

Celebrity World

Botswana's Native Magazine

September 2024 P12

**Purposeful
Voice Of
Nomathemba
Mathaba**

**Mandla
Music: The
Journey of a
Rising Star
in the Music
Industry**

**Jay Dee
Emerges
With Fresh
Energy**

**Building
a Healthy
Relationship**

The Multifaceted Journey of Phly Honey:

**Botswana's Dynamic Social Activist,
Entrepreneur, and Influencer**

**The Best Home
Management
Tips that are
Actually Easy**

**Dr. Prince Douglas
Maroku: A Journey of
Resilience and Faith**

**Street Style: The Pulse
of Fashion's Beating
Heart**

**Botswana's Letsile
Tebogo Wins
Historic Gold in
200m Race**



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Dear Readers,

As the vibrant hues of September grace us, we are thrilled to present a magazine issue brimming with inspiration and triumph. This month, we spotlight an array of remarkable individuals who embody excellence and creativity.

Our cover story celebrates Phly Honey, a dynamic MC who has made history as the first Motswana to headline the South African Annual Durban July as a hostess. Her remarkable achievement not only highlights her exceptional talent but also marks a significant milestone for Botswana in the global entertainment arena. Phly Honey's journey is a testament to passion and perseverance, and we are honored to share her inspiring story with you.

In our features section, we shine a light on the incredibly talented Nomathemba Mathata. At just 22, Nomathemba has already captivated audiences with her soulful voice and powerful messages. Her versatility as a musician and her dedication to her craft are truly commendable, and we are excited to delve into her journey and the impact she is making on the music scene.

Our sports section brings us the exhilarating news of Tebogo Letsile, Botswana's very own gold medalist. Tebogo's stunning victory in the 200m at the Paris 2024 Olympics is not just a personal triumph but a historic moment for Africa. As the first African man to win this title, Tebogo has made us all incredibly proud and demonstrated the boundless potential of African athletes on the global stage.

As we embrace this September issue, let us celebrate these outstanding achievements and the trailblazing individuals who continue to inspire and uplift us. Their stories remind us of the limitless possibilities that lie ahead when we follow our passions and dreams.

Happy reading!

Warm regards,

Editorial Team

Celebrity World Magazine



Contents JULY 2024



6 Mandla Music: The Journey of a Rising Star in the Music Industry

12 Purposeful Voice Of Nomathemba Mathaba

18 Jay Dee Emerges With Fresh Energy

20 The Best Home Management Tips that are Actually Easy

24 Effective Networking Entrepreneurs

41 14 Most Clever Gardening Tips and Ideas

46 The Importance Of Early Childhood Development

48 Dr. Prince Douglas Maroku: A Journey of Resilience and Faith

56 Building a Healthy Relationship

60 Street Style: The Pulse of Fashion's Beating Heart

84 Botswana's Letsile Tebogo Wins Historic Gold in 200m Race



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DESPICABLE ME 4

Gru, Lucy, Margo, Edith, and Agnes welcome a new member to the family, Gru Jr., who is intent on tormenting his dad. Gru faces a new nemesis in Maxime Le Mal and his girlfriend Valentina, and the family is forced to go on the run.

GENRE: Animation, Sci-Fi, Adventure

DIRECTOR: Chris Renaud

CAST: Steve Carell, Kristen Wiig, Pierre Coffin, Joey King, Will Ferrell, Sofia Vergara, Chris Renaud, Dana Gaier, Madison Skyy Polan, Miranda Cosgrove, Steve Coogan, Laraine Newman,



MY SPY: THE ETERNAL CITY

JJ, a veteran CIA agent, reunites with his protégé Sophie, in order to prevent a catastrophic nuclear scheme threatening Vatican City, which disrupts a high school choir trip to Italy.

GENRE: Comedy, Action

DIRECTOR: Peter Segal

CAST: Dave Bautista, Chloe Coleman, Kristen Schaal, Flula Borg, Ken Jeong, Anna Faris, Taeho K, Billy Barratt, Craig Robinson, Tamer Burjaq, Paul du Toit, Kyra Janse van Rensburg, Peter Butler, Arin Gonçalves, Nicola Correia-Damude, Noah Dalton Danby, Devere Rogers, Richard Wright-Firth



A QUIET PLACE DAY ONE

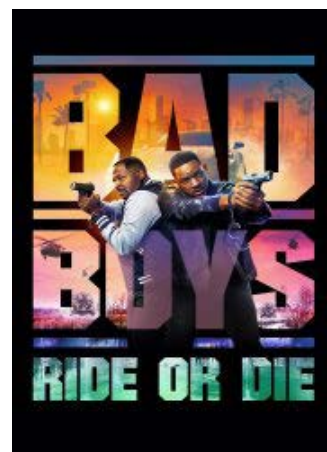
A young woman named Sam finds herself trapped in New York City during the early stages of an invasion by alien creatures with ultra-sensitive hearing.

GENRE: Horror, Sci-Fi, Drama

DIRECTOR: Michael Sarnoski

CAST: Lupita Nyong'o, Joseph Quinn, Alex Wolff, Djimon Hounsou, Eliane Umuhire, Takunda Khumalo, Alfie Todd.

CAST: Lupita Nyong'o, Joseph Quinn, Alex Wolff, Djimon Hounsou, Eliane Umuhire, Takunda Khumalo, Alfie Todd, Avy-Berry Worrall, Ronnie Le Drew, Benjamin Wong.



BAD BOYS RIDE OR DIE

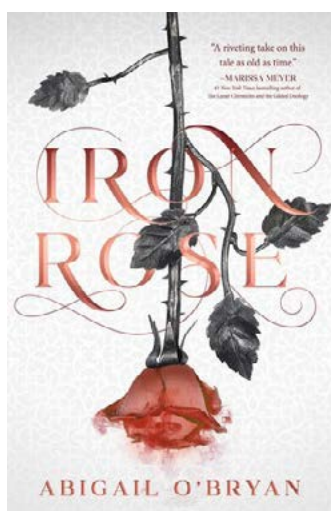
This Summer, the world's favorite Bad Boys are back with their iconic mix of edge-of-your-seat action and outrageous comedy but this time with a twist: Miami's finest are now on the run.

GENRE: Action, Adventure, Comedy

DIRECTOR: Adil El Arbi

CAST: Will Smith, Martin Lawrence, Vanessa Hudgens, Alexander Ludwig, Paola Núñez, Eric Dane, Ioan Gruffudd, Jacob Scipio, Melanie Liburd, Tasha Smith, Rhea Seehorn, Tiffany Haddish, Joe Pantoliano, DJ Khaled, John Salley, Bianca Bethune, Dennis Greene, Quinn Hemphill.

What To Read

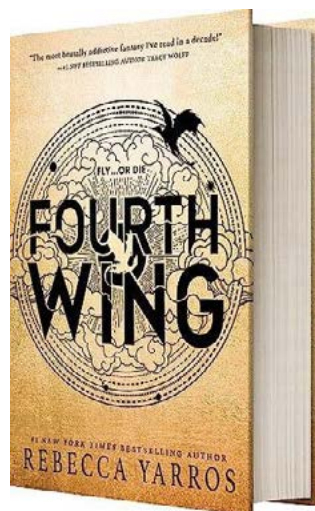


IRON ROSE

A woman must escape the clutches of a reclusive creature to rejoin the rebellion against a tyrannical ruler in O'Bryan's fantasy novel, a radical retelling of Beauty and the Beast.

BY: ABIGAIL O'BRYAN

GENRE: FANTASY



FORTH WING

On the orders of her mother, a woman goes to dragon-riding school.

Even though her mother is a general in Navarre's army, 20-year-old Violet Sorrengail was raised by her father to follow his path as a scribe. After his death, though, Violet's mother shocks her by forcing her to enter the elite and deadly dragon rider academy at Basgiath War College.

BY: REBECCA YARROS

GENRE: SCIENCE FICTION

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MandIA Music: The Journey of a Rising Star in the Music Industry



Who is MandIA Music?

MandIA Music is a 24-year-old producer, songwriter, composer, and performing artist with a qualification in sound engineering.

How did your journey as a musician start?

My journey as a musician began at a young age when I sang in church. I was chosen as the lead vocalist in Sunday school, and by the age of 10, I formed an acapella group. It was then that I realized I wanted a musical career. During my teenage years in secondary school, I joined the choir, and after completing Form 5, I joined the praise and worship band at church. In 2018, I enrolled at Limkokwing University to pursue an associate degree in Sound Technology.

Why did you choose a career in entertainment?

I didn't choose to have a career in entertainment; I believe it chose me. I see it as a calling I had to answer. Music is my life; it's what I'm predominantly good at. I want to heal people with my music, unite, encourage, and inspire love in others. I also want to show people that my success is a blessing from God – Jesus Christ.

What's the most surprising thing people might not know about you?

I handle everything in the production of my

music, including the publishing. This was the case for my previous projects and my current EP titled *Kgosi*. However, I didn't create the cover art myself; other creative processes not directly related to music are handled by third parties.

Where can one find your music?

You can find my music on all streaming platforms, including Spotify, Deezer, and Apple Music. You can also follow my social media pages to access links to my music.

Can you tell us about your latest album/project? What inspired it?

Kgosi EP is my latest project, inspired by life situations—both my own and others' experiences.

Why did you title your EP "Kgosi"?

I named it *Kgosi* because I hope and envision that my music will one day allow me to live like a king. I aspire to have an opulent lifestyle where I can rise with my people.

Who are your biggest musical influences? How have they shaped your sound?

My biggest musical influences include Bruno Mars, Kabza De Small, Kelvin Momo, Dali Wonga, Travis Greene, and Han C. I'm primarily influenced by dance music, which is why I'm drawn to producing dance tracks.

Additionally, artists like Dali Wonga have influenced my singing style.

Which song of yours holds the most personal meaning to you, and why?

Nkgopole from the *Kgosi* EP holds the most personal meaning to me. I wrote it when I was at my lowest point, with nothing but a computer and a microphone. The song was my plea to God to remember me.

What is your core message as an artist?

The message I want to convey as an artist is that love, self-awareness, perseverance, and truth are key to a balanced life. Most importantly, I want people to know that God is real and continues to bless me, and that they should turn to Him for help.

Who are some of the people you have worked with?

I've had the opportunity to work with Raptured Roots, Baxon, Khoisan, Benedict BW, Bouncy, Motsware, and Han C. I've also collaborated with South African artists Mhaw Keys and TMA.

Any career milestones you could share with us?

A significant milestone in my career was composing for season one of the Department of Broadcasting Service (DBS)

roadshow last year. This year, I became their resident DJ. Additionally, I performed at the YAMA 94 event curated by Han C and hosted a successful listening session for the *Kgosi* EP.

What do you hope to achieve in the music industry?

I aim to become a global superstar, performing on the world's biggest stages. I aspire to be the first Motswana to win a Grammy and hope to be remembered for 100 years to come. I want my music to outlive me and inspire the world to love each other.

Who would you like to collaborate with?

I'm open to collaborating with any superstar you can think of. However, at the top of my list are DJ Maphorisa and Kabza De Small. It would be a dream come true to work with Bruno Mars.

How do you handle creative blocks or moments of doubt?

When faced with a creative block, I usually take a week-long break from producing music. Sometimes, I seek out new music to listen to, which helps overcome the block. I rarely have moments of doubt, but when I do, I reflect on how far I've come and pray about whatever is troubling me.

What has been the most challenging aspect of your career so far?

The biggest challenge in my career has been a lack of finances. Sometimes, my creative goals are limited or cut short due to insufficient funds.

What do you enjoy doing outside of making music?

I'm a gamer; playing video games is what I enjoy in my spare time. If I'm not gaming, I'm either playing soccer or hanging out with friends.

What do you think about the current state of the music industry?

Globally, the industry is alive and vibrant. However, the local industry is slow and behind in development. It's challenging for upcoming artists to break through, and local artists are still undervalued, often getting booked for free in exchange for exposure and free drinks. On a positive note, our local industry is beautiful, though its growth is slow.

What advice would you give to aspiring musicians?

Know your worth and don't let anyone devalue you. When entering this industry, stay true to yourself, fight for what you love, and believe in what is right, as long as it is good.



The Multifaceted Journey of Phly Honey: Botswana's Dynamic Social Activist, Entrepreneur, and Influencer



Poloko "Phly Honey" Mosarwa is a prominent figure in Botswana, known for her multifaceted career that spans across radio hosting, event MCing, social activism, and entrepreneurship. With her charismatic presence and passion for engaging with people, Phly Honey has carved a unique niche for herself in the entertainment and social advocacy spheres. This article delves into the various aspects of her career, her inspirations, and her future aspirations.

Phly Honey's journey began in the corporate world, where she hosted small events at her workplace. Her natural ability to connect with people and create a light-hearted atmosphere quickly became evident. Recognizing her passion for talking to people and making spaces feel welcoming, she decided to pursue event hosting publicly. This decision marked the beginning of her dynamic career as a Master of Ceremonies (MC). "I have a passion to engage with people and

make spaces feel light-hearted. Talking to people has always been a passion of mine, and I decided that I would want to make a living from it," says Poloko.

Poloko's talent and charisma caught the attention of Gabz FM, where she now hosts the "Phly By Night Show." This radio show covers a variety of topics, and Poloko brings her unique style and energy to the airwaves. Her ability to engage with listeners and discuss diverse subjects has made her a beloved radio personality in Botswana.

Hosting the "Phly By Night Show" allows Poloko to reach a wide audience, sharing her insights and connecting with people on a deeper level. Her dynamic presence on the radio is a testament to her versatility and passion for communication.

As an event MC, Phly Honey has graced numerous stages, bringing her charisma and stage presence to engage audiences. She has hosted events for prestigious organizations such as Avani Resort and Casino, The Makeover Place, and The Body Shop. Each event is an opportunity for Poloko to showcase her talent and connect with diverse audiences.

One of the highlights of her career was hosting the Durban July All Black Party, where she became the first Motswana to host this prestigious event. "I was excited. Super excited. First Motswana to host Durban July All Black Party. I am still pinching myself about it," she recalls. Meeting renowned artists like Black Motion, Jellybaby, Vetkook, and Mahuta, and performing in front of an international audience, was both intimidating and exhilarating for Poloko.

Beyond entertainment, Poloko is deeply involved in advocacy work. She has participated in discussions related to the United Nations in Botswana, using her platform to raise awareness and advocate for important social issues. Her collaboration with various organizations highlights her commitment to making a positive impact in her community.

Phly Honey's collaborations extend to the corporate world, where she has worked with entities such as Avani Resort and Casino, The Makeover Place, and The Body Shop. These partnerships reflect her ability to blend entertainment with meaningful advocacy, creating a significant impact in various spheres.

Poloko draws inspiration from prominent figures like Carol Tshabalala and MC Lyte. Their successful careers in media and entertainment motivate her to strive for excellence in her endeavors.



Preparing for events is a meticulous process for Poloko. "First thing, I always make sure I have my voice. I rest my voice daily by not talking for at least four hours. Then I make sure I look good. Dressing up to fit the occasion is also important and, of course, having a great attitude to interact with the audience," she explains.

Poloko emphasizes the importance of research and preparation. Understanding the theme, objectives, and key speakers of an event allows her to ask relevant questions and add insightful information. This thorough preparation ensures that she can handle unexpected occurrences and keep the event flowing smoothly.

Being an effective MC involves more than just speaking to an audience. Poloko understands the importance of keeping the event on track and maintaining audience engagement. She uses relatable stories, humor, and audience participation to create an inclusive and dynamic atmosphere.

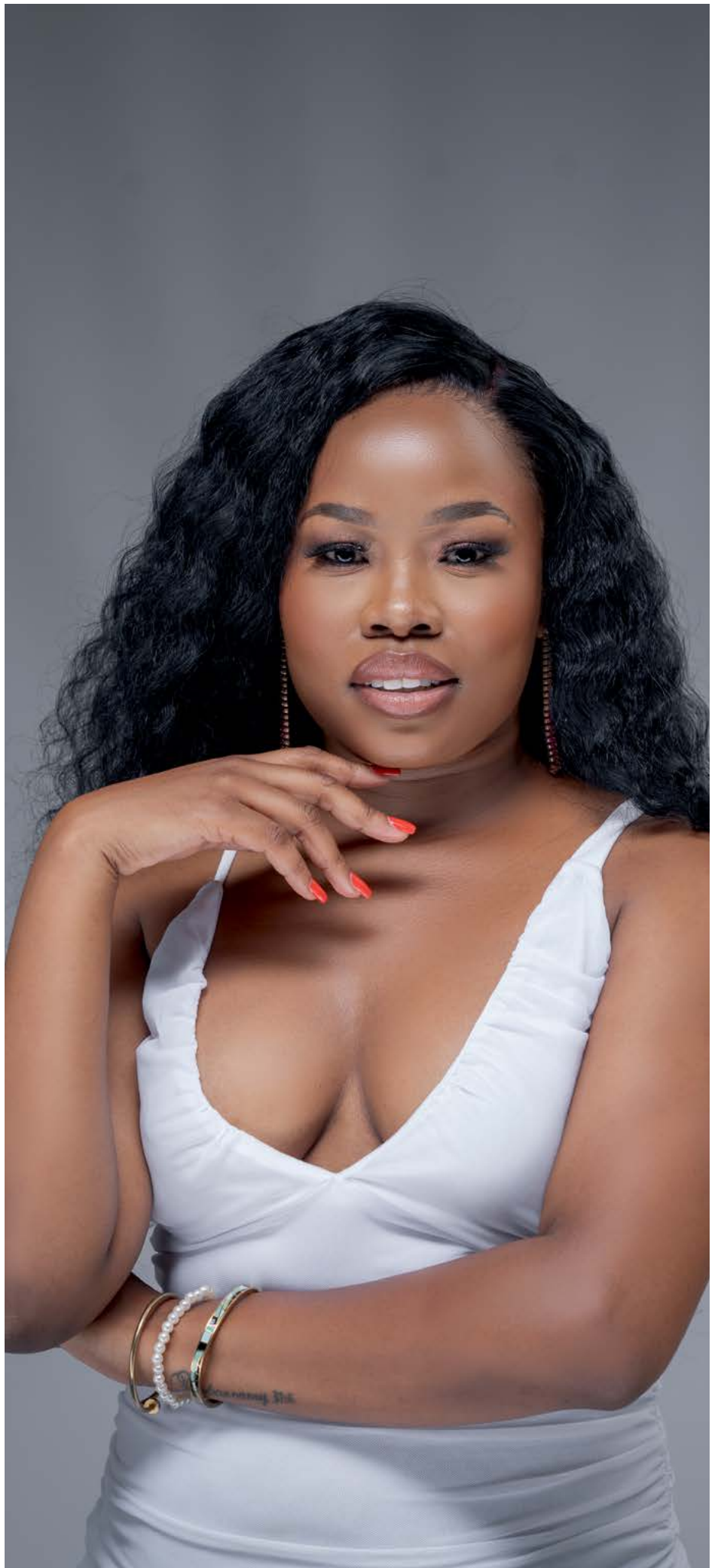
One memorable experience was meeting Kabza De Small after a DJ Maphorisa performance at a restaurant called Brown Sugar. "I shook his hand, and he was so kind," Poloko recalls. These interactions with renowned artists not only enrich her experiences but also inspire her to keep pushing boundaries in her career.

Phly Honey's unique style and dedication to her craft set her apart in the industry. She believes in the importance of knowing her audience and creating the right atmosphere for each event. Her team at Swervo Media Group, led by her manager Leago Mogano, plays a crucial role in aligning her brand with other entities to emotionally invest their products and services with their audience.

While specific future collaborations are still in the pipeline, Poloko envisions her career evolving in exciting ways. She plans to continuously enhance her hosting skills, build a strong professional network, and specialize in certain types of events. Long-term goals include hosting major international events, mentoring aspiring MCs, and contributing to the industry's growth.

Maintaining a balance between her personal life and career is essential for Poloko's overall well-being and success. She sets clear boundaries, manages her time effectively, and embraces flexibility to adapt to life's unpredictabilities. Regular self-reflection helps her maintain a sustainable work-life balance.

Poloko dreams of hosting major events such as the SAMAs, BET Awards, and the Oscars. Staying inspired and motivated is crucial





for her performances. Connecting with her passion, continuous learning, maintaining a positive mindset, and practicing self-care are some of the strategies she uses to stay at the top of her game.

As an MC and hostess, Phly Honey's primary goal is to create an engaging and welcoming atmosphere for her audience. She emphasizes the importance of a warm welcome, fostering connections among guests, and keeping the energy high throughout the event. Her storytelling abilities and humor make events more inclusive and enjoyable.

Poloko's future aspirations include hosting major international events, refining her hosting skills, and building a strong personal brand. She aims to become a go-to MC for specific niches, enhancing her credibility and demand in the industry. Looking ahead, Poloko is excited about the opportunities that lie ahead and remains committed to making a positive impact through her work.

In conclusion, Poloko "Phly Honey" Mosarwa is a dynamic social activist, entrepreneur, and influencer whose multifaceted career continues to inspire and engage audiences in Botswana and beyond. Her journey is a testament to the power of passion, preparation, and perseverance. With her unique style, dedication, and vision, Phly Honey is set to reach even greater heights in the years to come.


 A portrait of Nomathemba Mathaba, a young woman with long, dark, curly hair, wearing a black top with puffed sleeves. She is smiling slightly and looking directly at the camera against a dark background.

PURPOSEFUL VOICE OF NOMATHEMBA MATHABA

New talents often emerge in the music industry, but few capture the audience's attention as swiftly and powerfully as Nomathemba Mathaba. At just 22 years old, this versatile and passionate musician has already made a lasting impression, captivating listeners with her soulful voice and inspiring messages. Nomathemba's journey is defined by her exceptional talent, unwavering faith, and a deep-seated desire to make a meaningful impact through her music.

The Beginning of a Promising Journey
Nomathemba's entry into the music industry has been nothing short of remarkable. Born with a natural gift for music, she spent her early years honing her craft, guided by a profound sense of purpose and a desire to express the emotions and experiences that define her life. Her dedication paid off when she won a prestigious talent competition, a victory that not only confirmed her vocal prowess but also set the stage for a promising career in music.

Winning the competition was a pivotal moment for Nomathemba. It wasn't just about the accolades; it was an affirmation of her calling as a musician. The experience

taught her the power of perseverance and the importance of staying true to one's vision. As she stood on that stage, accepting her award, Nomathemba knew that her journey was just beginning and that she had a message to share with the world.

"Ngikubonileh": A Debut Single with a Powerful Message

Nomathemba's debut single, "Ngikubonileh," is more than just a song; it is a heartfelt expression of her faith and the experiences that have shaped her. The title, which translates to "I Have Seen You," reflects a deeply personal journey of witnessing God's hand in her life. The song is a beautiful blend of heartfelt lyrics and captivating melodies, capturing the essence of her message of hope and grace.

In "Ngikubonileh," Nomathemba showcases her ability to craft music that resonates on a spiritual level. The lyrics speak of the trials and tribulations of life and the comfort found in faith. The melody is both soothing and uplifting, drawing listeners in and allowing them to connect with the song on a personal level. For many, the song is a reminder of the power of faith and the grace that carries us through difficult times.

The reception of "Ngikubonileh" has been overwhelmingly positive. Listeners have praised Nomathemba for her ability to convey such profound emotions through her music. The song has quickly gained traction on various platforms, earning her a growing fan base that appreciates her unique blend of soulful vocals and inspirational lyrics. For Nomathemba, this success is a testament to the power of music to touch lives and bring people closer to their faith.

"Beauty for Ashes": A Project with a Purpose

While music is Nomathemba's primary medium, her vision as an artist extends far beyond the confines of the recording studio. She is currently working on an ambitious project titled "Beauty for Ashes," an annual initiative inspired by the biblical verse Isaiah 61:3. This verse speaks of God's promise to provide "a crown of beauty for ashes, the oil of joy for mourning, and a garment of praise instead of a spirit of despair." For Nomathemba, this message of hope and restoration is at the heart of her mission as an artist.

"Beauty for Ashes" is more than just an event; it is a movement designed to bring hope and encouragement to those who are struggling.

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The project aims to reach out to the broken and hopeless, offering them a message of victory and assurance that, through God's grace, all will be well. Nomathemba envisions "Beauty for Ashes" as a platform for uplifting and inspiring individuals who are facing adversity, reminding them of the strength and resilience that lies within them.

The project will feature a series of events, including musical performances, motivational talks, and community outreach programs. Nomathemba plans to collaborate with other artists, speakers, and organizations who share her vision, creating a network of support and encouragement for those in need. Through "Beauty for Ashes," she hopes to create a ripple effect, inspiring others to rise above their circumstances and embrace the beauty that can emerge from even the darkest of situations.

A Visionary Artist with a Heart for Others

Nomathemba's vision as an artist goes beyond the pursuit of fame and fortune. She is driven by a deep sense of purpose and a desire to use her platform to spread messages of hope, faith, and resilience. For her, music is not just a form of entertainment; it is a powerful tool for healing and transformation.

Through her songs, Nomathemba aims to touch lives, offering solace to those in pain and reminding them of the grace that carries us through life's challenges. She believes that music has the power to uplift the spirit and bring people closer to their faith, and she is committed to using her talent to make a positive impact on the world.

Nomathemba's dedication to her craft is evident in everything she does. Whether she is writing a new song, preparing for a performance, or working on her "Beauty for Ashes" project, she approaches each task with passion and purpose. Her work ethic is matched only by her compassion for others, and she is constantly seeking ways to give back to her community and support those in need.

The Future of Nomathemba Mathaba

As Nomathemba continues to build her career, she remains focused on her goals and committed to her vision. She is currently working on new music, exploring different genres and styles to expand her repertoire and reach a wider audience. Her next release is highly anticipated, with fans eagerly awaiting the next chapter in her musical journey.

In addition to her music, Nomathemba plans to expand the "Beauty for Ashes" project, reaching more people and creating even greater impact. She is also exploring opportunities to collaborate with other



artists and organizations, using her platform to amplify voices that align with her mission of spreading hope and positivity.

Nomathemba's journey is just beginning, but she has already accomplished so much. Her talent, faith, and dedication have earned her a place in the hearts of many, and her future looks incredibly bright. As she continues to grow as an artist and a person, there is no doubt that she will achieve even greater success and make an even bigger impact on the world.

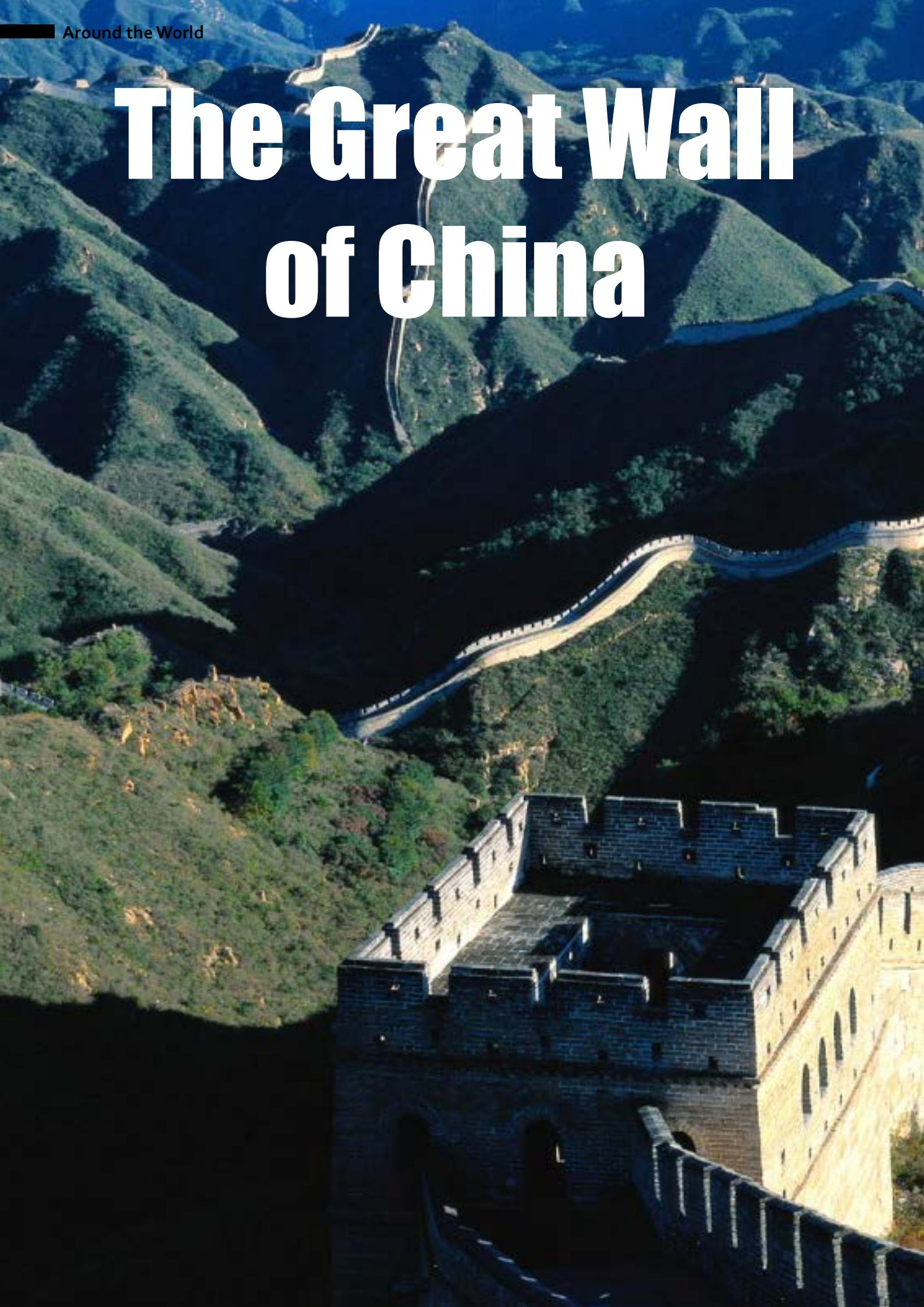
Nomathemba Mathaba is more than just a musician; she is a beacon of hope and inspiration for those who need it most. At 22, she has already proven her talent and her commitment to using her gifts for a greater purpose. Her debut single "Ngikubonileh" and her "Beauty for Ashes" project are just

the beginning of what promises to be a remarkable career.

As Nomathemba continues to navigate the music industry, she remains grounded in her faith and dedicated to her mission. Her journey is a testament to the power of perseverance, the importance of staying true to one's vision, and the impact that one person can have when they are guided by a higher purpose.

With her soulful voice, inspiring messages, and unwavering commitment to making a difference, Nomathemba Mathaba is undoubtedly a rising star to watch. As she continues to share her music and her message with the world, she will undoubtedly touch countless lives and leave a lasting legacy of hope, faith, and resilience.

The Great Wall of China





Did you know the Great Wall of China was constructed on the northern border of the country from the 3rd century BC to the 17th century AD by consecutive Chinese emperors who intended to protect their society from invasion by neighbouring empires? It is more than 20,000 km in total length. The Great Wall starts in the east inside the Hebei province at Shanhaiguan and ends in the Gansu province in the west at Jiayuguan.

The Great Wall reflects the political and visionary strategic thinking of the military of ancient China. It is an impressive example of ancient China's technology and architecture. Besides defence being the main objective of the wall, other purposes include border controls, permitting the imposition of duties on products carried on the Silk Road, and regulating trade, emigration, and immigration.

The cultural and historical information, plus the spiritual and material elements which provide the impressive value of the Great Wall, have been preserved. To this present day, all the components assembled during various historical times, including the walls, beacon towers, passes, fortresses, and the complex defence system of the property, have been preserved.

Initially, the construction of the Great Wall was done with rammed earth, stones, and wood. However, through the progression of time and technology, bricks were used extensively to build the wall, along with materials such as lime, tiles, and stone. Compared to stone and earth, which are heavy, bricks quickened the construction as their size and weight made them easier to work with.

The Great Wall is an awesome tourist destination and a UNESCO World Heritage site. It is physical evidence of human perseverance, determination, and sacrifice.



JAY DEE EMERGES WITH FRESH ENERGY

What inspired you to start rapping, and when did you begin?

I was inspired to start rapping when I realized that music had a healing effect on me. I also enjoyed singing other people's songs, which motivated me to write my own. That journey began when I was 13 years old, but I only started releasing music in 2020.

Who were your biggest musical influences growing up?

ATI is my biggest influence, along with Nasty C. I admire how they make music.

Can you tell us about your first experience performing live?

My emotions were all over the place—I

was anxious and had stage fright. I didn't know how to interact with the crowd. This performance was at the University of Botswana during one of the pageants. As soon as I got off the stage, I left.

How do you approach writing your lyrics and creating your beats?

I don't create beats myself; I have a producer who understands what I want and helps with my creative process. Sometimes, I'll hum a melody or send him a recorded freestyle from my phone, and he'll create a beat that complements it. When it comes to writing lyrics, I need to be in the right mood or zone. I usually freestyle the first two lines when I hear a beat, which sets the tone for what

I'll write about, although I'm not much of a freestyler. Often, I draw inspiration from whatever experience I'm going through at the time, which influences what I write.

What themes or messages do you aim to convey through your music?

I don't have a specific core message that I aim to share with the world. I usually try to reflect on my own experiences, those of others, or on a larger scale, what's happening in the world.

Can you walk us through your typical day in the studio?

I usually book an appointment with my producer in advance. If I bring a beat with



me, I also come prepared with written lyrics. However, if I arrive at the studio without a beat, my producer creates one from scratch while I write to it. Then the recording process begins. Sometimes, I'll record what I have at the time, continue writing, and finish recording at a later session. So, my creative process varies.

What has been the biggest challenge you've faced in your career so far?

Getting bookings and creating awareness around my brand has been my biggest challenge. Although I understand that getting bookings is something every upcoming artist struggles with because they're unknown, it's still a significant hurdle. Also, getting my craft exposed to the world and appreciated is not easy.

How do you stay motivated and inspired to create new music?

Listening to music and drawing from my personal experiences keeps me motivated and inspired to create new music.

Are there any non-musical influences that shape your artistry?

My audience and my family are my core supporters; they drive me. I'm fortunate to have a family that's willing to help me where they can so that I can fulfil my goals.

Who would be your dream artist to collaborate with and why?

I would love to collaborate with ATI because I admire his persona and his music. His music uplifts and inspires me.

Can you tell us about any upcoming projects or releases you're excited about?

Right now, I'm still promoting my current single called *Energy*. I'm on a mission to market it and ensure it reaches the right audience. Until then, I won't be dropping new music.

How do you choose the producers and artists you work with?

I choose to work with people who are skilled and dedicated to their craft. However, it's also important that we vibe well with each other.

What's your view on the current state of the hip-hop/rap industry?

I don't focus much on the state of the industry; I just concentrate on my craft and appreciate others'. So, I can't really comment on the current state of the industry.

How do you connect with your fans and build your audience?

Social media has made it easier for me, so I use it to connect and interact with my current and potential fans. I really enjoy socializing with my audience.

What advice would you give to aspiring rappers looking to break into the industry?

I wouldn't advise anyone to focus on "breaking into" the industry. Instead, I'd encourage them to keep working on their craft and expose it to the world. Eventually, you'll grow and gain recognition for your work. So, just do your own thing, work hard, and push your craft—doors will eventually open for you.

Where do you see your career in the next five years?

I can't predict exactly where my career will be in the future, but it will be where it's supposed to be at that time, and I'll still be working on my craft. So, only God and the universe know.

What legacy do you hope to leave in the music world?

I want to leave the world with good, relatable music, and for my name, "Jay Dee," to be synonymous with that. It's important to me that people connect with and resonate with the content in my music.

Are there any other artistic or entrepreneurial ventures you're interested in pursuing?

There are a lot of talented people who face many struggles trying to succeed as musicians, and I empathize with them because I relate to their struggles. That's why I want to establish a record label that will develop, nurture, and promote talent with the aim of helping artists build sustainable music careers.

How do you balance your personal life with your music career?

I do my best to balance my personal life and music career. I have a set process for maintaining that balance, so I just go with the flow of things.

What do you enjoy doing in your free time when you're not making music?

When I'm not working on music-related stuff, I spend my time socializing or enjoying family time because I really love being in the presence of my family.

The Best Home Management Tips that are Actually Easy



Managing a home is a full-time job all by itself. Between cleaning, organizing, cooking, paying bills, running errands, and completing small repairs, all the tasks that are necessary for home management can easily consume the entire day.

And if you don't have any systems in place, you're probably overwhelmed with all of it. I would know because that's exactly how I felt. Managing our house and raising our kids was much more difficult than my corporate job because I didn't have the tools I needed to get the job done.

Why You Should Use a Home Management System

In my corporate life, I know how to help teams of people prepare for their future. But, when I started to focus on raising our family, I didn't know how to manage my own house. I was frustrated, stressed, and overwhelmed, to say the least.

That's because I didn't have a home management system. I simply didn't have a way to make sure that I was staying on track, instead of dropping all the balls.

4 Top Home Management Tips That Are Actually Easy and Effective

While my home management skills were less than ideal at first, I was determined to come up with systems to make it extremely manageable. After years of fine-tuning those systems, I am now sharing my top tips with you to help you hone yours!

1. Use To-Do Lists

One of the things I discovered early on when I began managing our home was I couldn't make it work without to-do lists. There are just so many things that come up and need to be addressed but also get forgotten in the busyness of life.

Life happens. The washing machine needs to be repaired. The grass gets long and full of weeds. The heat won't turn on. Your son needs his baseball uniform washed pronto. When it comes to managing a household, let's face it: the to-do list is extensive. That's why it helps to get all the tasks out of your brain and on paper so that they aren't using up precious memory space or energy just to remember them.

Make your to-do list a part of a home management binder so it's always ready when you need it.

2. Cleaning Routine Checklist

Certain cleaning tasks must be done daily, while others need to be done regularly but less frequently (weekly, monthly, etc). Staying on top of these tasks is the difference between feeling overwhelmed and feeling like you've got everything under control. Make a list of chores and split them into what needs to be done daily, weekly, or monthly.

DAILY CHORES

Here are a few examples of chores that need to be done daily in order to help you stay on top of them:

- Make beds
- Wiping down the kitchen after use
- Sorting through the mail or papers from school that come home
- A load of laundry
- Put shoes and clothes away each day
- Sweep the floors
- Wash dishes

This was just a list of examples. If you have other daily chores, add them to the list!

WEEKLY CHORES

This list might include things like:

- Vacuuming
- Mopping



- Dusting
- Cleaning the bathrooms
- Changing bedsheets

Again, feel free to modify this list based on how often you want certain chores done.

MONTHLY CHORES

Some ideas of monthly chores (or tasks) might include:

- Do a monthly clean cycle for your washing machine
- Run a monthly clean cycle for your dishwasher
- Change your furnace filter
- Clean bedrooms
- Dust blinds and ceiling fans

In other words, if you want to keep your home clean without spending all weekend long cleaning it, do a little at a time – consistently. The effort goes a long way and reduces those feelings of overwhelm that engulf you when you look around at a filthy house.

3. Calendar

Do you remember when your next dentist appointment is scheduled? How about when the A/C repair guy is coming? Your

daughter's orthodontist appointment? Or your husband's work party?

Life flows at a breakneck speed these days, which means that you are often hearing about (or scheduling) events that your brain doesn't retain as it's also trying to remember 9,738 other things.

Keep a calendar handy. Whether you use a trusty paper version or a calendar on your smartphone, having an updated calendar always at your fingertips is huge for helping you keep track of all the things.

Tip: If you use a calendar in your smartphone, take advantage of the feature that allows you to set alerts. I always set alerts for my events. In fact, I sometimes set multiple alerts if I think I might forget about an event so that I am not too distracted and forget where I need to be!

4. Meal Plan & Prep

Meal planning is one of the easiest and most impactful home management tasks you can do. Really, it's your secret weapon.

It literally shaves hours of work off your week and eliminates the daily frantic struggle to come up with a dinner plan (and get it made

in time while also running soccer carpool and helping your daughter with her homework).

Here are some other benefits to meal planning:

- It limits the number of trips (and time spent) going to the grocery store.
- It saves money by eliminating aimless grocery shopping.
- It's healthier (and cheaper) for your family because you spend less on unplanned take out or drive through meals.

Learn how to do easy weekly meal planning and save yourself the headaches and stress of figuring out what's for dinner each night. If not, I highly recommend you check out some of these menu planning services if that fits better into your schedule and lifestyle.

The next time you hear the question that used to spark dread in your heart, you can answer what's for dinner without any hesitation (or scrambling)!

Adopting these 4 home management tips will help you implement a home management system that helps you stay organized and stress-free.

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EFFECTIVE NETWORKING ENTREPRENEURS

Networking Tips for Entrepreneurs

In the fast-paced world of entrepreneurship, networking is more than just a buzzword; it is an essential component of success. Building a strong network can help entrepreneurs find new opportunities, gain valuable insights, and form partnerships that propel their businesses forward. However, effective networking requires more than merely collecting business cards; it involves strategic planning, genuine connections, and ongoing engagement. Here's a guide to help entrepreneurs network effectively.

1. Understand the Value of Networking

Networking is more than just meeting new people; it's about developing long-term relationships that will benefit your

business. A strong network connects you to resources, mentors, and potential customers or partners. Understanding this value will encourage you to invest the necessary time and effort into building and maintaining your network.

2. Attend Industry Events

Industry events such as conferences, trade shows, and seminars provide excellent opportunities for networking. These events bring together individuals who share a passion for the same industry. Attending allows you to meet potential partners, clients, and even competitors who can provide valuable market insights.

When attending these events, make sure

you have a clear goal in mind. Whether it's learning about the latest industry trends or meeting specific people, having a goal can help you make the most of your time.

3. Utilize Social Media

In today's digital age, social media is an extremely effective networking tool. Platforms such as LinkedIn, Twitter, and Instagram enable entrepreneurs to connect with industry leaders, potential clients, and other entrepreneurs from around the world.

To use social media effectively, keep your profiles professional and up-to-date. Regularly share content that demonstrates your expertise, and engage with others by commenting on posts and participating



in discussions. Social media can help you create a global network that transcends geographical boundaries.

4. Join Entrepreneurial Groups and Communities

Joining groups and communities geared toward entrepreneurs can provide excellent networking opportunities. These groups often host events, workshops, and online forums where members can share experiences, seek advice, and build relationships.

Whether it's a local business organization, a startup incubator, or an online forum, these communities provide a supportive environment where you can connect with

others who understand the challenges and rewards of entrepreneurship.

5. Offer Value First

One of the keys to effective networking is to provide value before expecting anything in return. This could take the form of advice, a useful resource, or a referral to someone in your network. By presenting yourself as someone who genuinely wants to help others, you build trust and goodwill, which can lead to stronger and more fruitful relationships.

6. Follow Up and Maintain Relationships

Networking does not end with the initial meeting. Following up is critical for turning a contact into a meaningful connection.

Send a personalized message or email thanking the individual for their time and expressing an interest in staying in touch.

Regularly check in with your contacts, even if only to say hello or share an interesting article. Maintaining relationships over time is essential for long-term networking success.

7. Take Advantage of Mentorship Opportunities

Finding a mentor can be one of the most beneficial aspects of networking. A mentor can provide guidance, share their expertise, and offer advice on navigating the complexities of business. Seek out seasoned entrepreneurs who are willing to share their knowledge, and consider mentoring others as well.

8. Be Genuine and Authentic

People can usually sense when someone is not sincere. Authenticity is essential for developing lasting relationships. Be yourself, and don't be afraid to express your personality. Genuine connections are far more valuable than superficial ones and are more likely to result in long-term partnerships and friendships.

9. Expand Beyond Your Industry

While networking within your industry is important, don't limit yourself to just one field. Networking with professionals from different industries can bring fresh perspectives, new ideas, and unexpected opportunities. These cross-industry relationships can lead to innovative collaborations that you might not have considered otherwise.

10. Evaluate Your Networking Success

Finally, evaluate the effectiveness of your networking efforts. Keep track of the connections you've made and the outcomes of those relationships. Have they led to new business opportunities, partnerships, or valuable advice? Regularly assess your networking strategy and make adjustments as needed to ensure you're achieving your goals.

Conclusion

Networking is a vital skill for entrepreneurs, and when done well, it can be transformative for your business. Attending industry events, leveraging social media, joining entrepreneurial groups, and offering value first can help you build a strong, diverse network to support your entrepreneurial journey. Remember, networking is not just about what you can gain, but also about what you can offer—so be authentic, stay active, and nurture your network.



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Paramount Global has begun a new phase of cost-cutting by closing Paramount Television Studios (PTVS) as part of its preparations for its merger with Skydance Media, which began eleven years ago.

The statement came as Paramount Global leadership began scheduled layoffs that are expected to affect 15% of the US workforce, or approximately 2,000 workers. This was disclosed by co-CEOs George Cheeks, Brian Robbins, and Chris McCarthy on the prior week's earnings call.

The corporation lay off around 800 people in February and now plans to eliminate \$500 million from its budget. The termination of PTVS comes amid industry-wide issues for linear television. Leadership most certainly evaluated potential synergies with David Ellison's Skydance Media, which has a television section and has worked on programs such as *Reacher* and Tom Clancy's *Jack Ryan*.

Nicole Clemens, President of PTVS, is leaving, along with around 20 to 30 staff members. The decision was not wholly unexpected, given PTVS had undergone consolidation after Cheeks merged the company with CBS Studios.

All development projects and shows will be transferred to CBS Studios, its corporate brother. In addition to Tom Clancy's *Jack Ryan* and *Reacher*, PTVS has created shows

such as *Time Bandits*, *13 Reasons Why*, and *The Alienist*. *Murderbot*, *Before*, and *Cross* are three upcoming series. In a note to employees, Clemens said that the studio was not immune to the "challenging and transformative time for the entire industry." She described this period as the most crucial chapter in her career, owing mostly to the great colleagues she had the opportunity of managing and learning from on a daily basis.

The co-CEOs revealed in a separate memo, which is posted in full below, that the layoffs would take place in three phases, with 90% expected to be finished by the end of September. Marketing and communications, finance, legal, technology, and other support services will all be affected by the reductions.

The \$500 million in cost cuts is part of a larger \$2 billion in savings discovered by Skydance Media, David Ellison's ambitious business, which is leading the race to acquire Paramount Global after reaching an agreement with the media conglomerate's special committee.

The purchase is scheduled to close in the first half of 2025, subject to usual closing conditions and regulatory clearances. The "go-shop" period, which allows the special committee to review rival offers, ends on August 21. Although Sony Pictures and private equity company Apollo expressed interest in acquiring Paramount Global, Sony Group stated in an earnings call last week that it is no longer seeking a deal.



5 Effective Strategies For Attracting Investors



At a certain stage in a company's lifecycle, it reaches a precipice wherein internal growth is capped without the aid of outside funding. When companies find themselves at this crossroad, they must then identify and convince investors to fuel further growth.

But, with so much potentially at stake, how can a business go about attracting investors the right way? Today, we will discuss five effective strategies you can leverage to bring fantastic partners into your corner.

Strategy #1 — Investors Want a Roadmap

Companies and individuals invest to make money—lots of it. For companies to take on such risk, they need to be convinced that the venture has the potential to at least 10x their initial investment. Otherwise, what is the point?

The more business results you have, the easier it is to convince investors to cast their lot. Ideally, you should have all of your financial statements in order and the investment deck fully prepared.

While big ideas can be effective, the company's numbers are often the biggest determinant of investor interest. They want to know that their investment will not only be repaid in full but multiplied. They need to see that your business model will function

at scale and what those potential numbers could be.

To convince them to risk their capital, you must prove that the model works, and then provide a clear argument as to how you will utilize their money to grow the business.

Topics to cover during a pitch meeting include:

- Your historical company numbers
- P&L
- Balance sheet
- Cash flow
- The total money required
- How that money will be utilized
- Competitor and market analysis
- Your unique value proposition

Strategy #2 — Target the Right Investors

A partner is much more valuable than a blank check.

The ideal investor will not only provide capital, but also add tangible value to the company as it continues to grow. You want someone who can strengthen the product, leverage their network of professional relationships, and partner with you throughout the business' lifecycle.

And remember, not all investors will be the same.

Some provide early-stage, smaller capital injections, while others provide larger funding for later-stage growth (a Series A, for instance). The type of investor you target will largely depend on where your company is in its maturity and how much equity and control you are willing to give up in exchange.

With that being said, common options include:

- Banks
- Venture capitalists
- Private equity firms
- Friends and family
- Angel investors
- P2P lenders

Strategy #3 — Leverage Networks and Referrals

Instead of targeting the hard sell, a common strategy for smaller companies is for its entrepreneurs to network and soft-sell their start-up in a more organic way. According to Diana Goodwin, founder of AquaMobile Swim School:

"If you've been building a great business, getting out and networking within the local startup and investing community can be a great way to meet investors. Most of my meetings with investors developed by being out at an event and mentioning my business."



Networking is one of the most natural methods you can utilize to inform other professionals and investors about your business and the potential opportunities it may offer. If your industry holds major events or conferences, this is a unique chance to meet other players within the space, learn more about the industry, and introduce your idea to key investors.

A soft-sell pitch that is well executed could land you in a major investor meeting. So, be open about discussing your plans and goals. And do not worry about coming off too strong. Just be observant and thoughtful. If the parties you are chatting with are interested, they will keep the discussion alive.

Strategy #4 — Offer Stocks with Dividends

One investing option that might entice a reluctant partner is to provide a stock offering that isn't limited to just company equity, which only provides value if the company eventually sells. An alternative is to provide investors with a stock that pays dividends, so investors are enticed by immediate cash flow returns. Offering immediate returns instead

of a long-term ROI could make investing in you a much more attractive option. But for this to work, you need to have a clearly structured compensation strategy and timeline.

Strategy #5 — Speak to a Larger Purpose

Make no mistake, investors want ROI. It is the sole reason they make high-risk investments.

With that being said, the opportunity to make more money is only a facet of their entire purpose. For many individuals at this stage, they want a product or service that they also believe in—and the value it provides the world.

So, in addition to demonstrating the economic viability of the business, it is also essential to emphasize your company's:

- Vision
- Mission statement
- Potential positive impact on the world

As Inc.com notes: "Blake Mycoskie of Toms Shoes attributes his ability to raise a seed round and build a \$400-million company to his commitment to provide a free pair of

shoes to the underprivileged for every pair sold. He didn't have any big technical shoe innovations."

Toms was one of the first companies to embrace a one-for-one, charitable business model. This helped the company build a buzz via word of mouth and social media campaigns. It also gave investors a sense of purpose and satisfaction that they would be able to make money and fund a noble cause.

Finding investors is half the battle. After you've identified them and carved a route in, the next step is to convince them that you are, in fact, worth the risk. For that, remember to:

- Provide a clear financing roadmap
- Target the right investors
- Leverage your network
- Offer investment packages that offer immediate returns
- Highlight the larger purpose of the business

To that end, do you need help finding and attracting investors? How about establishing your investing documents and roadmaps?



6 Effective Financial Management Strategies For Your Business

A successful business plan always comes with comprehensive, yet ever-evolving, financial management strategies. How you manage procurement, allocation and the subsequent utilization of funds and finances will determine how smooth your cash flow, as well as workflow, is.

The purpose behind having a finance strategy is to ensure the presence of an adequate and regular supply of funds towards fulfilling the present and future requirements of an organization. The more effective financial management is in your company the more you will be able to maximize your revenue generation and utilization.

Like any other system, in order for your financial management machine to work at its fullest potential, it needs to be at its well-oiled best. There are a number of steps you can take to ensure that your financial strategy is as effective as it can be; but, before we get

into that let's first understand what exactly financial management is.

What is financial management?

Financial management, or planning, represents that part of your business plan which is focused on using financial data and projections to put the rest of your plan into context.

Financial management strategies focus on elements such as financial resources, cost structure analysis, profit potential estimation, accounting functions, and so on. Basically, a finance strategy concerns itself with the identification of sources, usages, and management of funds. It deals with the alignment of strategic financial decisions with the corporate and business objectives of an organization to gain a market advantage.

Therefore, the reasoning behind financial management is to predict your company's

financial performance in the future. This function is hinged on three fundamental practices:

- Forecasting financials
- Stress testing key inputs required to drive your growth
- Preparing for the capital requirements your business needs

Moreover, financial management must not focus on the short-term; instead, it is a forward-thinking approach wherein long-term growth is prioritized to secure a sustainable financial future.

What are financial management strategies

Financial management strategies are essentially general principles that your company can implement to reap maximum benefits out of financial systems and processes. These strategies can be customized to suit your company's specific goals, needs, and means in procuring and



utilizing funds.

The main goal driving financial management strategies is the maximization of the financial value of an organization. These strategies evaluate financial performance, forecast future financial performance, plan capital structure and manage any other financial activities and decisions that could impact strategic financial decisions.

So, essentially, finance strategy helps set up a roadmap that companies can follow to manage the usages, availability of sources, and allocation of funds. It works to align financial management with the corporate and business objectives of an organization to ensure holistic progress.

Why financial strategies are important?

The importance of financial management strategies lies in it helping you develop a vision for your company's success. It helps

you establish a set of controlling principles under which your company can enjoy optimal operations.

At a fundamental level, a business strategy is pretty much based on financial strategy. In almost all business decisions an organization's assets, cash flow, and liabilities are bound to be involved. All business strategies have to manage current business income, external financing requirements, fund procurement schedules, current cash flow position, and annual tax payments. What objectives you set for funding and how these tie into your vision is integral to developing a business strategy. Basically, creating a business strategy can be hard without a financial strategy.

Financial strategies help you check whether your goals are realistic, tackle unexpected challenges and it also helps you understand where your money is going. Besides these,

other aspects of business strategies that financial strategies help include.

- Current financial position.
- Identifying any risks to your company's current financial situation
- Identifying the need for financing to fund expansions or operations
- Identifying and setting income goals for the foreseeable future
- Identifying sources to look into in order to increase income
- Highlighting the need for new relationships or partnerships needed to achieve financial objectives
- Establishing need to hire particular skills needed to attain the financial objectives set
- Find the best balance between spending versus saving

Types of financial strategies

1. Dividend strategy

A financial strategy used to determine the



percentage of profits that is to be distributed amongst shareholders after retaining a portion of profits as a surplus for the future investment is called the Dividend strategy. It is employed to maximize shareholders' return while at the same time generating capital necessary for future investment purposes. They aim to do this while ensuring the least cost of capital as well as risk. Dividend strategies are basically used to balance current returns and capital gains.

2. Capital structure planning

Equity capital, retained earnings, preference capital, and debt capital combined are called the capital structure of a company. Capital structure strategies are formulated for a company to balance the advantages and disadvantages or risks associated with equity, preference, and debt capital.

3. Investment planning

Investment planning or capital budgeting is the process of strategizing how to invest capital. After a company acquires capital one of the steps that come after is investing that capital. Capital investment strategies are concerned with this step and the investments they usually deal with are in the context of long-term assets.

Investment planning is the type of strategic financial management that works to establish, expand, diversify and modernize your company. It also includes disinvestment practices like selling or replacing old or outdated long-term assets.

4. Working capital planning

Last, but not least, we have capital planning strategies. Financial management strategies that help manage the need, procurement, allocation, and future of cash in your company are your working capital planning

strategies. These strategies are responsible for the management of your working capital. They also help maintain the availability of adequate working capital that is needed to operate the daily and routine activities of the business.

Strategies of financial management

For your company's financial management strategies to work at their best, you need to ensure that your approach when formulating them is as effective as it can be. To do this you need to keep a few fundamental elements in mind. While these elements can be tailored to suit your organization, some of the overarching strategies that you can tailor are:

Analyze financial statements

Regular evaluation of financial statements is an important step to take when determining financial strategies. Being able to read, analyze and act on the numbers and data



that your balance sheet represents can go a long way in streamlining your strategies.

Strategic financial decisions can be greatly improved if you are able to effectively utilize your financial statements. These statements help you see your company's current financial position and at the same time outline its trajectory for success or failure.

By reviewing cash flow and income statements you can analyze the generation or use of cash as well as the company's performance. This is especially useful when studied according to periodic or annual performance.

Equipped with this information you can ensure that any strategic financial planning you do is thorough and based on evidence.

Evaluate profits and losses

Closely connected to financial statements, evaluating your income statements, i.e. profits and losses, is another important step you can take in perfecting financial management strategies.

By building your profits and losses you can review the costs and benefits of your current business strategies. They help you see what's working, what's not, and what can be tweaked to see changes in these as well. They represent a historical summary of your business's performance and thus act as a barometer, a testing tool for the same. You should ideally use your profit and loss, or income, statements to analyze revenue, cost of goods sold, gross profit, expenses, and net profit.

Create and monitor budgets

Budgeting is a skill that all managers and decision-makers in your company should be

adept at. How well you create and manage your budgets will determine how well you are able to stick to plans of action that lead to your business objectives.

By isolating different elements of your teams' work you can break it down into a comprehensive deliverables list. You can then use these lists to allocate budgets, monitor them, and relocate funds when necessary.

Having a clearly outlined budget and sticking to it also means you can better track your business's performance and subsequently communicate the same to necessary stakeholders. This can then be used to inform company-wide initiatives.

Monitor debtors

Once a company has been in business for a few years it is bound to have a set of customers who become returning customers. With these individuals or entities, a certain level of trust is developed courtesy of which you provide them with credit purchase facilities.

How much money you allocate to credit lines, what is the cap you set on credit purchases, and what strategies you adopt in recovering these debts will all impact strategic financial planning. The better your strategies are at accommodating these factors the more effective financial management will be in your company.

Update and safeguard records

Protecting finance data and ensuring privacy in business activities is key to effective financial management. By protecting data you ensure that your financial management strategies are free from external influences. If your records are not protected they are open to manipulation and also fraud.

The best option you can choose to guarantee the complete security of your financial information is to adopt software that specializes in this task. You can set passwords, parameters, and checks to determine who gets access to and how much information is made available to who.

Track your expenses in real-time

Proactive tracking of expenses ensures that you have complete visibility over all financial activities in your company. In modern business settings, you need to be able to view, manage and correct your books as fast as possible.

Using corporate cards and, or, employing automated system to manage your expenses means that you can make strategic financial decision in less than half the time it would previously take.

Adventure Tourism in Africa: Exploring the Continent's Wild Side



Africa, the cradle of humanity, is a land of unparalleled diversity and breathtaking beauty. From its vast savannas teeming with wildlife to its towering mountain ranges and expansive deserts, the continent offers a playground for adventure seekers. Adventure tourism in Africa has been on the rise, attracting thrill-seekers from around the globe who are eager to explore its untamed landscapes and experience its rich cultural heritage.

The Appeal of Adventure Tourism

Adventure tourism is more than just a trend; it's a way of life for those who crave excitement and the unknown. It involves traveling to remote or exotic locations to engage in physically challenging activities that often involve a degree of risk. Africa, with its diverse ecosystems and dramatic scenery, provides the perfect backdrop for such pursuits. Whether it's scaling the heights of Mount Kilimanjaro, diving with great white sharks, or embarking on a desert safari, the continent offers an array of adrenaline-pumping experiences.

Top Adventure Destinations in Africa

1. Mount Kilimanjaro, Tanzania: Standing at 19,341 feet, Mount Kilimanjaro is Africa's highest peak and one of the most sought-after destinations for hikers and climbers. The journey to the summit is challenging but rewarding, offering breathtaking views and a sense of accomplishment that few other experiences can match.

2. Victoria Falls, Zambia/Zimbabwe: Known as "The Smoke that Thunders," Victoria Falls is one of the largest and most spectacular waterfalls in the world. Adventure seekers can engage in activities like white-water rafting on the Zambezi River, bungee jumping from the Victoria Falls Bridge, and helicopter rides for a bird's-eye view of this natural wonder.

3. Namib Desert, Namibia: The ancient Namib Desert, with its towering sand dunes and unique landscapes, is a haven for adventure enthusiasts. Visitors can go dune bashing, sandboarding, and hot air ballooning over the dramatic terrain. The desert also offers opportunities for wildlife

safaris, where one can spot the unique desert-adapted species.

4. Okavango Delta, Botswana: This UNESCO World Heritage site is a lush oasis in the middle of the Kalahari Desert. The Okavango Delta is a prime location for safari adventures, where tourists can explore the waterways by mokoro (traditional dugout canoe) and witness the incredible biodiversity, including elephants, lions, and hippos.

5. Shark Cage Diving, South Africa: For those with a taste for extreme adventure, South Africa offers the chance to get up close and personal with great white sharks. Shark cage diving in Gansbaai, near Cape Town, is a thrilling experience that provides an adrenaline rush like no other.

The Importance of Sustainable Adventure Tourism

As the popularity of adventure tourism grows, it is crucial to ensure that these activities are conducted sustainably. Responsible tourism practices help protect the environment,



support local communities, and preserve the cultural heritage of the destinations. Tour operators and travelers alike must prioritize eco-friendly practices, such as minimizing waste, respecting wildlife, and supporting local economies.

Conclusion

Adventure tourism in Africa is a journey into the heart of one of the world's most captivating continents. It offers unparalleled opportunities to connect with nature, challenge oneself, and experience the diverse cultures that make Africa unique. Whether it's trekking through the rainforests, diving into the deep blue oceans, or exploring the vast deserts, adventure awaits around every corner in Africa. For those who seek the thrill of the unknown, Africa's wild side promises an unforgettable experience.

In embracing adventure tourism, it is essential to tread lightly and respect the natural and cultural riches of this extraordinary continent, ensuring that future generations can also enjoy its wonders.





The Evolution of Hip Hop Culture

Hip hop, originating in the tough neighbourhoods of the Bronx in the late 1970s, has gone beyond its modest origins to evolve into a worldwide cultural sensation. What began as a platform for marginalized communities without a voice has transformed into a significant impact on music, fashion, communication, and even government.

Origins: The Birth of a Movement

Hip hop's origins can be linked back to August 11, 1973, when DJ Kool Herc, an immigrant from Jamaica, hosted a party for the start of a new school year at 1520 Sedgwick Avenue in the Bronx. Employing a pair of turntables, he lengthened the instrumental pauses in well-known funk and soul songs, developing a fresh sound that served as the foundation of hip hop. Known as "breaking," this method enabled dancers to demonstrate their abilities during the longer instrumental parts, leading to the emergence of the term "breakdancing."

In addition to DJing and breakdancing, MCing (rapping) and graffiti also became essential means of expression within hip

hop. MCs would excite the audience, reciting rhythmic spoken lyrics that tackled social problems, personal anecdotes, and urban experiences. In the meantime, graffiti artists transformed city scenery into artworks, utilizing spray paint to produce colorful murals conveying defiance and character.

The Golden Age: A Cultural Explosion

The period of the 1980s and early 1990s, known as the "Golden Age of Hip Hop," witnessed the genre thriving in both musical and cultural aspects. Musicians such as Run-DMC, Public Enemy, and N.W.A. utilized their music as a tool to question societal standards and bring attention to systemic injustices. These trailblazers expanded the possibilities of hip hop by blending rock, jazz, and funk influences in their music, and taking a stand against issues such as police brutality, racism, and poverty on their platforms.

During this time, fashion was also impacted by hip hop. Streetwear, known for its loose-fitting jeans, large t-shirts, and sneakers, became closely associated with the culture. Companies such as Adidas, Nike, and

subsequently Sean John and Rocawear, took advantage of this trend, transforming hip hop style into a multi-billion-dollar business.

Globalization and Mainstream Success

As hip hop became more popular, it extended outside of the United States, connecting with young people in urban areas globally. Local artists in cities like Paris, Tokyo, Johannesburg, and São Paulo embraced hip hop and incorporated their own cultural influences into the genre. The global spread of hip hop led to a strong intercultural sharing, bringing together youth with a mutual passion for music, dance, and art.

The 2000s saw hip hop being fully embraced by mainstream culture. Musicians such as Jay-Z, Eminem, and Kanye West found great commercial success, while female musicians like Missy Elliott, Nicki Minaj, and Lauryn Hill shattered obstacles in a male-dominated field. Hip hop's influence extended to other music genres, impacting pop, R&B, and country music with its beats, rhythms, and lyrical styles.

Social Impact: More Than Just Music

The impact of hip hop reaches beyond just the realm of music. It has emerged as a valuable resource for promoting social change, activism, and education. Musicians such as Kendrick Lamar, J. Cole, and Killer Mike carry on the legacy of incorporating social issues like racial inequality, police brutality, and economic disparity into their lyrics. This keeps hip hop authentic as a platform for the disenfranchised and a force for transformation.

Additionally, hip hop has significantly influenced language, incorporating its unique slang and dialect into regular conversation. Words such as “bling,” “lit,” and “YOLO” are now commonly used in everyday language, showing how the genre has had a significant impact on culture.

The Future of Hip Hop

As hip hop reaches its fiftieth year, it continues to thrive without any indication of slowing down. New styles such as trap, drill, and lo-fi hip hop are emerging within the genre, showcasing its continued evolution and increasing popularity. The emergence of social media platforms such as Instagram, TikTok, and YouTube has led to the emergence of a new group of hip hop artists who are reshaping the genre as we speak.



The reason why hip hop continues to be popular is because it can change and come up with new ideas, all while remaining loyal to its key values of self-expression, opposition, and unity. As hip hop evolves and is influenced by its surroundings, it retains its strong cultural impact by mirroring the dreams, challenges, and goals of individuals worldwide.



GOSPEL SENSATION FROM SEROWE

Gofaone Seemo, known in the music world as "Geefour," is a rising star hailing from Serowe, Botswana. His journey into music began during his junior school years, where a deep love for music naturally grew into a passion for deejaying at small parties. Influenced

by his uncle and his own musical curiosity, Geefour began to carve out his own path in the music industry. Geefour specializes in Piano Gospel music, a genre that uniquely blends soulful piano melodies with powerful gospel messages. His track titled "Lepiano,"

produced by Jay Black Production, has been making waves and gaining impressive traction among listeners. The song's success is a testament to Geefour's talent and dedication to his craft.

Creativity flows through Geefour daily, as he constantly comes up with new music ideas, jotting them down in a small book he carries with him. However, his journey hasn't been without its challenges. The lack of financial resources for recording, coupled with the disappointment of unpaid performances despite prior agreements, has tested his resolve. But Geefour remains undeterred. His determination to succeed in the music industry keeps him pushing forward, determined to reach the pinnacle of success.

One of his most memorable performances took place at a local bar, where he delivered an electrifying performance that drew a large crowd. The audience's enthusiastic response to his music and stage presence reaffirmed his belief in his musical journey. To ensure his performances are always top-notch, Geefour dedicates time to regular practice, fine-tuning his craft.

To his fans and supporters, Geefour promises that there is much more to come. He is working on releasing more songs and is gearing up to record his debut album. Among the anticipated tracks is a song titled "December," which he is excited to share with the world. As he continues to work hard, Geefour believes his music has the potential to reach far beyond Botswana's borders, inspiring others along the way.

In addition to his solo projects, Geefour is also collaborating with other artists. He is currently working with "Kamo Wa Makeishane" and has plans to collaborate with "Kaelo Thaele" and many others in the near future. The support and motivation from fellow artists and the people around him inspire Geefour to keep creating and sharing his music.

To aspiring musicians, Geefour offers words of encouragement: "Keep on pushing. I know you will face challenges, but don't give up. Push until you make it." For now, Geefour balances his music career with his personal life, treating music as a part-time pursuit. However, as time goes on, he envisions music becoming an even greater focus in his life.

Geefour's story is one of passion, resilience, and the relentless pursuit of a dream. As he continues to rise in the Piano Gospel music scene, there is no doubt that his journey will inspire many others to follow their own musical paths. Keep an eye on Geefour—there's much more to come from this talented artist.

A Better Tomorrow

Written by: Bame Bame

Seasons pass
 Dark days expire
 The sun always rises
 Those words mean nothing when you feel suffocated
 Even simple things will sound Complicated
 I feel like a lot is changing and that makes it hard to remain motivated.
 When tomorrow comes
 Who will I be?
 Will I still be me?
 Or will what's coming bring me to my knees
 I'm standing before the door to my breakthrough but who is holding the keys?

I try to look into the future with hope
 I use writing as a way to cope
 But there are a lot of dark clouds today
 Will tomorrow be any different?

They did me dirty but later apologized
 In every situation, I always try my best to remain civilised
 But In life, there are no do overs.
 The truth left me cold like yesterday's leftovers.
 I feel like forgiving them is emotional suicide
 And letting them back in is self-sabotage

Did I ignore the signs in return for that dopamine hit?
 Now my heart is bleeding and I can't even find the first aid kit.
 I like stories of victims who end up being called survivors,
 The ones who see the good in everything, they are the true fighters
 The ones who don't live by the opinions of today's self-proclaimed advisors

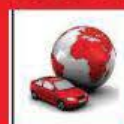
To fully embrace today
 I know I have to let go of yesterday
 It's not always good to look back
 Remember Lot's wife?
 The past will leave you bitter as salt
 Forgive, because in a way you are partly at fault

I am giving today it's fighting chance
 I am thanking God for tomorrow in advance
 Tomorrow will be better
 I just have to survive today
 In the end, I know that I will be okay



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Gardening is more than just a hobby; it's a way to connect with nature, reduce stress, and cultivate your own piece of paradise. Whether you're a seasoned gardener or just starting out, these 14 clever gardening tips and ideas will help you make the most of your green space. From creative planting techniques to eco-friendly solutions, let's explore how you can elevate your gardening game.

1. **Vertical Gardening:** If you have limited space, vertical gardening can be a game-changer. Utilize wall-mounted planters, trellises, or even old pallets to grow your favorite herbs, flowers, or vegetables vertically.
2. **Companion Planting:** Maximize your garden's potential by planting companion crops that benefit each other. For example, planting marigolds alongside tomatoes can deter pests and improve tomato growth.
3. **DIY Rain Barrels:** Save money and water by creating your own rain barrel system. Collecting rainwater is an eco-friendly way to keep your garden hydrated during dry spells.
4. **Epsom Salt for Healthier Plants:** Sprinkle a bit of Epsom salt around your plants to boost magnesium levels, which can enhance their overall health and vibrancy.
5. **Strategic Mulching:** Mulch serves as

a protective blanket for your garden. Use it to control weeds, regulate soil temperature, and retain moisture. Organic materials like straw or compost work wonders.

6. **Upcycled Garden Art:** Get creative by repurposing old items into garden art. An old bicycle wheel can become a unique trellis, and mismatched teacups can adorn your garden as charming planters.
7. **DIY Drip Irrigation:** Create a custom drip irrigation system using inexpensive materials like PVC pipes and hoses. This ensures your plants receive a consistent and efficient water supply.
8. **Natural Pest Control:** Attract beneficial insects like ladybugs and lacewings to your garden by planting flowers they love, such as daisies and sunflowers. They'll help keep pesky aphids and caterpillars in check.
9. **Raised Garden Beds:** Raised beds offer better drainage, improved soil quality, and easier maintenance. Plus, they can be aesthetically pleasing additions to your garden.
10. **Crop Rotation:** Prevent soil depletion and disease buildup by practicing crop rotation. Change the location of your crops each season to maintain soil health.
11. **Herb Spiral Gardens:** Create a visually appealing herb spiral garden that not

only looks beautiful but also optimizes growing conditions for a variety of herbs.

12. **Homemade Organic Fertilizers:** Make your own fertilizers from kitchen scraps like eggshells, banana peels, and coffee grounds. These natural fertilizers provide essential nutrients to your plants.
13. **Indoor Gardening:** Don't let limited outdoor space stop you from gardening. Indoor gardens, whether with potted plants, herbs, or small vegetables, can thrive with proper care and attention.
14. **Smart Gardening Apps:** Take advantage of technology with gardening apps that provide planting calendars, weather alerts, and maintenance reminders, ensuring your garden stays in top shape.

Conclusion

Gardening is a wonderful way to nurture the earth and enjoy the fruits of your labor. These 14 clever gardening tips and ideas offer innovative solutions for both novice and experienced gardeners. From maximizing space to using eco-friendly practices, these techniques will help you create a thriving and beautiful garden that you can take pride in year-round. So, grab your gardening gloves and get ready to dig into a world of green possibilities.



SALMA HAYEK

Salma Valgarma Hayek Pinault is a Mexican, American and French actress and film producer. She began her career in Mexico with starring roles in the telenovela Teresa as well as the romantic drama Midaq Alley.

BORN: 2 SEPTEMBER 1966

PROFESSION: ACTRESS



ZENDAYA

Zendaya Maree Stoermer Coleman is an American actress and singer. Her accolades include two Primetime Emmy Awards and a Golden Globe Award. Time named her one of the 100 most influential people in the world in 2022. Born and raised in Oakland, California, Zendaya began her career as a child model and backup dance.

BORN: 1 SEPTEMBER 1996

PROFESSION: ACTRESS & SINGER

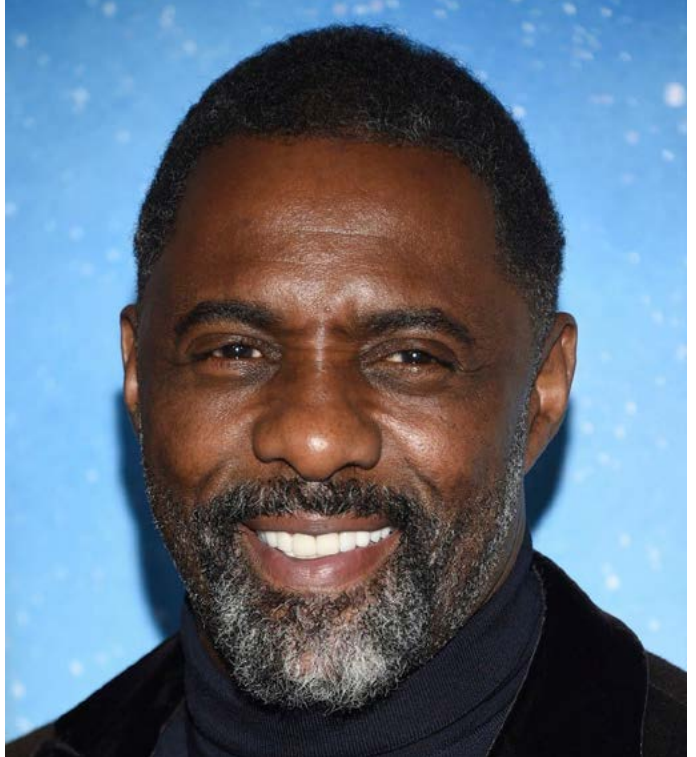


KEANU REEVES

Keanu Charles Reeves is a Canadian actor and musician. He is the recipient of numerous accolades in a career on screen spanning four decades. In 2020, The New York Times ranked him as the fourth-greatest actor of the 21st century, and in 2022 Time magazine named him one of the 100 most influential people in the world.

BORN: 2 SEPTEMBER 1964

PROFESSION: ACTOR & MUSICIAN



IDRIS ELBA

Idrissa Akuna Elba was born on 6 September 1972 in the London Borough of Hackney, to Winston Elba, a Sierra Leonean man who worked at the Ford Dagenham plant, and Eve, a Ghanaian woman. His parents were married in Sierra Leone and later moved to London. Elba was raised in Hackney and East Ham and shortened his first name to "Idris" while at school in Canning Town, where he first became involved in acting.

BORN: 6 SEPTEMBER 1972

PROFESSION: ACTOR & DJ

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.



ADHD in Children Signs, Symptoms, and

Do you think your child might have attention deficit hyperactivity disorder (ADHD)? Here's how to recognize the signs and symptoms of ADHD in kids—and get the help you need.

What is ADHD?

ADHD or attention deficit hyperactivity disorder is a common neurodevelopmental disorder that typically appears in early childhood, usually before the age of seven. ADHD makes it difficult for children to inhibit their spontaneous responses—responses that can involve everything from movement to speech to attentiveness.

It's normal for children to occasionally forget their homework, daydream during class, act without thinking, or get fidgety at the dinner table. But inattention, impulsivity, and hyperactivity can also be symptoms of ADHD (sometimes still referred to as attention deficit disorder or ADD).

We all know kids who can't sit still, who never seem to listen, who don't follow instructions no matter how clearly you present them, or who blurt out inappropriate comments at inappropriate times. Sometimes these children are labeled as troublemakers, or criticized for being lazy and undisciplined. However, they may have ADHD.

Normal kid behavior vs. ADHD symptoms

It can be difficult to distinguish between ADHD symptoms and normal "kid behavior." If you spot just a few signs, or the symptoms appear only in some situations, it's probably not ADHD. On the other hand, if your child shows a number of ADHD signs and symptoms that are present across all situations—at home, at school, and at play—it's time to take a closer look.

Life with a child with ADHD can be frustrating and overwhelming, but as a parent of a child with ADHD there are many things you can do

to help control symptoms, overcome daily challenges, and bring greater calm to your family.

Myths and Facts about ADHD in children

Myth:

All kids with ADHD are hyperactive.

Fact:

Some children with ADHD are hyperactive, but many others with attention problems are not. Children with ADHD who are inattentive, but not overly active, may appear to be spacey and unmotivated.

Myth:

Kids with ADHD can never pay attention.

Fact:

Children with ADHD are often able to concentrate on activities they enjoy. But no



Others are only mildly inattentive, but overly impulsive.

The signs and symptoms a child with attention deficit disorder has depend on which characteristics predominate.

Children with ADHD may be:

- Inattentive, but not hyperactive or impulsive.
- Hyperactive and impulsive, but able to pay attention.
- Inattentive, hyperactive, and impulsive (the most common form of ADHD).

Children who only have inattentive symptoms of ADHD are often overlooked, since they're not disruptive. However, the symptoms of inattention have consequences: getting in hot water with parents and teachers for not following directions; underperforming in school; or clashing with other kids over not playing by the rules.

Which one of these children may have ADHD?

A. The hyperactive boy who talks nonstop and can't sit still.

B. The quiet dreamer who sits at her desk and stares off into space.

C. Both.

The correct answer is "C."

ADHD symptoms at different ages

Because we expect very young children to be easily distractible and hyperactive, it's the impulsive behaviors—the dangerous climb, the blurted insult—that often stand out in preschoolers with ADHD. By age four or five, though, most children have learned how to pay attention to others, to sit quietly when instructed to, and not to say everything that pops into their heads. So by the time children reach school age, those with ADHD stand out in all three behaviors: inattentiveness, hyperactivity, and impulsivity.

ADHD in girls

Girls are less likely to be diagnosed and treated for ADHD than boys. Some people even mistakenly believe that the condition only occurs in boys. In actuality, the symptoms of ADHD can look different in girls in ways that make the disorder harder to notice.

Girls with ADHD may not seem as hyperactive, impulsive, or disruptive in class as boys. However, they may quietly struggle with anxiety, forgetfulness, disorganization, and lack of focus. Girls with ADHD may also use better coping strategies to compensate for their difficulties, such as putting in extra effort into their schoolwork.

Many girls don't receive a formal ADHD diagnosis until later in life. By that time, they've likely had to endure the consequences of

Help for ADHD in Kids

matter how hard they try, they have trouble maintaining focus when the task at hand is boring or repetitive.

Myth:

Kids with ADHD could behave better if they wanted to.

Fact:

Children with ADHD may do their best to be good, but still be unable to sit still, stay quiet, or pay attention. They may appear disobedient, but that doesn't mean they're acting out on purpose.

Myth:

Kids will eventually grow out of ADHD.

Fact:

ADHD often continues into adulthood, so don't wait for your child to outgrow the problem. Treatment can help your child learn to manage and minimize the symptoms.

Myth:

Medication is the best treatment option for ADHD.

Fact:

Medication is often prescribed for attention deficit disorder, but it might not be the best option for your child. Effective treatment for ADHD also includes education, behavior therapy, support at home and school, exercise, and proper nutrition.

ADHD symptoms in kids

When many people think of attention deficit disorder, they picture an out-of-control kid in constant motion, bouncing off the walls and disrupting everyone around. But the reality is much more complex. Some children with ADHD are hyperactive, while others sit quietly—with their attention miles away. Some put too much focus on a task and have trouble shifting it to something else.

living with an unrecognized and untreated disorder. These consequences could include problems in school and relationships, as well as low self-confidence or even depression. Getting an early and accurate diagnosis is the best way to ensure your child gets the support she needs

Inattentiveness ADHD symptoms in kids

It isn't that children with ADHD can't pay attention: when they're doing things they enjoy or hearing about topics in which they're interested, they have no trouble focusing and staying on task. But when the task is repetitive or boring, they quickly tune out.

Staying on track is another common problem. Children with ADHD often bounce from task to task without completing any of them, or skip necessary steps in procedures. Organizing their schoolwork and their time is harder for them than it is for most children. Kids with ADHD also have trouble concentrating if there are things going on around them; they usually need a calm, quiet environment in order to stay focused.

Symptoms of inattention in children

Your child may:

- Have trouble staying focused; be easily distracted or get bored with a task before it's completed.
- Appear not to listen when spoken to.
- Have difficulty remembering things and following instructions; not pay attention to details or makes careless mistakes.
- Have trouble staying organized, planning ahead, and finishing projects.
- Frequently lose or misplace homework, books, toys, or other items.

Hyperactivity ADHD symptoms in kids

The most obvious sign of ADHD is hyperactivity. While many children are naturally quite active, kids with hyperactive symptoms of attention deficit disorder are always moving. They may try to do several things at once, bouncing around from one activity to the next. Even when forced to sit still, which can be very difficult for them, their foot is tapping, their leg is shaking, or their fingers are drumming.

Symptoms of hyperactivity in children

Your child may:

- Constantly fidget and squirm.
- Have difficulty sitting still, playing quietly, or relaxing.
- Move around constantly, often running or climbing inappropriately.
- Talk excessively.
- Have a quick temper or "short fuse."

Impulsive ADHD symptoms in kids

The impulsivity of children with ADHD can

cause problems with self-control. Because they censor themselves less than other kids do, they'll interrupt conversations, invade other people's space, ask irrelevant questions in class, make tactless observations, and ask overly personal questions. Instructions like, "Be patient" and "Just wait a little while" are twice as hard for children with ADHD to follow as they are for other youngsters.

Children with impulsive signs and symptoms of ADHD also tend to be moody and to overreact emotionally. As a result, others may start to view the child as disrespectful, weird, or needy.

Symptoms of impulsivity in children

Your child may:

- Act without thinking.
- Guess, rather than taking time to solve a problem; blurt out answers in class without waiting to be called on or hear the whole question.
- Intrude on other people's conversations or games.
- Often interrupt others; say the wrong thing at the wrong time.
- Be unable to keep powerful emotions in check, resulting in angry outbursts or temper tantrums.

Positive effects of ADHD in children

ADHD has nothing to do with intelligence or talent. What's more, kids with attention deficit disorder often demonstrate the following positive traits:

Creativity. Children who have ADHD can be marvelously creative and imaginative. The child who daydreams and has ten different thoughts at once can become a master problem-solver, a fountain of ideas, or an inventive artist. Children with ADHD may be easily distracted, but sometimes they notice what others don't see.

Flexibility. Because children with ADHD consider a lot of options at once, they don't become set on one alternative early on and are more open to different ideas.

Enthusiasm and spontaneity. Children with ADHD are rarely boring! They're interested in a lot of different things and have lively personalities. In short, if they're not exasperating you (and sometimes even when they are), they're a lot of fun to be with. **Energy and drive.** When kids with ADHD are motivated, they work or play hard and strive to succeed. It actually may be difficult to distract them from a task that interests them, especially if the activity is interactive or hands-on.

Is it really ADHD?

Just because a child has symptoms of inattention, impulsivity, or hyperactivity does not mean that they have ADHD. Certain medical conditions, psychological disorders,

and stressful life events can cause symptoms that look like ADHD.

Before an accurate diagnosis of ADHD can be made, it is important that you see a mental health professional to explore and rule out the following possibilities:

Learning disabilities or problems with reading, writing, motor skills, or language.

Major life events or traumatic experiences, such as a recent move, death of a loved one, bullying, or divorce.

Psychological disorders including anxiety, depression, or bipolar disorder.

Behavioral disorders such as conduct disorder, reactive attachment disorder, and oppositional defiant disorder.

Medical conditions, including thyroid problems, neurological conditions, epilepsy, and sleep disorders.

Helping a child with ADHD

Whether or not your child's symptoms of inattention, hyperactivity, and impulsivity are due to ADHD, they can cause many problems if left untreated. Children who can't focus and control themselves may struggle in school, get into frequent trouble, and find it hard to get along with others or make friends. These frustrations and difficulties can lead to low self-esteem as well as friction and stress for the whole family.

But treatment can make a dramatic difference in your child's symptoms. With the right support, your child can get on track for success in all areas of life.

If your child struggles with symptoms that look like ADHD, don't wait to seek professional help. You can treat your child's symptoms of hyperactivity, inattention, and impulsivity without having a diagnosis of attention deficit disorder. Options to start with include getting your child into therapy, implementing a better diet and exercise plan, and modifying the home environment to minimize distractions.

If you do receive a diagnosis of ADHD, you can then work with your child's doctor, therapist, and school to make a personalized treatment plan that meets their specific needs. Effective treatment for childhood ADHD involves behavioral therapy, parent education and training, social support, and assistance at school. Medication may also be used; however, it should never be the sole attention deficit disorder treatment.

Parenting tips for children with ADHD

If your child is hyperactive, inattentive, or impulsive, it may take a lot of energy to get them to listen, finish a task, or sit still. The constant monitoring can be frustrating and exhausting. Sometimes you may feel like your child is running the show. But there are



steps you can take to regain control of the situation, while simultaneously helping your child make the most of their abilities.

While attention deficit disorder is not caused by bad parenting, there are effective parenting strategies that can go a long way to correct problem behaviors. Children with ADHD need structure, consistency, clear communication, and rewards and consequences for their behavior. They also need lots of love, support, and encouragement.

There are many things parents can do to reduce the symptoms of ADHD without sacrificing the natural energy, playfulness, and sense of wonder unique in every child. Take care of yourself so you're better able to care for your child. Eat right, exercise, get enough sleep, find ways to reduce stress, and seek face-to-face support from family and friends as well as your child's doctor and teachers.

Establish structure and stick to it. Help your child stay focused and organized by following daily routines, simplifying your child's schedule, and keeping your child busy with healthy activities.

Set clear expectations. Make the rules of behavior simple and explain what will happen when they are obeyed or broken—and follow through each time with a reward or a consequence.

Encourage exercise and sleep. Physical activity improves concentration and promotes brain growth. Importantly for children with ADHD, it also leads to better sleep, which in turn can reduce the symptoms of ADHD.

Help your child eat right. To manage symptoms of ADHD, schedule regular healthy meals or snacks every three hours and cut back on junk and sugary food. Teach your child how to make friends. Help them become a better listener, learn to

read people's faces and body language, and interact more smoothly with others.

School tips for children with ADHD

ADHD, obviously, gets in the way of learning. You can't absorb information or get your work done if you're running around the classroom or zoning out on what you're supposed to be reading or listening to. Think of what the school setting requires children to do: Sit still. Listen quietly. Pay attention. Follow instructions. Concentrate. These are the very things kids with ADHD have a hard time doing—not because they aren't willing, but because their brains won't let them.

But that doesn't mean kids with ADHD can't succeed at school. There are many things both parents and teachers can do to help children with ADHD thrive in the classroom. It starts with evaluating each child's individual weaknesses and strengths, then coming up with creative strategies for helping them focus, stay on task, and learn to their full capability.

Dr. Prince Douglas Maroku: A Journey of Resilience and Faith

Dr. Prince Douglas Maroku, a 40-year-old native of Serowe, Botswana, is more than just a name in the realm of gospel music; he is a living embodiment of resilience, faith, and triumph over adversity. His life's journey, marked by profound struggles and an unwavering commitment to his faith, has not only shaped him as an individual but has also positioned him as a beacon of hope for countless others. Born and raised in the heart of Botswana, Prince's story is one of perseverance, overcoming deep personal scars, and turning pain into a powerful testimony that inspires those who hear it.

Prince's early life in Serowe, like many others, was filled with the typical challenges of growing up in a small village. However, what set him apart was the deep sense of purpose that began to take root in his heart at a young age. Raised in a Christian family, Prince was introduced to the teachings of the Bible early on, and it was through this spiritual foundation that he would later find the strength to overcome the darkest periods of his life.

His journey towards becoming a devout born-again Christian wasn't an instantaneous transformation but a gradual process marked by personal trials and moments of divine intervention. These experiences would eventually lead him to fully commit his life to Christ, a decision that would anchor him through the many storms he was yet to face. Prince's connection to gospel music is not merely a career choice but a calling that resonates deeply with his life's purpose. As a gospel recording artist, Prince has released four albums that echo the themes of hope, redemption, and the unfailing love of God. His music transcends cultural and national boundaries, having collaborated with prominent gospel artists from Tanzania, Zimbabwe, South Africa, and Botswana. His melodies, infused with the richness of his spiritual journey, are not just songs but

declarations of faith and resilience.

Winning the Best Contemporary Gospel Award was a significant milestone in his career, one that affirmed his path and solidified his status as a respected figure in the gospel music industry. But for Prince, this award was not the pinnacle of his success; rather, it was a stepping stone towards greater achievements in his ministry through music.

As a songwriter, Prince's lyrics are deeply personal, often drawing from his own experiences of pain and recovery. His songs are crafted to speak to the hearts of those who are suffering, offering them not just comfort but a pathway to healing through faith. Each song is a reminder that, regardless of the depth of our struggles, God's grace is sufficient to see us through.

In addition to his music, Dr. Prince Douglas Maroku is an accomplished author, having written a poignant and deeply personal

biography titled **My Scars Are My Trophies**. This book is more than just a recounting of his life; it is a testimony of survival and a powerful narrative that addresses the often-taboo subjects of male rape, domestic violence, and depression.

Through **My Scars Are My Trophies**, Prince opens up about the most harrowing experiences of his life—experiences that many would prefer to keep hidden. He speaks candidly about the trauma of being raped, the emotional and physical toll of domestic violence, and the crippling effects of depression. Yet, he does not dwell on these events as moments of defeat; instead, he frames them as battles he has won, with his scars serving as proof of his survival and strength.

Prince's advocacy work extends far beyond his writing. As a survivor and activist, he is dedicated to raising awareness about



rape and domestic violence, particularly in the context of male victims—an often overlooked and stigmatized group. His foundation, Beyond My Scars, is a testament to his commitment to helping others heal. The foundation provides counseling and support to survivors, empowering them to reclaim their lives and find strength in their scars, just as Prince has.

Dr. Prince Douglas Maroku's compassion and dedication to helping others are perhaps most evident in his philanthropic efforts. Every year, he donates food hampers to the less privileged in various villages across Botswana. His philanthropy is not limited to just material assistance; it is deeply rooted in his desire to uplift and empower those in need. Prince understands that true charity goes beyond giving—it is about restoring dignity, providing hope, and helping others build a better future.

In addition to his work with the underprivileged, Prince also focuses on education, particularly for young people who have struggled academically. Recognizing that not everyone excels in traditional academic environments, he sponsors young individuals to enroll in short courses that align with their interests and talents. His goal is to provide them with the skills they need to succeed in life, despite their previous academic challenges.

Prince's commitment to education is further demonstrated through his adoption of several primary schools, including Ngwapa, Bikwe, Ngwatswau, and Ikgoga. By providing resources and support to these schools, he aims to improve the quality of education and create a nurturing environment for Botswana's future leaders.

Despite the many challenges he has faced, Dr. Prince Douglas Maroku remains a man of profound humility and grace. His strength lies not in his ability to avoid suffering, but in his remarkable capacity to forgive, to find peace in his past, and to use his experiences as a source of inspiration for others. For Prince, forgiveness is not just a moral obligation but a key to personal happiness and spiritual freedom. He believes that holding onto anger and resentment only serves to imprison oneself, while forgiveness breaks barriers and opens doors to new possibilities.

Prince's life story is a powerful narrative of overcoming adversity. He has faced the darkest moments—moments when he felt utterly alone, when the pain of sexual assault and the shame of his experiences seemed too great to bear. He has battled the temptation of suicide, grappled with the stigma of being a male rape survivor, and endured the emotional turmoil of domestic violence. Yet, through it all, he has emerged

not just as a survivor but as a victor, a warrior whose scars tell the story of a man who refused to be defeated by life's cruelties.

As he continues to write, sing, and advocate, Dr. Prince Douglas Maroku remains committed to his mission of touching lives and making a difference. He is currently working on a new book, a fictional tale that explores the complexities of love and relationships, a departure from his previous autobiographical work but still deeply rooted in themes of human experience and emotion.

Through his upcoming projects, Prince hopes to reach even more people, offering them messages of hope, perseverance, and the transformative power of faith. He envisions a future where his music, his writing, and his advocacy work continue to inspire and uplift those who are struggling, reminding them that no matter how difficult the journey, there is always a path to victory.



Prince's journey is far from over. With every step he takes, he continues to inspire those around him to rise above their circumstances, to fight for their dreams, and to believe that, with God, all things are possible. His life is a living testament to the truth that we are stronger than our scars, and no matter how tough the battle, we can emerge victorious.

Dr. Prince Douglas Maroku's life story is one of extraordinary resilience and unshakable faith. From the depths of despair, he has risen to become a powerful voice for the voiceless, a champion for those who have been broken by life's hardships. His journey serves as a reminder that, no matter how deep our wounds, there is always hope for healing and redemption. Through his music, his writing, and his advocacy, Prince continues to touch the lives of many, spreading a message of love, forgiveness, and the enduring power of faith. His scars are indeed his trophies—symbols of a life lived with courage, compassion, and unwavering faith.



Tips For Healthy Hair

Know Your Hair Type

The first step to achieving healthy hair is to understand your hair type. This will help you identify the right techniques and products for your hair. Consider whether your hair is flat and straight or wavy. Do you often feel oiliness, frizz, or a crispy texture in your hair?

Choose Salon-Quality Products

Investing in salon-quality products is crucial if you want your hair to look its best. Ask your stylist to recommend at-home hair products that you can stock up on.

Avoid Overwashing Your Hair

It's not necessary to wash your hair every day. Shampooing every other day or twice a week is sufficient, and you can use dry shampoo in between. Over-shampooing can strip your hair of its natural oils, which is problematic if your strands are already damaged or dry.

Explore Pre-Shampoo Treatments

Hair bonds can be weakened by heat styling, aggressive brushing, lightening, and hair coloring. It's imperative to treat hair damage before continuous shampoo use. To heal hair damage from the inside out, use Acidic Bonding Concentrate Intensive Treatment. This will condition and smooth your hair's

cuticle for a healthier, silkier appearance.

Apply Shampoo Correctly

Avoid applying shampoo all over your hair to prevent it from appearing and feeling dry. Apply shampoo directly to the scalp, where most of the oil and product residue build up. The lather will flow down your strands, cleansing away impurities after you scrub your scalp.

Minimize Heat Styling

Applying excessive heat to your hair with tools like blow dryers, flat irons, or curling irons can cause dryness, color fading, and damage. Hair stylists advise keeping the heat settings low when using any hot tool and recommend using a heat protectant spray to protect your hair from damage up to 450°F.

Utilize Hair Oils

Jobba oil, argan oil, and coconut oil can nourish and moisturize hair, limiting frizz and overall improving the hair's health. Aloe vera oil also helps with balancing the scalp's pH level with its soothing properties, creating a well-conditioned environment for hair growth.

Sleep on a Satin or Silk Pillowcase

Satin and silk pillowcases can make a big difference in the well-being of your hair. Silk, being a breathable fabric, permits air circulation and prevents moisture from sweating at night from staying at the root of the hair. It helps to reduce the friction between cotton fabrics and our hair fibers. The fabric's texture helps to maintain the natural shine of styled hair.

Maintain Good Health

When your body is not in good condition, it reflects in your hair. It's important to annually visit a physician to check if your body is lacking any nutrients, among other things. Since thyroid gland dysfunction can cause hair thinning or loss, your doctor can check for such issues.

Your Diet Should Be Nutrient-Dense

Vitamin D and iron are essential for creating and strengthening hair. Therefore, ensure you eat foods rich in iron. The improvement of the well-being of hair follicles comes from a nutrient-dense diet, which will give you shinier strands. To stimulate healthy hair growth, your diet must include vitamin C, vitamin B complex, copper, and omega-3 fatty acids.

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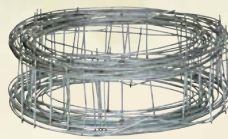
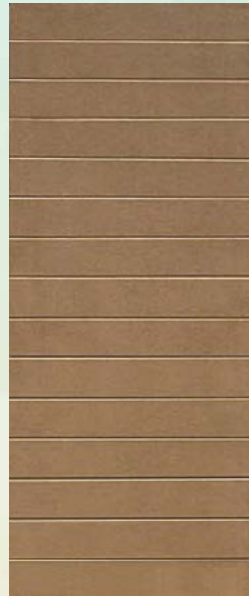
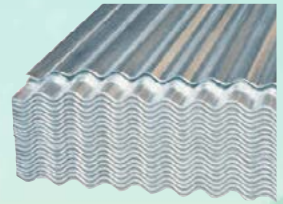
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7 Types of Interior Design Styles for Your Home

Moving into a new home or updating your current one can be both exciting and daunting, especially if you don't know what types of interior design styles you love. With endless Pinterest boards and magazines, it's natural to feel a bit overwhelmed when choosing the perfect interior design style for your space.

Traditional elegance or sleek contemporary? Bohemian charm or efficient modern minimalism? You may find yourself torn between styles. Should you pick one or try to blend a few?

If you're still on the hunt for the right style for your home, start by exploring these seven interior design styles.

#1: Traditional Style

Traditional interior design is a timeless and classic style known for elegance, symmetry, and comfort. This style embraces a rich color palette, with warm and deep hues like reds, greens, blues, and gold. Ornate details like intricate molding, wainscoting, and moldings add depth and texture to the rooms.

Key characteristics of traditional style include:

- **Symmetry:** A key characteristic of a traditional style used in the arrangement of furniture and decor, so

you may see a pair of matching chairs or lamps flanking a fireplace to create a sense of balance. Classic patterns like stripes, plaids, florals, and damasks are also used.

- **Formal and Elegant Furniture:** Furniture in traditional style is formal and elegant. You'll see curved lines, tufted upholstery, and intricately carved details. Antiques or vintage pieces add character and charm while layered textures of silk, velvet, and wool create depth and warmth.
- **Large Statement Pieces:** Statement pieces are a popular way to create drama and interest in traditional interior design. A grand chandelier or large oil painting may be used as a focal point. Traditional homes also feature details like crown molding, a central fireplace, and high-quality woodwork.

The traditional interior design style is valued for its timeless elegance and charm. It's a perfect way to create a space that's inviting and sophisticated. It also has a widespread appeal so it's an excellent choice if you're looking to sell your home.

#2: Contemporary Style

Contemporary design emphasizes form and function, but brings in current trends with a mix of materials and textures.

This interior design style includes:

- **Clean and Comfortable Aesthetics:** Contemporary design embraces simplicity and clean lines, but balances comfort and function. Uncluttered spaces with minimal decoration create an open and airy environment.
- **Warm, Neutral Color Palette:** Colors are often warm earth tones in shades of white, gray, beige, and black accented with bold pops of color. These hues allow other design elements to take center stage.
- **Integration of Modern Materials and Technology:** Contemporary design incorporates modern materials like glass, metal, and concrete. It incorporates technology with hidden wiring, smart home features, and integrated electronics.

This design shares some similarities with traditional design. Both styles aim to create spaces that are visually appealing and highly functional. If you like less ornate elements they can be blended into a transitional style for a simple, elegant room.

#3: Minimalist Style

When you envision minimalist design you likely picture clean lines and open spaces. This type of interior design style emphasizes simplicity and strips away unnecessary



elements. It doesn't mean you have to live in an empty white room, but this style embraces the "less is more" concept, with a pared-down and clutter-free look.

Key characteristics of minimalist interior design include:

- **Clean Lines and Geometric Shapes:** Furniture, architecture, and decor have straight lines and simple forms for a sleek and simple space.
- **Functionality:** Minimalist design focuses on the function of the space. Furniture and decor are chosen with utility in mind and each item serves a specific purpose. Furniture is often multi-functional to maximize space and you'll likely find hidden storage to keep clutter out of sight.
- **Natural color palette and materials:** Colors in a minimalist space are kept neutral with white, beige, and gray. Accent colors are used to create a calm and serene atmosphere. Natural materials like wood, stone, and metal are used throughout the space with an emphasis on their raw and unpolished textures.

Minimalist interior design relies on negative space for visual impact. To bring personality and interest to your space, add a large statement piece like a large single painting or an eye-catching pendant light.

#4: Modern Style

Modern design prioritizes function,

simplicity, and the integration of technology into design. Modern interiors feature clean lines and geometric shapes with more organic and curved forms compared to minimalist designs.

Some characteristics of modern interior design include:

- **Functionality and Open Floor Plans:** Open floor plans create flow and spaciousness for a seamless transition between areas of the home. Functional pieces like modular furniture and integrated storage are key features of modern design.
- **Neutral Color Palette with Pops of Color:** Modern design uses a neutral color palette with whites, grays, and blacks. Unlike minimalist design, modern interiors may incorporate bold pops of color as accents. Abstract paintings or sculptures add visual interest and vibrancy to a room.
- **Integration of Modern Materials and Technology:** Modern materials like glass, metal, concrete, and synthetics are common in modern design. These materials have a sleek and polished finish, adding a touch of sophistication and industrial edge to the space. Technology is often incorporated into the design, with hidden wiring and smart home features.

Modern design is often infused with other types of interior design styles to make a space stand out.

For example:

- **Organic modern design** uses natural materials to infuse modern spaces with warmth and organic textures.
- **European modern design** adds a touch of elegance with influences from European architecture and design principles.
- **Mid-century modern design** emphasizes clean lines, organic forms, and a retro-inspired aesthetic.

Bringing in these different design influences allows you to create a space that fully reflects your style.

#5: Industrial Style

Industrial interior design emphasizes the use of raw, unfinished, and often recycled materials to create a functional and edgy space. You're more likely to find this style in urban areas which inspires industrial design.

Homes with an industrial style tend to have:

- **Raw and Exposed Materials:** Industrial design embraces the raw and unfinished look of materials used in factories and industrial settings. Exposed brick walls, concrete floors, metal beams, and pipes bring authenticity and ruggedness to the space.
- **Utilitarian Aesthetic:** Functional, practical furniture and fixtures inspired by industrial equipment are used. You'll find metal chairs, reclaimed wood tables, and vintage lighting fixtures.



Industrial design often uses utilitarian objects for decor, like exposed light bulbs, gears, and pulleys.

- **Open and Spacious Layouts:** Industrial spaces usually have open and spacious layouts. The design maximizes the use of space, with high ceilings, large windows, and minimal partitions. This is a common style in loft apartments or converted warehouses. to create a sense of openness and allow for the flow of natural light.

Industrial design is a unique and appealing type of interior design style. Statement lighting and vintage accents like old signs, machinery, and industrial lamps add character to the space and highlight the beauty of simple, authentic materials.

#6: Bohemian Style

For those that love a more colorful and eclectic style, bohemian interior design is a perfect choice. Bohemian style is an interior design type that emphasizes eclectic and colorful decor to create a relaxed and carefree space.

Characteristics of bohemian interior design style include:

- **Eclectic Mix of Color and Decor:** Bohemian design mixes different patterns, textures, and cultural influences from around the world. The style encourages a sense of freedom and self-expression, allowing for a diverse range of colors, fabrics, and

decorative elements.

- **Rich Colors and Textures:** Vibrant jewel tones, earthy hues, and bold pops of color and texture plays a crucial role in Bohemian design. Layered tapestries, rugs, and cushions in eclectic patterns like paisley, ikat, and floral prints add warmth and visual interest to the space.
- **Global and Artistic Accents:** Handmade and artisanal objects like macrame, woven baskets, and ethnic prints are often incorporated into these spaces. Vintage and flea market finds add history and personality while plants and natural elements bring a sense of life indoors.

Most bohemian-style homes will also have statement lighting like a large chandelier or colorful pendant as a focal point. They're often filled with personal touches like artwork, photos, and souvenirs to add a sense of individuality. Bohemian design allows for self-expression leading to a relaxed and creative space.

#7: Coastal Style

Coastal style is an interior design type that emphasizes natural light and airy elements to create a relaxed and beachy atmosphere. Rooms are bright and furniture is often light, with clean lines and simple shapes.

A few key characteristics of a coastal interior design style include:

- **Light and Airy Color Palette:** Coastal design embraces colors inspired by the

beach and ocean. Soft shades of white, cream, beige, and pale blues dominate the color scheme. These colors create a sense of tranquility and mimic the coastal environment, bringing a feeling of relaxation and serenity.

- **Natural Elements and Textures:** Natural elements and textures found in beachside environments are also used. Weathered wood, rattan, jute, sisal, and other organic textures add warmth and authenticity to the space.
- **Nautical and Beach-inspired Accents:** Nautical and beach-inspired accents create a seaside atmosphere in coastal design. This includes seashells, coral, ropes, and maritime-inspired artwork. Stripes, anchors, and sailboat motifs are also common patterns for fabrics and accessories. Personal touches like artwork, photos, and souvenirs add a touch of individuality to the space.

Coastal design can be used even if you don't live near the coast. It creates a relaxing atmosphere, connects with nature, and reflects personal style and preferences. If you're drawn to the coastal aesthetic you can incorporate it into your home no matter where you live.

With so many types of interior design styles (these are just a few!) and the ability to blend them means you have endless possibilities to design the perfect space for you.


 A photograph of a person holding a bright yellow umbrella in a grassy park setting. The person is wearing a white long-sleeved shirt with a red and blue patterned trim on the sleeve. The background is a soft-focus green lawn and trees.

Building a Healthy Relationship

Whether you're looking to keep a new romantic relationship strong or repair a relationship that's on the rocks, these tips can help you feel loved and connected to your partner.

Building a healthy relationship

All romantic relationships go through ups and downs and they all take work, commitment, and a willingness to adapt and change with your partner. But whether your relationship is just starting out or you've been together for years, there are steps you can take to build a healthy relationship. Even if you've experienced a lot of failed relationships in the past or have struggled before to rekindle the fires of romance in your current relationship, you can find ways to stay connected, find fulfillment, and enjoy lasting happiness.

What makes a healthy relationship?

Every relationship is unique, and people come together for many different reasons. Part of what defines a healthy relationship is sharing a common goal for exactly what you want the relationship to be and where you want it to go. And that's something you'll

only know by talking deeply and honestly with your partner.

However, there are also some characteristics that most healthy relationships have in common. Knowing these basic principles can help keep your relationship meaningful, fulfilling and exciting whatever goals you're working towards or challenges you're facing together.

You maintain a meaningful emotional connection with each other. You each make the other feel loved and emotionally fulfilled. There's a difference between being loved and feeling loved. When you feel loved, it makes you feel accepted and valued by your partner, like someone truly gets you. Some relationships get stuck in peaceful coexistence, but without the partners truly relating to each other emotionally. While the union may seem stable on the surface, a lack of ongoing involvement and emotional connection serves only to add distance between two people.

You're not afraid of (respectful) disagreement. Some couples talk things out quietly, while

others may raise their voices and passionately disagree. The key in a strong relationship, though, is not to be fearful of conflict. You need to feel safe to express things that bother you without fear of retaliation, and be able to resolve conflict without humiliation, degradation, or insisting on being right.

You keep outside relationships and interests alive. Despite the claims of romantic fiction or movies, no one person can meet all of your needs. In fact, expecting too much from your partner can put unhealthy pressure on a relationship. To stimulate and enrich your romantic relationship, it's important to sustain your own identity outside of the relationship, preserve connections with family and friends, and maintain your hobbies and interests.

You communicate openly and honestly. Good communication is a key part of any relationship. When both people know what they want from the relationship and feel comfortable expressing their needs, fears, and desires, it can increase trust and strengthen the bond between you.



Falling in love vs. staying in love

For most people, falling in love usually seems to just happen. It's staying in love—or preserving that “falling in love” experience—that requires commitment and work. Given its rewards, though, it's well worth the effort. A healthy, secure romantic relationship can serve as an ongoing source of support and happiness in your life, through good times and bad, strengthening all aspects of your wellbeing. By taking steps now to preserve or rekindle your falling in love experience, you can build a meaningful relationship that lasts—even for a lifetime.

Many couples focus on their relationship only when there are specific, unavoidable problems to overcome. Once the problems have been resolved they often switch their attention back to their careers, kids, or other interests. However, romantic relationships require ongoing attention and commitment for love to flourish. As long as the health of a romantic relationship remains important to you, it is going to require your attention and effort. And identifying and fixing a small problem in your relationship now can often help prevent it from growing into a much

larger one down road.

The following tips can help you to preserve that falling in love experience and keep your romantic relationship healthy.

Tip 1: Spend quality time face to face

You fall in love looking at and listening to each other. If you continue to look and listen in the same attentive ways, you can sustain the falling in love experience over the long term. You probably have fond memories of when you were first dating your loved one. Everything seemed new and exciting, and you likely spent hours just chatting together or coming up with new, exciting things to try. However, as time goes by, the demands of work, family, other obligations, and the need we all have for time to ourselves can make it harder to find time together.

Many couples find that the face-to-face contact of their early dating days is gradually replaced by hurried texts, emails, and instant messages. While digital communication is great for some purposes, it doesn't positively impact your brain and nervous system in the same way as face-to-face communication.

Sending a text or a voice message to your partner saying “I love you” is great, but if you rarely look at them or have the time to sit down together, they'll still feel you don't understand or appreciate them. And you'll become more distanced or disconnected as a couple. The emotional cues you both need to feel loved can only be conveyed in person, so no matter how busy life gets, it's important to carve out time to spend together.

Commit to spending some quality time together on a regular basis. No matter how busy you are, take a few minutes each day to put aside your electronic devices, stop thinking about other things, and really focus on and connect with your partner.

Find something that you enjoy doing together, whether it is a shared hobby, dance class, daily walk, or sitting over a cup of coffee in the morning.

Try something new together. Doing new things together can be a fun way to connect and keep things interesting. It can be as simple as trying a new restaurant or going on a day trip to a place you've never been before.

Focus on having fun together. Couples are often more fun and playful in the early stages of a relationship. However, this playful attitude can sometimes be forgotten as life challenges start getting in the way or old resentments start building up. Keeping a sense of humor can actually help you get through tough times, reduce stress and work through issues more easily. Think about playful ways to surprise your partner, like bringing flowers home or unexpectedly booking a table at their favorite restaurant. Playing with pets or small children can also help you reconnect with your playful side.

Do things together that benefit others

One the most powerful ways of staying close and connected is to jointly focus on something you and your partner value outside of the relationship. Volunteering for a cause, project, or community work that has meaning for both of you can keep a relationship fresh and interesting. It can also expose you both to new people and ideas, offer the chance to tackle new challenges together, and provide fresh ways of interacting with each other.

As well as helping to relieve stress, anxiety, and depression, doing things to benefit others delivers immense pleasure. Human beings are hard-wired to help others. The more you help, the happier you'll feel—as individuals and as a couple.

Tip 2: Stay connected through communication

Good communication is a fundamental



part of a healthy relationship. When you experience a positive emotional connection with your partner, you feel safe and happy. When people stop communicating well, they stop relating well, and times of change or stress can really bring out the disconnect. It may sound simplistic, but as long as you are communicating, you can usually work through whatever problems you're facing.

Tell your partner what you need, don't make them guess.

It's not always easy to talk about what you need. For one, many of us don't spend enough time thinking about what's really important to us in a relationship. And even if you do know what you need, talking about it can make you feel vulnerable, embarrassed, or even ashamed. But look at it from your partner's point of view. Providing comfort and understanding to someone you love is a pleasure, not a burden.

If you've known each other for a while, you may assume that your partner has a pretty good idea of what you are thinking and what you need. However, your partner is not a mind-reader. While your partner may have some idea, it is much healthier to express your needs directly to avoid any confusion. Your partner may sense something, but it

might not be what you need. What's more, people change, and what you needed and wanted five years ago, for example, may be very different now. So instead of letting resentment, misunderstanding, or anger grow when your partner continually gets it wrong, get in the habit of telling them exactly what you need.

Take note of your partner's nonverbal cues

So much of our communication is transmitted by what we don't say. Nonverbal cues, which include eye contact, tone of voice, posture, and gestures such as leaning forward, crossing your arms, or touching someone's hand, communicate much more than words.

When you can pick up on your partner's nonverbal cues or "body language," you'll be able to tell how they really feel and be able to respond accordingly. For a relationship to work well, each person has to understand their own and their partner's nonverbal cues. Your partner's responses may be different from yours. For example, one person might find a hug after a stressful day a loving mode of communication—while another might just want to take a walk together or sit and chat.

It's also important to make sure that what you say matches your body language. If you say "I'm fine," but you clench your teeth and look away, then your body is clearly signaling you are anything but "fine."

When you experience positive emotional cues from your partner, you feel loved and happy, and when you send positive emotional cues, your partner feels the same. When you stop taking an interest in your own or your partner's emotions, you'll damage the connection between you and your ability to communicate will suffer, especially during stressful times.

Be a good listener

While a great deal of emphasis in our society is put on talking, if you can learn to listen in a way that makes another person feel valued and understood, you can build a deeper, stronger connection between you.

There's a big difference between listening in this way and simply hearing. When you really listen—when you're engaged with what's being said—you'll hear the subtle intonations in your partner's voice that tells you how they're really feeling and the emotions they're trying to communicate.

Being a good listener doesn't mean you have to agree with your partner or change your mind. But it will help you find common points of view that can help you to resolve conflict.

Manage stress

When you're stressed or emotionally overwhelmed, you're more likely to misread your romantic partner, send confusing or off-putting nonverbal signals, or lapse into unhealthy knee-jerk patterns of behavior.

How often have you been stressed and flown off the handle at your loved one and said or done something you later regretted?

If you can learn to quickly manage stress and return to a calm state, you'll not only avoid such regrets, but you'll also help to avoid conflict and misunderstandings—and even help to calm your partner when tempers build.

Tip 3: Keep physical intimacy alive

Touch is a fundamental part of human existence. Studies on infants have shown the importance of regular, affectionate contact for brain development. And the benefits don't end in childhood. Affectionate contact boosts the body's levels of oxytocin, a hormone that influences bonding and attachment.

Sex is often a cornerstone of a committed relationship. It can be an intimate emotional experience and a great tool for protecting or improving your mental, physical, and emotional health. However, many couples find it difficult to talk about sex, especially when sexual problems occur. Feelings of embarrassment, shame, and hurt can often impact physical intimacy and push you apart. Whatever issues you're facing, there are many things you can do to get your sex life back on track and enjoy more fulfilling sex. An issue such as erectile dysfunction, for example, can be a difficult topic to discuss. But there are solutions available, including medications like Cialis (tadalafil) or Viagra (sildenafil).

It's also important to remember that sex shouldn't be the only method of physical intimacy in your relationship. Frequent, affectionate touch—holding hands, hugging, kissing—can be equally important. Of course, it's important to be sensitive to what your partner likes. Unwanted touching or inappropriate overtures can make the other person tense up and retreat—exactly what you don't want. As with so many other aspects of a healthy relationship, this can come down to how well you communicate your needs and intentions with your partner. Even if you have pressing workloads or young children to worry about, you can help

to keep physical intimacy alive by carving out some regular couple time, whether that's in the form of a date night or simply an hour at the end of the day when you can sit and talk or hold hands.

Tip 4: Learn to give and take in your relationship

If you expect to get what you want 100% of the time in a relationship, you are setting yourself up for disappointment. Healthy relationships are built on compromise. However, it takes work on each person's part to make sure that there is a reasonable exchange.

Recognize what's important to your partner

Knowing what is truly important to your partner can go a long way towards building goodwill and an atmosphere of compromise. On the flip side, it's also important for your partner to recognize your wants and for you to state them clearly. Constantly giving to others at the expense of your own needs will only build resentment and anger.

Don't make "winning" your goal

If you approach your partner with the attitude that things have to be your way or else, it will be difficult to reach a compromise. Sometimes this attitude comes from not having your needs met while younger, or it could be years of accumulated resentment in the relationship reaching a boiling point. It's alright to have strong convictions about something, but your partner deserves to be heard as well. Be respectful of the other person and their viewpoint.

Learn how to respectfully resolve conflict

Conflict is inevitable in any relationship, but to keep a relationship strong, both people need to feel they've been heard. The goal is not to win but to maintain and strengthen the relationship.

Make sure you are fighting fair. Keep the focus on the issue at hand and respect the other person. Don't start arguments over things that cannot be changed.

Don't attack someone directly but use "I" statements to communicate how you feel. For example, instead of saying, "You make me feel bad" try "I feel bad when you do that". Don't drag old arguments into the mix. Rather than looking to past conflicts or grudges and assigning blame, focus on what you can do in the here-and-now to solve the problem.

Be willing to forgive. Resolving conflict is impossible if you're unwilling or unable to forgive others.

If tempers flare, take a break. Take a few minutes to relieve stress and calm down

before you say or do something you'll regret. Always remember that you're arguing with the person you love.

Know when to let something go. If you can't come to an agreement, agree to disagree. It takes two people to keep an argument going. If a conflict is going nowhere, you can choose to disengage and move on.

Tip 5: Be prepared for ups and downs

It's important to recognize that there are ups and downs in every relationship. You won't always be on the same page. Sometimes one partner may be struggling with an issue that stresses them, such as the death of a close family member. Other events, like job loss or severe health problems, can affect both partners and make it difficult to relate to each other. You might have different ideas of managing finances or raising children.

Different people cope with stress differently, and misunderstandings can rapidly turn to frustration and anger.

Don't take out your problems on your partner. Life stresses can make us short tempered. If you are coping with a lot of stress, it might seem easier to vent with your partner, and even feel safer to snap at them. Fighting like this might initially feel like a release, but it slowly poisons your relationship. Find other healthier ways to manage your stress, anger, and frustration.

Trying to force a solution can cause even more problems. Every person works through problems and issues in their own way. Remember that you're a team. Continuing to move forward together can get you through the rough spots.

Look back to the early stages of your relationship. Share the moments that brought the two of you together, examine the point at which you began to drift apart, and resolve how you can work together to rekindle that falling in love experience.

Be open to change. Change is inevitable in life, and it will happen whether you go with it or fight it. Flexibility is essential to adapt to the change that is always taking place in any relationship, and it allows you to grow together through both the good times and the bad.

If you need outside help for your relationship, reach out together. Sometimes problems in a relationship can seem too complex or overwhelming for you to handle as a couple. Couples therapy can help. If it's more comfortable for you, counseling services are available online, with some platforms accepting insurance. Alternatively, talking together with a trusted friend or religious figure may also be beneficial.



Street Style:

The Pulse of Fashion's Beating Heart

In the world of fashion, trends often start not on the runways of Paris or Milan but on the bustling streets of major cities around the globe. Street style, a term that has become synonymous with urban fashion, is the raw, unfiltered voice of individuality and creativity. It's where fashion meets the real world, and where anyone can become a style icon.

The Essence of Street Style

Street style is more than just an aesthetic; it's a cultural phenomenon that reflects the diversity and dynamism of urban life. It's influenced by a variety of factors, including geography, weather, music, and subcultures. What sets street style apart from other fashion trends is its authenticity. It's about personal expression and breaking away from the confines of conventional fashion norms.

Key Elements of Street Style

1. Mix and Match: Street style often involves mixing high-end pieces with affordable items, creating a unique blend that's both chic and accessible. It's not unusual to see designer jackets paired with thrift store jeans, or luxury handbags combined with sneakers.

2. Statement Pieces: Bold accessories and statement pieces are hallmarks of street style. Oversized sunglasses, chunky jewelry, and eye-catching hats can elevate a simple outfit to a fashion-forward look.

3. Layering: Layering is a key technique in street style, especially in cities with variable weather. It's all about combining different textures, patterns, and colors to create a cohesive yet intricate ensemble.

4. Vintage and Retro Influences: Many street style aficionados incorporate vintage or retro pieces into their outfits. This not only adds a unique touch but also brings a sense of nostalgia and history to modern fashion.

5. Sustainability: With a growing emphasis on sustainability, many street style enthusiasts are turning to eco-friendly and ethical fashion choices. Thrift shopping, upcycling, and supporting local designers are becoming increasingly popular.

Iconic Street Style Cities

1. New York: The Big Apple is a melting pot of styles, from the edgy and avant-garde looks of Brooklyn to the polished and professional outfits of Manhattan. New York Fashion Week is a prime time for spotting the latest street style trends.

2. Tokyo: Known for its bold and eclectic fashion, Tokyo's street style is a fascinating mix of traditional Japanese elements and futuristic designs. Harajuku, in particular, is famous for its colorful and whimsical outfits.

3. Paris: Parisian street style is effortlessly chic and sophisticated. It's characterized by timeless pieces, minimalist designs, and a muted color palette. Parisians have a knack for looking stylish without appearing to try too hard.

4. London: London's street style is eclectic and unpredictable, reflecting the city's diverse cultural influences. From punk-inspired looks to polished preppy outfits, Londoners are not afraid to take risks and experiment with fashion.

Influencers and Trends

Street style has given rise to a new wave of influencers who are shaping fashion trends through their social media platforms. These style icons, with their large followings and distinctive looks, are setting the tone for what's in vogue.

Aimee Song (@aimeesong): With her effortlessly chic style, Aimee Song combines high fashion with every day wear, making her a go-to source for street style inspiration.

Chiara Ferragni (@chiaraFerragni): As one of the first fashion bloggers to gain international fame, Chiara Ferragni's style is a mix of luxury and accessibility, with a penchant for bold accessories and vibrant colors.

Yoyo Cao (@yoyokulala): Known for her minimalist yet striking looks, Yoyo Cao's style is a perfect blend of sophistication and edginess, making her a standout in the world of street style.

The Future of Street Style

As the world becomes more interconnected, street style will continue to evolve and influence global fashion trends. The rise of digital platforms has made it easier for people to share their personal style with a wider audience, blurring the lines between local and global fashion.

In a world where individuality is celebrated, street style remains a powerful medium for self-expression. It's a reminder that fashion is not just about clothes; it's about telling a story, making a statement, and most importantly, being yourself.





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Legend of the Screen: William Fichtner

William Edward Fichtner, born on November 27, 1956, stands as a paragon of versatility in the cinematic world, a name that resonates with depth and dedication. Over a remarkable career spanning more than three decades, Fichtner has etched his legacy as a prolific character actor, celebrated for his ability to breathe life into roles with unparalleled nuance. Whether embodying the calculated brilliance of Alexander Mahone in "Prison Break" or the endearing charm of Adam Janikowski in "Mom", Fichtner's performances have captivated audiences and critics alike, leaving an indelible mark on the industry.

Hailing from Mitchel Air Force Base and raised in the quiet suburbs of Cheektowaga, New York, Fichtner's journey to stardom was anything but ordinary. Initially charting a path in criminal justice, with degrees from Farmingdale State College and the

State University of New York at Brockport, Fichtner's destiny took an unexpected turn when a simple improvisation class ignited a passion for acting. This newfound love for the craft led him to the prestigious American Academy of Dramatic Arts in New York, where his talent began to flourish.

Fichtner's acting career officially took off in 1987 with his role in the soap opera "As the World Turns". From there, he built an impressive body of work, often shining in supporting roles that left lasting impressions. Iconic films like "Heat", "Armageddon", "Crash", and "The Dark Knight" showcased his remarkable ability to delve into the intricacies of his characters, earning him critical acclaim and a loyal following. His role in "Crash" was particularly noteworthy, contributing to a Screen Actors Guild Award for Outstanding Performance by a Cast in a Motion Picture.

Beyond the silver screen, Fichtner's talents extend into the realm of video games, where his distinctive voice has brought characters to life in titles such as "Grand Theft Auto: Vice City" and "Call of Duty: Modern Warfare 3". His contributions to the arts were formally recognized in 2008 when he was awarded an Honorary Doctorate of Humane Letters from Farmingdale State College, cementing his status as a true legend of his craft.

William Fichtner's illustrious career is a testament to the power of passion and perseverance. From his early days as a criminal justice student to becoming one of Hollywood's most respected actors, Fichtner's journey is a compelling narrative of following one's heart, embracing the unexpected, and ultimately, leaving a legacy that will inspire generations to come.

9 Steps to More Effective Parenting



Raising kids is one of the toughest and most fulfilling jobs in the world — and the one for which you might feel the least prepared. These 9 child-rearing tips can help you feel more fulfilled as a parent.

1. Boost Your Child's Self-Esteem

Kids start developing their sense of self as babies when they see themselves through their parents' eyes. Your tone of voice, your body language, and your every expression are absorbed by your kids. Your words and actions as a parent affect their developing self-esteem more than anything else.

Praising accomplishments, however small, will make them feel proud; letting kids do things independently will make them feel capable and strong. By contrast, belittling comments or comparing a child unfavorably with another will make kids feel worthless. Avoid making loaded statements or using words as weapons. Comments like "What a stupid thing to do!" or "You act more like a baby than your little brother!" cause damage just as physical blows do.

Choose your words carefully and be compassionate. Let your kids know that everyone makes mistakes and that you still love them, even when you don't love their behavior.

2. Catch Kids Being Good

Have you ever stopped to think about how many times you react negatively to your kids in a given day? You may find yourself criticizing far more often than complimenting. How would you feel about a boss who treated you with that much negative guidance, even if it was well-intentioned?

The more effective approach is to catch kids doing something right: "You made your bed without being asked — that's terrific!" or "I was watching you play with your sister and you were very patient." These statements will do more to encourage good behavior over the long run than repeated scoldings.

Make a point of finding something to praise every day. Be generous with rewards — your love, hugs, and compliments can work wonders and are often reward enough. Soon you will find you are "growing" more of the behavior you would like to see.

3. Set Limits and Be Consistent With Your Discipline

Discipline is necessary in every household. The goal of discipline is to help kids choose acceptable behaviors and learn self-control. They may test the limits you establish for them, but they need those limits to grow

into responsible adults.

Establishing house rules helps kids understand your expectations and develop self-control. Some rules might include: no TV until homework is done, and no hitting, name-calling, or hurtful teasing allowed.

You might want to have a system in place: one warning, followed by consequences such as a "time-out" or loss of privileges. A common mistake parents make is not following through with consequences. You can't discipline kids for talking back one day and ignore it the next. Being consistent teaches what you expect.

4. Make Time for Your Kids

It's often hard for parents and kids to get together for a family meal, let alone spend quality time together. But there is probably nothing kids would like more. Get up 10 minutes earlier in the morning so you can eat breakfast with your child or leave the dishes in the sink and take a walk after dinner. Kids who aren't getting the attention they want from their parents often act out or misbehave because they're sure to be noticed that way. Many parents find it rewarding to schedule together time with their kids. Create a "special night" each week to be together and let your kids help decide how to spend

the time. Look for other ways to connect — put a note or something special in your kid's lunchbox.

Teens seem to need less undivided attention from their parents than younger kids. Because there are fewer windows of opportunity for parents and teens to get together, parents should do their best to be available when their teen does express a desire to talk or participate in family activities. Attending concerts, games, and other events with your teen communicates caring and lets you get to know more about your child and his or her friends in important ways.

Don't feel guilty if you're a working parent. It is the many little things you do — making popcorn, playing cards, window shopping — that kids will remember.

5. Be a Good Role Model

Young kids learn a lot about how to act by watching their parents. The younger they are, the more cues they take from you. Before you lash out or blow your top in front of your child, think about this: Is that how you want your child to behave when angry? Be aware that you're constantly being watched by your kids. Studies have shown that children who hit usually have a role model for aggression at home.

Model the traits you wish to see in your kids: respect, friendliness, honesty, kindness, tolerance. Exhibit unselfish behavior. Do things for other people without expecting a reward. Express thanks and offer compliments. Above all, treat your kids the way you expect other people to treat you.

6. Make Communication a Priority

You can't expect kids to do everything simply because you, as a parent, "say so." They want and deserve explanations as much as adults do. If we don't take time to explain, kids will begin to wonder about our values and motives and whether they have any basis. Parents who reason with their kids allow them to understand and learn in a nonjudgmental way.

Make your expectations clear. If there is a problem, describe it, express your feelings, and invite your child to work on a solution with you. Be sure to include consequences. Make suggestions and offer choices. Be open to your child's suggestions as well. Negotiate. Kids who participate in decisions are more motivated to carry them out.

7. Be Flexible and Willing to Adjust Your Parenting Style

If you often feel "let down" by your child's behavior, perhaps you have unrealistic expectations. Parents who think in "shoulds" (for example, "My kid should be potty-trained



by now") might find it helpful to read up on the matter or to talk to other parents or child development specialists.

Kids' environments have an effect on their behavior, so you might be able to change that behavior by changing the environment. If you find yourself constantly saying "no" to your 2-year-old, look for ways to alter your surroundings so that fewer things are off-limits. This will cause less frustration for both of you.

As your child changes, you'll gradually have to change your parenting style. Chances are, what works with your child now won't work as well in a year or two.

Teens tend to look less to their parents and more to their peers for role models. But continue to provide guidance, encouragement, and appropriate discipline while allowing your teen to earn more independence. And seize every available moment to make a connection!

8. Show That Your Love Is Unconditional

As a parent, you're responsible for correcting and guiding your kids. But how you express your corrective guidance makes all the difference in how a child receives it.

When you have to confront your child, avoid blaming, criticizing, or fault-finding, which hurt self-esteem and can lead to resentment. Instead, try to nurture and encourage, even when disciplining your kids. Make sure they know that although you want and expect better next time, your love is there no matter what.

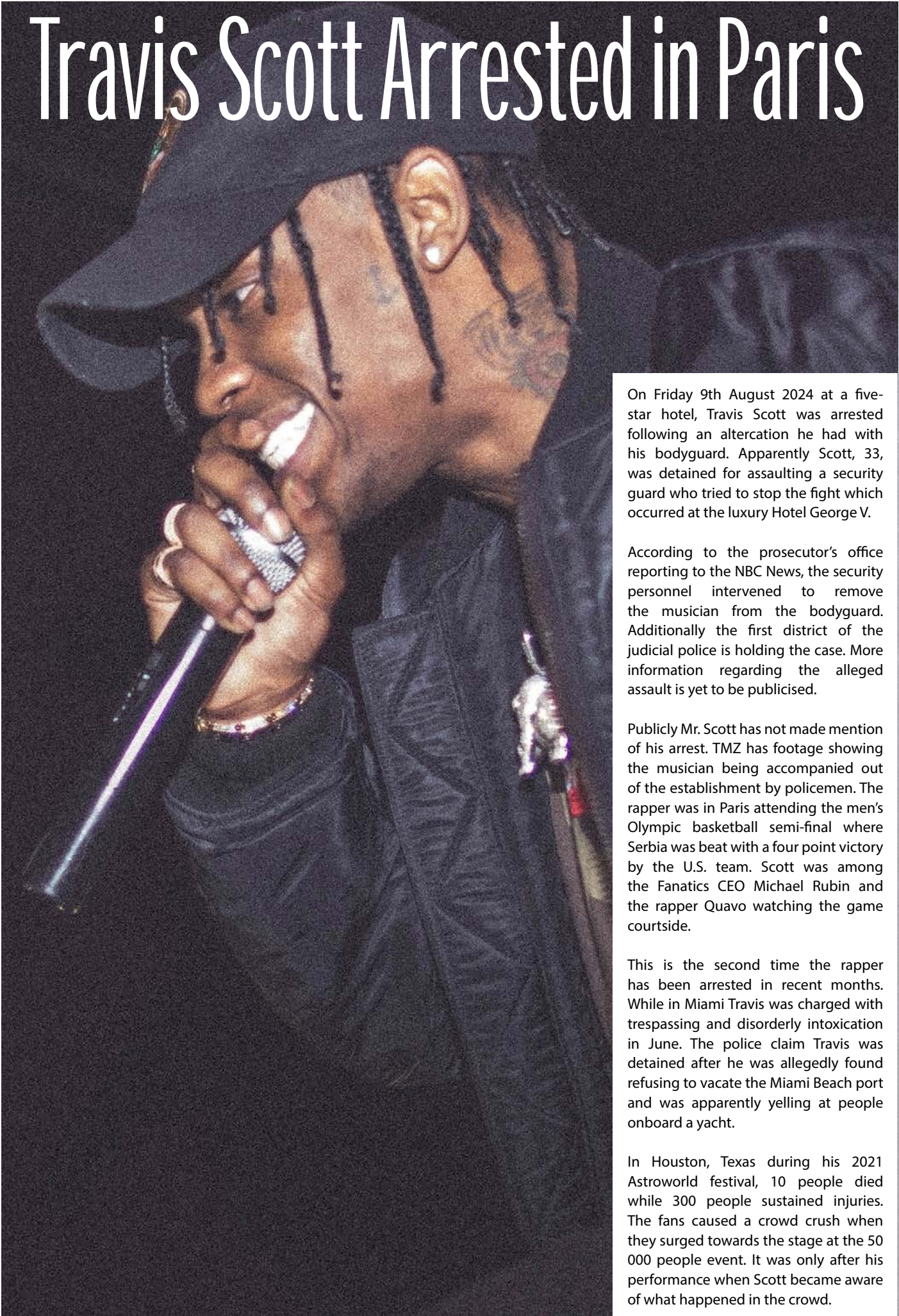
9. Know Your Own Needs and Limitations as a Parent

Face it — you are an imperfect parent. You have strengths and weaknesses as a family leader. Recognize your abilities — "I am loving and dedicated." Vow to work on your weaknesses — "I need to be more consistent with discipline." Try to have realistic expectations for yourself, your partner, and your kids. You don't have to have all the answers — be forgiving of yourself.

And try to make parenting a manageable job. Focus on the areas that need the most attention rather than trying to address everything all at once. Admit it when you're burned out. Take time out from parenting to do things that will make you happy.

Focusing on your needs does not make you selfish. It simply means you care about your own well-being, which is another important value to model for your children.

Travis Scott Arrested in Paris



On Friday 9th August 2024 at a five-star hotel, Travis Scott was arrested following an altercation he had with his bodyguard. Apparently Scott, 33, was detained for assaulting a security guard who tried to stop the fight which occurred at the luxury Hotel George V.

According to the prosecutor's office reporting to the NBC News, the security personnel intervened to remove the musician from the bodyguard. Additionally the first district of the judicial police is holding the case. More information regarding the alleged assault is yet to be publicised.

Publicly Mr. Scott has not made mention of his arrest. TMZ has footage showing the musician being accompanied out of the establishment by policemen. The rapper was in Paris attending the men's Olympic basketball semi-final where Serbia was beat with a four point victory by the U.S. team. Scott was among the Fanatics CEO Michael Rubin and the rapper Quavo watching the game courtside.

This is the second time the rapper has been arrested in recent months. While in Miami Travis was charged with trespassing and disorderly intoxication in June. The police claim Travis was detained after he was allegedly found refusing to vacate the Miami Beach port and was apparently yelling at people onboard a yacht.

In Houston, Texas during his 2021 Astroworld festival, 10 people died while 300 people sustained injuries. The fans caused a crowd crush when they surged towards the stage at the 50 000 people event. It was only after his performance when Scott became aware of what happened in the crowd.



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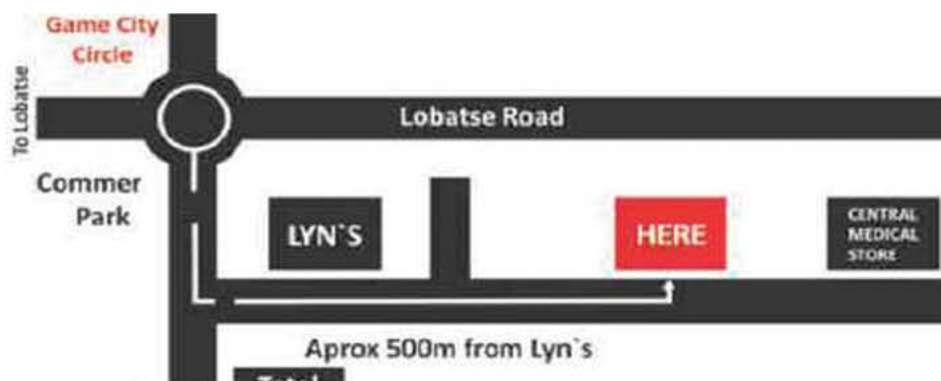

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The Importance of Sleep Hygiene: A Key to Optimal Health and Well-being



Sleep is a fundamental pillar of health, as essential as nutrition and exercise, yet often overlooked. Quality sleep is crucial for both physical and mental well-being, and sleep hygiene plays a pivotal role in ensuring we get the restorative rest our bodies and minds require.

What is Sleep Hygiene?

Sleep hygiene refers to the practices and habits that are conducive to sleeping well on a regular basis. It encompasses everything from the environment in which we sleep to our behaviors and routines before bedtime. Good sleep

hygiene helps regulate our body's internal clock, making it easier to fall asleep, stay asleep, and wake up feeling refreshed.

Why is Sleep Hygiene Important?

1. Physical Health: Consistent, quality sleep supports the body's repair processes, boosts the immune system, and reduces the risk of chronic conditions like heart disease, diabetes, and obesity. Poor sleep hygiene, on the other hand, can lead to sleep disorders such as insomnia, which are linked to increased risks of these health issues.

2. Mental Health: Sleep is closely tied to mental and emotional well-being. A well-rested mind is more resilient, better at managing stress, and more capable of clear thinking and decision-making. Poor sleep hygiene can contribute to mood disorders such as anxiety and depression, as well as impair cognitive functions like memory and concentration.

3. Performance and Productivity: Adequate sleep enhances cognitive function, creativity, and problem-solving skills. In contrast, sleep deprivation, often a result of poor sleep hygiene,



leads to reduced productivity, errors, and accidents, both at work and in daily life.

Key Elements of Good Sleep Hygiene

1. Consistent Sleep Schedule: Going to bed and waking up at the same time every day, even on weekends, helps regulate the body's circadian rhythm, making it easier to fall asleep and wake up naturally.

2. Sleep Environment: A conducive sleep environment is cool, quiet, and dark. Investing in a comfortable mattress and pillows, and minimizing noise and light

disruptions, can significantly improve sleep quality.

3. Pre-Sleep Routine: Engaging in calming activities before bed, such as reading or taking a warm bath, can signal to the body that it's time to wind down. Avoiding screens and stimulants like caffeine or heavy meals close to bedtime is also crucial.

4. Mindful Eating and Drinking: What you consume during the day can impact your sleep. Limiting caffeine intake and avoiding large meals or alcohol before

bed can prevent sleep disturbances and contribute to more restful sleep.

Conclusion

Prioritizing sleep hygiene is a simple yet powerful way to improve overall health and well-being. By adopting good sleep habits and creating an environment that supports restful sleep, you can enhance not only your physical and mental health but also your daily performance and quality of life. Sleep should be seen as a non-negotiable component of a healthy lifestyle, deserving the same attention and care as diet and exercise.

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Lincoln Nautilus Hybrid



The Lincoln Nautilus SUV has been completely redesigned for 2024, and with those comprehensive changes comes a new Hybrid version that electrifies the brand's two-row mid-size offering for the first time. Lincoln's soft-riding, quiet-luxury ethos is well intact in the Nautilus Hybrid.

Its cabin is spacious and deluxe in its amenities, especially in mid-range Reserve and range-topping Black Label guise. Under the hood is a turbocharged four-cylinder engine that combines with two electric motors for 310 horsepower, making it more powerful than its nonhybrid twin (reviewed separately). While it's not a plug-in hybrid like rivals such as the BMW X5 xDrive50e, the Lexus TX550h+, and the Mercedes-Benz GLE450e, the Nautilus Hybrid purports to deliver some extra efficiency. Unlike those competitors, though, it can't drive for any

notable distance on electric power alone. A plethora of tech features, including a novel 48.0-inch infotainment screen that runs the entire width of the dashboard is present, and a generous list of standard convenience and luxury features add value.

What's New for 2024?

Although the Nautilus nameplate has been a part of the Lincoln lineup for many years now, 2024 is the first year for the hybrid model. Its styling and features mimic that of its nonhybrid sibling, including the widescreen infotainment system that spans the width of the dashboard.

Pricing and Which One to Buy

The price of the 2024 Lincoln Nautilus Hybrid starts at \$53,510 and goes up to \$77,345 depending on the trim and options.

We'd go with the mid-range Reserve trim, which adds 21-inch wheels, an adaptive suspension system, a 10-speaker Revel stereo system, leather upholstery, and heated and ventilated front seats. For buyers looking for a more noir look, the Jet Appearance package replaces the Nautilus Hybrid's bright exterior chrome with a dark satin alternative and swaps the 21-inch wheels for 22s with the darker finish.

Engine, Transmission, and Performance

The Nautilus Hybrid is powered by a turbocharged 2.0-liter inline-four that gets help from two electric motors for a total output of 310 horsepower. A continuously variable transmission and all-wheel drive are standard. The Hybrid's got 60 horsepower on the nonhybrid model, which gets a 250-hp turbo four. Of the two powertrains, we think the hybrid suits the Nautilus best. Its power



delivery is silky smooth, which matches the Nautilus's comfortable ride and quiet cabin. Handling is steady and a little more athletic when using the Excite driving mode, which dials in a stiffer suspension setup. Doing so, however, allows more road imperfections to filter into the cabin which distracts from an otherwise luxurious experience.

0-60-MPH Times

While the hybrid powertrain may not be as quick as the previous generation model's optional twin-turbo V-6, it managed a 6.6-second run to 60 mph in our testing. Most drivers will find this perfectly suitable to daily driving needs, but it's nowhere near as quick as the BMW X5 xDrive50e plug-in hybrid, which finished the 60 mph test in just 3.9 seconds.

Fuel Economy and Real-World MPG

The Nautilus Hybrid is rated for 30 mpg city

and 31 mpg highway, up some 9 mpg city and 2 mpg highway, respectively, over the base nonhybrid turbo-four powertrain's mileage. On our real-world 75-mph highway fuel economy route though, the Nautilus Hybrid tied its nonhybrid counterpart at 30 mpg. For more information about the Nautilus's fuel economy, visit the EPA's website.

Interior, Comfort, and Cargo

The stylish cabin offers seating for five across two rows. While the base model comes nicely equipped, the Nautilus Hybrid can be optioned with several over-the-top luxury features. A leather-wrapped, heated steering wheel, 10-way adjustable heated-and-ventilated seats, and remote keyless entry are all standard. The range-topping Black Label comes decked out with a cashmere headliner, premium leather upholstery, and massaging front seats, but the lower trims

can be optioned with some of that fancy stuff too. Lincoln Rejuvenate, an optional spa-in-a-car feature that adjusts the interior lighting, seat position, screen visuals, and massaging-seat settings, is intended to help the occupants relax. The system includes three scent cartridges in the center armrest that release aromas such as patchouli and fresh linen. We found that the Rejuvenate feature works surprisingly well, but it can only be enjoyed while the vehicle is stationary. Luckily, the massage and fragrance features can be used separately while the Nautilus is underway. The Nautilus Hybrid also offers a 28-speaker Revel Ultima 3D audio system and 24-way power-adjustable seats.

Infotainment and Connectivity

Lincoln boasts that the 48.0-inch display area across the top of the Nautilus dashboard is class-leading, but with the tape measure turned vertically, it's no IMAX theatre. While startling at first, you quickly adapt to the widescreen layout and the system blends into the background and is ultimately less distracting than a traditional infotainment setup. Besides the four-foot screen, there's also an 11.1-inch infotainment touchscreen mounted to the center of the dash. From here, you can access radio controls, input navigation destinations, and make phone calls. The Nautilus comes with wireless Android Auto and Apple CarPlay, while Amazon's Alexa voice assistant can perform tasks for you without having to touch the display.

Safety and Driver-Assistance Features

All Nautilus models come with Lincoln's Co-Pilot360 suite of driver-assistance features as standard. The Nautilus also comes standard with Lincoln's BlueCruise hands-free highway driver-assist technology. For more information about the Nautilus'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 with pedestrian detection.
- Standard lane-keeping assist with lane-departure warning.
- Standard adaptive cruise control with a hands-free driving mode.

Warranty and Maintenance Coverage

Although the Nautilus's powertrain warranty is longer than those of rivals like the Volvo XC90 and the Audi Q8, its bumper-to-bumper policy doesn't push the boundaries of what the rest of the segment offers. Paying for the expensive Black Label trim adds dealership perks such as four years of complimentary scheduled maintenance, an annual detailing service for the first four years of ownership, and a culinary concierge for restaurant reservations.



TECHNOLOGY TRENDS

5 Top Technology Trends To Watch In 2024

In an era when technology is undergoing rapid evolutionary jumps, it's important to stay aware of the latest trends and patterns. Some of these movements are continuing developments while others are freshly emerging, but they're all worth monitoring to see how they'll apply to your company's projects.

In 2024, the major predicted developments include AI finally reaching a suitable maturity level to become an integral part of companies' design and development plans. It's a good idea to prepare to integrate the top tech trends into your business's approach in the new year, and also to stay flexible because fast-developing surprises may emerge later in the year.

Pay attention to these 5 technology trends in 2024

Not every tech trend will apply to your

company — it's worth studying all the top concepts, however, to see where you fit into the overall technology ecosystem. Staying competitive can be a matter of spotting an opportunity to add a promising new technology to your workflow.

The following are five trends set to define companies' agendas in 2024, providing new capabilities and offering tangible value to early adopters:

1. AI and Machine Learning integrate into everything

Artificial intelligence's rise to prominence gained speed and became fully mainstream in 2023, and its momentum is set to continue in 2024. Perhaps the most important shift in AI in recent years has been the democratization of processing power. Today, machine learning algorithms and the large data sets to train those tech tools are more

accessible and affordable than ever.

Companies of all kinds are finding ways to experiment with AI in their products and internal workflows by using the APIs from major tech companies such as Google, Amazon, and Microsoft, as well as fast-rising startups like OpenAI. These could help get into the AI space with a significantly lower budget than ever before in history.

Generative AI, the type of technology that has accounted for much of the mainstream coverage of AI, is also evolving in new and promising ways. Personal assistant applications capable of communicating in natural language are helping employees complete work more efficiently. Processes that have previously included large amounts of manual work, such as generating boilerplate code in applications, can be streamlined and automated with new AI



tools.

With AI algorithms being exceedingly versatile, 2024 can be a year of discovery for companies across industries. By the end of the year, the list of use cases may have increased significantly.

2.Old (and new) programming languages rise

Sometimes, a dominant tech trend isn't about something wholly new emerging but rather a long-time standby reasserting its importance. This pattern is currently occurring regarding engineers' preferred programming languages, as tracked by the TIOBE Index.

Venerable Python is the No. 1 language in the index to start 2024. While Python's popularity has seen a slight decline in the past 12 months, the second-place language,

C, declined more, leaving Python atop the chart. With JavaScript moving up year over year, from No. 7 to No. 6, it's clear that these older languages have life in them and an enduring place among developers.

Python's continued reign atop the chart is partly attributable to its use in machine-learning applications. The current focus on AI and ML has driven new demand for Python and helped it maintain its popularity in the face of new challengers.

While Python, C, JavaScript and other existing stalwarts sit atop the index, engineers are also finding interesting use cases for newer languages. This includes Go, which is sitting at 11th place, and Rust, at No. 19. Go has support from Google, and Rust is based on open-source principles. Each will likely remain important in the years ahead.

3.More modularity arises in frameworks and architecture

As 2024 begins, the actual way in which engineers build applications is changing and evolving. Philosophically, companies are becoming less likely to build large-scale applications that offer a long list of features. The new trend involves creating modular, interconnected micro apps that can combine in different ways as the situation demands. Engineers have been gravitating toward new approaches to app building, including the use of micro frontends and serverless architectures. This new focus ties into the rise of the Go programming language, which is the language of choice for micro-framework and no-framework concepts.

The move toward modularity has been ongoing since at least the beginning of 2023, arising alongside an overall more democratized approach to software development. Related trends include no-code and low-code component development, allowing more team members to take a hands-on approach to development without a coding-intensive background.

Building out a network of components rather than creating large apps is a resilient, future-proof approach to development. Organizations have put these principles into action for years now, and can now be confident that it's a reliable way to create mission-critical products.

4.The Internet of Things and AI merge into the Internet of Behaviors

The Internet of Things (IoT) has been a longtime focus in settings ranging from industrial equipment management to home automation. As a trend, it's gone through several phases. The latest, and one companies should be aware of in 2024, involves adding more AI to the mixture to create smart technologies that understand user behaviors on a deeper level.

There is a new term, coined in 2023, for this changing focus: the Internet of Behaviors. In the past, IoT devices have often worked off of limited amounts of information, which has held them back from their ability to deliver sophisticated and proactive responses to user behaviors and preferences. With the rise of widely available and powerful AI, these restrictions are vanishing.

The Internet of Behaviors concept involves connecting smart IoT devices over a network and analyzing data to optimize the system. Devices are becoming capable of predicting when to take actions, such as entering power-saving mode or changing a building's temperature based on their analysis of this rich data set.

Development is ongoing in using AI to tailor smart device performance to user behavior. In 2024 and beyond, smart home devices and other IoT components are poised to live up to their "smart" name, fueled by rapid AI algorithm development.

5.Zero Trust network access addresses security needs

Taking a more contemporary approach to security is not a trend that has emerged in a vacuum. Organizational leaders have seen the damage incurred when companies suffer a severe data breach. The average cost of a breach to a U.S. company is \$9.48 million, an all-time high. Embracing state-of-the-art security data principles is a way to prevent organizations from experiencing a similar fate.

Legacy approaches to security often focused heavily on perimeter defense. In today's tech climate, however, those methods are no longer sufficient. The potential damage caused by attackers that enter systems through methods ranging from brute-force password compromises to advanced social engineering attacks has necessitated a change to Zero Trust and other advanced methods.

Zero Trust is based on a few important principles:

- First, users should constantly have their credentials re-verified. Entering a password once and being allowed to move freely inside a system is now an outdated concept. Without re-verification, it's too easy for attackers to compromise passwords and move freely within systems.
- Second, users should only receive the minimum level of access required to accomplish their tasks. Both account compromises and insider attacks can cause high levels of damage when users are given unnecessary permissions.
- Third, IT leaders should assume their systems have

already been breached when making decisions. This supposition helps security team members avoid inadvertently exposing sensitive content.

These are sound principles that can stop attackers from causing excessive damage, limiting their lateral movement inside networks. In the past, companies have been held back by the large amounts of processing power necessary to implement the principles. Still, recent improvements in tooling and AI algorithms, among other tech areas, have allowed Zero Trust to become a mainstream idea.

Be prepared for the unexpected as tech accelerates. While it's valuable to learn about the leading tech trends as 2024 begins, it's also worth acknowledging that new, unexpected concepts can and will emerge as the year goes on. Today's technology landscape is moving faster than ever before. While in the past, major new themes could take a decade to reach maturity, new ideas can now become relevant in as little as a year.

To keep your organization competitive, you should be ready to study and engage with each new development as it emerges. In some cases, this will mean investing time and resources; in others, it will involve showing caution and avoiding trends that don't apply to your core mission.

Embrace tech trends with expert support. Working with consultants or third-party design and development partners is one way to ensure your new products reflect state-of-the-art design. Experts can help your internal stakeholders engage with emerging trends, not just adopting new ideas because they're popular, but truly putting them to valuable use.

Transcenda's consultants have worked with each of the technologies on the Top 5 list for 2024, and are always on the lookout for ideas that can improve product development.

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BEEF CHOW MEIN

For the Marinade:

- 1/2 pound (225g) beef (flank steak or sirloin), thinly sliced
- 1 tablespoon soy sauce
- 1 teaspoon cornstarch
- 1 teaspoon vegetable oil

For the Chow Mein:

- 8 ounces (225g) chow mein noodles or spaghetti
- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1/2 cup onion, thinly sliced
- 1/2 cup bell pepper, thinly sliced (any color)
- 1 cup cabbage, shredded
- 1/2 cup carrot, julienned
- 1 cup bean sprouts
- 2 green onions, chopped

For the Sauce:

- 3 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon sesame oil
- 1/2 teaspoon sugar
- 1/4 cup beef broth or water

Instructions:

1. Marinate the Beef:

In a bowl, mix the soy sauce, cornstarch, and vegetable oil. Add the thinly sliced beef and mix well. Let it marinate for at least 15 minutes.

2. Cook the Noodles:

Cook the chow mein noodles or spaghetti according to the package instructions. Drain and set aside.

3. Prepare the Sauce:

In a small bowl, mix together the soy sauce, oyster sauce, hoisin sauce, sesame oil, sugar, and beef broth or water. Set aside.

4. Stir-fry the Beef:

Heat 1 tablespoon of vegetable oil in a large skillet or wok over high heat. Add the marinated beef and stir-fry until it is just cooked through. Remove the beef from the skillet and set aside.

5. Stir-fry the Vegetables:

In the same skillet, add the remaining 1 tablespoon of vegetable oil. Add the garlic and onion, and stir-fry for about 30 seconds. Then, add the bell pepper, cabbage, and

carrot. Stir-fry for about 3-4 minutes until the vegetables are tender-crisp.

6. Combine and Cook:

Add the cooked noodles and beef back into the skillet with the vegetables. Pour the sauce over everything and toss well to combine. Stir-fry for another 2-3 minutes until everything is heated through and well coated with the sauce.

7. Finish:

Add the bean sprouts and green onions, and give it a final toss. Cook for an additional minute.

8. Serve:

Transfer the beef chow mein to a serving dish and enjoy hot.

Tips:

- You can customize the vegetables based on what you have on hand or your preferences.
- For a spicier version, add a bit of chili sauce or sliced fresh chilies to the stir-fry.
- Ensure all your ingredients are prepped and ready to go before you start cooking, as stir-frying is a quick process.



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A Beginner's Guide to Strength Training: How to Start Lifting Weights Safely

Strength training, also known as resistance training, is a powerful way to build muscle, increase bone density, improve joint function, and enhance overall physical performance. For beginners, starting a weightlifting routine can be both exciting and intimidating. With so much information out there, it's easy to feel overwhelmed. However, with the right guidance and approach, anyone can begin lifting weights safely and effectively. This guide will walk you through the essential steps to get started.

1. Understand the Basics of Strength Training

Before diving into weightlifting, it's crucial to grasp the basic concepts:

- **Repetitions (Reps) and Sets:** A repetition is one complete motion of an exercise. A set is a group of consecutive repetitions. For example, if you do 10 push-ups, rest, and then do 10 more, you've done 2 sets of 10 reps.
- **Form and Technique:** Proper form is key

to preventing injury and maximizing effectiveness. Focus on executing each movement correctly rather than lifting heavy weights right away.

- **Progressive Overload:** This principle involves gradually increasing the weight, frequency, or number of repetitions in your strength training routine to continue challenging your muscles.

2. Start with Bodyweight Exercises

If you're completely new to strength training, it's wise to begin with bodyweight exercises. These exercises use your body weight as resistance and help you develop the foundation of strength needed for lifting weights. Examples include:

Push-Ups: Targets the chest, shoulders, and triceps.

Squats: Focuses on the legs and glutes.

Planks: Engages the core.

Lunges: the legs and core.

Mastering these movements will help you build the stability and control necessary for weightlifting.

3. Learn Proper Form

Form is everything in strength training. Lifting weights with poor form can lead to injuries and set back your progress. Here's how to ensure proper technique:

Start with a Warm-Up: Begin every session with 5-10 minutes of light cardio (like jogging or cycling) and dynamic stretching to increase blood flow and prepare your muscles.

Focus on Key Movements: Start with fundamental exercises such as squats, deadlifts, bench presses, and rows. These compound movements target multiple muscle groups and are essential for building strength.

Use Mirrors or Record Yourself: Watching yourself in a mirror or recording your movements can help you identify and



correct any form issues.

Progress Gradually: Begin with lighter weights to focus on form. As you gain confidence and control, you can gradually increase the weight.

4. Choose the Right Equipment

When you're ready to start lifting weights, you'll need to select the appropriate equipment:

Dumbbells: These are versatile and great for beginners. They allow for a wide range of motion and help you work on balance and coordination.

Barbells: Barbells are excellent for heavier lifting and compound exercises. However, they require more control and stability, so start with lighter weights.

Resistance Bands: These provide variable resistance throughout the movement and are useful for beginners as well as for warm-ups or supplementary exercises.

Weight Machines: Machines can guide your movements and reduce the risk of improper form, making them suitable for beginners. However, they often don't engage stabilizing muscles as free weights do.

5. Create a Balanced Routine

A well-rounded strength training program targets all major muscle groups. Aim for a full-body workout that includes:

Upper Body Exercises: Bench press, dumbbell rows, shoulder press.

Lower Body Exercises: Squats, deadlifts, lunges.

Core Exercises: Planks, Russian twists, leg raises.

For beginners, 2-3 full-body workouts per week, with at least one rest day in between, is sufficient. Each session should include 3-4 sets of 8-12 reps for each exercise.

6. Incorporate Rest and Recovery

Recovery is just as important as the workout itself. Your muscles need time to repair and grow stronger after each session. Here's how to ensure proper recovery:

Rest Days: Avoid working the same muscle group on consecutive days. Allow 48 hours of rest between workouts targeting the same area.

Sleep: Aim for 7-9 hours of sleep per night to support muscle recovery and overall health.

Hydration and Nutrition: Stay hydrated and fuel your body with nutrient-rich foods, particularly protein, which is vital for muscle repair.

7. Listen to Your Body

It's important to listen to your body and recognize the difference between discomfort (which is normal when challenging your muscles) and pain (which could indicate injury). If something doesn't feel right, stop the exercise and reassess your form or consult with a trainer.

8. Consider Professional Guidance

If you're unsure about how to start or want personalized advice, consider working with a certified personal trainer. A trainer can create a tailored program, teach you proper technique, and provide motivation and accountability.

9. Stay Consistent and Track Progress

Consistency is key in strength training. Stick to your routine, and gradually, you'll notice improvements in strength, endurance, and overall fitness. Keep a workout journal or use a fitness app to track your progress, noting the weights used, reps completed, and how you felt during each session.

10. Enjoy the Process

Finally, remember that strength training is a journey, not a destination. Enjoy the process, celebrate your progress, and stay motivated by setting achievable goals. Whether you're aiming to build muscle, lose weight, or improve your overall health, lifting weights can be a rewarding and empowering experience.

Conclusion

Starting a strength training routine can be daunting, but with the right approach, it can become an integral part of your fitness journey. By focusing on proper form, choosing the right equipment, and maintaining consistency, you'll set yourself up for success and avoid common pitfalls. Remember to listen to your body, incorporate rest and recovery, and most importantly, enjoy the process as you build strength and confidence in your abilities.



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Botswana's Letsile Tebogo Wins Historic Gold in 200m Race

On Thursday, August 8, 2024, history was made when Botswana's Letsile Tebogo won gold in the 200m race, defeating the favoured American, Noah Lyles, who finished in 3rd place. Most people expected Lyles to win, as he often does. He himself had claimed that the gold medal would be his, but the turn of events proved otherwise.

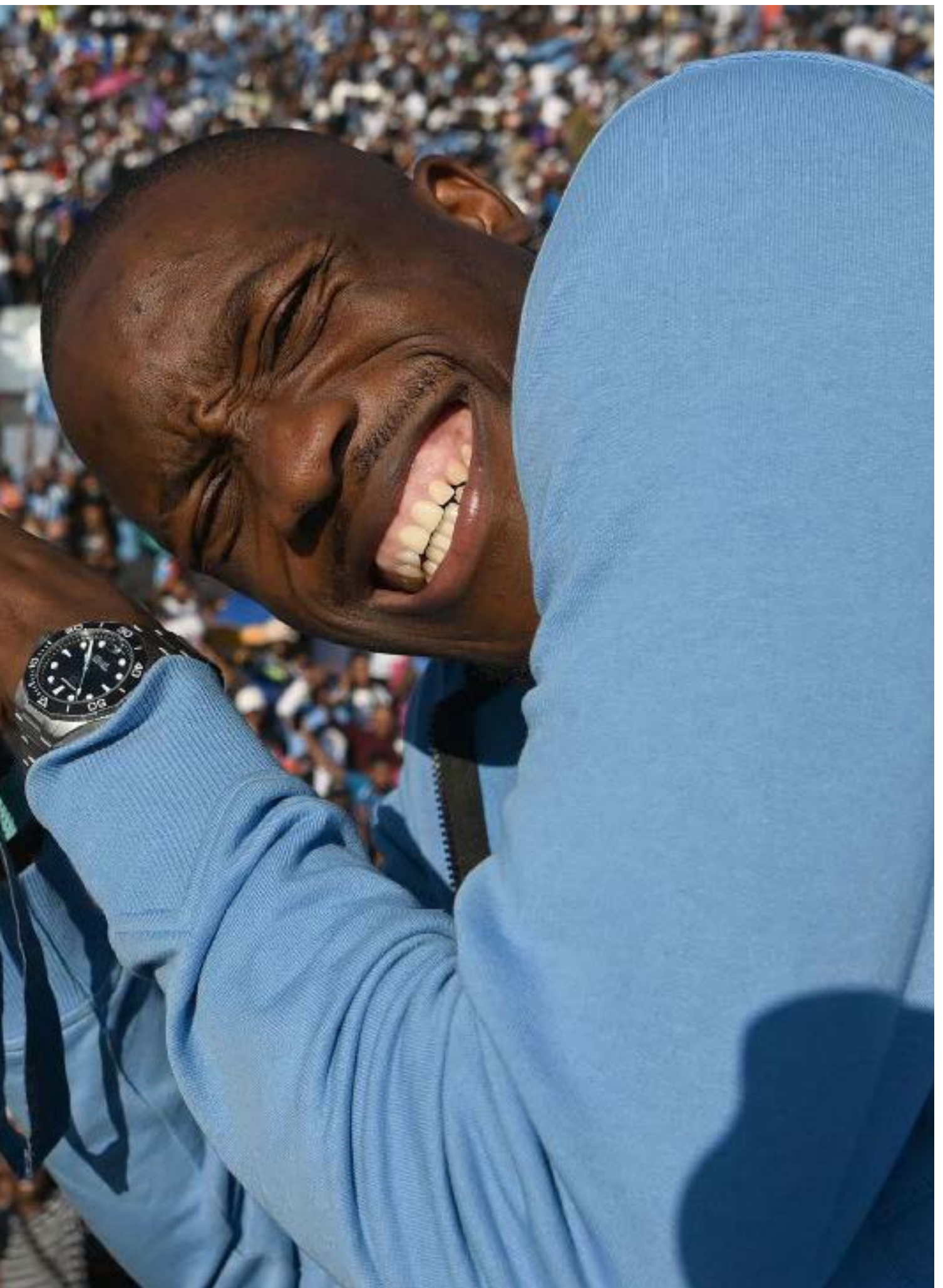
The underdog, Letsile, mentioned in one of his interviews that he didn't want to feel pressured by the expectations to win the 200m race at the Olympics. However, he expressed his desire to be in the mix. At a press conference, Noah Lyles confidently assured everyone of his victory, underestimating his competitors by claiming that when he came out of the curve, they would be "depressed."

Moments before the race, Letsile's entrance into the field reflected someone who was calm and collected, indicative of his humble personality. In contrast, Noah's entrance was loud and attention-grabbing, almost as if he was shouting, "Look at me!" When the race began, everyone was off to a good start. However, after the curve, Tebogo picked up his pace, creating a gap between himself and others, leaving the surprised Lyles behind, who seemed to have run out of gas, ultimately winning the race.

Letsile Tebogo won with a time of 19.46 seconds, setting a new African record and becoming the first African in history to win gold in a 200m race at the Olympics. This victory also earned Botswana its first-ever Olympic gold medal. All was not lost for the United States, as Kenny Bednarek came in second with a time of 19.62 seconds, and Noah Lyles redeemed himself by securing 3rd place.

Unfortunately, at the end of the race, it was revealed to the public that Noah Lyles had tested positive for COVID-19. Despite this, Lyles continued to compete, potentially putting others at risk as he was seen hugging Letsile after the race. This revelation raises questions: Was it true that he had COVID-19, or was it a cover-up, an excuse to avoid the embarrassment of his loss after confidently declaring that he would win? If the latter is true, it reflects poorly on his sportsmanship. Nonetheless, Letsile Tebogo is now the reigning 200m Olympic champion.







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44⁹⁵



PAN
COOKING OIL
1x750ml
15⁹⁵



EXCELLA
COOKING OIL
1x20Ltr
499⁹⁵

F^{OUR}S

YOUR BASKET OF GOOD

GIVE WINTER THE
Cold Shoulder
with these great deals!

PRICES VALID FROM
1 JULY TO 31 JULY

P339⁹⁵ only

CHOICE
COMBO
DEAL!



TASTIC
RICE
10Kg

PAPA SUPER MAIZE
OR A1 OR WHITE STAR
MEAL 12.5Kg OR
CHAMPION MABELE 10Kg

FATTIS & MONIS 2Kg/
NONNA'S 3Kg
MACARONI

EXCELLA
COOKING
OIL 2Ltr

ALL GOLD
TOMATO
SAUCE 700ml

CROSSE &
BLACKWELL
MAYONNAISE
750g

COMBO
DEAL!

P299⁹⁵ only



SPEKKO/EXCELLA
RICE 10kg

PAPA SUPER MAIZE OR
CHAMPION MABELE 10kg

CMK
MIXED PASTA
2kg

PAN
COOKING
OIL 2Ltr

ALL GOLD
TOMATO
SAUCE 700ml

CROSSE &
BLACKWELL
MAYONNAISE
750g

BUDGET
COMBO!

P199⁹⁵ only



PAPA SUPER MAIZE OR
CHAMPION MABELE 10kg

CMK
MIXED PASTA
2kg

PAN
COOKING OIL
2Ltr

NOLA
MAYONNAISE
750g

WELLINGTON'S
TOMATO SAUCE
700ml



PAPA
SUPER MAIZE
MEAL
1x12.5kg
91⁹⁵



SUPER A1
MAIZE MEAL
1x12.5kg
98⁹⁵



WHITE STAR
MAIZE MEAL
1x5kg
42⁹⁵



TASTIC
PARBOILED RICE
1x2kg
32⁹⁵
TASTIC
PARBOILED RICE
1x10kg
148⁹⁵



BABY SOFT
TOILET TISSUE
1x18's
99⁹⁵



DINU
BATHROOM
TISSUE ROSE
COLLECTION
1x18's
89⁹⁵
MINI 1x9's
33⁹⁵



MAQ
FABRIC
CONDITIONER
ASSORTED
1x2Ltr
29⁹⁵



STA SOFT
FABRIC
SOFTENER
1x2Ltr
36⁹⁵



SKY
WASHING
POWDER
1x2kg
28⁹⁵



SURF
WASHING
POWDER
1x2kg
36⁹⁵



SUNLIGHT
WASHING
POWDER
1x2kg
38⁹⁵



MAQ
WASHING
POWDER
1x2kg
48⁹⁵



COMFORT
FABRIC
CONDITIONER
1x800ml
35⁹⁵

WHILE STOCK LAST WE RESERVE THE RIGHT TO LIMIT QUANTITIES. ALL PICTURES ARE FOR ILLUSTRATION PURPOSES ONLY. ALL PRICES ARE IN R.P.A. VAT INCLUSIVE. E.S.O.F.