

Celebrity World

Botswana's Native Magazine

December 2024 P12

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Nautilus
Hybrid**

**The 9 Best
Places To Visit
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**Jeisie Bassie:
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Dear Readers,

As we wrap up 2024, the team at Celebrity World Magazine sends warm wishes for a Merry Christmas and a joyous holiday season. Thank you for your continued support and love throughout the year!

In this special edition, we bring you inspiring stories to end the year on a high note. Our cover story features Loago Keipatetswe, the visionary behind Peace Tycoon Clothing. Loago's passion for local fashion and his mission to spread peace through his brand is a remarkable testament to how fashion can inspire change.

In Know Your Locals, we highlight Amogelang Segokgo, whose pageantry journey began at just seven years old. Inspired by her mentor, Kemo Alegra Chukula, Amogelang's story is one of dedication, grace, and triumph.

On the global front, history was made as Botswana ushered in a new era with the Umbrella for Democratic Change (UDC) emerging victorious in the 2024 general elections. Led by Duma Gideon Boko, the nation celebrates a historic democratic shift, bringing hope and renewal to Botswana and the region.

This festive season, let's reflect on peace, unity, and new beginnings. May your holidays be filled with love, laughter, and cherished moments.

Happy Holidays!

Warm regards

Editorial Team

Celebrity World Magazine

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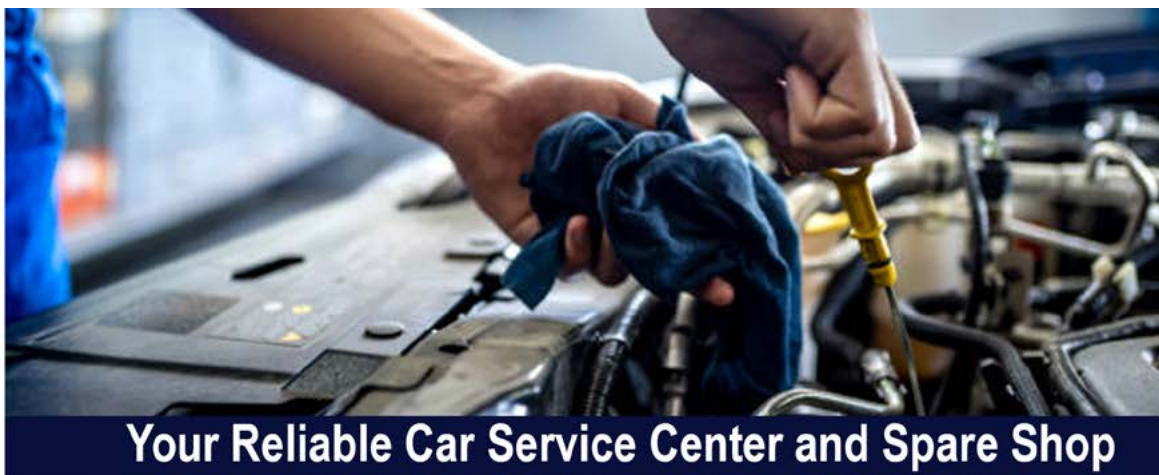
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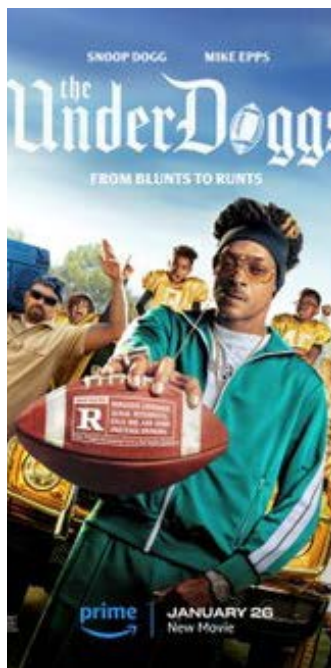


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FILM, TV, BOOKS & MUSIC

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THE UNDERDOGS

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

GENRE: SPORTS/COMEDY

DIRECTED BY: CHARLE STONE III



THE TIGER APPRENTICE

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

GENRE: FANTASY

DIRECTED BY: RAMAN HUI



LIFT

Cyrus, a renowned international thief, leads a heist crew of inside man Denton, pilot Camila, hacker Mi-Sun, safecracker Magnus, and engineer Luke. They undertake two simultaneous thefts, stealing a Van Gogh painting in London while staging the fake kidnapping of renowned NFT artist N8 in Venice.

GENRE: COMEDY

DIRECTED BY: F. GARY GAR



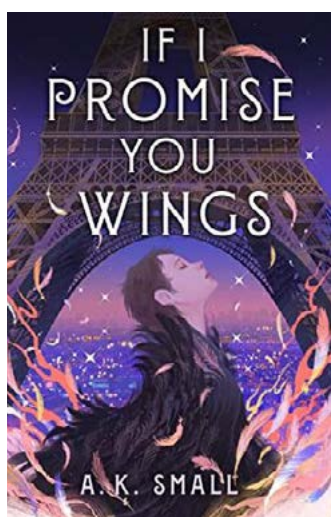
MEAN GIRL

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

GENRE: MUSICAL/COMEDY

DIRECTED BY: SAMNTHA JAYNE

What To Read



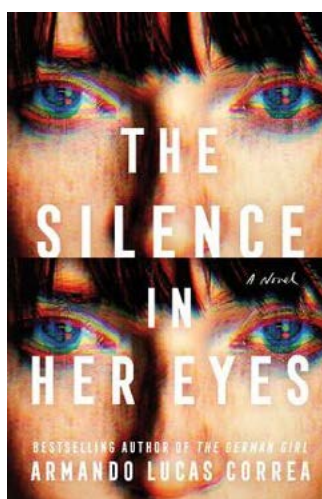
IF I PROMISE YOU WINGS

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

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

BY: A.K. SMALL

GENRE: TEENS & YOUNG ADULTS



THE SILENCE IN HER EYES

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

BY: ARMANDO LUCAS CORREA

GENRE: THRILLER & SUSPENSE

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Jeisie Bassie: Champion of Youth Empowerment

Born amidst the stark realities of apartheid South Africa, Jeisie Bassie has carved a remarkable path as an artist, activist, and youth mentor. His journey transcends the conventional narrative of personal success, embodying a mission to uplift marginalized voices and empower young minds. A storyteller at heart, Jeisie weaves his experiences into a transformative narrative that inspires communities and nurtures the potential of future generations.

Jeisie Bassie's early life in New Brighton, Port Elizabeth, was defined by a dual legacy of struggle and defiance. Growing up in an environment thick with political consciousness, Jeisie developed a deep awareness of systemic oppression and the necessity of resistance. His upbringing was not only a personal reckoning but also an inheritance of a broader cultural resilience rooted in activism.

From these early experiences, Jeisie began to

see art as more than a creative outlet—it was a tool for survival and transformation. New Brighton became his training ground, where the fusion of community struggles and artistic expression shaped his worldview.

Jeisie's artistic journey began with the raw energy of hip-hop and poetry. These mediums allowed him to articulate the frustrations and aspirations of his community. His words became a mirror of the times, channeling the collective angst of a generation eager to break free from societal constraints.

Determined to extend his reach, Jeisie ventured into Cape Town's vibrant but challenging artistic scene. It was in Khayelitsha, one of the city's most underprivileged areas, that Jeisie expanded his craft. Here, his performances not only garnered attention but also instilled hope in audiences yearning for change. His connections with like-minded artists,

including Ayanda Mabulu, fortified his belief in the power of collaborative creativity.

In 2006, Jeisie founded the **Black Ink Art Movement**, a pivotal moment in his career. This initiative was more than a space for artistic expression; it was a sanctuary for empowerment. Black Ink cultivated a community where aspiring artists could explore their talents, share their stories, and envision a future unconstrained by their circumstances.

Black Ink's holistic approach to art—including drama, comedy, and crafts—created a ripple effect, attracting partnerships with institutions such as the Department of Social Development. Jeisie's leadership in the organization demonstrated his ability to merge artistic endeavors with impactful social work, making him a figure of inspiration in South Africa's cultural landscape.

Jeisie's work has always centered on youth empowerment. Through initiatives like teaching traditional dance to children in Dunoon and coordinating programs like the Golden Games, he has consistently used his platform to inspire young people. His philosophy is grounded in the belief that art can unlock latent potential, helping individuals transcend the limitations imposed by social and economic challenges.

By blending traditional art forms with contemporary expression, Jeisie has bridged generational and cultural divides. His role in movements such as **"Monday Blues"** in Durban further exemplifies his commitment to using art as a medium for historical reflection and collective healing.

In recent years, Jeisie has focused on the **"Jeisie Bassie Movement"**, a personal endeavor aimed at transforming the narratives surrounding youth identity. The movement seeks to shift the lens through which young people are viewed—from marginalized and insecure to confident and capable.

Through workshops, performances, and mentorship programs, the movement emphasizes self-awareness, resilience, and the importance of finding one's voice. Jeisie's goal is to inspire young people to see themselves not as passive participants in their lives but as active agents of change.

Jeisie Bassie's life and work are a testament to the enduring power of art as a catalyst for social transformation. From the streets of New Brighton to the grassroots initiatives in Cape Town and Durban, his journey reflects a steadfast commitment to uplifting others.

In a world where systemic inequalities often stifle potential, Jeisie stands as a beacon of hope. His story underscores the importance of creating platforms where marginalized voices can thrive. Whether through hip-hop, poetry, or community outreach, Jeisie Bassie continues to inspire generations, proving that art is not just a form of expression but a revolutionary force capable of reshaping society.

As he looks to the future, Jeisie remains dedicated to his mission of empowerment. His legacy is not merely one of artistic excellence but of unwavering dedication to the belief that every individual has the power to overcome adversity and contribute to a more equitable world. Through his work, Jeisie Bassie reminds us that the pursuit of justice, creativity, and unity is a journey worth undertaking.



PEACE TYCOON CLOTHING BRAND: A SYMBOL OF PEACE AND AMBITION



Loago Keipatetswe, the visionary founder of Peace Tycoon Clothing Brand, is a shining example of entrepreneurial spirit and dedication. Born with a passion for local fashion, Loago's admiration for homegrown brands like BK Proctor and GANG Apparel inspired him to embark on a journey to create something uniquely his own. His brand, Peace Tycoon, is more than just a name—it's a movement that combines style with a profound message of unity and harmony.

THE STORY BEHIND PEACE TYCOON

The name "Peace Tycoon" is deeply symbolic. For Loago, it represents a valuable commodity that the world desperately needs: peace. He sees his brand as a vehicle for spreading this message, encouraging wearers to embrace and share peace in their daily lives. The butterfly emblem, central to the brand's identity, symbolizes transformation and tranquility, reminding people of the beauty and power of peace.

Launched in December last year, Peace Tycoon quickly gained attention for its stylish and meaningful designs. The product line includes T-shirts, hoodies, bucket hats, and biker shorts, with options for custom-painted and tie-dyed items. Each piece is crafted with care, blending 75% cotton and 25% polyester to ensure durability and comfort. This meticulous attention to quality has earned Peace Tycoon a loyal following, making it more than just a brand—it's a lifestyle statement.

OVERCOMING ENTREPRENEURIAL CHALLENGES

Loago's journey has not been without its hurdles. Like many entrepreneurs, he encountered challenges in dealing with customers. A recurring issue was customers placing orders and delaying payments until month-end or simply disappearing without fulfilling their commitments. This strained his resources and slowed his progress.

To address this, Loago implemented a lay-by system, requiring a 50% upfront payment upon order placement, with the balance due upon collection. This not only streamlined the process but also ensured that customers were committed to their purchases. By learning from these experiences, Loago has become a more resilient and resourceful business owner.

EXPANDING THE PEACE TYCOON REACH

Driven by ambition and a clear vision for the future, Loago is taking bold steps to expand Peace Tycoon's reach. One of his recent achievements is the opening of a stall in Bokaa, providing customers with a physical space to explore and purchase his products. This move has brought the brand closer to the community, making it more accessible and fostering a stronger connection with his customers.

Loago is also leveraging the power of collaboration and social media to grow his brand. He has partnered with local models and content creators for brand photoshoots, showcasing the versatility and appeal of Peace Tycoon clothing. Additionally, he runs online competitions, engaging his audience and boosting the brand's visibility. These initiatives not only promote his products but also create a sense of community around the Peace Tycoon message.

A GLOBAL VISION

While Peace Tycoon has established a solid presence locally, Loago's aspirations extend far beyond Botswana. He envisions his brand gaining international recognition, representing the universal value of peace on a global stage. This ambition drives him to constantly innovate, improve, and expand his product offerings. Future plans include opening a dedicated shop and introducing new clothing lines to cater to a wider audience.

Loago's ultimate goal is to make Peace Tycoon synonymous with style, quality, and a message that resonates across borders. He believes that by wearing Peace Tycoon clothing, people can be reminded of the unity that peace brings, creating a ripple effect that extends to communities around the world.





REFLECTIONS AND LESSONS LEARNED

Reflecting on his entrepreneurial journey, Loago emphasizes that success is not achieved overnight. Starting a business may be easy, but sustaining it requires resilience, adaptability, and a willingness to learn from challenges. From dealing with customer complaints to sourcing quality materials, every obstacle has been a stepping stone toward growth.

Loago's advice to aspiring entrepreneurs is simple yet powerful: "Don't give up. Keep pushing until you make it." His story is a testament to the importance of perseverance, passion, and a clear vision.

THE FUTURE OF PEACE TYCOON

As Peace Tycoon continues to grow, Loago remains committed to its founding principles. The brand not only offers fashionable clothing but also serves as a reminder of the peace that unites us all. Through his dedication and innovative strategies, Loago Keipatetswe is turning Peace Tycoon into a brand that stands out for both its style and its substance.

With his entrepreneurial spirit and a message that resonates deeply, Loago is well on his way to making Peace Tycoon a household name—not just in Botswana but around the world. The future is bright for this ambitious young entrepreneur, who is proving that with determination and a meaningful vision, anything is possible.











DJ Kooly K Teams Up with DJ Guyvos for Festive Hit Lala Vuka

Katlego Mochai, famously known as DJ Kooly K, is a rising 27-year-old producer, DJ, and songwriter from Serowe, Botswana. His journey in music has been fueled by passion, hard work, and inspiration from Botswana's music legends. Among them, DJ Guyvos

played a pivotal role in motivating Kooly K to pursue his dreams.

"DJ Guyvos inspired me to push harder in music and deejaying," Kooly K shared. Working with his idol was once a distant

dream, but through relentless effort, Kooly K turned that aspiration into reality. Today, the two have joined forces to create a festive anthem that is taking Botswana and beyond by storm.

The Single: Lala Vuka

Released in 2024 under TS Music, Lala Vuka marks a monumental collaboration between DJ Kooly K and DJ Guyvos. The track, mixed and mastered by WouzieBeatz, is a celebration of Amapiano, featuring vibrant rhythms and festive energy.

Since its release, Lala Vuka has gained massive traction on social media platforms like TikTok and Facebook, where fans have embraced it as a festive hit. "The feedback has been overwhelming," Kooly K said. "Botswana has truly embraced Lala Vuka as their festive groove, and the track is even gaining popularity in South Africa and Uganda."

Working with DJ Guyvos

For Kooly K, collaborating with DJ Guyvos on Lala Vuka was more than just a professional achievement; it was a fulfillment of a long-held dream. "Working with someone who inspired me from the start has been incredible," he said. Their combined talent and creativity have turned Lala Vuka into one of the most talked-about tracks of the year.

What's Next for Lala Vuka

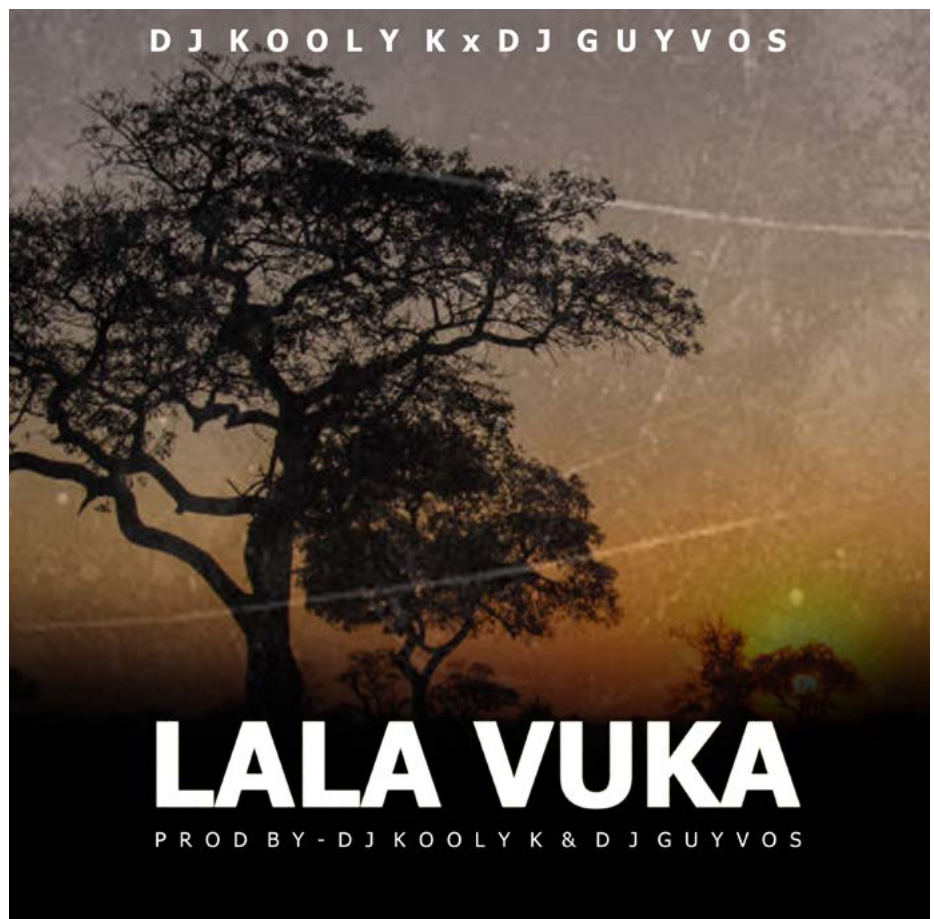
While the instrumental version of Lala Vuka continues to trend, Kooly K is already planning a vocal version to be included in his upcoming EP or album. The project will feature collaborations with big names like Khoza Mokhozene, La Timmy, By4 SA, Dubble Up, and DJ Guyvos, promising to be a milestone in Kooly K's career.

"This track has opened so many doors for me," Kooly K shared. "I'm now working with industry giants, and I can't wait to share more of what's coming next."

Stream and Celebrate with Lala Vuka

Lala Vuka is available on all major streaming platforms, bringing festive energy to audiences in Botswana and beyond. As DJ Kooly K gears up for his EP release next year, fans can expect even more exciting collaborations and chart-topping hits.

Follow DJ Kooly K on TikTok, Facebook, and other platforms to stay updated on his journey. With Lala Vuka and his upcoming projects, DJ Kooly K is well on his way to becoming a major force in the Amapiano scene.





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THE 9 BEST PLACES TO VISIT IN ETHIOPIA



With the most UNESCO World Heritage Sites than any other African country (including Egypt), Ethiopia is a hidden gem that is overlooked by many travellers. With such cultural diversity, archaeological pedigree and natural beauty, there's a good reason why it's so high on the Wild Frontiers travel list.

From our years of experience travelling in Ethiopia, we have pulled together what we think are the best places to visit in Ethiopia. So, let us jump into it.

Addis Ababa

Ethiopia's capital is located more or less in the dead centre of the country and is the world's third-highest capital at 2,400 m. Its name means 'New Flower' and it is a relatively modern city, founded in 1887 by Emperor Menelik II. In just over a century it has grown from nothing into a modern metropolis of several million people. Its altitude lends it a comfortable climate and throughout the year the weather is temperate with just the occasional downpour.

Adigrat

The northernmost city in the unspoiled Tigray region, Adigrat is an ideal stopping point en-route from Axum to Mekele. Although the town itself is nothing special, a new lodge has recently opened on the outskirts of town, which is a comfortable base to explore the rock churches for which the Tigray region

is famed.

Awash National Park

This scenic national park is situated in the dry acacia savanna of the Rift Valley some 200km from Addis Ababa. A magnificent 150m-deep gorge, carved by the Awash River, forms the southern boundary of the park, including a substantial waterfall. To the north, you'll see the ragged edges of Mount Fantelle, a dormant volcano whose crater towers above the surrounding bush.

Other highlights include the Filwoha Hot Springs, which feed a series of beautiful translucent blue pools and Lake Beseka. Although 80 mammal species have been recorded in Awash, the game viewing is less of an attraction than the scenery and birdlife. Awash National Park is regarded as one of Ethiopia's top birding destinations, with over 450 species. Including the endemic yellow-throated serin and the Ethiopian cliff swallow.

Axum

This fascinating town was the centre of the Axumite Empire, one of the most important and technologically advanced civilisations of its time and a major force in world trade between the 1st and 7th centuries AD.

A further twist in the town's long history is speculation that it could have held the court of the Queen of Sheba and also that it is the final resting place of the Ark of the Covenant.

Whatever the truth of these matters it is undoubtedly the holiest city of the Ethiopian Orthodox church and there is a startling wealth of antiquities both to be seen and as yet still undiscovered.

Bahir Dar

Bahir Dar, with its wide avenues of palms and scenic lakeside location, is one of Ethiopia's most attractive towns. Located on the southern shore of Lake Tana, it is an ideal base from which to explore the lake and surrounding area, which includes the blue Nile falls.

Once no more than a sleepy fishing village it has grown in size during recent times and palm-lined avenues and lakeside vistas make it an attractive place to stay. There are good amenities for travellers and the town itself has become an important industrial centre partly as a result of the hydro-electric dam built at nearby Tis Abay.

Bale Mountains National Park

The Bale Mountains National Park is a protected area of approximately 2,200 km² and is located around 400 km southeast of Addis Ababa. Its high mountains, sweeping valleys, dramatic escarpment and wide expanses of forests provide visitors with a diversity of vistas unique to the Ethiopian highlands.

UNESCO has estimated that more mammal



species would become extinct were the habitats of the Bale Mountains to decline than if any other area of equivalent size on the globe were to disappear. When this is combined with rare amphibian species, endemic birds and spectacular flora, it is easy to see why the park is designated as a Biodiversity Hotspot by Conservation International.

The Danakil Depression is found in Northern Ethiopia, close to the border with Eritrea. With parts of Danakil 100 metres below sea level, this is one of the lowest places on Earth and also one of the hottest in average yearly temperature. Access is difficult as the area is only passable for 4x4 vehicles and accommodation is scarce meaning visitors camp each night at fixed sites. Arguably one of the best places to visit in Ethiopia, those that do make the journey are rewarded with some of the most extraordinary landscapes anywhere on earth.

Two active volcanoes, Mount Ayalu and Erta Ale have large lava lakes, whilst the Dallol Sulphur Springs is a photographers' dream. The Awash River ends in a huge salt mine, where workers carve rough-hewn blocks of salt for sale, an extraordinary sight to behold.

Gheralta

This unspoilt corner of North Eastern Tigray is scenically spectacular with vast spaghetti-western landscapes of flat dry plains and

towering rock outcrops known as the Gheralta. The region is most famous for its 35 old rock-hewn churches, the largest concentration anywhere in Ethiopia. The finest are found in splendid isolation on the outcrops and involving a strenuous walk, and the magnificent views, atmospheric interiors and a wealth of old paintings and church treasures are very special indeed.

Gonder

Up until the beginning of the 17th century, Ethiopia had what was locally referred to as a 'mobile capital'. But in 1632 Fasilidas took the throne and proclaimed Gonder as his capital, where it remained for the next 200 years. As king and emperor Fasilidas not only ushered

in a period of relative calm in Abyssinia's turbulent history he also built a stupendous fort at this strategic location - added to by his successors - most of which is still intact. Wandering around the fort's spectacular turreted citadels, vast banqueting halls and bathhouses leaves you in no doubt whatsoever as to the importance of this Christian kingdom 400 years ago.

Jinka

Although Jinka is the administrative capital of the South Omo zone it exists in almost isolation from the rest of the country and has a relaxed, rural feel. Set at an altitude of 1490m it is quite temperate and its Saturday market attracts traders from all over the area.





10 Simple Home Management Tips for Incredibly Busy Moms

Home management tips can make managing household tasks easier as a busy mom. The best home management tips can help you save time, get organized and be more productive every day.

But running a home isn't always easy. You've got the laundry to keep up with, bills to pay, meals to plan and of course, staying on top of cleaning. Home management can get pretty overwhelming, pretty quick!

And it can be even more challenging if you're a working mom or a stay at home mom who's chasing littles around all day. I know, I've done both and trying to keep up with all the household chores is no easy feat.

That's where having systems and routines for running your home can be a lifesaver!

So today, I'm walking you through some of the best home management tips for getting organized.

What Is Home Management?

Broadly speaking, home management

includes all the things that go into running a household.

So that can mean:

- Doing laundry
- Planning and preparing meals
- Decluttering regularly
- Keeping your home, life and money organized
- Paying bills
- Managing important paperwork
- Cleaning
- Taking care of minor maintenance and repairs
- Tackling yardwork

Think about all the things you do each day as a busy mom. Most of them probably fall under the home management tips umbrella.

Why Are Home Management Skills Important?

Good question! Home management skills are a good thing to have because they can:

- Save you time, energy and money
- Help you get organized (and stay that way!)

- Stop the stress and mess in your home

Those are all good things, right?

As a busy mom, I need to be as efficient as possible when it comes to how I use my time, where I put my energy and how I spend my money.

And I wouldn't be able to do that without having some home management systems in place.

Bottom line, managing your home effectively means tying all the things you do each day together in a way that best meets your family's needs.

Once you master certain home management skills and start putting home management systems in place, you'll be amazed at what a difference they make!

Home Management Tips to Make Mom Life Less Stressful

Polishing your home management skills can take time. So don't worry if the pieces aren't all coming together right away.

Instead, you can focus on improving one area at a time. As you perfect each link in the chain, you'll get one step closer to a home that practically runs itself!

Here are the best home management tips to get you started.

1. Create home management routines

Routines are an absolute game-changer if you're struggling to get home management systems in place.

What's great about routines is that they give you a map to follow each day. For example, you can set up:

- Laundry systems
- Morning routines for kids
- Morning routines for yourself
- Nighttime routines
- Routines for budgeting and paying bills
- Grocery shopping routines
- Self-care routines

I could go on and on but you get the idea. When you have routines in place, your days start to run on autopilot. And that is one of the keys to making home management easier.

If you're struggling with getting routines in place, be sure to check out the Family Routines course from Pulling Curls. It's a step by step guide that walks you through how to set up routines for your family that you can stick to.

2. Get on a cleaning schedule

Do you love having a clean house but hate to do any of the actual cleaning?

Me too. So one of the ways I make it easier on myself is to follow a regular cleaning schedule.

My cleaning schedule has three parts:

- Small cleaning tasks I tackle daily
- Bigger cleaning tasks I handle once a week
- Cleaning tasks I do monthly or quarterly (think organizing the pantry and cleaning out closets)

Breaking cleaning chores down and putting them on a schedule is a simple home management secret that you might be overlooking. But it can make keeping your house clean so much less time-consuming. For example, here's how you might approach your cleaning routine.

Daily cleaning chores

- Sweeping floors
- Wiping down kitchen and bathroom counters
- Doing dishes
- Running a load of laundry
- Making beds

- Tidying up your entryway (a must if your kids dump all their stuff by the front door)

Weekly cleaning tasks

- Vacuuming
- Mopping
- Finishing up any laundry that hasn't been done yet
- Dusting
- Cleaning the bathrooms
- Changing sheets

Monthly/quarterly cleaning chores

- Cleaning out closets
- Cleaning out the refrigerator
- Organizing the pantry and tossing any expired foods
- Tidying up the garage
- Changing air filters

Now, if you're completely overwhelmed by the mess in your home, I suggest starting small. Tackle one room at a time with your cleanup efforts and keep going until you've reached a baseline level of clean.

From there, you can start following daily, weekly and monthly cleaning schedules to keep things neat and tidy.

3. Use lists for home management

I love making lists because they're a simple and powerful way to stay organized each day.

For example, you can make lists of:

- Daily to-dos
- Errands you need to run
- Bills that need to be paid
- Side hustle ideas you're interested in trying
- Cleaning tasks you've been putting off
- Personal goals you're trying to reach
- Birthdays and special occasions you want to keep track of
- Home repairs to make

All you need is a cute notebook, a pen and a few minutes to get it all down on paper.

Once you can see all your different lists at a glance, you can go back through and start prioritizing which items you want to tackle first.

4. Keep track of your days in a planner

Whether you use a paper planner or a digital planner, it's a must-have for applying home management tips.

You can use a planner to:

- Keep track of important dates
- Jot down bill payment due dates
- Track activities for each member of your family
- Schedule appointments

- Make time for monthly or quarterly cleaning rituals
- Set reminders for important errands like getting an oil change or a dental checkup
- Keeping track of work deadlines if you're a working mom

A planner is a key part of our home management system and without mine, I'd be totally lost.

Pro tip: If you're using a digital planner or organizing app, set up alerts and reminders so nothing slips through the cracks.

5. Declutter and organize

Clutter can be a major source of stress, not to mention super annoying. I don't know about you, but I can't relax when I'm surrounded by stuff everywhere.

Adding decluttering routines into your home management systems can help keep the "stuff" from taking over.

Once you clean out the clutter, you can start organizing your home to make it more livable.

I've written about decluttering here before and the 100 things you should get rid of first. But if you're overwhelmed at the thought of trying to declutter and organize, here are a few tips:

- Don't try to do it all in one day
- Focus on one room at a time and if you can't do a whole room in one sitting, start with one area or zone
- Declutter at least one thing each day
- Separate clutter into piles (to keep, to donate, to trash)
- Use a timer and try to declutter as much as you can in that time limit
- Pick one room or space at a time to organize
- Wait until after you're done decluttering to start organizing (otherwise you could end up stuck in one spot!)
- Use the right storage options to keep clutter at bay

Rome wasn't built in a day and you probably won't be able to declutter your entire home in a day. But the most important thing is getting started and sticking with the plan. Managing a home isn't always easy but it is possible to get organized so that it doesn't seem like such a daunting task.

If you're still struggling after putting these home management tips to work, definitely check out the Organized Home course. It could be exactly what you need to start calming the daily chaos!

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10 Characteristics Of Successful Entrepreneurs

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

WHAT IS ENTREPRENEURSHIP?

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

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

By that definition, entrepreneurs—either as individuals or in teams—discover opportunities throughout their personal and professional lives. They form hypotheses on ways to deliver value to customers

and perform structured tests to validate their ideas. This often involves recruiting teammates through networking and investing funds to determine how they'll deliver a product or service at an acceptable cost.

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

Here are 10 characteristics shared by successful entrepreneurs.

10 CHARACTERISTICS OF SUCCESSFUL ENTREPRENEURS

1. Curiosity

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

This is validated in the online course Entrepreneurship Essentials, where entrepreneurship is described as a "process of discovery." Without curiosity, entrepreneurs can't achieve their main objective: discovering new opportunities.

The drive they have to continuously ask questions and challenge the status quo can lead them to valuable discoveries easily overlooked by other business professionals.

2. Structured Experimentation

Along with curiosity, entrepreneurs require an understanding of structured experimentation. With each new opportunity, an entrepreneur must run tests to determine if it's worthwhile to pursue.

For example, if you have an idea for a new product or service that fulfills an underserved demand, you'll have to ensure customers are willing to pay for it. To do so, you'll need to conduct thorough market research and run meaningful tests to validate your idea and determine its potential.

3. Adaptability

The nature of business is ever-changing. Entrepreneurship is an iterative process, and new challenges and opportunities present themselves at every turn. It's nearly impossible to be prepared for every scenario, but successful business leaders

must be adaptable. This is especially true for entrepreneurs who need to evaluate situations and remain flexible to ensure their business keeps moving forward, no matter what unexpected changes occur.

4. Decisiveness

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

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

5. Team Building

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

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

6. Risk Tolerance

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

While many things can go wrong when launching a new venture, many things can go right. According to *Entrepreneurship Essentials*, entrepreneurs who actively manage the relationship between risk and reward position their companies to "benefit from the upside." Successful entrepreneurs are comfortable with encountering some level of risk to reap the rewards of their efforts; however, their risk tolerance is tightly related to their efforts to mitigate it.

7. Comfortable with Failure

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

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



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

8. Persistence

While many successful entrepreneurs are comfortable with the possibility of failing, it doesn't mean they give up easily. Rather, they see failure as an opportunity to learn and grow. Throughout the entrepreneurial process, many hypotheses turn out to be wrong, and some ventures fail altogether. Part of what makes an entrepreneur successful is their willingness to learn from mistakes, continue to ask questions, and persist until they reach their goal.

9. Innovation

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

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

10. Long-Term Focus

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

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

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



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A New Dawn for Botswana: Historic 2024 Election Marks Unprecedented Political Shift



Botswana has entered a transformative chapter in its democratic journey with the unprecedented election of an opposition party into power. For the first time since its independence in 1966, the nation witnessed a peaceful transfer of power from the ruling Botswana Democratic Party (BDP) to the Umbrella for Democratic Change (UDC) in the landmark 2024 general elections. Under the leadership of Advocate Duma Gideon Boko, the UDC emerged victorious, establishing a new precedent in Botswana's political landscape. This transition not only underscores the maturity of Botswana's democratic processes but also sets an inspiring example for other African nations.

The Botswana Democratic Party (BDP), which had governed the country for nearly six decades, gracefully conceded defeat without any resistance or challenge. The outgoing BDP leadership, acknowledging the will of the people, showed tremendous statesmanship in accepting the UDC's victory. This peaceful transfer of power stands as a testament to Botswana's long-standing commitment to democratic principles and fair elections. As the results were announced, the BDP

leadership extended its congratulations to President-elect Duma Boko and pledged support for a smooth transition.

For a country with a long-standing tradition of peaceful elections, this particular outcome has redefined Botswana's democratic identity. International observers from the African Union, European Union, and various non-governmental organizations praised the election for its transparency, fairness, and inclusivity. Botswana's Independent Electoral Commission played a crucial role in ensuring that the electoral process remained free from irregularities, allowing citizens to exercise their rights in a fair and open environment. Botswana's 2024 election has raised the bar for electoral integrity in Africa and beyond.

The new President, Advocate Duma Gideon Boko, has been a prominent figure in Botswana's political landscape for years. His dedication to justice, transparency, and inclusive governance has made him a respected leader, and his party's victory reflects the people's desire for change. In his acceptance speech, President Boko emphasized the importance of a government

that serves all Botswana, regardless of social, economic, or political background. He expressed gratitude for the trust placed in him and committed to leading a government built on honesty, accountability, and justice. President Boko also emphasized the significance of this moment for African democracies. "Botswana has shown the world that democracy is not only possible in Africa but that it should be the foundation of every nation," he said. "This peaceful transition of power is a beacon for all African countries, proving that change can happen through ballots, not bullets. We are forging a new path forward, and I am honored to be part of this journey."

In a move that has further captured the attention and enthusiasm of Botswana's youth, President Boko appointed a dynamic and diverse cabinet, signaling a new era of inclusivity. One of the most notable appointments is Lesego Chombo, an attorney and former Miss Botswana 2022 and Miss Africa, as the Minister of Youth and Gender Affairs. At only 26 years old, Chombo is the youngest member of the cabinet and brings a unique perspective to her role. Her



background as a beauty queen, lawyer, and activist makes her an inspiration to many young Batswana, who now see themselves reflected in the country's leadership.

Minister Chombo's appointment has generated significant excitement among young people, as it shows the government's commitment to youth empowerment. By choosing a youth representative in a key position, the new administration demonstrates that it recognizes the potential and contributions of its younger citizens. Chombo has already expressed her intention to advocate for policies that support youth entrepreneurship, education, and gender equality. Her leadership is expected to usher in new policies that address the concerns of Botswana's youth, who represent over 60% of the country's population.

The 2024 election has revealed a marked increase in youth participation in Botswana's political sphere. Young people turned out to vote in unprecedented numbers, eager to influence the future of their nation. The UDC's platform, which centered on economic reforms, job creation, education, and social justice, resonated strongly with Botswana's youth, who have been vocal about their desire for greater representation and more opportunities.

Botswana's youth have shown that they are ready to take an active role in shaping the nation's future, and President Boko's administration has embraced this shift. The new government has promised to implement policies that reflect the aspirations of young people, focusing on modernizing education, fostering innovation, and creating sustainable employment opportunities. The youth movement that contributed to the UDC's victory is seen as a testament to the emerging power and influence of Botswana's younger generations.

Botswana's smooth transition of power has set a powerful example for neighboring African countries. Across the continent, citizens and political leaders are watching with admiration as Botswana reaffirms its dedication to democratic principles. President Boko has been vocal about his belief that democracy must be the foundation upon which every African nation is built, emphasizing that Botswana's successful election can serve as a model.

Botswana's commitment to a peaceful transfer of power and fair elections is a rarity in many parts of Africa, where political transitions can often lead to instability and conflict. Botswana's 2024 election has shown

that democracy and political change can be achieved without violence. In a region where political unrest can deter investment and economic growth, Botswana's example is likely to attract further international support and investment.

President Boko's vision for Botswana centers on transparency, accountability, and inclusive governance. His administration is committed to ensuring that government decisions and policies are accessible to all citizens. As part of this commitment, the new government has promised to enhance communication channels between the administration and the public, ensuring that Batswana have the information they need to hold their leaders accountable.

The UDC has also prioritized the fight against corruption, with plans to establish stronger oversight mechanisms and enforce strict anti-corruption policies. President Boko has pledged to restore trust in government institutions by creating a culture of openness and integrity. He has assured Batswana that under his leadership, government resources will be allocated fairly and used responsibly to serve the needs of all citizens.

The historic 2024 election marks the beginning of a new era for Botswana, where



the people's voices have brought about meaningful change. With President Duma Gideon Boko at the helm, Botswana is poised to embark on a journey toward economic progress, social justice, and genuine democracy. This election has shown that Botswana is committed to its democratic values and stands ready to lead by example on the African continent.

The new administration has inspired a renewed sense of hope among Batswana, particularly the youth, who are more engaged and invested in their country's future than ever before. The world watches with admiration as Botswana continues to build a stronger, more inclusive nation, demonstrating that true democracy is achievable and sustainable in Africa.

As Botswana looks toward the future, it does so with confidence, optimism, and a clear commitment to the democratic principles that have guided the nation for decades. The UDC's victory is a symbol of Botswana's evolving political landscape and a testament to the strength of its democracy. Under President Boko's leadership, Botswana is set to become a beacon of hope, resilience, and unity for all African nations.





10 Small Business Tips for Beginners

Creating a new small business is an exciting and scary proposition. Getting help and support is vital, particularly at the start, so we wanted to provide 10 tips for small businesses at the beginning of their journey. There are so many things to learn and elements that could go wrong that the more you are aware of at the beginning, the better prepared you can be to achieve success. So here is our list of 10 small business tips for beginners, starting with doing your research...

Tip 1: Research Before You Begin

You have a great business idea, your enthusiasm level is high and are ready to get going. We don't want to lose that momentum, but before starting your own business you need to put in some background work, starting with researching how unique the business idea is.

The reality is 99% of businesses that get created today have direct competition from day one. That is not a problem, but you do need to understand that competition and your sector before you go headfirst into creating your new small business.

- Who are the main competition and what messaging do they lead with (this denotes what they are good at)
- Understand the pricing within the

industry. Learn the range of pricing options and what drives higher price points

- Where is the competition located? Do you have the opportunity to make an impact locally or are you better going for a more national or even international approach?
- What channels are they marketing in? Get a head start on where to find target customers and do direct research with potential customers
- What niches are being covered, who are the other businesses appealing to as a target audience?

One big tip for anyone starting out for the first time with their business idea: if at all possible, pick a sector or target market that you have worked in before. If you can achieve this, people will already know and trust you, and you will be well versed in how to navigate the market dynamics.

Tip 2: Find Your Niche

Great news, you have selected a sector and product you want to sell. Time to start selling, right? Wrong. Most sectors are massive and to get your message heard and gain momentum, you want to find a sub-section, commonly known as a niche. Let us explain with an example.

"XYZ Creative Services" designs and develops websites; they attempt to appeal to everyone and struggle to distinguish themselves from the other 1,000 web design agencies.

"Hospitality Creative Services" designs and develops websites for restaurants and venues. They focus on this specific niche and can demonstrate why they are so different from the competition.

If you are a restaurant looking to hire someone to build your website, who do you think you'd choose?

The key to a good niche is finding a space small enough that the competition is low but big enough to sustain your small business. Also, remember that over time you can expand into new areas once you have a reputation and testimonials. A niche is superb at getting you started.

Tip 3: Define Who You Are What Is Your Mission

Branding is not a concept most small businesses think about, but it is more than just a logo or name. It is the essence of what you stand for. Do you exist to provide the best quality in your chosen field? Is your goal to be a supporter of local businesses? Do you simply aim to be the cheapest option?

These are the types of questions you should be asking yourself, leading to understanding your mission. A mission statement is about the purpose of your business, what it aims to achieve. If your goal is to grow to include multiple staff it will help them understand the business, but if your initial ambition is to be self-employed, then the mission will be about your goals.

What's In A Name

Your business name is important but people spend too long focused on it. Your chief goal is not to choose a terrible one that puts people off. Don't worry about creating one that will change the world. Apple is only a great global brand and business name because of the product and vision of the business, not because of the name they picked.

It is ok to be related to what you do but sometimes that makes it harder to pick a name: people often end up choosing something that means something to them and then when they explain the business they will put it in a description. For example, Red Box is the accountancy firm for the people of our little village.

One bonus tip when looking at names is website URLs. Very few businesses can survive without a web presence, so when looking at names, get a feel for the website addresses available for that name as well as the social media handles.

A logo is important so you have a distinct brand but like your own company name, it should not be overthought and take days of your time. Once you have a name and a mission, you have a number of simple routes to get a logo. You can find a good local design firm, a recommended contractor or look for someone on Fiverr, all of these options will be able to create you some examples to choose from.

Tip 4: Set Goals

If you don't understand your destination then your journey will have no direction. At the beginning of your journey towards creating your new small business you need to have goals, the things you want to achieve. These will be a combination of short term and long term, starting with the overall goals and working backwards. You'll set your goals for the next couple of years then work out the smaller goals that will help you achieve that.

For example, depending how much you can invest into your business at the start will dictate how quickly you need to be profitable. For others, they will need to make money from day one. To achieve these goals you'll need to track your business finances from the start.



Tip 5: Everyone Needs A Business Plan

Now it's time to get very practical. Any business, regardless of size, needs a business plan. This might be needed to raise startup funds, get a small business loan or just to give yourself focus on what you can afford to spend. Once created, it allows you to plan changes as the business and the business structure evolves.

Many of the factors we have covered in tips 1-4 should be added to your business plan, for example, what are your goals, the competitor landscape and niche you will be targeting.

Business Financial Planning

Another key component will be growth planning, so build yourself a financial plan. Assess all the fixed costs involved in creating and running the business, then start to factor in variable costs related directly to running the service/product. Building this into a plan can help you avoid forgetting those hidden startup costs.

This will show you what break-even points you have, what money you have left for things like marketing and sales and use the information to plan going forward. For example, you might decide you need to spend money on paid advertising. With a business plan in place, you'll understand what capital you have to invest and also the return needed to justify the spend.

Accountability

Your business plan becomes a permanent record of what you are looking to achieve and helps maintain focus. Whenever you start a new business, many factors can

become a distraction, so having a good solid business plan to consistently revert to is vital for staying on track.

Tip 6: Articulate What Makes You Special

We have a plan and it's almost time to go out into the wild and start talking to people, but before you do, make sure you can articulate what makes you stand out from the crowd, why someone should choose you.

Very few businesses are truly unique in the modern world, but find a combination of things that when grouped make you different from the rest. It might be the niche that you target, the way you support the product, it could be your pricing model, maybe it's a combination of all of them or ten other things.

Your message and how you explain it has to be succinct and powerful. Less is more. The concept of the elevator pitch was created at a time when attention spans were greater. In modern society, you have even less time to get your point across. This might be face to face, during a webinar or within 3 seconds of someone seeing a post on Facebook.

Start by listing out all the things that mean you are special. Next, combine the key elements to highlight uniqueness. Finally, learn to explain these points within the realms of what you do. The prospect needs to understand what you do and why they would choose you over everyone else.

Tip 7: Network Like A Master

As a small business owner, you are the best salesman, the point of contact with the customer and the person that people



complain to! As you grow this can evolve but when you start your business no one will understand it like you or convince prospects to buy from you and customers to remain with you.

The most cost-effective way to achieve this is networking. You need to make yourself part of the community and become someone trusted in your sector. The old adage is true, people buy from people and the best way to meet people is networking.

Networking Examples

Armed with the advice from tip 6, let us look at some good examples of networking places we can spread our message. Which one is right for your business will depend entirely on service/product and the sector you operate in.

1. Local community groups - there are so many options for networking in person locally that we wrote an entire article about it!
2. Facebook groups. There are Facebook groups for almost any subject. Learn which ones your next customer is in and then become part of that community. Offer help to the group and build a reputation as a valued member
3. LinkedIn. The world's largest networking platform, if your target customers utilise LinkedIn, then this is a great place to connect, engage and sell to potential customers
4. Forums - From large platforms like Reddit through to niche forums for

individual sectors, they exist for people to share ideas and problems. These can be the perfect place to engage and find new customers

5. Industry events. Every industry has its bodies and networking groups that meet regularly and host larger events where vendors/suppliers meet with customers

Having discovered the best places to network, it's important to prepare yourself. Networking is about listening and participating, don't just arrive expecting to sell. The more benefit you bring to a networking group or event, the more you will ultimately take from it.

A bonus tip is using your network to get you referrals and testimonials. As a small business, you might struggle to get people to take a chance on an unknown entity. The best way of combating this is by asking others to recommend you or give you a testimonial to be used in digital marketing.

Tip 8: Effective Marketing

Marketing is an area many small business owners are uncomfortable with, but with a little planning and covering the basics, it doesn't have to be that scary.

Know Your Customer

Step one is thinking like your customer. Get this right and everything else about marketing is easy. You must recognise that not everyone can be your customer. If you attempt to market to everyone, then you'll

do an average job. If you market just to target customers, then you'll do an amazing, focused job.

To truly understand your customer as well as a best friend, you need to get into their minds and sympathise with the pains they have, understand their core needs, celebrate their desires and respect their purchase drivers. If you combine this information with basic demographic information like the male/female split; age range; income and family status, you have a rounded view of them. Going forward all your marketing should be geared towards these target customers. Writing an article? Think, would your ideal customer read it. Posting on social media? Will your ideal customer be attracted to it? Building a new product? Would your ideal customer buy it?

Where Do Your Customers Hang Out?

Once you understand your customer, the next step is identifying what channels to reach them in. It doesn't matter which routes to market you prefer, only which ones your customer uses. When you worked on your ideal customer, chances are you had 2-4 different customer types.

Assess them and find the common channels, allowing you to achieve efficiency by only spending time on a few channels. For example, don't have seven different social media accounts if your ideal customer is only present on two of them.

Regardless of the ones you focus on, if you need help to improve your social media presence, I highly recommend this article for background reading.

What Do You Say To Your Customers

You need to understand what major topics you should be covering in your marketing and then look at ways to generate lots of content about them.

Top Level Subjects

These should consider two critical factors: what can you discuss confidently AND what does your customer want to learn about. The biggest mistake small businesses make is talking about what they do all the time.

Focus on the things that the customers want to read about and eventually, you'll be able to transition the conversation towards your product once you've built rapport with the customers. People recognise their pains in your marketing, not your solution to the pain.

Once you've identified those big topics, focus on big pieces of content that can sustain you for weeks at a time. The most efficient marketing approach is to create one large piece of content (for example a long blog article) and include a variety of elements like a quote, a list and some good images. These elements can then be converted to smaller pieces of digital marketing to be used in the channels of choice.

For example, if your customer uses Instagram, then you can show off some of the images and link to the master article or maybe build an inspirational post with the quote. Again, the goal is to do the work once and then be able to recycle the information over many weeks, saving you a lot of time and effort.

Tip 9: Technology And Automation Are Your Friends

As a small business owner, you always need to be conscious of the limited time you have. Where possible you need to find solutions that cost little but save money and time by automating your processes. This is where technology is your friend.

Financial software

Start by putting in place invoicing software that will automate most of the process, update your clients automatically and give access to the right people at the right time. You can get a free account with Hiveage to get going today.

Marketing automation

This is the ability to trigger communications based on people's actions. For example, an email welcome program when someone registers on the website.

Customer service

Chatbots are a good example of using technology to handle the initial customer queries and filter down the ones that land with you.

Task Management

This could be something as simple as online notes or a more complex solution like Trello. One key advantage of all these platforms is they can be accessed through any device, from your work PC through to your phone.

Booking calls/meetings

Use an online booking system, like Calendly that allows people to automatically book time in your diary. They connect automatically to your calendar and save you having to check your availability.

Virtual meetings

Platforms like Zoom have taught us it is no longer required to attend all meetings in person. Where sensible, book a virtual call and save hours in travel, as well as keep startup costs down

Tip 10: Prepare Mentally For Bad Days

Setting up and running your own successful business can be incredibly rewarding, but it doesn't come easily. There will be ups and downs, and how you manage these problems will decide how successful you are in the long term.

All problems can be resolved and often, by taking the right approach, you can take something positive from the experience.

- If a customer cancels a contract, understand why and take the learning to improve for the next customer. Improve the contract so they have less chance of leaving unexpectedly

- You might spend money on digital marketing that doesn't give you a return as you expected. Reassess your customer profile and check whether you are using the right channels. Did your messaging clearly articulate why someone should choose you?
- A new competitor enters the market and starts to steal your customers. This is common and something you need to be prepared for. Learn what is working for this new upstart, improve your own proposition. This is often a wake-up call and reminder to always be evolving.

This list could go on, but what it has in common is the ability to remain level headed, understand the situation and learn from it. As a small business owner, if you prepare mentally for the bad days, then you'll be able to manage the difficult situations as they arise.

This nicely leads us to a bonus tip at the end: try and surround yourself with a good support network. Being a small business owner can be a lonely existence. To help you survive you need to have people you can talk to, those with shared experiences. This is where your networking comes in very handy as you'll find peers that you can talk to, people that have faced the same problems as yourself.

Ultimately, the best tip for anyone creating a small business is to have belief in what you are looking to achieve.

We certainly believe you have what it takes when it comes to starting a small business and of course, we are here to help where we can, beginning with a free Hiveage account to start streamlining your payments and organising those business finances.





MAUN

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

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

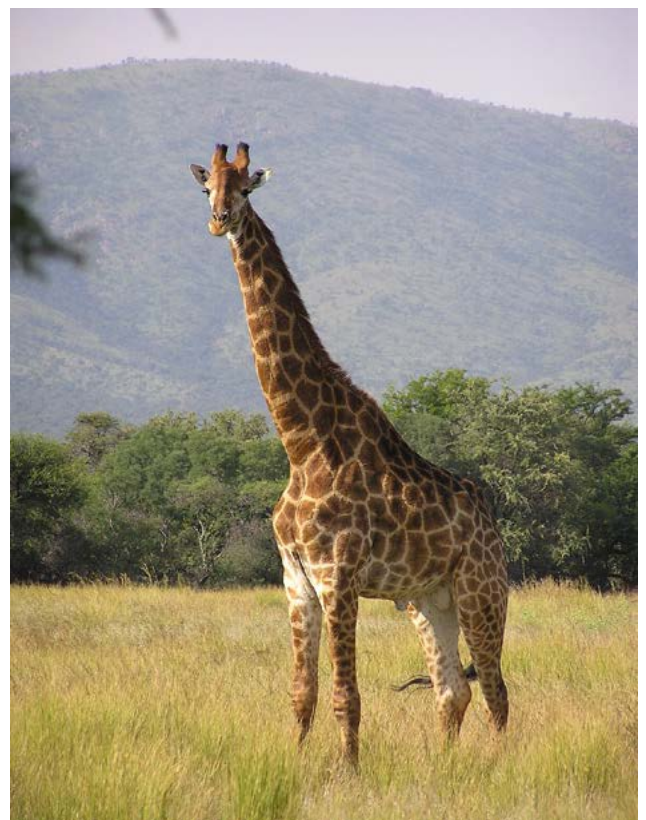
There are some great campsites that are located by the river, providing a great place to stay for a few nights.

FRANCISTOWN

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

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

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







10 SURPRISING FACTS ABOUT ETHIOPIA

Archaeological, cultural and natural wonders await for travellers keen to delve into the ancient yet often overlooked Ethiopia.

Add to this a staggering diversity of landscapes, a kaleidoscope of cultures and history that tracks back to when our species first raised itself up onto two legs – and suddenly you've got one very surprising travel destination. From the birthplace of the Rastafarian movement to the discovery of coffee, here are 10 cool facts you might not know about Ethiopia.

1. There are thirteen months on the calendar in Ethiopia

Sure, plenty of cultures have their own calendars that they prefer to follow over the Western Gregorian one, but most still abide by the unspoken '12 months to a year' rule. Not Ethiopia. Ever looking to buck a trend, several thousand years ago the Ethiopians cottoned on to Spinal Tap's belief that one more is always better – and have been counting 13 months to their year ever since. What does this mean? Well, Ethiopia is essentially a few years behind the rest of the world. Canny tourism boards can also legitimately claim that the country really does boast '13 months of sunshine'.

2. Ethiopia runs on its own time

Ethiopians also measure the hours of a day to

a different schedule. In a piece of logic that's kind of hard to argue against, they believe it's less confusing if the clock starts when the day does. Thus, sunrise is 1 o'clock and sunset 12. Then the 12-hour night clock sets in. So when buying bus tickets, make sure you ask whether departure time is in Ethiopian or Western time.

3. Ethiopia was never colonised by Europeans

Ethiopia is the only African country never to have been brought under colonial control – a fact that locals will never tire of informing you. And fair enough, too. The Italians did give colonisation a crack in 1935 – and succeeded in militarily occupying the country for six years – but Ethiopian forces were waging military opposition the entire time and the whole country was never brought under control. As some of the locals put it, "we waited until they had built us railways and nice buildings... and then kicked them out."

4. Ethiopia is a nation of festivals

Ethiopia is a country full of vibrant festivals. The biggest, Timket, is a three-day annual festival that honours the baptism of Jesus Christ in the river Jordan. Priests remove the 'Tabots' (replicas of the Ark of Covenant) from each church and march to the nearest water source, where the communal baptism takes place. The procession is accompanied

by thousands of locals dressed in dazzling white traditional dress that contrasts with the colours of the ceremonial robes and sequined velvet umbrellas of the priests.

5. Ethiopia is the birthplace of the Rastafarian movement

Thought it was Jamaica? Nope. While much of the Rastafarian movement did evolve in Jamaica, the spiritual homeland of it is in actual fact Ethiopia. In Amharic, 'ras' is a title similar to chief, and 'tafari' the first name of Emperor Haile Selassie I. The movement essentially posits Selassie as an incarnation of God. Need further evidence? Check out the colours on the Ethiopian flag. Familiar, no?

6. Coffee was discovered in Ethiopia

You know your morning caffeine shot? You've got some Ethiopian goats to thank for that. As the story goes, a goat herder way back when noticed his flock's fondness for a certain bush and decided to give one of the fruits a nibble himself. His day's herding was notably more efficient for it – and the coffee industry took off from there.

7. Ethiopia is one of the world's oldest countries

Several archaeological findings in Ethiopia's Afar region go quite some way in suggesting that the country may be where the human



species came from. In 1972, Donald Johanson and Tim D. White discovered Lucy, a 3.2 million year old hominid skeleton. For years, Lucy was all the rage, embarking on a nine-year worldwide tour and enjoying widespread fame. Then Ardi, also from the Afar region but one million years her senior, rocked up and blew her out of the water. So you arguably also have the Ethiopians to thank for, well... you.

8. Abebe Bikila was the first athlete to win two Olympic marathons

In 1960, an Ethiopian by the name of Abebe Bikila became the first black African to win gold in the Olympics. Only making the team selection at the last minute due to another athlete's broken foot, Bikila opted to run the marathon barefoot, pipping hot favourite Moroccan Rhadi Ben Abdesselam by a full 25 seconds.

Four years later, Bikila won the Tokyo Olympics, setting a world record and becoming the first ever person to win the Olympic marathon twice. When asked if he wasn't tired (he didn't look it), he answered that he could've done with another 10 kilometres!

9. Addis Ababa is the fifth highest capital city in the world

Ok, there's no getting away from the fact that Addis fits the bill of being a big, dusty,



overcrowded city. But it's also home of the African Union and the headquarters of the United Nations Economic Commission for Africa. It's also the world's fifth-highest capital city, with an altitude of 2355 metres. The name of the city translates to 'New Flower' in Amharic.

10. Ethiopian cuisine is great for vegetarians

Ethiopian cooking is some of the tastiest, healthiest and most diverse cuisine on the continent. And, unlike many African

countries, it's a haven for vegetarians. The simple reason for this is that most Ethiopians follow a particular strand of Orthodox Christianity that prohibits the eating of any animal products on Wednesdays and Fridays. The happy by-product of this for herbivores is that restaurants tend to always have a few deliciously spicy vegan stews on the menu. It also means that when you say that you don't eat meat they'll actually understand the idea, instead of replacing the beef you requested be left off your pizza with, say, chicken.

TOP 10 necessary gadgets for man in 2024



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

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

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

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

1. Smartphone as a pocket companion

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

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

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

Core smartphone functions:

Powerful processor for multitasking and swift app launches

High-resolution camera

Long battery life

Secure biometric authentication: fingerprint or facial recognition

Smooth integration with other devices and networks

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

2. Bluetooth headphones

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

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

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

Key headphones features of these best gadgets for guys:

Active noise cancellation technology equals to an immersive audio experience, also complemented by Long-lasting battery life, ensuring extended usage with no frequent recharging

Ergonomic design

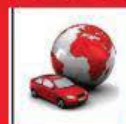
Also get to know about multipoint connectivity ensuring multiple devices connections altogether. Touch controls and voice assistant integration, not letting go of the robust build quality, water and sweat resistance, completes the cool technology list.

3. Gaming console

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

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

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with a broad spectrum of entertainment options.

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

Compatibility with VR systems and awesome streaming capabilities enable gamers to access a great variety of stylish content
Explore the world of gaming with models from \$50 to over \$500, depending on the type

4. Bluetooth speakers

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

Open up their range of functions:

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

High-fidelity sound reproduction
Waterproof and rugged builds & high resilience
Extended battery life & unstopped music playback
Multi-speaker connectivity
Speaking of devices' price, it takes off from

around \$50 for a quality brand.

5. Fitness tracker

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

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

Accurate biometric monitoring
GPS tracking capabilities with precise data on outdoor activities
Water resistance and durable construction
Mobile apps' integration
Multi-sport modes

Quick charging capabilities

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

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

Diving into its core functionality, we'll find:

Advanced health tracking
Personalized watch faces and interchangeable bands
App integration, enabling you to receive notices, listen to music, and even pay from

your wrist

Voice assistant incorporation for hands-free tasks

Robust build quality (water and dust resistance)

Long battery life and efficient power-saving mode

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

7. Laptop: transportable command center

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

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

High-resolution displays, vivid tones, extensive viewing angles

Light and slim design

Ergonomic keyboards, precise trackpads
Extensive connectivity options (USB-C and Thunderbolt)

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

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

8. Cinema in your pocket with portable mini projector

Standing as a compact accessory for on-the-go entertainment, projectors possess high



brightness levels and adjustable resolutions for clear and vibrant projections.

Smooth connectivity options

Built-in speakers and audio-out ports rendering a complete audio-visual experience.

User-friendly interfaces and intuitive controls, and battery-powered options on top of that

Elevate your entertainment, starting, take, with the shyest price projector of \$50, and go above.

9. Drone: aerial photography adventure

Featuring a host of key features, this smart gadget meritably boasts:

Advanced camera systems

GPS navigation and smart obstacle prevention specs

Intelligent flight modes, such as Follow Me and Waypoints, for aerial maneuvers automation.

Compact and foldable layouts

Extended flight times and quick-charging capabilities

User-friendly remote controllers and intuitive mobile apps

Unravel the drone price of \$50 that combines power and finesse in the skies.

10. Tablet: versatile computing

Having come into our lives as versatile indispensable devices, tablets possess several key features:

High-resolution displays, responsive touch interfaces

Forceful processors and ample RAM support

Light and slim construction for portability focus

Prolonged battery service, taken almost for granted

Extensive app ecosystems

Connectivity options, such as Wi-Fi and cellular capabilities for internet access on the fly

Optional tricks, like styluses and keyboard attachments, give charm and style to your work

Immerse yourself in the laptop universe with \$65-price appliance, where cutting-edge technology meets sleek design.

11. Powerbank: vibrant charging

Powerbanks, appearing as indispensable smart gadgets' life sponsors, are undeniably one-and-alone gift on the move.

High-capacity batteries provide multiple charges for smartphones and other devices

Compact and easyweight design presents portability, fitting into your pocket

Fast-charging technologies and multiple output ports empower simultaneous charging of multiple devices

Intelligent safety features, LED indicators offer real-time information on remaining power levels, coupled with durable builds and materials contribute complete its

outstanding features list

Meet any of these smart appliance, swimming off with the price of \$18, a portable powerhouse for your devices.

Throughout different consumer preferences, simple smartphone acquisition moved to a journey with millions of choices. It brings us the idea of making our personalized needs the primary focus of manufacturers.

Stay also focused on new tech gadgets in 2024, like iPhone 16, PHOLED TV, more compact laptops, brand-new Nintendo console, and Samsung Galaxy 24.

So, keep note of this effect: wireless chargers, eliminating the drizzle of cables, or portable batteries, compact and efficient, ensure complete security and comfort. It means the need for you to look for specialized tools completing the luxury gadgets, with no demand for substitution for newer ones.

Benefiting from the extraordinary smart gadgets selection for your time-spending, remember about their functionality and usefulness as a primary goal, facilitating every aspect of your daily routine.

If something important is close to your heart of a high-reputation man, take a look at the brands on the Canyon high-standard product platform, may be taking some technical advice.

10 Handy Gardening Tips for Busy People



Love to garden but short on time? Here are some tips that will help you plant, water and weed more efficiently.

If you love gardening but your life is a busy place, you're going to love this batch of great gardening tips that will help you plant, weed and water your garden more quickly. From bringing plants home from the nursery to easier watering and pruning techniques, these tips will help you plant and maintain a gorgeous garden with less effort. Less weeding and more relaxing...now that's great gardening!

No-Stick Shovel

Whether you're dealing with wet snow or

mucky soil, a dose of spray lubricant on your shovel or garden spade will make the sticky stuff slip right off. Use a lubricant that contains silicone or Teflon and recoat the shovel occasionally.

Protect Bulbs from Pests

Keep hungry critters from snacking on your freshly planted flower bulbs by staking poultry netting over the bed. You can either remove the cloth in the early spring or let plants grow through the holes and leave it throughout the growing season.

Prevent Invasive Plants

Push this "collar" into the soil (or drive it down with a mallet) to encircle the plant

and its invasive root system. If the soil has become compacted, cut around the plant with a spade first. Note: This technique won't contain plants that spread above ground like strawberries and mint.

Portable Potting Shelf

Cut a piece of plywood roughly to the shape of your wheelbarrow's back end and screw a few wood cleats along the sides to keep it from slipping off while you wheel. Now you'll have both soil and a potting surface right at hand when you take the wheelbarrow to the garden.

Plant Portfolio

Store plant tags and sticks inside a cheap



photo album. You can add details such as when and where the plants were purchased, special care or even the plant's location on a sketch of your yard.

Slice Root Balls and Tease Out Roots

If you buy potted plants or shrubs, they may well be root-bound. With nowhere else to grow, roots form tight circles inside the pot. As the plant grows, the tightly wound roots prevent water and nutrients from reaching the leaves. Before planting, gently coax these roots outward with your fingers. If the roots are very stubborn, make three or four vertical cuts in the root-ball with a sharp knife. Once planted, water often to help the plant get established.

Make Heavy Pots Lighter

To lighten large pots, we found this TikTok hack where you stuff the bottom of the pot with pool noodles. They not only make the pot lighter but also provide space for drainage. Fit a round piece of landscape fabric between the soil and the foam to keep the materials separate. You can use a light potting mix that contains plenty of vermiculite and peat moss to make the pot even lighter.

Prune Roses in the Center to Get More Sun

A rule of thumb for all roses, no matter where you live: Pruning to keep the center open lets the sunshine in and keeps out black spot and other such blights that love cool, moist,

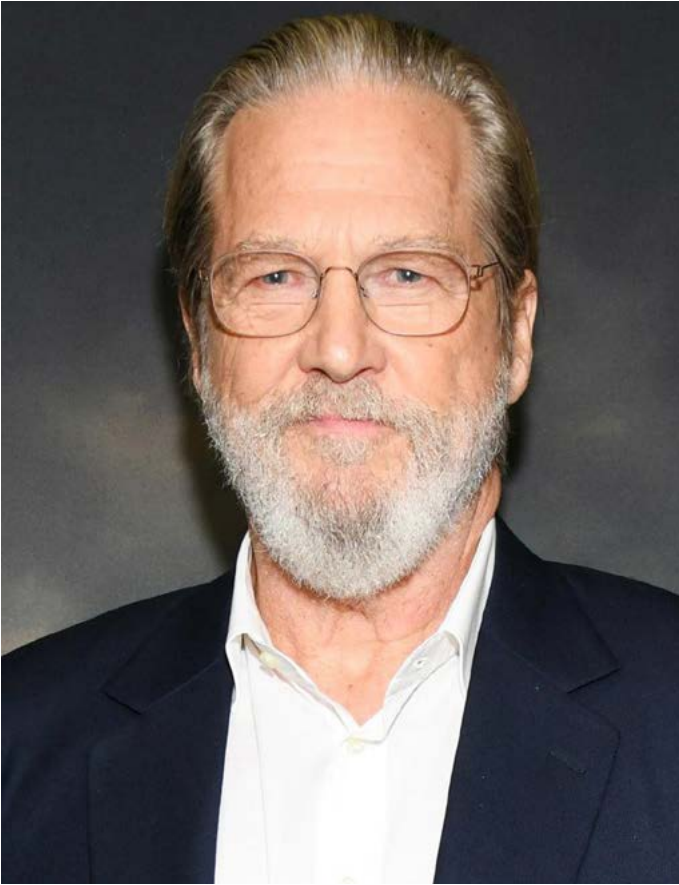
shady places.

Easy-to-Read Rain Gauge

Drip food coloring into the bottom of your rain gauge the next time you empty it out. When it showers, the coloring will reconstitute and tint the water to make the gauge easier to read.

Potted Plant Transporter

The spaces between the rungs of a stepladder are great spots to transport tender plants. No more messy spills during turns!



JEFF BRIDGES

Jeffrey Leon Bridges is an American actor. He is known for his leading man roles in film and television

BORN: 4 DEC 1949

PROFESSION: ACTOR

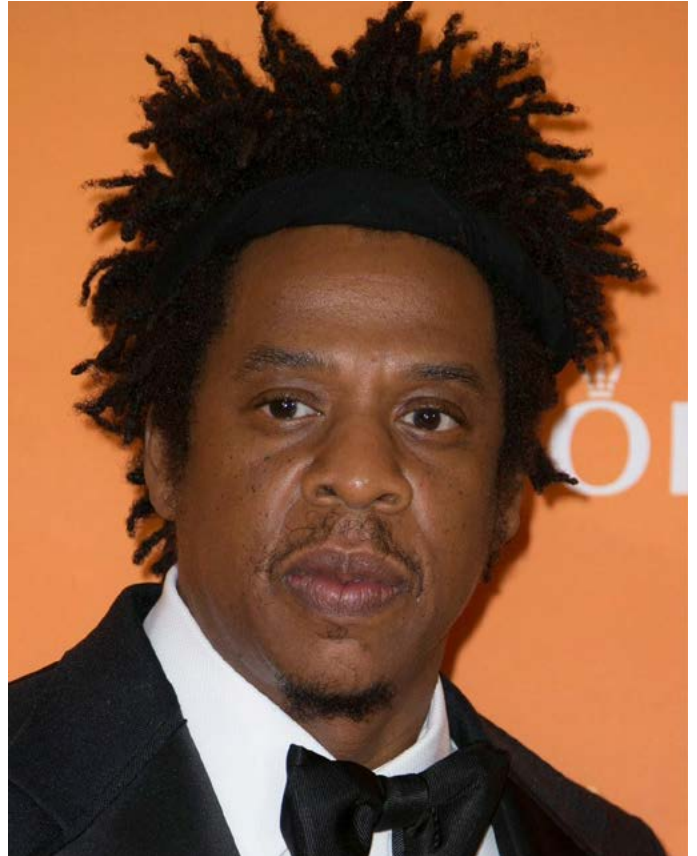


AMANDA SEYFRIED

Amanda Michelle Seyfried is an American actress, singer and songwriter. She began acting at 15, with recurring roles as Lucy Montgomery in the CBS soap opera *As the World Turns* and Joni Stafford in the ABC soap opera *All My Children*.

BORN: 3 DEC 1985

PROFESSION: ACTRESS & SINGER

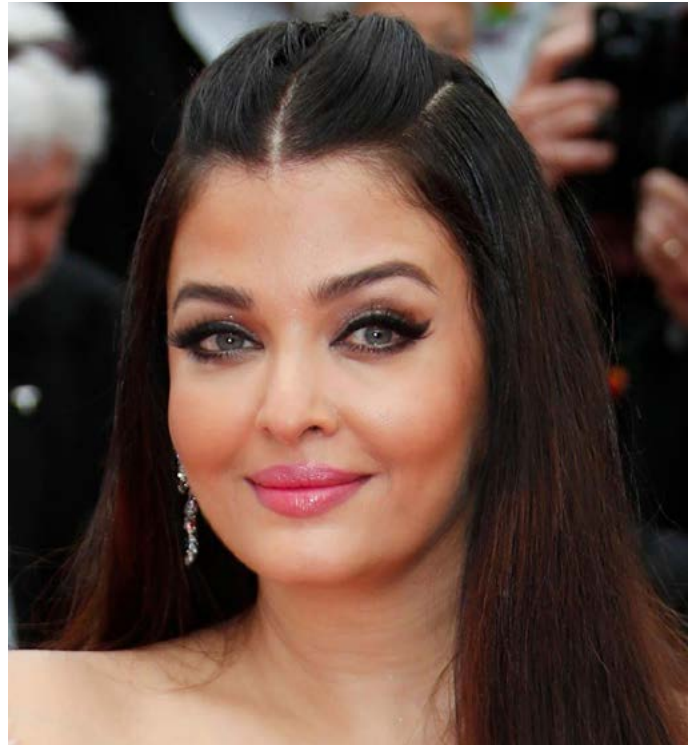


JAY – Z

Shawn Corey Carter, known professionally as Jay-Z, is an American rapper. Born and raised in New York City, he was named the greatest rapper of all time by *Billboard* and *Vibe* in 2023.

BORN: 4 DEC 1969

PROFESSION: RAPPER



BRENDAN FRASER

Brendan James Fraser is an American-Canadian actor. Fraser had his breakthrough in 1992 with the comedy *Encino Man* and the drama *School Ties*. He gained further prominence for his starring roles in the comedies *With Honors* and *George of the Jungle* and emerged as a star playing Rick O'Connell in *The Mummy* trilogy.

BORN: 3 DEC 1968

PROFESSION: ACTOR

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.



10 Tips for Growing Healthy Habits with Your Kids

Eating healthy meals and being active every day are essential for human health, and how you achieve your goals can have a big impact on the health of the planet. Use Cyberchase to help inspire kids to get active with math – from encouraging them to be active and eat well, to teaching them about reducing waste and growing gardens, all while caring for the health of their community.

Here are 10 tips to help you and your child develop the same healthy habits at home:

1 Plan ahead and track your progress.

Key strategies for improving eating habits and increasing physical activity are planning ahead and tracking progress. Plan meals and snacks ahead of time and ask for your child's input. Provide structured choices: Would

you like broccoli or salad for your vegetable tonight? Ask your child to create a family dinner and physical activity calendar. Use a chart or graph to keep track of family meals and minutes spent being active (toward the goal of at least 60 minutes a day).

2 Make cooking a family event.

Designate at least one day each week to prepare a family meal. Involve your child with the prep work – from meal planning based on the five MyPlate food groups all the way through clean-up.

Spend some quality time with your child while teaching her about healthy eating. Depending on your child's skill level, try these fun and child-friendly tasks:

- Creating the menu based on MyPlate

- Searching for recipes
- Writing the shopping list
- Cleaning fruits and vegetables
- Measuring and adding ingredients

You can also watch the Cyberchase episode "A Recipe for Chaos" together to see how a well-balanced meal saves the day in cyberspace!

3 Rethink your drink.

Sugar-sweetened drinks are the top source of added sugar in children's diets. Encourage your child to drink water instead of sugary drinks when she's thirsty. Ask your child to guess how many teaspoons of sugar are in her favorite drinks. To build math skills, read the nutrition facts panel and help your child calculate how many teaspoons of sugar



are in one serving of her favorite beverage, using the 4 grams of sugar = 1 teaspoon conversion.

4 Chores count!

Chores to do? Involve your child in active chores around the house and make it fun. Indoor chores like sweeping, mopping, and vacuuming can also get your child's heart pumping. Make it upbeat by cleaning the house to your child's favorite music playlist. Be sure to count these activities toward your child's goal of at least 60 minutes each day! See how the CyberSquad gets up and moving for 60 minutes a day in "Fit to be Heroes."

5 Visit a local farmer's market.

Your local farmer's market provides an engaging environment for your child to learn where her food comes from and how it's grown. Start a conversation with a farmer and encourage your child to ask a question: How long does a pumpkin take to grow? What tools do you use to harvest potatoes? Do scarecrows really work? Practice math skills by letting your child estimate the cost of produce based on weight. Walk to the market for even more activity!

6 Choose to reuse.

Water is always convenient, and hydrating often can help children stay focused throughout the day. Using a reusable bottle is an environmentally-friendly and thrifty alternative to single-serve, disposable

bottles. Pack a reusable water bottle whenever your child leaves the house to cut down on waste and save money. Take your child grocery shopping and have her write down the prices of her favorite drinks. Ask her to calculate how much money you can save each week by switching to tap water. In the Cyberchase episode "Bottled Up," the kids must find a way to get rid of heaps of empty plastic water bottles and reduce future waste. Watch together to learn how drinking plenty of water, plus reducing and reusing, can keep you and the environment healthy!

7 Grow an herb or vegetable garden.

Want your child to develop a love of gardening? Let healthy habits take root early. Growing and harvesting encourages even the pickiest of eaters to try new vegetables. Low on space? No problem! Grow herbs such as basil or cilantro in an old coffee mug or bowl near a sunny window. Lettuce, chard, and other greens thrive in pots. Start a salad bowl container garden by filling a well-draining pot with potting soil, moistening with water, and planting with your child's favorite salad greens. Find more ideas for container gardens – and learn about the benefits of growing your own food – with the Cyberchase episode "A Seedy Business."

8 Hit the "off" button.

Hitting the "off" button on almost any electronic device is a surefire way for finding more family time for physical activity. Dance indoors, play catch outside, or do yoga after

dinner. If your child doesn't want to miss her favorite show, get up and moving while you watch! Have a contest and count how many jumping jacks she can do during the opening credits, a song or another scene

9 Volunteer for a park clean-up day.

Enjoy the great outdoors and make friends with your fellow neighbors while sprucing up your community park. Volunteering your family for a park clean-up day is a great way to teach your children principles of civic engagement and environmental conservation – all while being physically active. Learning opportunities abound; volunteers may be invited to pick up and weigh trash, count and recycle water bottles, and weed and plant gardens. Watch "Parks and Recreation" from Cyberchase to reinforce how children can have an active role within their community spaces.

10 Be a food detective.

A healthy meal starts with more vegetables and fruits and smaller portions of protein, grains, and dairy. Create an individualized meal plan for your child based on her age and activity level at choosemyplate.gov. Ask your child to estimate how many ounces of liquid fit in your glasses at home and how many cups of cereal fit in your bowls. If your usual dishes are leading to portion distortion, switch to smaller glasses, bowls and plates to help with portion control. Gain new ideas about choosing balanced, healthy foods in Cyberchase's "A Recipe for Chaos."



KANYE BORN PAGEANTRY QUEEN

At just 15 years old, Amogelang Thobo Segokgo shines as a beacon of hope and talent from Kanye, Botswana's largest southern village, affectionately called Gamaila. Known for its rich traditions, scenic landscapes, and festive spirit, Kanye has deeply shaped Amogelang's identity. She fondly recalls the dazzling view of the village at night, with every household's lights creating a magical glow on the mountains—a beauty that mirrors the bright path she is carving for herself in the world of pageantry.

Amogelang's journey into pageantry began with admiration for her mentor, Kemo Alega Chukula. Kemo's grace and presence on magazine covers inspired the young Amogelang, sparking dreams of becoming a

model herself. Her first big opportunity came in 2016 when Kemo hosted the inaugural Miss Little Diamond Botswana and invited 7-year-old Amogelang to participate. To her delight, she won the title, marking the beginning of an illustrious pageantry career. That moment ignited her passion for modeling and created a dream: to represent Botswana on larger stages. Even as a young girl, Amogelang's dedication to her craft was evident as she began mentoring other children and pursuing invitations to host events.

Success wasn't without its setbacks. In 2018, Amogelang competed in Miss Junior Botswana but only reached the top five. While it was a disappointing outcome, she

found strength in this challenge. It pushed her to step back, reassess, and refocus. She joined Madam Queen's Modelling Agency, where she worked on perfecting her skills, learning poise, and building confidence.

Her time away from pageantry allowed her to excel academically, passing her PSLE exams with flying colors in 2021. She returned to the spotlight in 2023, winning Miss Sir Seretse Khama Memorial. The title brought not just recognition but overwhelming love and support from her community, affirming her belief in perseverance and resilience.

The pinnacle of Amogelang's journey so far is her crowning as Miss Teen Gaborone 2024. This achievement solidified her role as a

role model for young girls across Botswana. Beyond the crown, Amogelang views the title as a platform to advocate for authenticity, kindness, and unity.

The title also introduced her to exciting collaborations, including working with Melanin Strength LLC, a local clothing brand promoting stylish, comfortable activewear. However, the crown symbolizes more than success—it represents growth, opportunity, and her commitment to making a positive impact on her community.

Amogelang is now preparing to represent Botswana at the Miss Teen Excellency International pageant in South Africa on December 13, 2024. The competition demands rigorous preparation, but Amogelang embraces the challenge.

Her preparation involves perfecting her stage presence, refining her walk, maintaining a healthy lifestyle, and showcasing Botswana's culture. She plans to wear traditional designs inspired by the country's landscapes and heritage, emphasizing the beauty of her homeland. Her advocacy message is clear: kindness and unity can bridge divides, and every dream is valid.

Amogelang's story is a powerful reminder that age is no barrier to achieving greatness. Her journey from a curious 7-year-old to an international titleholder in the making is an inspiration to young girls across Botswana. She credits her success to hard work, resilience, and unwavering support from her community and family.

When she isn't preparing for pageants, Amogelang enjoys relaxing by watching *The Good Doctor* on Netflix and chatting with friends. Describing herself as resilient, hardworking, and determined, she approaches every challenge with focus and dedication.

As she steps onto the international stage, Amogelang is excited to form connections, embrace new experiences, and proudly represent Botswana. She sees the competition as a platform for personal growth, advocacy, and showcasing the best of her country's culture and values.

Win or lose, Amogelang's journey is far from over. She aims to continue inspiring her community, pushing boundaries, and proving that with determination, any dream can come true. Her story is not just about titles—it's about resilience, authenticity, and the power of believing in oneself.

Amogelang Thobo Segokgo is a rising star, and the world is watching as she shines brighter with each step she takes.





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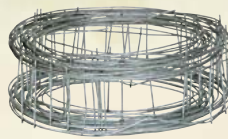
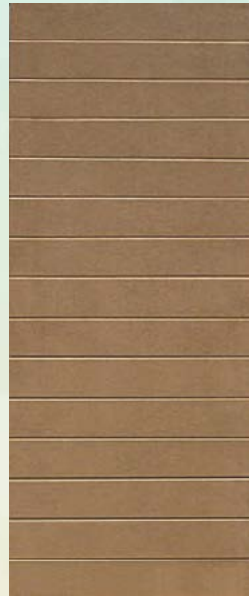
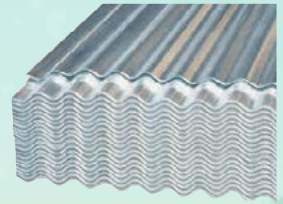
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7 Natural Beauty Tips for Healthy, Glowing Skin



Healthy, happy skin is a must-have to look and feel your best. Your skin is amazing and takes good care of you. It protects you from toxins, sun damage, and more. Why not return the favor? These tips for natural skin care can help you take great care of yourself and keep your skin clean, clear, and healthy.

1. Use natural, gentle skin care products.

Let's start here, since it's our specialty! Southern Natural goat's milk soap is a gentle, nourishing way to moisturize and cleanse your skin. The goat milk and plant oils moisturize and add nutrients without stripping away your skin's natural oils.

2. Avoid toxins & irritants.

Watch out for harsh chemicals like strong soaps, detergents, dyes, and phthalates. These can strip your skin of natural oil and leave your skin dry and irritated. These chemicals can cause or contribute to painful, itchy rashes, eczema flareups, acne, and rosacea.

3. Don't smoke!

Speaking of toxins, let's talk about smoking. Cigarettes are terrible for your skin. Smoking causes your skin to lose its suppleness and elasticity, contributes to wrinkles, and harms your circulation. It also can greatly increase your chances of skin cancer.

4. Protect your skin from the sun.

This is one of the most important things you can do to keep your skin healthy. Even if you don't burn, sun exposure adds up over time. Over the years, that damage can cause wrinkles, dark spots, and other skin issues. It also increases your risk of skin cancer, so do your best to keep in the shade or wear protective clothing or sunscreen when the sun is at its hottest.

5. Eat natural, healthy foods.

Vegetables, fruits, lean proteins, and whole grains are excellent for your skin. A diet rich in antioxidants and nutrients helps your body to repair itself and fight stress

and damage caused by everyday living. On the other hand, too many unhealthy fats, salt, and sugar can lead to breakouts and promote premature aging.

6. Get your beauty rest.

Your body repairs itself while you're asleep, and that includes your skin! So make sure you get plenty of good quality rest every night. That way your body can restore itself and heal from any damage.

7. Exercise.

Good circulation helps to remove toxins and keep your skin glowing. Your skin looks its best when the muscles underneath are firm and healthy, too.

These healthy habits are great for managing stress and keeping fit, too. Giving your skin the TLC it deserves is worth it. Not only will you look better, but you'll feel better, too!



Modern Interior Design: 10 Best Tips for Creating Beautiful Interiors

There is simplicity in modern interior design that has given it everlasting relevance. Modern homes have clean lines and are without fuss, yet they can be comfortable and cozy. A modernist aesthetic is not limited to a specific style since mid-century modern furniture is coveted in many homes with different style narratives. Dive in and gather some stunning modern interior design ideas to get inspired to create your own masterpiece.

The History of Modern Interior Design

Modernism started in the late 19th century, reaching its height during the 1930s where after it slowly declined with movements like Post-Modernism taking shape. However, a stream of modernism continues today. Especially in architecture, modern design elements form the basis of many contemporary homes.

Tip: It's important to know that your style can be a combination of two or more styles. Taking interior design style quizzes like this one or providing inspiration photos can help designers really pinpoint the client's aesthetics because sometimes a personal style has no name!

"Form follows function" is one of the most important principles that govern modernist designs. The need to simplify forms originated from the rapidly growing cities that required an alternative to traditional construction. A fuss-free approach incorporated new materials like reinforced concrete and steel for building structures. As a result, houses could have large windows, flat roofs and could be cubic or even cylindrical. The use of new materials meant that the height of structures could reach far beyond any before. Other movements like Bauhaus, De Stijl, and Futurism also form part of Modernism, adding depth to the style.

The Difference between Modern Interior Design and Contemporary Interior Design

It is certainly easy to confuse contemporary design and modern home interior design. One of the main differences between contemporary and modern design is the age above all else. Contemporary design refers to what is currently new and innovative while modern design refers to a specific era in design history. Presently, architects and interior designers alike use modern elements in contemporary design. This is similar to a

modernist revival, but mustn't be confused with the mother modern movement of the 19th century. Contemporary interiors are a blend of styles past with a healthy dose of technological advancement.

1) Modernist Art

Modernist artists rejected the traditional idealistic view of realism and decided to create expressive artwork in vibrant colors and unlikely forms instead. Abstract art, cubism, and Fauvism capture the essence of the early modernist perspective; a reaction to outdated traditions and the growth of an industrialized society.

A large art piece with a minimal or no frame hung on a wall is perfect as a feature. Opt for a small art series on expansive walls, but steer clear of a gallery wall arrangement because it will clutter the modernist look.

2) Neutral Walls

After the embellished Victorian years of murals and wallpaper, the modernists moved to the stillness of neutral walls. Choose shades of white or grey for the inside and exterior of your home.

3) Line Focused

Modern interior design ideas are often built around simple, clean lines. Strong horizontal and vertical lines in modernist architecture are echoed in furniture and décor designs. Cylindrical columns often feature in modern homes; these form clear vertical lines and showcase the revolutionary use of reinforced concrete.

4) Industrial Elements

The modern design style wouldn't exist if it weren't for the advancement of concrete, steel, and glass as building materials. So, pay homage to the core of modernism by choosing an industrial aesthetic with iron or steel finishes and concrete elements.

5) Clutter-free

De-clutter countertops, mantels, walls, and any other visible areas in the house. Remembering the minimalist mantra of "less is more" is essential when accessorizing your modern interior, so, be sure to organize and tuck trinkets out of sight.

6) Primary Colors

Primary colors were at the focus of Bauhaus and De Stijl movements, as a result, modern interiors are known for its bold colors. Add accent furniture pieces, artwork or rugs in red, yellow, blue, black and white to the interior.



7) Open Plan

An open-plan layout is a must when it comes to modern home interior design. An open living, dining and kitchen area helps to eliminate unnecessary structures within a home while encouraging free airflow.

8) Streamlined Furniture

Many mid-century modern furniture items like Mies van der Rohe's Barcelona chair and the butterfly chair have become iconic and coveted for any home. Top modern interior designers choose furniture with straight lines and restrained use of decoration. So, use furniture with plain fabric and avoid bold patterns or prints.

9) Skip the Molding

Ornate architectural designs like molding and cornices are certainly unnecessary in a modern home. To keep the calm look of a truly modern home, choose less embellished options when it comes to doors and cabinetry. See more examples of a modern kitchen style here.

10) Large Windows

Beautiful large windows are not just marvelously modern, but brilliant when it comes to light. Let in the fresh air as well as more natural light with this modern favorite.

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.

Floral Shirts and Shorts:

The Perfect Men's Fashion Trend for Summer



This summer, men's fashion is all about embracing bold, vibrant patterns and relaxed comfort, and nothing captures that vibe better than floral shirts and shorts. Floral prints are making a strong comeback, adding a refreshing touch to casual and vacation wear. These shirts come in a variety of colors and designs, allowing men to express their personality, whether it's with a subtle tropical vibe or bold, bright flowers.

Pairing floral shirts with well-fitted shorts creates a perfect balance between laid-back and stylish. Lightweight, breathable fabrics make these outfits ideal for beach days, barbecues, or casual outings under the sun. To complete the look, accessorize with neutral sneakers or sandals and some sunglasses for that cool, effortless summer style.

Whether you're dressing up for a summer festival or relaxing by the pool, floral shirts and shorts are the ultimate go-to for men this season. Step out, stay cool, and embrace the floral trend with confidence!







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Mike Tyson: A Boxing Legend

The Legacy of Mike Tyson

Mike Tyson, known as "Iron Mike," is a name synonymous with dominance in the boxing world. Born on June 30, 1966, Tyson's journey from a troubled childhood to becoming the youngest heavyweight champion in history at just 20 years old is one of the most compelling stories in sports. With an aggressive style and unmatched power, Tyson captured the attention of the world in the 1980s and 1990s, amassing a record of 44 knockouts in his illustrious career.

His peak came with memorable fights, including his iconic victory over Trevor Berbick in 1986 to claim the WBC Heavyweight title, and later unifying the WBA, WBC, and IBF titles. Tyson's ferocious energy and skill made him one of the most feared fighters ever to step into the ring. Despite controversies and personal challenges, including a stint in prison and financial troubles, Tyson's resilience has kept him a figure of fascination and respect in and beyond the sport.

The Comeback: Tyson vs. Jake Paul

In 2024, Tyson returned to the ring in an unprecedented fight against Jake Paul, the YouTube star turned professional boxer. The matchup, which Tyson undertook at age 58, generated significant media attention, highlighting the intersection of boxing's legacy and its evolving entertainment-driven future.



The fight took place eight rounds, with Jake Paul emerging victorious by unanimous decision. Paul, known for his agility and preparation, outperformed Tyson, landing 78 punches compared to Tyson's 18. Tyson, who had been dealing with health issues prior to the match, including an ulcer flare-up, demonstrated flashes of his legendary power but was ultimately unable to keep pace with his younger opponent. This event underscored both Tyson's enduring popularity and the changing dynamics of modern boxing, where spectacle often rivals traditional competition beyond the Ring.

Beyond his athletic career, Tyson has

reinvented himself as a pop culture figure, entrepreneur, and motivational speaker. From his cannabis business ventures to his candid discussions about mental health and personal growth, Tyson remains a dynamic force in the public eye. The fight with Paul not only served as an entertaining spectacle but also highlighted Tyson's continued relevance in a sport he helped define.

In conclusion, Mike Tyson's storied career and willingness to step into new arenas of competition make him a timeless figure in sports history. His clash with Jake Paul serves as a testament to his enduring appeal and the evolution of boxing into the 21st century.



Beyoncé's Mom Tina Knowles Addresses \$10M Rally Payment Rumor

Beyoncé's mother, Tina Knowles, took to Instagram to debunk rumors that the global superstar was paid \$10 million to appear at a rally in Houston for Vice President Kamala Harris.

Knowles, 70, shared a blurred screenshot from Candace Owens' podcast, which originally spread the claim. Labeling the story as "False Information," she stated, "Sadly, other platforms with a lack of integrity still have it up."

Setting the Record Straight

Knowles clarified that Beyoncé, 43, did not receive any payment for her participation in the rally. "In fact, she actually paid for her own flights, her team's travel, and her glam expenses," Knowles revealed. She emphasized her daughter's commitment to the cause, highlighting that Beyoncé's involvement was purely out of passion for the nation's future.

The matriarch expressed frustration at the rumors, noting their potential harm not only to Beyoncé's reputation but also to Vice President Harris, who lost the 2024 presidential race to Donald Trump. "They are trying to discredit the power of our vice president!" Knowles exclaimed.

Support from Fellow Artists

John Legend, who also performed at a Harris rally in Philadelphia, backed Knowles' statement in the comments section, writing, "Let them know, Ms. Tina! We all performed/appeared for free because we care about our nation's future."

Beyoncé's Rally Appearance

Beyoncé's appearance at the Houston rally, alongside Destiny's Child bandmate Kelly Rowland, was heartfelt. She addressed the audience not as a celebrity but as a mother, saying, "I'm here as a mother who cares about the world our children live in, a world where we have the freedom to control our bodies, a world where we are not divided."

Oprah Winfrey Addresses Similar Rumors

Similarly, Oprah Winfrey shut down claims that she personally profited from Harris' campaign. While Harpo Productions received \$1 million for hosting the "United for America" town hall, Winfrey stated that she "was not paid a dime."

The incident highlights the spread of misinformation and the challenges public figures face when their motives are misconstrued.

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10 Key Facts You Must Know Before Becoming a Parent

Perhaps like me, you have wished, imagined, and dreamed about becoming a parent ever since you were young. And then your dreams come true!

You get married and have that first little bundle of joy that you have been thinking about for so long... but you may just find that the whole experience of becoming a parent doesn't turn out quite as you expected!

Here are a few of the things to consider before becoming a parent or factors to consider before becoming a parent:

1. Parenthood starts with pregnancy

Once you find out that you are pregnant, everything starts to change. Not only does your body suddenly begin to "do its own thing" but your thinking is now suddenly no longer about "us two" but about "us as family".

The pregnancy itself can be quite a rough ride, from morning/all day sickness, to leg cramps and indigestion.... But it helps if you are expecting these things and you know that it is normal.

These things you need to know before having a baby would also help your partner to mentally prepare themselves on how to deal with your transition during your pregnancy.

2. The first few months of becoming a parent can be terrifying

Nothing can prepare you for that first moment when you see your precious little baby and you realize – this is my child! And then being a parent, you find yourself back at home with this tiny little person who is now taking over your whole life in every way. Just the slightest movement or sound and

you are on full alert. And when all is quiet you still check that the breathing is normal. The onslaught of emotions can be overwhelming – both positive and negative.

If I had known how normal it was to feel so "abnormal" I might have been able to relax a bit more and enjoy the ride. So if you are wondering should I become a parent or not, you need to know what to consider before having a baby.

3. Sleep becomes a rare commodity

After becoming a parent you probably realize for the first time how much you have taken a peaceful sleep for granted. One of the facts about being a parent is that sleep becomes a rare commodity.

Between breastfeeding or bottle feeding and changing diapers, you are lucky if you get two hours of uninterrupted sleep. You

may just find that your entire sleep pattern is changed forever – from being one of the “night owl” types, you may become a “sleep whenever you can” type.

A good tip is to sleep when the baby is sleeping, even during the day, especially in those first few months of becoming a parent.

4. Cut back on the baby clothes and toys

Before the baby arrives and you are getting the nursery ready and preparing everything, the tendency is to think you are going to need loads of stuff. In reality, the baby will grow so quickly that some of those cute little outfits are only worn once or twice before they are too small.

And as for all the toys, you may discover that your baby becomes fascinated by some random household object and completely ignores all the fancy and expensive toys you have bought or been gifted.

5. Becoming a parent involves hidden costs

Having said that, you may also find that there are a lot of hidden costs to parenting which you had not anticipated. You can never underestimate the number of diapers you are going to need. Disposable rather than cloth is highly recommended but of course more costly.

And then there is babysitting or daycare if you intend to go back to the workplace. Over the years as the baby grows so do the expenses which may come as a surprise at times.

6. Working from home may or may not work

You may find that your “dream job” working from home becomes a bit of a nightmare with a little one demanding your attention. Depending on what kind of work you do, it may be necessary to get some childcare help for a few hours per day.

7. Don't worry if you don't have a textbook child

It's quite easy to become stressed when reading all the textbooks, especially with regard to developmental milestones.

If your child is not sitting up, crawling, walking, and talking according to the “normal” schedule, try to remember that every baby is unique and will develop in their own good time and way.

Parenting forums and groups can be reassuring as you share your experiences with others. When you become a parent, you discover that the other parents also have similar struggles and joys.



8. Have fun with the photos

Whatever you do, don't forget to take lots of photos of precious moments with your little one.

If I had known how quickly the months and years would pass, I would probably have taken more pictures and videos, as those years of becoming a parent and enjoying parenthood with the bundle of joy can never be recreated or relived.

9. Going out will become a major undertaking

One of the things to do before becoming a parent is to mentally prepare yourself that your social life will take a backseat.

One of the effects of becoming a parent is that you find you can no longer grab your

keys and make a quick trip to the shops. With a little one in tow, careful planning is essential, as you pack your big baby bag with all the things you might need from wipes to diapers to bottles and more.

10. Your life will be changed forever

Of all the ten things I wish I had known before becoming a parent, perhaps the overarching one is that my life would be changed forever. Although this article may have mentioned mostly the difficult and challenging aspects of parenthood, let it be said that becoming a parent, loving and raising a child is by far one of the most rewarding things in the world.

As someone has wisely said, having a child is like having your heart forever walking around outside your body.

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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.

- Limited warranty covers 4 years or 50,000 miles
- Powertrain warranty covers 6 years or 70,000 miles
- Hybrid component warranty covers 8 years or 100,000 miles
- Complimentary scheduled maintenance is covered for up to 4 years or 50,000 miles

Specifications

2024 Lincoln Nautilus Black Label Hybrid
Vehicle Type: front-engine, front-motor, all-wheel-drive, 5-passenger, 4-door wagon

PRICE

Base/As Tested: \$77,345/\$80,345

Options: Jet Appearance package (22-inch wheels in Satin Dark Luster Nickel, black and body color exterior trim), \$3000.

POWERTRAIN

turbocharged and intercooled DOHC 16-valve inline-4, 300 hp, 295 lb-ft + 2 AC motors, 134 hp, 236 lb-ft (combined output: 310 hp; 0.6-kWh (C/D est) lithium-ion battery pack)

Transmission: continuously variable automatic



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Suspension, F/R: struts/multilink
 Brakes, F/R: 13.6-in vented disc/12.6-in disc
 Tires: Goodyear Eagle Touring
 255/45R-22 107H M+S Sound Comfort

DIMENSIONS

Wheelbase: 114.2 in
 Length: 193.2 in
 Width: 76.9 in
 Height: 68.2 in
 Passenger Volume, F/R: 55/56 ft³
 Cargo Volume, Behind F/R: 69/35 ft³
 Curb Weight: 4714 lb

C/D TEST RESULTS

60 mph: 6.6 sec
 1/4-Mile: 14.9 sec @ 99 mph
 100 mph: 15.2 sec
 120 mph: 22.9 sec
 Results above omit 1-ft rollout of 0.3 sec.
 Rolling Start, 5–60 mph: 6.8 sec
 Top Gear, 30–50 mph: 3.7 sec
 Top Gear, 50–70 mph: 4.0 sec
 Top Speed (gov ltd): 126 mph
 Braking, 70–0 mph: 176 ft
 Roadholding, 300-ft Skidpad: 0.77 g

C/D FUEL ECONOMY

Observed: 28 mpg
 75-mph Highway Driving: 30 mpg
 75-mph Highway Range: 600 mi

EPA FUEL ECONOMY

Combined/City/Highway: 30/30/31 mpg





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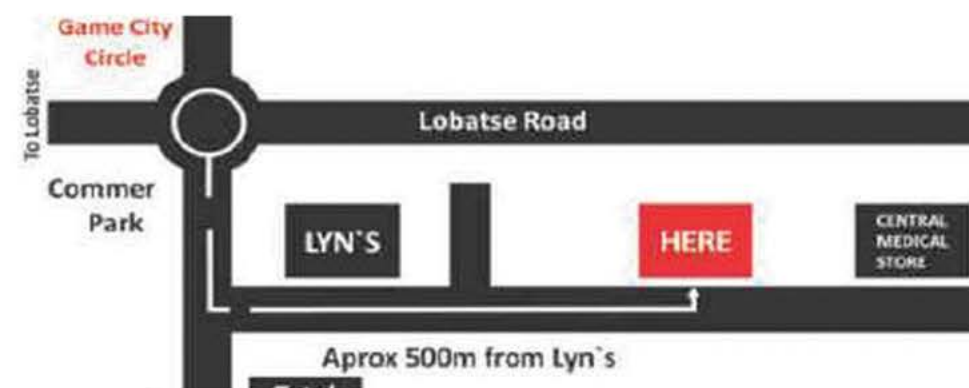
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Grilled Steak with Greek Corn Salad

Level: Easy

Total: 20 min

Active: 20 min

Yield: 4 servings

Ingredients

3 tablespoons extra-virgin olive oil

2 tablespoons red wine vinegar

2 tablespoons chopped fresh oregano and/or mint

1 teaspoon honey

Kosher salt and freshly ground pepper

1 English cucumber, peeled and chopped

1 pint grape or cherry tomatoes, halved

1 small red onion, diced

1/2 cup crumbled feta cheese (about 4 ounces)

1/3 cup pitted green olives, sliced

2 ears of corn, shucked

1 1/4 pounds cube steaks

PREPARATION

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

Grill the corn, turning occasionally, until charred in spots, about 8 minutes; remove

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

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

Cook's Note

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



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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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Poland 1-2 Scotland: Andy Robertson's late winner hands Scots a Nations League lifeline

Nations League report as Scotland draw 1-1 with Poland; John McGinn fired in an early opener with the visitors hitting the woodwork twice before half-time; Kamil Piatkowski pulled Poland level before Andy Robertson scored a last-gasp winner; the play-offs are scheduled for March 20 and 23. Captain Andy Robertson was Scotland's hero with a stoppage-time winner to snatch a 2-1 victory over Poland which secured them a Nations League relegation lifeline.

Scotland knew it was win or bust in Warsaw as they looked for back-to-back victories to at least earn them third spot in Group A1 and a relegation play-off.

John McGinn was handed a start after his vital goal against Croatia and he sent the Tartan Army wild just three minutes in as he smashed home the ball with Ben Doak once again providing the assist.

Billy Gilmour and Scott McTominay then hit the woodwork, while Craig Gordon produced some fine saves to give Steve Clarke's side hope at the break. Kamil Piatkowski's stunning strike pulled Poland level, but Robertson's late header spared Scotland heartache and they now face a play-off in March to keep their place in the Nations League's top tier, with Michal Probierz's Poland side relegated.

Scotland manager Clarke hailed the belief in the squad that kept their Nations League survival hopes alive following another late winner.

Clarke said: "The more you play at this level, the better you get. We started with three narrow defeats with good performances.

"The players didn't lose belief, I didn't lose belief in the players. They end up taking seven points from the last three games which gets us into that play-off.

"The more you play at this level, the more you learn how to win the games. That's what we've proved. Scotland missed out on second place after Croatia got the point they needed in a 1-1 draw at home to Portugal but the victory also boosted chances of Clarke's men edging their way into pot two of next month's World Cup qualifying draw.

Scotland are looking for Georgia or Estonia to grab some sort of result away to the Czech Republic and Slovakia respectively on Tuesday.

McGinn came into the Scotland team along with Lyndon Dykes after netting the only goal against Croatia on Friday and Gordon shook off a virus to start.

The opening moments were a sign of things

to come. There was a scare for Scotland inside 60 seconds until Robertson made a crucial covering block.

An incisive pass from Gilmour soon gave Doak the chance to set up McGinn, who swept home with his right foot.

Doak was everywhere in the opening stages, making interventions deep in his own half and beating his man before putting in another dangerous ball.

The home side soon began creating a series of chances. Gordon saved from Jakub Kaminski, Piatkowski and Karol Swiderski, who also missed a sitter, while Sebastian Szymanski had a weak effort blocked.

Doak had a shot saved on the break in the midst of the home pressure before Scotland settled down and began knocking the ball about with confidence and purpose.

The chances followed. Dykes' shot rippled the side-netting, Gilmour hit the crossbar from nearly 30 yards and Doak sent McTominay clear but the Napoli man was denied by a save after great skill.

McTominay then hit the post before Robertson's shot was deflected over, while Gordon and John Souttar came to Scotland's rescue at the other end. As things stood at

half-time, Scotland were behind Croatia on goals scored with Portugal 1-0 up in Split.

The second half started in exactly the same manner. Souttar cleared off the line before McGinn's pass was turned just past the post with Scotland players lining up on the six-yard line. McTominay soon fired well over from another decent chance.

Poland got back on the front foot and eventually worked a shooting chance as Scotland defended their box in numbers, with Piatkowski sending an unstoppable strike into the top corner.

Scotland were back at the bottom of the table but still needed just one goal to move them up to second. Dykes looked like he had got it when he headed Gilmour's cross towards the top corner but Lukasz Skorupski leapt to claw the ball away.

News of a Croatia equaliser proved another blow for Scotland manager Clarke, but Scotland had half-chances. Robertson fired over, Ryan Christie's header was saved and Kenny McLean headed over before the captain had the final say to the delight of his team-mates and the travelling fans.



Clarke: Another step in the journey Scotland manager Steve Clarke:

"When you look towards the end of the game, we made five changes. I think the depth of the squad is good. We're still missing another three or four players who can probably add to that. Hopefully going into next year, they can get back fit and make my job more difficult. "There's been a lot of good moments over my five-and-a-half years and this is just another step on the journey.

"We knew we'd have to be at our best to get a result. This is another place we can say we know how to go away from home and get a positive result in a difficult environment.

"Another assist for Ben [Doak], which is good. I think he tired quite quickly in the second half, I should have maybe taken him off a bit earlier, but he's a threat, he's very direct, he gets at defenders.

"I'm really pleased for the supporters. A good way to end this Nations League campaign. You always believe. It was a very open game, a lot of chances."

Robertson: McGinn is the heartbeat of the team

Match-winner Andy Robertson:

"It was probably one of my better headers! Just a great feeling to get the win because I think our performance deserved it, and over the six games we deserved more points than we've got.

"This team's shown time and time again that we don't stop until the final whistle, and I think we've shown that again. We've given the away fans another good day out.

"John [McGinn] has got so many qualities. A fantastic footballer who always pops up for Scotland, his goals and performances tell you that and I'm glad all the other guys came with him, because at one point he was carrying this nation on his own, then we all raised to his standard.

"Off the pitch, he's integral. He's the heartbeat and keeps us going, lifts the spirits and annoys us at times! He always makes us laugh, but on the pitch he's an incredible professional and player.

"I'm delighted for him. He's his harshest critic, he always talks down on himself and he wasn't happy with his performances recently. "I thought his performance today was amazing, he was different class."

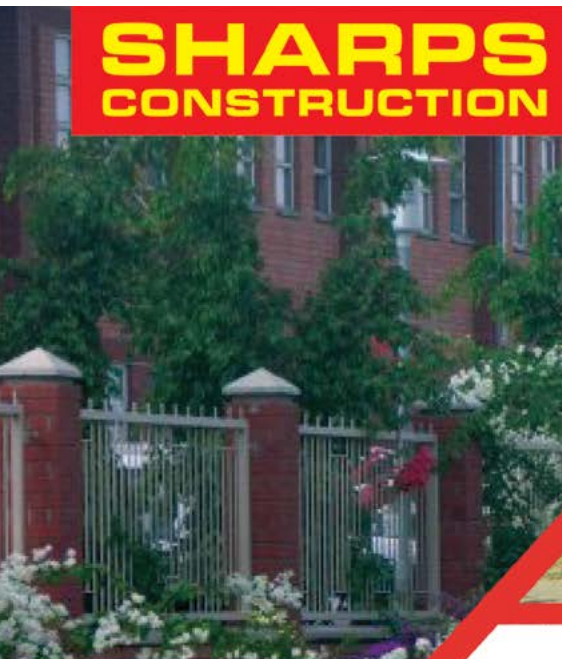
What the win means for Scotland

Scotland have confirmed third place in Group A1 and will now play a two-legged play-off in March against a League B runner-up to determine who plays in Nations League Group A in the next tournament.

Two confirmed potential opponents are Greece and Austria, the other two will be decided after Tuesday's games.



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