

Celebrity World

Botswana's Native Magazine

May 2024 P12

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A Passion
Turned into
a Thriving
Business**

**Franco:
The Rhythm
of Kwasa
Kwasa**

**Financial
Management
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Scope,
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Bridging Cultures, Overcoming Challenges, and Pioneering in Music

Exploring Botswana's Wild Beauty: Bridget Zwani Chronicles the Untamed Splendor of Kasane in New Book Expedition

Meet Mr. Brighton Socks-Ncube: A Visionary Leader Shaping Botswana's Entertainment Industry

Winter Skincare Essentials: How to Keep Your Skin Hydrated and Healthy

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Dear Readers,

As we welcome the vibrant month of May, Celebrity World Magazine is thrilled to present our latest issue, filled with captivating stories and exclusive insights into the lives of the stars who illuminate our world.

On the cover of this month's issue, we shine the spotlight on the remarkable talent of DJ African Swiss, born Adrian Mthabisi Tshabangu. From the tender age of 12, Adrian embarked on a journey into the realm of DJing, fueled by his passion for music and an unwavering dedication to his craft. His artistic identity took shape with the adoption of his stage name, DJ African Swiss, a beautiful fusion of his African heritage and the bond of his tight-knit community.

Inspired by Africa Day, a celebration coinciding with his birth date, Adrian's moniker symbolizes his profound connection to his roots and his ambitious quest to break cultural barriers through the universal language of music. His story is one of resilience, creativity, and the transformative power of artistry.

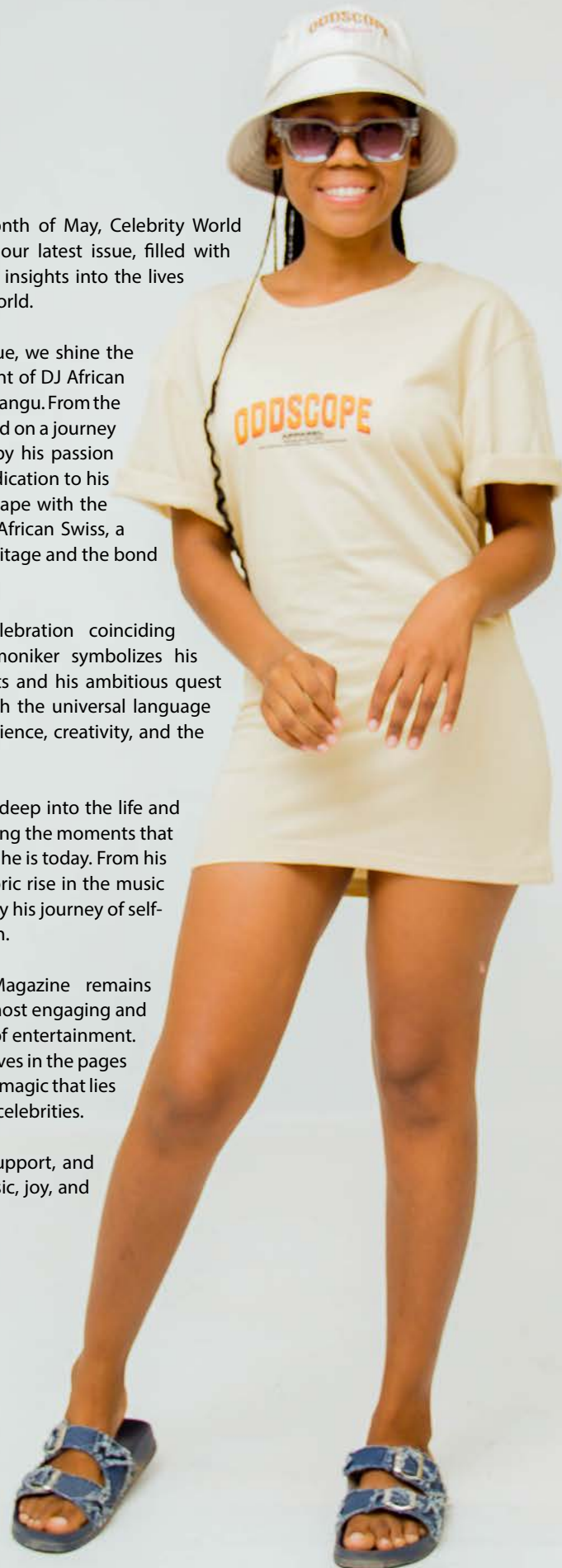
In this issue, join us as we delve deep into the life and career of DJ African Swiss, exploring the moments that shaped him into the iconic figure he is today. From his humble beginnings to his meteoric rise in the music industry, prepare to be inspired by his journey of self-discovery and cultural celebration.

As always, Celebrity World Magazine remains committed to bringing you the most engaging and inspiring stories from the world of entertainment. We invite you to immerse yourselves in the pages of our May issue and discover the magic that lies within the hearts of our beloved celebrities.

Thank you for your continued support, and here's to a month filled with music, joy, and endless possibilities.

Warm regards,

Editorial Team
Celebrity World Magazine



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Kingdom of The Planet of The Apes

Many years after the reign of Caesar, a young ape goes on a journey that will lead him to question everything he's been taught about the past and make choices that will define a future for apes and humans alike.

Release date: May 8, 2024

Director: Wes Ball

Distributed by: 20th Century Studios

Based on: Characters; by Rick Jaffa; Amanda Silver; Premise from Planet of the Apes; by Pierre Boulle

Cinematography: Gyula Pados

Music by: John Paesano



The Garfield Movie

Garfield has an unexpected reunion with his long-lost father, a scruffy street cat who draws him into a high-stakes heist.

Release date: May 24, 2024 (USA)

Director: Mark Dindal

Distributed by: Sony Pictures Releasing

Adapted from: Garfield

Music by: John Debney

Produced by: John Cohen; Broderick Johnson; Andrew Kosove; Steven P. Wegner; Craig Sost; Namit Malhotra



IF

After discovering she can see everyone's imaginary friends, a girl embarks on a magical adventure to reconnect forgotten IFs with their kids.

Release date: May 17, 2024

Director: John Krasinski

Distributed by: Paramount Pictures, Paramount

Cinematography: Janusz Kamiński

Music by: Michael Giacchino

Produced by: John Krasinski; Allyson Seeger; Andrew Form; Ryan Reynolds



Tarot

Friends unwittingly unleash an unspeakable evil trapped within a cursed deck of tarot cards. One by one, they come face to face with fate, racing against death to escape the future foretold in their readings.

Release date: May 3, 2024 (USA)

Directors: Anna Halberg, Spenser Cohen

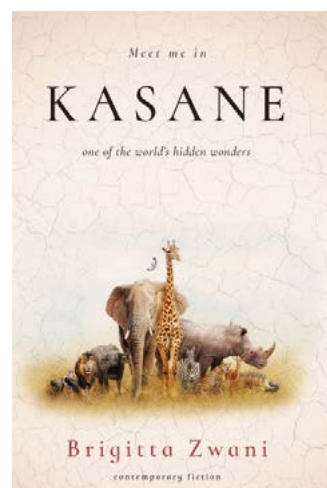
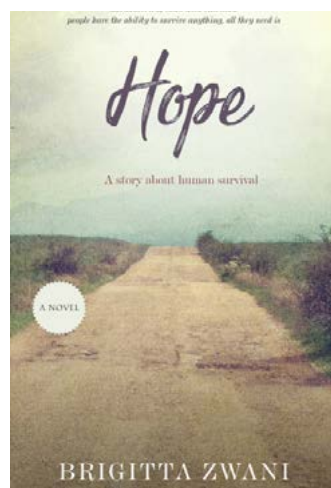
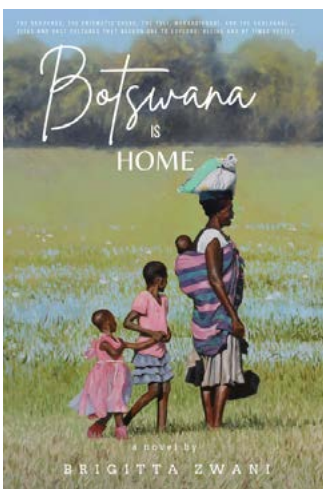
Distributed by: Sony Pictures Releasing

Based on: Horoscope; by Nicholas Adams

Produced by: Leslie Morgenstein; Scott Glassgold; Elysa Koplovitz Dutton

Production companies: Screen Gems; Alloy Entertainment; Ground Control

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Exploring Botswana's Wild Beauty:

Bridget Zwani Chronicles the Untamed Splendor of Kasane in New Book Expedition

Bridget Zwani's latest novel, "Kasane," takes readers on a captivating journey through the heart of Botswana, weaving a tale of adventure, mystery, and the mesmerizing beauty of the country's natural landscapes. Inspired by Zwani's personal experiences and deep affection for the town of Kasane, this novel transports readers to a world where wildlife roams freely, friendships are forged, and secrets lurk beneath the surface. At the core of "Kasane" lies the enchanting allure of Botswana's Okavango Delta and Chobe National Park. Through the eyes of the protagonist, Tori, readers are immersed in the splendor of these regions, where every page resonates with the rich tapestry of Botswana's culture and wildlife. As Tori navigates through the twists and turns of a compelling mystery, Zwani's vivid descriptions paint a picture of a land teeming with life and beauty.

For Zwani, the inspiration for "Kasane" sprung from her own journey to the town in 2018. Captivated by Kasane's unique charm and the breathtaking surroundings of the Okavango and Chobe, Zwani initially dreamed of making the town her home. When circumstances led to a delay in her plans, she channeled her passion into

writing, crafting a narrative that allowed her to live out her dreams vicariously through Tori, the spirited protagonist of "Kasane."

Zwani's personal experiences form the backbone of the novel, infusing it with authenticity and depth. From her travels to Maun and stops at iconic landmarks like Planet Baobab and Maun Lodge, to her immersive stay at Qorokwe Camp in the Okavango, Zwani's firsthand encounters lend a genuine quality to the story. Even elements that required extensive research, such as the intricacies of wildlife in the Central Kalahari Game Reserve and the traditional practices of the Bushmen, reflect Zwani's commitment to authenticity and detail.

While "Kasane" is a work of fiction, it serves as more than just entertainment. Through its pages, Zwani captures not only the natural beauty of Botswana but also the essence of its people and culture. Readers are transported to a place where the boundaries between reality and fiction blur, leaving them with a sense of nostalgia for those who have experienced Kasane firsthand and a longing to explore its wonders for those who have yet to visit.

The novel's impact extends beyond its narrative, serving as a testament to the power of literature in preserving culture and heritage. As Zwani aptly puts it, "Books have a way of preserving things." Through "Kasane," she immortalizes not only the beauty of Botswana but also its cultural richness, ensuring that future generations can experience the magic of this extraordinary place.

As Zwani continues to captivate readers with her writing, she offers valuable insights for aspiring writers. Drawing from her own experiences, she emphasizes the importance of travel, cultural immersion, and voracious reading in nurturing creativity and honing writing skills. With her upcoming book, "Botswana is Home," set to be released later this year, Zwani's literary journey shows no signs of slowing down, promising readers more tales of adventure and discovery from the heart of Africa.

In "Kasane," Bridget Zwani invites readers on an unforgettable journey to a place where the beauty of nature intertwines with the magic of storytelling, leaving an indelible mark on those who dare to embark on this literary adventure.

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Despite his professional accolades, Mr. Awesome remains grounded in his values and passions. He is an avid advocate for the power of positive thinking, believing that one's mindset shapes their reality. His mantra, "You are what you think," reflects his unwavering belief in the transformative power of self-belief and determination.

Beyond his professional endeavors, Mr. Awesome is an entrepreneur at heart, leveraging his creativity to create captivating content across social media platforms. His dedication to capturing and sharing memorable moments underscores his commitment to fostering joy and inspiration in all aspects of life.

Recently, Mr. Awesome was invited to participate in the 2024 African Youth Tourism Forum held in Namibia, testament to his status as a visionary leader shaping the future of Africa's entertainment landscape. As he continues to break barriers and inspire others, Mr. Brighton Socks-Ncube exemplifies the essence of excellence and innovation in the modern era.

Meet Mr. Brighton Socks-Ncube:

A Visionary Leader Shaping Botswana's Entertainment Industry

In the dynamic world of entertainment and corporate communication, certain individuals emerge as beacons of innovation and excellence. One such luminary is Mr. Brighton Socks-Ncube, affectionately known as Mr. Awesome, a Botswana-based artist manager and communications expert with a wealth of experience spanning over two years. His multifaceted career encompasses diverse roles, from hosting prestigious events to spearheading transformative initiatives in youth empowerment.

Mr. Awesome's journey into the realm of entertainment management began as a freelancer in 2022. Since then, he has orchestrated the careers of eight talented artists in Botswana, orchestrating groundbreaking performances at esteemed events like the International Women Golf Tournament and the Global Expo Awards. His visionary approach and strategic acumen have earned him recognition from industry giants such as First National Bank Botswana and the African Tourism Summit.

However, Mr. Awesome's influence extends far beyond artist management. He is a media entrepreneur with a myriad of creative

talents, including TV presenting, voice-over artistry, commercial modeling, and corporate MCing. His captivating presence and eloquence as a public speaker have graced platforms ranging from national television to radio stations, where he shares his insights on youth and entertainment-related topics.


Not content with merely shaping the present, Mr. Awesome is actively shaping the future through his passion for youth empowerment. He is the founder of Youth Ambassadors, a social club dedicated to nurturing purpose-driven leaders across Africa. Through this initiative, he seeks to instill a mindset of leadership and ambition among the continent's youth, paving the way for a brighter tomorrow.

Academically, Mr. Awesome holds a Bachelor's degree in Real Estate from BA ISAGO University, underscoring his commitment to holistic personal development. Additionally, he has augmented his expertise with a certificate in Artist Management, further solidifying his credentials in the entertainment industry.



DJ African Swiss:

Bridging Cultures, Overcoming Challenges, and Pioneering in Music



In the pulsating world of music, where talent and perseverance intertwine, the story of DJ African Swiss, born Adrian Mthabisi Tshabangu, emerges as a testament to the transformative power of passion and grit. At a youthful 23, this burgeoning artist from Bulawayo, Zimbabwe, is already making significant strides in the industry. His journey, marked by cultural fusion, personal resolve, and artistic evolution, illuminates the path of a modern-day trailblazer.

The Early Beat: Nurturing Passion Against Odds

Adrian's journey into the realm of DJing commenced at a remarkably tender age of 12, under the tutelage of his brother and peers. Despite encountering initial resistance due to his youth and the emphasis on formal education, Adrian's ardor for music only intensified. His dedication saw him shadowing his brother at gigs, absorbing the nuances of the craft and refining his skills clandestinely. Undeterred by setbacks, Adrian seized every opportunity to showcase his talent, including procuring a PA system for his school during his A-level studies.

However, his pursuit of musical excellence was not without challenges. Faced with parental opposition prioritizing academic endeavors, Adrian grappled with balancing his passion for music with familial expectations. Yet, fueled by an unyielding resolve and a fervent desire to succeed, he persisted, transforming obstacles into stepping stones on his journey to musical fulfillment.

The Birth of DJ African Swiss: Cultural Identity and Artistic Expression

Adrian's artistic identity crystallized with the adoption of his stage name, DJ African Swiss, a homage to his African heritage intertwined with the camaraderie of his close-knit circle. Inspired by Africa Day, coinciding with his birth date, the moniker embodies his profound connection to his roots and his aspiration to transcend cultural boundaries through music. This symbolic amalgamation of identities underscores Adrian's commitment to authenticity and cultural resonance in his artistic endeavors.

Moreover, Adrian's musical repertoire reflects his eclectic sensibilities and transcends conventional genre boundaries. Renowned for seamlessly blending diverse musical styles, he navigates effortlessly between three genres within a single set, captivating audiences with his versatility



and ingenuity. His profound reverence for African culture permeates his musical expression, imbuing his performances with a palpable authenticity that resonates with audiences on a visceral level.

Navigating the Industry Terrain: Challenges and Triumphs

Adrian's ascent in the competitive music industry has been fraught with obstacles, yet characterized by unwavering determination and strategic innovation. Overcoming hurdles such as stage fright, limited access to equipment, and the daunting task of monetizing his craft, he forged ahead with resilience and resourcefulness. Collaborating with industry visionaries such as Leago Mogano, founder of Swervo Visuals / Swervo Media Group, Adrian leveraged strategic partnerships to amplify his brand presence and secure lucrative opportunities.

However, the path to success has been fraught with setbacks, including playing for minimal compensation and grappling with the ever-evolving music landscape. Despite these challenges, Adrian remains steadfast in his commitment to his craft, propelled by an intrinsic belief that music is an integral part of his identity and purpose. Each setback serves as a catalyst for growth, fortifying his resolve and sharpening his artistic vision.

Looking Towards the Horizon: A Harmonious Cadence of Dreams and Ambitions

As Adrian continues to carve his niche in the music industry, his trajectory is guided by an unwavering passion for music and a steadfast determination to leave an indelible mark on the global stage. With his gaze fixed firmly on the future, he navigates the labyrinth of challenges with resilience and optimism, cognizant that each hurdle

is a springboard for personal and artistic growth. For DJ African Swiss, the journey is not merely a pursuit of fame or fortune, but a harmonious symphony of self-discovery, cultural celebration, and creative expression.

In the tapestry of Adrian's journey as DJ African Swiss, the threads of passion, perseverance, and cultural resonance intertwine to weave a narrative of inspiration and empowerment. His odyssey serves as a beacon of hope for aspiring artists, reminding them that with unwavering resolve and an unwavering commitment to authenticity, the rhythmic cadence of success reverberates within the soul. As the chapters of his musical saga unfold, DJ African Swiss stands poised on the precipice of greatness, a testament to the transformative power of music to transcend boundaries, unite cultures, and ignite the human spirit.



Table Mountain, A

Table Mountain, Cape Town!

Table Mountain stands tall and proud as an iconic natural wonder in the heart of Cape Town, South Africa. With its breathtaking views, diverse flora and fauna and historical significance, it has captured the hearts of millions of visitors from around the world.

Table Mountain National Park website serves as your gateway to explore the myriad facets of Table Mountain, providing you with a well-documented and immersive experience.

About Table Mountain

Table Mountain, a flat-topped sandstone mountain, graces the cityscape of Cape Town with its imposing presence. Rising approximately 1,085 meters above sea level, it is a remarkable geological masterpiece formed over millions of years. The mountain's unique plateau, stretching approximately

three kilometers from end to end, is a testament to the forces of nature that have shaped this awe-inspiring landmark.

Unparalleled Scenic Beauty

Table Mountain promises an unparalleled panoramic view that leaves visitors in awe of its grandeur. From its summit, one can witness the juxtaposition of the vast Atlantic Ocean and the bustling city below. Breathtaking views of the surrounding landscapes, including the Twelve Apostles mountain range, add to the allure of this natural wonder.

Historical significance

Table Mountain has long held deep cultural and historical significance for the local Khoikhoi and San communities, who recognize it as a spiritual place and symbol of their heritage. In addition, its slopes bear

traces of early human habitation, making it an important archaeological site. European explorers, including the famous Portuguese navigator Bartolomeu Dias, were among the first to document their encounters with this majestic peak during their voyages around the Cape of Good Hope.

Ecological Diversity:

Beyond its striking physical appearance, Table Mountain boasts a rich tapestry of biodiversity. A World Heritage Site, it is home to an array of unique plant and animal species, many of which are found nowhere else on earth. Its diverse microclimates create an ecosystem that supports the life of the iconic Cape Floral Kingdom, which encompasses thousands of plant species, including the enchanting King Protea, South Africa's national flower.



A Natural Wonder

Preserving a Natural Treasure:

At the heart of Table Mountain is a commitment to conservation and sustainability. Various organizations and local authorities work tirelessly to protect and preserve the mountain's fragile ecosystem. By visiting and supporting Table Mountain, you are contributing to ongoing conservation efforts that will ensure its splendor for generations to come.

Visit Table Mountain, An Unforgettable Experience:

A visit to Table Mountain is an unforgettable adventure for nature lovers, thrill seekers and cultural explorers alike. Whether you choose to climb its slopes on foot, on the famous Table Mountain Aerial Cableway or on other guided excursions, the experience will undoubtedly leave a lasting impression.



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Khloe Kardashian gets flooded with 'condolences' on social media amid death of OJ Simpson following years-long conspiracy he was her father - as she shares sexy gym video

Khloé Kardashian's name immediately began trending on X (previously known as Twitter) following the death of OJ Simpson at his home in Las Vegas on Wednesday.

After news broke of that the retired NFL star succumbed to prostate cancer, two months after announcing diagnosis, at age 76, social media users flocked to extend their 'condolences' to the 39-year-old reality star, who conspiracy theorists have claimed is her biological father for years.

Despite Simpson denying the unsubstantiated rumor multiple times over the years, Kardashian was inundated with messages under her latest Instagram and on X from trolls writing that they are 'sorry for' her loss.

Other mused that the mother-of-two was going to wake up 'hella confused at people sending her their condolences.'

'Has anyone checked on Khloé Kardashian? She must be devastated about her dad,' one snarky X user wrote, while another said they would be 'praying' for the Good American founder 'during this difficult time.'

While her former stepfather, Caitlyn Jenner, harshly tweeted 'good riddance' in the

immediate wake of Simpson's passing, Khloé has not publicly commented on the news.

She did, however, post a video of herself at the gym, showing off her incredibly fit figure in a black tank top and pair of high-waisted leggings from Fabletics.

In the footage, uploaded to her Instagram Story, the TV personality zoomed onto her perky bottom while keeping her face covered behind her phone.

Kardashian is the youngest child of Kris Jenner and the late attorney, Robert Kardashian, who famously defended Simpson during his 1995 murder trial.

Khloé was only nine-years-old when Simpson was arrested on suspicion of murdering his ex-wife, Nicole Brown Simpson, and her friend, Ronald Goldman.

In 2009 during a E! True Hollywood Story, Khloé said she use to refer to Simpson as 'Uncle OJ' and Brown as 'Auntie Nicole.'

Jenner was so close to Brown that following her death she paid homage to her pal by giving daughter Kendall Jenner the middle name, Nicole.

In 2019, Simpson vehemently denied that he was Khloé father amid rumors that she was conceived during an alleged fling with her mother in the 1990s, which he also stated never happened.

'I want to stress never – in any way shape or form had I ever had any interest in Kris, romantically, sexually, and I never got any indication that she had any interest in me,' Simpson said in a video, posted to X.

He continued: 'So all of these stories are just bogus. Bad, you know, tasteless.' Simpson mentioned his close relationship with Robert Kardashian, the family patriarch who died in 2003.

'Khloe, like all the (Kardashian) girls, I'm very proud of, just like I know Bob would be if he was here,' Simpson said.

'But the simple facts of the matter is she's not mine.'

Norman Pardo, who says he once managed Simpson, has been blamed for circulating the rumor of Simpson's paternity.

But Simpson denied that Pardo ever managed him, saying he is someone who 'the media love to say is my manager.'

'I've always managed my own affairs, and I'd like to think very successfully,' Simpson said. 'So, when you see these guys like Norm, and these guys claim that they are my manager, it's just not true.'

'I've may have done a deal here or there with them, but none of these guys were anything remotely like a manager for me.'

Simpson's tweet came in response to Pardo claiming that the former Buffalo Bills great once bragged to him about his steamy 'hot-tub hookup' with Kris that sent her to the hospital because of the size of his manhood. Pardo said that the former NFL star boasted about having sex with Jenner in a hot tub in the 1990s, according to the New York Post.

Pardo made the claim in his documentary *Who Killed Nicole?*, referring to Simpson's ex-wife, whom the football player was controversially acquitted of murdering.

At the time, Kris, who has denied having sex with Simpson, was married to her first husband Robert and Simpson was married to Nicole when the alleged jacuzzi encounter supposedly occurred.

While Kris previously admitted to TMZ's Harvey Levin on *OBJECTified* that she philandered on Robert with a soccer player, she insisted to *In Touch* that she never slept with Simpson.



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and mentorship. Through monthly baking classes and the annual Bakers Affair event, Dr. Lenyatso nurtures the next generation of bakers, fostering a supportive network where knowledge is shared, and creativity flourishes.

Even in the face of adversity, such as the recent global pandemic, Len Bakeries has remained steadfast in its commitment to customer satisfaction. With innovative solutions such as delivery services and a focus on quality, Len Bakeries not only survived but thrived during challenging times.

As Len Bakeries looks toward the future, the vision is clear: to continue delighting customers with exquisite baked goods, to empower aspiring bakers, and to further cement its position as a leader in the African baking industry. Dr. Lenyatso's advice to aspiring bakers echoes the ethos of Len Bakeries itself: be passionate, be attentive to customer feedback, and above all, strive for excellence.

In a world where success stories often seem out of reach, Len Bakeries stands as a testament to the transformative power of passion and perseverance. From humble beginnings to a flourishing business, the story of Len Bakeries is a reminder that with dedication and determination, dreams can indeed become reality.

Len Bakeries:

A Passion Turned into a Thriving Business

In the bustling world of baking, where sweet treats abound and creativity knows no bounds, Len Bakeries emerges as a beacon of innovation and passion. Founded by Dr. Goitseone J. Lenyatso, Len Bakeries is more than just a bakery; it's a story of resilience, creativity, and unwavering dedication to craft.

The journey of Len Bakeries began with a profound personal experience. In 2013, during a period of mourning, Dr. Lenyatso discovered solace and inspiration in the simple act of baking. A homemade carrot cake, shared by a friend, ignited a passion that would soon blossom into a thriving business. From that moment, Dr. Lenyatso delved into the world of baking, honing her skills, experimenting with recipes, and ultimately, turning her newfound passion into a business venture.

What sets Len Bakeries apart is not only its delectable array of baked goods but also its

commitment to innovation and community. Specializing in cakes, cupcakes, premixes, and a unique range of indigenous products such as Lerotse Cake and Morula Biscuits, Len Bakeries has carved a niche in the market by offering solutions to common challenges faced by bakers. From providing ready-made buttercream to introducing convenient cake premixes, Len Bakeries addresses the needs of both professional bakers and home enthusiasts.

However, the journey to success hasn't been without its obstacles. Dr. Lenyatso acknowledges the challenges posed by rising ingredient costs, high rental prices, and limited packaging materials. Yet, through resilience, persistence, and a commitment to excellence, Len Bakeries has not only weathered these challenges but has also emerged stronger.

Beyond its delicious products, Len Bakeries is a champion of community engagement





What is Business Management Great Career Choice What is

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

Every Organization Needs Leaders

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

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

Associate Degree in Business Management

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

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

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

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

Business Management Curriculum

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

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

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

Managers Are in Demand Today

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



ent? And Why It Can Be a s Business Management?

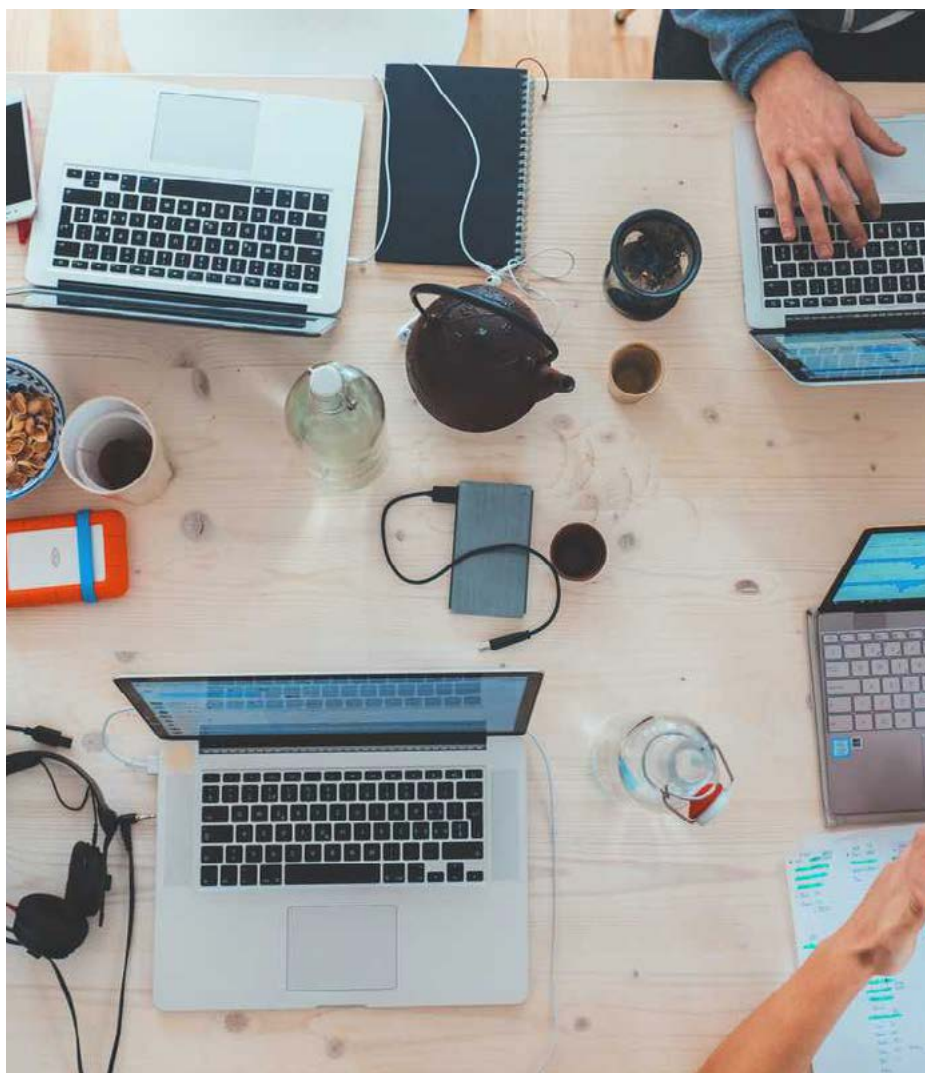
If you do some research online, you'll see a variety of entry-level manager positions, including jobs like these:

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

Ready to Grow Your Management Expertise?

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

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





Financial Management Explained: Scope, Objectives & Importance

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

What Is Financial Management?

At its core, financial management is the practice of making a business plan and then ensuring all departments stay on track. Solid financial management enables the CFO or VP of finance to provide data that supports creation of a long-range vision, informs decisions on where to invest, and yields insights on how to fund those investments, liquidity, profitability, cash runway and more. ERP software can help finance teams achieve these goals: A financial management system combines several financial functions, such as accounting, fixed-asset management, revenue recognition and payment processing. By integrating these key components, a financial management system ensures real-time visibility into the financial state of a company while facilitating day-to-day operations, like period-end close processes.

Objectives of Financial Management

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

- Maximizing profits: Provide

insights on, for example, rising costs of raw materials that might trigger an increase in the cost of goods sold.

- Tracking liquidity and cash flow: Ensure the company has enough money on hand to meet its obligations.
- Ensuring compliance: Keep up with state, federal and industry-specific regulations.
- Developing financial scenarios: These are based on the business' current state and forecasts that assume a wide range of outcomes based on possible market conditions.
- Manage relationships: Dealing effectively with investors and the boards of directors.
- Ultimately, it's about applying effective management principles to the company's financial structure.

Scope of Financial Management

Financial management encompasses four major areas:

1. Planning

The financial manager projects how much money the company will need in order to maintain positive cash flow, allocate funds to grow or add new products or services and cope with unexpected events, and shares that information with business colleagues. Planning may be broken down into categories including capital expenses, T&E

and workforce and indirect and operational expenses.

2. Budgeting

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

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

3. Managing and assessing risk

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

Market risk

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

Credit risk

The effects of, for example, customers not paying their invoices on time and thus the business not having funds to meet obligations, which may adversely affect



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creditworthiness and valuation, which dictates ability to borrow at favorable rates.

Liquidity risk

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

Operational risk

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

4. Procedures

The financial manager sets procedures regarding how the finance team will process and distribute financial data, like invoices, payments and reports, with security and accuracy. These written procedures also outline who is responsible for making financial decisions at the company — and who signs off on those decisions. Companies don't need to start from scratch; there are policy and procedure templates

available for a variety of organization types, such as this one for nonprofits.

Functions of Financial Management

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

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

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

Along with cash management, financial management includes revenue recognition, or reporting the company's revenue according to standard accounting principles. Balancing accounts receivable turnover ratios is a key part of strategic cash conservation

and management. This may sound simple, but it isn't always: At some companies, customers might pay months after receiving your service. At what point do you consider that money "yours" — and report the good news to investors?

Strategic vs. Tactical Financial Management

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

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

Importance of Financial Management

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

1. **Strategizing**
Identifying what needs to happen financially for the company to achieve its short- and



long-term goals. Leaders need insights into current performance for scenario planning, for example.

2. Decision-making

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

3. Controlling

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

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

What Are the Three Types of Financial Management?

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

1. Capital budgeting

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

2. Capital structure

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

3. Working capital management

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

What Is an Example of Financial Management?

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

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

The financial manager will acquire those funds and ensure they're allocated to manufacture toothbrushes in the most

cost-effective way possible. Assuming the toothbrushes sell well, the financial manager will gather data to help the management team decide whether to put the profits toward producing more toothbrushes, start a line of mouthwashes, pay a dividend to shareholders or take some other action.

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

NetSuite: Financial Management for Startups and Beyond

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

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

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

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

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



CHOBÉ, JACKA

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

ACCOMMODATION

The property features three luxury tent accommodation types: river view, partial river view and bushveld view tents. All tents have king-size beds with the option to change to twins. Single supplements apply. All room types feature a private balcony, air-conditioning and mosquito nets. The rooms have laptop-size safes, tea and coffee-making facilities, desks, universal power points, shaver adapters, and hairdryers. Private en-suite bathrooms have two sinks, a shower, and a stand-alone claw bath.

LEISURE AND MORE

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

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

JACKALBERRY CHOBÉ LODGE FACILITIES

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

CHILD POLICY

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

INCLUDES

- Accommodation, all meals and laundry (wash and fold)
- Two activities/day (e.g 1 Night stay = 2 activities, 2 Night stay = 4 activities)
- House wine, local beer/cider, soft drink and water



LBERRY LODGE

- Tourism levies and government taxes
- Chobe National Park fees
- Transfers to and from Kasane airport or to and from Zambia and Zimbabwe border

ACCOMMODATION INFORMATION

DEPOSIT: 100%

MINIMUM STAY: 2 nights

RATES INFO: LODGE POLICIES

Check in time at 2pm and check out time is 11am.

Children between 6 years to 11 years to be provided a stretcher bed.

CHILD POLICY

No children under 6 years

Children 6-11 years to pay 50%

Total of 1 child only permitted when accompanying 2 parents in a tent.

Total of 2 children only permitted when accompanying 1 parent in a tent.

Private vehicle/boats required when children 6 – 11 years are partaking in activities.





“Embark on a Journey: Dive into the Rich

Nestled within the rich tapestry of Southern Africa’s diverse cultural landscape are the Tsonga people, a community with a deep-rooted heritage celebrated through their vibrant arts and culture. From traditional music and dance to intricate crafts and folklore, the Tsonga people offer a captivating glimpse into their unique way of life, reflecting their beliefs, history, and values.

Traditional Music and Dance:

At the heart of Tsonga culture lies music and dance, serving as essential forms of expression and communication. Traditional Tsonga music is characterized by rhythmic drumming, melodic chants, and vibrant instrumentation, often accompanied by intricate dance routines. These performances play a central role in social gatherings, ceremonies, and rituals, fostering a sense of unity and identity within the community. Each dance and song carries its own significance, whether celebrating harvests, commemorating ancestors, or invoking spiritual blessings.

One of the most renowned Tsonga dance forms is the “Xibelani,” a lively and energetic dance performed mainly by women. Adorned in colorful attire, dancers skillfully move their hips in rhythmic patterns, symbolizing the grace and strength of Tsonga womanhood. Another notable dance is the “Makwaya,” which embodies the spirit of celebration and joy, often performed during weddings and festive occasions.

Visual Arts and Crafts:

The Tsonga people possess a rich tradition of visual arts and crafts, showcasing their mastery of craftsmanship and creativity. Woodcarving is a prominent art form, with skilled artisans sculpting intricate designs and motifs onto various objects, including household utensils, ceremonial masks, and decorative items. These carvings often depict animals, ancestral figures, and symbols of cultural significance, reflecting the Tsonga people’s spiritual beliefs and connection to nature.

Basket weaving is another cherished craft among the Tsonga community, with women adeptly crafting baskets from natural fibers such as palm leaves and grass. These baskets serve both practical and ceremonial purposes, used for storing food, carrying goods, and as decorative pieces in homes. Each woven pattern and design carries its own meaning, passed down through generations as a form of cultural inheritance and artistic expression.

Folklore and Oral Traditions:

Central to Tsonga culture are its rich folklore and oral traditions, which serve as repositories of wisdom, history, and moral teachings. Through storytelling, proverbs, and myths, elders pass down knowledge and values to younger generations, preserving the cultural heritage of the community. Folk tales often feature mythical creatures, heroic figures, and moral lessons, offering insights into Tsonga beliefs about the world and human existence.



Arts and Culture of the Tsonga People”

One of the most beloved figures in Tsonga folklore is the legendary hero Nwambi, known for his courage, wisdom, and supernatural abilities. Tales of Nwambi’s exploits resonate across generations, inspiring listeners with his feats of bravery and cunning. These oral narratives not only entertain but also serve as a means of cultural transmission, reinforcing the bonds of kinship and identity among the Tsonga people.

The arts and culture of the Tsonga people embody a rich tapestry of traditions, rituals, and artistic expressions that reflect their vibrant heritage and identity. From the rhythmic beats of traditional music to the intricate designs of woodcarvings and the timeless wisdom of oral traditions, the Tsonga community continues to celebrate and preserve its cultural legacy amidst the currents





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.

5G DIGITAL



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Smart Watch**



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Acer spin1

Aries

(Mar 21-Apr 20)

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

Taurus

(Apr 21-May 20)

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

Gemini

(May 21-Jun 21)

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

Cancer

(Jun 22-Jul 22)

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

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

Leo

(Jul 23-Aug 23)

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

Virgo

(Aug 24-Sep 23)

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

Libra

(Sept 24-Oct 23)

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

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

Scorpio

(Oct 24-Nov 22)

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

Sagittarius

(Nov 23-Dec 21)

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

Capricorn

(Dec 22-Jan 21)

Today's outlook is quite promising. Your health and

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

Aquarius

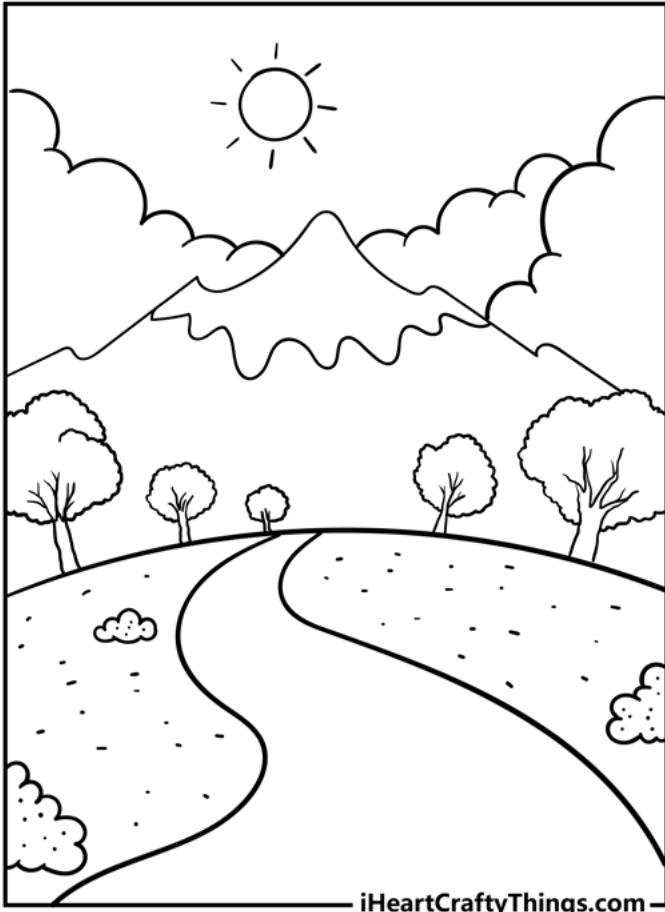
(Jan 22-Feb 19)

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

Pisces

(February 20-March 20)

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



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Franco: The Rhythm of Kwasa Kwasa

Introduction:

Frank Lesokwane, affectionately known as Franco, is a prominent figure in Botswana's music scene, revered for his contributions to the popularization of Kwasa Kwasa music. As a musician and leader of the Franco and Afro Musica band, he has left an indelible mark on the cultural landscape of Botswana and beyond.

Early Life:

Born and raised in Botswana, Frank Lesokwane's journey into the world of music began at a young age. Surrounded by the vibrant sounds of traditional African music, he developed a deep appreciation for rhythm and melody. It was during his formative years that he discovered his passion for music and set his sights on a career in the industry.

Rise to Prominence:

In the late 1980s and early 1990s, Franco emerged as a trailblazer in the Kwasa Kwasa genre, a style of music originating from Congo. Drawing inspiration from Congolese rumba and soukous, he infused his own

unique flair, creating infectious beats that captivated audiences across Botswana. His talent and dedication quickly earned him recognition, and he became synonymous with the Kwasa Kwasa movement in the country.

Musical Legacy:

As the leader of the Franco and Afro Musica band, Frank Lesokwane propelled Kwasa Kwasa into the mainstream, producing a string of hit songs that dominated the airwaves. With his soulful vocals and electrifying performances, he captured the hearts of music lovers and cemented his status as a cultural icon. Songs like [insert notable songs here] became anthems of a generation, showcasing Franco's unmatched talent and versatility as a musician.

Beyond Borders:

While Franco's influence primarily resonated within Botswana, his music transcended geographical boundaries, reaching audiences far beyond the nation's borders. His international appeal not only brought

recognition to Botswana's music industry but also served as a testament to the universal language of music.

Philanthropy and Impact:

Beyond his musical accomplishments, Frank Lesokwane is also known for his philanthropic endeavors and commitment to uplifting his community. Through various initiatives and charitable work, he has endeavored to make a positive difference in the lives of others, embodying the spirit of compassion and generosity.

Conclusion:

In the annals of Botswana's music history, Franco stands as a towering figure, whose contributions have shaped the landscape of contemporary African music. His legacy continues to inspire aspiring musicians and unite audiences through the transcendent power of music. As the heartbeat of Kwasa Kwasa, Frank Lesokwane, aka Franco, will forever be remembered for his unparalleled talent, passion, and dedication to his craft.



Rising Through Resilience: The Musical Journey of Thero Masisi

In the pulsating heart of Botswana's music scene resides a talent like no other – Thero Masisi, known in the industry as Zacci WaBantwana. Hailing from the vibrant town of Thamaga, Thero's musical odyssey is a testament to the power of perseverance, passion, and unwavering dedication.

Inspirations and Influences

Growing up immersed in the beats of Magesh and the lyrical prowess of Cassper Nyovest, Thero found his muse early on. "They really inspire me to create work similar to them," he shares, acknowledging the profound impact his musical icons have had on shaping his artistic vision. With a belief that his music can resonate with the masses, Thero sets out on a mission to carve his own niche in the industry.

A Journey of Dedication

Reflecting on his journey, Thero underscores the importance of time and dedication in honing one's craft. "It really takes time and dedication to become one of the best at what you really do and love," he emphasizes, acknowledging the hurdles he's faced along the way. Despite being underestimated during his ascent, Thero remains steadfast in his pursuit of excellence, buoyed by the unwavering support of his team.

Versatility and Expression

Known for his eclectic blend of Motswako, hip-hop, and amapiano, Thero's musical repertoire knows no bounds. "I like performing all of them due to how the crowd enjoys most of my music," he reveals, highlighting the infectious energy that permeates his performances. With an innate ability to freestyle and channel his emotions into his music, Thero's artistry transcends mere entertainment, serving as a powerful mode of self-expression.

Collaborations and Connections

Having collaborated with esteemed artists such as Girly, Jackalass Onetym, Mane Dilla, and Don Thugga, Thero's journey is marked by a spirit of camaraderie and collaboration. While acknowledging the influence of Cassper Nyovest on his creativity, Thero celebrates the diversity of voices that enrich Botswana's musical landscape.

Cultural Roots and Resilience

For Thero, music is more than just an art form – it's a reflection of culture and identity. "Music is basically about culture," he affirms, embodying the rich tapestry of Botswana's heritage through his compositions. Despite the challenges he's faced, Thero remains resolute in his belief that music has the

power to inspire hope and foster connection within his community.

Looking Ahead

With a new single titled "BATSWANA KE KOPA SKEEM" set to release on April 17, Thero's journey continues to evolve. Rooted in faith, hard work, and dedication, he remains committed to his craft, driven by a desire to uplift those who've lost hope. With the unwavering support of his manager, Leago Mogano, Thero embraces each performance as a learning curve, viewing mistakes as opportunities for growth.

A Message of Hope

As Thero's musical odyssey unfolds, his message to his listeners remains clear – nothing in life stays the same, and with perseverance, even the seemingly insurmountable obstacles can be overcome. "I make music for the people who don't have hope," he declares, embodying the resilience of his community and aspiring to be a beacon of hope for future generations.

In Thero Masisi, we find not just a vocalist, but a voice of resilience, inspiration, and unwavering determination – a testament to the transformative power of music in shaping lives and communities.

Thintee: Rising from the Streets to Revive Traditional Sounds

Photography: Morden Day Zulu

In the dynamic landscape of Botswana's music scene, emerging artist Thintee, born Thato Majafe, is making waves with his distinctive blend of traditional sounds and contemporary beats. Hailing from the vibrant streets of Monarch in Francistown, Thintee's journey from a young dancer to a promising musician is one marked by perseverance and passion.

Growing up immersed in the rich tapestry of music culture, Thintee's early years were defined by his love for rhythm and movement. Starting as a dancer, specializing in the energetic Sbujwa style during his formative years in primary and secondary school, he was already deeply entrenched in the artistry of expression through movement.

However, Thintee's path took an unexpected turn in 2022, as he faced challenges that led to his temporary departure from the music scene. Yet, from these trials emerged the inspiration for his latest release, "Ke le segele." This track, featuring Diphatz and Wouzie B3vtz, not only marks his return but also signifies a reinvigoration of his musical prowess.

Produced at Rhyme Records in Ramotswa by the talented Wouzie B3vtz, "Ke le segele" is a fusion of Lesotho sounds and Botswana traditional rhythms, showcasing Thintee's dedication to preserving cultural heritage while infusing it with a modern twist. The collaboration with Diphatz and Wouzie B3vtz adds layers of depth to the track, creating a dynamic sonic experience that resonates with audiences far and wide.

Thintee's musical journey has been shaped by collaborations with industry heavyweights, including Double Up and Yung Amazing, with notable contributions to songs like "Khiring Khorong" by ATI. His past experiences, including touring with CharmaGirl, have not only honed his craft but also provided invaluable insights into the intricacies of the music industry.

Looking ahead, Thintee is set to captivate listeners with his upcoming album, scheduled for release in August. Produced once again by Wouzie B3vtz at Rhyme Records, the album promises to deliver a compelling narrative that reflects Thintee's artistic evolution and vision. With a renewed sense of purpose and creativity, Thintee is poised to leave an indelible mark on the music landscape, both in Botswana and beyond.

As Thintee continues to channel his experiences and influences into his music, audiences can expect a refreshing blend of tradition and innovation that transcends borders and connects people through the universal language of music. With "Ke le segele" serving as a testament to his resilience and artistry, Thintee stands ready to carve out his place in the annals of Botswana's musical legacy.



Winter Skincare Essentials: How to Keep Your Skin Hydrated and Healthy



As much as we adore winter for its festivities and cozy vibes, the season's cold temperatures can wreak havoc on our skin. Suddenly, what was once supple and radiant can turn dry and crack seemingly overnight. But fear not! With a few adjustments to your skincare routine, you can combat winter's harsh effects and keep your skin glowing all season long.

Dr. Dendy Engelman, a renowned dermatologist, sheds light on why our skin suffers during winter. "In the winter, there is naturally less moisture in the air due to the environment and abrasive conditions, like the wind," she explains. "Indoor factors like central heating can also decrease the moisture level of the air. This makes it harder for the skin to maintain its natural protective oils, which act as a barrier against environmental aggressors. As a result, moisture gets pulled from the skin, leading it to become dry and cracked."

So, what can you do to combat winter skin woes? Here are some expert-approved tips to help you maintain healthy, hydrated skin throughout the chilly months:

1. **Hydrate from Within:** Start by ensuring you're drinking plenty of water. Hydration begins from the inside out, so aim to drink at least eight glasses of water a day to keep your skin hydrated and plump.
2. **Switch to a Gentle Cleanser:** Opt for a gentle, hydrating cleanser that won't strip your skin of its natural oils. Look for ingredients like hyaluronic acid, glycerin, or ceramides, which help to lock in moisture.
3. **Exfoliate Wisely:** While exfoliation is essential for removing dead skin cells, it's crucial to do it gently during winter. Choose a mild exfoliant and limit exfoliation to once or twice a week to avoid over-drying your skin.
4. **Moisturize, Moisturize, Moisturize:** Invest in a rich, nourishing moisturizer to replenish lost moisture and create a protective barrier against the elements. Look for ingredients like shea butter, jojoba oil, or squalane for intense hydration.
5. **Use a Humidifier:** Combat the drying effects of indoor heating by using a humidifier in your home. This helps to add moisture back into the air, preventing your skin from becoming parched.
6. **Protect Your Skin:** Don't forget the sunscreen! Even in winter, UV rays can still damage your skin, especially when reflected off snow. Apply a broad-spectrum sunscreen with an SPF of 30 or higher daily, and don't skimp on coverage.
7. **Nourish Overnight:** Treat your skin to an extra boost of hydration overnight with a hydrating overnight mask or a rich facial oil. This allows your skin to repair and regenerate while you sleep, waking up to a refreshed complexion.

Stay Hydrated On-The-Go: Keep a travel-sized moisturizer in your bag for on-the-go hydration whenever your skin feels tight or dry throughout the day.

By incorporating these simple yet effective tips into your winter skincare routine, you can bid farewell to dry, cracked skin and welcome a season of radiance and hydration. Remember, consistency is key, so stick to your regimen, and your skin will thank you for it!

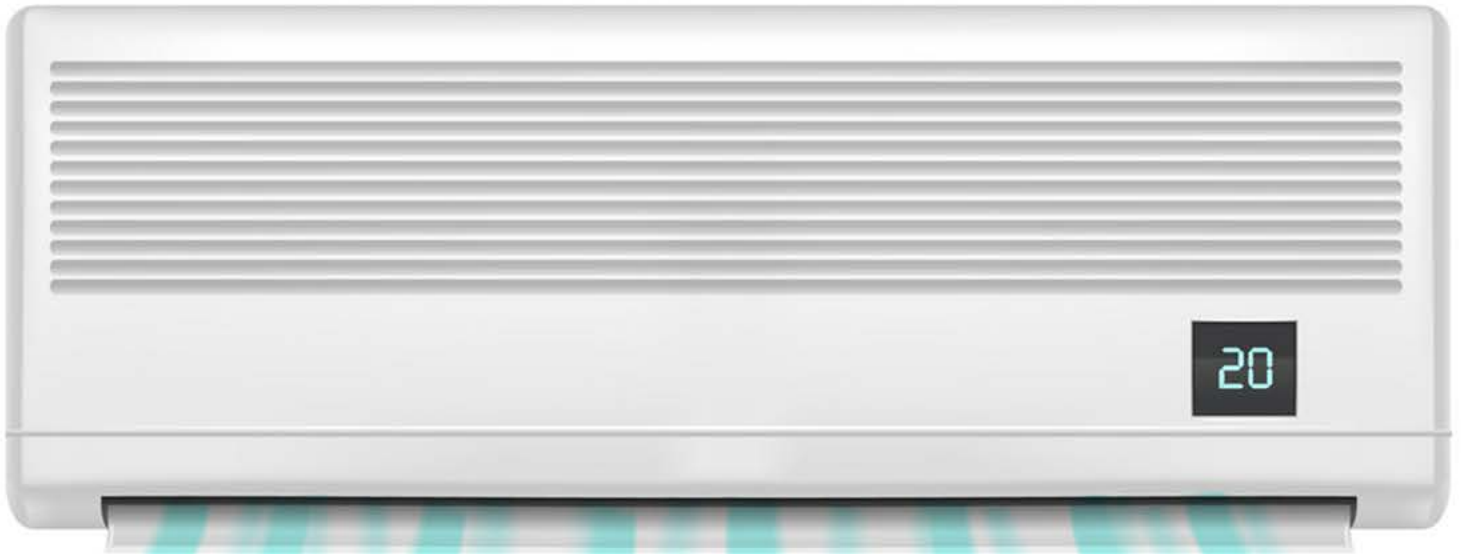
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6 Best Bedroom Ideas & Design Tips for Every Style

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

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

Whether you prefer a minimalist neutral aesthetic or a colorful maximalist approach, check out these bedroom ideas from a range of interior designers that will inspire you to create your own at-home oasis that's custom built to suit your needs.

1. Drape the Windows

This Los Feliz, Los Angeles bedroom from Ghislaine Viñas has a low-profile pink velvet headboard that fills the wall without blocking the windows. When it's time to sleep, thick pink drapes block light and add color. Matching side tables, lamps, and linens provide symmetry. Mustard yellow throw

pillows add color contrast and a portrait hung in the blank wall space between windows creates a focal point.

2. Mount a Live Edge Headboard

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

3. Dress the Wall Opposite the Bed

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

4. Add a Custom Windowseat

In this NYC bedroom from Chango & Co., a custom headboard and window seat with rounded edges creates a luxurious minimalist cocooning feel with a calming creamy beige monotone color scheme that wraps around three walls of the room.

5. Build a Home Library

In this bedroom from Leanne Ford Interiors, the wall behind the bed has been transformed into a home library with an integrated headboard. A large round pendant light adds dimension, and art on the other walls completes the casual, lived-in feel of a room ideal for book and art lovers.

6. Lean an Antique Floor Mirror Against the Wall

This spacious and opulent main bedroom from Michelle Gerson Interiors has a graphic wallpapered ceiling, statement lighting, and a dramatic antique French gilded floor mirror leaning casually against the wall for outfit selfies.





10 Steps To Profitable Strategic Business Decisions

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

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

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

1. Start with creativity to expand decision alternatives. The act of coming up with alternatives forces everyone to dig deeper and look at the problem from different angles. This will force you to step outside your normal patterns of thinking and come up with more innovative solutions. Decisions made without innovation lead to a stale business.
2. Evaluate alternatives through a future-oriented lens. All decisions and actions have immediate as well as future consequences. For example, it is only from the perspective of future orientation that the decision to re-invest profits, versus distributing them, makes any sense. Decisions made for immediate relief feel good, but rarely add long-term value.
3. Learn from previous results to eliminate repeat mistakes. Making a wrong decision once means you are willing to take risks, but repeating that same mistake a second time means you didn't learn anything. Own your bad decisions, with no excuses, but wisdom is the accumulation of learning and experience and is required to succeed in business.
4. Don't try to satisfy everyone with every decision. Trying to please everyone can cause you to lose sight of your values and strategic goals. Certainly you must actively listen to the opinions, suggestions, and ideas of others, but the decision has to be yours, even in the face of second guessing from those with negative consequences.
5. Test the quality of information available for analysis. If you're not using data to make decisions, you're flying blind, and gut decisions are based primarily on emotional data. To assess objective data quality, look for completeness, consistency, and timeliness, relative to the decision at hand. The best analysis done on bad data will still yield a bad decision.
6. Ask open-ended questions to stimulate critical thinking. The ability to ask and answer questions is central to both thinking and learning. The "5 Whys" is another iterative technique used to determine the root cause of a problem or stimulate creative and in-depth thinking. Every entrepreneur benefits from critical thinking and learning.
7. Don't allow information paralysis to delay reaching a decision. Analysis paralysis is the state of over-thinking a decision, to the point where a choice never gets made, or is made too slowly. Always identify your top objective for any specific decision, and use that to drive you in decision making. Timeliness must always be a top business objective.
8. Factor in personal values, assumptions, and intuitions. These are valid and important in any decision, but need to be communicated effectively to all constituents in order to foster total understanding and support. Perceptions are as important as reality, and the wrong perception of your decision rationale can derail even the



best effort.

9. Always define one or more backup or contingent solutions. Contingency plans make sense in every case where you don't have all the decision information you need, or there are factors involved that you can't control, such as regulations, economic conditions, or market trends. They should never be used as a shortcut for not doing proper analysis.
10. Communicate the primary solution to all, with implementation steps. Decisions without a viable implementation plan are counter-productive. Thus the best entrepreneurs map out an implementation plan, and make sure everyone understands what has to be done and how to do it. Finally, they monitor and manage the rollout, with required pivots.

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





The Joy and Doja Cat: A South African Acapella Delight at Coachella 2024

In the heart of the Colorado Desert, where music transcends boundaries and genres, Coachella Valley Music and Arts Festival yet again proved its status as a global cultural phenomenon. Among the myriad of electrifying performances, one stood out as a celebration of diversity and talent: The Joy, an Acapella group hailing from the vibrant music scene of South Africa, took the stage by storm alongside the internationally acclaimed artist, Doja Cat, captivating audiences with their harmonious melodies and infectious energy.

With a rich tapestry of vocal prowess and African rhythms, The Joy has been making waves in the music industry, captivating audiences worldwide with their unique blend of traditional African sounds and contemporary influences. Comprising singers from diverse backgrounds, The Joy represents the essence of unity and cultural fusion, embodying the spirit of South Africa's musical heritage.

Their collaboration with Doja Cat, a chart-topping sensation known for her eclectic style and dynamic stage presence, was a match made in musical heaven. As the sun dipped below the horizon and the desert landscape became awash with vibrant hues, the stage was set for a performance that would leave an indelible mark on Coachella history.

From the moment The Joy and Doja Cat took to the stage, the crowd was mesmerized by their electrifying presence. Against a backdrop of pulsating beats and intricate vocal arrangements, they delivered a spellbinding rendition of Doja Cat's hit singles, seamlessly blending her contemporary pop sensibilities with The Joy's soul-stirring harmonies.

One of the highlights of the performance was their rendition of "Say So," Doja Cat's breakout hit, infused with The Joy's signature African flair. The audience was transported on a musical journey, as the infectious rhythms and powerful vocals filled the air, creating an atmosphere of pure euphoria. But it wasn't just the music that captivated the crowd; it was the palpable sense of joy and camaraderie radiating from the stage. The seamless synergy between The Joy and Doja Cat was a testament to the unifying power of music, transcending cultural boundaries and bringing people together in celebration.

As the final notes of their performance echoed across the desert landscape, the crowd erupted into rapturous applause, a testament to the undeniable impact of The Joy and Doja Cat's collaboration. It was a moment of pure magic, a celebration of diversity, talent, and the universal language of music.

As Coachella 2024 drew to a close, The Joy and Doja Cat's performance stood out as a shining example of the festival's commitment to showcasing artists from all corners of the globe. In an increasingly interconnected world, their collaboration served as a reminder of the beauty that emerges when different cultures come together in harmony, creating something truly extraordinary. And as the desert night sky lit up with fireworks, it was clear that The Joy and Doja Cat had left an indelible mark on Coachella history, their music echoing in the hearts and minds of all who were fortunate enough to witness their electrifying performance.



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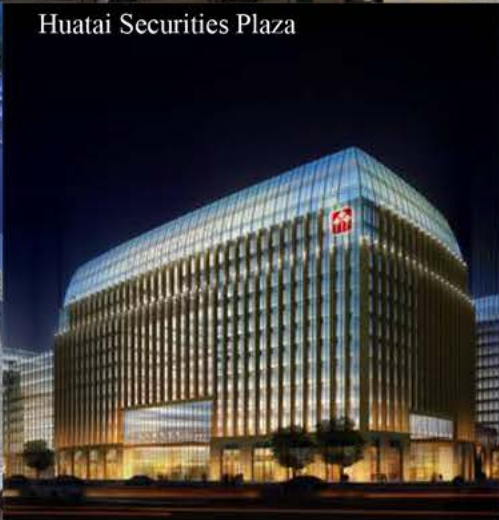
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Boitumelo Mafoko: A Journey of Football Excellence

Early Years and Introduction to Football

Boitumelo Mafoko, born on March 15, 1985, in Gaborone, Botswana, emerged as one of the most prominent footballers to emerge from the southern African nation. Growing up in Gaborone, Mafoko developed a passion for football at a young age, honing his skills in the streets and local pitches of his neighborhood. His innate talent and dedication soon caught the attention of local coaches, marking the beginning of his journey in the world of football.

Rise to Prominence

Mafoko's rise to prominence began during his teenage years when he showcased his exceptional abilities on the field. Known for his agility, vision, and precise ball control, he quickly became a standout player in Botswana's youth football scene. His performances did not go unnoticed, and soon he was scouted by several professional clubs within Botswana.

Mafoko's Professional Career

In 2002, Mafoko signed his first professional contract with one of Botswana's top

football clubs, marking the beginning of his illustrious career. His impact was immediate, and he soon became a vital player for his team, earning praise for his consistency and leadership on the field. Mafoko's skillful play and dedication to the sport earned him recognition not only within Botswana but also on the international stage.

Representing Botswana on the National Team

Mafoko's talents were soon recognized by the national team selectors, and he received his first call-up to the Botswana national football team. Representing his country on the international stage was a dream come true for Mafoko, and he embraced the opportunity with fervor. He quickly established himself as a cornerstone of the national team, earning caps and accolades for his contributions to Botswana's footballing success.

Legacy and Retirement

Throughout his career, Mafoko remained a symbol of excellence and professionalism both on and off the field. His passion for the game, coupled with his exemplary

work ethic, inspired a generation of young footballers in Botswana. Despite facing numerous challenges and setbacks, Mafoko persevered, leaving an indelible mark on Botswana's footballing landscape.

After a successful career spanning over a decade, Mafoko announced his retirement from professional football in 2017. Though he hung up his boots, his legacy continues to resonate within Botswana's footballing community. Beyond his on-field achievements, Mafoko remains committed to nurturing the next generation of football talent in Botswana, serving as a mentor and coach to aspiring young players.

Boitumelo Mafoko's journey from the streets of Gaborone to the international football arenas stands as a testament to the power of passion, perseverance, and dedication. His story serves as an inspiration to aspiring footballers not only in Botswana but across the African continent and beyond. As Botswana continues to strive for excellence in football, Boitumelo Mafoko's legacy will forever remain etched in the annals of the nation's sporting history.



Oddscope Chic: Igniting a Streetwear Revolution

Photography: Morden Day Zulu

In a world where conformity often reigns supreme, there are those who see life through a different lens. Meet the visionaries behind Oddscope, a burgeoning streetwear brand that is more than just fashion—it's a culture.

"It's more of a culture than just a streetwear brand because some people actually have an odd scope in life perception," explains the founder, whose own journey into the world of Oddscope began with a personal realization in their teen years. "What everybody else was on about, I had no interest in it. The best way to explain it was to call it an 'Odd Scope'."

Inspired by personal introspection and a desire to challenge conventional thinking, Oddscope is a manifestation of seeing the world differently. It's a celebration of uniqueness and individuality, encapsulated in every design and ethos of the brand.

The genesis of Oddscope wasn't just a whim; it was a convergence of inspiration from various sources. The founder draws influence from icons like Makhado and Cotton Fest, recognizing the potent fusion of fashion and music as a catalyst for cultural movements. With a dedicated team sharing the same vision, Oddscope was born—a testament to the power of collective creativity.

What sets Oddscope apart is its commitment to authenticity and substance. While profit is a necessity for sustainability, it's not the sole driving force behind the brand. Oddscope stands for something deeper—a culture built on core values and a mission to inspire others to embrace their odd scope.

The production process of Oddscope reflects its ethos of simplicity and efficiency. By sourcing plain garments from China and imprinting them with unique designs locally, the brand ensures quality while minimizing



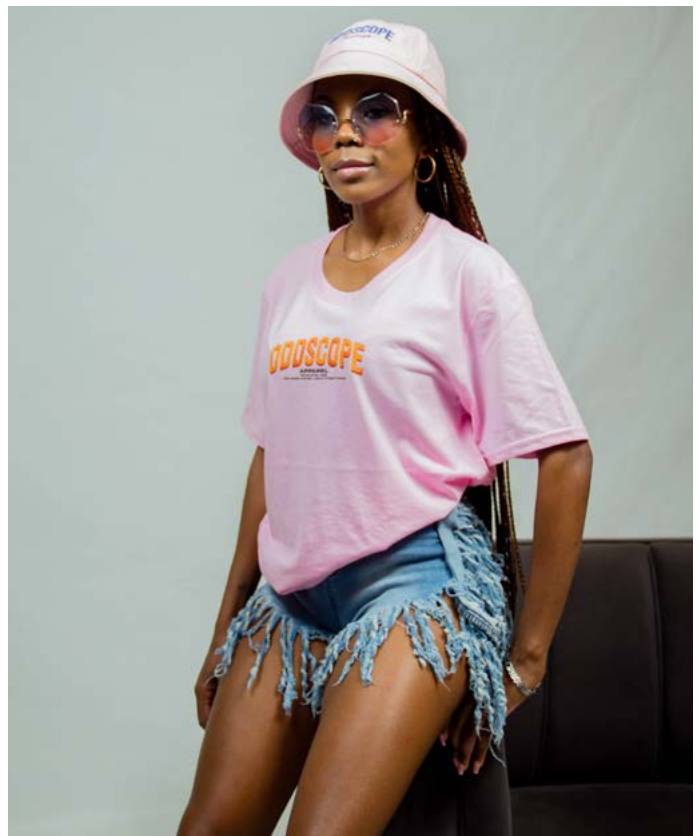
complexity. With a dedicated production team, Oddscope maintains a steady flow of inventory to meet demand, striking a balance between creativity and pragmatism. While collaborations can be a powerful marketing tool, Oddscope has prioritized organic growth and authenticity. Limited collaborations with like-minded partners have helped amplify the brand's message, while strategic partnerships with influencers like DJ Fizzy BW further solidify its presence in the cultural landscape.

Social media serves as a pivotal platform for Oddscope to connect with its audience and spread its message. Through engaging content and cinematic visuals, the brand cultivates a community around its ethos, utilizing platforms like Facebook, Instagram, and WhatsApp to reach a diverse audience. As Oddscope continues to evolve, its aspirations reach for the stars. Beyond just clothing, the brand envisions itself as a beacon of urban culture—a movement that transcends fashion and leaves an indelible mark on society.

In a world that often rewards conformity, Oddscope celebrates the outliers and the unconventional. It's a reminder that it's okay to see the world differently—to embrace the odd scope and carve out your own path. As the brand's journey unfolds, one thing is certain: this is only the beginning of a cultural revolution.

Photography: Morden Day Zulu









The 4 Types of Parenting Styles and How Kids Are Affected



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

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

- Authoritarian
- Authoritative
- Permissive
- Uninvolved

Each style takes a different approach to raising children, offers different pros and cons, and can be identified by a number of different characteristics. People often want to know which parenting style they are using—and which is the best. The truth is that there

is no one right way to parent, but the general parenting style that most experts, including the American Academy of Pediatrics (AAP), recommend is an authoritative approach.

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

Authoritarian Parenting

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

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

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

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

Authoritarian parents are famous for saying,

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

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

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

They may also become hostile or aggressive.



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

Authoritative Parenting

Do any of these statements sound like you?

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

If those statements sound familiar, you may be an authoritative parent. Authoritative parents have rules and they use consequences,

but they also take their children's opinions into account. They validate their children's feelings, while also making it clear that the adults are ultimately in charge. This is the approach backed by research and experts as the most developmentally healthy and effective parenting style.¹

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

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

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

Permissive Parenting

Do any of these statements sound like you?

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

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

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

Permissive parents usually take on more of a friend role than a parent role. They often encourage their children to talk with them



about their problems, but they usually don't put much effort into discouraging poor choices or bad behavior.

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

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

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

Uninvolved Parenting

Do any of these statements sound familiar?

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

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

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

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

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

A Word From Verywell

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

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

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



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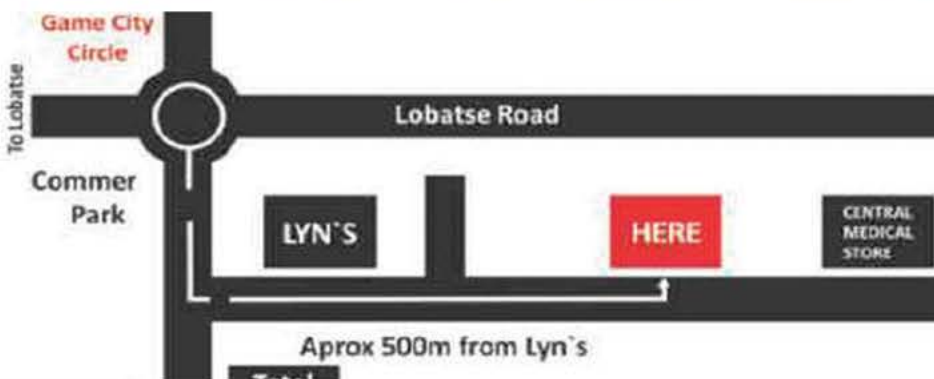
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26 Helpful Tips for Fitness and Nutrition

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

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

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

Stay Hydrated

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

Electrolyte-loaded athletic drinks, for example, can be a source of unnecessary calories. So "drinking water is usually fine until you're exercising for more than one

hour," Jackie Newgent, RD, author of "The Big Green Cookbook," told Health.

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

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

Find a Workout Buddy

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

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

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

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



Stock Your Fridge with Healthy Foods

Foods like fruits, vegetables, and lean meats can go a long way for your fitness journey. There are even some delicious, healthy snack options to take advantage of, like hummus, grapes and walnuts, and apple slices with cheese.

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

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

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

Relieve Those Achy Muscles

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

Fortunately, you might get relief from post-fitness aches by using cold water immersion in the form of ice baths. This involves

submerging your lower body in a cold bath (50 to 59 degrees Fahrenheit; you may have to throw in some ice cubes to get it cold enough) for 10 to 15 minutes.

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

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

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

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

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

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

Curb Your Sweet Tooth

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

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

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

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

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2024 Tesla Model S

Overview

While Tesla has moved on to flashy new products such as the Cybertruck, the 2024 Model S carries on in its role as the brand's flagship luxury car. Its maximum estimated range of 405 miles per charge sits near the top of what buyers can expect from an EV, and its impressive performance and sports-sedan agility combine for a grin-inducing drive. Several rivals are edging in on Tesla's territory, though, including the Lucid Air, which offers more range, similar performance, and a more upscale experience inside its cabin. Tesla's notoriety remains difficult to compete with, and the same can be said for the brand's sprawling network of fast charging Supercharger stations. These things, combined with the car's high-tech features and impressive estimated driving range, keep the Model S in contention with its rivals.

What's New for 2024?

Tesla hasn't announced any changes to the Model S lineup for 2024—yet. The company is known for making updates to its lineup of electric vehicles on the fly at random times during the model year, so details on this page are subject to change. If any revisions to the Model S happen throughout the year, we'll update this story with details.

Pricing and Which One to Buy

The price of the 2024 Tesla Model S starts at \$76,630 and goes up to \$91,630 depending on the trim and options.

We'd stick with the Long Range model, which carries an estimated range of 405 miles per charge. The ultra-high-performance Plaid model sounds compelling, but its six-figure starting price represents diminishing value—unless you absolutely must have a car with the quickness reminiscent of a Top Fuel dragster, we'd prioritize range.

EV Motor, Power, and Performance

With an electric motor dedicated to each of the front and rear axles, the Model S offers full-time all-wheel drive no matter which version you choose. The acceleration of the two models ranges from outstanding to unbelievable. The standard Model S has proven itself an agile sports sedan with well-controlled body motions and direct steering. Two different settings allow drivers to choose heavy or light steering effort, but neither of them enables more feedback from the road. Unfortunately, the available yoke-style steering wheel is poorly integrated and diminishes the driving experience; a regular steering wheel is a no-cost option. The ride comfort is good, handling is adroit, and it's confident and almost tranquil on the highway.

Tesla Model S 0-60 MPH Time

The Tesla Model S we tested reached 60 mph in a blistering 2.4 seconds while the Plaid version, which boasts a third electric motor reached 60 mph in just 2.1 seconds.

Range, Charging, and Battery Life

Under the Tesla's floor lies a battery pack that yields a low center of gravity and evenly distributed weight between front and rear. Driving range varies from model to model, with the Long Range model offering up to 405 miles per charge and the Plaid not far behind at 359. The Lucid Air is the only EV sedan that offers more driving per charge, with high-end models estimated to deliver up to 516 miles of range.

Fuel Economy and Real-World MPGe

While EVs such as the Audi e-tron GT and the Porsche Taycan deliver serviceable driving range, the Model S is a more impressive alternative to gas-powered vehicles when it comes to long-distance travel. The Long Range model has the highest MPGe ratings at 124 city and 115 highway. In our 75-mph highway fuel-economy test, a Model S Plaid managed 280 miles of its claimed 390 miles of range. For more information about the Model S's fuel economy, visit the EPA's website.



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Interior, Comfort, and Cargo

With Model S prices starting close to \$80,000, it's reasonable for buyers to expect a certain amount of luxury inside the car. The cabin's atmosphere is nice enough, but it's not nearly as plush as rivals such as the BMW i5 and the Mercedes-Benz EQE. The Model S's sloped roofline cleverly hides a rear liftgate that opens to reveal a huge 26-cubic-foot trunk. We managed to stash eight of our carry-on-size cases without folding down the rear seats. Paltry small-item cubby stowage throughout the interior—especially in the back seat—is offset by a large underfloor bin in the rear cargo area.

Infotainment and Connectivity

Fans of modern minimalism will adore the Model S's cabin, which comes standard with a giant infotainment screen that controls almost all the vehicle's functions. Technophiles will be in heaven, but we're not completely sold. The screen's positioning on the dashboard will require some drivers to lean forward in their seats to reach certain icons, particularly those near the top-right of the display. Unlike the less expensive Model 3, the Model S provides a secondary display for the gauge cluster and a small touchpad in the rear seat as well.

Safety and Driver-Assistance Features

The Model S comes with an adaptive cruise control system called Autopilot, but before you get too excited about a self-driving car, you should know that

it's little more than an adaptive cruise control system with a lane-centering feature. A more advanced Enhanced Autopilot package is available and adds an automatic lane-changing system, and an automatic parking feature, among other tricks. The company has repeatedly touted a "full self-driving" feature over the years but in our experience, it doesn't quite work as advertised and still requires driver attention and intervention. For more information about the Model S's crash-test results, visit the National Highway Traffic Safety Administration (NHTSA) and Insurance Institute for Highway Safety (IIHS) websites.

Key safety features include:

- Standard automated emergency braking
- Standard lane-departure warning
- Available adaptive cruise control with a hands-free driving mode

Warranty and Maintenance Coverage

Tesla offers a comprehensive warranty package to protect the Model S's powertrain and hybrid components but lacks the lengthy bumper-to-bumper coverage and complimentary scheduled maintenance packages of the Jaguar I-Pace.

- Limited warranty covers four years or 50,000 miles
- Powertrain warranty covers eight years and unlimited miles
- No complimentary scheduled maintenance



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



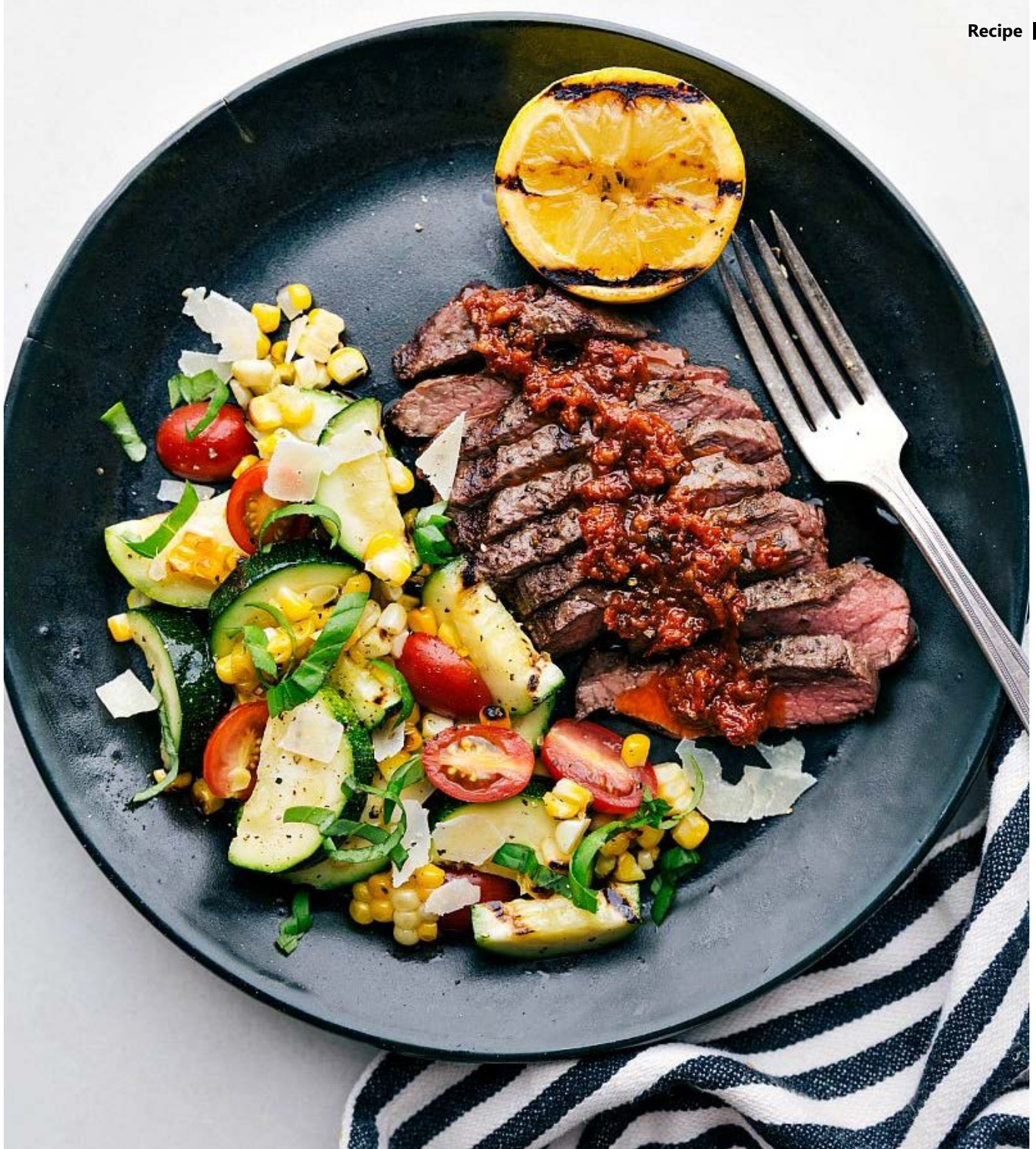
A73

P6,999 P7,999

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- 5000mAh
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- 8GB Ram | 256GB Rom

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GRILLED STEAK WITH GREEK CORN SALAD

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

Ingredients

3 tablespoons extra-virgin olive oil
 2 tablespoons red wine vinegar
 2 tablespoons chopped fresh oregano and/or mint
 1 teaspoon honey
 Kosher salt and freshly ground pepper
 1 English cucumber, peeled and chopped
 1 pint grape or cherry tomatoes, halved
 1 small red onion, diced
 1/2 cup crumbled feta cheese (about 4

ounces)
 1/3 cup pitted green olives, sliced
 2 ears of corn, shucked
 1 1/4 pounds cube steaks

PREPARATION

Preheat a grill to high. Whisk the olive oil, vinegar, herbs, honey, 3/4 teaspoon salt and a few grinds of pepper in a medium bowl. Remove 2 tablespoons of the vinaigrette to a large bowl; set aside. Add the cucumber, tomatoes, red onion, feta and olives to the bowl with the remaining vinaigrette; toss to coat.
 Grill the corn, turning occasionally, until charred in spots, about 8 minutes; remove

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

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

Cook's Note

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



Thuso Lesole Sename: A Beacon of Activism and Entrepreneurship

Thuso Lesole Sename, a 33-year-old entrepreneur, promoter, activist, motivational speaker, and politician hailing from the village of Ramonaka in the Kgatleng East Constituency, embodies the spirit of grassroots activism and community engagement. His journey into social activism officially began in 2020, spurred by a deep-seated passion for community welfare and a desire to drive positive change in his beloved Botswana.

In 2020, amidst the global turmoil caused by the COVID-19 pandemic, Botswana faced another crisis: a sharp increase in Gender-Based Violence (GBV) cases. Witnessing this

alarming trend, Thuso took it upon himself to raise awareness about this pressing issue. Utilizing various platforms such as local radio stations, newspapers, and social media, he embarked on a mission to shed light on the heart-breaking realities of GBV.

Growing up in a rural area where instances of GBV often went unreported, Thuso recognized the urgent need to amplify voices and advocate for change. His grassroots approach involved engaging directly with communities, encouraging dialogue, and empowering individuals to stand against GBV. Through his efforts, he aimed to foster a culture of respect, equality, and safety for

all, particularly for vulnerable women and children.

One notable milestone in Thuso's activism journey was his involvement in a stakeholder dialogue discussion convened by the Assistant Minister of Local Government and Rural Development in 2019. Here, issues such as GBV and its intersections with HIV, the role of traditional leaders in addressing GBV, and challenges within marital relationships were addressed. This experience served as a catalyst for Thuso's continued dedication to advocating for societal change.

In July 2023, Thuso's commitment to community empowerment was further recognized when he was appointed as the Youth Representative in his constituency for the National Mindset Change Campaign launch. This initiative aimed to catalyse a societal "reset," challenging harmful attitudes and fostering a more progressive mindset among Batswana.

As an entrepreneur, Thuso faces challenges, particularly the lack of funds, in his quest to combat GBV effectively. However, he leverages his Thuso Sename Charitable Trust to rally support from private companies and local businessmen. Through his trust, he strives to bridge the gap between grassroots activism and sustainable funding, ensuring that essential initiatives continue to thrive despite financial constraints.

In his activism, Thuso plays a pivotal role in advocating for social and environmental change. By raising awareness, mobilizing communities, and advocating for policy reforms, he addresses systemic injustices and promotes positive societal transformation. His efforts extend beyond mere awareness-raising to tangible actions aimed at increasing access to support services, transforming harmful gender norms, and fostering community-based prevention strategies.

Looking ahead, Thuso remains steadfast in his commitment to combatting GBV and fostering a society where all individuals can live free from fear and harm. His vision for the future encompasses a united effort involving individuals, communities, governments, and organizations to tackle GBV comprehensively. Through initiatives like the 30KM Walk of Activism Against Gender-Based Violence, he seeks to galvanize collective action and inspire meaningful change.

In the face of adversity, Thuso Lesole Sename stands as a beacon of hope, inspiring others to join him in the fight against GBV and championing a future defined by compassion, equality, and justice for all.

Furty's Cakes and Sugar Art : 72729014



7 Effective Fitness Tips For Beginners

What Does Being Fit Mean?



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

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

Fitness Tips For A Healthy Life

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

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

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

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

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

At least 400 g of fruits, vegetables, legumes,

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

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

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

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

You can add different things to your water to meet the daily requirement of 2 liters or 8 glasses of water per day. Remember, staying hydrated helps you maintain a healthy

weight balance, clears out your skin, can help you to work out for a longer period of time, boosts your brain performance, and improves your digestive functioning.

Fitness Tip 3. Setting Achievable Health And Fitness Goals

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

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

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

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

Fitness Tip 5. Hit The Bed On Time

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

Fitness Tip 6. Personalise Your Workout

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

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



to breakfast, lunch, and dinner.

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

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

You can use meditation, journaling, therapy,

and connecting with nature as forms of healthy outlets to let your feelings out. As a subset of many of the other fitness tips, emotional regulation can be a powerful tool for staying healthy as a beginner.

Conclusion

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



Leicester City 5-0 Southampton: Abdul Fatawu Scores Hat-Trick As Foxes Edge Closer To Promotion

Leicester hammered Southampton 5-0 to move within one win of promotion back to the Premier League.

A hat-trick from Abdul Fatawu alongside goals from Wilfried Ndidi and Jamie Vardy proved more than enough to see off a poor Saints at the King Power Stadium.

Leicester now know that a win at Preston next Monday night - live on Sky Sports Football - will be enough to guarantee their return to the Premier League.

For the Saints, the defeat all-but condemns them to the play-offs. They are six points behind Leeds in second with a significantly inferior goal difference and just two games to play.

The breakthrough for Leicester came on 25 minutes. Wout Faes won the ball back from Che Adams and Harry Winks sprang the ball

forward to Kiernan Dewsbury-Hall, who fed Fatawu with a pinpoint pass in the box, and he slid the ball calmly past Alex McCarthy.

The Saints came out strongly after half-time, but it was Leicester who struck next. Just after the hour mark they won the ball high up the pitch and Stephy Mavididi crossed for Ndidi to head in.

Fatawu then got his second with a brilliant effort from the edge of the box, cutting in from the right and then bending one past McCarthy. He then teed up Vardy for Leicester's fourth, as his low cross was met by the striker, who swept in at the near post. And the night's scoring was completed with aplomb by Fatawu, who turned in Vardy's cross after a swift counter-attack had cut Southampton open.

Leicester's Enzo Maresca:

"I said that since we started they have been

fantastic in how they've been open-minded in learning different ideas.

"We are nearly there, we need one win to be 100 per cent sure, so we enjoy tonight and have two days off and then we start to prepare for Preston.

"I said many times I didn't have any doubt we'd finish [the season] the right way. Sometimes you can drop points like has happened with us. But even when we have dropped points the performances were always there.

"I always said the noise was more from the outside. Inside the club I was supporting the team and the team were supporting me. We always continued the same way."

Martin: Madness that game ended up 5-0 | 'Defending was pathetic'



Southampton's Russell Martin:

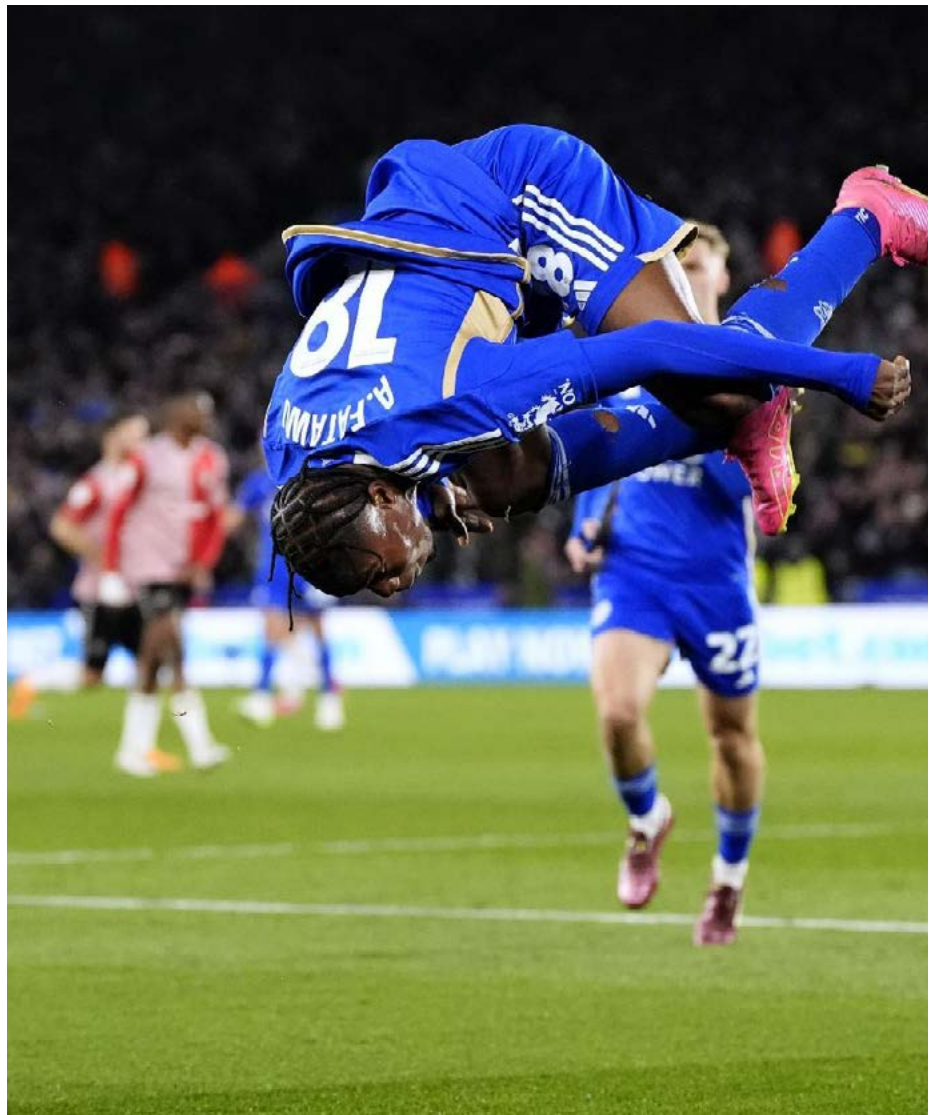
"It was crazy that it ends 5-0. For so long in the game I thought we were really good.

"But we're not ruthless and they are. It can't descend into what it descended to after [the second goal]. For it to end 5-0 is madness really.

"It was offside, but it's not the reason we lose 5-0. Of course it gives them the advantage in the game. The foul was really simple for a referee. He came through the back of Che to take the ball. But sometimes they get given sometimes they don't.

"We started the second half well but we defended pathetically after we went two goals down.

"The players that want to fight and care the most and run the most will play."



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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

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