

# Celebrity World

Botswana's Native Magazine

March 2024 P12

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in Botswana's  
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## 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

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### Celebrating Women and Style

Welcome to the March issue of Celebrity World Magazine, where we embark on a journey of celebration and empowerment.

On our cover page this month, we are honored to feature Glotto, the visionary fashion designer and brand owner whose creations continue to redefine elegance and style. With an unwavering commitment to innovation and craftsmanship, Glotto has captivated the world of fashion, leaving an indelible mark on runways and red carpets alike. Join us as we delve into the creative genius behind Glotto and explore the allure of this iconic brand.

As we step into March, we also embrace the spirit of Women's Month with open arms. This is a time to recognize and honor the invaluable contributions of women in every aspect of society. From trailblazing leaders to unsung heroes, women continue to inspire us with their resilience, passion, and grace. Throughout this month, Celebrity World Magazine is dedicated to showcasing the achievements and stories of remarkable women who are shaping our world and leaving an indelible legacy for generations to come.

In the pages ahead, you will discover exclusive interviews, captivating features, and insightful commentary that celebrate the essence of womanhood in all its diversity. From groundbreaking artists to visionary entrepreneurs, we shine a spotlight on women who are fearlessly pursuing their dreams and making a profound impact on our collective consciousness.

As we celebrate the accomplishments of women around the globe, let us also reaffirm our commitment to gender equality and empowerment. Together, let us strive to create a world where every woman has the opportunity to thrive, succeed, and shine.

Thank you for joining us on this empowering journey. Here's to the strength, resilience, and beauty of women everywhere.

Warm regards,  
Editorial Team  
Celebrity World Magazine





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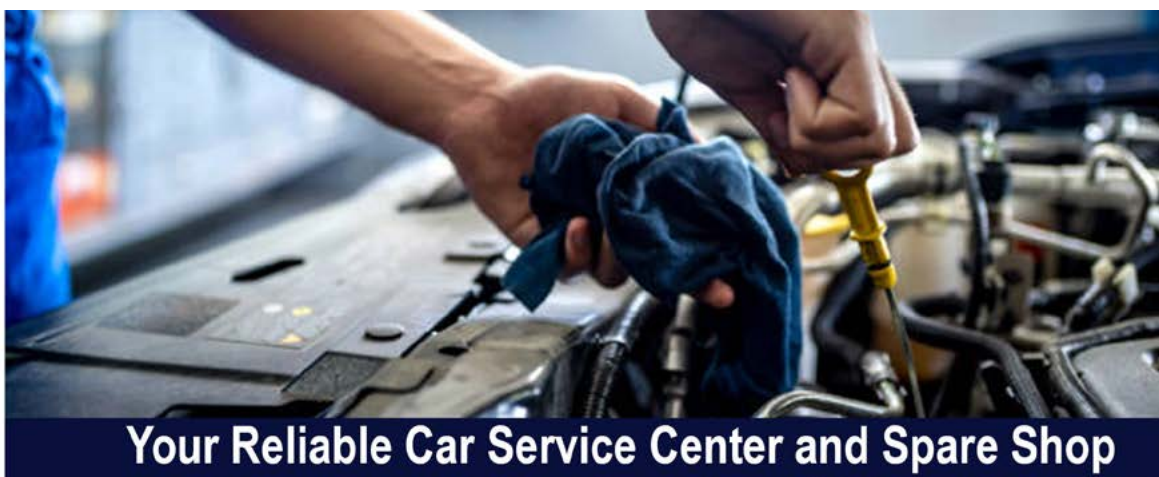
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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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### Megamind vs. the Doom Syndicate

is an upcoming American animated superhero comedy film produced by DreamWorks Animation Television. Directed by Eric Fogel from a screenplay by Alan Schoolcraft and Brent Simons, the film stars Keith Ferguson, Laura Post, Josh Brener, Maya Aoki Tuttle, Emily Tunon, Talon Warburton, Scott Adsit, Chris Sullivan, Tony Hale, Jeanine Mason and Adam Lambert.

**Genre:** Superhero Comedy

**Directed by:** Eric Fogel



### Avatar: The Last Airbender,

also known as Avatar: The Legend of Aang, is an American adventure fantasy television series. It is a live-action adaptation of the animated television series of the same name (2005–2008). First announced in September 2018, Albert Kim is the showrunner, with an ensemble cast including Gordon Cormier, Dallas Liu, Kiawentiio, Ian Ousley, Paul Sun-Hyung Lee, Elizabeth Yu and Daniel Dae Kim.

**Genre:** Adventure Fantasy

**Developed by:** Albert Kim



### Mea Culpa

is a 2024 American legal thriller film written and directed by Tyler Perry. The film stars Kelly Rowland as a criminal defense attorney, who takes the case of an artist (played by Trevante Rhodes), who is accused of murdering his girlfriend. The film also stars Sean Sagar, Nick Sagar, RonReaco Lee, Shannon Thornton and Angela Robinson. The film was released by Netflix on February 23, 2024.

**Genre:** Legal Thriller

**Directed By:** Tyler Perry



### Dune: Part Two

Two is a 2024 American epic science fiction space opera directed by Denis Villeneuve, who co-wrote the screenplay with Jon Spaihts. The sequel to Dune (2021), it is the second of a two-part adaptation of the 1965 novel Dune by Frank Herbert, and follows Paul Atreides as he unites with the Fremen people of the desert planet Arrakis to wage war against House Harkonnen. Timothée Chalamet, Rebecca Ferguson, Josh Brolin, Stellan Skarsgård, Dave Bautista, Stephen McKinley Henderson, Zendaya, Charlotte Rampling, and Javier Bardem reprise their roles from the first film, with Austin Butler, Florence Pugh, Christopher Walken and Léa Seydoux joining the ensemble cast.

**Genre:** Epic Science Fiction

**Directed by:** Denis Villeneuve

## What To Read

### If 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 Leclaire 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

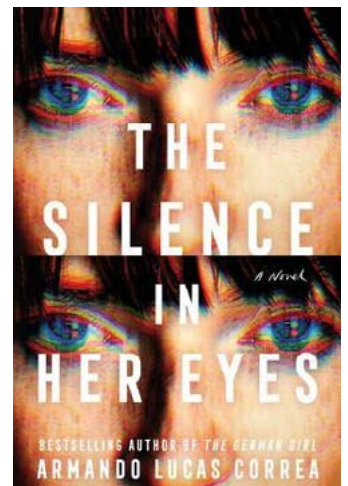


### The Silence In Her Eyes

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. Desperate to protect her daughter, Leah's mother took her out of school and confined her to their Manhattan apartment.

**By:** Armando Lucas Correa

**Genre:** Thriller & Suspense



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# Phetso Oabile: A Rising Star in Botswana's Comedy Scene

Phetso Oabile's journey from the streets of Selibe Phikwe to the spotlight of Botswana's comedy scene is one marked by humor, resilience, and a passion for making people laugh. Born and raised in a township, Phetso's comedic style is deeply rooted in his upbringing and experiences, shaping him into a beloved comedian known for his relatable jokes about township life.

Raised by a single, loving mother alongside his two brothers, Phetso credits his humility and wit to the nurturing environment his mother provided. Despite facing financial challenges, his mother's unwavering support fueled his dreams, encouraging him to pursue his passions wholeheartedly.

Phetso's journey into comedy began during his high school years, where he discovered his knack for humor while making memes on social media and cracking jokes in the classroom. Initially envisioning a career in football, Phetso's comedic talents eventually took center stage, drawing inspiration from comedians like Vha L, Jonny Pula, and Triccs.

In 2022, Phetso made his debut in stand-up comedy after being inspired by live

performances he witnessed on television. He took the stage at Notwane's comedy nights, where he impressed veteran comedians like Jonny Pula and Baldwin Bals with his natural comedic prowess. This led to his participation in the prestigious presidential comedy competitions, where he showcased his talent and secured third place in his first attempt.

Phetso's comedy style is versatile, but he particularly shines when portraying characters from township life, effortlessly bridging the gap between different societal backgrounds. His ability to find humor in everyday situations, such as school, relationships, and the quirks of township living, resonates with audiences of all ages.

Despite his rising success, Phetso remains grounded, attributing his achievements to hard work, faith, and a dash of improvisation. He seamlessly incorporates audience interactions into his performances, turning potential disturbances into comedic gold and leaving audiences in stitches.

Looking ahead, Phetso is determined to

carve his own path in the comedy world, with plans to embark on a comedy tour aimed at bringing laughter to junior and senior schools. Recognizing the therapeutic power of laughter, especially in the face of depression among students, Phetso sees comedy as a means of spreading joy and positivity.

With a commitment to crafting clean, universally appealing comedy, Phetso aims to build a brand that resonates with diverse audiences while steering clear of sensitive topics. His favorite joke, a humorous take on household mishaps, encapsulates his comedic approach—light-hearted, relatable, and bound to elicit smiles from all who hear it.

As Phetso Oabile continues to captivate audiences with his wit and charm, he remains a testament to the transformative power of laughter and the boundless possibilities that come with pursuing one's passion. In a world that could always use more laughter, Phetso is undoubtedly a beacon of light, spreading joy one joke at a time.





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## Unveiling the Remarkable Journey of Sage P: From Sikwane Village to Global Inspiration

In the heart of Kanye, amidst the rustic charm of Botswana, resides a beacon of inspiration named Tracey Didintle Ramasilo, better known as Sage P. At just 16 years old, Sage P's journey is nothing short of extraordinary, marked by her indomitable spirit, multifaceted talents, and unwavering dedication to empowering others.

Hailing from Sikwane village in Kgatleng East, Sage P found her passion for motivational speaking at the tender age of 8. It all began during prize-giving shows at Rachele Primary School in Kanye, where her words resonated with peers and teachers alike. Since then, she has blossomed into a dynamic force, transcending boundaries and uplifting countless souls along the way.

But Sage P's repertoire extends far beyond the realm of motivational speaking. She is a versatile personality, donning the hats of a TV and radio presenter, fashion model, author, and ambassador at the esteemed InChrist University. Despite her jam-packed schedule, she remains steadfast in her pursuit of excellence, awaiting her form 3 results while simultaneously working on her debut book—a beacon of hope for teenagers navigating life's tumultuous waters.

Central to Sage P's ethos is the belief in leveraging personal experiences to foster positive change. Drawing inspiration from her role model, Vusi Thembekwayo, and the unwavering support of her mother, she embarked on a mission to empower her generation. Her talks, infused with authenticity and wisdom, serve as a guiding light for teenagers grappling with mental challenges and self-doubt.

At the core of Sage P's message are three pillars: character, action-oriented vision, and unwavering focus. She emphasizes the importance of cultivating a strong character as the foundation for success, urging individuals to harness their inner resources and pursue their dreams with tenacity. Her words resonate deeply, urging listeners to embrace challenges as opportunities for growth and to keep their eyes fixed on the prize.

Beyond the realm of words, Sage P's actions speak volumes. As a fashion model, she has become a symbol of confidence and self-love, inspiring countless individuals to embrace their uniqueness. Her compassion knows no bounds, as evidenced by her heartfelt letters to students struggling with

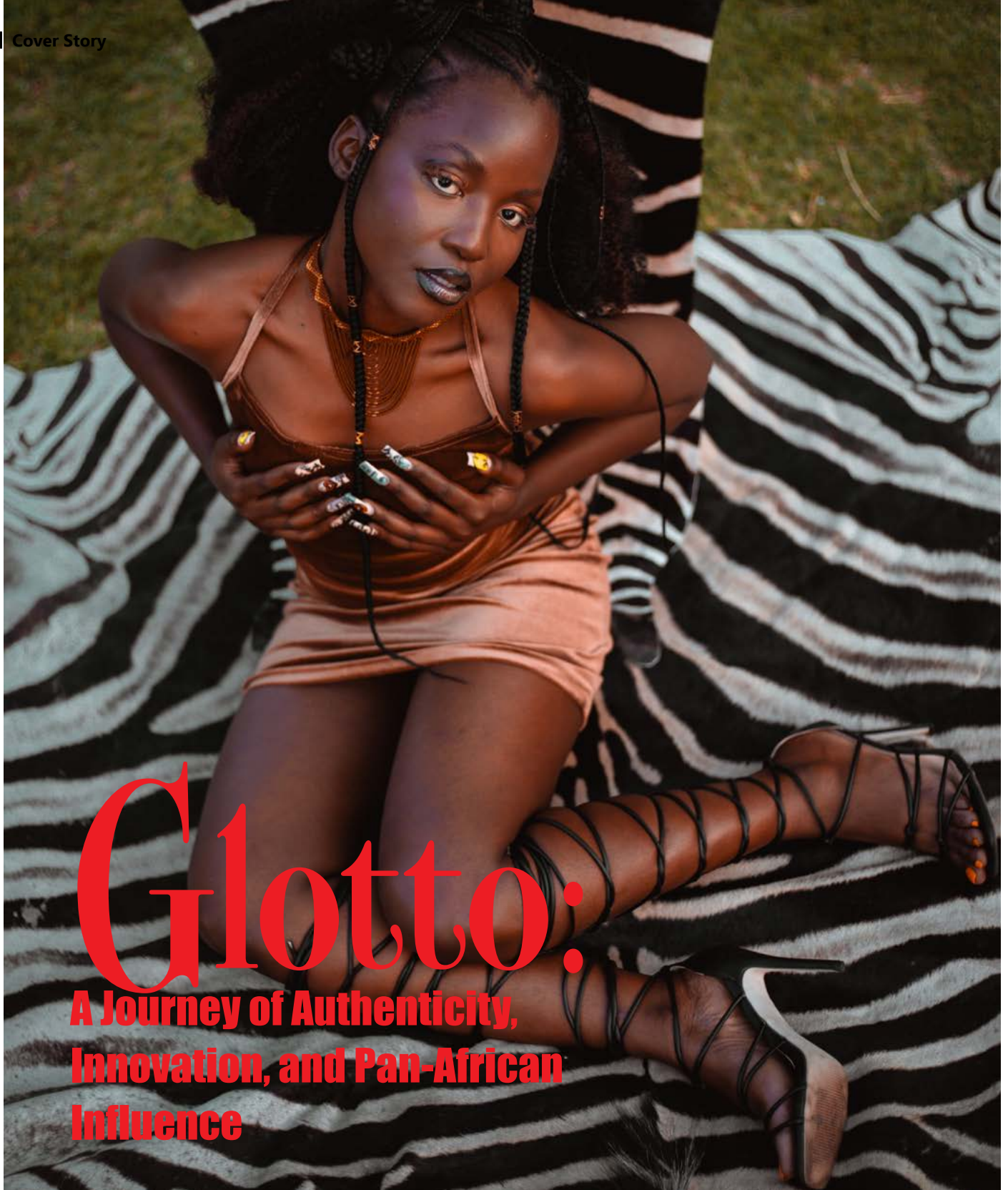
body image issues—a testament to her empathy and unwavering commitment to making a difference.

Despite her academic prowess and myriad accomplishments, Sage P remains humble and grounded. She harbors aspirations of studying law and ultimately becoming a judge—a testament to her boundless ambition and unwavering commitment to effecting positive change on a global scale.

As Sage P's star continues to ascend, one thing remains abundantly clear: her journey is far from over. Armed with resilience, compassion, and an unyielding determination to leave an indelible mark on the world, she stands poised to inspire generations to come. In the words of Sage P herself, "With a vision fueled by passion and a heart filled with purpose, there's no limit to what we can achieve."

In a world hungering for hope and inspiration, Sage P shines brightly as a beacon of light, illuminating the path towards a brighter tomorrow. As her story continues to unfold, one thing is certain: the best is yet to come.





# Glotto:

## A Journey of Authenticity, Innovation, and Pan-African Influence

Glotto, a brand that has steadily evolved from its roots in Botswana to a global sensation, stands as a testament to the power of authentic storytelling and the fusion of culture with contemporary aesthetics. In this exclusive interview with Glotto's visionary founder and creative director, we delve into the brand's remarkable journey, its unique design philosophy, memorable experiences, and the strategies employed to navigate the dynamic landscape of the international fashion market.

### **Authenticity as the Core Essence:**

From the brand's inception seven years ago,

Glotto has embraced a raw and afrocentric minimalist aesthetic that draws inspiration from the rich cultural tapestry of Africa. The founder, who started the brand while still a University of Botswana student, shares insights into the authenticity that defines Glotto. The brand captures the essence of the desert kids, embodying the spirit of a semi-desert country at the heart of the Southern African region.

### **Diverse Products with Sentimental Value:**

Glotto's success lies not only in its diverse product offerings but also in the meticulous storytelling woven into each creation. The

brand goes beyond merely dropping clothes; it presents a storyline and an aesthetic that resonates with the Glotto Gid family. Each garment carries a concept behind the creative direction, making Glotto more than just a fashion brand—it's wearable art.

### **Capturing Essence Through Collaborations:**

Glotto has collaborated with brands like Flying Fish, creatively directing campaigns that showcase the brand's unique blend of colors and textures. The founder emphasizes the importance of collaborating with individuals who resonate with Glotto's vision



authentically, emphasizing quality over quantity. Collaborators are expected to be true Glotto Gids, individuals who genuinely appreciate and align with the brand's ethos.

#### **Balancing Brand Identity in the International Market:**

Maintaining a distinct brand identity while adapting to diverse international preferences is a delicate balance. The creative director emphasizes the importance of staying true to the brand DNA, utilizing innovation and reinvention within those parameters. The goal is to be true to Glotto's identity while remaining open to global trends that align with the brand's ethos.

#### **Memorable Moments Shaping Glotto's Journey:**

The journey of Glotto is marked by numerous memorable moments, from being profiled by True Africa magazine to showcasing at New York Fashion Week. Recognition as one of the top admired brands in Botswana, representing the country at Africa Day celebrations, and invitations to international fashion weeks all contribute to the brand's rich tapestry of experiences.

#### **Future Vision and Regional Integration:**

Glotto envisions further growth by integrating more diverse voices within the Glotto Gid community, adding unique perspectives and aesthetics. The brand aims to continue telling its story through collaborations, pop-ups, podcasts, and events, solidifying its position as a global, pan-African fashion powerhouse.

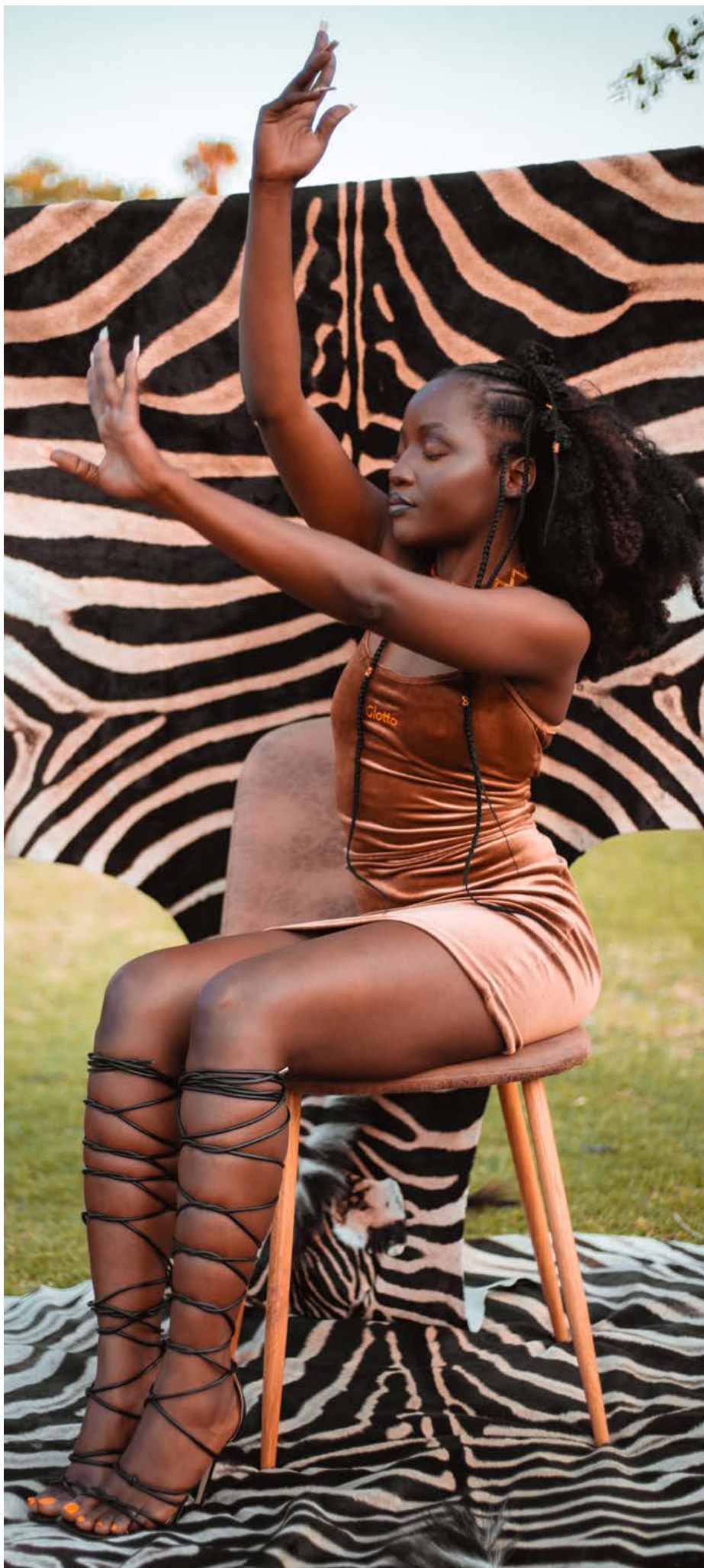
#### **Staying Relevant in the Digital Landscape:**

In a fast-paced digital landscape, Glotto remains relevant by focusing on authentic storytelling. The brand leverages social media and technology to showcase its growth organically, ensuring that each post and interaction reflects the brand's core values.

#### **Advice for Emerging Designers:**

For aspiring designers, the founder emphasizes understanding one's aesthetic, building a strong community around the brand, and maintaining a high standard of quality. Believing in oneself and staying true to the brand's values are crucial elements for long-term success.

As Glotto continues to shine as a beacon of creativity and authenticity, its journey reflects the power of storytelling, cultural infusion, and a commitment to quality that transcends borders.





# Top 5 Places To Visit In Ghana



There are a lot of beautiful places to visit in Ghana. Whether you want to visit with your family for vacation or you're looking for tourist attraction spots to chill with your boyfriend, we got you covered.

It's easy for one to feel lost in the capital city of Ghana, Accra especially if it is your first visit. Although a relatively quaint town, Accra is dotted with a number of tourist attractions and activities sure to keep your vacation entertaining. Find below some of the top places visitors to Accra Ghana head to and who knows? You might discover some hidden treasures and sights on the terrain.

Places to visit in Ghana

## 1. Kwame Nkrumah Memorial Park

Kwame Nkrumah Memorial Park (KNMP) is a National Park in, Accra, Ghana named after Osagyefo Dr. Kwame Nkrumah, the "founding father" of Ghana. This Park is located in the main commercial area in Accra on The High Street and is considered as one

of the best places to visit in Ghana because of its colonial legacy, where the Banks of Ghana are sited.

Major structures at the Park when the facility was commissioned include:

- The mausoleum is where the mortal remains of Dr. Nkrumah lie finally after 2 previous burials—first at Conakry, Guinea in Camayeen Mausoleum and for the 2nd time at Nkroful his hometown.
- A huge bronze statue (about 10.8 ft. in height) of Dr. Nkrumah erected on a pedestal and mounted at the same spot where a platform was raised for him to deliver his statement of independence by the eve of March 6, 1957.
- A personal museum on Dr. Nkrumah.
- Fountains, significant trees planted by distinguished, manicured lawns and Office buildings.

The fee to enter the Kwame Nkrumah Memorial Park in Accra, Ghana is 5 Ghana Cedis (GHS 5) for adults and GHS 2 for children.

## 2. Bojo Beach

The Bojo White Sand Beach, undoubtedly one of the best family vacation spots in Ghana is situated next to the Densu delta Ramsar site and along the Atlantic Ocean, in its uniqueness and lovely blend of the Caribbean and Ghanaian cultural architecture keeps tourists and visitors pouring in droves.

### How to get there:

To get to the beach while driving, take the Cape Coast road; drive on through Malam junction, the famous and historic Mac Cathy, pass Weiija junction, then you start looking out for the old police barrier just ahead, on your left-hand side of the barrier is the Apalku or Kokrobite junction. When you get here, look out for the Bojo beach yellow signpost.

The entrance fee for Bojo Beach Park in Ghana is not specified. You may need to find a website or social media page to get further information on prices.



### 3. Marvels

Come and get away from all the hassles of the city with a fun-filled round on the beautiful 18-hole mini-golf course, or stop by the Clubhouse for great food, desserts and a pleasant atmosphere. There's no other tourist site in the whole of Accra Ghana that compares. The Marvels Park Ghana gate fee is GHS 10.00 per person.

4. Aburi Botanical Gardens is a great place to visit in Ghana

The Aburi Botanic Garden is an absolutely stunning, tranquil and intriguing destination that should not be missed if you are in Ghana with family or your significant other. Established in March 1890, this 64.8 hectares garden offers breathtaking views of the Accra coastal plain from an elevation ranging from 370 to 460 metres above sea level. This is an essential trip for not only locals but visitors to Ghana as well.

#### How to get there:

It is easy to go by public transport as mini buses or trotros can be boarded at Tema Station in Accra central, or at Odawna station near Kwame Nkrumah Circle, and also at Madina. Aburi is just 35 Km away from Accra and probably less than an hour drive.

Driving your own car, from Accra makes it even easier, you will have to go through Achimota, Dome, then through Kwabenya town, then drive straight through Brekuso village and within the next 10 minutes you find yourself at a T-junction, then you take the left turn and in 10 minutes you find yourself in the Aburi town where you cannot miss the entrance to the beautiful garden. Just look up and you will see the huge matured royal palm trees lined up along the street that seems to be welcoming you.

The Aburi Botanical Gardens do not charge an entry fee.

### 5. National Museum of Ghana

This is the biggest and oldest standing Museum out of the six under the Ghana Museums and Monuments Board. It was opened on the 5th of March in 1957 to commemorate Ghana's independence celebrations. Objects of archaeology, ethnography as well as fine art find a place in the National Museum building.





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# Meghan Markle's Suits co-star admits he has 'pure fear' over speaking to Duchess



**P**atrick J. Adams, who had an on-screen relationship with Meghan Markle as they starred together in *Suits*, admitted he was 'intimidated' by her rising fame since she left the show

One of Meghan Markle's *Suits* co-stars has revealed his "pure fear" at reaching out to the Duchess of Sussex due to her rise in fame.

Patrick J. Adams, 42, starred in the series alongside Meghan - who played Rachel Zane for seven seasons - and the pair had an on-screen relationship. They worked together from 2011 to 2018 when Meghan left *Suits* after marrying Prince Harry.

The Canadian-American actor was among the guests at Harry and Meghan's wedding in May 2018 and he then admitted that the pair exchanged messages and "gifts" when their children were born. But the actor admitted there has been "zero communication" between him and Meghan as he felt "intimidated".

When asked by the Hollywood Reporter whether he and Meghan have spoken and

kept in touch, Mr Adams said: "Zero. No, no communication." Back in 2020, the actor told *Radio Times*: "Quite frankly, I think I'm intimidated. I have no doubt I could pick up the phone and call her at any moment, but I don't know what I would say.

"After our children were born, there were some texts sent and gifts sent, but I guess I'm a little scared. I think it's pure fear. I guess I'm scared about the idea of breaking through whatever walls exist to have that conversation."

He also said it was "wild" to watch how Meghan's life changed since she left acting to marry Harry and join the Royal Family. Less than two years after their marriage, in January 2020 the Sussexes announced they would be stepping down as senior royals. Since then, they have lived in California.

Mr Adams admitted he and the Duchess of Sussex spoke and texted "a couple of times" but said they do not spend any time together as her life is "incredibly full". The Hollywood Reporter also asked another of Meghan's co-stars, Gabriel Macht, about whether he has kept in touch with Meghan.

**H**e replied: "I have not communicated with her other than seeing her big support for the resurgence, and that has been really nice." And Mr Adams then took a moment to make a joke as he pretended his phone was ringing, saying: "Oh, hold on. There she is. Oh, got to go."

In another interview, Mr Adams also said he was "very happy" to hear that Harry and Meghan were doing well since moving to the US. He said: "I miss my friend, but I'm very happy she's doing well. I don't really have any regular contact."

Meghan has spoken fondly about her time on *Suits* and even referred to the cast as her "family". During a 2017 appearance at the ATX Television Festival, she said: "We were in a group email the other day, and I was saying we'd all lived in the same corporate housing - so on top of working together, we were living together - which makes a whole different dynamic, I think. We just became this whole family right out the gate."





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## “DJ Karrim’s Digawana Meat Festival: Uniting Community, Music, and Culture”

In the heart of Digawana village, where the lively beats of music harmonize with the tantalizing scent of grilled meat, DJ Karrim introduces an exhilarating new event to his hometown: the Digawana Meat Festival (DMF). Building upon his past triumphs and steadfast commitment to his community, DJ Karrim’s latest endeavor promises to be a jubilant celebration of unity, culture, and joyous moments.

In 2023, DJ Karrim’s remarkable journey garnered the attention of *Celebrity World Magazine*, which spotlighted his groundbreaking accomplishments. Now, in 2024, he graces the magazine’s pages once again with the Digawana Meat Festival, underscoring his enduring dedication to bringing people together through the power of music and shared experiences.

The Digawana Meat Festival transcends the realm of ordinary events; it serves as a reflection of DJ Karrim’s profound ties to his roots and his aspiration to uplift his community. Boasting a lineup featuring esteemed artists such as Ditiro, one of Botswana’s premier performers, alongside exciting new faces like Bigjay, Dj Jika (fondly known as the crowd mechanic), and Boyz

and Drums, the festival guarantees an atmosphere of positivity and exceptional music.

However, DJ Karrim’s vision extends far beyond the stage. Recognizing the significance of bolstering local businesses and fostering economic growth, he has provided stalls at the festival for local entrepreneurs to showcase their wares. From handcrafted goods to delectable cuisine, these stalls serve as a testament to the talent and ingenuity flourishing within Digawana village.

Reflecting on his journey, DJ Karrim’s ascent to prominence has been nothing short of inspiring. From hosting his inaugural event, “Khumbule Khaya,” in Mogojogo in 2018, to the triumphant “Leteise Chillaz Digawana” last year, DJ Karrim consistently demonstrates his ability to unite people and create enduring memories.

As the Digawana Meat Festival unfolds, an aura of excitement and anticipation permeates the air. For DJ Karrim, this event transcends mere entertainment; it embodies a celebration of community, culture, and the indomitable spirit of Digawana

village. Through his fervor, dedication, and unyielding belief in the unifying power of music, DJ Karrim continues to serve as a beacon of hope and inspiration for his hometown and beyond.







Starting a business can be an exciting endeavor that provides many opportunities to experiment and grow. With the right marketing strategies, online engagements and research, businesses of all kinds and sizes can succeed. Exploring various tips about strategies professionals use to set their businesses up for success can help you run a more lucrative company.

In this article, we explain what it means to be a successful business in today's economy and provide 10 helpful tips for business success.

Key takeaways:

- Patience, enthusiasm and surrounding yourself with a good team are crucial to creating a successful business.
- Focusing on customers, including what they want, how they feel and where to find them, can improve your results.
- It's important to remain flexible and willing to try new things to help you meet your goals.

### What is a successful business?

A successful business is profitable over time, organized and intentional with its strategies

and plans. These businesses control a large segment of the market share, have strong brand recognition and loyalty and create reliable, consistent products or services. To run a successful business, it often takes perseverance, patience and enthusiasm for the product or service you want to provide. Developing a marketing strategy outline and business plan to keep track of your progress also can help a business set goals to provide an outline for success. It's important to stay motivated and constantly explore new ways of doing business, so you can stand out among your competitors and gain visibility in your market.

Whether you're a current business owner, entrepreneur or in the process of finding a new job, understanding how a business can achieve success and meet its goals can help you advance your career. Here are 10 helpful tips for business success:

#### 1. Get organized and plan

Creating diligent plans and being organized can help you create a foundation for success. Think about creating a to-do list to keep

track of the day-to-day tasks you want to complete. This can help you stay focused and productive while the business grows. A business plan and marketing strategy outline are important for long-term success and typically require advanced preparation. Consider planning to strategize about your finances, so you can hire skilled employees to help you stay organized and on track to meet your goals.

#### 2. Keep detailed records

As a business grows, it's important to keep detailed records, so you can know where you stand financially and notice potential challenges before they occur. Keeping detailed records also helps you stay organized while you work toward long-term goals for success. Try to document your expenses thoroughly, so you can evaluate how you're spending money and strategize about how to allocate funds more efficiently in the future.

#### 3. Learn about your competitors

To be successful, try to learn about your competitors and how their business plans



# 10 Effective Business Tips for Success and Achieving Your Goals

compare to yours. Studying the competition gives you the chance to adopt new, unique business strategies and can motivate you to keep working toward success. If you're a small business owner, consider doing some research on local competitors to see how they've achieved success. You can look at their websites, social media accounts and customer reviews online to gain insight into what the local community values in a business.

#### 4. Understand the risks and rewards

A key to being successful is understanding the potential risks and rewards of a business' outlook. As you strategize and make decisions, try to examine scenarios with both positive and negative outcomes. This knowledge can help you take calculated risks that can generate tremendous rewards in the future.

#### 5. Focus on customer service

A business' success also depends on providing customers with positive and

memorable experiences that make them want to come back. Developing customer loyalty by focusing on customer service can help you sell more and make a profit. Try to examine your current customer service and address any areas you can improve.

To improve your customer service skills, consider:

- Being an active listener
- Showing empathy
- Following up with customers to discuss their experience
- Showing regular customers you remember them
- Asking whether customers understand or need more information
- Giving prompt and accurate answers to questions

#### 6. Expand your marketing efforts

You can expand your marketing efforts online and in person to let potential customers know what the business is about. For small businesses, effective marketing can significantly increase sales. Try to examine your budget to determine how much money

you're willing to spend on marketing efforts. Then, you can explore various marketing strategies and tactics to incorporate into a business plan. Here are a few examples of how to expand your marketing efforts:

- Join professional networks and organizations related to your industry. Involve local newspapers, magazines and media in openings or special events.
- Provide free workshops or classes related to your project or service.
- Maintain an online presence by updating your website or social media accounts regularly.

#### 7. Be creative

Using your creative abilities can benefit businesses of all sizes because it can help you explore alternative ways of operating. Being more creative and unique with how you operate a business can make you more likely to stand out among your competition. Try to recognize there are things you may not know, so you can freely explore and experiment with creative, unfamiliar ideas. For example, if you own a company that





creates desks for home offices, consider trying to partner with a consumer electronics retailer to offer a discount on a desk to anyone who buys a new computer from the other company. This can help you expand your reach and bring in new customers.

### **8. Stay focused**

Running a successful business often requires a lot of time and patience, so try to stay focused as you grow the business. Uncertainties can slow some developing businesses a little, but staying focused and involved throughout those challenges can motivate you and help the business overcome challenges and succeed. Because the planning, preparation and development processes can take time to complete, it's also important to focus your attention on long-term goals, so

you can persevere through uncertainty.

### **9. Explore technology**

Customers are likely to search for a business online to find out more information and gauge their level of interest. Explore technological resources of all kinds so you create opportunities to save money and increase the business' visibility. For example, creating a website for the business is a quick and accessible way to build your online presence. This website can include the business' name and logo, information about the products and services it provides and its contact information.

As the business grows, think about adding customer reviews and testimonials to your website to provide insight into the value and quality of the services or products you sell. Having a presence on social media sites also

can increase your customer base and overall sales. For example, along with the business' website, you can engage with social media accounts regularly by posting updates about new products, promotions or events. Bring more active may make more people engage with the business.

### **10. Be consistent**

To make a business successful, it's important to remain consistent with your goals, intentions and actions. If you're making progress and seeing evidence of growth, try to hold yourself accountable so you can establish consistent routines and continue moving in the right direction. You may feel a temptation to try something different if you aren't seeing results as quickly as you want, but sticking to your plan and trusting the processes you've implemented is crucial.





# HAWKERS

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# MAKGADIKGADI PAN



The Makgadikgadi Pan, a salt pan situated in the middle of the dry savanna of north-eastern Botswana, is one of the largest salt flats in the world. The pan is all that remains of the formerly enormous Lake Makgadikgadi, which once covered an area larger than Switzerland, but dried up tens of thousands of years ago. Recent studies of human mitochondrial DNA suggest that modern *Homo sapiens* first began to evolve in this region some 200,000 years ago, when it was a vast, exceptionally fertile area of lakes, rivers, marshes, woodlands and grasslands especially favorable for habitation by evolving hominins and other mammals.

Lying southeast of the Okavango Delta and surrounded by the Kalahari Desert, Makgadikgadi is technically not a single pan, but many pans with sandy desert in between, the largest being the Sua (Sowa), Ntwetwe and Nxai Pans. The largest individual pan is about 1,900 sq mi (4,921.0 km<sup>2</sup>). In comparison, Salar de Uyuni in Bolivia is a single salt flat of 4,100 sq mi (10,619.0 km<sup>2</sup>), rarely has much water, and is generally claimed to be the world's largest salt pan. A dry, salty, clay crust most of the year, the pans are seasonally covered with water and grass, and are then a refuge for birds and animals

in this very arid part of the world. The climate is hot and dry, but with regular annual rains. The main water source is the Nata River, called Amanzanyama in Zimbabwe, where it rises at Sandown about 37 mi (59.5 km) from Bulawayo. A smaller amount of water is supplied by the Boteti River from the Okavango Delta.

These salt pans cover 6,200 sq mi (16,057.9 km<sup>2</sup>) in the Kalahari Basin and form the bed of the ancient Lake Makgadikgadi, which evaporated many millennia ago. Archaeological recovery in the Makgadikgadi Pan has revealed the presence of prehistoric man through abundant finds of stone tools; some of these tools have been dated sufficiently early to establish their origin as earlier than the era of *Homo sapiens*. Pastoralists herded grazing livestock here when water was more plentiful earlier in the Holocene.

The lowest place in the basin is Sua Pan with an elevation of 2,920 feet. As the ancestral Lake Makgadikgadi shrank, it left relic shorelines, which are most evident in the southwestern part of the basin. As the lake shrank numerous smaller lakes formed with progressively smaller shorelines. The

relic shorelines at elevations of 3100 feet and 3018 feet can be seen mostly easily on Gidikwe Ridge, west of the Boteti River.

The geologic processes behind the formation of the basin are not well understood. It is conjectured that there was a gentle down-warping of the crust, with accompanying mild tectonics and associated faulting; however, no significant plate boundary faults have been identified. The main axis of the developing graben runs northeast-southwest.

Kubu Island and Kukome Island are igneous rock "islands" in the salt flat of Sua pan. Kubu Island lies in the southwestern quadrant of Sua Pan, contains a number of baobab trees, and is protected as a national monument.

The pans themselves are salty desert whose only plant life is a thin layer of blue-green algae. However the fringes of the pan are salt marshes and further out these are circled by grassland and then shrubby savanna. The prominent baobab trees found in the area function as local landmarks. One of them, named after James Chapman, served as an unofficial post office for 19th-century explorers.



Very little wildlife can exist here during the harsh dry season of strong hot winds and only salt water, but following a rain the pan becomes an important habitat for migrating animals including wildebeest and one of Africa's biggest zebra populations, and the large predators that prey on them. The wet season also brings migratory birds such as ducks, geese and great white pelicans. The pan is home of one of only two breeding populations of greater flamingos in southern Africa, and only on the Soa pan, which is part of the Makgadikgadi pans. The other breeding population is at Etosha, in the Northern part of Namibia. The only birds here in the dry season are ostriches, chestnut-banded plover (*Charadrius pallidus*) and Kittlitz's plover (*Charadrius pecuarius*). The grasslands on the fringes of the pan are home to reptiles such as tortoises, rock monitor (*Varanus albigularis*), snakes and lizards including the endemic Makgadikgadi spiny agama (*Agama hispida makgadikgadiensis*). The region's salt water is home to the cladoceran crustacean *Moina belli*.

The salt pans are very inhospitable and human intervention has been minimal so they remain fairly undisturbed, although land surrounding the pans



is used for grazing and some areas have been fenced off, preventing the migration of wildlife. Modern commercial operations to extract salt and soda ash began on Sua Pan in 1991, and there are also plans to divert water from the Nata River for irrigation, which would cause severe damage to the salt pan ecosystem. Another threat is the use of quad bikes and off-road vehicles by tourists, which disturbs breeding colonies of flamingos. Illegal hunting in the national parks is a persistent problem.

There are some protected areas within the Makgadikgadi and Nxai Pan National Park. The Makgadikgadi Pans Game Reserve is the scene of large migrations of zebra and wildebeest from the Boteti River across to Ntwetwe Pan, while the Nata Sanctuary in Sua Pan is a place to see birdlife and antelopes. In Nxai Pan the baobabs painted by 19th century British artist Thomas Baines are still visible. The area can be accessed between the towns of Nata and Maun, or from the town of Gweta.



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**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)

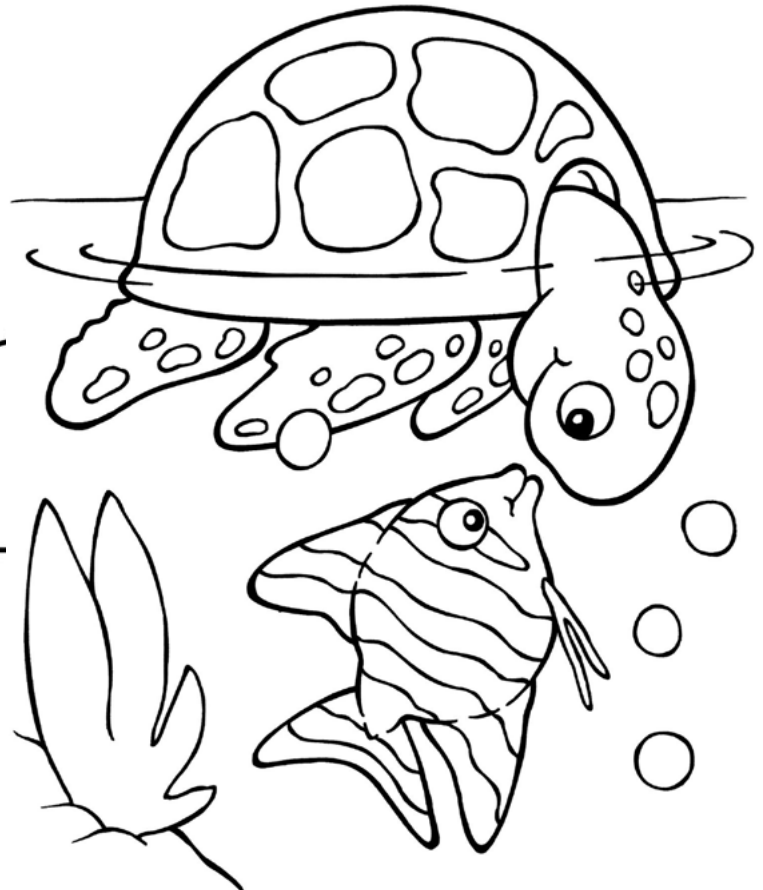
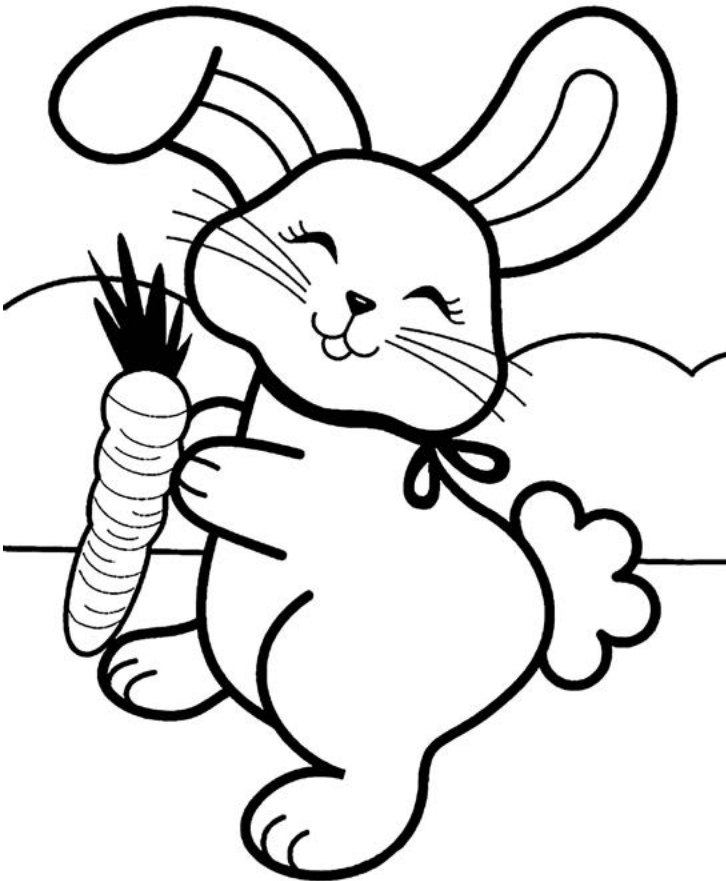
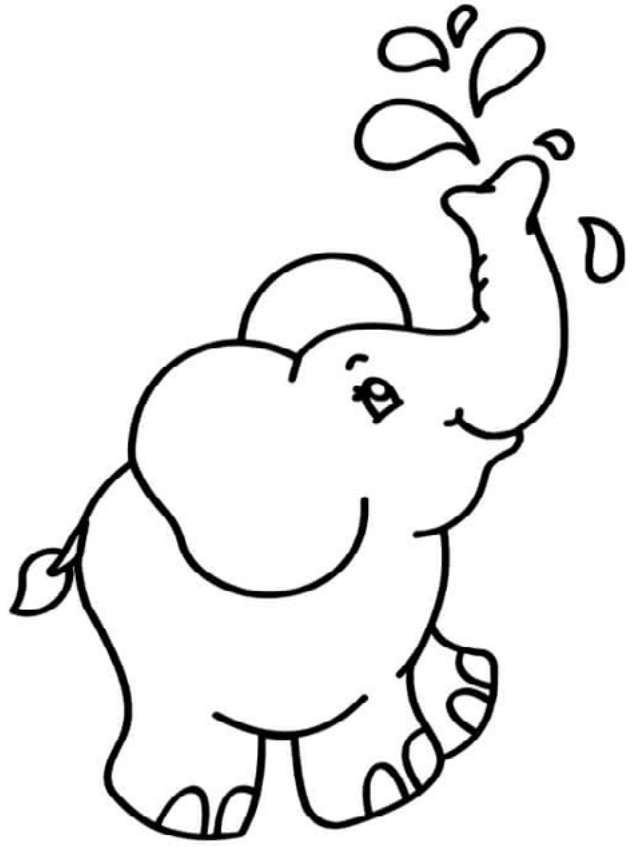
Life is currently painted with bright hues in numerous facets. Your health is in excellent shape, ensuring vitality and well-being. Financially, you are thriving, with an amazing status that promises financial security and freedom. Your profession is on an upward trajectory, marked by excellence and 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 fulfilment. Focus on nurturing your relationships and leveraging your strengths to navigate through the adversities.







# Love Island All Stars viewers poke fun at Mitch for revealing he's been

'trying to get back with his ex from Blackpool' - as Scott van-der-Sluis reignites their feud by naming her

Love Island All Stars viewers poked fun at Mitch Taylor for revealing he's been 'trying to get back with his ex from Blackpool' on Monday's episode.

The gas engineer, 27, - who left the series weeks ago - was interviewed by Maya Jama in the final where he made the hilarious revelation after being asked what was going on with his love life currently.

Sat alongside Hannah Elizabeth he said: 'Well I've been trying to run back to my ex!' as Hannah interrupted 'The Blackpool one!'

Mitch then tried to shush her as Maya quipped: 'Is she a secret ex? Shall we keep that a secret for now?'

He then jokingly replied: 'Well it isn't now!' Scott van-der-Sluis who appeared on last summer's series with Mitch soon reignited their feud by naming his ex in a Tweet.

He penned: 'For anyone wondering Mitch's Blackpool ex is called Katie and he hasn't stopped talking about her.'

Scott and Mitch came to blows on their series after they ended up in a love triangle with Abi Moores.

It came as Love Island All Stars viewers slammed the lack of final dates on Monday night's episode.

At the end of normal series each couple

usually is treated to a luxury date but for this version ITV chose for the final five couples to enjoy a pool party instead.

Ella Henderson performed for the finalists as they sipped on cocktails by the pool and danced away.

But fans were less than impressed that the budget wasn't forked out for swanky dates that in the past have included hot air balloon rides and trips on yachts.

One said in reaction: 'Love island what happened to final dates ??? What happened to the budget ??? I am so unimpressed #Lovelsland.'

Another penned: 'Love island budget ran out? #Lovelsland #AllStars.'

Someone else said: 'love island producers really thought they ate with 15 mins worth of slow motion montages.'

A fourth said: 'No final dates, near no dates in general, no challenges, no prom night. ITV spent all their budget on getting these 'all stars' in the villa in the first place.'

A fifth penned: 'LMAOOO WHAT IN THE FINAL DATES IS THIS??? Producers budget isn't budgeting and this is a ALL STARS series too they really said we got no budget this year.' Another person said: 'What were those final dates. Producers really said BUDGET.'

It comes after Maya Jama sent temperatures soaring in a backless black gown as she posed for sizzling Instagram snaps ahead of hosting the Love Island All Stars final on Monday.

The presenter, 29, looked incredible as she flashed her side boob in the sexy figure hugging long sleeved number while posing against a white wall.

She showcased her amazing figure in the glamorous maxi dress which she teamed with a pair of towering silver dazzling heels and simple silver earrings.

Wearing a perfectly applied palette of makeup, Maya sported a chic fringe as she styled her long dark tresses in a neat high ponytail.

While heading to set ahead of the live show Maya travelled in a large white van as she posed for a selfie in the wing mirror.

Revealing she was preparing for the show, Maya held up a peace sign and pouted for a selfie outside the South African villa.

She penned: 'Got my fancy outfit on ready to host the Love Island Final. Who are you hoping will win tonight???'

Maya will host the the series finale on ITV2 and crown one of the remaining couples the very first All Stars champion.





# Trevor Mabusa: Jazz Musician Extraordinaire

## Blending Tradition with Innovation

In the heart of Botswana's music scene resides a talent whose melodies resonate with the soul, captivating audiences with a blend of jazz sophistication and folk storytelling. Meet Trevor Mabusa, a jazz musician whose journey from humble beginnings to center stage has been nothing short of remarkable.

Born and raised in Mahalapye, Trevor's musical odyssey began with the pulsating rhythms of reggae, influenced by the legendary Bob Marley. It was within the vibrant pubs of his village that Trevor honed his craft, performing with a local reggae group before finding his voice as the lead vocalist of the Bosetu band.

In 2014, Trevor took a leap of faith and ventured into the world of jazz, releasing his debut album that showcased his eclectic musical influences and innovative spirit. Drawing inspiration from jazz icons such as Hugh Masekela, Oliver Mtukudzi, and Ringo Madlingozi, Trevor's music seamlessly intertwines the soulful melodies of jazz with

the rich textures of Botswana's folk songs.

One of Trevor's distinctive traits is his ability to infuse his music with poignant social commentary, shedding light on the pressing issues facing his community and beyond. Tracks like "O kgonang," featuring HT Tautona, resonate deeply with listeners, serving as a powerful reminder of the power of music to inspire change.

Instrumentation plays a pivotal role in Trevor's sonic tapestry, with the organ and trumpet taking center stage alongside the rhythmic pulse of the bass and lead guitar. His creative process is nothing short of spontaneous, often penning songs on the spot and recording them immediately, as exemplified by the impactful "A maoto mokhutshwane," crafted in just five minutes.

While jazz remains at the heart of Trevor's musical journey, he continually strives to push the boundaries of his sound, seamlessly blending tradition with innovation. For

Trevor, music is not just a form of expression but a means of connecting with his roots and painting a vivid portrait of his cultural heritage.

Having shared the stage with music luminaries such as Hugh Masekela, Oliver Mtukudzi, and Lister Boleseng, Trevor's journey has been marked by moments of triumph and challenges. Yet, amidst the accolades and setbacks, his passion for music remains unwavering, a testament to the enduring power of jazz as a timeless art form.

As Trevor looks towards the future, he remains steadfast in his belief that jazz is here to stay, captivating audiences and dominating Sunday hangouts with its irresistible allure. For him, music is not just a profession but a lifelong commitment to honoring his heritage and inspiring others through the universal language of melody and rhythm.





# Facts About Long Distance Relationships:

## The 3 Misconceptions Everyone Buys Into

### Communication Challenges:

In our digital age, where communication seems instant, the reality of long-distance relationships is far from effortless connection. Despite the plethora of communication tools available, the absence of nonverbal cues makes maintaining a connection difficult. Couples often find themselves repeating the same conversations, leading to periods of silence. However, rather than viewing this as a downfall, it's an opportunity to strengthen trust and patience, mirroring the reliance on these virtues in our ancestors' relationships.

### Trust Issues:

While it's commonly assumed that distance breeds mistrust, trust issues in long-distance relationships are not solely caused by physical separation. They often stem from individual insecurities and past experiences. However, when couples share common goals and purpose, trust issues become less significant. This mirrors the understanding of our ancestors, who prioritized shared objectives over physical proximity.

The Inevitable Loneliness:

Loneliness, a contemporary epidemic, plagues long-distance relationships, lurking like a haunting specter. In our individualistic culture, we've been conditioned to yearn for constant companionship and undivided attention from our partners. Yet, could it be that this desire for perpetual togetherness is what ultimately fractures relationships? Perhaps, as recent psychology suggests, the loneliness experienced in long-distance relationships stems more from one's mindset and approach to life than from the relationship itself. It's about embracing solitude, finding solace in one's own company, and using separation as an opportunity for personal growth. Our ancestors inadvertently recognized this truth; prolonged periods apart allowed for individual development and self-discovery. Despite modern beliefs that portray loneliness as a relationship killer, I challenge this notion. Loneliness, I argue, is not a pitfall but a chance for personal evolution.

"Navigating the Pitfalls: Understanding What Can End Long-Distance Relationships"

While we've been challenging the narrative of long-distance relationships, it's only fair to acknowledge the pitfalls that can, indeed, lead to their demise.

Here are nine factors that can potentially extinguish the flame of a long-distance relationship:

#### 1. Not Closing The Distance

A long-distance relationship should ideally be a temporary situation. If there's no plan or effort to eventually close the distance, it can lead to feelings of hopelessness and frustration.

#### 2. Lack Of A Shared Vision

A shared vision or purpose for the future is the glue that holds a long-distance relationship together. Without it, the relationship can lack direction and meaning.

#### 3. Insecurities

Insecurities can be a silent killer in any relationship, but they can be particularly destructive in long-distance ones. When



not addressed healthily and productively, insecurities can breed mistrust and create a chasm between partners.

#### 4. Different Expectations

When partners have different expectations from the relationship, it can lead to dissatisfaction and resentment. It's crucial to have open and honest discussions about what each partner expects from the relationship.

#### 5. Infidelity

Infidelity is a deal-breaker in any relationship. In long-distance relationships, the temptation can be even greater due to the physical distance between partners. Honesty and loyalty are paramount in maintaining trust in a long-distance relationship.

#### 6. Boredom

When partners start finding joy in other aspects of life and neglect their relationship, it can lead to a sense of disconnect. It's important to keep the spark alive by finding ways to enjoy each other's company, even

from a distance.

#### 7. Lack Of Effort And Attention

A relationship requires constant effort and attention from both partners. When one or both partners stop putting in the effort, the relationship can quickly deteriorate.

#### 8. Unhappiness

Unhappiness in a relationship can stem from various factors. If a partner is unhappy and the root cause is not addressed, it can lead to the end of the relationship.

#### 9. Inconsistent Communication

Communication is the lifeline of a long-distance relationship. Inconsistent communication can lead to misunderstandings and feelings of disconnect.

So, while long-distance relationships can indeed be challenging, they are not doomed to fail. By acknowledging and addressing these potential pitfalls, couples can strengthen their bond and navigate the

challenges of a long-distance relationship together.

Tips for Nurturing a Long-Distance Relationship

In the face of these harsh realities and reasons, how does one navigate the tumultuous seas of long-distance relationships?

Here are six unconventional strategies, rooted not in clichéd advice, but in the perspective that long-distance relationships can, in fact, be a catalyst for growth.

#### 1. Embrace The Loneliness

Loneliness is not a pitfall, but a stepping stone towards self-discovery. Use this time to explore your interests, to cultivate your hobbies, to grow as an individual. Remember, a relationship is a union of two individuals, and the stronger the individuals, the stronger the relationship.

#### 2. Foster A Shared Vision

A shared vision, a common goal, is the glue that holds a long-distance relationship



together. It shifts the focus from petty insecurities to the grander objective that impacts both. Discuss your goals, align your visions, and work towards them together. It could be anything from building a house together to traveling the world.

### 3. Quality Over Quantity

In communication, quality trumps quantity. It's not about filling every silence with words, but about making every word count. It's about understanding that silence is not always a void, but sometimes a bridge that connects two souls more profoundly than words ever could.

### 4. Trust The Process

Trust is not a product of physical proximity, but of shared purpose and mutual understanding. It's about believing in each other's commitment to the relationship and the shared vision you are working towards. Trust the process, trust your partner, trust yourself, all three which require one to learn how to be mature in a long distance relationship.

### 5. Celebrate The Space

Space, often viewed as a challenge in long-distance relationships, can be a blessing in disguise. It allows for personal growth, for self-discovery. It gives you the opportunity to miss your partner, to appreciate them more. Remember, familiarity breeds contempt, but distance makes the heart grow fonder.

### 6. Close The Distance

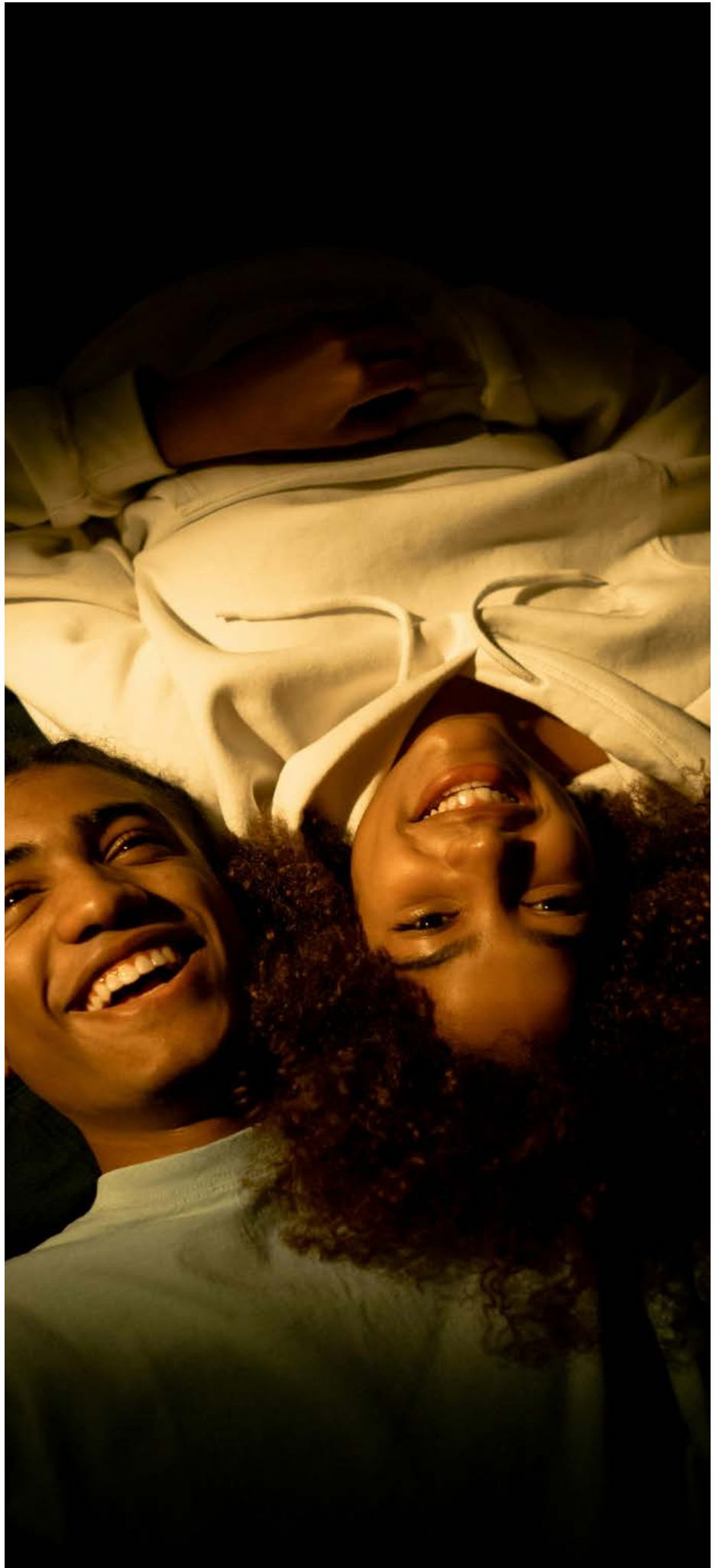
The ultimate goal of any long-distance relationship should be to close the distance. Long-distance relationships are not meant to be permanent. They are a temporary arrangement, a means to an end. The end being the day when you and your partner can finally be together, in the same place, at the same time.

Yes, long-distance relationships can be hard, fraught with challenges that can seem insurmountable. But it is not the distance that kills a relationship. It is stagnation, the lack of a shared vision, the absence of a concerted effort to 'kill the distance'. It is the failure to communicate, to trust, to embrace loneliness.

In the end, it is not the distance that defines a relationship, but the love that bridges it.

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# REVOLUTIONIZING SAFE SEX: THE EMERGENCE OF ESP CONDOMS

In the ever-evolving landscape of sexual health and wellness, the introduction of ESP (Enjoyable Safe Pleasure) condoms marks a groundbreaking leap forward. Developed through innovative technology and a deep understanding of user needs, ESP condoms are poised to redefine the way people approach safe sex.

## The Evolution of Contraception

Condoms have long been a staple in the realm of contraception and sexually transmitted infection (STI) prevention. Their effectiveness in reducing the risk of unwanted pregnancies and transmission of STIs has made them indispensable tools for sexual health. However, despite their utility, traditional condoms have often been associated with certain drawbacks that hinder their widespread adoption and consistent use.

## Introducing ESP Condoms

ESP (Enjoyable Safe Pleasure) condoms represent a paradigm shift in the world of sexual health products. What sets them apart is their incorporation of cutting-edge

technology that goes beyond conventional latex or polyurethane materials. Equipped with advanced sensors and microprocessors, ESP condoms are designed to provide real-time feedback to users during sexual activity.

## The Benefits of ESP Condoms

The introduction of ESP condoms heralds numerous benefits for users and the broader community:

- **Real-time Feedback:** By providing instant feedback during intercourse, ESP condoms empower users to make informed decisions about their sexual health and well-being.
- **Enhanced Safety:** ESP condoms offer an added layer of protection, reducing the risk of unintended pregnancies and transmission of infections.
- **Increased Confidence:** Knowing that they are using a highly advanced form of contraception can boost users' confidence and promote greater peace of mind during sexual activity.
- **Improved Accessibility:** As ESP condoms become more widely available, they have the potential to reach populations

that may have previously faced barriers to accessing traditional forms of contraception and sexual health services.

## Looking to the Future

The development of ESP condoms represents just one example of how technology can revolutionize sexual health and wellness. As advancements continue, we can expect further innovations that enhance the safety, effectiveness, and accessibility of contraception and STI prevention methods. By embracing these innovations and addressing associated challenges, we can empower individuals to take control of their sexual health and lead fulfilling, confident lives.

In conclusion, ESP condoms offer a glimpse into the future of safe sex, where technology and innovation converge to create products that not only protect but also empower users. As they become more widely available, ESP condoms have the potential to transform the landscape of sexual health, ushering in a new era of informed decision-making and enhanced well-being.





# Natural Homemade Skin Care Tips For Men And Women

Both men and women have a desire to stay beautiful not from outside but even from inside. The skin is one of the important parts of your body that covers your interiors and makes you beautiful. But, if your skin catches up with the damage layer, it will be really pathetic for you. If you don't care for your skin on a regular basis, this can end up with skin damage.

You need to take regular care of your skin and follow some strict skin care routine. Let us explore some of the natural skin care tips for both men and women.

It is necessary for both men and women to look after their skin. But it is commonly found that men are giving less preference to their skin care and spend more time on new attires, accessories, haircuts and gels.

They are concerned in maintaining a good diet and fitness. It is found that men's skin is oilier than women and they have larger pores. Hence care of the skin is equally required by men and women.

Both men and women have three types of skin—dry, oily and combined or normal. The following natural remedies can be used according to each one's skin type. Natural remedies of skin care are causing no danger and there are no side effects.

## Facial Masks

### Top fruit facials for glowing skin

The skin on the face tends to get affected more than any other part. With getting exposed to Sun's harmful rays, chemicals (through makeup and other products),

pollutants, and harsh cleansers, the facial skin would require more than a routine treatment to stay supple and soft.

Home remedies for the finest facial masks are the most sought after subject by most of the youngsters, especially women.

There are a wide range of ingredients that could be used to prepare facial masks at home. Most of these masks have a variety of ingredients mixed together to get that flawless and glowing skin. Some of the most common ingredients used in facial masks are as follows:

- **Honey:** Nourishes the skin and keeps it naturally soft and smooth
- **Lemon:** Almost a part of every skin and hair mask, lemon is considered to be the best natural remedy for every skin and hair related issues. Lemons are also good to heal a variety of stomach related ailments like indigestion, nausea and vomiting, burning sensation in the stomach and chest etc. Apart from these, lemon and honey together acts as a very good remedy for curing cough and cold.
- **Turmeric:** This is one ingredient that's been used from ancient times to heal any kind of skin related issues. Turmeric is anti-bacterial in nature and helps in healing skin infections, wounds, cuts etc. Turmeric along with multani mitti (also known as fullers earth), sandalwood powder, milk and honey acts as a very good facial mask. Only turmeric with water/rose water can also be used on the entire body to lighten

the complexion by 2-3 shades. However as turmeric is highly pigmented it should be used a day before going out else it will leave yellow stains on your skin.

## Beauty Tips For Face To Glow & Shine

- **Milk:** This could be used as a natural moisturizer. The creamy like texture of the milk leaves your skin smooth and flawless. Just massage your skin with raw milk or dip a bread slice in the milk and rub it on your face till it dries out and falls like dirt, it will help it get rid of dead skin cells and also gets a radiant glow



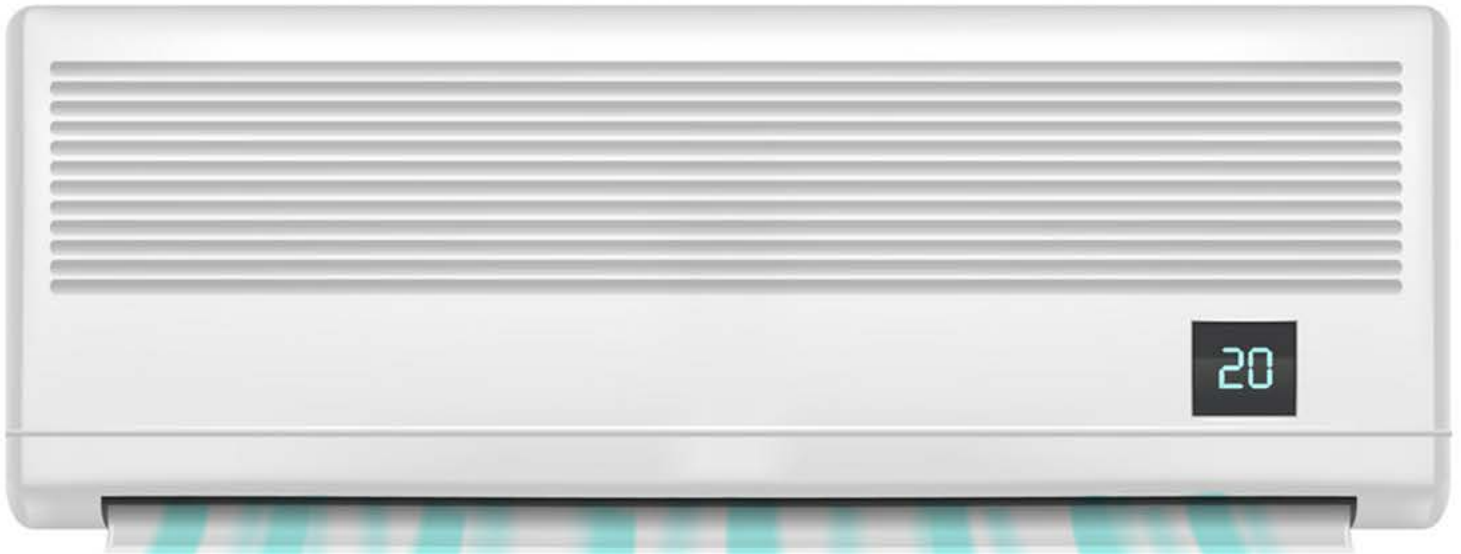
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# Donald Botshelo: The Blind Creative Genius Breaking Barriers with Talent

In the vast landscape of entertainment, there are stars who shine brightly, captivating audiences worldwide with their charisma and talent. Yet, amidst the glitz and glamour, there are also unsung heroes, individuals whose brilliance might not be immediately apparent but whose creativity knows no bounds. Donald Botshelo is one such hidden gem—a creative genius whose blindness has never hindered his ability to express his God-given talents.

While his name might not be on everyone's lips, those who have had the privilege of witnessing his artistry firsthand can attest to his remarkable gift. Born with a visual impairment, Donald's journey has been marked by challenges, but his resilience and passion for his craft have propelled him to defy expectations and carve out a niche for himself in the world of entertainment.

From a young age, Donald showed a natural inclination towards music and performance. Despite his inability to see, he immersed himself in the world of sound, honing his musical abilities and developing a keen sense of rhythm and melody. His talent was undeniable, and soon he began to captivate audiences with his soulful voice and captivating stage presence.

As he grew older, Donald's passion for

music expanded to other forms of artistic expression. He delved into songwriting, crafting heartfelt lyrics that resonated with listeners on a profound level. His compositions were imbued with emotion, drawing inspiration from his own experiences and the world around him. Through his music, Donald found a voice—a means of communication that transcended the limitations imposed by his disability.

But Donald's talents didn't stop there. He possessed a natural flair for storytelling, using his gift for words to captivate audiences through spoken word performances and poetry readings. His ability to paint vivid imagery with his words transported listeners to distant lands and allowed them to experience the depth of human emotion in its purest form.

Despite facing skepticism and doubt from some quarters, Donald remained undeterred in his pursuit of excellence. He refused to be defined by his disability, choosing instead to let his talent speak for itself. His unwavering determination and commitment to his craft earned him recognition and respect within the entertainment industry, gradually solidifying his status as a creative force to be reckoned with.

Today, Donald Botshelo stands as a

testament to the power of perseverance and the triumph of the human spirit. His journey serves as an inspiration to countless individuals facing their own obstacles and challenges, reminding them that with passion and determination, anything is possible. Through his art, he has shattered stereotypes and opened doors for others, proving that creativity knows no bounds.

As we celebrate the remarkable talents of Donald Botshelo, let us also reflect on the broader implications of his story. Let us recognize the importance of inclusivity and accessibility in the arts, ensuring that individuals of all abilities have the opportunity to pursue their passions and share their gifts with the world. And let us never underestimate the power of creativity to transcend barriers and unite us in our shared humanity.

In a world often obsessed with superficiality and celebrity, Donald Botshelo serves as a beacon of authenticity and inspiration. He reminds us that true greatness lies not in fame or fortune, but in the courage to embrace who we are and the willingness to share our unique talents with the world. May his story continue to inspire generations to come, proving that no obstacle is insurmountable when fueled by passion and driven by creativity.





# 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 endeavour, and entrepreneurs must focus on the process from beginning to end to ensure long-term success.



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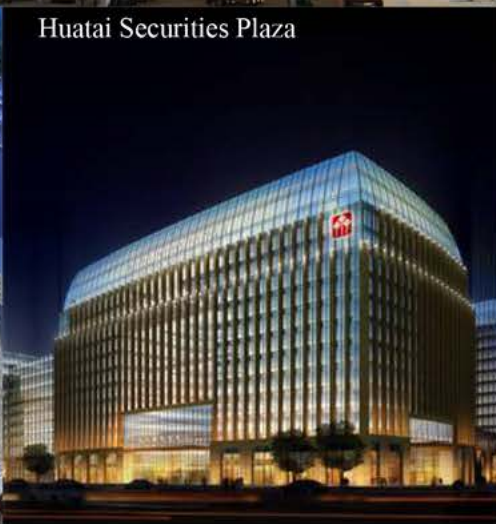
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# Banjo Timothy Mosele

Banjo Timothy Mosele, born in 1960 in Kanye, Botswana, is a multifaceted musician celebrated for his prowess as a guitarist, singer, and composer. His journey through the realms of music has been marked by collaborations with iconic artists, the founding of influential bands, and the release of critically acclaimed solo albums.

Mosele's musical odyssey began to take shape when he emerged as a founding member of the illustrious Kalahari Band. This group gained international recognition as they accompanied the legendary Hugh Masekela on global tours during the vibrant music scene of the 1980s. Mosele's guitar skills left an indelible mark on three of Masekela's albums: "Techno-Bush," "Waiting for the Rain," and "Tomorrow," contributing significantly to their success.

During his time in the London music scene, Mosele became a sought-after session musician, collaborating with esteemed artists such as Jonas Gwangwa, Peter Gabriel, Julian Bahula, Bheki Mseleku, and Barney Rachabane. His versatility and talent enhanced numerous musical projects, further solidifying his reputation as a remarkable guitarist.

While pursuing his music studies at Goldsmiths College, Mosele showcased his leadership and creativity by forming and leading the band Bushmen Don't Surf.

The group garnered attention and acclaim in the UK and across Europe, captivating audiences with their distinctive sound. Their performances at renowned festivals like WOMAD and Glastonbury cemented their status as a prominent musical force.

In 2003, Mosele embarked on a solo journey with the release of his debut album, "Badisa." The album resonated deeply with audiences in Botswana, South Africa, England, and Norway, laying the foundation for a successful solo career. He followed this achievement with the albums "Movin' On" in 2005 and "Now A Days" in 2008, both of which received widespread acclaim and further established Mosele as a formidable solo artist.

In recognition of his musical achievements, Mosele received nominations at the Botswana Music Awards in 2009, notably earning the prestigious "Song of the Year" award for his track "Ntsa E Jele Ntsanyana" (Dog eat dog). This accolade underscored his enduring influence and relevance within the music industry.

Beyond his musical endeavors, Mosele's personal life has also left its mark. During his time in Bergen, Norway in the 1980s, he married Siri Møll, the sister of Erik Moll, although the marriage eventually ended in dissolution. From the mid-1990s onwards, Mosele has called Oslo, Norway home,

though he currently resides in his native Botswana.

Banjo Timothy Mosele's remarkable journey through music continues to inspire and captivate audiences around the world, showcasing the transformative power of talent, passion, and creativity.







# Elevating Elegance: Master Bedroom Interior Design Unveiled

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



## 1. The Art of Balance:

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



## 2. The Statement Bed:

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



### 3. Ambient Lighting:

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



### 4. Thoughtful Storage Solutions:

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



### 5. Personal Touches:

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



### 6. Cozy Seating Areas:

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





# Custom Cut Designs-Celebrating Individuality: The Inspiring Journey of Shameema Matovu

In the spirit of Women's Month, we shine a spotlight on the remarkable journey of Shameema Matovu, a young female fashion designer whose passion for creativity and commitment to personal expression have carved a unique niche in the fashion industry.

## A Passion Ignited:

From a young age, Shameema Matovu's fascination with fashion ignited a flame within her. Experimenting with styles and designs became not just a hobby, but a calling. Her desire to create something truly exceptional led her to establish her own clothing line, driven by a mission to offer custom designs that celebrate individuality and complement diverse physiques.

## Navigating Challenges:

Embarking on her entrepreneurial journey was no easy feat. From brainstorming sessions to practicalities like material sourcing and building an online presence, every step demanded meticulous planning and unwavering dedication. Yet, it was the unpredictability of real-world challenges that truly tested her resilience.

## Staying Ahead of the Curve:

Remaining abreast of the ever-evolving fashion landscape is paramount for Shameema. Immersing herself in the fashion world through research, attending shows, and analyzing trends on social media

keeps her designs fresh and relevant. Her background in consumer behavior academia adds a unique dimension, allowing her to understand and integrate consumer preferences seamlessly into her creations.

## Personalization as a Signature:

What distinguishes Shameema's clothing line is its emphasis on personalized designs. While others offer ready-to-wear collections, Shameema thrives on providing bespoke experiences. Every aspect of the design process is tailored to the customer's preferences, fostering a profound connection between wearer and garment.

### **Balancing Artistry with Commerce:**

Creativity meets commercial viability in Shameema's world. Through rigorous market research and customer feedback analysis, she ensures her designs strike the perfect balance between innovation and market appeal. It's a delicate dance, but one she executes with finesse.

### **Overcoming Hurdles:**

Like any entrepreneur, Shameema faced her fair share of obstacles. Building credibility and securing a loyal customer base posed significant challenges. Yet, each hurdle became an opportunity for growth, reinforcing her resilience and determination.

### **Strategies Kept Secret:**

When asked about her strategies, Shameema playfully hints that some secrets are best kept in business.

### **Ethical Integrity:**

Sustainability and ethical sourcing are non-negotiables for Shameema. She prioritizes environmentally friendly materials and partners with manufacturers who uphold fair labor practices. Quality control measures ensure her garments meet the highest standards, aligning perfectly with her brand's ethos.

### **Advice for Aspiring Entrepreneurs:**

To fellow young women dreaming of venturing into the fashion world, Shameema offers invaluable advice: Believe in yourself, cultivate a supportive network, and never cease to learn and grow. With passion and perseverance, anything is possible.

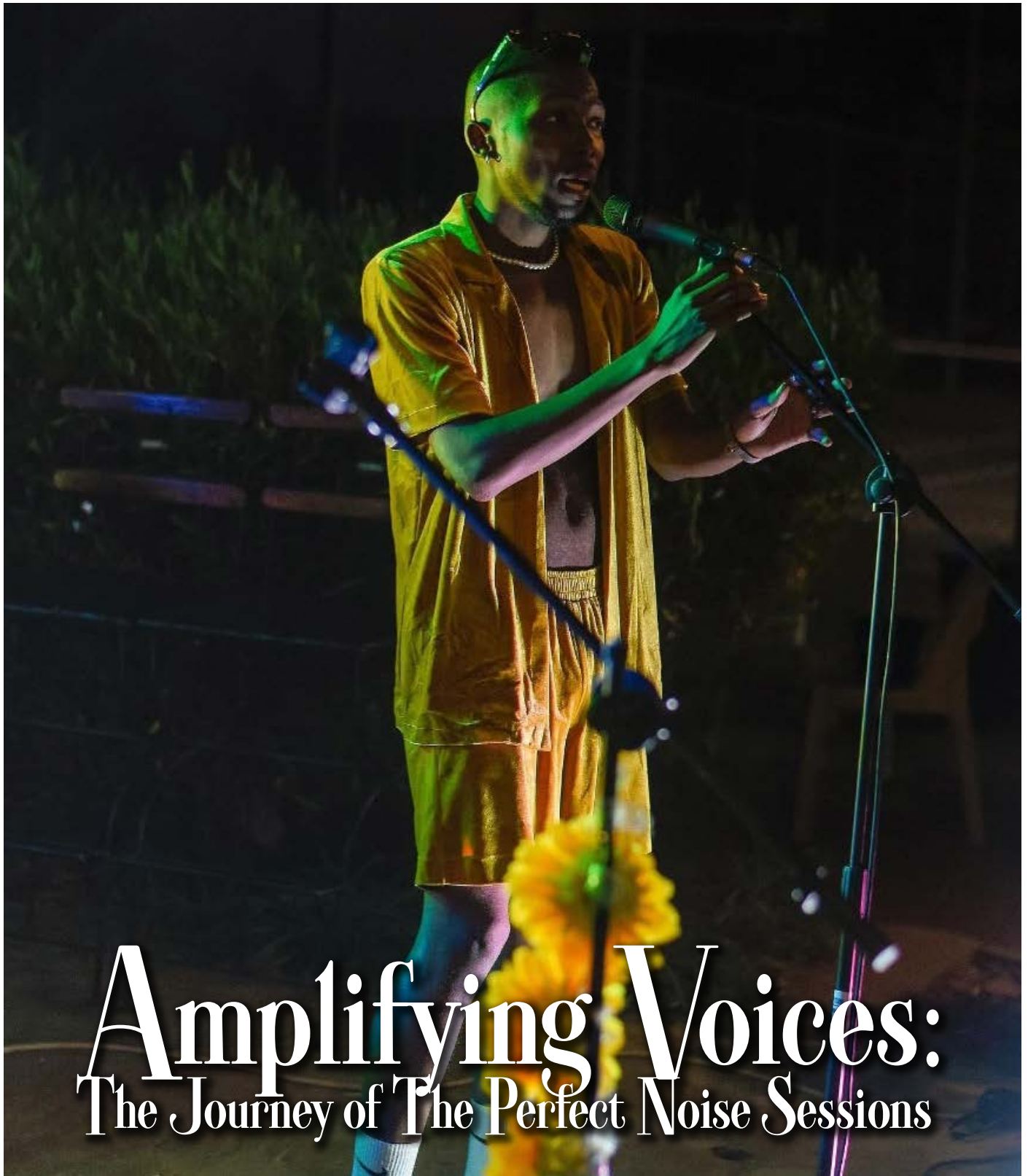
### **A Vision for the Future:**

Looking ahead, Shameema envisions a future of continual innovation and expansion. Exploring new markets, diversifying product offerings, and maintaining a steadfast commitment to quality and sustainability are at the forefront of her vision. By staying adaptable and attuned to consumer needs, she aims to leave an indelible mark on the fashion industry.

In the tapestry of fashion, Shameema Matovu's story stands as a testament to the power of creativity, resilience, and unwavering dedication. As we celebrate Women's Month, let us honor trailblazers like Shameema who inspire us to embrace our uniqueness and pursue our dreams with unwavering determination.







# Amplifying Voices: The Journey of The Perfect Noise Sessions

From the vibrant streets of Botswana to the bustling music scene of Zambia, The Perfect Noise Sessions have become more than just a series of events; they are a testament to the power of community, creativity, and collaboration. Born out of a passion for open mic shows and a desire to provide a platform for emerging talent, The Perfect Noise Sessions have evolved into a global movement, inspiring and empowering artists from all walks of life.

The inception of The Perfect Noise Sessions can be traced back to a deep-seated love

for artistic expression. As a high school student, the founder, whose affection for open mic shows was palpable, found solace and inspiration in environments where individuals could freely showcase their talents. However, it was the departure of a close friend and fellow creative, Mino, that catalyzed the birth of The Perfect Noise Sessions. Determined to carry on the legacy of Mino's Sunday Candy, the founder, alongside co-founders Phenyoy, Kizito, and Pimz, embarked on a journey to create a space where music, poetry, and art could flourish.

What began as The Perfect Noise Open Mic Sessions soon transformed into a meticulously curated platform, championing emerging artists and fostering a sense of belonging within the community. With a focus on inclusivity and diversity, The Perfect Noise Sessions welcome individuals of all backgrounds, genres, and identities. From seasoned performers to first-time artists, everyone is encouraged to share their voice and contribute to the vibrant tapestry of creativity.

Central to the success of The Perfect



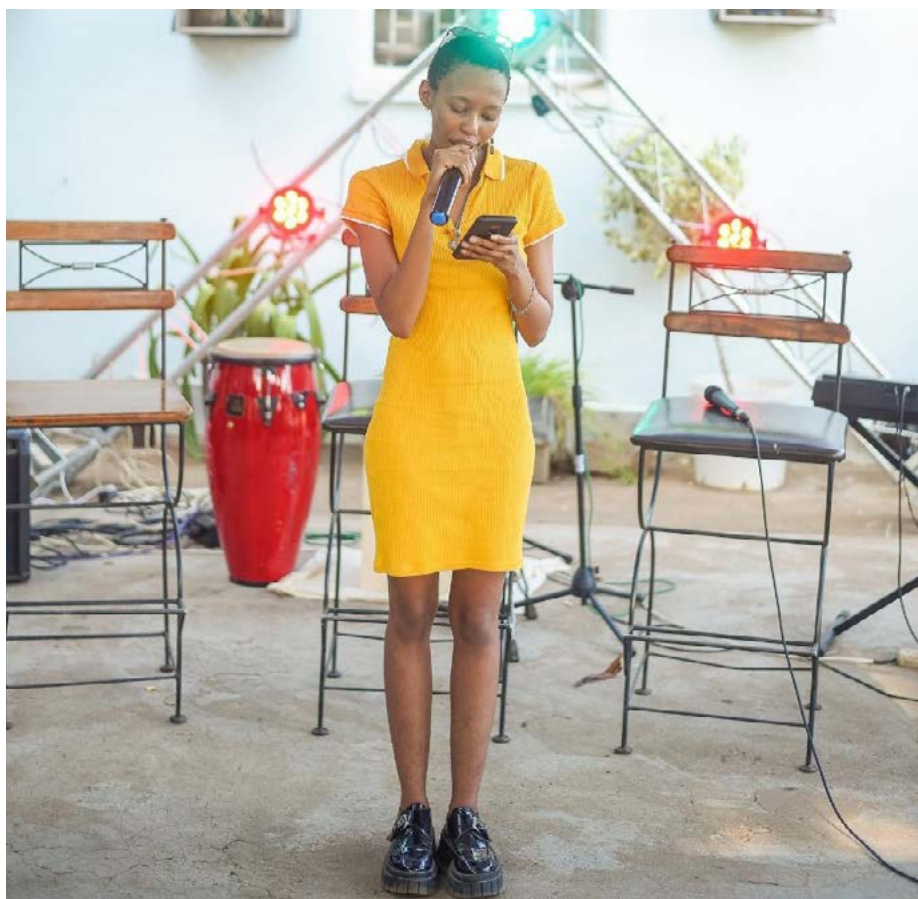
Noise Sessions is their unwavering commitment to quality and organization. Gone are the days of impromptu sign-ups; instead, artists are invited to submit their work for consideration, ensuring a cohesive lineup that flows seamlessly from start to finish. This dedication to professionalism has not only elevated the overall experience for attendees but has also garnered recognition from media outlets such as BTV, further solidifying The Perfect Noise Sessions as a cornerstone of Botswana's music scene.

Beyond the borders of Botswana, The Perfect Noise Sessions have expanded their reach, with spin-offs in Zambia and aspirations for further global expansion. By collaborating with local artists and partnering with like-minded organizations, The Perfect Noise Sessions continue to amplify voices and foster connections across borders.

At the heart of The Perfect Noise Sessions is a deep sense of community and camaraderie. From memorable performances by Frost to impromptu sets by Sampa the Great, each show is infused with the spirit of collaboration and mutual support. Through engaging social media content and interactive online platforms, The Perfect Noise Sessions strive to connect with their audience on a deeper level, inviting them to be part of the journey every step of the way.

As they look towards the future, The Perfect Noise Sessions remain steadfast in their mission to empower artists and celebrate diversity in all its forms. With aspirations to go global and headline acts such as ATI and Mpho Sebina on the horizon, the possibilities are endless for this dynamic collective.

In a world where voices often go unheard, The Perfect Noise Sessions stand as a beacon of hope and inspiration, reminding us all that there is power in our stories and strength in our solidarity. So whether you're a seasoned performer or a budding artist, join us on this journey and let your voice be heard – because at The Perfect Noise Sessions, everyone has a seat at the table.







# The 4 Types of Parenting Styles and

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



# How Kids Are Affected

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.



# Salad-Stuffed Peppers



Stuffed peppers are a comfort food classic. My lightened-up version keeps everything you love — the tender peppers, the flavorful cheese and the aroma that floods your kitchen — while putting a fresh twist on this timeless dish. It all pays tribute to my time living in Spain, with ingredients that will transport you to the Mediterranean. Serve with a glass of Tempranillo for the perfect dinner.

## Ingredients

Kosher salt  
 1 lemon  
 4 cloves garlic  
 4 bell peppers, assorted colors  
 2 tablespoons extra-virgin olive oil (see Cook's Note)  
 4 ounces Spanish cured chorizo, casings removed, small dice  
 4 slices bread, torn into bite-size pieces  
 1 bunch Tuscan kale, thinly sliced  
 1 tablespoon sherry vinegar  
 1/4 cup pitted dates, chopped  
 1/4 cup pitted Castelvetrano olives, halved  
 1/4 cup fresh flat-leaf parsley leaves  
 2 ounces manchego cheese, freshly grated  
 1/4 cup Marcona almonds, finely chopped

## PREPARATION

Place a large pot filled halfway with water

over high heat and season generously with salt. Halve the lemon, then juice it and set aside 1 tablespoon juice. Add the lemon halves and the remaining lemon juice to the water. Crush 3 of the garlic cloves and add to the water. Cover and bring to a boil. Fill a large bowl with ice water.

Prepare the peppers by slicing off just enough of the tops to reveal the seeds. Remove and discard the seed pockets and stems. Trim the bottom of the peppers as needed so they stand up on their own. Finely chop the pepper tops and add to a large bowl.

Gently lower the pepper boats into the boiling water until fully submerged. Cook until just crisp tender, 4 to 6 minutes. The peppers should hold their shape and stand up straight. Once cooked, place the peppers in the ice bath to prevent further cooking, about 1 minute. Drain the peppers upside-down on a paper towel-lined plate to catch any water that remains inside.

Meanwhile, place a large nonstick skillet over medium-high heat. Add the oil and chorizo and cook until the chorizo is just fragrant and the oil has a red hue, 1 to 2 minutes. Remove from the heat and use a slotted spoon to add the chorizo to the bowl with the chopped peppers. Add 2 teaspoons of the hot oil from

the skillet to the bowl, reserving the rest. The chorizo will crisp as it cools.

Place the skillet with the reserved oil over medium heat. Add the bread to the skillet in an even layer. Cook, tossing occasionally, until the bread is browned and toasted, about 5 minutes. Finely chop the remaining garlic clove. When the bread is nearly toasted, add the garlic to the skillet and toss until it is distributed through the toasted bread. Set aside.

Add the kale, vinegar and the reserved 1 tablespoon lemon juice to the bowl. Massage until the kale is slightly softened and coated. Add the dates, olives, parsley and toasted bread and gently toss to combine.

Place the peppers upright on a serving platter. Mound the salad into each pepper. Generously grate the cheese over the salad. Sprinkle with the chopped almonds and serve immediately.

## Cook's Note

I use Arbequina Spanish extra-virgin olive oil. It hails from the Catalonia region of Spain, which is where I lived and worked during my time there. I love it for salad dressings or quick-cooking applications because it is really floral and delicate.





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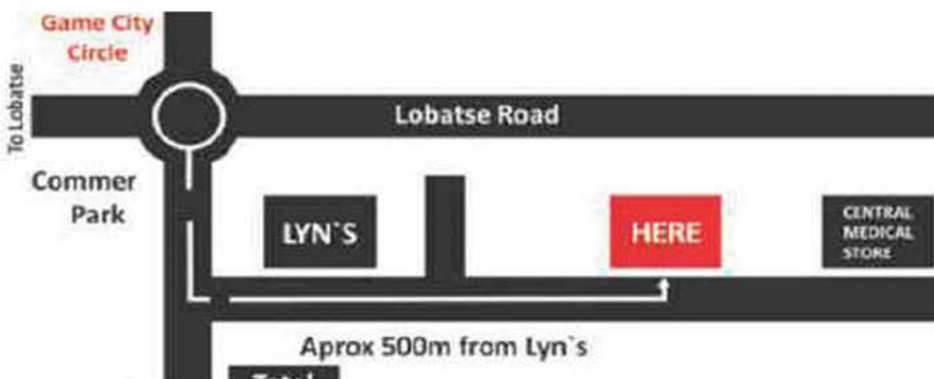
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# Health is Wealth



**4 Things You Must Do Before Disaster Strikes**  
Good health is one of the most important components of a happy life, but often we do not treasure it until it is gone.

Here are 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.





# TOP 10 necessary gadgets for man in 2024

In our fast-paced world of technology, staying updated with the recent trending in-demand gadgets is a pure necessity.

While planning a date, storming for a hiking tour with your friends, or visiting your grandma in an outlying residential district, you'll certainly keep calm and secure with these faithful assistants.

Catch up a curated list of the coolest gadgets for men in 2024, with an all-round structure of their advanced tech features, with the focus on quality and reliability, and shining with reputable brands that will absolutely resonate with your lifestyle.

Most trending devices of a high-reputation gentleman: TOP 10 necessary gadgets for man in 2024

## 1. Smartphone as a pocket companion

Starting the story, let's embark on a technological cruise with the top-brand gadget for man – smartphone.

Whether you're capturing memories or navigating daily tasks, the smartphone functionality is absolutely mind-blowing as it procures everything we need to live life, work, tour, relax, and everything above.

The average gadget cost starts from \$119, making it a record high \$790.

### Core smartphone functions:

Powerful processor for multitasking and swift app launches

High-resolution camera

Long battery life

Secure biometric authentication: fingerprint or facial recognition

Smooth integration with other devices and networks

On top of that, these smart assistants safely withstand daily wear and tear for long-term reliability, sharing joy with us by the quick replenishment of battery levels for convenience on the go.

## 2. Bluetooth headphones

Premium wireless headphones present us redefined audio expertise, giving admiring music tapestry fans the charm of every-minute listening. Boasting features like noise cancellation, touch controls, and superior sound quality, with sleek designs and ergonomic comfort, these necessary gadgets are engineered for extended listening sessions.

Being the extreme companions in every

possible trip or sport take-over, the gadgets providing both a refined gentleman and an athletic bodybuilder wireless audio comfort. So, willing to unleash your independence or charm on stroll, cut the cords and enjoy superior audio quality with Bluetooth headphones.

Priced initially from \$13 and reaching higher, this accessory's industry-leading noise cancellation and an immersive listening experience with touch-sensitive controls, also means long battery life and impeccable sound quality.

Key headphones features of these best gadgets for guys:

Active noise cancellation technology equals to an immersive audio experience, also complemented by

Long-lasting battery life, ensuring extended usage with no frequent recharging

### Ergonomic design

Also get to know about multipoint connectivity ensuring multiple devices connections altogether. Touch controls and voice assistant integration, not letting go of the robust build quality, water and sweat resistance, completes the cool technology list.

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### 3. Gaming console

Created a distinct time ago for real gamers, gaming consoles have evolved to offer a multitude of features for a whole range of PC lovers.

High-performance hardware, including advanced GPUs and processors, with a background of massive game libraries and online multiplayer capabilities, provide users with a broad spectrum of entertainment options.

User-friendly interfaces and intuitive controllers enhance the overall gaming experience

Compatibility with VR systems and awesome streaming capabilities enable gamers to access a great variety of stylish content.

Explore the world of gaming with models from \$50 to over \$500, depending on the type

### 4. Bluetooth speakers

Bluetooth speakers, also presented as portable audio powerhouses, come in diversified choices. For a sophisticated company eager to listen to Chopin symphony or breezing out on a picnic with your kids and listening to Super Simple Songs, high-quality speakers are great to take your music on the go with Bluetooth speakers.

Open up their range of functions:

Compact and durable design  
Advanced Bluetooth connectivity options (like Bluetooth 5.0)

High-fidelity sound reproduction  
Waterproof and rugged builds & high resilience

Extended battery life & unstopped music playback

Multi-speaker connectivity

Speaking of devices' price, it takes off from around \$50 for a quality brand.

### 5. Fitness tracker

Having this device as trusted sport partner managing your state of health, you'll absolutely get to the highest point in your workouts.

Fitness trackers being indispensable for health-conscious stylish men, offer:

Accurate biometric monitoring  
GPS tracking capabilities with precise data on outdoor activities

Water resistance and durable construction

Mobile apps' integration

Multi-sport modes

Quick charging capabilities

Meet a quality tracker that doesn't exceed a price of \$75 for beginners.

### 6. Beyond time limits with your smartwatch

A smartwatch is more than just a time-measuring hand decoration, but a partner to trust your work comfort, and reputation. Smartwatches with health monitoring, app integration, and customizable faces, combining functionality with style.

Diving into its core functionality, we'll find:

Advanced health tracking

Personalized watch faces and interchangeable bands

App integration, enabling you to receive notices, listen to music, and even pay from your wrist

Voice assistant incorporation for hands-free tasks

Robust build quality (water and dust resistance)

Long battery life and efficient power-saving mode

The simplest timing gadget with basic functions is about \$19,99.

### 7. Laptop: transportable command center

For work or creative endeavors, a powerful laptop is essential. What are its central capacities?

Notebooks/laptops, being essential productivity tools, boast forceful processors and massive RAM

High-resolution displays, vivid tones, extensive viewing angles

Light and slim design

Ergonomic keyboards, precise trackpads

Extensive connectivity options (USB-C and Thunderbolt)

Long battery service, just as many of these smart devices possess

Robust reliability characteristics

Opening the cost line at \$155, this sleek powerhouse is armed with array of functions.

### 8. Cinema in your pocket with portable mini projector

Standing as a compact accessory for on-the-go entertainment, projectors possess high brightness levels and adjustable resolutions for clear and vibrant projections.







SAMSUNG



Smooth connectivity options  
Built-in speakers and audio-out ports rendering a complete audio-visual experience.  
User-friendly interfaces and intuitive controls, and battery-powered options on top of that  
Elevate your entertainment, starting, take, with the shyest price projector of \$50, and go above.

9. Drone: aerial photography adventure  
Featuring a host of key features, this smart gadget meritably boasts:  
Advanced camera systems  
GPS navigation and smart obstacle prevention specs  
Intelligent flight modes, such as Follow Me and Waypoints, for aerial maneuvers automation.  
Compact and foldable layouts  
Extended flight times and quick-charging capabilities  
User-friendly remote controllers and intuitive mobile apps  
Unravel the drone price of \$50 that combines power and finesse in the skies.

10. Tablet: versatile computing  
Having come into our lives as versatile indispensable devices, tablets possess several key features:  
High-resolution displays, responsive touch interfaces  
Forceful processors and ample RAM support  
Light and slim construction for portability focus  
Prolonged battery service, taken almost for granted  
Extensive app ecosystems  
Connectivity options, such as Wi-Fi and cellular capabilities for internet access on the fly  
Optional tricks, like styluses and keyboard attachments, give charm and style to your work  
Immerse yourself in the laptop universe with \$65-price appliance, where cutting-edge technology meets sleek design.



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



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



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



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



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



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# “Shredding the Stereotypes:

## The Inspiring Saga of Edward King Maloiso, Botswana’s Fitness Icon”

In the realm of bodybuilding and fitness, few names resonate with as much power and authority as Edward King Maloiso. With a legacy spanning over 15 years, Maloiso stands tall as Botswana’s strongest bodybuilder, boasting an impressive record of 11 championship titles. Not only has he conquered the stage numerous times, but he has also left an indelible mark as the organizer of over 50 bodybuilding, powerlifting, and fitness shows across the nation.

Maloiso’s journey into the world of bodybuilding began with a youthful passion for strength and uniqueness. From his early days, he cultivated a love for weightlifting and push-ups, setting himself apart from his peers. However, it was the awe-inspiring physique of eight-time Mr. Olympia, Ronnie Coleman, that ignited his ambition to become a professional bodybuilder.

Central to Maloiso’s success is his unwavering dedication to muscle hypertrophy, the cornerstone of bodybuilding, while acknowledging the importance of performance in fitness training. His regimen is supplemented by a carefully curated selection of supplements, including whey protein,



glutamine, creatine, and BCAAs, each serving a specific role in enhancing recovery, strength, and muscle growth.

Recognizing the significance of compound exercises such as squats, bench presses, and deadlifts, Maloiso emphasizes their inclusion in workout routines. These exercises engage multiple muscle groups, fostering optimal muscle recruitment and growth, thereby amplifying the effectiveness of his training.

While strength training forms the bedrock of Maloiso's regimen, he underscores the importance of cardiovascular exercise for heart health and muscle endurance. Balancing these elements, he crafts personalized workout plans tailored to individual goals, fitness levels, and equipment accessibility.

However, Maloiso stresses that nutrition reigns supreme in achieving physique and fitness objectives. He advocates for a meticulous approach to nutrition, fine-tuning dietary intake to align with specific goals and fuel optimal performance.

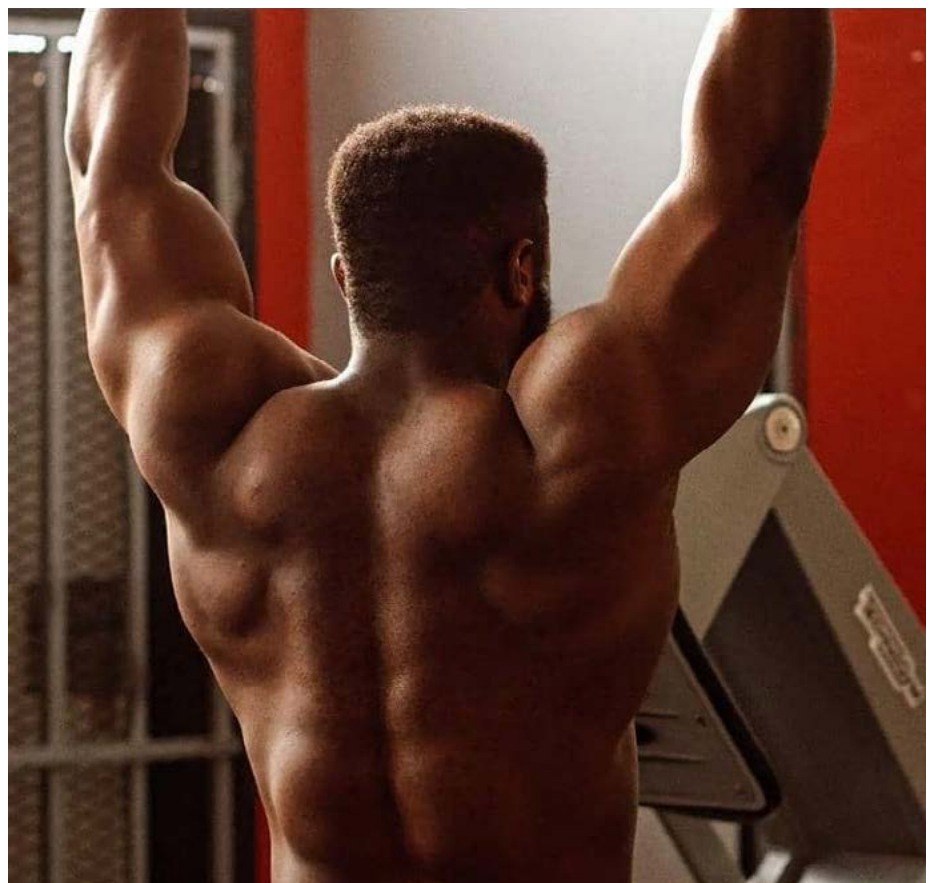
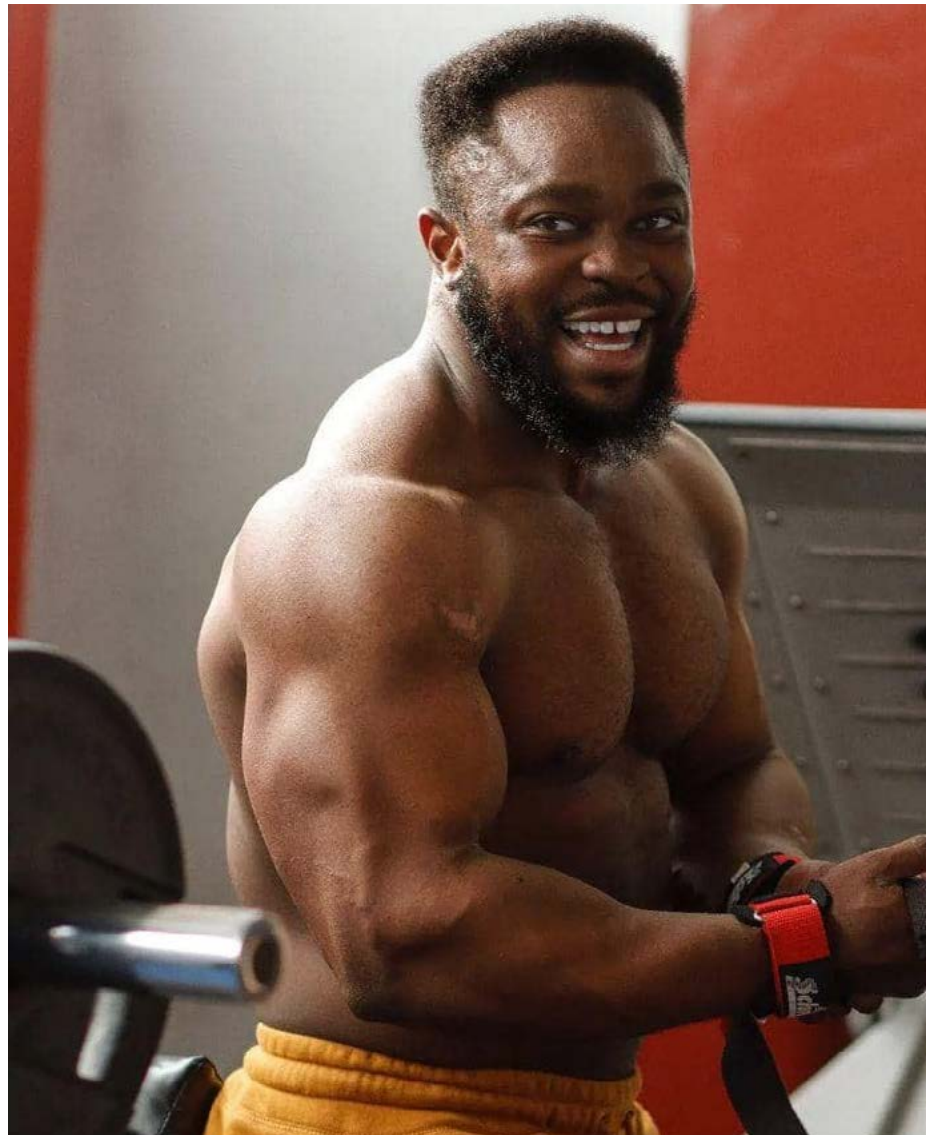
Beyond physical training and nutrition, Maloiso's coaching philosophy revolves around consistency and motivation. By reminding his clients of their initial aspirations, he inspires them to stay the course, even in the face of challenges.

Moreover, safety remains paramount in Maloiso's approach, as he emphasizes proper form and discourages ego lifting to prevent injuries that could derail progress.

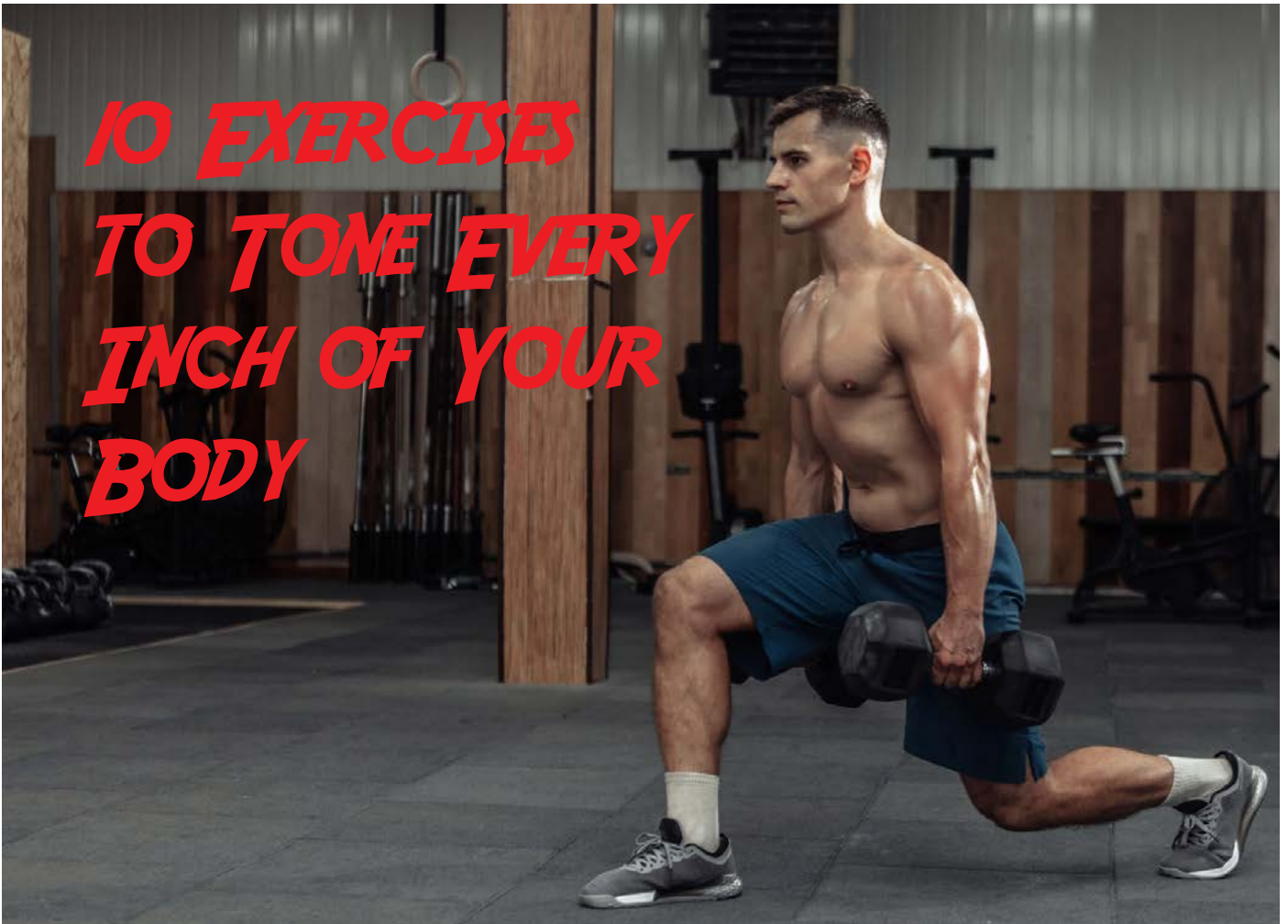
Maloiso's impact extends beyond his individual achievements, evident in his collaborations with esteemed figures such as Nicolette Williams, Lone Manowe, and Gontse Sechele, each a titan in their respective domains within the fitness industry.

To stay at the forefront of his field, Maloiso continuously seeks knowledge by collaborating with international coaches and devouring the latest literature on bodybuilding, fitness, and nutrition.

In Edward King Maloiso, Botswana finds not just a champion, but a beacon of inspiration, whose journey epitomizes the transformative power of dedication, discipline, and passion in the pursuit of greatness.



# 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.
4. 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

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

3. 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.
4. 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.

1. Start by standing upright with your feet shoulder-width apart and your arms down at your sides.
2. 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.
3. 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.

4. Stand up straight, bringing your arms above your head, and jump.
5. 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.

1. 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.
2. Contract your core to stiffen your spine and lift your hips and knees off the ground, forming a straight line with your body.
3. 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.

1. Begin in a pushup position with your hand and toes firmly planted on the ground, your back straight, and your core tight.
2. Keep your chin slightly tucked and your gaze just in front of your hands.
3. Take deep, controlled breaths while maintaining tension throughout your entire body, so your abs, shoulders, triceps, glutes, and quads are all engaged.
4. 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.

1. 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.

2. 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.
3. Pause 1–2 seconds at the top and return to the starting position.
4. 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.





# Francis Ngannou: Anthony Joshua won't get back up from canvas against me like Tyson Fury did

Anthony Joshua and Francis Ngannou will meet in heavyweight clash live on Sky Sports Box Office on March 8; Joshua is former WBO, WBA, IBF heavyweight champ working his way back; UFC champion Ngannou fights AJ after Tyson Fury bout; Ngannou: "I don't believe AJ would take what Tyson did"

Francis Ngannou has predicted that Anthony Joshua will not get back up from the canvas if the former UFC champion knocks him down as he explosively did to Tyson Fury.

The Joshua-Ngannou heavyweight clash will be broadcast live on Sky Sports Box Office on Friday March 8, in what will only be

Ngannou's second professional boxing bout, but he almost secured one of the biggest upsets in heavyweight history in his first.

Last October Ngannou, having made his name in mixed martial arts, made his pro boxing debut against WBC heavyweight champion Fury in a 10-round non-title bout, with Ngannou shocking the world when he dropped Fury in the third round. Ngannou went on to lose in a split decision.

"Yeah, I have a doubt about that," Ngannou said on DAZN, when asked if Joshua could take what he dished out to Fury. "Tyson showed that he's very resilient. I saw him

come back from knockdowns like you wouldn't believe.

- Johnny Nelson backs Anthony Joshua to beat Francis Ngannou - but warns of high risk
- Anthony Joshua vs Francis Ngannou to be shown live on Sky Sports Box Office
- Could Tyson Fury vs Anthony Joshua actually happen?
- Stream boxing on Sky Sports with NOW | Get Sky Sports

"So I think he's probably one of the most resistant [sic] person out there, and that's not a disrespect to AJ.

"I don't believe that AJ would take what Tyson did."

Asked within the face-off interview whether that meant he thought Joshua did not have 'a chin' within the sport, Ngannou replied: "[Not] As much as Tyson."

Joshua, the former unified WBO, WBA and IBF heavyweight champion, will fight Ngannou at the Kingdom Arena in Riyadh.

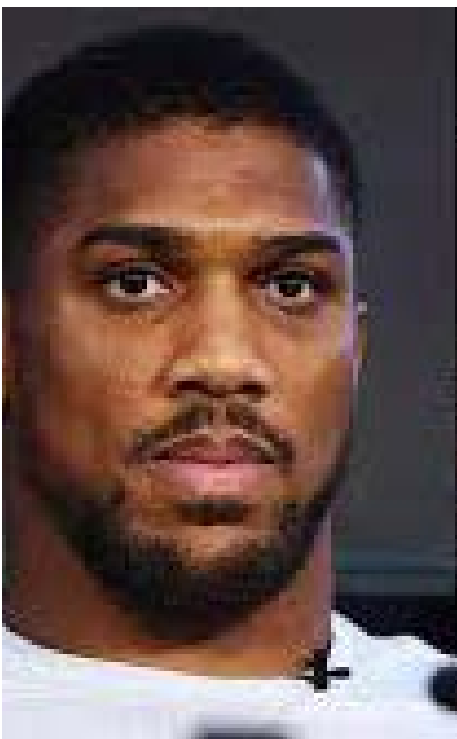
Joshua is on a three-bout winning streak after rebuilding from a second consecutive loss to Oleksandr Usyk in 2022.

Responding to Ngannou's comment regarding his chin, Joshua said: "Who hasn't knocked Tyson down? So many people have knocked Tyson down."

"People claim he's the greatest of many, many generations, but I think if I box Tyson Fury a lot of similarities will happen in the fight, so I am not surprised at all in terms of his [Ngannou] style, who Fury is, it's just a boxing match."

"Well done to both of them, they put on an entertaining fight but that's in the past. That's how boxing is, and we move forward now."

When asked whether he has any reservations about taking on a fight with Joshua, Ngannou said: "I asked for this fight. I watched him fight and then I made a tweet right away."



"Why? Because there was an opportunity and I know he was going to fight Deontay Wilder, and I saw an opportunity there. I made a tweet for this fight, I was calling for that fight."

"Again, this is my second boxing match and I'm fighting one of the best, one of the top three, after fighting another top three. So in two of my fights in boxing I'm going to fight potentially the best in the world..."

On the undercard, after upsetting Deontay Wilder, New Zealand's Joseph Parker will take on fearsome heavyweight Zhilei Zhang, who twice stopped Joe Joyce last year to win and retain the WBO Interim strap. Watch Joshua vs Ngannou live on Sky Sports Box Office on Friday March 8.





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