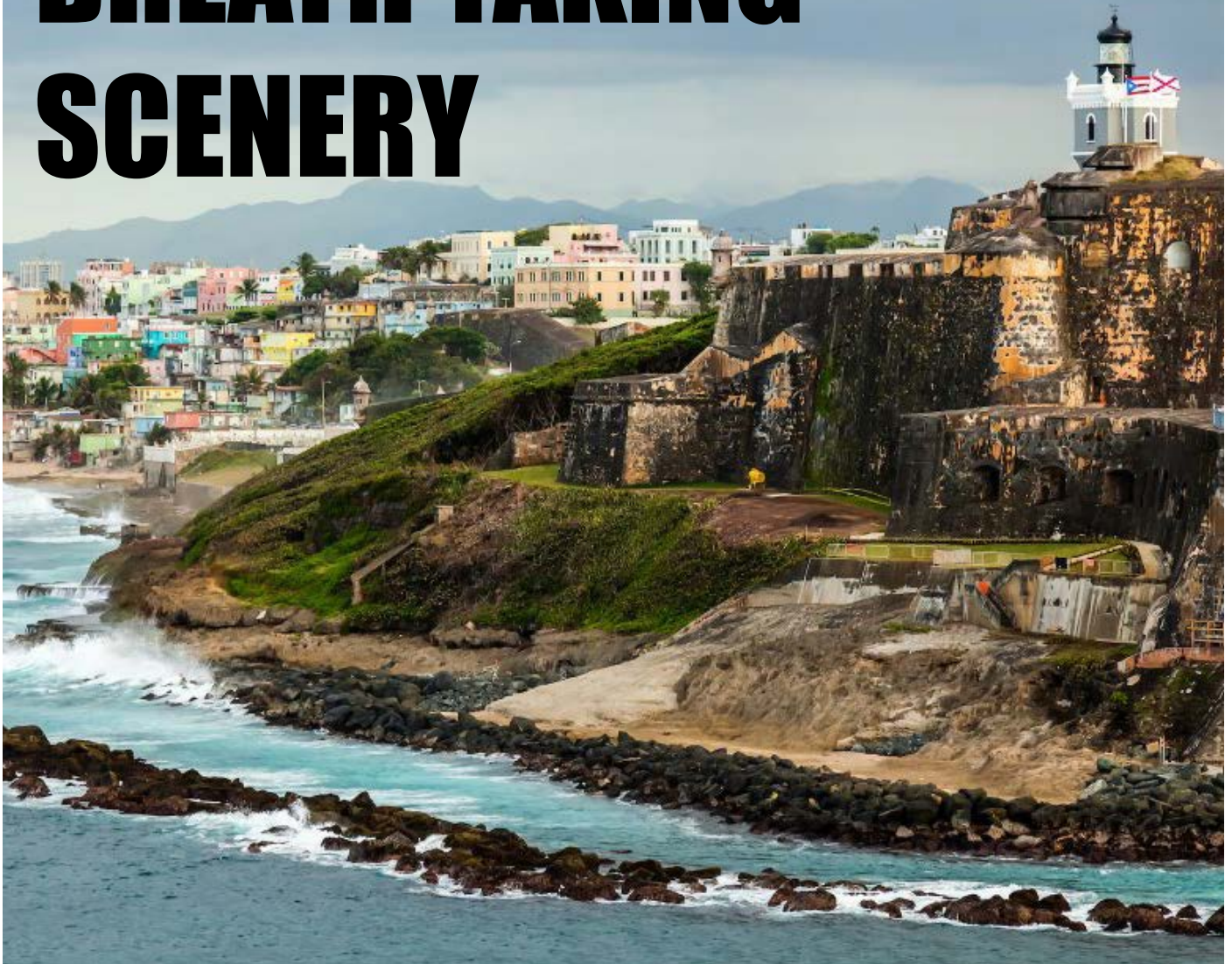
#### **International Ambitions:**

Gappy Roberts is not only focused on his personal success but also on putting

Botswana on the international map. He firmly believes that achieving this goal requires the unwavering support of Batswana, and he remains dedicated to creating music that transcends borders.

Gappy Roberts' journey from the streets of London to winning awards in the UK is a testament to his talent, determination, and commitment to his craft. As he continues to make strides in the international music scene, Gappy remains rooted in his Botswana heritage, with a mission to elevate the country's music to global acclaim. The release of his upcoming album and single marks exciting milestones in his career, and fans can eagerly anticipate the continued rise of this Afrobeat sensation.

# PUERTO RICO, BREATH TAKING SCENERY



## **The Best Time to Visit Puerto Rico for Fewer Crowds, Better Weather, and Lower Prices**

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

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

Considering a trip to Puerto Rico? Read on to figure out the best time to plot your escape.

## **Best Time to Visit Puerto Rico for Good Weather**

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

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

The best time to visit Puerto Rico for smaller crowds is its shoulder season, which runs from mid-April to June. That's the period after the busy winter season ends and summer begins. The weather is great, and since the winter crowds won't be here in full force, you can roam the uncrowded beaches, old forts,

and forested trails without being elbow to elbow with fellow holidaygoers.

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

**Best Time to Visit Puerto Rico for Beaches**  
Puerto Rico brims with beautiful beaches. For fun in the sun, you can't beat the winter. It's prime time to take advantage of the blue skies, consistent sunshine, and warm temperatures. That means a whole of strolling on the sand, catching rays, and



swimming in the turquoise waters. The shoulder season is pleasant because the beaches are less busy, but the summer rain hasn't started. Meanwhile, many locals (and plenty of travellers) prefer beach days when the thermometer peaks in June and July, though it does overlap with the beginning of hurricane season.

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

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

**Worst Time to Visit Puerto Rico**

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

Your First Stop Spares Shop



# TOP-GRADE

USED AUTO PARTS AT UNBEATABLE PRICES



**ENGINES**



**GEARBOX**

**SUSPENSION PARTS**



**MECHANICAL PARTS**

**AUTO BODY PARTS**



**G - WEST** 319 1678 / 77 87 3333 **MOGODITSHANEE - 2** 397 0590 / 76 77 7429 **MOGODITSHANEE** 397 5930 / 71 87 1199 **FRANCISTOWN** 242 0110 / 76 10 8383

# The Five Stages of Small Business Growth



Categorizing the problems and growth patterns of small businesses in a systematic way that is useful to entrepreneurs seems at first glance a hopeless task. Small businesses vary widely in size and capacity for growth. They are characterized by independence of action, differing organizational structures, and varied management styles.

Yet on closer scrutiny, it becomes apparent that they experience common problems arising at similar stages in their development. These points of similarity can be organized into a framework that increases our understanding of the nature, characteristics, and problems of businesses ranging from a corner dry cleaning establishment with two or three minimum-wage employees to a \$20-million-a-year computer software

company experiencing a 40% annual rate of growth.

For owners and managers of small businesses, such an understanding can aid in assessing current challenges; for example, the need to upgrade an existing computer system or to hire and train second-level managers to maintain planned growth.

It can help in anticipating the key requirements at various points—e.g., the inordinate time commitment for owners during the start-up period and the need for delegation and changes in their managerial roles when companies become larger and more complex.

The framework also provides a basis for evaluating the impact of present and

proposed governmental regulations and policies on one's business. A case in point is the exclusion of dividends from double taxation, which could be of great help to a profitable, mature, and stable business like a funeral home but of no help at all to a new, rapidly growing, high-technology enterprise.

Finally, the framework aids accountants and consultants in diagnosing problems and matching solutions to smaller enterprises. The problems of a 6-month-old, 20-person business are rarely addressed by advice based on a 30-year-old, 100-person manufacturing company. For the former, cash-flow planning is paramount; for the latter, strategic planning and budgeting to achieve coordination and operating control are most important.



### Developing a Small Business Framework

Various researchers over the years have developed models for examining businesses (see Exhibit 1). Each uses business size as one dimension and company maturity or the stage of growth as a second dimension. While useful in many respects, these frameworks are inappropriate for small businesses on at least three counts.

First, they assume that a company must grow and pass through all stages of development or die in the attempt. Second, the models fail to capture the important early stages in a company's origin and growth. Third, these frameworks characterize company size largely in terms of annual sales (although some mention number of employees) and ignore other factors such as value added, number of locations, complexity of product line, and rate of change in products or production technology.

To develop a framework relevant to small and growing businesses, we used a combination of experience, a search of the literature, and empirical research. The framework that evolved from this effort delineates the five stages of development shown in Exhibit 2. Each stage is characterized by an index of size, diversity, and complexity and described by five management factors: managerial style, organizational structure, extent of formal systems, major strategic goals, and

the owner's involvement in the business. We depict each stage in Exhibit 3 and describe each narratively in this article.

#### Stage I: Existence.

In this stage the main problems of the business are obtaining customers and delivering the product or service contracted for. Among the key questions are the following:

#### Can we get enough customers, deliver our products, and provide services well enough to become a viable business?

Can we expand from that one key customer or pilot production process to a much broader sales base?

#### Do we have enough money to cover the considerable cash demands of this start-up phase?

The organization is a simple one—the owner does everything and directly supervises subordinates, who should be of at least average competence. Systems and formal planning are minimal to nonexistent. The company's strategy is simply to remain alive. The owner is the business, performs all the important tasks, and is the major supplier of energy, direction, and, with relatives and friends, capital.

Companies in the Existence Stage range from newly started restaurants and retail

stores to high-technology manufacturers that have yet to stabilize either production or product quality. Many such companies never gain sufficient customer acceptance or product capability to become viable. In these cases, the owners close the business when the start-up capital runs out and, if they're lucky, sell the business for its asset value. (See endpoint 1 on Exhibit 4). In some cases, the owners cannot accept the demands the business places on their time, finances, and energy, and they quit. Those companies that remain in business become Stage II enterprises.

#### Stage II: Survival.

In reaching this stage, the business has demonstrated that it is a workable business entity. It has enough customers and satisfies them sufficiently with its products or services to keep them. The key problem thus shifts from mere existence to the relationship between revenues and expenses. The main issues are as follows:

- In the short run, can we generate enough cash to break even and to cover the repair or replacement of our capital assets as they wear out?
- Can we, at a minimum, generate enough cash flow to stay in business and to finance growth to a size that is sufficiently large, given our industry and market niche, to earn an economic return on our assets and



labor?

The organization is still simple. The company may have a limited number of employees supervised by a sales manager or a general foreman. Neither of them makes major decisions independently, but instead carries out the rather well-defined orders of the owner.

Systems development is minimal. Formal planning is, at best, cash forecasting. The major goal is still survival, and the owner is still synonymous with the business.

In the Survival Stage, the enterprise may grow in size and profitability and move on to Stage III. Or it may, as many companies do, remain at the Survival Stage for some time, earning marginal returns on invested time and capital (endpoint 2 on Exhibit 4), and eventually go out of business when the owner gives up or retires. The “mom and pop” stores are in this category, as are manufacturing businesses that cannot get their product or process sold as planned. Some of these marginal businesses have developed enough economic viability to ultimately be sold, usually at a slight loss. Or they may fail completely and drop from sight.

### Stage III: Success.

The decision facing owners at this stage is whether to exploit the company's accomplishments and expand or keep the company stable and profitable, providing a base for alternative owner activities. Thus, a key issue is whether to use the company as a platform for growth—a substage III-G company—or as a means of support for the owners as they completely or partially disengage from the company—making it a substage III-D company. (See Exhibit 3.) Behind the disengagement might be a wish to start up new enterprises, run for political office, or simply to pursue hobbies and other outside interests while maintaining the business more or less in the status quo.

### Substage III-D.

In the Success-Disengagement substage, the company has attained true economic health, has sufficient size and product-market penetration to ensure economic success, and earns average or above-average profits. The company can stay at this stage indefinitely, provided environmental change does not destroy its market niche or ineffective management reduce its competitive abilities. Organizationally, the company has grown large enough to, in many cases, require functional managers to take over certain duties performed by the owner. The managers should be competent but need not be of the highest caliber, since their upward potential is limited by the corporate goals. Cash is plentiful and the main concern

is to avoid a cash drain in prosperous periods to the detriment of the company's ability to withstand the inevitable rough times.

In addition, the first professional staff members come on board, usually a controller in the office and perhaps a production scheduler in the plant. Basic financial, marketing, and production systems are in place. Planning in the form of operational budgets supports functional delegation. The owner and, to a lesser extent, the company's managers, should be monitoring a strategy to, essentially, maintain the status quo.

As the business matures, it and the owner increasingly move apart, to some extent because of the owner's activities elsewhere and to some extent because of the presence of other managers. Many companies continue for long periods in the Success-Disengagement substage. The product-market niche of some does not permit growth; this is the case for many service businesses in small or medium-sized, slowly growing communities and for franchise holders with limited territories.

Other owners actually choose this route; if the company can continue to adapt to environmental changes, it can continue as is, be sold or merged at a profit, or subsequently be stimulated into growth (endpoint 3 on Exhibit 4). For franchise holders, this last option would necessitate the purchase of other franchises.

If the company cannot adapt to changing circumstances, as was the case with many automobile dealers in the late 1970s and early 1980s, it will either fold or drop back to a marginally surviving company (endpoint 4 on Exhibit 4).

### Substage III-G.

In the Success-Growth substage, the owner consolidates the company and marshals resources for growth. The owner takes the cash and the established borrowing power of the company and risks it all in financing growth.

Among the important tasks are to make sure the basic business stays profitable so that it will not outrun its source of cash and to develop managers to meet the needs of the growing business. This second task requires hiring managers with an eye to the company's future rather than its current condition.

Systems should also be installed with attention to forthcoming needs. Operational planning is, as in substage III-D, in the form of budgets, but strategic planning is extensive and deeply involves the owner. The owner is thus far more active in all phases of the company's affairs than in the disengagement

aspect of this phase.

If it is successful, the III-G company proceeds into Stage IV. Indeed, III-G is often the first attempt at growing before commitment to a growth strategy. If the III-G company is unsuccessful, the causes may be detected in time for the company to shift to III-D. If not, retrenchment to the Survival Stage may be possible prior to bankruptcy or a distress sale.

### Stage IV: Take-off.

In this stage the key problems are how to grow rapidly and how to finance that growth. The most important questions, then, are in the following areas:

**Delegation.** Can the owner delegate responsibility to others to improve the managerial effectiveness of a fast growing and increasingly complex enterprise? Further, will the action be true delegation with controls on performance and a willingness to see mistakes made, or will it be abdication, as is so often the case?

**Cash. Will there be enough to satisfy the great demands growth brings (often requiring a willingness on the owner's part to tolerate a high debt-equity ratio) and a cash flow that is not eroded by inadequate expense controls or ill-advised investments brought about by owner impatience?**

The organization is decentralized and, at least in part, divisionalized—usually in either sales or production. The key managers must be very competent to handle a growing and complex business environment. The systems, strained by growth, are becoming more refined and extensive. Both operational and strategic planning are being done and involve specific managers. The owner and the business have become reasonably separate, yet the company is still dominated by both the owner's presence and stock control.

This is a pivotal period in a company's life. If the owner rises to the challenges of a growing company, both financially and managerially, it can become a big business. If not, it can usually be sold—at a profit—provided the owner recognizes his or her limitations soon enough. Too often, those who bring the business to the Success Stage are unsuccessful in Stage IV, either because they try to grow too fast and run out of cash (the owner falls victim to the omnipotence syndrome), or are unable to delegate effectively enough to make the company work (the omniscience syndrome).

It is, of course, possible for the company to traverse this high-growth stage without the original management. Often the



***We deal in all kinds  
of imported cars***

Plot #11561, Molepolole Road, Mogoditshane, Gaborone  
Cell: 77 184 976

# 5G DIGITAL



 **P549**

**Canon MG2545S  
3 In 1 Printer**



 **P799**

**Mozu Gowear  
Smart Watch**



 **P399**

**Pantum P2207 Printer**



 **P249**

**Mozu  
Flexibud Neo**



 **P3699**

**Acer spin1**

 **71550066**

 **Opposite Bank Gaborone Game City**



ability to do something very well (or a good marketable idea), high energy, and a favorable cash flow forecast (or a large sum of cash on hand). These are less important in Stage V, when well-developed people-management skills, good information systems, and budget controls take priority. Perhaps this is why some experienced people from large companies fail to make good as entrepreneurs or managers in small companies. They are used to delegating and are not good enough at doing.

#### Applying the Model

This scheme can be used to evaluate all sorts of small business situations, even those that at first glance appear to be exceptions. Take the case of franchises. These enterprises begin the Existence Stage with a number of differences from most start-up situations.

#### They often have the following advantages:

- A marketing plan developed from extensive research.
- Sophisticated information and control systems in place.
- Operating procedures that are standardized and very well developed.
- Promotion and other start-up support such as brand identification.
- They also require relatively high start-up capital.

If the franchisor has done sound market

analysis and has a solid, differentiated product, the new venture can move rapidly through the Existence and Survival Stages—where many new ventures founder—and into the early stages of Success. The costs to the franchisee for these beginning advantages are usually as follows:

- Limited growth due to territory restrictions.
- Heavy dependence on the franchisor for continued economic health.
- Potential for later failure as the entity enters Stage III without the maturing experiences of Stages I and II.

One way to grow with franchising is to acquire multiple units or territories. Managing several of these, of course, takes a different set of skills than managing one and it is here that the lack of survival experience can become damaging.

Another seeming exception is high-technology start-ups. These are highly visible companies—such as computer software businesses, genetic-engineering enterprises, or laser-development companies—that attract much interest from the investment community. Entrepreneurs and investors who start them often intend that they grow quite rapidly and then go public or be sold to other corporations. This strategy requires them to acquire a permanent source of outside capital almost from the beginning.

The providers of this cash, usually venture capitalists, may bring planning and operating systems of a Stage III or a Stage IV company to the organization along with an outside board of directors to oversee the investment. The resources provided enable this entity to jump through Stage I, last out Stage II until the product comes to market, and attain Stage III. At this point, the planned strategy for growth is often beyond the managerial capabilities of the founding owner and the outside capital interests may dictate a management change. In such cases, the company moves rapidly into Stage IV and, depending on the competence of the development, marketing, and production people, the company becomes a big success or an expensive failure. The problems that beset both franchises and high-technology companies stem from a mismatch of the founders' problem-solving skills and the demands that "forced evolution" brings to the company.

Besides the extreme examples of franchises and high-technology companies, we found that while a number of other companies appeared to be at a given stage of development, they were, on closer examination, actually at one stage with regard to a particular factor and at another stage with regard to the others. For example, one company had an abundance of cash from a period of controlled growth (substage III-G) and was ready to accelerate its expansion, while at the same time the owner was trying to supervise everybody (Stages I or II). In another, the owner was planning to run for mayor of a city (substage III-D) but was impatient with the company's slow growth (substage III-G).

Although rarely is a factor more than one stage ahead of or behind the company as a whole, an imbalance of factors can create serious problems for the entrepreneur. Indeed, one of the major challenges in a small company is the fact that both the problems faced and the skills necessary to deal with them change as the company grows. Thus, owners must anticipate and manage the factors as they become important to the company.

A company's development stage determines the managerial factors that must be dealt with. Its plans help determine which factors will eventually have to be faced. Knowing its development stage and future plans enables managers, consultants, and investors to make more informed choices and to prepare themselves and their companies for later challenges. While each enterprise is unique in many ways, all face similar problems and all are subject to great changes. That may well be why being an owner is so much fun and such a challenge.



# Investment Strategy: Ways to Invest and Factors to Consider

## What Is an Investment Strategy?

The term investment strategy refers to a set of principles designed to help an individual investor achieve their financial and investment goals. This plan is what guides an investor's decisions based on goals, risk tolerance, and future needs for capital. They can vary from conservative (where they follow a low-risk strategy where the focus is on wealth protection) while others are highly aggressive (seeking rapid growth by focusing on capital appreciation).

Investors can use their strategies to formulate their own portfolios or do so through a financial professional. Strategies aren't static, which means they need to be reviewed periodically as circumstances change.

## KEY TAKEAWAYS

- An investment strategy is a plan designed to help individual investors

achieve their financial and investment goals.

- Your investment strategy depends on your personal circumstances, including your age, capital, risk tolerance, and goals.
- Investment strategies range from conservative to highly aggressive, and include value and growth investing.
- You should reevaluate your investment strategies as your personal situation changes.

## Understanding Investment Strategies

Investment strategies are styles of investing that help individuals meet their short- and long-term goals. Strategies depend on a variety of factors, including:

- Age
- Goals
- Lifestyles
- Financial situations

- Available capital
- Personal situations (family, living situation)
- Expected returns

This, of course, isn't an exhaustive list, and may include other details about the individual. These factors help an investor determine the kind of investments they choose to purchase, including stocks, bonds, money market funds, real estate, asset allocation, and how much risk they can tolerate.

Investment strategies vary greatly. There isn't a one-size-fits-all approach to investing, which means there isn't one particular plan that works for everyone. This also means that people need to reevaluate and realign their strategies as they get older in order to adapt their portfolios to their situation. Investors can choose from value investing to growth



investing and conservative to more risky approaches.

As mentioned above, people can choose to make their investment decisions on their own or by using a financial professional. More experienced investors are able to make decisions and investment choices on their own. Keep in mind that there is no right way to manage a portfolio, but investors should behave rationally by doing their own research using facts and data to back up decisions by attempting to reduce risk and maintain sufficient liquidity.

**IMPORTANT:** Because investment strategies depend so heavily on your personal situation and goals, it's important for you to do your research before you commit your capital to any investment.

#### Special Considerations

Risk is a huge component of an investment strategy. Some individuals have a high tolerance for risk while other investors are risk-averse. Here are a few common risk-related rules, Investors should only risk what they can afford to lose

#### Riskier investments carry the potential for higher returns

Investments that guarantee the preservation of capital also guarantee a minimal return<sup>5</sup> For example, U.S. Treasury bonds, bills, and certificates of deposit (CDs) are considered safe because they are backed by the credit of the United States. However, these investments provide a low return on investment. Once the cost of inflation and

taxes have been included in the return on income equation, there may be little growth in the investment.

Along with risk, investors should also consider changing their investment strategies over time.

For instance, a young investor saving for retirement may want to alter their investment strategy when they get older, shifting their choices from riskier investments to safer options.

#### Types of Investment Strategies

Investment strategies range from conservative plans to highly aggressive ones. Conservative investment plans employ safe investments that come with low risks and provide stable returns. Highly aggressive ones are those that involve risky investments, such as stocks, options, and junk bonds, with the goal of generating maximum returns. People who have a greater investment horizon tend to employ aggressive plans because they have a longer timeline while those who want to preserve capital are more likely to take a conservative approach.

Many investors buy low-cost, diversified index funds, use dollar-cost averaging, and reinvest dividends. Dollar-cost averaging is an investment strategy where a fixed dollar amount of stocks or a particular investment are acquired on a regular schedule regardless of the cost or share price. Some experienced investors, though, select individual stocks and build a portfolio based on individual firm analysis with predictions on share price

movements.

#### Value Investing vs. Growth Investing

Some investors may choose strategies such as value and growth investing. With value investing, an investor chooses stocks that look as they though trade for less than their intrinsic value. This means that these stocks that the market is underestimating. Growth investing, on the other hand, involves investing capital in the stocks of junior companies that have the potential for earnings growth.

#### Example of Investment Strategy

A 25-year-old who starts off their career and begins saving for retirement may consider riskier investments because they have more time to invest and are more tolerant to risk. They can also afford to lose some money in the event that the market takes a dive because they still have time earn more money. This means they can invest in things like stocks and real estate.

A 45-year-old, on the other hand, doesn't have a lot of time to put money away for retirement and would be better off with a conservative plan. They may consider investing in things like bonds, government securities, and other safe bets.

Meanwhile, someone saving for a vacation or home won't have the same strategy as someone saving for retirement. They may be better off putting their money away in a savings account or a CD for short-term goals like these.



# HAWKERS

## CASH & CARRY

Where your money buys more



**HAWKERS**  
CASH & CARRY

**Gaborone**

+267 3500 198

**HAWKERS**  
CASH & CARRY

**Kanye**

+267 5441 422

**HAWKERS**  
CASH & CARRY

**Molepolole**

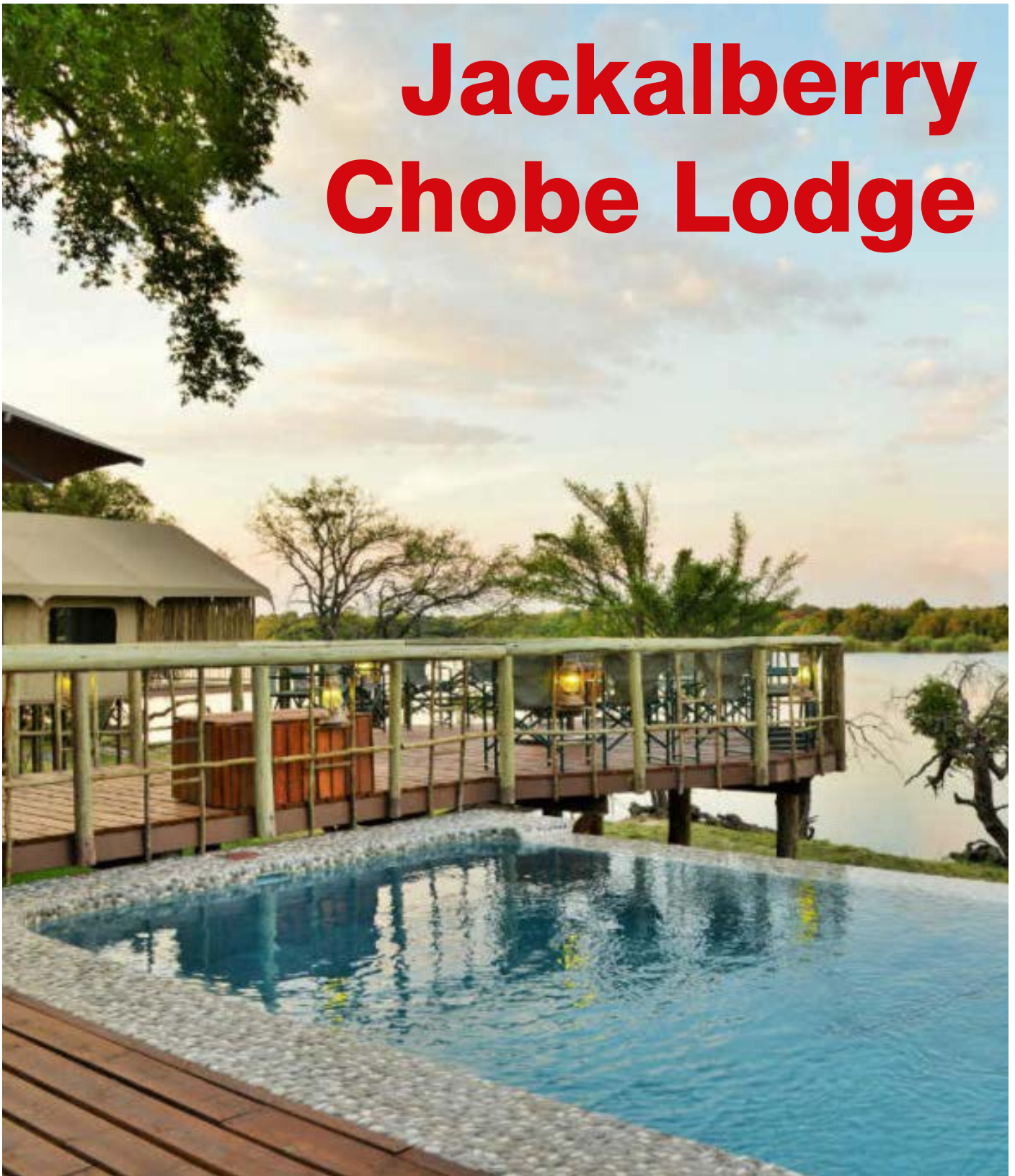
+267 73 371 000

**HAWKERS**  
CASH & CARRY

**Lobatse**

+267 5333 289

# Jackalberry Chobe 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.

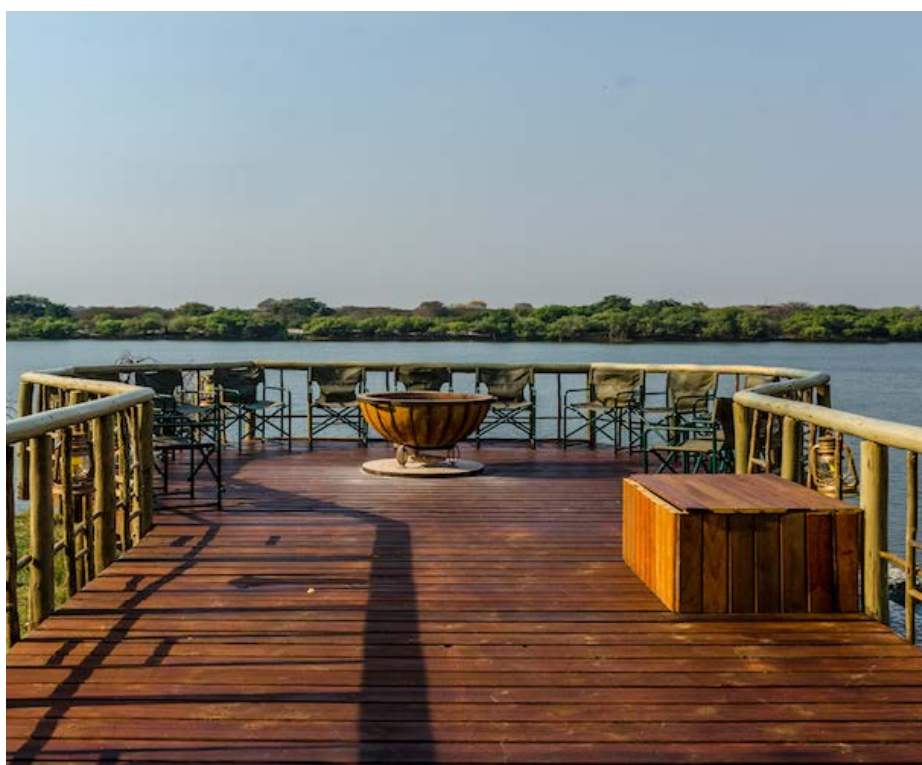
**CHILD POLICY**

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: LODGE POLICIES  
 Check in time at 2pm and check out time is 11am  
 Children between 6 years to 11 years to be provided a stretcher bed  
**CHILD POLICY**  
 No children under 6 years  
 Children 6-11 years to pay 50%  
 Total of 1 child only permitted when accompanying 2 parents in a tent.  
 Total of 2 children only permitted when accompanying 1 parent in a tent.  
 Private vehicle/boats required when children 6 – 11 years are partaking in activities.



**SHAKIRA** BORN: 02 FEBRUARY 1977 PROFESSION: SINGER



**CHRISTIE BRINKLEY**  
BORN: 02 FEBRUARY 1954  
PROFESSION: ACTRESS



**ISLA FISHER**  
BORN: 03 FEBRUARY 1976  
PROFESSION: ACTRESS

# 5G DIGITAL

# Deal of the Month



**P549**

**Canon MG2545S  
3 In 1 Printer**



**P799**

**Mozu Gowear  
Smart Watch**



**P249**

**Mozu  
Flexibud Neo**



**P399**

**Pantum P2207 Printer**



**P3699**

**Acer spin1**



**Aries**

(Mar 21-Apr 20)

You are likely to enjoy stable health and financial stability today. Your family life is harmonious, fostering strong connections and support. Travel plans may be disrupted or delayed, and property matters demand caution. On the various other fronts, unforeseen difficulties may arise, warranting careful consideration and adaptability. Despite these challenges, you should focus on your strong health and financial foundation as you navigate the complexities of your daily lives.

**Taurus**

(Apr 21-May 20)

Today, you are in an exceptional phase across various aspects of your life. Your health is flourishing, giving you the energy to tackle any challenges. Financially, you are on solid ground, with opportunities for growth. Professionally, things are moderate, but you have the stability to make progress. Your family and romantic relationships are thriving, and travel plans or property matters are looking promising. In diverse areas, you have luck on your side. Embrace this positive momentum and seize the day with confidence and enthusiasm.

**Gemini**

(May 21-Jun 21)

Your stars are shining brightly in health and finance, with excellent prospects in both areas. Your professional and family lives are in normal balance, offering room for growth and improvement. In the realm of romance, things are steady but not extraordinary. Travel plans look promising, and property matters are on a good path. In other areas, your luck continues to shine, making it an all-around positive period. Make the most of this promising time by focusing on areas that require attention while enjoying the stability in others.

**Cancer**

(Jun 22-Jul 22)

Amid life's challenges, your health remains a strong pillar with a good status. Professionally, you are excelling, which is a beacon of hope. However, financial woes

cast a shadow, requiring careful management. Your family and romantic relationships maintain a moderate balance, with room for improvement. Travel, property, and miscellaneous aspects of life fall at the same normal pace, offering opportunities for exploration and growth. Despite financial strains, your overall outlook seems promising, with good health and a thriving career to support you.

**Leo**

(Jul 23-Aug 23)

Leo, your life presents a harmonious balance. Your health remains very good, offering a strong foundation for pursuing your ambitions. Financially, you are in an excellent position with a stable and comfortable situation. Your career is on a promising path, reaping professional success. While family, romance, travel, and property aspects may be currently normal, it is an opportunity to nurture and enhance these areas. The miscellaneous joys in your life continue to bring satisfaction and contentment. Embrace this balance and seize the day, knowing that you are thriving in many significant aspects of life.

**Virgo**

(Aug 24-Sep 23)

You are thriving in many aspects of your life. You are more active, which gives you the energy and vitality to tackle each day with enthusiasm. Financially, you are in a secure position, providing stability and peace of mind. Your profession is flourishing, with remarkable progress and achievement. While family and romance maintain a normal balance, your strong suit lies in travel, with excellent opportunities to explore new horizons. Your property and miscellaneous pursuits add to your overall satisfaction. Embrace this positive balance, and continue to nurture relationships while savouring your adventures in life.

**Libra**

(Sept 24-Oct 23)

Several areas of your life are presenting challenges. Health, finance, profession, family,

and romance all seem to be struggling. These difficulties may be testing your resilience. However, in more neutral territory, travel and property aspects maintain a good balance, offering some room for exploration and potential improvements. The diverse aspects of your life are also normal, providing some solace and opportunities for joy. While facing these obstacles, consider focusing on the aspects that offer a glimmer of positivity and seeking support to overcome the challenges.

**Scorpio**

(Oct 24-Nov 22)

Active fitness, finance, work life, family relationships, and property management all seem to be moving at a good pace, providing a stable but potentially improvable foundation. However, love is where the stars shine the brightest in the realm of romance. This denotes rich emotional connections and romantic fulfillment. Travel and diverse aspects of life maintain a normal pace, offering room for exploration and contentment. While there's work to be done in some areas, cherish the flourishing romance as you navigate these balanced waters.

**Sagittarius**

(Nov 23-Dec 21)

Today brings a mix of challenges and opportunities. Your health, finances, and profession all stand at a normal level, suggesting the need for steady effort and strategic planning. However, family, romance, and travel aspects bring challenges, indicating profound difficulties. Property management and miscellaneous pursuits remain stable, offering a silver lining. While you navigate these tough times, focus on nurturing the aspects within your control and seeking support to mend the relationships and situations that currently appear bleak. Remember, challenges often pave the way for personal growth and transformation.

**Capricorn**

(Dec 22-Jan 21)

Today's outlook is quite promising. Your health and

finances maintain a steady level, encouraging cautious management. Professionally, you are excelling, signifying achievements and progress in your career. Your family relationships are very strong, offering support and warmth. In matters of the heart, romance flourishes. Travel, property management, and various aspects of life promise exploration, stability, and contentment. Embrace this harmony and seize the opportunities with confidence, knowing that many aspects of your life are thriving.

**Aquarius**

(Jan 22-Feb 19)

Life is currently painted with bright hues in numerous facets. Your health is in excellent shape, ensuring vitality and well-being. Financially, you are thriving, with an amazing status that promises financial security and freedom. Your profession is on an upward trajectory, marked by excellence and achievement. Family bonds are strong and supportive, and romance is brimming with love and connection. You are exploring the world through travel experiences, managing your property, and finding joy in miscellaneous aspects of life. Embrace this well-rounded and positive phase of life.

**Pisces**

(February 20-March 20)

While fitness, money matters, and work life may currently present challenges, there are shining aspects to embrace. Your family bonds are excellent, providing a strong support system and deep connections. Romance, too, is thriving, with love and emotional connections at an amazing level. Travel and property management offer opportunities for exploration and investment. Amidst the difficulties, the diverse joys in your life are great, granting moments of happiness and fulfillment. Focus on nurturing your relationships and leveraging your strengths to navigate through the adversities.



# Stigger Sola

Legendary guitarist Monaga Molefe, widely known by his stage name Stigger Sola, has left an indelible mark on the music scene. Renowned for his romantic folk classics like "Kachere" and "Macapentara," which were initially featured on Radio Botswana's Sunday morning folk music program, Dipina Le Maboko, over 30 years ago. Stigger Sola later released these timeless pieces on tapes and CDs, marking the beginning of his illustrious recording career.

Despite his notable contributions to the dikataro category, which celebrates traditional Botswana folk music, Stigger Sola faced tough competition in a recent competition. He showcased his versatility by presenting a captivating romantic story, breaking away from his tradition of performing well-known hits. The song, narrating love and romance transcending social barriers, resonated deeply with the audience at the Btv auditorium during the Heritage Month celebrations.

While not securing the top spot in the competition, Stigger Sola's performance left a lasting impression on hundreds of traditional music enthusiasts. The artist's newest composition, revealed during the event, is eagerly anticipated, with fans eagerly awaiting its release. However, the history of delays in releasing similar classics, such as Solly Sebotso's "Pidipidi" and Rasta Makaso's "Ke a gana," raises questions about the industry's ability to bring these beloved tunes to a broader audience.

Stigger Sola's dedication to crafting unique and evocative music continues to be a highlight of Heritage Month performances, adding another timeless piece to the rich tapestry of traditional Botswana folk music. The stage is set for his upcoming composition to become a signature tune, joining the ranks of other unforgettable melodies that have graced the Heritage Month celebrations throughout the years.



## 'You Don't Give Up' – Zodwa Wabantu Shows Off Her New Ben 10 Boyfriend

'Another Ben 10 again?' – Zodwa Wabantu is trending after she revealed her new Ben 10 boyfriend in the backdrop of her fallout with Ricardo.

Controversial dancer and sangoma Zodwa Wabantu set social media abuzz after she shared a photo with her new Ben 10 boyfriend. The now-viral photo has since thrust her into the top trends as Mzansi tries to connect the dots about her new boyfriend.

She loves them young and has dated four, Ben 10's since her thrust into the limelight. Despite the backlash, she is unapologetic about it.

### ZODWA WABANTU SHOWS OFF HER NEW BEN 10 BOYFRIEND

The post comes barely a few weeks after her candid interview with Sunday World. During the interview, she dived into her relationships, career path and calling. She also seemingly introduced her boyfriend to Mzansi during the interview.

Zodwa Wabantu said, "The guy [who is not visible in the pictures] is my new boyfriend that I have been dating since my break-up. He's

been on my side and supportive of everything that I do, including being a dancer and a sangoma."

Zodwa Wabantu shared a photo with her new boyfriend. She captioned her Instagram post, "Happy New Year to us." Mzansi was more than convinced she was starting the new year on a clean slate after she deleted all her Instagram posts.

The now-viral photo has gained thousands of comments and reactions since it was dropped on the internet.

### FAILED RELATIONSHIP WITH RICARDO

However, little is known about the reasons behind her fallout with Ricardo, real name Olefile Mpudi. The two went public in 2021. However, their relationship was marred with cheating allegations and abuse claims.

The two once reportedly called it quits. However, against the rumours, they made it known that they were still together. At some point in the backdrop of their woes, Zodwa Wabantu deleted Ricardo's photos on her social media platforms.



# *The Artistic Journey* of Rorisang Michael Monanabela: From Numbers to Masterful Creations

Born in 1995 in the Eastern Cape, Rorisang Michael Monanabela is a multi-talented individual currently pursuing his passion for art while studying Architecture at the University of Witwatersrand. His journey, marked by determination and resilience, reflects the transformative power of self-discovery and artistic expression.

#### Early Years and Academic Pursuits:

Rorisang's journey into the world of creativity began at the tender age of five when his grandmother introduced him to numbers. However, it was during his mathematics lessons that he found solace in using pencils to draw stickmen, revealing an early affinity for artistic expression. Despite his initial focus

on numbers, Rorisang graduated from Walter Sisulu University with a Bcom in Accounting in 2018, showcasing his academic versatility.

#### Turning Point: Self-taught Artist:

In 2014, Rorisang pursued a Bachelor of Accounting Science at Walter Sisulu University. Unfortunately, in 2017, he lost his bursary, a setback that would become a turning point in his life. Driven by financial constraints, Rorisang taught himself how to draw professionally, mastering both pencils and paper. His artistic journey took a leap in 2018 when he decided to pursue art as a career.

#### Passion for Realism and Imagination:

Embracing the freedom of imagination, Rorisang explored various drawing techniques, focusing on creating hyper-realistic portraits and illustrations. His work reflects a deep emotional connection to his subjects and a commitment to expressing his observations of the world through his art. His source of inspiration emanates from his social environment, aiming to evoke emotional responses in his viewers.

#### Support and Encouragement:

At the end of 2018, Rorisang shared his aspirations of becoming a full-time artist with his single mother, who responded with unwavering support. Her words served as a catalyst for Rorisang's artistic journey,



encouraging him to use his gift wisely and continue pursuing his passion.

**Art as a Manifestation of Innermost Desires:** Rorisang's art serves as a reflection of his innermost desires and aspirations. Each stroke on the canvas is infused with passion and purpose, capturing the essence of human existence and the beauty within it. Through his art, he seeks to inspire others, igniting a spark within their hearts and stirring their emotions.

**A Bridge Between Architecture and Art:** Currently studying Architecture, Rorisang envisions a future where he seamlessly integrates both his architectural expertise

and artistic prowess. Already gaining the trust of clients for his artistic business, he has been granted the opportunity to design a farmhouse, showcasing the intersection of his two passions.

Rorisang Michael Monanabela's artistic journey is a testament to the transformative power of passion, determination, and self-discovery. His art serves as a bridge connecting people, inspiring them to embrace their creativity and make a positive impact on the world. As he forges ahead, we can expect to witness the harmonious blend of architecture and art in his endeavors, leaving an indelible mark on the creative landscape.



# Valentine's advice for

Figuring out what to do for your first Valentine's Day as a couple can be daunting, to say the least. When you haven't been together for very long, you might not know if you're even ready to celebrate such a romantic holiday, much less know where you'd like to go for dinner. It can quickly turn into a high-pressure situation and one that doesn't seem very fun.

Valentine's Day can be overwhelming for anyone, but that first Valentine's Day together definitely has an extra dose of stress. Since the day is chock-full of expectations, you might start to overthink your plans, put a bunch of pressure on yourself, or wonder what's appropriate to do, but it's way better to chat about it early on so you two can get on the same page and have a good time.

Maybe you and your partner agree to focus on smaller things like cards, flowers, or a night in with a box of drugstore chocolates. You might also be into the idea of starting your own tradition as a couple. It's all about figuring out what feels right for your new relationship.

Keep scrolling for more Valentine's Day tips for navigating your first romantic day as a couple, according to relationship experts.

**Chat About Your Expectations**-Since your relationship is on the newer side, you might not even know how your partner feels about Valentine's Day. Do they like to go all-out with ritzy restaurant reservations and

fireworks displays? Or are they more of a heart-shaped cookie kind of person? It's time to find out.

"People have very different opinions and expectations about Valentine's Day," Bennett says, which is why you'll need to have an open and honest convo as you head into February. Make a point of getting it all out on the table so you'll be able to approach the day with similar expectations.

Communication is key-"This doesn't have to be a 'serious' talk but it is a great opportunity for new partners to learn more about what they each care about and how to express their care or appreciation in ways their partners understand and can appreciate."

**Talk About Your Love Languages**-The whole concept of love languages definitely applies to Valentine's Day, so go ahead and direct a conversation in this direction. Do you like to show love by giving gifts, spending quality time together, or sharing words of affirmation? Let it all out and ask your partner how they like to give and receive love so you can figure out the best way to approach the holiday.

Some folks are uncomfortable with certain displays of affection, so it's good to know the facts instead of just assuming. Basically, the more transparent you are with each other, the better your day will be.

**Let Them Know What You Want**-While

surprises are fun, you can remove some of the pressure this year by being crystal clear about what you want to do on V-Day. A quick, "Hey babe. Let's buy each other flowers and get pizza" is all it takes. That way no one will have to guess or stress.

**Make Plans Together**-If it feels like the pressure to plan the day is falling all on you or your partner, then "decide as a team something fun that you can do together on Valentine's Day." That way it won't be up to one person.

**Match Your Gift To The Mood**-A big part of Valentine's Day is the gift-giving segment, which often means doling out flowers, cards, and jewelry. But if it's your first time celebrating together, you probably won't know what's right versus what feels like too much.

If you've only been together a month, a more casual gift like a box of cookies or a bunch of flowers is perfect. If it's coming up in a year and you've already dropped the L bomb, that's when you might want to do something bigger, like a weekend getaway.

"That being said, it really does depend on the relationship and what precedent has already been set," Hirsch says. Again, this is why chatting comes in handy as you decide what's right. **Give Your Gift With Confidence**-Another thing to keep in mind when choosing a gift? It's always the thought that counts. "Remember, your partner can buy





# a new couple

themselves anything they want or need," "The reason gifts are so special is that they show the person that you are thinking of them. The intention behind the gift is what matters most. This simple reframe can save you a lot of headaches."

When you're new to a relationship, it can take a while to get to the staring-at-each-other-across-a-candlelit-table stage, and that's OK. You can still go out while keeping it casual. Hirsch suggests choosing a fun, low-pressure setting. Think a bar with live music, a chill cafe, or the pizza shop where you first met. Remove the candles from the situation, and it'll put you both at ease.

Since your new relationship is a blank slate, that means you can drop all the expectations that don't feel right and replace them with something that's a better fit. And that includes creating your own Valentine's Day tradition.

"On your first Valentine's Day as a couple, consider making it special in a way you'd like to repeat every year," This might mean choosing a restaurant that you can go back to every Feb. 14th. It might also mean going off the beaten path and trying something completely new, like staying home and baking a cake.

When in doubt, lean into the cheesiness of the day. "Have fun with it, regardless of how corny others may think it is, or even if you've perceived Valentine's as corny in the past,"

To go all out, create a slideshow of your love from the past three months, wear matching pink and red outfits and bop around town, or read poetry to each other. If it's mildly embarrassing, you're doing it right.

You may even find that this vibe actually fits how you've been feeling. "During the first nine to 12 months of dating someone, our bodies are coursing with dopamine and serotonin, your feel-good neurotransmitters," Weaver-Breitenbecher tells Bustle. "So you often want to scream your feelings for someone from a rooftop."

Tell your partner about a Valentine's Day memory from when you were younger, says Sculler. Talk about how your second-grade

class exchanged cards or how you'd always bake pink cupcakes with your grandparents. Sharing memories is a cute way to broach the subject without feeling too heavy and also helps you feel more connected.

Remember, your partner is also quietly Googling what to do on Valentine's Day, and they're probably equally worried about doing too much or not doing enough. Until you get your traditions sorted out, it'll help to manage your own expectations when it comes to how the day pans out. "Focus less on the gift or plan and more on the intention and gesture behind it,"

While Valentine's Day is a great opportunity to show your partner some extra love, you also have the opportunity to share that love with yourself.

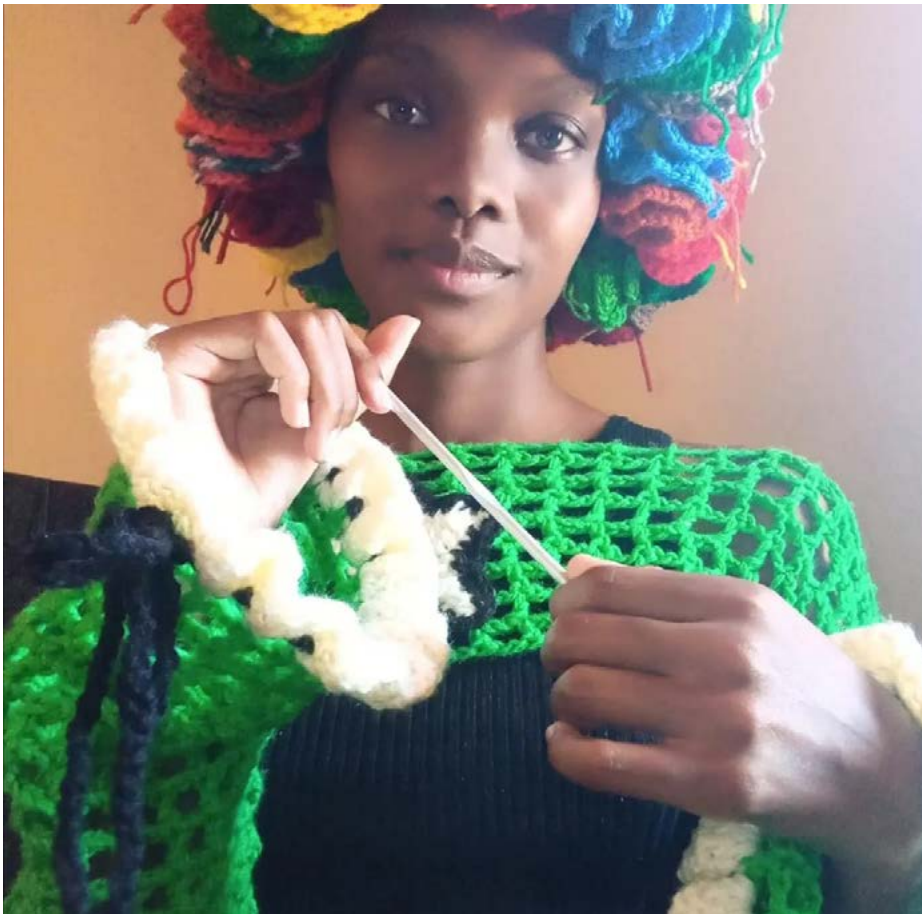
"Valentine's Day is a day for love and romance, but that doesn't have to stop at focusing on your significant other," "Consider what makes you feel loved and cared for and see if there is anything you can do for yourself"

This is also a great backup plan if you decide not to do anything as a couple. You can always stay in and treat yourself to a self-care night that includes a face mask, a sweet treat, and a glass of bubbly.

Instead of grand gestures, showing that you are grateful for one another and that you're committed to treating each other with kindness throughout the year. This is especially key in a brand-new relationship where you want to set the precedent for long-term happiness.

Rather than going all out on an expensive dinner or fancy piece of jewelry, consider spending some quality time together or showing mutual love by engaging in activities that honor both of your love languages. That way, you'll set your relationship up to stay extra sweet all year.





# Crafting Confidence:

## Lindy Kelebeletse's Journey with MadebyLin

In the heart of Botswana, amidst the bustling halls of the University of Botswana, Lindy Kelebeletse, a 22-year-old Electrical Engineering student, is not only navigating the complexities of academia but also stitching together a vibrant entrepreneurial dream. Lindy's venture, MadebyLin, was born out of passion and a desire to create something extraordinary.

Born in the tranquil Ramokgonami village in Tswapong, Lindy's journey has taken her from the village to the city and back again. Her academic pursuit led her from lthuteng Primary School in Gaborone for PSLE (2014) to Lobatse for JC (2017) and BGCSE (2019). In 2020, she returned to Gaborone to embark on her journey towards a Bachelor's degree in Electrical Engineering at the University of Botswana.

Lindy's affair with crochet started in 2015 when a friend introduced her to the captivating world of Home Economics.

Drawn to the intricate art of creating garments with yarn, Lindy learned the basics of crochet and knitting. Little did she know that these skills would resurface in her life with profound significance.

Rediscovering her crochet hook in early 2022, Lindy felt a surge of inspiration to turn her hobby into a business. Guided by her boyfriend's advice to delve into the fashion industry, Lindy decided to fuse her love for playing with yarn with the burgeoning demand for unique fashion pieces. Thus, MadebyLin was born.

At the core of MadebyLin is a mission that transcends traditional fashion enterprises. Lindy's goal is not merely to sell clothes but to instill confidence in the hearts of young people. With a particular focus on her soccer-loving community, Lindy crafts crochet skirts for fans to wear during games, fostering a sense of pride and unity.

Lindy's creative process is a blend of intuition and research. Drawing inspiration from platforms like Pinterest, Instagram, and YouTube, she envisions and sketches designs, bringing her ideas to life with acrylic yarn. Her material of choice is sourced from Timba Trading, known for its top-quality and durable supplies.

Despite her creative success, Lindy faces challenges familiar to many entrepreneurs in Botswana. The scarcity of yarn shops poses a significant hurdle, compelling her to strategize by purchasing materials in bulk. Another hurdle is the lack of packaging materials, a dilemma Lindy plans to address by exploring international options like AliExpress and Alibaba.

A poignant challenge Lindy confronts is the expectation for free products from friends, family, and classmates. Firm in her commitment to treat MadebyLin as a business, she politely declines such requests, emphasizing the time and effort invested. Lindy's resilience shines through as she navigates these challenges, embodying the spirit of a young entrepreneur determined to leave her mark on Botswana's crafting landscape.



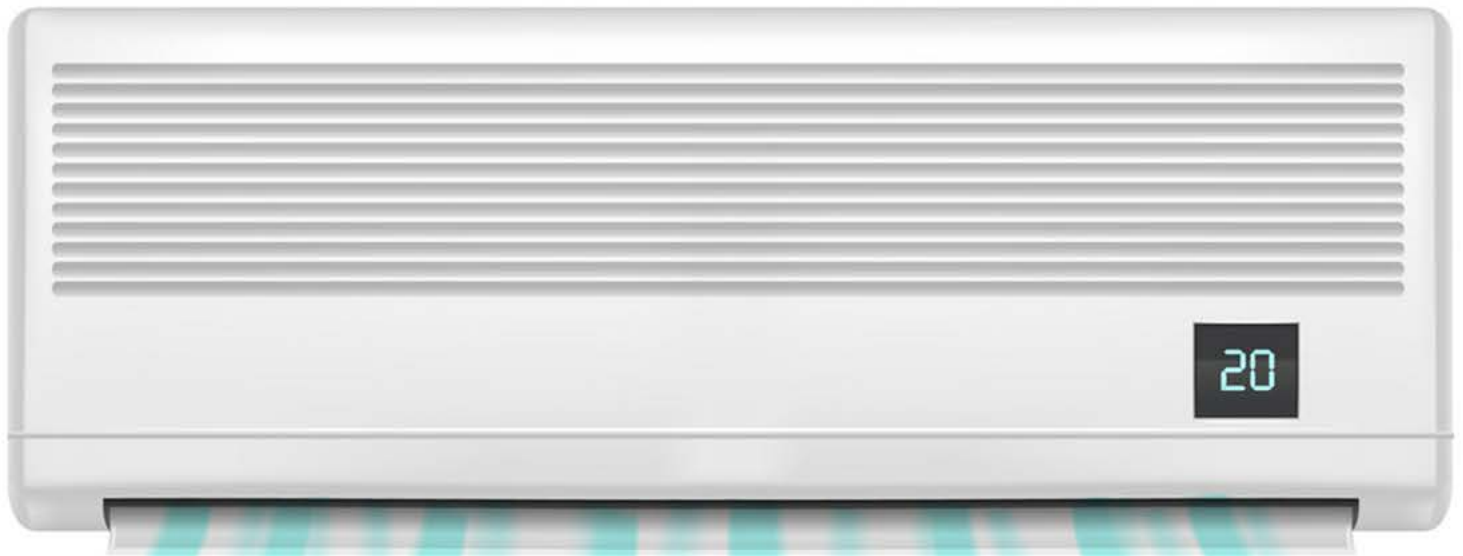
Autovee (PTY) LTD

<sup>T/A</sup> *Climatech Airconditioning*

Mechanical | Electrical Contactors & Supplies

**Service Repair, Sales of Air Conditioners-  
Refrigerators- Industrial**

**Authorised Repair Center for Sefalana & Shoppers-  
Across Botswana for Refridgeration Units**



**Plot No. 21928/3, Broadhurst Industrial, Gaborone  
P.O Box 81424, Gaborone**

**Tel: 3133144, Fax: 3133143, Email: [climatechair@gmail.com](mailto:climatechair@gmail.com)**







# 10 CHARACTERISTICS OF SUCCESSFUL ENTREPRENEURS

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

## WHAT IS ENTREPRENEURSHIP?

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

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

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

deliver a product or service at an acceptable cost.

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

**Here are 10 characteristics shared by successful entrepreneurs.**

## 10 CHARACTERISTICS OF SUCCESSFUL ENTREPRENEURS

### 1. Curiosity

Successful entrepreneurs have a distinct personality trait that sets them apart from other organizational leaders: a sense of curiosity. An entrepreneur's ability to remain curious allows them to continuously seek new opportunities. Rather than settling for what they think they know, entrepreneurs ask challenging questions and explore different avenues.

This is validated in the online course Entrepreneurship Essentials, where entrepreneurship is described as a "process of discovery." Without curiosity, entrepreneurs can't achieve their main objective: discovering new opportunities. The drive they have to continuously ask questions and challenge the status quo can

lead them to valuable discoveries easily overlooked by other business professionals.

### 2. Structured Experimentation

Along with curiosity, entrepreneurs require an understanding of structured experimentation. With each new opportunity, an entrepreneur must run tests to determine if it's worthwhile to pursue. For example, if you have an idea for a new product or service that fulfills an underserved demand, you'll have to ensure customers are willing to pay for it. To do so, you'll need to conduct thorough market research and run meaningful tests to validate your idea and determine its potential.

### 3. Adaptability

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

### 4. Decisiveness

To be successful, an entrepreneur has to make difficult decisions and stand by them. As a leader, they're responsible for guiding the trajectory of their business, including every aspect from funding and strategy to resource allocation.



Being decisive doesn't always mean being correct. If you want to be an entrepreneur, it means having the confidence to make challenging decisions and see them through to the end. If the outcome turns out to be less than favorable, the decision to take corrective action is just as important.

## 5. Team Building

A great entrepreneur is aware of their strengths and weaknesses. Rather than letting shortcomings hold them back, they build well-rounded teams that complement their abilities.

In many cases, it's the entrepreneurial team, rather than an individual, that drives a venture toward success. When starting your own business, it's critical to surround yourself with teammates who have complementary talents and contribute to a common goal.

## 6. Risk Tolerance

Entrepreneurship is often associated with risk. While it's true that launching a venture requires an entrepreneur to take risks, they also need to take steps to minimize it.

While many things can go wrong when launching a new venture, many things can go right. According to *Entrepreneurship Essentials*, entrepreneurs who actively manage the relationship between risk and reward position their companies to "benefit from the upside."

Successful entrepreneurs are comfortable

with encountering some level of risk to reap the rewards of their efforts; however, their risk tolerance is tightly related to their efforts to mitigate it.

## 7. Comfortable with Failure

In addition to managing risk and making calculated decisions, entrepreneurship requires a certain level of comfort with failure.

It's estimated that nearly 75 percent of new startups fail. The reasons for failure are vast and encompass everything from a flawed business model to a lack of focus or motivation. While many of these risks can be avoided, some are inevitable.

Despite this, successful entrepreneurs must prepare themselves for, and be comfortable with, failure. Rather than let fear hold them back, they allow the possibility of success to propel them forward.

## 8. Persistence

While many successful entrepreneurs are comfortable with the possibility of failing, it doesn't mean they give up easily. Rather, they see failure as an opportunity to learn and grow.

Throughout the entrepreneurial process, many hypotheses turn out to be wrong, and some ventures fail altogether. Part of what makes an entrepreneur successful is their willingness to learn from mistakes, continue to ask questions, and persist until they reach

their goal.

## 9. Innovation

Many ascribe to the idea that innovation goes hand-in-hand with entrepreneurship. This notion is often true. Some of the most successful startups have taken existing products or services and drastically improved them to meet the changing needs of the market.

Innovation is a characteristic some, but not all, entrepreneurs possess. Fortunately, it's a type of strategic mindset that can be cultivated. By developing your strategic thinking skills, you can be well-equipped to spot innovative opportunities and position your venture for success.

## 10. Long-Term Focus

Finally, most people think of entrepreneurship as the process of starting a business. While the early stages of launching a venture are critical to its success, the process doesn't end once the business is operational.

According to *Entrepreneurship Essentials*, "it's easy to start a business, but hard to grow a sustainable and substantial one. Some of the greatest opportunities in history were discovered well after a venture launched."

Entrepreneurship is a long-term endeavor, and entrepreneurs must focus on the process from beginning to end to ensure long-term success.

# 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.

# Amogelang Cynthia Bilton: A Journey into Fashion Design and **Entrepreneurship**

In the heart of Botswana, specifically in Maseru in the Southern part, resides a remarkable 20-year-old woman named Amogelang Cynthia Bilton. Although currently living in Tlokweng, Cynthia's roots and inspiration stem from her hometown. A full-time tertiary student with a passion for fashion design, Cynthia has embarked on a journey to express herself creatively through clothing and design.

Cynthia's introduction to the world of fashion design began with curiosity and a desire to understand the intricacies of the craft. Initially, she sought the expertise of a local designer who crafted pieces for her special occasions. This sparked her interest, leading her to delve into the world of fashion tutorials on YouTube. With a background in Home Economics and Fashion and Fabrics at school, Cynthia found herself drawn to sewing, making her learning process smoother.

One of Cynthia's key inspirations is the renowned fashion designer Tamsil designs, whose expressive creations left a lasting impact on Cynthia. Driven by her entrepreneurial spirit and a wish to translate her personal style into a brand, Cynthia decided to name her fashion line after her second name, giving birth to "Cynthia Designs."

What sets Cynthia Designs apart is its focus on streetwear – a style rooted in informal, urban-





China Jingsu



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



Grand Hotel China



Congo-Brazzaville Airport



Huatai Securities Plaza



University of Botswana Indoor Sports Arena



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

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



**TYRES**

**MAG WHEELS**

**FITTING**

**ACCESSORIES**

**SHOCKS**

**ALIGNMENT**

**BATTRIES**

**CAR SERVICE**



Call: 76256788/ 73589959  
G-West Branch, Haile Selassie Road infront of DCEC & BHC  
ahmedsabbir87@yahoo.com

Call: 3938718/ 71724544  
Plot No. 275, Mogoditshane next to Builders World  
Opposit to Bdf Camp

inspired clothing that emphasizes comfort and uniqueness. Cynthia's creations draw inspiration from youth culture, music, and art, reflecting the ever-evolving trends in the fashion industry. The brand's commitment to outstanding customer service and the ability to use negative feedback as motivation for improvement distinguishes Cynthia Designs from others in the industry.

Growing up, Cynthia always dreamt of making a significant impact on Botswana's fashion industry. Her vision includes creating designer outfits that are accessible to everyone, regardless of their financial status, comfort preferences, or body sizes. She aims to establish a fashion business that caters to a diverse audience, recognizing that affordability is a crucial factor for many individuals.

Balancing the demands of being a full-time student with running a fashion line is undoubtedly challenging, but Cynthia's organizational skills and time consciousness have allowed her to navigate this dual role effectively. She prioritizes her schedule, reducing social interactions during busy periods like exams. Despite the difficulties, Cynthia attests to the feasibility of balancing both responsibilities successfully.

Cynthia's goal is to create a distinct aesthetic for her brand, evolving from minimalist and timeless styles to bold and advanced designs. Focusing primarily on streetwear allows her to connect with a more targeted audience, expressing her passion for specific themes and values.

The journey hasn't been without its challenges. Mechanical problems, difficult customers, and occasional business lulls during the winter season have tested Cynthia's resilience. However, these obstacles have become opportunities for personal and professional growth, helping her refine her patience and communication skills.

Despite the hurdles, there have been standout moments in Cynthia's entrepreneurial journey. Participating in business seminars and learning from fellow entrepreneurs has provided her with motivation and insights to propel Cynthia Designs forward. While she acknowledges there's more to achieve, Cynthia expresses gratitude for discovering her talent, witnessing increased sales, and gaining recognition for Cynthia Designs.

As Amogelang Cynthia Bilton continues to navigate the complex world of fashion design and entrepreneurship, her story serves as an inspiration for aspiring creatives and business minds alike. With her unwavering passion and commitment, the future holds great promise for Cynthia Designs.









# A Musical Journey of Triumph and Inspiration: Anafiki Ditau

By: Duncan Sebeso

In the heart of the southern part of Botswana, in the humble village of Mabule, a musical prodigy was born on June 25, 1969. Anafiki Ditau, a name that resonates with the rhythm and blues of Botswana's music scene, is a multi-talented artist with an indomitable spirit.

Anafiki's life story is one of overcoming odds and turning adversity into triumph. Born blind just months after her arrival into the world, she grew up under the care of her devoted mother. Despite her visual impairment, Anafiki's journey unfolded as a testament to her determination and resilience.

Her educational journey began at Linchwe Primary School in 1976, where she attended a special class tailored to her needs. Here, she not only learned to read and write with braille but also discovered her innate talent for music. While awaiting her primary school leaving examination results in 1982, she

delved into the world of piano, showcasing her exceptional musical abilities.

Anafiki continued her education at Molefhi Junior School, where she completed her O'level certificate. Her passion for music blossomed further at Pudulogong, where she honed her skills in handcrafts and music. It was in this period that Anafiki composed her first song, "Mpolelle re babedi," on November 27, 1982, a creation that would mark the beginning of her musical legacy.

The song, a poignant reflection on love and resilience, was recorded and aired on Radio Botswana's program, *Dipina le Maboko*, in 1984. Anafiki's first album, released in 2004, featured the title track "Mpolelle re babedi" along with seven other soul-stirring compositions.

The track became an anthem for motivation, urging the nation not to despair but to cherish their loved ones. Despite its uplifting

message, "Mpolelle re babedi" held a personal touch, dedicated to a certain Aupa who sadly passed away a year after the song's release.

The impact of Anafiki's music transcended time and genres. In 2013, the song was remixed to a hip-hop version by Kast, and later, around 2018, it underwent a transformation into rhythm and blues by Fifi. Its versatility was further demonstrated in 2014 when Botswood incorporated "Mpolelle re Babedi" into their drama, "Pelo e ja serati."

Recognizing the unique and compelling nature of Anafiki's story, Botswood Movies embarked on the production of "Anafiki the Movie." The film promises a captivating cinematic experience, set against the backdrop of late '70s and early '80s Africa, exploring the challenges and triumphs of Anafiki's life in the music industry.

Several factors fueled the decision to produce this cinematic gem:

1. **Unique Story:** Anafiki's story is a testament to overcoming challenges in a challenging industry.

2. **Cultural Significance:** The film sheds light on the culture and music industry in Botswana, offering a fresh perspective.

3. **Inspiration:** Anafiki's journey inspires and uplifts, portraying the resilience of the human spirit.

4. **Diversity and Representation:** The film addresses the need for inclusive storytelling, providing representation for individuals with disabilities.

5. **Market Demand:** The growing interest in authentic and diverse stories, especially those showcasing underrepresented voices.

6. **Social Impact:** The film aims to spark conversations and raise awareness about disability rights, music, and perseverance.

One noteworthy event in Anafiki's recent endeavors was the "Christmas with Anafiki" celebration. Held in her hometown of Mabule, the event showcased Anafiki's commitment to giving back to the community that nurtured her. It was a heartwarming occasion, graced by village elders, community members, artists, and the Chief.

The event was not only a musical extravaganza, featuring performances by Dj LaTimmy and Tumelo the poet, but also a groundbreaking moment for the upcoming movie. Botswood screened the trailer for "Anafiki the Movie," bringing tears to the eyes of the audience with its touching visuals.

What made the Christmas event even more distinctive was Anafiki's act of generosity. Dispelling stereotypes about people with her condition, she gave back to the community by distributing gifts to the children of Mabule. The success of the event was made possible through donations from entities like Duma FM, Spar, Choppies, Vee, and Dj LaTimmy.

Anafiki Ditau's journey is not just a musical odyssey but a celebration of the human spirit's ability to triumph over adversity. As "Anafiki the Movie" takes shape, it promises to be a cinematic masterpiece that not only entertains but also inspires and educates audiences worldwide.





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

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

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

- Authoritarian
- Authoritative
- Permissive
- Uninvolved

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

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

## Authoritarian Parenting

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

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

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

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

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

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

Children of authoritarian parents are at

a higher risk of developing self-esteem problems because their opinions aren't valued.

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

## Authoritative Parenting

Do any of these statements sound like you?

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

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



as the most developmentally healthy and effective parenting style.

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

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

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

### Permissive Parenting

Do any of these statements sound like you?

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

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

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

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

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

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

### Uninvolved Parenting

Do any of these statements sound familiar?



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

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

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

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

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

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

### A Word from Very well

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

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

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



# Grilled Steak with Greek Corn Salad

**Level:** Easy

**Total:** 20 min

**Active:** 20 min

**Yield:** 4 servings

## Ingredients

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

(about 4 ounces)

1/3 cup pitted green olives, sliced

2 ears of corn, shucked

1 1/4 pounds cube steaks

## PREPARATION

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

Grill the corn, turning occasionally, until

charred in spots, about 8 minutes; remove to a cutting board. Meanwhile, season the steaks with salt and pepper. Working in batches if necessary, grill the steaks until the edges start browning, about 2 minutes. Flip and cook until browned on the other side, about 30 seconds. Transfer to the bowl with the reserved vinaigrette; toss to coat.

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

## Cook's Note

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



# GRANITE MASTER

*Masters in Granites Works*



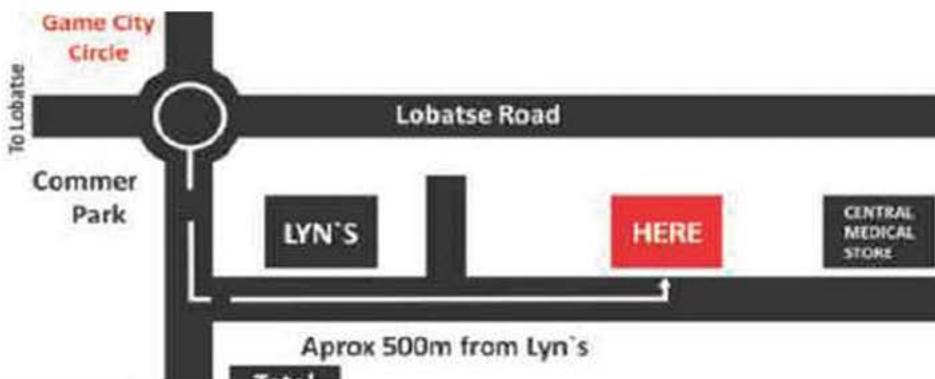
Suppliers of



NEOLITH



- Granite prices have never been lower
- Huge Selection of Special colors
- Professional installation in 3-6 days
- Removal of Existing counters offered
- Visit us today for a free estimate



Tel/Fax:393-1582

Cell: 74444441

Plot 22083, Gwest Industrial  
granitemaster@live.com

# Hakim Electrical Services (PTY)Ltd

*The Electrical Specialist*

Electrical Engineer, Power Saving, Technologist, Retail & Distribution,  
Contractor, Consultant, AutoCAD, Eletrical & ISO 901 Trainer



+267 3114151 Fax: +267 3114152

+267 71712731



hakim.eletrical2@gmail.com  
P O Box 2059 Gaborone  
Facebook.com/Hakim Electrical



Plot 14447, Unit 03,  
G/west Industrial,  
Gaborone

# 4 Things You Must Do Before Disaster Strikes



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

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

## **Eat well and exercise**

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

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

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

to work.

## **Quit smoking**

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

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

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

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

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

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

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

## **Go for an Annual Health Screening**

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

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

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

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

# GULFSTREAM G700 GUIDE & SPECS



Gulfstream has released six new aircraft since 2008, and they are constantly striving to improve their aircraft. During the 2019 National Business Aviation Association Convention in Las Vegas, Gulfstream unveiled the G700. The G700 is the most recent product to be created from their inventive mindset. The president of the business stated that Gulfstream G700 is an all-new, advanced-technology aircraft that redefines safety, comfort, and range at high speeds.

Gulfstream is presently testing the G700 and intends to deploy the first jet in 2022. A 30/70 combination of sustainable aviation fuel powered the company's new flagship's inaugural flight on February 14, 2020, departing from Savannah/Hilton Head International Airport. Until February 2021, over 1,100 hours of flight testing had been completed, which included envelope expansion, flutter, stalling, flying characteristics, and flight control system testing.

As of October 2019, Gulfstream named Qatar Airways as the G700's launch client. It will be used by Qatar Airways for its charter services. Currently, Qatar Airways operates five G500s and six G650ERs in its fleet, and it will soon add ten G700s to its fleet. The CEO of Qatar Airways said the airline was thrilled to be the first client of the G700, the industry's largest business aircraft.

Gulfstream's G700 is set to become the industry's largest and best-performing business jet, and it will compete with Bombardiers' Global 6500 and 7500. The G700 combines proven ultralong-range, speed, and performance with cutting-edge cabin design and flight-deck innovation to provide customers with an unrivaled aircraft experience.

It has the biggest cabin in business aviation and can travel further faster than any rival. The G700 can go 7,500 nautical miles/13,890 kilometers at Mach 0.85 and 6,400 nm/11,853 kilometers at Mach 0.90, thanks to two Rolls-Royce Pearl 700 engines. Specifically, for G700, Rolls-Royce Pearl 700 engine has been developed by Rolls-Royce. And the Gulfstream Symmetry Flight Deck™ incorporates active control sidesticks and the industry's most comprehensive usage of touch-screen technology.

The cabin of the G700 is likewise unmatched, with an extra-sized ultra-galley with lounge or crew compartment, up to five living spaces, and a huge, customized master bedroom with a suite master bath. The plane also has a brand-new, innovative circadian lighting system created by Gulfstream that can replicate dawn and sunset across time zones. The G700 promotes in-flight health and substantially minimizes the physical strain of flying nonstop halfway around the world with 20 panoramic windows and the Gulfstream cabin environment of 100

percent fresh air, low cabin altitude, and whisper-quiet sound levels.

While flying at 41,000 feet/12,497 meters, the G700 cabin altitude has been improved to 2,916 feet/889 meters, down from 3,290 feet/1,003 meters when flying at 41,000 feet/12,497 meters. The G700 retains its status as the business aviation industry's lowest cabin altitude leader with this modification. The cabin comfort of Gulfstream aircraft is prioritized; cabin air is completely fresh air. There are 20 windows that are the largest in the market, a high-definition circadian lighting system, and award-winning seats with superior ergonomics and increased comfort preferences that customers may pick from in the G700 cabin, according to Gulfstream.

The G700's cabin offers more room than ever before for Gulfstream's well-designed furniture, as well as additional personalization options and technologies to improve passenger health, safety, and enjoyment. The industry's first fully furnished G700 has a dedicated crew space, an entertainment and presentation area, a six-person conference and eating area, and a stateroom with a full-length wardrobe. The aircraft's interior amenities include award-winning seat design, natural stone floors in the galley and bathrooms, quartz worktops, motorized single seats, surround sound, and other unique features.

**Priyanka Investments (PTY) LTD T/A**  
**RPR Furniture**

We Make Top  
Quality Furniture

From budget to the highest quality, you won't feel the springs on our mattresses as they are very comfortable. From 2 years and ever guaranteed you will get one side soft and the other side hard according to your preference sleep.

Visit our shop and view our top class furniture



**Sleep Well With RPR Beds**



**Wake Up Well With RPR Beds**

**Gaborone Branch**

Plot No. 1250 Unit 2 G West industrial  
Gaborone (Next to Tyre Services).  
74572090/75596651

**Mahalapye Branch**

Main Mall  
+267 76761068/ 74347797

**Palapye Branch**

River View Mall Shop No. 13  
77667992/ 76798813



**Leseding Interiors**

**Architecture** Redefined



✓ Aluminium Shop Fronts

✓ Aluminium Cladding

✓ Sliding Doors & Windows

✓ Exclusive Joinery Works

✓ Partitioning & Ceiling

✓ Patio & Skylight



**Tel: (+267) 3182662 Fax: (+267) 3182846**  
**E-mail: [lesedinginteriors@mega.bw/](mailto:lesedinginteriors@mega.bw/)**



## G700 Specs

Cabin Height	6 ft 3 in / 1.91 m	Exterior Length	109 ft 10 in / 33.48 m
Cabin Width	8 ft 2 in / 2.49 m	Overall Wingspan	103 ft / 31.39 m
Cabin Length	56 ft 11 in / 17.35 m	Cabin Volume	2,603 cu ft / 73.71 cu m
Baggage Compartment Vol	195 cu ft / 5.52 cu m	Window Size	20.60 in (52.35 cm) *28.10 in (71.37 cm)

## Weights

Max Takeoff	107,600 lb./48,807 kg	Max Payload	6,385 lb./2,896 kg
Max Landing	83,500 lb./37,875 kg	Max Payload/Full Fuel	2,235 lb./ 1,014 kg
Max Zero Fuel	62,750 lb./28,463 kg	Maximum Fuel	49,400 lb. / 22,407
Basic Operating	56,365 lb./25,567 kg		

Jet ConneX Ka-band Wi-Fi is included with the G700 at no additional cost. Owner and operator of the world's first fully redundant global Ka-band satellite network, Inmarsat, is delivering the service in cooperation with Honeywell. With Jet ConneX, business jet operators have access to the industry's most advanced linked aircraft technology. With the Ka-band network of Inmarsat Global Xpress, the service offers the bandwidth and throughput needed to fulfill the business and entertainment demands of cabin passengers.

With its Gulfstream Symmetry Flight Deck, Predictive Landing Performance System (PLPS), Dual Head-Up Displays, and Synthetic Vision with Dual Head-Up Displays, the Gulfstream G700 features the most sophisticated avionics available. All these contemporary technologies increase the pilot's capacities and aid them in a big way while also enhancing the passengers' comfort.

Gulfstream G700 Performance and Handling During envelope expansion tests, the G700 successfully operated well beyond its maximum operating speed and cruising altitude, flying perfectly at Mach 0.99 and at 54,000 ft/16,459 m. However, these are test flight numbers, and the highest operational speed in regular flight conditions is Mach 0.925.



Each Rolls-Royce Pearl 700 engine provides 18,250 pounds (81.20 kN) of takeoff thrust, which contributes to the performance of the large jetliner in the sky. This engine was built specifically for the G700. It has an 8 percent improvement in take-off thrust compared to the BR725 and a brand-new low-pressure

system. Although the engine's low noise and pollution performance remains unsurpassed, its thrust-to-weight ratio has been improved by 12 percent, and its efficiency has increased by 5 percent. Customers are carried at a speed close to that of sound with the Pearl 700 engine on the G700 jetliner.

## G700

Long-Range Cruise	Mach 0.85 / 904 km/h
Max operating Mach Number	Mach 0.925
Takeoff Distance (SL, ISA, MTOW)	6,250 ft / 1,905 m
Initial Cruise Altitude	41,000 ft / 12,497 m
Max Cruise Altitude	51,000 ft / 15,545 m
Maximum Range (Mach 0.85)	7,500 NM / 13,890 km
High-Speed Cruise	Mach 0.9 / 956 km/h



SAMSUNG



Along with the new engine, G700 also has newly designed Gulfstream winglets. With its outstanding takeoff and landing capabilities, the aircraft is well-suited for airports with weight restrictions, short runway lengths, and high-altitude airport operations.

Customers gain from the ability to fly faster (Mach 0.90 vs. Mach 0.80), which results in more time, lower annual maintenance, parts, and service costs, and shorter crew days for safer operations.

**Gulfstream G700 Modifications and Upgrades**

We can't discuss particular alterations or enhancements since the Gulfstream G700 is still in the testing stage. Gulfstream does, however, provide a redesign program to their clients through their company-owned service centers. After its initial delivery in 2022, the G700 is might get several special cabin interior upgrade choices. Concerning avionics and other systems, it is safe to say that the G700 already has the most sophisticated technology systems and will not require any modifications for many years.

**Gulfstream G700 Prices**

The Gulfstream G700 has a price tag of \$75 million and features the most modern and technical subsystems on the market, as well as the biggest cabin area that can be customized with

various configuration options.

Because the aircraft has not yet been delivered, there are no options for pre-owned aircraft.

**Gulfstream G700 Maintenance Schedule**

Gulfstream has many service facilities throughout the world, and business jet maintenance is provided by Jet Aviation, which is also owned by General Dynamics. Aside from the proprietors of these businesses, a slew of other organizations performs maintenance services, notably at major international hub airports.

Gulfstream will provide maintenance manuals for the aircraft after it is put into service. Line inspections and A and C maintenance are examples of scheduled maintenance.

**Gulfstream G700 Where to Find Replacement Parts**

The jet isn't in service yet, but if we're talking about future Gulfstream Airplanes, the G700 will be in the same boat as past Gulfstream Airplanes. This implies that after obtaining parts from Gulfstream, the G700's original equipment manufacturer, qualified maintenance facilities may repair Gulfstream components that need to be changed. Apart from that, owners may come across a number of firms that may help them upgrade the interior of their plane.



**A03**

P1,699

- 6.3inch
- Front 5MP | Rear 48MP
- 5000mAh
- 6GB Ram | 64GB Rom



**A13**

P2,699 P2,899

- 6.6inch
- Front 8MP | Rear 50MP
- 5000mAh
- 4GB Ram | 64GB Rom
- 4/6GB Ram | 128GB Rom



**A23**

P3,199 P3,499

- 6.6inch
- Front 8MP | Rear 50MP
- 5000mAh
- 4GB Ram | 64GB Rom
- 8GB Ram | 128GB Rom



**A33**

P4,799

- 6.4inch
- Front 13MP | Rear 48MP
- 5000mAh
- 8GB Ram | 128GB Rom



**A53**

P5,999

- 6.5inch
- Front 32MP | Rear 64MP
- 5000mAh
- 8GB Ram | 128GB Rom



**A73**

P6,999 P7,999

- 6.7inch
- Front 32MP | Rear 108MP
- 5000mAh
- 8GB Ram | 128GB Rom
- 8GB Ram | 256GB Rom

BUY ANY OF THIS AND GET A  
**FREE GLASS**



# 10 EXERCISES TO TONE EVERY INCH OF YOUR BODY



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

#### Benefits Of Working Out

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

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

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

#### LUNGES

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

1. Start by standing with your feet shoulder-width apart and arms down at your sides.
2. Take a step forward with your right leg



and bend your right knee as you do so, stopping when your thigh is parallel to the ground. Ensure that your right knee doesn't extend past your right foot.

3. Push up off your right foot and return to the starting position. Repeat with your left leg. This is one rep.

**Complete 3 sets of 10 reps.**

**PUSH UPS**

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

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

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

**SQUATS**

Squats increase lower body and core strength, as well as flexibility in your lower

back and hips. Because they engage some of the largest muscles in the body, they also pack a major punch in terms of calories burned.

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

**STANDING OVERHEAD DUMBBELL PRESSES**

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

**Equipment: 10-pound dumbbells**

1. Pick a light set of dumbbells — we recommend 10 pounds to start — and start by standing, either with your feet shoulder-width apart or staggered.

Move the weights overhead so your upper arms are parallel to the floor.

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

**DUMBBELL ROWS**

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

**Equipment: 10-pound dumbbells**

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



- Return to the starting position and repeat with the left arm. This is one rep. Repeat 10 times for 3 sets.

### SINGLE-LEG DEADLIFTS

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

#### Equipment: dumbbell

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

### BURPEES

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

strength.

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

### SIDE PLANKS

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

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

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

ground, forming a straight line with your body.

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

### PLANKS

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

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

### GLUTE BRIDGE

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

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

### How to improve workouts

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

- If you notice yourself breezing through and barely breaking a sweat, focus on progressive overload by making each move more challenging by:
  - adding 5 more reps
  - adding more weight
  - tacking on a jump to moves like squats and lunges

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



# Arsenal 5-0 Crystal Palace:

## Mikel Arteta's side put goal worries behind them to move two points off Premier League leaders Liverpool

Report and free match highlights as Arsenal move two points off Premier League leaders Liverpool with a 5-0 win over Crystal Palace; Gabriel scored a first-half corner then forced a Dean Henderson own goal; Leandro Trossard and Gabriel Martinelli's double sealed the win

**Arsenal put their goalscoring problems behind them to thrash a dismal Crystal Palace side 5-0 and move within two points of Premier League leaders Liverpool.**

The Gunners scored two goals from corners in the first half as Gabriel headed home the first - before the Brazilian forced an own goal off Palace goalkeeper Dean Henderson.

After the break, Arsenal then scored from a Palace corner, which David Raya claimed and fed Gabriel Jesus on the break. The Brazil forward found Leandro Trossard, who did Arsenal's much-maligned forward group a favour by finishing a clear-cut chance at the Emirates Stadium.

Palace then gave up in stoppage time as Gabriel Martinelli scored twice to put a sensational gloss on the scoreline.

The win moves Mikel Arteta's side above Aston Villa into third - with the pressure on Jurgen Klopp's Liverpool to extend their lead at the top as they travel to Bournemouth on

Sunday, live on Sky Sports at 4.30pm.

However, the result did come at a cost for title-chasing Arsenal, who saw goal-getter Gabriel and midfielder Declan Rice go off with injuries in the second half.

Asked if he could expand more on the double injury blow, Arteta said: "No, he [Rice] was feeling some tightness. I don't know what muscle it was.

"When he says that at 3-0 then we don't want to take any risks. The same with big Gabi he had some discomfort from a tackle so we took him off."

Meanwhile, it is one win in 12 matches in all competitions for Roy Hodgson's Palace, whose fans unveiled two banners towards full-time which read: 'Wasted potential on and off the pitch, weak decisions taking us backwards' and 'no shared vision no structured plan'.

Arsenal dominated the opening exchanges and showed their attacking intent early on. Jesus blazed over from the edge of the area but it wasn't long until they found the lead. A stunning pass from Oleksandr Zinchenko opened up the Palace defence and forced a corner, which Declan Rice delivered and Gabriel rose highest at the far post to head home the opener.

Arsenal's set-piece prowess was on full show in the first half and the Gunners nearly doubled the lead from their next corner. Bukayo Saka's delivery took two deflections before bouncing off Jefferson Lerma, then onto the bar.

Gabriel headed wide at the near post from another Saka corner but then Palace grew into a game. A period of pressure saw Lerma sting David Raya's palms at the near post after a poor pass out from the Arsenal goalkeeper.

But just as Palace were looking for a way back in, Arsenal struck with a second from a corner. Dean Henderson flapped at Saka's delivery, allowing Gabriel to meet it at the far post, with the ball then bouncing off the Palace goalkeeper and into the net.

Arsenal did manage some chances from open play, with Leandro Trossard seeing a goal-bound strike from a fine move deflected over by Marc Guehi.

But they were back to forcing chances from corners at the start of the second half as one was cleared as far as Rice, who fired straight at Henderson.

A frantic start to the second period saw Eberechi Eze test Raya from distance, before the Gunners broke and Trossard failed to



finish at the far post from Jesus' cross.

But then came Arsenal's third - this time from a Palace corner which Raya claimed - then threw a quick ball out to Jesus on the break. The Brazilian fed Trossard who was not to be denied this time - twisting past the last defender, before rifling beyond Henderson.

The only blot on a successful afternoon were injuries to Rice and Gabriel. Midfielder Rice limped off and appeared to say "hammy [hamstring]" as he came off, while Gabriel limped off after receiving treatment in the centre circle.

As Palace fans were putting up angry

banners against their own club, their players held up the white flag in stoppage time as Arsenal struck twice. First, Eddie Nketiah fed Martinelli on the break and curled in past Henderson.

Martinelli repeated the same feat moments later as Palace looked like a team bereft of confidence.

"They were good set-pieces of course but if you speak to our players, they will be a little bit aggrieved that there were infringements for both the goals. We weren't lucky enough to have those infringements recognised by the referee so we find ourselves 2-0 down.

"Then, to compound things, we gave them the goal that really puts the game to bed from one of our corner kicks. Suddenly we're 3-0 down. That ended all hope of us getting back into the game.

"The real disappointment is the last two goals, but I must take responsibility for that. Players were tiring and we needed, we thought, some fresh legs.

"The fresh legs were the young lads and it was too much to ask for them to go on and deal with a rampant Arsenal. As a result, we lose the game heavily.

"I believe in the team. The fact is at the moment we are stretched to say the least, our attacking threat - when you lose Olise and Ayew at the same time - is blunted. That will change when those two players come back.

"I don't think in the last games we've been outplayed that often. We've been in games, even against the Liverpools, Chelseas, Brightons and the Arsenals.

"Today we were outplayed, in particular, towards the end of the game. Up to that period, the players stuck to their task. They showed that they're still committed and want to deal well for the club.

"The result decides everything - those last two goals bring about the doom and gloom of the situation as 5-0 is a bad defeat at any level."

### **Arteta: Arsenal were more efficient**

#### **Arsenal manager Mikel Arteta:**

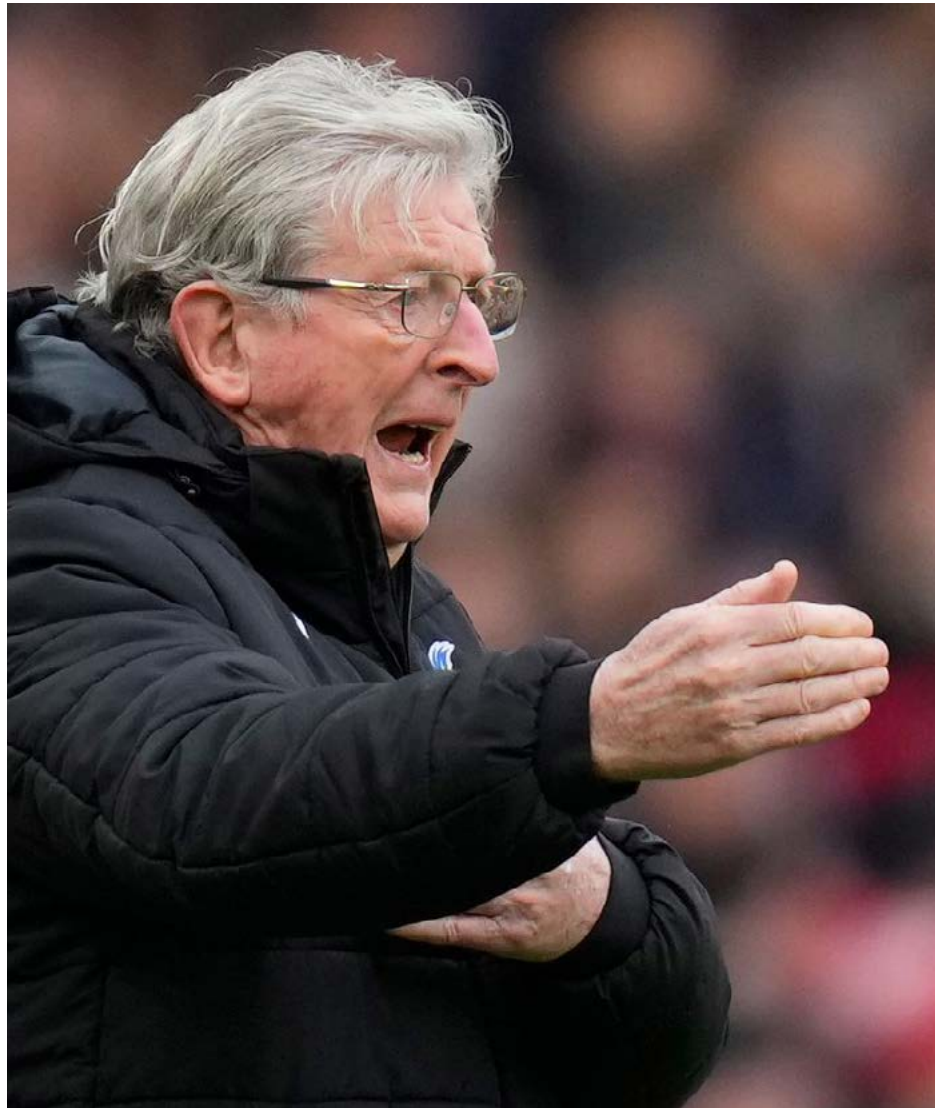
"I'm very pleased, clean sheet and five goals, win the game and performance. I had a really good feeling after we left the stadium after Liverpool, the performance was there but the results were not.

"Today we were much more efficient in the opponents' box particularly than the last few games. Last few games we had moments playing better than today but this is about scoring goals.

"Set-pieces are a big part of us, especially against teams that want to defend deeply. It is a good way to win games. The success of last season was the amount of players who scored more than 10 goals and we are going to have to do that again.

"We used moments of the game we knew could exploit really, really well. The subs did really well and had a big impact. Everyone was really focused.

"This is the second part of the season and we want to tackle it with a lot of aggression and motivation. I would like to play three days after but it is what it is. We will keep preparing and we must continue to do better and improve as a team."



# SHARPS CONSTRUCTION

**Sharps is a  
100% citizen  
owned  
company**

## **BUILDING AND CIVIL SERVICES - ELECTRICAL INSTALLATIONS AND MAINTENANCE**

Telephone Number: +267 3912324  
Telefax Number: +267 3959275  
E-mail address: [alfredc@sharps.co.bw](mailto:alfredc@sharps.co.bw)

Head Office located at Plot No. 1235  
Haile Selassie Road, Industrial Area, Gaborone, Botswana  
P.O. Box 603 Gaborone, Botswana



+267 73 911 974

+267 72 995 995

+267 76 196 766

# BUILD YOUR DREAM HOME WITH US!!!



## WHY CHOOSE US?

- We can beat any quote.
- Cash Account Facility.
- Free delivery upto 30kms.
- We deliver nationwide.

## OUR PRODUCTS

- Doors & Locks
- Roofing & Timber
- Paints & Brushes
- Plumbing & Sanitaryware
- Taps & Pipes
- Cement & Adhesives
- Fencing & Gumpoles
- Electrical & Lightfittings
- Tiles & Mosaics

**AND MANY MORE !!!**

## WHERE TO FIND US?



**GWEST  
STORE**



**MOGODITSHANE  
STORE**



**TLOKWENG  
STORE**



**MOLEPOLOLE  
STORE**



**PALAPYE  
STORE**



**SEROWE  
STORE**

GABORONE BUILDING SUPPLIES (PTY) LTD. T/A

786

**EEZZE Build**

**BUILD MADE EEZZE**

# ALL ROADS LEAD TO

# FOURS

## CASH & CARRY

### BOTSWANA

#### GABORONE:

New Lobatse Road Plot 14385.

Phone: 3164 281

Fax: 3164 693

#### GABORONE:

Old Lobatse Road Lot 4802

Phone: 3180 410

Fax: 3180 411

#### GABORONE :

New Lobatse Road Industrial  
Plot 14399

Phone: +267 3910209

Fax: +267 3916563

#### MOGODITSHANE:

Mogo Mall Unit 4&5

Phone: 3113 845

Fax: 311 846

#### LOBATSE:

Thema 1 Plot 472

Phone: 5332 088

Fax: 5339 003

#### SELEBI PHIKWE:

Industrial Site Plot 11271 Unit 4

Phone: 2600 700

Fax: 2600 400

#### SHAKAWA:

Plot 3181

Phone: +267 6872025

Fax: +267 6872075

Fours Distribution Centre Plot 880 Unit 1 G.I.C.P  
Gaborone, Botswana

Phone: +267 392 2612 Fax: 392 2651



[www.fours.co.bw](http://www.fours.co.bw)



Fours Cash & Carry

#### FRANCISTOWN:

Light Industrial Site Plot 248

Phone: 2412828

Fax: 2412626

#### FRANCISTOWN:

Somerset Industrial Plot 49655

Phone: 2408 533

Fax: 2408 544

#### PALAPYE:

Riverview Mall Plot 8717 Shop No.24

Phone: 4920 448

Fax: 4920 457

#### GHANZI:

Bosele ward Plot 4&9

Phone: 6511 900

Fax: 6511 901

#### MAUN:

Old Moremi Road Lot 292

Phone: 6861 377

Fax: 6863 840

#### MAUN-BOSEJA:

Boseja Industrial Plot 115 & 116

Phone: 6801 685

Fax: 6801 575

#### BOBONONG:

Plot1963/5153 Bakgomong Mall

Phone: +267 2622642

Fax: +267 2622628

**NOW SHOP  
ONLINE**



[www.foursonline.co.bw](http://www.foursonline.co.bw)