

Entle Kgautlhe: The Rhythm of Passion

Backyard Ideas Worth Copying In Your Own Outdoor Space

Motlha Molefhi: Spreading Joy and Inspiration Through Music

Beauty tips for men and women

Gaone Selebo: A Gospel Artist on a Mission of Hope and Inspiration

10 CHARACTERISTICS OF SUCCESSFUL ENTREPRENEURS

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

■ See What John Cena Really Wore When He Presented Oscar Without Clothes

■ Elevating Elegance: Master Bedroom Interior Design Unveiled



6 009601 479134

ARCHEIN HARDWARE

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



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



Capitol PVA
White 20L
259.95

Capitol PVA 20L
Cream/ Peach
259.95



Thinner 5L
99.95



Crack Filler 2Kg
29.95

Roller & Tray Set
24.95



899.95
6/8/10 Panel Meranti Door



289.95
6/8/10 Panel Meranti Door



289.95
6/8/10 Panel Meranti Door



269.95
6/8/10 Panel Meranti Door



159.95
Hardboard Door



549.95
Single Sidelight Meranti Frame

699.95
Double Sidelight Meranti Frame



79.95
Skirting
70mm 3.6m



79.95
Comico
76mm 3.6m



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

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



Basin/Stand Toilet Pan
P199.95
Each



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



Pillar/Bib Tap
P89.95



Manhole Cover & Frame 450x600mm
P349.95

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

GUMARE
TEL 6874463

LETLHAKANE
TEL 2976373

MAUN
TEL 6860007

MOCHUDI
TEL 5739577

MOLEPOLOLE
TEL 5960999

MOSHUPA
TEL 5490119

PHAKALANE
TEL 3181512

SHAKAWA
TEL 6875156

TSABONG
TEL 6540645

LOBATSE
TEL 5300105

The A Team

Editor

Takudzwa J Chigura

Writers

Duncan Sebeso

Graphic Designer

Amuchilani Rara

Photographer

Celebrity World

Cover Story Credits

Wardrobe: Self

Make up: Self

Hairstyle: Self

Marketing Officer

Tyrone Molefe

General Manager

Pinky Aysha Siddiky

Executive Marketing Officer

Amirul Hoque Bhuiyan

Managing Director

N.md Estaq Farthous Bhuiyan



Founder & CEO

Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

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

Gaborone West Industrial

Cell: 77606907

Tell: 3937886

Email:celebrityworldbw@gmail.com

Disclaimer

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

 @celeb_bw  Celebrity World

 www.celebrityworld.co.bw

Dear Readers,

As we welcome the vibrant spirit of April, our hearts resonate with the melodies of hope and celebration. This month, our magazine is graced with the presence of the remarkable Gaone Selebo, a beacon of inspiration in the world of gospel music. With her soulful voice and profound lyrics, Gaone has not only captured our ears but also touched our spirits, reminding us of the enduring power of faith and music.

In our exclusive interview with Gaone, we delve into her journey as a musician, exploring the depths of her passion, the challenges she has overcome, and the message she seeks to share with the world. Through her music, Gaone exemplifies the beauty of resilience, spreading messages of love, healing, and spiritual awakening to all who lend her their ears.

As we embrace the joyous season of April, we also embark on the sacred observance of Easter Monday. This day holds profound significance for millions around the globe, marking a time of renewal, rebirth, and redemption. It is a moment to reflect on the eternal themes of sacrifice, forgiveness, and the triumph of light over darkness.

In the spirit of Easter, let us come together with our loved ones, cherishing the bonds that unite us and rejoicing in the promise of new beginnings. Whether through prayer, reflection, or acts of kindness, may we embody the spirit of compassion and renewal that defines this auspicious day.

As we turn the pages of our April edition, may we be uplifted by the stories of courage, inspired by the melodies of faith, and reminded of the boundless potential that resides within each of us. Together, let us journey through this month with open hearts and unwavering hope, guided by the light of our shared humanity.

Warm regards,

Editorial Team
Celebrity World Magazine



Contents April 2024



6 EntleKgauthe: The Rhythm of Passion

10 Motlha Molefhi: Spreading Joy and Inspiration Through Music

12 Around the World

17 Backyard Ideas Worth Copying In Your Own Outdoor Space

22 Tourism

28 Financial Navigating in the Current Economy

30 9 Signs You're in a Healthy Relationship

32 Beauty tips for men and women

36 10 CHARACTERISTICS OF SUCCESSFUL ENTREPRENEURS

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

61 Indian Wells: Emma Raducanu knocked out by Aryna Sabalenka



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



Your Reliable Car Service Center and Spare Shop

Celebrity World *List*

FILM, TV, BOOKS & MUSIC

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

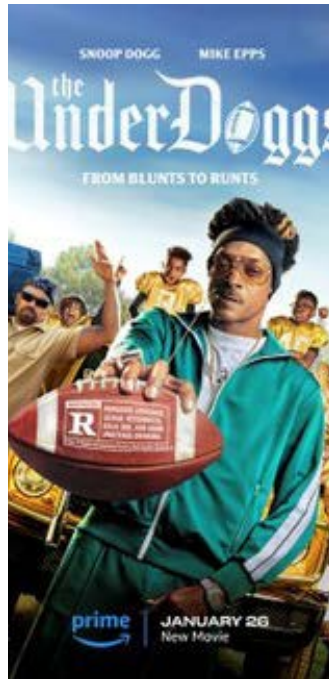


MEAN GIRL

Mean Girls is a 2024 American musical teen comedy film directed by Samantha Jayne and Arturo Perez Jr. (in their feature directorial debuts), from a screenplay by Tina Fey. It is based on the Broadway musical of the same name, which in turn was based on Mark Waters's 2004 comedy film, both written by Fey and based on Rosalind Wiseman's 2002 book Queen Bees and Wannabes. It stars Angourie Rice, Auli i Cravalho and Christopher Briney with Reneé Rapp reprising her role from the stage musical.

GENRE: MUSICAL/COMEDY

DIRECTED BY: SAMNTHA JAYNE

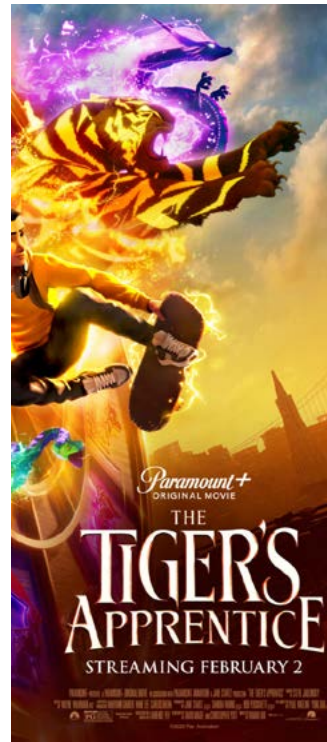


THE UNDERDOGGS

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

GENRE: SPORTS/COMEDY

DIRECTED BY: CHARLE STONE III



THE TIGER APPRENTICE

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

GENRE: FANTASY

DIRECTED BY: RAMAN HUI



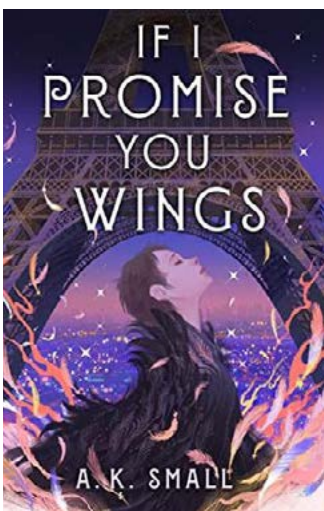
LIFT

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

GENRE: COMEDY

DIRECTED BY: F. GARY GAR

What To Read

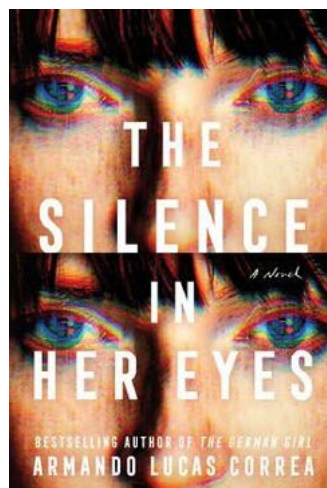


IF I PROMISE YOU WINGS

After her best friend's death, a 17-year-old French girl makes the leap to becoming a feather artist in a Parisian boutique. Alix Leclair can rarely express her feelings, whether it's not wanting her father to leave for weeks at a time to pursue his musical ambitions or her frustrations with best friend Jeanne, who prioritizes boys and partying over their friendship. After Jeanne dies in a car crash.

BY: A.K. SMALL

GENRE: TEENS & YOUNG ADULTS



THE SILENCE IN HER EYES

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

BY: ARMANDO LUCAS CORREA

GENRE: THRILLER & SUSPENSE

Annual Reports
Magazines
Posters
Flyers
etc



Water labels, Scale labels, Medical labels etc



Diaries, Pens, Caps, T Shirts, etc

Offset Printing

Label Printing

Corporate Gifts

 **masterprint**

GABORONE : Tel: 390 1955

LOBATSE : Tel: 533 0882

www.masterprint.biz



Entle Kgautlhe: The Rhythm of Passion

At just 26 years old, Entle Kgautlhe, known as @IVAN.DRUMS, stands as a testament to the power of passion, dedication, and self-motivation. Hailing from the village of Moshupa, nestled approximately 61.1 kilometers from the bustling city of Gaborone, Entle has carved a name for himself in Botswana's music scene as a charismatic and immensely talented drummer.

His journey into the world of drumming is deeply rooted in his upbringing and familial influences, particularly his mother, Gladys Gagoopé Batoko, who served as a worship leader at Bible Life Ministries, where Entle still serves today. It was within the walls of the church that Entle first discovered his love for drumming, inspired by the skill and passion of numerous musicians who graced the stage.

Entle's early foray into drumming began innocently enough, as he playfully experimented with his mother's cutlery, inadvertently causing mischief by damaging her kitchen counter. It was this moment of youthful exploration that sparked a profound realization within him—his heart beat in rhythm with the drums.

As he continued to attend church rehearsals alongside his mother, Entle found himself

drawn irresistibly to the drums, captivated by the intricate coordination and movement required to create music. Inspired by the likes of Oteng Letshelaphala (OT), Torti Amanjoku, Bakang Molelo, and Subusiso (Sbu), among others, Entle honed his craft under the guidance of these seasoned musicians, soaking in their expertise like a sponge.

For over 13 years, Entle's journey has been intertwined with the rhythms of the drums, with the majority of his time spent within the sacred confines of the church. However, his passion and talent soon caught the attention of the wider music community, leading to a life-changing opportunity to tour with the acclaimed duo, Khoisan.

Touring with Khoisan not only exposed Entle to diverse musical styles and genres, including Afropop, Afro jazz, and Borankana, but also provided him with the chance to showcase his skills on both local and international stages. From the prestigious Makgadikgadi Epic to the Son of the Soil Festival and the Mascom Live Sessions, Entle's drumming prowess has left an indelible mark on Botswana's music landscape.

Among his most cherished memories is sharing the stage with Khoisan at the iconic Vic Falls Carnival in Zimbabwe, a testament

to his journey from small village beginnings to international acclaim. Embracing the indigenous sounds of Botswana, including Borankana and Afro jazz, Entle finds his greatest joy in representing his culture through music, particularly in collaboration with Khoisan.

As Entle Kgautlhe continues to march to the beat of his own drum, he remains an inspiration to aspiring musicians across Botswana and beyond. With his infectious energy, unwavering passion, and relentless pursuit of excellence, Entle embodies the true spirit of a musician driven by love for his craft and a desire to make his mark on the world stage.



Veggieland

GREEN GROCERS TO THE NATION



Tel: 3974975/3974550 Fax:3939720



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



Contact us
Cell: 76220987
Fax: 3937855

Tell: 3937886
info@wgateway.co.bw

Motlha Molefhi: Spreading Joy and Inspiration Through Music

Motlha Molefhi, affectionately known as Jinjar-jee on the music stage, hails from the quaint town of Manaledi but currently calls Selebe Phikwe home. Stepping into the music scene in 2018, Motlha has become a rising star, captivating audiences with his unique blend of gospel and house Kwasa genres.

Early Beginnings and Musical Journey:

Motlha's musical journey began in 2018, driven by a passion to bring joy and inspiration to people through his music. Focusing on gospel and house Kwasa genres, he embarked on a mission to create uplifting melodies that resonate with audiences across Botswana.

Notable Performances and Recognition:

Motlha's talent has not gone unnoticed. He has graced various stages, including performances at the Lerala Clinic during the Ministry of Youth's Blood Donation Campaign in 2020 and the Lerala Brigade Prize Giving Ceremony in 2018. His music also reached the Makgabaneng event in 2021 and was featured in the ongoing DBS Roadshow at Selebe Phikwe in 2023.

In addition to his live performances, Motlha's music video caught the attention of the Gospel Music Awards, earning him a nomination for Best Gospel Music Video, a testament to his growing influence in the industry.

Hits and Upcoming Releases:

Motlha's musical prowess was further solidified with the release of his hit single "Remote Control" in December 2023. The song quickly gained popularity, resonating with audiences across the country. Building on this success, Motlha is set to release another captivating track titled "Be Humble," a piano gospel that promises to uplift and inspire listeners.

Vision and Impact:

Motlha envisions a future where music serves as a tool for empowerment and resilience. Through his music, he aims to create a community of individuals who are not only entertained but also equipped to overcome life's challenges. With a strong commitment to spreading positivity and hope, Motlha's music transcends boundaries, touching the hearts of people from all walks of life.

Connect with Motlha Molefhi:

Fans can stay updated with Motlha's latest releases and performances by following him on his social media handles. Be sure to check out his YouTube channel at Jinjar-jee, follow him on TikTok at Jinja-jee, and like his Facebook page at Jinjar Jee for a dose of uplifting music and inspiration.

In a world filled with uncertainties, Motlha Molefhi, aka Jinjar-jee, stands as a beacon of hope, spreading joy and inspiration through his soul-stirring music. As he continues to make waves in the music industry, Motlha's passion and dedication serve as a reminder of the transformative power of music in shaping hearts and minds.



Gaone Selebo: A Gospel Artist on a Mission of Hope and Inspiration

Gaone Selebo, originally from Shoshong but now residing in the vibrant city of Gaborone, has emerged as a shining star in the gospel music scene. A multifaceted talent, Gaone is not only a gospel artist but also a dedicated promoter and events organizer. With a passion for music that began at the tender age of 10, she has overcome numerous challenges to become a force to be reckoned with in the gospel genre.

Gaone's journey in the world of music began in her formative years when she led songs at school assemblies and church Sunday School. Growing up in a Christian family, she developed a deep love for the things of God, instilled by her dedicated Christian mother. Inspired by gospel legend Rebecca Malope from South Africa, Gaone found her calling in gospel music, fueled by a desire to share the message of hope and faith.

Transitioning from a backup artist to a solo career was not without its challenges. Financial constraints were a significant hurdle, requiring Gaone to find creative ways to fund her recordings. Despite facing unpaid performances at various events, Gaone's determination remained unshaken. She held fast to her goal of transforming lives through her music, spreading a message of hope and spirituality.

The turning point in Gaone's career came when she was nominated for the Annual Gospel Music Awards in 2017, competing against heavyweights Tshepo Lesole and Gabo Thotobolo. This recognition fueled her dedication to gospel music. Last year, she



triumphed at the Ukhonukamva Music Awards in South Africa, winning the Best Promoter award. Gaone's music has reached new heights, featured in magazines like "The Daily Sun," "SISTA Bosso," and "Great Times."

Gaone's music goes beyond entertainment; it serves as a source of healing and inspiration for her listeners. Through her soulful melodies, she aims to convey the message that God is love, encouraging people to love one another. Her lyrics emphasize the importance of placing trust and faith in God, offering solutions to life's challenges.

In addition to her own music career, Gaone founded Lady G Promotions, a company dedicated to helping upcoming artists discover, develop, and expose their talents. With 11 artists under her wing, Gaone is committed to fostering the growth of emerging talents and making a positive impact on Botswana's music scene.

Despite her success, Gaone acknowledges the lack of sufficient support from the government for gospel artists in Botswana. However, her unwavering dedication and commitment to her faith have propelled her forward. Gaone urges upcoming artists to be patient, focused, and passionate about their talents, emphasizing the importance of perseverance in the challenging music industry.

Gaone Selebo's journey from Shoshong to Gaborone is a testament to her resilience, faith, and passion for gospel music. As she continues to make strides in the industry, Gaone remains dedicated to uplifting souls through her music, spreading messages of love, faith, and hope. Her story serves as an inspiration for aspiring artists, reminding them that with patience, dedication, and a deep connection to their craft, they too can overcome challenges and make a lasting impact in the world of music.





The world is full of cheap vacation spots. And, these days, it doesn't require much effort to find them. No matter what continent — and no matter what interests you have — there are countless places you can visit on a budget.

No destination is really ever “too expensive” as long as you do some research, get creative, and have some flexibility — you just might not be living large when you visit them. Fortunately, there are a handful of destinations out there that make budget travel easy, fun, and safe.

After over a decade as a frugal nomad, I've had the privilege of visiting dozens of budget-friendly countries that make traveling cheap as easy as it can be.

These destinations offer affordable accommodation, cheap food, and plenty of activities and excursions that can be enjoyed without breaking the bank.

Whether you're a history buff, foodie, beach bum, or party animal, this list has something for you. Here's a list of my favorite cheap places to travel right now to help you plan your next affordable adventure:

1. THAILAND

Thailand is where it all began for me so it holds a special place in my heart. It is where I decided to quit my job and travel the world. I lived there. I loved there. Thailand is incredible.

It's also super affordable.

With a tourist trail going back decades, Thailand is the heart of backpacking in Southeast Asia, and you can get by on between \$25-35 USD per day thanks to cheap guesthouses, budget street food (which can be found for as little as \$1 USD!), local buses, and the many cheap and free attractions. If you spend all your time on the islands and inexpensive accommodation, expect to pay closer to \$60 USD per day. However, even at the price, Thailand is still one of the most bargain-friendly destinations in the world and should not be skipped!

2. CENTRAL AMERICA

Want to roam ancient ruins, trek through the jungle, surf, and eat delicious food with few tourists around? Visit the smaller countries in Central America — think El Salvador, Honduras, Nicaragua, and Guatemala. Here you will find most budget hotels for around \$15-30 USD per night, meals for under \$5

USD, most bus journeys for the same price, and beer for as little as a dollar.

Belize, Panama, Costa Rica — these are expensive destinations by regional standards (yet they are still quite affordable). If you visit these central American countries, you can get by on \$40-50 USD per day as a backpacker or splash out \$100 a day and live large. Your money goes really far in this part of the world. And with no many countries to choose from, it's easy to bounce around and see a lot without going broke.

3. CAMBODIA

While you could put all of Southeast Asia on this list, Cambodia is one of my favorite countries in the region — it's affordable and beautiful, and the locals are incredibly hospitable. You can get a private, air-conditioned room for \$25 USD, street food for \$2-5 USD, and transportation across the entire country for \$20-25 USD. If you are spending close to \$50 USD per day, you are living large.

Cambodia is cheaper than popular Thailand but just as beautiful and filled with some of the nicest people in the world. Plus, it's home to the incredible Angkor Wat (which, while expensive to visit, is worth the expense!).



4. THE BALKANS

Located in southeastern Europe, the Balkans is the cheapest region in Europe. Composed of a handful of countries — most of which see very few tourists — it's an off-the-radar region that's super affordable while also offering incredible value. While places like Dubrovnik have seen an influx of tourists (thanks to the cruise ships that dock there), the majority of the region is ripe for adventurous travel. There's cheap wine, incredible hiking and nature, stunning coasts, hearty food, and wild nightlife. It's Europe's best-kept secret.

You can get by for as little as \$30 USD per day — a fraction of what you'd pay in Western Europe. A week's worth of groceries costs as little as \$25 USD while beer costs around \$2 USD.

And while the region was once known for being unsafe, things have greatly improved over the past decade. There's a growing backpacking trail here and tourism is on the rise. It's Europe's least-explored region — but not for long so visit before you crowds arrive and the price skyrocket.

5. CHINA

China has fascinated travelers ever since Marco Polo traversed the Silk Road in 1275. While the days of China being a dirt-cheap destination are gone, the country remains a budget destination — and one of the cheapest in Asia — but with a caveat. You need to get out of the big cities. Sure, the cities are still a bargain. Hostels cost less than \$20 USD, food is \$2-5 USD per meal, and local transportation in cities runs less than a dollar. But, the country becomes even cheaper, when you get off the beaten path and the interior. This is where you'll find the best travel deals and bargains! China still remains one of the best value places in the world and, with its massive size (it's the 3rd largest country by landmass), there is a ton to see and do here!

6. INDIA

While always a cheap country, the Indian rupee used to ride high at 39 rupees to the US dollar. Now, you get 78 rupees to the dollar — that's nearly 50 percent more money to travel with. Unless you book five-star resorts and eat only Western meals, you'll find it hard to spend \$50 USD a day here. You can get by on closer to \$30 USD by staying in cheap guesthouses, taking second-class trains, and

avoiding Western food. And if you want to splash out, you can live large for as little as \$60 USD per day. Even iconic sights like the Taj Mahal — a Wonder of the World — are super affordable (it's just \$14 USD to enter). India is a cheap backpacking destination with a rich cultural history, mouthwatering food, helpful and curious locals, incredible regional diversity, great tea, and a lot to do. It's a gigantic place best either explored in either one large trip or a few smaller chunks. Either way, don't miss India.

7. GEORGIA

Georgia has everything I need in a destination: it's cheap, has delicious food and wine, offers incredible hikes and mountain scenery, and is devoid of huge numbers of tourists. I loved it immediately and wish I had visited sooner (I actually extended my stay when I visited because I loved it so much!). Tucked away in the Caucasus, Georgia has been at a cultural crossroad for centuries yet it's not nearly as popular as it should be. Tbilisi is a city bursting with activity, while the rest of the country offers intrepid adventures a rugged, off-the-beaten-path feel.

You can get by on next to nothing here too, with budget travelers spending as little as



Exploring the Vibrant Culture and

Nestled in the rich tapestry of South Africa's diverse cultural landscape are the Xhosa people, an ethnic group with a heritage as deep and colorful as the landscapes they call home. As one of the largest Bantu ethnic groups in Southern Africa, the Xhosa people have left an indelible mark on the cultural fabric of the region, characterized by their language, customs, and traditions.

Origins and Heritage

The roots of the Xhosa people trace back to the Nguni-speaking peoples who migrated southwards from Central Africa centuries ago, settling in what is now modern-day South Africa. They are part of the larger Nguni ethnic group, which also includes the Zulu, Swazi, and Ndebele peoples, among others.

The Xhosa people are renowned for their rich oral traditions, which have played a central role in preserving their history, folklore, and cultural practices. Through storytelling, poetry, and music, they pass down knowledge from generation to generation,

ensuring that their heritage remains alive and vibrant.

Language and Communication

At the heart of Xhosa culture is the IsiXhosa language, a Bantu language with distinctive click sounds that are characteristic of Southern African languages. IsiXhosa serves as more than just a means of communication; it is a vehicle through which the values, beliefs, and worldview of the Xhosa people are expressed and preserved.

Traditional Beliefs and Customs

Traditional Xhosa society is deeply rooted in spiritual beliefs and customs that have been passed down through the ages. Ancestors hold a revered place in Xhosa culture, with rituals and ceremonies dedicated to honoring and communing with them. The practice of consulting with ancestors for guidance and protection remains prevalent among many Xhosa communities today.

Rites of Passage

One of the most well-known aspects of

Xhosa culture is the initiation ceremony known as "Ukwaluka" for boys and "Ukuya Kwilobola" for girls. These rites of passage mark the transition from adolescence to adulthood and are deeply ingrained in Xhosa tradition. During these ceremonies, initiates undergo rigorous tests of endurance, courage, and cultural knowledge under the guidance of elders, emerging as fully recognized members of the community upon completion.

Art, Music, and Dance

The arts play a significant role in Xhosa culture, with music, dance, and visual arts serving as expressions of identity, celebration, and storytelling. Traditional Xhosa music is characterized by rhythmic drumming, vocal harmonies, and intricate dance movements that reflect the joy, sorrow, and resilience of the Xhosa people.

Challenges and Resilience

Like many indigenous peoples around the world, the Xhosa people have faced numerous challenges throughout history,



and Heritage of the Xhosa People

including colonialism, apartheid, and socioeconomic inequality. Despite these adversities, they have demonstrated remarkable resilience, holding fast to their cultural heritage and identity in the face of adversity.

Preserving Cultural Heritage

In recent years, there has been a growing recognition of the importance of preserving and celebrating Xhosa cultural heritage. Efforts to revitalize traditional practices, promote language education, and support cultural institutions have been instrumental in ensuring that the legacy of the Xhosa people endures for generations to come.

The Xhosa people are not merely a historical artifact; they are a living testament to the resilience, creativity, and enduring spirit of the people of South Africa. Through their language, customs, and traditions, they continue to enrich the cultural tapestry of the nation, inspiring future generations to embrace their heritage with pride and reverence.



Your First Stop Spares Shop



TOP-GRADE

USED AUTO PARTS AT UNBEATABLE PRICES



ENGINES



GEARBOX

SUSPENSION PARTS



MECHANICAL PARTS

AUTO BODY PARTS



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



\$25 USD per day. Beer is around \$2 USD, a week's worth of groceries costs around \$25-30 USD, and most museums and historic sites cost just \$2-3 USD.

While it might feel out of the way, Georgia is one of the next big backpacking hubs. I'd go back in a heartbeat!

8.PORTUGAL

Not all Euro countries are created equal, and Portugal is one of the bargain countries in the region — and one of my favorites. I fell in love with the country the first time I visited. How could I not, with beautiful beaches, a rolling wine country, stunning seaside cliffs, delicious food, jovial locals, and historic cities all at bargain prices.

Portugal has become a lot more popular and crowded in recent years (it has a growing expat and digital nomad scene) and Lisbon has become especially expensive as people move there and drive up prices. It's a great place after all! However, once you get outside

of Lisbon, prices are still relatively cheap compared to the rest of Western Europe — and you'll see far fewer tourists too. Expect to get by on \$45-60 USD per day if you're a budget backpacker.

While is gorgeous in the summer, if you're looking for a cheap place to spend the winter in Europe, Portugal is one of your best options.

9.MEXICO

While I'd been to Mexico before, it wasn't until recently that I really spent a bunch of time there. And I was blown away. Mexico City is a foodie's paradise, Oaxaca has copious amounts of charm (and a never-ending flow of mezcal to boot!), and the Yucatan is perfect for road trips and cenote exploring. And since it's so close to the US, it's not only cheap (beer is just \$1-2 USD, groceries are around \$25 USD per week, and you can get by on less than \$50 USD per day here) but it's cheap to get to — double win!

While there are some regions that aren't that safe to explore, the majority of the country is yours to enjoy. No matter your interests — beaches, partying, food, history, nature — there's a corner of the country that you can enjoy safely without breaking the bank.

10.MOROCCO

Chaotic and colorful, Morocco is a popular bucketlist destination for travelers of all stripes. Offering rolling dunes of golden sand, winding markets and medinas, and towering mountains, Morocco is a photographer's dream. While the hectic cities can be a tad overwhelming at times, the stunning silence of the desert and its postcard-perfect views makes the trek worthwhile.

I fell in love with Morocco when I visited — and not just because it's super affordable (though that did help!). Budget backpackers can get around on just \$30-40 USD per day here, while midrange travelers can have a comfortable trip for less than half that. You get a lot of value here.

Lesego Chombo:

A Beacon of Botswana's Beauty at Miss World

In the realm of beauty pageants, representing one's country with grace, poise, and purpose is a significant feat. Lesego Chombo, the reigning Miss Botswana, has not only epitomized these qualities but has soared to unprecedented heights on the global stage. As she vies for the coveted Miss World title, her journey has not only been one of personal growth but also of immense pride for her nation and the African continent.

Lesego Chombo's participation in the Miss World beauty competition has been nothing short of remarkable. From the onset, she has embraced her role as an ambassador for Botswana and Africa, showcasing the rich cultural tapestry and beauty that the continent beholds. Her achievements at the pageant have not only broken barriers but have etched her name in the annals of history.

Making history seems to be Chombo's forte, as she stands as the first participant from Botswana to achieve such remarkable success at Miss World. Surpassing the achievements of former Miss Botswana, Emma Wareus,



who secured the first runner-up position in 2010, Chombo has blazed a trail of excellence.

One of the most notable highlights of Chombo's journey is her unparalleled performance in the Miss World Fast Track events. Setting a precedent, she became the first Miss Botswana to secure a place in all these events, clinching victory in some. This remarkable feat not only underscores her exceptional talent and charisma but also highlights her dedication to representing her country with distinction.

Moreover, Chombo's commitment to social causes has been commendable. Her involvement in the Beauty-with-a-Purpose Gala Dinner, a significant event within the Miss World pageant, showcases her dedication to making a positive impact beyond the realm of beauty. Being the first Miss Botswana to grace this platform speaks volumes about her passion for philanthropy and her desire to effect meaningful change.

Furthermore, Chombo's Beauty-with-a-Purpose project's recognition in the Top 10 underscores her commitment to addressing pressing societal issues. By leveraging her platform, she has advocated for change, amplifying voices that often go unheard. Her ability to use her influence for the betterment of society exemplifies the true essence of beauty with a purpose.

In addition to her philanthropic endeavors, Chombo has also left an indelible mark in the Talent Fast Track event. Breaking stereotypes and showcasing her multifaceted talents, she has once again defied expectations, proving that beauty is not merely skin deep but encompasses a myriad of skills and abilities.

As Lesego Chombo continues her journey towards the Miss World title, she carries with her the hopes and dreams of a nation. Her resilience, grace, and unwavering commitment to excellence serve as an inspiration to aspiring beauty queens across Botswana and beyond. Regardless of the outcome, Chombo has already cemented her place in history as a beacon of Botswana's beauty and grace on the global stage.





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

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



Backyard Ideas Worth Copying In Your Own Outdoor Space

If your outdoor space is currently void of life save for a few weeds sticking up here and there, you're probably in need of some fresh backyard ideas to revive this area. You want to be tempted to sit outside all the time, not turned off.

Whether you prefer to fire up the BBQ or simply take lizard form and bask in the sun for hours (don't forget the SPF), your garden or outdoor area should look the part. Get your green thumb involved and plant some new leafy friends or get your patio furniture cleaned up and officially laid out. You've got options, even if you're not #blessed with a gigantic lawn, any tiny balcony or patio can still get a stylish refresh.

From easy-to-maintain backyard ideas to bigger landscaping projects, we've got you covered with ideas that'll turn any sad outdoor space into one that's thriving.

1. START SMALL WITH CONTAINER PLANTING

Raised beds are cool and all but a lot of work. And as anyone with a small backyard knows, who has the space? If you still want to grow herbs, edible plants, and flowers, container gardening is your new bestie.

It works for absolutely every type of backyard or garden space under the sun and is especially ideal for renters who want to take their plants with them. Plus, you have the chance to get creative with both the plant

and the pot to make a really beautiful display. Mix it up with herbs and scented flowers. Hydrangeas look great in a container, while you can team upright florals alongside trailing plants like creeping rosemary or ivy.

2. LANDSCAPE, SUBTLY

For a curated backyard that's styled yet subtle, choose low trees, planted simply in rows of three for definition. It's enough to elevate a space and add privacy to a yard without creating a space that's too high maintenance.

3. PLANT VERTICALLY ON A PATIO

Even concrete-filled patios have the chance to feel a little greener. Make your outdoor furniture pop with a matching garden plant scheme that features plants in vertical containers.

4. REPEAT PLANTING AND COLORS FOR IMPACT

For an eye-popping display, repeat planting of wildflowers is the way to go. Choose tall-growing perennials that are colorful (and hardy). Foxgloves are an all-time fave, plus the bees love them, too. Rose mallow, hollyhocks, valerian, and globe thistles are other nice choices for bold summer color and fragrance.

5. FRAME AN OUTDOOR DINING AREA

Gorgeous borders make for a beautiful display in all areas of your backyard, so

consider making raised borders part of your garden design if you have the space. Plant a variety of greenery and bright flowers, and build it around an outdoor dining spot for a chic and decorative finish that will make your guests feel like the center of attention.

6. INTRODUCE ONE MAJOR POP OF COLOR

Choosing just one pop of color is enough to make a backyard look chic and even a little expensive, sans the effort of a complete redo. Grab furniture or accent decor that matches the colors of your favorite potted flowers or use patterned pillows as your burst of florals if you don't have a green thumb.

7. CREATE AN ORGANIC LAYOUT

It's all about balance when you're choosing your favorite backyard ideas. You want the space to be just as beautiful as it is functional. This yard is big, but puts all the space to good use, weaving in good garden landscaping techniques.

By continuing the deck material through to the dining and seating areas, all the little outdoor pockets feel cohesive.

8. ADD A BOHO TOUCH

Missed out on Coachella? No problem. Make your backyard area or patio feel like a festival with boho touches. Investing in a cozy modular outdoor sofa, fairy lights, patterned soft furnishings, and even a fire pit and you'll be sure to ignite that same spirit in your own backyard.

9. PLANT FOR YOUR CLIMATE

If you live in California, you're going to be working with a more Mediterranean-like climate, in comparison to if your backyard is in Florida and a little more tropical. It's no secret that the climate you live in will ultimately define your garden ideas.

So if you live in a particularly dry area, embrace it with xeriscaping, which is actually a very beautiful and resourceful way to garden. Little or no irrigation is required so it's ideal for a low-maintenance garden or backyard.

10. ADD TREES THAT BECOME FOCAL POINTS

Outdoor spaces and trees go hand in hand, and if you're lacking these lovely plants in your backyard, we recommend buying some. If you have a tiny balcony, patio, or deck, try finding trees like olive, apple, or cherry, which do totally fine in pots.

If you're lucky enough to have a space with mature trees, these can be a great starting point for your garden design, adding natural height and structure to your backyard. And other than being an attractive feature, trees also create wonderful habitats for birds and wildlife



THE ROLE OF BUSINESS IN SOCIETY AND THE ECONOMY

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

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

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

Then, some businesses operate in the tertiary

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

How does business play a role?

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

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

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

Wants are something we need but are less essential for our survival. For example, we want a vacation and a smartphone, although, without both, we'd be fine too.

Likewise, standard clothing is a necessity, but we may want luxury clothes if we have enough money.

What output does the business produce?

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

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

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

What inputs are used?

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

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



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

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

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

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

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

Satisfying our needs and wants

Businesses sell goods and services to satisfy our needs and desires for profit. So, without

them, we would have to produce everything ourselves, including our food and clothes.

Then, businesses also have to compete with each other. To keep the money flowing, they must deliver higher satisfaction than competitors do. Competition forces them to be more efficient and innovative, leading to lower prices and better quality.

Creating added value

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

Value creation or value addition can be done in several ways. For example, businesses transform inputs into more valuable forms, such as converting bauxite into aluminum slabs and processing them into car bodies.

Another example is offering convenience, such as saving customers time as fast food businesses offer. Quality also contributes

to added value, such as embedding 4G technology in smartphones instead of 3G. Creating jobs

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

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

Then, as businesses grow, employers also need more workers. The larger business size makes operations more complex and requires more staff to handle tasks and jobs.

Income creation

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

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

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

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

Economic development

The business contributes to promoting economic development. In addition, business activity creates a ripple effect, encouraging other businesses to emerge, creating more income and jobs in a region.

Business growth in the region does not only contribute to job creation. But, it will also lead to improvements to infrastructure such as roads and railways in the region. In addition, health facilities, education, shopping centers, and other public and private services are also developing. Eventually, the economy in the region grew.

Community empowerment

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

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

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





HAWKERS

CASH & CARRY

Where your money buys more



HAWKERS
CASH & CARRY

Gaborone

+267 3500 198

HAWKERS
CASH & CARRY

Kanye

+267 5441 422

HAWKERS
CASH & CARRY

Molepolole

+267 73 371 000

HAWKERS
CASH & CARRY

Lobatse

+267 5333 289



KASANE

Kasane is situated between the Four Corners of Africa; where Botswana, Zimbabwe, Namibia and Zambia meet. It is a great spot to stay for visits to the Victoria Falls in Zimbabwe or Botswana's own Chobe National Park.

The town's own attractions include a huge Baobab tree that was once used as a prison due to its trunk that is so large a human can enter. There is also a snake park that houses around 50 snakes from 17 different species. Kasane is also wonderfully situated for exploring the Chobe River.

MAUN

Maun is often used by tourists as a stepping

stone for the Okavango Delta but it has enough about it to merit a few nights stay. The hotels, restaurants and tourist amenities here are some of the best in the country, largely due to the fact that the city is the main tourist stop in the country.

Whilst the town itself does not have much going for it, it still attracts a wide range of people from luxury safari travellers to volunteers.

There are some great campsites that are located by the river, providing a great place to stay for a few nights.

FRANCISTOWN

The oldest town in Botswana is the second

largest in the country. Francistown was built on gold mining before Europeans came and looked to prosper from it themselves. In fact the town takes its name from a British man; Daniel Francis.

The main sights in the town include the Supa Ngwao Museum which documents the life and culture of the Kalanga people through various exhibits. There is also a refuge for orphaned wild animals called Birds and Game Botswana.

The town is currently experiencing an economic boom due to the recent resurgence of gold mining.





Anant Ambani's Pre-Wedding Extravaganza: A Global Gathering of Celebrities

In a display of opulence fitting for the scion of Asia's wealthiest family, Anant Ambani and his fiancée, Radhika Merchant, recently hosted a three-day pre-wedding celebration that has captured the attention of audiences worldwide.

Held in the city of Jamnagar, Gujarat, the

gala organized by Anant's father, Mukesh Ambani, reportedly boasted an impressive array of extravagance. With over a thousand guests in attendance, including Bollywood stars, tech moguls like Bill Gates and Mark Zuckerberg, sports icons, and even high-profile figures like Ivanka Trump, the event was nothing short of spectacular.

The sheer scale of the affair was evident as the local airport was temporarily granted international status to accommodate the influx of guests arriving from various parts of the globe. Nearly 130 flights descended upon the region, carrying esteemed personalities to partake in the festivities.

Guests were treated to luxurious

accommodations in “glamping” tents near the venue, providing a level of comfort and indulgence that surpassed expectations. Over 500 delectable dishes, crafted by renowned chefs from around the world, awaited the attendees, ensuring a culinary experience of unparalleled grandeur.

The meticulous planning extended to every aspect of the celebration, with nine pages dedicated to outlining the themed gatherings. Attendees had access to a plethora of services, including hair and makeup artists, laundry facilities, and stylists, ensuring they were



impeccably prepared for each event.

The highlight of the extravaganza was a much-anticipated performance by global pop sensation Rihanna, marking her debut in India. While rumors circulated regarding her staggering compensation of \$7 million, the exact figure remains unconfirmed. Nevertheless, her electrifying performance enthralled the audience, accompanied by captivating dance routines featuring some of India’s most prominent film stars.

Amidst the festivities, guests were afforded the opportunity to visit Anant Ambani’s philanthropic endeavor—a sprawling 3,000-acre animal shelter, underscoring the family’s commitment to social causes.

In addition to the celebrations, Mukesh Ambani’s philanthropic efforts were spotlighted with the construction of 14 new temples in the city, as reported by local sources. These endeavors serve as a testament to the family’s dedication to both extravagance and social responsibility.

As the prelude to the grand event concludes, all eyes are now eagerly awaiting the wedding ceremony scheduled to take place in Mumbai in July.



Diphetogo 'Dipsy' Selolwane: A Botswana Football Icon

In the pantheon of Botswana football legends, one name shines brightly: Diphetogo 'Dipsy' Selolwane. Born in 1978, Dipsy's journey from humble beginnings to becoming a household name in Botswana and beyond is a testament to his talent, dedication, and passion for the beautiful game. Although he has since retired from professional play, his legacy continues to inspire generations of aspiring footballers.

Dipsy's illustrious career spanned over a decade, during which he left an indelible mark on both the local and international football scenes. He made his debut for the Botswana national team, affectionately known as the Zebras, in 1998, and quickly established himself as a key player. His skillful play, vision, and leadership qualities endeared him to fans and earned him the respect of teammates and opponents alike.

One of the defining features of Dipsy's career was his versatility on the pitch. Equally adept as a midfielder or striker,

he possessed an uncanny ability to create scoring opportunities and find the back of the net himself. His tactical acumen and understanding of the game allowed him to excel in various roles, making him a valuable asset to any team he played for.

Dipsy's talent transcended national borders, leading him to ply his trade in some of the most competitive football leagues in the world. He embarked on a successful stint in South Africa, where he represented several top clubs with distinction. From Jomo Cosmos to Ajax Cape Town, Supersport United, and finally Pretoria University, Dipsy showcased his skills on the grand stage, earning accolades and admiration along the way.

Beyond his exploits on the field, Dipsy emerged as a role model and ambassador for Botswana football. He embodied the values of hard work, perseverance, and sportsmanship, serving as an inspiration to young players aspiring to follow in his footsteps. His dedication to the game and

commitment to excellence set a standard for professionalism that continues to resonate within the football community.

Despite hanging up his boots, Dipsy remains actively involved in the development of football in Botswana. He has transitioned seamlessly into coaching and mentorship roles, imparting his knowledge and experience to the next generation of talent. Through grassroots initiatives and community outreach programs, he continues to nurture the growth of the sport he loves dearly.

As Botswana's most celebrated football icon, Dipsy Selolwane's legacy will endure for years to come. His contributions to the game, both on and off the pitch, have left an indelible imprint on the hearts and minds of football fans across the nation and beyond. While his playing days may be behind him, his impact on the sport and his enduring spirit of excellence will continue to inspire generations of football enthusiasts for generations to come.



Ratsie Setlhako: The Musical Storyteller

Ratsie Setlhako, born in 1890 in Mokgware village, emerged as a luminary figure in Botswana's musical landscape. His life journey was colored by his upbringing as a herd boy amidst the backdrop of the Mosokola regiment, also known as Mophato, during a time when the land was plagued by the *tsie*, or locusts. It was in this environment that young Ratsie found solace and expression through the *segaba*, a traditional African zither.

His moniker, "Ratsie," was aptly derived from the prevalent locusts, showcasing an early recognition of his connection to the natural world around him. Despite humble beginnings, Ratsie's innate talent and passion for music propelled him forward. With no formal training, he taught himself to master the *segaba*, shaping melodies that resonated with the essence of his experiences and surroundings.

As Ratsie's musical prowess burgeoned, so did his recognition. He traversed Botswana, from Lobatse to Old Naledi, Phikwe to Nata,

enchancing audiences with his intricate compositions and soulful renditions. His music wasn't just entertainment; it was a profound narrative of real-life incidents, people, and scenarios intricately woven into melodic tales.

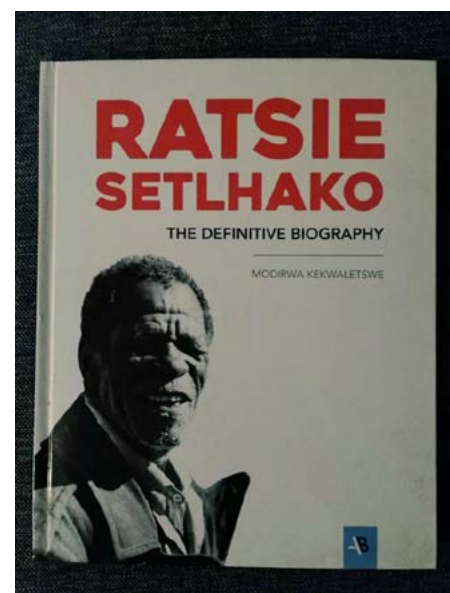


Kekwaletse, a dedicated researcher, delved into Ratsie's life, unearthing fascinating details. He unveiled Ratsie's identity as a Mooka from the Barolong, who were resettled to the north under the reign of Kgosi Kgama III. Yet, it was Ratsie's musical legacy that truly distinguished him. Kekwaletse praised the complexity and depth of Ratsie's music, highlighting his exceptional talent for incorporating rich analysis and poignant storytelling.

Ratsie Setlhako was not just a musician; he was a pioneer who recognized the potential of music as a career path for Batswana. His contributions laid the foundation for future generations of artists to pursue their passions with purpose and dedication.

Tragically, Ratsie's journey was cut short by a road accident in Palapye, marking his spiritual transition. He was laid to rest in his hometown, leaving behind a legacy that transcended his mortal existence. Though details of his private life remain elusive, it's believed that he shared a deep connection with an intimate partner who bore him three children, later relocated to South Africa. Despite personal trials, Ratsie found love again with Garelekane Morakane, whose acceptance of the Presidential Honour on his behalf in 1979/80 underscored Ratsie's enduring influence and significance.

Today, Ratsie Setlhako's memory lives on, immortalized in the hearts of those touched by his music. His impact is commemorated in the naming of a primary school in Palapye, ensuring that future generations continue to draw inspiration from his extraordinary journey. As Kekwaletse endeavors to share Ratsie's story with the world, his legacy continues to echo through the annals of Botswana's cultural heritage, a testament to the enduring power of music to transcend boundaries and illuminate the human experience.



5G DIGITAL



 **P549**

**Canon MG2545S
3 In 1 Printer**



 **P799**

**Mozu Gowear
Smart Watch**



 **P399**

Pantum P2207 Printer



 **P249**

**Mozu
Flexibud Neo**

 **P3699**



Acer spin1

 **71550066**

 **Opposite Bank Gaborone Game City**

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

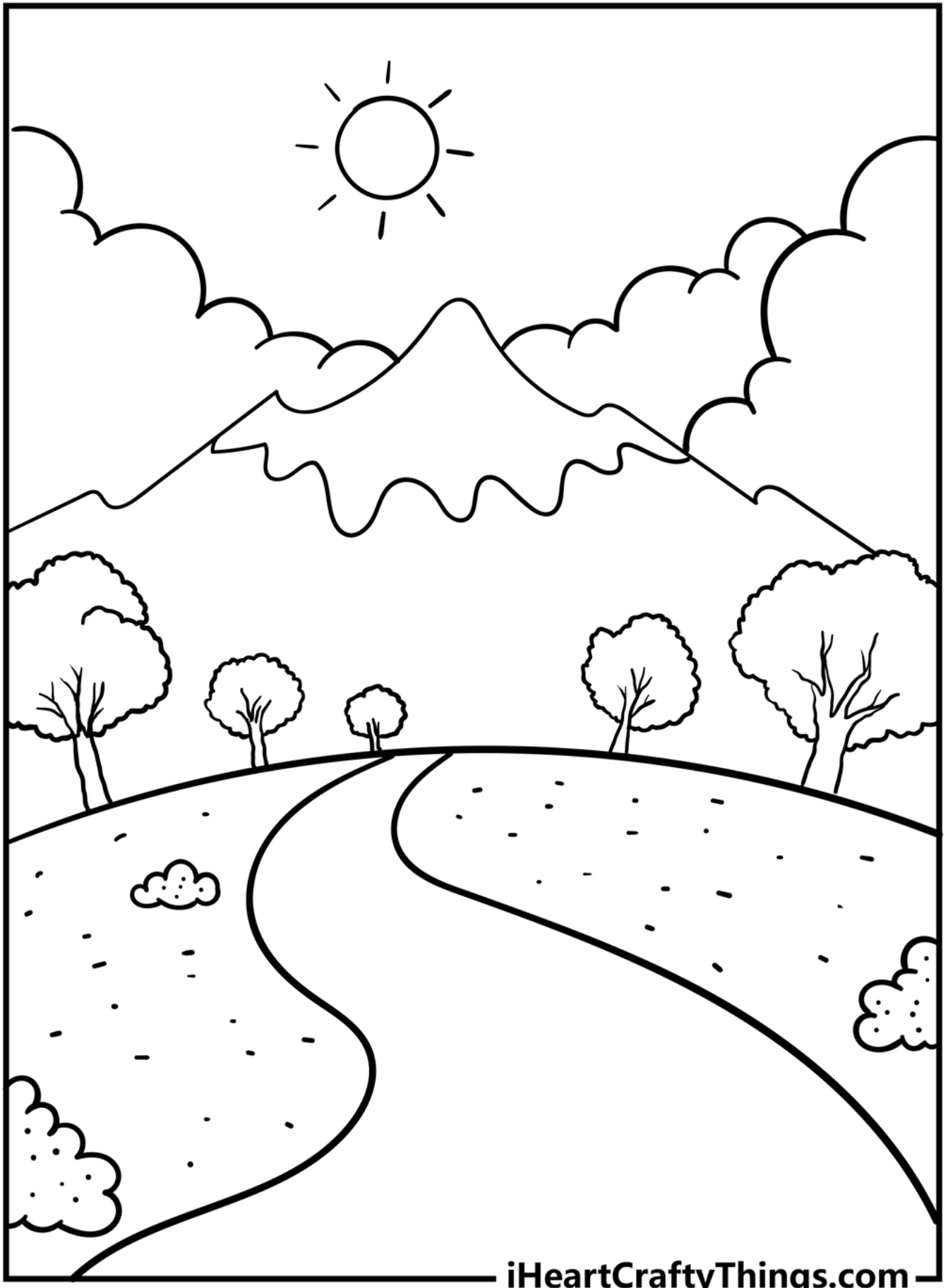
(Jan 22-Feb 19)

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.



iHeartCraftyThings.com



See What John Cena Really Wore When He Presented Oscar Without Clothes

John Cena wore a beige modesty garment over his private parts while presenting an award at the 2024 Oscars on Sunday. A photo taken backstage at the Dolby Theatre in Hollywood revealed the WWE star wore a pale piece of underwear-shaped fabric to cover his butt. The strapless brief wrapped underneath and around to the front to hide his crotch as well.

Cena, 46, appeared to be confident while wearing the barely there cover-up since he was seen chatting with one of the show's producers and not bothering to place his hands anywhere near his lower half. The "Suicide Squad" actor turned heads Sunday night when he unexpectedly walked onto the Academy Awards stage with just a pair of Birkenstocks on his feet and an envelope hovering over his manhood.

Cena made the move after host Jimmy Kimmel pointed out that a streaker stole the show at the Oscars 50 years prior in 1974. "Can you imagine if a nude man ran across the stage today?" the late-night host asked the audience.

Kimmel then turned to the side of stage, where the camera revealed that Cena was peeking his head and half of his body out from a piece of the set.

"I changed my mind. I don't want to do the streaker bit anymore," the pro wrestler shyly said. "I just don't feel right about it. It's an elegant event. Honestly, you should feel ashamed right now for suggesting such a tasteless idea."

Kimmel was eventually able to convince Cena to get on stage, with the musclemen carefully shuffling to the front while holding a big envelope over his little John.

Cena then ironically presented the award for best costume design while talking about how costumes are "maybe the most important thing" in show business.

As the "Fast and Furious" actor struggled to open the envelope without exposing himself, Kimmel went back onstage to help announce the nominees.

While the package played, several producers rushed to Cena's side and wrapped him in a gold toga, per a behind-the-scenes video shared on X.

The duo then announced that "Poor Things" costume designer Holly Waddington had won.





Financial Navigating in the Current Economy: Five Thi

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

1. Draw a personal financial roadmap.

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

The first step to successful investing is figuring out your goals and risk tolerance -- either on your own or with the help of a financial professional. There is no guarantee that you'll make money from your investments. But if you get the facts about saving and investing and follow through with an intelligent plan, you should be able to gain financial security over the years and enjoy the benefits of managing your money.

2. Evaluate your comfort zone in taking on risk.

All investments involve some degree of risk. If you intend to purchase securities - such as stocks, bonds, or mutual funds - it's important that you understand before you invest that

you could lose some or all of your money. Unlike deposits at FDIC-insured banks and NCUA-insured credit unions, the money you invest in securities typically is not federally insured. You could lose your principal, which is the amount you've invested. That's true even if you purchase your investments through a bank.

The reward for taking on risk is the potential for a greater investment return. If you have a financial goal with a long time horizon, you are likely to make more money by carefully investing in asset categories with greater risk, like stocks or bonds, rather than restricting your investments to assets with less risk, like cash equivalents. On the other hand, investing solely in cash investments may be appropriate for short-term financial goals. The principal concern for individuals investing in cash equivalents is inflation risk, which is the risk that inflation will outpace



Things to Consider Before You Make Investing Decisions

and erode returns over time.

3. Consider an appropriate mix of investments.

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

returns in another asset category.

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

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

One of the most important ways to lessen the risks of investing is to diversify your investments. It's common sense: don't put all your eggs in one basket. By picking the right group of investments within an

asset category, you may be able to limit your losses and reduce the fluctuations of investment returns without sacrificing too much potential gain.

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

5. Create and maintain an emergency fund.

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

9 Signs You're in a Healthy Relationship



There's more to a great union than sexual attraction and common interests. Here's how to know if your partnership is healthy. You and your partner love trying new restaurants together, going on long bike rides, and traveling, but when it comes to being happy and healthy in a relationship, there are other things to consider besides having common interests.

What exactly makes a relationship healthy? "A great relationship is a safe place for both people to love, honor, and respect one another," says Jennifer Howell, a leadership and relationship coach based in North Carolina. You can communicate your wants, needs, and boundaries, as well as listen to the other person.

A healthy relationship is important to cultivate because the opposite — a toxic relationship — takes a toll on your quality of life by heightening depression and anxiety, impacting sleep, causing you to take up unhealthy habits, and even impacting heart health, says Mary Jo Rapini, a licensed professional counselor in Houston who specializes in intimacy and sex therapy.

Being in a high-quality romantic relationship is associated with greater well-being, according to a study from 2019. But being single was far better for someone's well-being than being in a less happy partnership, the study found.

What's more, many couples in unhealthy relationships don't know that they are, especially if they grew up in a household where it was the norm, says Rapini. So it's all the more important to be able to identify where yours stands.

Here are nine signs you and your mate are a good match:

1. You're Not Afraid to Speak Up

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

2. Trust Is at the Core of the Relationship

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

3. You Know Each Other's Love Language

Many couples swear by the book *The 5 Love Languages* for a reason: In it, you discover your partner's "love language" — the way they prefer to give and receive love (through words of affirmation, quality time, gifts, acts of service, or physical touch). In a healthy relationship, you've taken the time to learn each other's "love language" so you can express your love in a way that works for you both, says Howell.

4. You Agree to Disagree on Certain Issues

Every couple fights. But contrary to what you might think, you don't need to fix every issue.



In fact, it's okay to have a handful of topics that you two will never agree on. Sometimes, "it's totally fine to agree to disagree. I think that's healthy fighting," explains Rapini. "In healthy relationships, there are at least five issues that are 'no-talkers.' They're the issues that you both differ in opinion and perspective on, and that's okay."

5. You Encourage Each Other to Go After Your Goals

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

6. You and Your Partner Hold Separate Interests

"Couples who have the greatest love affairs are the ones who are able to maintain their interests, but don't put guilt on their partner for not sharing it with them," she says. Meaning, both of you encourage the other to explore what they love on their own. Howell agrees, adding that while it's easy to adopt your partner's habits and interests, over

time becoming over-reliant on each other can breed resentment. "Developing and investing in yourself builds self-confidence, self-love, and joy," she says.

7. You're Comfortable in Your Own Skin

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

8. Boundaries Are Honored and Respected

A healthy relationship means you're both on the same team. "In a healthy relationship, both parties discuss and agree upon important subjects that are meaningful to one another," says Howell. She gives the example of budgeting for something big, like a vacation. An unsupportive partner in an unhealthy relationship doesn't honor that goal, and they may sabotage it by trying to get you to splurge on something

unnecessary. If you can talk it out with your partner and they acknowledge and understand your boundaries, that's a good sign, notes Howell. "However, if your partner repeatedly ignores what you value, including your boundaries, that's concerning," she says.

9. You Feel Happy and Supported

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

Feeling unhappy in a relationship can lead to health problems down the road. According to a study from 2015, which looked at nearly 5,000 adults over age 50 who were partnered up, having regular negative interactions in a relationship increases the likelihood of suffering from depression and anxiety, and is even linked to suicidal thoughts, likely because relationship dysfunction drives up day-to-day stress. On the other hand, strong partnerships protect people when they're in the midst of a crisis — exactly the time they need someone on their side.



The moment you say skincare — the first thing that comes to mind is about skincare in women. But what everyone needs to understand is the fact that skincare is for everyone right from babies to teenagers and adults to older people. Moreover, there is no gender bias when it comes to taking care of the skin. It is believed that following a healthy skin care routine in your 30s can help you prevent skin problems such as wrinkles, sagging, pigmentation and premature aging, as you age. So irrespective of your age and gender, ensure you take care of your skin without fail.

For most people, skincare routine is only about washing your face with soap and water after you get up in the morning. If this is the care with you as well, then it's high time you up your skincare game. This is because healthy skin can not make you feel good and help you create an impression but also indicates that you are in good health. So it is of utmost importance to take care of your skin and maintain its hygiene with a strict skincare regimen. And when we say skincare, it is not just about the face and neck but the entire body. Here we go!

1. Clean your face every day: The basis of any skincare routine is to keep your skin clean. Whether you wear makeup or not, it is important to wash your face with soap and clean water as it removes dirt and bacteria that settle on your face during the course of the day and at night. So wash your face after waking up, before bed and after working out.

2. Apply sunscreen every time you step outside: Sun rays contain ultraviolet A (UV-A) and ultraviolet B (UV-B) radiation. UV-A radiation can cause premature aging of the skin and pigmentation whereas UV-B radiation can lead to tanning of the skin and in the worst case can cause skin cancer. Opt for a sunscreen which offers broad-spectrum protection (protection against both UV-A and UV-B rays), has a sun protection factor (SPF) of at least 30 and is water-resistant. To protect the skin from sun rays, apply sunscreen every two hours if you are out in the sun or more often if swimming or sweating a lot.

In addition to using sunscreen, it is important to follow other measures to prevent skin damage. These include covering your face with a scarf or stole, wearing cotton clothes, opting for full sleeves, using wide brim hats and sunglasses or carrying an umbrella when out in the sun. If possible, avoid going out between 12 pm to 3 pm as the sun rays are too harsh during this time and hence, the chances of skin damage is maximum.

Invest In Sunscreen To Make Everyday A "Good Skin Day". [Click Here.](#)

3. Avoid strong/scented soaps: It is a common belief that using soaps with strong fragrance or color is good for the skin. But this is not true. In fact, these soaps contain harsh chemicals which strip oil from the skin and make you more prone to dry skin and infection. So it is wise to opt for herbal soaps

or the ones devoid of strong fragrance. (Light soaps for girls and harsh ones for guys, not always necessary)

4. Moisturize your skin daily: This rule applies to everyone irrespective of the skin type. However, people with oily skin need to talk to their dermatologist to know which type of moisturizer works best for them. A moisturizer traps water in your skin, reduces fine lines and makes your skin look bright and young. For best results, apply a moisturizer immediately after bathing or shaving as the skin is moist after having a shower which not only helps to lock the moisture but also maximizes hydration.

If you have dry skin, then using coconut oil is a good option as it not only moisturizes the skin but also nourishes it, providing excellent results. Moreover, it is natural, easily available and safe as compared to other moisturizers.

5. Stay hydrated: The first and the most important thing to keep your skin healthy and glowing is to keep it hydrated. Drink loads of fluids right from plain water, lemon water and green tea to fruit juices, buttermilk, and coconut water. Make sure to not add sugar for added benefits. Ideally, it is advised to drink at least 8 glasses of water on a daily basis for healthy skin and body.

6. Do not pop a pimple: Most of us try to pop a pimple, the moment we spot one. But this is not a good idea as poking it can not only cause the skin to become red and inflamed but also increases the risk of

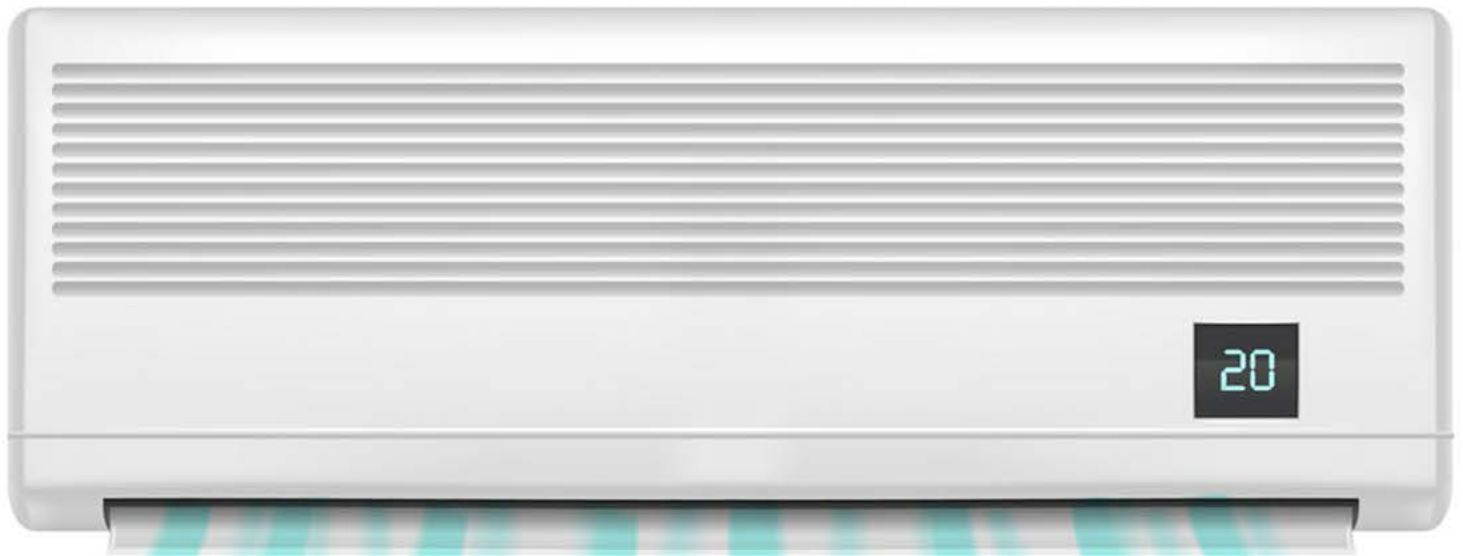
Autovee (PTY) LTD

^{T/A} *Climatech Airconditioning*

Mechanical | Electrical Contactors & Supplies

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

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



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

Tel: 3133144, Fax: 3133143, Email: climatechair@gmail.com





infection. Moreover, it can also cause acne scars and dark spots on the skin. So do not touch or poke your pimples at any cost.

7. Exfoliate twice a week: Scrubbing and exfoliation is a great skincare routine if you do it on a regular basis but not every day. This is because it causes the removal of the dead skin cells and also improves blood circulation, thereby preventing wrinkles and pigmentation. But remember that gentle exfoliation is the key for smooth and soft skin. If you scrub your skin too much or excessively, it may cause the upper layer of the skin to rip off thereby causing redness and increasing the risk of infections. So be gentle when you exfoliate.

8. Check the expiry of makeup products: Have you ever checked the expiry of your makeup products before buying? Most of us do not check the shelf life of makeup products. As a result, we end up using expired products on our face and skin, which can cause an allergic reaction and also increase the risk of skin infection. Right from lip balm to eyeliner every makeup product has an expiry date, so please do check it the next time before you buy one.

Also, you can apply sunscreen and moisturizer and then use your makeup products. It not only helps you to prevent the direct contact of makeup products with the skin but also accentuates the positive effects of the sunscreen and moisturizer. One important thing to always keep in mind is to do a patch test before you start using any product on

the skin. This can help you to know if you are allergic to any of the ingredients in the product and help you decide accordingly. You can test a small amount of the product on the back of the neck, arm or leg. Never test any skin care product on the face as the skin on the face is very sensitive.

9. Do not touch your face very often: It is wise to keep your hands off your face most of the time as our hands touch a lot of things. If you do not wash your hands and touch the face, then there is a risk of letting bacteria on your face. As the skin of the face is very delicate, it can lead to breakouts and in the worst case, skin infection. So be wary.

10. Choose products based on your skin type: Instead of blindly following your friends or cousins for skin care products, know your skin type first. This is because for the products to work on your skin you should pick the ones that suit your skin type. Everyone has different skin types and textures which react differently to the ingredients present in these products. So know what your skin type is — dry skin, oily skin, combination skin or normal skin — before choosing any skincare product.

11. Clean your makeup brushes: When was the last time you cleaned your makeup brushes? Don't remember right? Well, most of us do not know that we have to clean our makeup brushes quite regularly. Cleaning the brushes not only removes the residual makeup present on the brushes but also removes dirt.

12. Check product labels always: This is to ensure that the ingredients present in any particular product suits your skin or not. Also, the requirement of every skin type is different, so one has to buy the products accordingly. Check the product if it is suitable for oily, dry or normal skin. Choosing the right product will make sure you get the best results.

13. Invest in a quality razor: It is important both for men and women to invest in a quality razor for a better experience. For some people, multi-blade razors can work very well as it shaves too closely to the skin giving you the perfect look. But in some cases, it can lead to razor bumps and ingrown hair. In such a case, invest in a single or double-blade razor. Also, shave in the shower or immediately afterward as warm water and steam cause hair to become soft thus, helping in a smooth shave.

Do remember to always shave in the direction of hair growth as shaving in the opposite direction can increase the risk of ingrown hair and also do not provide a smooth finish. **13. Use after-shave lotion:** Just like using a moisturizing shaving gel acts as a barrier of protection while shaving, using after-shave hydrates and soothes the skin. It helps to seal the skin pores after a nice shave. It is wise to opt for alcohol-free after-shaves as alcohol can make your skin dry.

14. Quit smoking and alcohol: If you smoke then quit smoking as smoking has adverse effects on the overall body including the skin. Smoking causes the blood vessels in the skin to constrict thereby decreasing the blood flow to the outermost layers of skin. It also depletes the skin of oxygen and nutrients making you look older and leading to wrinkles.

Just like smoking, excessive intake of alcohol can also harm the skin in the long run. Alcohol in excess can cause dehydration and also affect the blood circulation in the body. It impacts the liver thereby preventing the liver from clearing toxins from the body. This causes accumulation of toxins in the body which in turn affects the skin.

15. Consult a dermatologist for skin problems: Last but not the most important point in a skin care routine is to consult your dermatologist when in doubt. Instead of trying home remedies to deal with skin pigmentation or infection, it is wise to visit a doctor to get it treated effectively. Also, the use of over the counter products for skin infections can further worsen the condition. So if you have any skin-related symptoms such as redness, itching, swelling or stinging, then book an appointment with your doctor at the earliest.



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

WHAT IS ENTREPRENEURSHIP?

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

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

investments and operating costs."

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

Great entrepreneurs come from all walks of life. In *Entrepreneurship Essentials*, it's noted that "there's no single personality profile, and it's important to pay attention to the entrepreneurial team, rather than focus on the individual." And while that's true, there are certain characteristics and skills that are particularly important for entrepreneurs to have when starting and leading a venture. Here are 10 characteristics shared by successful entrepreneurs.

10 CHARACTERISTICS OF SUCCESSFUL ENTREPRENEURS

1. Curiosity

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

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

2. Structured Experimentation

Along with curiosity, entrepreneurs



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

3. Adaptability

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

4. Decisiveness

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

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

5. Team Building

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

In many cases, it's the entrepreneurial team, rather than an individual, that drives a venture toward success. When starting your

own business, it's critical to surround yourself with teammates who have complementary talents and contribute to a common goal.

6. Risk Tolerance

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

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

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

7. Comfortable with Failure

In addition to managing risk and making



calculated decisions, entrepreneurship requires a certain level of comfort with failure.

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

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

8. Persistence

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

and grow.

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

9. Innovation

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

Innovation is a characteristic some, but not all, entrepreneurs possess. Fortunately, it's a type of strategic mindset that can be

cultivated. By developing your strategic thinking skills, you can be well-equipped to spot innovative opportunities and position your venture for success.

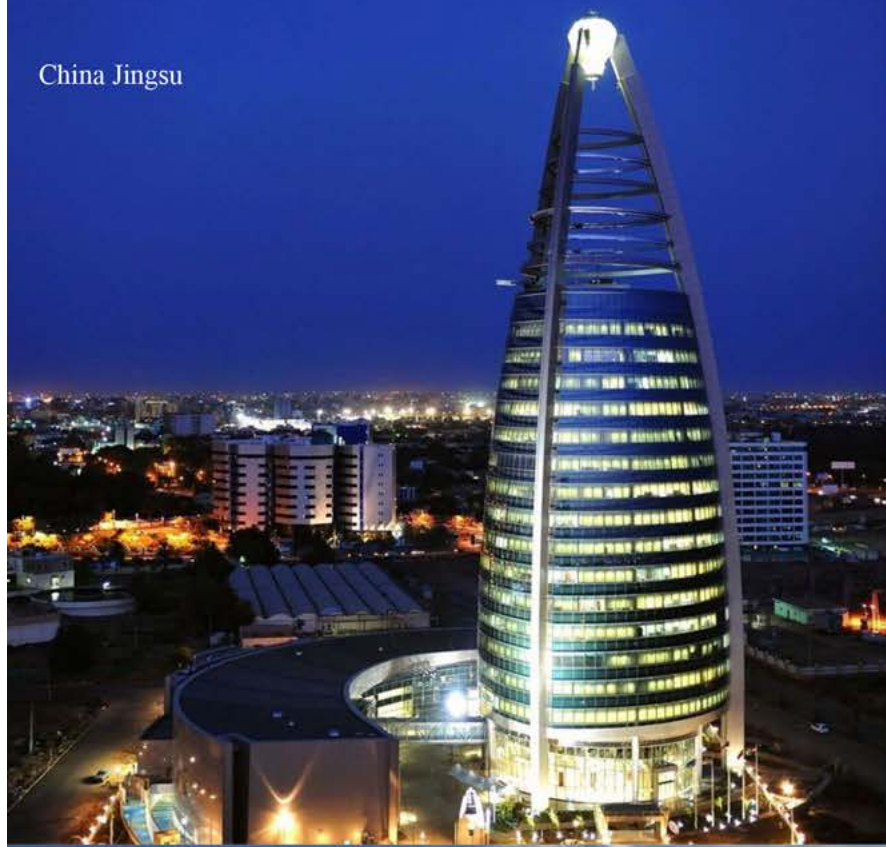
10. Long-Term Focus

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

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

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

China Jingsu



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



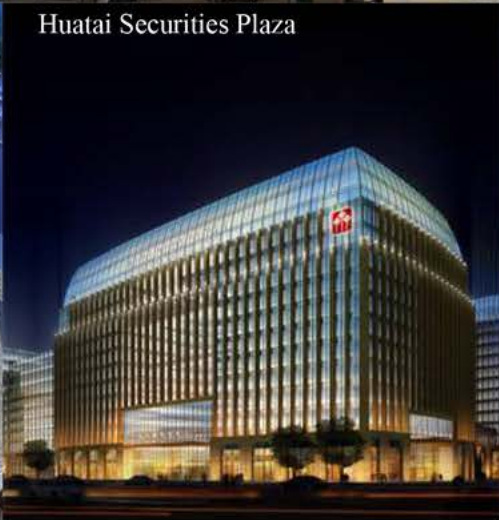
Grand Hotel China



Congo-Brazzaville Airport



Huatai Securities Plaza



University of Botswana Indoor Sports Arena



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

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



TYRES

MAG WHEELS

FITTING

ACCESSORIES

SHOCKS

ALIGNMENT

BATTRIES

CAR SERVICE



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

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



Kate Middleton's Photoshop fail mocked by sources close to Meghan Markle, Prince Harry: 'Would never make that mistake'

Sources close to Meghan Markle and Prince Harry waded into Kate Middleton's bizarre photo-editing crisis Monday, saying, "This isn't a mistake Meghan would ever make."

The exiled British royals would "have been annihilated" if they had handed out secretly Photoshopped images of themselves and their family, sources told Page Six.

The claim comes after Middleton released a photo of herself and her three children for British Mother's Day, more than two months since she vanished from public view to deal with a mystery health condition — only for the photo to turn out to have been heavily edited.

The world's leading photographic news agencies, including Reuters and the Associated Press, warned against their use, telling customers, including newspapers and television outlets around the world to "kill" the photo. Its metadata showed it had been edited hastily on Friday and Saturday before its release. There was even speculation she had re-used a 2016 *Vogue* cover to create a Frankenstein image. On Monday, the Princess of Wales issued an apology for any "confusion" sparked by the image, saying, "I do occasionally experiment with editing." Prince William had taken the photo. But sources close to her brother-in-law, Harry, and his wife told Page Six, "If Harry and Meghan had ever encountered the same issue they would have been annihilated."

"The same rules do not apply to both couples. "This isn't a mistake that Meghan would ever make ... she has a keen eye and freakish attention to detail." There were at least 10 failures in the photo, with only the image of Prince George, 10, apparently unaltered.

Among the mistakes were Princess Charlotte, 8, having had part of her wrist removed, Middleton's hand missing a wedding ring, and Prince Louis, 5, having strangely crossed fingers. Royal sources told Page Six that this was "an amateur, family photograph taken by the Prince of Wales." They said the couple wanted to offer an "informal" picture of the family together for Mother's Day, which is marked earlier in the UK than the US, and the princess made "minor adjustments." A Kensington Palace source added, "The Wales family spent Mother's Day together and had a wonderful day." Despite calls for the original to be published, Kensington Palace said it would not be reissuing the unedited photograph of Middleton and her children. The bizarre photo-bomb threw lighter fuel on the intense speculation, much of it online, around Middleton's long-running disappearance from public life. Middleton, 42, has been out of the public eye since having major abdominal surgery in January, with Kensington Palace warning that she would not be back to work until at least Easter.

Speculation about the lack of information about the surgery and its cause intensified last month when William, 41, sparked fears that something was drastically wrong by pulling out of a memorial for his godfather, King Constantine of Greece, just 45 minutes before the event citing "personal reasons." This prompted social media to go into hyperdrive about the "missing" princess, forcing the palace to say that she was recovering well. Days later, photos showed Kate being driven near her home in Windsor by her mother, Carole Middleton. The

photographs were not widely published by UK media to avoid upsetting the royals. But on Monday, Kate surfaced in public view with her husband for the first time since Christmas, being photographed in the back of a car with William and the images used on British media. William was going to London for a key royal event, the Commonwealth Service at Westminster Abbey — where he was seen laughing with his stepmother, Queen Camilla — while Kate had a "private appointment," Page Six was told. Originally Kate was said to be planning to return to royal duties at Easter but with that date rapidly approaching, no comeback has been scheduled and Britain's defense ministry had to backtrack when it announced she would be at a high-profile event in June. The intervention of sources close to Kate's bitterly estranged brother-in-law and his wife is unlikely to be felt positively at Kensington Palace.

One royal source told Page Six that Markle is "control freak" about imagery, adding, "She always wants the final say, especially when it came to her editing of *Vogue*." Markle "guest-edited" the British edition of *Vogue* in 2019 but was said to have left staff exasperated, while her theme of 15 women she was inspired by stirred controversy when it did not include Queen Elizabeth. We're also told that Markle, 42, never wanted to follow the palace procedure of releasing images via photo agencies such as the Associated Press and Reuters, and only ever wanted to post them on the Instagram @sussexroyal which she controlled, retaining the copyright to them. In addition to this, the Sussexes had their own photo issue with their 2019 holiday card which featured a picture of baby Prince Archie, which social media claimed was photoshopped. One of the charities of which they were patrons — the Queens Commonwealth Trust — tweeted out the card, but the Sussex team ended up banning its use via the top UK photo agency, the Press Association. After they quit royal life, Meghan and Harry also found themselves at odds with William and Kate over their Netflix's "Harry & Meghan" tell-all docu-series.

When the first three episodes were released in December 2022, both Buckingham Palace and Kensington Palace claimed that reps had not been approached to comment.

However, officials soon changed their story, saying that they had been contacted by "a third-party production company" but their attempts to verify the company's authenticity with Netflix and Archewell Productions — the Sussexes' production company, which co-produced the docu-series — received no response. Reps for the Duke and Duchess of Sussex and Kensington Palace were unavailable.

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.



. 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.



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.



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.



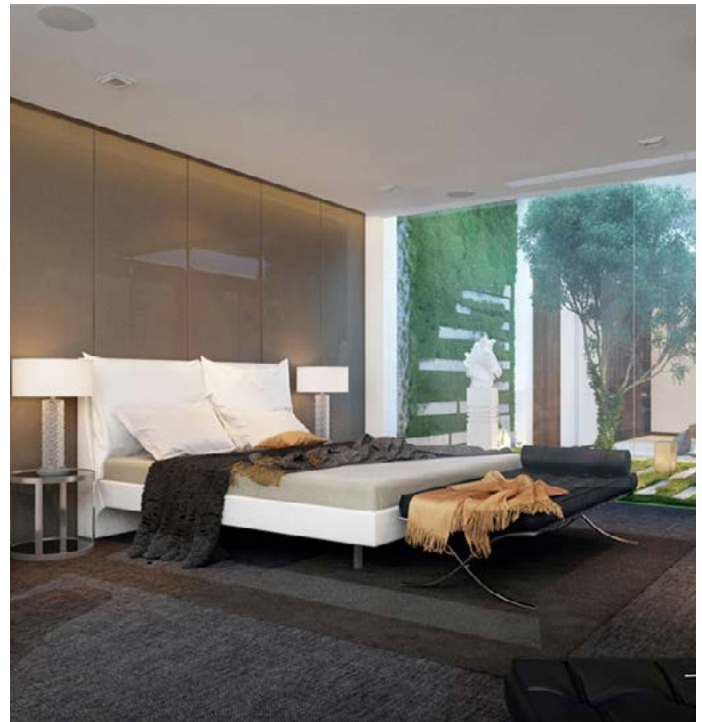
Thoughtful Storage Solutions:

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.



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.



Nature's Embrace:

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



The 4 Types of Parenting Styles

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



and How Kids Are Affected

maintaining a positive relationship with your child.

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

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

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

Researchers have found kids who have authoritative parents are most likely to become responsible adults who feel

comfortable self-advocating and expressing their opinions and feelings.

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

Permissive Parenting

Do any of these statements sound like you?

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

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

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

they promise to be good.

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

Kids who grow up with permissive parents are more likely to struggle academically. They may exhibit more behavioural problems as they don't appreciate authority and rules.

They often have low self-esteem and may report a lot of sadness.

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



Uninvolved Parenting

Do any of these statements sound familiar?

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

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

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

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

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

A Word from Very well

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

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

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





GRANITE MASTER

Masters in Granites Works



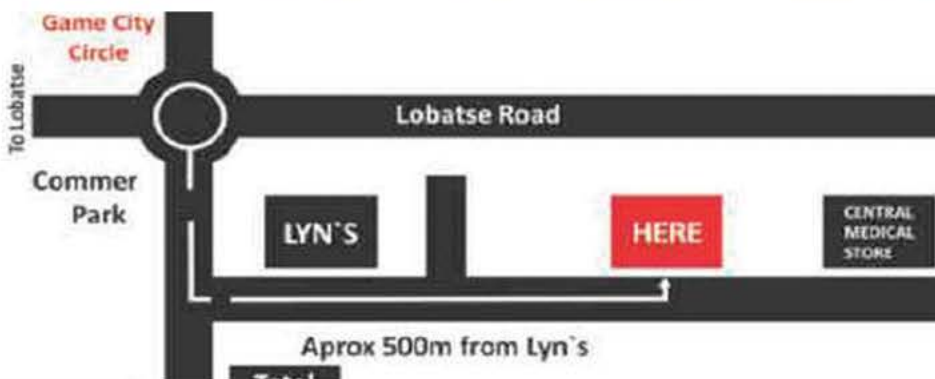
Suppliers of



NEOLITH



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



Tel/Fax:393-1582

Cell: 74444441

Plot 22083, Gwest Industrial
granitemaster@live.com

Hakim Electrical Services (PTY)Ltd

The Electrical Specialist

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



+267 3114151 Fax: +267 3114152

+267 71712731



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



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

4 THINGS YOU MUST DO BEFORE DISASTER STRIKES



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

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

Eat well and exercise

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

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

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

to work.

Quit smoking

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

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

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

Protect yourself with HL Assurance's Critical Illness Protect360

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

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

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

Go for an Annual Health Screening

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

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

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

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



GULFSTREAM G700 GUIDE & SPECS

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

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

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

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

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

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

whisper-quiet sound levels.

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

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

Priyanka Investments (PTY) LTD T/A
RPR Furniture

We Make Top
Quality Furniture

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

Visit our shop and view our top class furniture



Sleep Well With RPR Beds



Wake Up Well With RPR Beds

Gaborone Branch

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

Mahalapye Branch

Main Mall
+267 76761068/ 74347797

Palapye Branch

River View Mall Shop No. 13
77667992/ 76798813



Leseding Interiors

Architecture Redefined



✓ Aluminium Shop Fronts

✓ Aluminium Cladding

✓ Sliding Doors & Windows

✓ Exclusive Joinery Works

✓ Partitioning & Ceiling

✓ Patio & Skylight



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

G700 Specs

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

Weights

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

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

With its Gulfstream Symmetry Flight Deck, Predictive Landing Performance System (PLPS), Dual Head-Up Displays,

and Synthetic Vision with Dual Head-Up Displays, the Gulfstream G700 features the most sophisticated avionics available. All these contemporary technologies increase the pilot's capacities and aid them in a big way while also enhancing the passengers' comfort.

Gulfstream G700 Performance and Handling

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

0.925.

Each Rolls-Royce Pearl 700 engine provides 18,250 pounds (81.20 kN) of takeoff thrust, which contributes to the performance of the large jetliner in the sky. This engine was built specifically for the G700. It has an 8 percent improvement in take-off thrust compared to the BR725 and a brand-new low-pressure system. Although the engine's low noise and pollution performance remains unsurpassed, its thrust-to-weight ratio has been improved by 12 percent, and its efficiency has increased by 5 percent. Customers are carried at a speed close to that of sound with the Pearl 700 engine on the G700 jetliner.

G700

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



SAMSUNG



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

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

Gulfstream G700 Modifications and Upgrades

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

Gulfstream G700 Prices

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

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

Gulfstream G700 Maintenance Schedule

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

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

Gulfstream G700 Where to Find Replacement Parts

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



A03

P1,699

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



A13

P2,699 P2,899

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



A23

P3,199 P3,499

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



A33

P4,799

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



A53

P5,999

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



A73

P6,999 P7,999

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

BUY ANY OF THIS AND GET A
FREE GLASS



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.



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.





Indian Wells: Emma Raducanu knocked out by Aryna Sabalenka as Cameron Norrie loses to Gael Monfils

Emma Raducanu lost to world No 2 Aryna Sabalenka on Monday in straight sets as Britain's Cameron Norrie was also beaten; you can watch Indian Wells live on Sky Sports this week plus over 80 tournaments a year, including the US Open, exclusively live on Sky Sports Tennis.

Emma Raducanu is out of Indian Wells after being beaten 6-3 7-5 by Aryna Sabalenka in the third round, as Cameron Norrie also lost on a disappointing day for the Brits.

Raducanu fought hard after losing the second set but was overpowered at times by Australian Open champion Sabalenka and she is still yet to win against a top-10 player on the WTA Tour.

The 21-year-old will be encouraged by her performance, though, as she produced some of her best tennis this year at times. She is

next expected to play at the Miami Open, which begins on March 20 - live on Sky Sports Tennis.

"It was a tough match, she played unbelievable tennis and I am super happy with the level," said Sabalenka post-match. "I'm super happy to get through. I thought that the atmosphere would be different and you guys brought the best atmosphere, so thank you so much for the support.

"I wasn't rushing things and just staying with myself and controlling myself and doing everything I can to win this match. That was the key."

The opening four games of the match were shared before Sabalenka found the breakthrough in the middle of the first set and raced into a 5-2 lead before sealing the set.

It looked like the Belarusian was going to comfortably win the second set too when she again broke at 2-2, but Raducanu showed her fighting spirit and began to read the ball better to make it 3-3.

Raducanu held serve as Sabalenka became frustrated and was given a warning for her conduct as she shouted something following an unforced error.

A rare break-point chance for Raducanu came in the eighth game but she failed to take it as the match quickly went to 5-5.

Sabalenka broke to go 6-5 up and served for the match, sealing the winning point at the fourth time of asking to book a place in the last 16 against American Emma Navarro, who overcame Ukraine's Elina Svitolina in three sets.

Can Raducanu work her way back up the rankings?

"She's got the level of tennis, so once she overcomes the injuries - she's had the surgeries now and drawn the line in the sand, so can train properly - it's dealing with the rest of the stuff, which you don't know how to deal with it until you live it. It's a learning curve. Everything is still so new.

"She's cut a lot of the team she had around her. She said she just wanted to make it even smaller. In fact, I think she was only with her coach Nick Cavaday at Indian Wells. Some of the top players have physios, psychologists and fitness coaches. She's keeping it as small as possible and only hiring people she can trust."

"The big challenge for the life of Raducanu is this is a career in reverse. She's won a Grand Slam title in her teens, done something virtually every other player will never get the chance to do and she's already done it.

"Now she's got to get used to working her way back up the rankings and playing tournaments that aren't as high profile as these ones, but when they do come she's got to believe she can play at that level because she has demonstrated it already in her career."

There is no more British singles representation at Indian Wells after Norrie lost an epic match to Gael Monfils 7-6 (7-5) 6-7 (5-7) 3-6 in three hours and 12 minutes.

An extraordinary first set saw Norrie have 20 break points before he narrowly won a tense tie-break in a one hour and 22-minute marathon set.

The British No 1 took a 3-0 lead and looked well on his way to securing a spot in the fourth round but Monfils fought back to draw level at 3-3.

Norrie was two points from victory at 5-4 but Monfils managed to hold. Another tie-break was needed and this time, Monfils came out on top after a cheeky underarm serve in the middle of the tie-break and an incredible rally to win it and send the match into a decider.

The opening six games were shared before Norrie began to show signs of fatigue and faltered. Monfils capitalised to go 5-3 up and held serve to triumph.



Gauff beats Bronzetti

US Open champion Coco Gauff gave herself an early birthday present by beating Lucia Bronzetti 6-2, 7-6 (7-5).

Gauff, who turns 20 on Wednesday, struggled early but found a way to hold her serve by saving 10 of 11 break points.

She closed out the match with a serve into the body that Bronzetti couldn't return. It extended Gauff's winning streak in the United States to 18 matches, a run that includes winning the title at last year's US Open.

Bronzetti had a chance to force a third set when she broke Gauff to take a 5-4 lead in the tie-break. Gauff won the next three points.

Gauff will face 24th seed Elise Mertens after the Belgian got the better of Naomi Osaka 7-5 6-4.

Mertens took a 3-0 lead in the opening set but was pegged back to 3-3 by Osaka, before the scores went to 5-5. Osaka was broken though in the 11th game and Mertens held serve to win the set.

Osaka was broken at the start of the second set but fought back again, before Mertens opened up a 5-3 lead and held serve to reach the last 16 of Indian Wells for the first time.



**SHARPS
CONSTRUCTION**

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

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

Telephone Number: +267 3912324
Telefax Number: +267 3959275
E-mail address: alfredc@sharps.co.bw

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

+267 73 911 974

+267 72 995 995

+267 76 196 766

BUILD YOUR DREAM HOME WITH US!!!



WHY CHOOSE US?

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

OUR PRODUCTS

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

AND MANY MORE !!!

WHERE TO FIND US?



**GWEST
STORE**



**MOGODITSHANE
STORE**



**TLOKWENG
STORE**



**MOLEPOLOLE
STORE**



**PALAPYE
STORE**



**SEROWE
STORE**

GABORONE BUILDING SUPPLIES (PTY) LTD. T/A

786

EEZZE Build

BUILD MADE EEZZE

ALL ROADS LEAD TO

FOURS

CASH & CARRY

BOTSWANA

GABORONE:

New Lobatse Road Plot 14385.

Phone: 3164 281

Fax: 3164 693

GABORONE:

Old Lobatse Road Lot 4802

Phone: 3180 410

Fax: 3180 411

GABORONE :

New Lobatse Road Industrial
Plot 14399

Phone: +267 3910209

Fax: +267 3916563

MOGODITSHANE:

Mogo Mall Unit 4&5

Phone: 3113 845

Fax: 311 846

LOBATSE:

Thema 1 Plot 472

Phone: 5332 088

Fax: 5339 003

SELEBI PHIKWE:

Industrial Site Plot 11271 Unit 4

Phone: 2600 700

Fax: 2600 400

SHAKAWA:

Plot 3181

Phone: +267 6872025

Fax: +267 6872075

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

Phone: +267 392 2612 Fax: 392 2651



www.fours.co.bw



Fours Cash & Carry

FRANCISTOWN:

Light Industrial Site Plot 248

Phone: 2412828

Fax: 2412626

FRANCISTOWN:

Somerset Industrial Plot 49655

Phone: 2408 533

Fax: 2408 544

PALAPYE:

Riverview Mall Plot 8717 Shop No.24

Phone: 4920 448

Fax: 4920 457

GHANZI:

Bosele ward Plot 4&9

Phone: 6511 900

Fax: 6511 901

MAUN:

Old Moremi Road Lot 292

Phone: 6861 377

Fax: 6863 840

MAUN-BOSEJA:

Boseja Industrial Plot 115 & 116

Phone: 6801 685

Fax: 6801 575

BOBONONG:

Plot1963/5153 Bakgomong Mall

Phone: +267 2622642

Fax: +267 2622628

**NOW SHOP
ONLINE**



www.foursonline.co.bw