

Celebrity World

Botswana's Native Magazine

January 2025 P12

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Empowering
Legacy of
Constance
Morwanoke**

**Puerto Rico,
Breath Taking
Scenery**

**The Five
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Dear Readers,

Happy New Year 2025!

As we step into another exciting chapter, I'd like to take a moment to express my heartfelt gratitude for your unwavering support. It's because of you—our cherished readers—that Celebrity World Magazine continues to thrive as your trusted source for stories that inspire, celebrate, and ignite ambition.

The New Year is a time of fresh beginnings, renewed energy, and bold resolutions. It's the perfect moment to welcome you back from the holidays and invite you to dive into our first issue of 2025—a celebration of resilience, creativity, and boundless potential.

Our cover story this month shines a spotlight on the incredible Masego Belthia Ngorima, a student at the Botswana University of Agriculture and Natural Resources (BUAN). Masego's journey is a masterclass in versatility and determination. Whether she's working the runway as a model, nurturing life as a farmer, creating stunning henna art, or navigating the digital world as a social media analyst, she is a true embodiment of entrepreneurial excellence. Her inspiring tale reminds us that pursuing our passions fearlessly can lead to extraordinary accomplishments.

Also featured in this issue is the powerful story of Constance Morwanoke, a motivational speaker and communicator from the scenic town of Maun. Constance has made it her mission to empower young people to overcome adversity and embrace their potential with confidence. Her journey is a testament to the transformative power of words and the courage to create change.

As we embrace 2025, let these remarkable individuals inspire you to pursue your dreams, take risks, and embody the best version of yourself. This year holds infinite possibilities, and Celebrity World Magazine is here to walk this journey with you—bringing you stories that uplift, entertain, and empower.

Here's to new adventures, bold dreams, and a phenomenal year ahead!
Cheers to 2025!

Editor-in-Chief, Celebrity World Magazine



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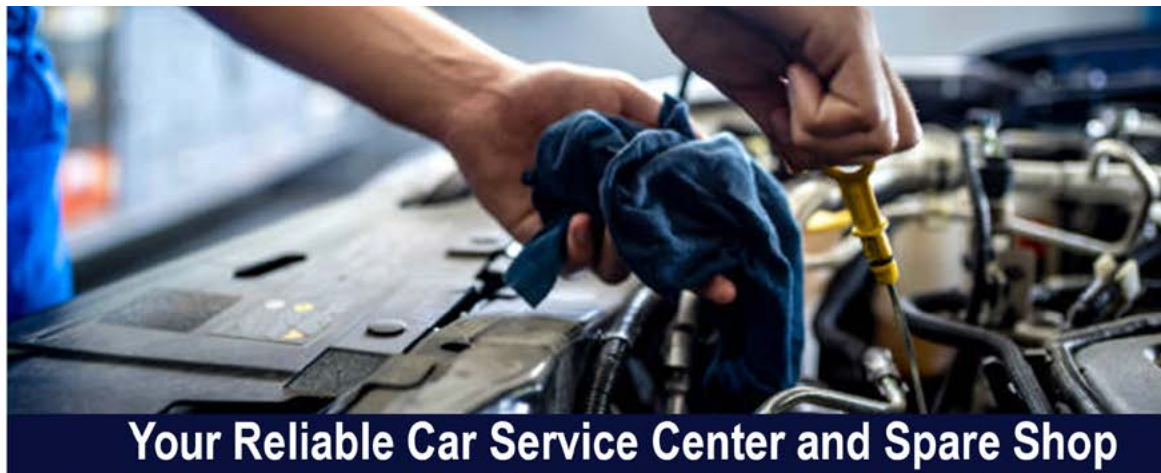
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Dune: Part Two is a 2024 American epic science fiction space opera directed by Denis Villeneuve, who co-wrote the screenplay with Jon Spaihts. The sequel to *Dune* (2021), it is the second of a two-part adaptation of the 1965 novel *Dune* by Frank Herbert, and follows Paul Atreides as he unites with the Fremen people of the desert planet Arrakis to wage war against House Harkonnen.

Genre: Epic Science Fiction
Directed by: Denis Villeneuve



Megamind vs. the Doom Syndicate

An upcoming American animated superhero comedy film produced by DreamWorks Animation Television. It is a sequel to *Megamind* (2010) and serves as a pilot for the television series *Megamind Rules!*

Genre: Superhero Comedy
Directed by: Eric Fogel



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

Genre: Adventure Fantasy
Developed by: Albert Kim



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

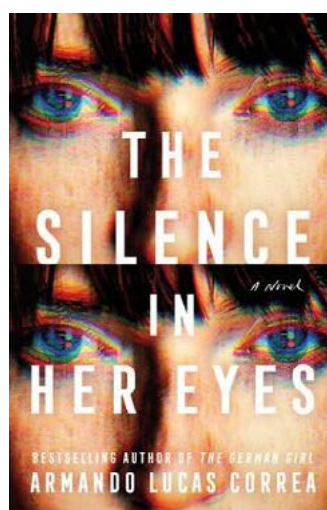


IF PROMISE YOU WINGS

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

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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The Empowering Legacy of Constance Morwanoke

Constance Morwanoke, a passionate communicator and motivational speaker, hails from the picturesque town of Maun, Botswana. Growing up in Sedie, she attended Mathiba Primary School, Sedie Junior Secondary School, and later Maun Senior Secondary School. Her journey is a story of turning a love for words into a powerful tool for connection, transformation, and empowerment.

Constance's passion for communication was evident from an early age. She discovered how words could inspire and mobilize positive action, prompting her to pursue motivational speaking. Her mission is clear: to empower young people to overcome challenges, embrace their potential, and

pursue their dreams with confidence and purpose.

Growing up in Maun, Constance was deeply engaged in community organizations like Queen Esther, Women Against Abuse, and Love Botswana NGOs. These platforms allowed her to witness firsthand the struggles and triumphs of her community, instilling in her a desire to be a catalyst for positive change. Her role as Head Girl at Maun Senior Secondary School further strengthened her leadership and communication abilities, providing her with a voice to inspire both peers and staff. These formative experiences shaped Constance's belief in the transformative power of leadership rooted in empathy and clear communication. She

carries these lessons into her work, using every opportunity to encourage unity and growth within her community.

For Constance, public speaking is an art of forging meaningful connections. As an emcee, she does more than host events; she creates memorable experiences. One highlight of her career was hosting the International Day of the Girl Child celebration in 2022. Her ability to energize audiences and leave a lasting impression has become her hallmark.

As a public speaking coach, Constance is dedicated to helping others discover their voices. Her coaching focuses on authenticity, confidence, and building

meaningful connections with audiences. She believes that mastering public speaking is a vital tool for self-expression and personal development.

Constance's role as a peer educator emphasizes mental health, self-confidence, and responsible decision-making. She provides young people with the tools to build healthy relationships and align their choices with their values. Her impactful speeches, such as addressing the challenges of early romantic relationships, have resonated deeply with her audiences, inspiring them to make empowered decisions.

One of her most rewarding moments came when students approached her to share how her words had helped them gain new perspectives on relationships and self-worth. These stories reaffirm her mission and the responsibility that comes with addressing youth-centric issues.

Balancing her roles as a motivational speaker, coach, and peer educator requires discipline and focus. Constance has mastered the art of time management and emphasizes self-care to maintain her energy. Setting boundaries and fostering a supportive network have been key to her success. For Constance, her work is a fulfilling extension of her purpose rather than a mere career.

To those aspiring to make a difference, Constance advises starting with self-awareness—understanding your values and motivations. She encourages stepping out of comfort zones, seeking mentorship, and developing skills that align with one's purpose. Persistence and authenticity are the cornerstones of her approach to creating lasting impact. Constance is currently working on dynamic projects, including the Maun Music Festival, a podcast, and youth-oriented panel discussions. She envisions collaborating with organizations to launch initiatives that address critical youth issues.

In the next five years, she aims to establish herself as a global advocate and speaker, empowering youth worldwide. Her dream is to build platforms that inspire leadership and confidence in young people, leaving a legacy of hope and empowerment.

Constance Morwanoke embodies the transformative power of passion and purpose. Her journey from the heart of Maun to the global stage reflects a commitment to inspiring and uplifting others. With a future filled with ambitious plans and a steadfast dedication to youth empowerment, Constance is poised to continue making a profound impact on her community and beyond.





A Multifaceted Creative and Aspiring Entrepreneur

Born and raised in Botswana, Masego Belthia Ngorima is a dynamic, quadrascennial Nubian princess hailing from the charming village of Oodi. A student at the Botswana University of Agriculture and Natural Resources (BUAN), Masego embodies versatility and passion in every aspect of her life. Her journey is a testament to her determination, resilience, and ability to balance multiple roles seamlessly. From modeling to farming, henna artistry to social media analytics, Masego has carved a niche for herself as a creative force with a strong entrepreneurial spirit. Her story is an inspiring blend of ambition, creativity, and a commitment to excellence in everything she pursues.

Masego's upbringing in a supportive family laid the foundation for her diverse pursuits. Encouraged by her loved ones to explore her passions, she delved into modeling, creative arts, and agriculture. Her academic journey reflects her commitment to growth, with a background spanning horticulture, food science, and nursing. Masego's multifaceted nature extends to her role as a farmer, where she cultivates maize and ornamental plants on a four-hectare farm. Her dedication to agriculture not only reflects her professional aspirations but also her belief in the importance of food security and sustainable practices.

In addition to her local endeavors, Masego's experiences abroad have enriched her perspective. She had the privilege of studying and working in Israel, an opportunity that broadened her horizons and deepened her understanding of agriculture and innovation. Her love for travel has taken her to five countries, each journey fueling her creativity and inspiring new ideas. These international experiences have shaped her worldview, giving her the tools and insights to approach challenges with a global mindset while staying rooted in her cultural identity.

Masego's passion for modeling began in childhood, nurtured by her family's admiration for her unique features. Her mother and grandmother often encouraged her to explore modeling, planting the seeds for her eventual foray into the field. After experimenting as a freelancer in senior school, she joined Empire Modeling Agency, where she honed her craft and grew into a confident, poised model. She has since participated in numerous projects that highlight her adaptability and flair, solidifying her place in the local modeling scene.

Her artistic journey began in 2018 when she discovered henna art. Intrigued by the intricate beauty of henna designs, Masego taught herself the craft and quickly developed a reputation for her skill and creativity. For Masego, henna is more than an art form; it is a means of connecting with people and celebrating individuality. Her designs often blend traditional and modern elements, reflecting her appreciation for cultural heritage and personal storytelling. Through her henna work, Masego has been able to celebrate milestones with her clients, such as weddings, festivals, and cultural ceremonies, creating designs that resonate on a deeply personal level.

Masego's talents extend beyond modeling and henna artistry. As an aspiring content creator and social media analyst, she has worked with various brands to enhance their digital presence. Her ability to combine



visual storytelling with strategic planning has made her a valuable collaborator. One of her notable projects includes supporting AfricNatural's one-year anniversary outreach, where her efforts increased visibility and customer engagement. Her knack for understanding digital trends and audience preferences positions her as a thought leader in the social media space.

Masego believes that a successful brand is built on authenticity, consistency, and a deep understanding of the target audience. Her approach involves blending analytical thinking with creativity, ensuring that every campaign resonates with its intended audience. She draws inspiration from local and sustainable brands such as Glotto, BK Proctor, Delaynascott, and Faddicofficial, as well as beauty and wellness companies like Sanity Essentials and AfricNatural. Her commitment to uplifting local businesses highlights her dedication to community growth and empowerment.

Balancing a creative career with a strong foundation in agriculture is no small feat, but Masego excels at integrating these seemingly disparate fields. Her work on the farm complements her artistic pursuits, as she draws inspiration from nature's beauty and incorporates it into her henna designs and personal style. For Masego, fashion is a form of self-expression, and her aesthetic blends authenticity, comfort, elegance, versatility, and expressiveness. Her ability to merge these interests demonstrates her innovative approach to personal and professional growth. One of Masego's most memorable projects as a henna artist involved creating designs for a bride who wanted elements of her cultural heritage represented. Balancing the bride's vision with her own artistic style was both challenging and rewarding, resulting in a deeply meaningful experience for both. This project exemplifies Masego's ability to connect with clients on a personal level, using her creativity to celebrate their unique stories. Her work continues to attract attention for its originality and cultural significance.

Masego's ambitions extend far beyond her current accomplishments. In the next five years, she envisions herself as a thriving entrepreneur with a well-established henna brand, a flourishing farm, and a portfolio of successful collaborations with local and international businesses. She aims to expand her work in brand strategy, helping companies tell their stories authentically while continuing to make a meaningful impact in the creative arts and agricultural spaces. Her vision includes mentoring young artists and farmers, sharing her knowledge to inspire the next generation.





Collaboration is a key focus for Masego, who is exploring partnerships with event hosts and businesses to integrate henna artistry into unique experiences. From festivals to restaurant promotions, she sees endless opportunities to combine creativity with community impact. Additionally, she is dedicated to growing her farm, with plans to expand into ornamental plant production. Her entrepreneurial mindset is fueled by her belief in the potential of combining traditional practices with modern innovations.

Masego's journey is driven by her passion for creativity, connection, and making a positive difference. She finds inspiration in people who bring authenticity and dedication to their work, including her family, mentors, and fellow artists. Her ultimate goal is to inspire others to embrace their individuality and pursue their dreams with confidence. Her story serves as a reminder that success is a journey, not a destination, and that every step contributes to a legacy of resilience and impact.

By balancing multiple roles and staying true to her values, Masego exemplifies the power of authenticity and perseverance. Her legacy will be one of innovation, connection, and empowerment, showing that success comes from staying true to oneself and uplifting others along the way. Whether through her henna artistry, branding strategies, or contributions to sustainable farming, Masego is a shining example of what it means to be a multifaceted creative and aspiring entrepreneur. Her unwavering commitment to her dreams and her community ensures that her influence will be felt for generations to come.



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Puerto Rico, Breath Taking Scenery

The Best Time to Visit Puerto Rico for Fewer Crowds, Better Weather, and Lower Prices

Puerto Rico is a holiday hot spot for families, couples, and groups of friends — and rightfully so. It's blessed with beautiful beaches, lush rain forests, mountains, and picture-perfect weather much of the year. Of course, like virtually every vacation destination, this tropical U.S. territory has both periods of heavier and lighter tourism. High season is December through April. Most people consider shoulder season to be the stretch between when winter travellers depart and the rain rolls in. And low season coincides with hurricane season, which falls from June to November.

Besides its obvious natural beauty, many people journey to Puerto Rico for surfing and other types of outdoor recreation. This stunning Caribbean island also offers many historic landmarks, a vibrant culture, and a dynamic culinary scene. High-rise hotels, nightlife, and casinos dot the Condado district. There are luxury resorts like Dorado Beach, a Ritz-Carlton Reserve, and The St. Regis Bahia Beach Resort, Puerto Rico, as well as eco-oriented properties in more rugged

areas. The low-key off-shore isles of Culebrita and Vieques exude an entirely different type of energy altogether. And it certainly doesn't hurt that American travellers don't need a passport to visit.

Considering a trip to Puerto Rico? Read on to figure out the best time to plot your escape.

Best Time to Visit Puerto Rico for Good Weather

When much of the U.S. is battling snow and arctic blasts, Puerto Rico continues to enjoy swimsuit weather. Average temperatures in peak winter months typically hover around 80 degrees Fahrenheit, and it tends to be dry with little chance of precipitation — meaning you can bet on some glorious beach days.

Best Time to Visit Puerto Rico for Fewer Crowds

The best time to visit Puerto Rico for smaller crowds is its shoulder season, which runs from mid-April to June. That's the period after the busy winter season ends and summer begins. The weather is great, and since the winter crowds won't be here in full force, you can roam the uncrowded beaches, old forts, and forested trails without being elbow to

elbow with fellow holidaygoers.

Best Time to Visit Puerto Rico for Lower Prices

The shoulder season draws fewer tourists, which in turn lends itself to more favorable rates. Travelers can score the best deals of the year during the summer, especially in August and September, when the probability of storms increase. For example, a room at the boutique hotel Dreamcatcher by DW costs about \$172 per night during the summer season, but surges to \$539 in the winter. Although some people don't mind gambling the chance of inclement weather during their stay, it's a decision that shouldn't be made lightly — or simply with price in mind.

Best Time to Visit Puerto Rico for Beaches

Puerto Rico brims with beautiful beaches. For fun in the sun, you can't beat the winter. It's prime time to take advantage of the blue skies, consistent sunshine, and warm temperatures. That means a whole of strolling on the sand, catching rays, and swimming in the turquoise waters. The shoulder season is pleasant because the beaches are less busy, but the summer rain hasn't started. Meanwhile, many locals (and



plenty of travellers) prefer beach days when the thermometer peaks in June and July, though it does overlap with the beginning of hurricane season.

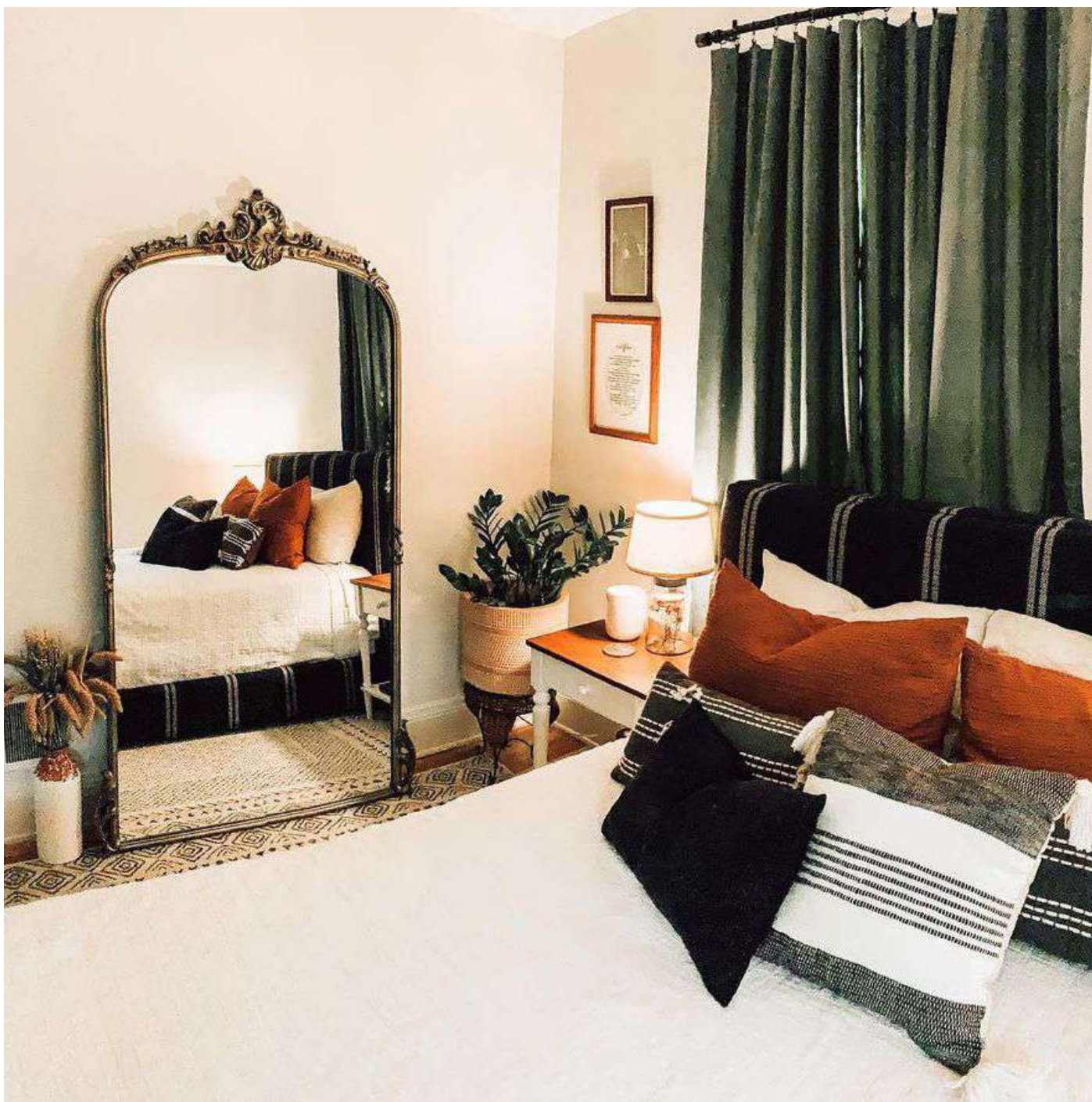
Best Time to Visit Puerto Rico for Surfing

Not only does the northwest coast — from Isabela to Rincón — boast some of the most gorgeous beaches on the island, but it also lays claim to top surfing spots. The best time of year to grab a board and ride the waves? Winter. In fact, the epic swells and barrels during this period are how Puerto Rico got its nickname, the “North Shore of the Atlantic.”

Worst Time to Visit Puerto Rico

While Puerto Rico enjoys warm weather year-round, like the majority of tropical Caribbean destinations, it's very much affected by hurricane season, which runs from June to November, with the greatest risk in August and September. Major storms have caused significant damage and devastated the island over the past few years. Plenty of travellers decide to take their chances given the favourable rates, but it's worth considering that the chance of bad weather very well may impact your trip.





6 Best Bedroom Ideas & Design Tips for Every Style

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

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

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

1. Drape the Windows

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

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

2. Mount a Live Edge Headboard

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

3. Dress the Wall Opposite the Bed

While many people choose to add accent wallpaper on the wall behind the bed, this



Paris bedroom from Caroline Andréoni Interior Design takes the opposite approach, adding black-and-white palm tree wallpaper on the wall across from the bed that helps to camouflage the wall-mounted TV.

4.Add a Custom Windowseat

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

5.Build a Home Library

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

6.Lean an Antique Floor Mirror Against the Wall

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



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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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Garden In Beijing



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Huatai Securities Plaza



University of Botswana Indoor Sports Arena



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Tyler Perry coldly responds when asked how he aided Meghan Markle following Megxit: 'There was nothing to prepare them for'

Tyler Perry refused to go into detail about how he helped his pals Meghan Markle and Prince Harry amid their grand exit from the royal family in 2020.

The film producer — who previously lent the Duke and Duchess of Sussex his California mansion, private jet and security team when they fled Europe — kept his lips sealed during an interview with the Sunday Times.

When asked how he prepared the royals for their move, Perry simply responded, "I didn't. Meghan is from California. She knows California well. So there was nothing to prepare them for."

Per the outlet, "any conversational intimacy" evaporated when the "Madea's Family Reunion" writer was asked and spoke about Markle, as he didn't appear to be in the mood to discuss their friendship.

"I will say this," he added. "What I learnt about mentioning them — because there's this insatiable appetite to know all about them — is that any question that is asked

becomes the headline of anything I say."

Perry, 55, was then asked why people wanted to know so much about Markle, 43, and Harry, 40, to which he shot back, "You're from the UK, you tell me."

The interviewer pointed out that the headlines about the couple are also plentiful in America, but the filmmaker didn't seem to care.

"You would know better than I would because I'm not paying attention to that world," Perry added, as the outlet noted, "It's clearly time to cut. Next scene."

In their December 2022 Netflix documentary, the "Suits" alum and Harry revealed they never met Perry before they moved into his \$18 million Beverly Hills, Calif., estate.

"I was just a wreck," Markle shared about their move. "I was just crying and crying. Sometimes it's easier to just open up to someone who knows nothing at all, and that was that moment with me and Tyler."

The actress referred to their temporary living situation as a "bliss because no one knew [they] were there."

Perry also opened up about protecting Markle and Harry's privacy during a November 2023 appearance on the "Let's Talk Off Camera" podcast, admitting he kept up with daily media headlines to ensure paparazzi hadn't figured out where they were hiding.

Markle and Harry resided in the mansion for four months before snagging their \$14 million estate in Montecito, Calif.

One of the ways the duo showed their gratitude for the film mogul was by naming him the godfather to their 3-year-old daughter, Lilibet, whom they welcomed in 2021. The couple also share a 5-year-old son named Prince Archie.

Markle and Perry's friendship is still going strong, as she attended the writer's 2024 Paley Honors Fall Gala at the Beverly Wilshire Hotel on Wednesday.

The Five Stages of Small Business Growth



Categorizing the problems and growth patterns of small businesses in a systematic way that is useful to entrepreneurs seems at first glance a hopeless task. Small businesses vary widely in size and capacity for growth. They are characterized by independence of action, differing organizational structures, and varied management styles.

Yet on closer scrutiny, it becomes apparent that they experience common problems arising at similar stages in their development. These points of similarity can be organized into a framework that increases our understanding of the nature, characteristics, and problems of businesses ranging from a corner dry cleaning establishment with two or three minimum-wage employees to a \$20-million-a-year computer software company experiencing a 40% annual rate of growth.

For owners and managers of small businesses, such an understanding can aid in assessing current challenges; for example, the need to upgrade an existing computer system or to hire and train second-level managers to maintain planned growth.

It can help in anticipating the key requirements at various points—e.g., the inordinate time commitment for owners during the start-up period and the need for delegation and changes in their managerial roles when companies become larger and more complex.

The framework also provides a basis for evaluating the impact of present and proposed governmental regulations and policies on one's business. A case in point is the exclusion of dividends from double taxation, which could be of great help to a profitable, mature, and stable business like a

funeral home but of no help at all to a new, rapidly growing, high-technology enterprise. Finally, the framework aids accountants and consultants in diagnosing problems and matching solutions to smaller enterprises. The problems of a 6-month-old, 20-person business are rarely addressed by advice based on a 30-year-old, 100-person manufacturing company. For the former, cash-flow planning is paramount; for the latter, strategic planning and budgeting to achieve coordination and operating control are most important.

Developing a Small Business Framework
Various researchers over the years have developed models for examining businesses (see Exhibit 1). Each uses business size as one dimension and company maturity or the stage of growth as a second dimension. While useful in many respects, these frameworks are inappropriate for small businesses on at

least three counts.

First, they assume that a company must grow and pass through all stages of development or die in the attempt. Second, the models fail to capture the important early stages in a company's origin and growth. Third, these frameworks characterize company size largely in terms of annual sales (although some mention number of employees) and ignore other factors such as value added, number of locations, complexity of product line, and rate of change in products or production technology.

To develop a framework relevant to small and growing businesses, we used a combination of experience, a search of the literature, and empirical research. The framework that evolved from this effort delineates the five stages of development shown in Exhibit 2.

Each stage is characterized by an index of size, diversity, and complexity and described by five management factors: managerial style, organizational structure, extent of formal systems, major strategic goals, and the owner's involvement in the business. We depict each stage in Exhibit 3 and describe each narratively in this article.

Stage I: Existence.

In this stage the main problems of the business are obtaining customers and delivering the product or service contracted for. Among the key questions are the following:

Can we get enough customers, deliver our products, and provide services well enough to become a viable business?

Can we expand from that one key customer or pilot production process to a much broader sales base?

Do we have enough money to cover the considerable cash demands of this start-up phase?

The organization is a simple one—the owner does everything and directly supervises subordinates, who should be of at least average competence. Systems and formal planning are minimal to nonexistent. The company's strategy is simply to remain alive. The owner is the business, performs all the important tasks, and is the major supplier of energy, direction, and, with relatives and friends, capital.

Companies in the Existence Stage range from newly started restaurants and retail stores to high-technology manufacturers that have yet to stabilize either production or product quality. Many such companies never gain sufficient customer acceptance or product capability to become viable. In these cases, the owners close the business when the start-up capital runs out and, if they're

lucky, sell the business for its asset value. (See endpoint 1 on Exhibit 4). In some cases, the owners cannot accept the demands the business places on their time, finances, and energy, and they quit. Those companies that remain in business become Stage II enterprises.

Stage II: Survival.

In reaching this stage, the business has demonstrated that it is a workable business entity. It has enough customers and satisfies them sufficiently with its products or services to keep them. The key problem thus shifts from mere existence to the relationship between revenues and expenses. The main issues are as follows:

- In the short run, can we generate enough cash to break even and to cover the repair or replacement of our capital assets as they wear out?

- Can we, at a minimum, generate enough cash flow to stay in business and to finance growth to a size that is sufficiently large, given our industry and market niche, to earn an economic return on our assets and labor?

The organization is still simple. The company may have a limited number of employees supervised by a sales manager or a general foreman. Neither of them makes major decisions independently, but instead carries out the rather well-defined orders of the owner.

Systems development is minimal. Formal planning is, at best, cash forecasting. The major goal is still survival, and the owner is still synonymous with the business.

In the Survival Stage, the enterprise may grow in size and profitability and move on to Stage III. Or it may, as many companies do, remain at the Survival Stage for some time, earning marginal returns on invested time and capital (endpoint 2 on Exhibit 4), and eventually go out of business when the owner gives up or retires. The "mom and pop" stores are in this category, as are manufacturing businesses that cannot get their product or process sold as planned. Some of these marginal businesses have developed enough economic viability to ultimately be sold, usually at a slight loss. Or they may fail completely and drop from sight.

Stage III: Success.

The decision facing owners at this stage is whether to exploit the company's accomplishments and expand or keep the company stable and profitable, providing a base for alternative owner activities. Thus, a key issue is whether to use the company as a platform for growth—a substage III-G company—or as a means of support for

the owners as they completely or partially disengage from the company—making it a substage III-D company. (See Exhibit 3.) Behind the disengagement might be a wish to start up new enterprises, run for political office, or simply to pursue hobbies and other outside interests while maintaining the business more or less in the status quo.

Substage III-D.

In the Success-Disengagement substage, the company has attained true economic health, has sufficient size and product-market penetration to ensure economic success, and earns average or above-average profits. The company can stay at this stage indefinitely, provided environmental change does not destroy its market niche or ineffective management reduce its competitive abilities. Organizationally, the company has grown large enough to, in many cases, require functional managers to take over certain duties performed by the owner. The managers should be competent but need not be of the highest caliber, since their upward potential is limited by the corporate goals. Cash is plentiful and the main concern is to avoid a cash drain in prosperous periods to the detriment of the company's ability to withstand the inevitable rough times.

In addition, the first professional staff members come on board, usually a controller in the office and perhaps a production scheduler in the plant. Basic financial, marketing, and production systems are in place. Planning in the form of operational budgets supports functional delegation. The owner and, to a lesser extent, the company's managers, should be monitoring a strategy to, essentially, maintain the status quo.

As the business matures, it and the owner increasingly move apart, to some extent because of the owner's activities elsewhere and to some extent because of the presence of other managers. Many companies continue for long periods in the Success-Disengagement substage. The product-market niche of some does not permit growth; this is the case for many service businesses in small or medium-sized, slowly growing communities and for franchise holders with limited territories.

Other owners actually choose this route; if the company can continue to adapt to environmental changes, it can continue as is, be sold or merged at a profit, or subsequently be stimulated into growth (endpoint 3 on Exhibit 4). For franchise holders, this last option would necessitate the purchase of other franchises.

If the company cannot adapt to changing circumstances, as was the case with many automobile dealers in the late 1970s and

early 1980s, it will either fold or drop back to a marginally surviving company (endpoint 4 on Exhibit 4).

Substage III-G.

In the Success-Growth substage, the owner consolidates the company and marshals resources for growth. The owner takes the cash and the established borrowing power of the company and risks it all in financing growth.

Among the important tasks are to make sure the basic business stays profitable so that it will not outrun its source of cash and to develop managers to meet the needs of the growing business. This second task requires hiring managers with an eye to the company's future rather than its current condition.

Systems should also be installed with attention to forthcoming needs. Operational planning is, as in substage III-D, in the form of budgets, but strategic planning is extensive and deeply involves the owner. The owner is thus far more active in all phases of the company's affairs than in the disengagement aspect of this phase.

If it is successful, the III-G company proceeds into Stage IV. Indeed, III-G is often the first attempt at growing before commitment to a growth strategy. If the III-G company is unsuccessful, the causes may be detected in time for the company to shift to III-D. If not, retrenchment to the Survival Stage may be possible prior to bankruptcy or a distress sale.

Stage IV: Take-off.

In this stage the key problems are how to grow rapidly and how to finance that growth. The most important questions, then, are in the following areas:

Delegation. Can the owner delegate responsibility to others to improve the managerial effectiveness of a fast growing and increasingly complex enterprise? Further, will the action be true delegation with controls on performance and a willingness to see mistakes made, or will it be abdication, as is so often the case?

Cash. Will there be enough to satisfy the great demands growth brings (often requiring a willingness on the owner's part to tolerate a high debt-equity ratio) and a cash flow that is not eroded by inadequate expense controls or ill-advised investments brought about by owner impatience?

The organization is decentralized and, at least in part, divisionalized—usually in either sales or production. The key managers must be very competent to handle a growing and

complex business environment. The systems, strained by growth, are becoming more refined and extensive. Both operational and strategic planning are being done and involve specific managers. The owner and the business have become reasonably separate, yet the company is still dominated by both the owner's presence and stock control.

This is a pivotal period in a company's life. If the owner rises to the challenges of a growing company, both financially and managerially, it can become a big business. If not, it can usually be sold—at a profit—provided the owner recognizes his or her limitations soon enough. Too often, those who bring the business to the Success Stage are unsuccessful in Stage IV, either because they try to grow too fast and run out of cash (the owner falls victim to the omnipotence syndrome), or are unable to delegate effectively enough to make the company work (the omniscience syndrome).

It is, of course, possible for the company to traverse this high-growth stage without the original management. Often the entrepreneur who founded the company and brought it to the Success Stage is replaced either voluntarily or involuntarily by the company's investors or creditors.

If the company fails to make the big time, it may be able to retrench and continue as a successful and substantial company at a state of equilibrium (endpoint 7 on Exhibit 4). Or it may drop back to Stage III (endpoint 6) or, if the problems are too extensive, it may drop all the way back to the Survival Stage (endpoint 5) or even fail. (High interest rates and uneven economic conditions have made the latter two possibilities all too real in the early 1980s.)

Stage V: Resource Maturity.

The greatest concerns of a company entering this stage are, first, to consolidate and control the financial gains brought on by rapid growth and, second, to retain the advantages of small size, including flexibility of response and the entrepreneurial spirit. The corporation must expand the management force fast enough to eliminate the inefficiencies that growth can produce and professionalize the company by use of such tools as budgets, strategic planning, management by objectives, and standard cost systems—and do this without stifling its entrepreneurial qualities.

A company in Stage V has the staff and financial resources to engage in detailed operational and strategic planning. The management is decentralized, adequately staffed, and experienced. And systems are extensive and well developed. The owner and the business are quite separate, both

financially and operationally.

The company has now arrived. It has the advantages of size, financial resources, and managerial talent. If it can preserve its entrepreneurial spirit, it will be a formidable force in the market. If not, it may enter a sixth stage of sorts: ossification.

Ossification is characterized by a lack of innovative decision making and the avoidance of risks. It seems most common in large corporations whose sizable market share, buying power, and financial resources keep them viable until there is a major change in the environment. Unfortunately for these businesses, it is usually their rapidly growing competitors that notice the environmental change first.

Key Management Factors

Several factors, which change in importance as the business grows and develops, are prominent in determining ultimate success or failure.

We identified eight such factors in our research, of which four relate to the enterprise and four to the owner. The four that relate to the company are as follows:

1. Financial resources, including cash and borrowing power.
2. Personnel resources, relating to numbers, depth, and quality of people, particularly at the management and staff levels.
3. Systems resources, in terms of the degree of sophistication of both information and planning and control systems.
4. Business resources, including customer relations, market share, supplier relations, manufacturing and distribution processes, technology and reputation, all of which give the company a position in its industry and market.

The four factors that relate to the owner are as follows:

1. Owner's goals for himself or herself and for the business.
2. Owner's operational abilities in doing important jobs such as marketing, inventing, producing, and managing distribution.
3. Owner's managerial ability and willingness to delegate responsibility and to manage the activities of others.
4. Owner's strategic abilities for looking beyond the present and matching the strengths and weaknesses of the company with his or her goals.

As a business moves from one stage to another, the importance of the factors changes. We might view the factors as alternating among three levels of importance: first, key variables that are



absolutely essential for success and must receive high priority; second, factors that are clearly necessary for the enterprise's success and must receive some attention; and third, factors of little immediate concern to top management. If we categorize each of the eight factors listed previously, based on its importance at each stage of the company's development, we get a clear picture of changing management demands. (See Exhibit 5.)

Varying Demands

The changing nature of managerial challenges becomes apparent when one examines Exhibit 5. In the early stages, the owner's ability to do the job gives life to the business. Small businesses are built on the owner's talents: the ability to sell, produce, invent, or whatever. This factor is thus of the highest importance. The owner's ability to delegate, however, is on the bottom of the scale, since there are few if any employees to delegate to.

As the company grows, other people enter sales, production, or engineering and they first support, and then even supplant, the owner's skills—thus reducing the

importance of this factor. At the same time, the owner must spend less time doing and more time managing. He or she must increase the amount of work done through other people, which means delegating. The inability of many founders to let go of doing and to begin managing and delegating explains the demise of many businesses in substage III-G and Stage IV.

The owner contemplating a growth strategy must understand the change in personal activities such a decision entails and examine the managerial needs depicted in Exhibit 5. Similarly, an entrepreneur contemplating starting a business should recognize the need to do all the selling, manufacturing, or engineering from the beginning, along with managing cash and planning the business's course—requirements that take much energy and commitment.

The importance of cash changes as the business changes. It is an extremely important resource at the start, becomes easily manageable at the Success Stage, and is a main concern again if the organization begins to grow. As growth slows at the end of Stage IV or in Stage V, cash becomes a

manageable factor again. The companies in Stage III need to recognize the financial needs and risk entailed in a move to Stage IV. The issues of people, planning, and systems gradually increase in importance as the company progresses from slow initial growth (substage III-G) to rapid growth (Stage IV). These resources must be acquired somewhat in advance of the growth stage so that they are in place when needed. Matching business and personal goals is crucial in the Existence Stage because the owner must recognize and be reconciled to the heavy financial and time-energy demands of the new business. Some find these demands more than they can handle. In the Survival Stage, however, the owner has achieved the necessary reconciliation and survival is paramount; matching of goals is thus irrelevant in Stage II.

A second serious period for goal matching occurs in the Success Stage. Does the owner wish to commit his or her time and risk the accumulated equity of the business in order to grow or instead prefer to savor some of the benefits of success? All too often the owner wants both, but to expand the business rapidly while planning a new



house on Maui for long vacations involves considerable risk. To make a realistic decision on which direction to take, the owner needs to consider the personal and business demands of different strategies and to evaluate his or her managerial ability to meet these challenges.

Finally, business resources are the stuff of which success is made; they involve building market share, customer relations, solid vendor sources, and a technological base, and are very important in the early stages. In later stages the loss of a major customer, supplier, or technical source is more easily compensated for. Thus, the relative importance of this factor is shown to be declining.

The changing role of the factors clearly illustrates the need for owner flexibility. An overwhelming preoccupation with cash is quite important at some stages and less important at others. Delaying tax payments at almost all costs is paramount in Stages I and II but may seriously distort accounting data and use up management time during periods of success and growth. "Doing" versus "delegating" also requires a flexible management. Holding onto old strategies and old ways ill serves a company that is entering the growth stages and can even be

fatal.

Avoiding Future Problems

Even a casual look at Exhibit 5 reveals the demands the Take-off Stage makes on the enterprise. Nearly every factor except the owner's "ability to do" is crucial. This is the stage of action and potentially large rewards. Looking at this exhibit, owners who want such growth must ask themselves:

- Do I have the quality and diversity of people needed to manage a growing company?
- Do I have now, or will I have shortly, the systems in place to handle the needs of a larger, more diversified company?
- Do I have the inclination and ability to delegate decision making to my managers?
- Do I have enough cash and borrowing power along with the inclination to risk everything to pursue rapid growth?

Similarly, the potential entrepreneur can see that starting a business requires an ability to do something very well (or a good marketable idea), high energy, and a favorable cash flow forecast (or a large sum of cash on hand). These are less important in Stage V, when well-developed people-management skills, good information systems, and budget controls take priority.

Perhaps this is why some experienced people from large companies fail to make good as entrepreneurs or managers in small companies. They are used to delegating and are not good enough at doing.

Applying the Model

This scheme can be used to evaluate all sorts of small business situations, even those that at first glance appear to be exceptions. Take the case of franchises. These enterprises begin the Existence Stage with a number of differences from most start-up situations. They often have the following advantages:

- A marketing plan developed from extensive research.
- Sophisticated information and control systems in place.
- Operating procedures that are standardized and very well developed.
- Promotion and other start-up support such as brand identification.
- They also require relatively high start-up capital.

If the franchisor has done sound market analysis and has a solid, differentiated product, the new venture can move rapidly through the Existence and Survival Stages—where many new ventures founder—and into the early stages of Success. The costs to the franchisee for these beginning

Exhibit 3: Characteristics of Small Business at Each Stage of Development

	Stage I Existence	Stage II Survival	Stage III-D Success- Disengagement	Stage III-G Success- Growth	Stage IV Take-off	Stage V Resource maturity
MANAGEMENT STYLE	Direct supervision	Supervised supervision	Functional	Functional	Divisional	Line and staff
ORGANIZATION						
EXTENT OF FORMAL SYSTEMS	Minimal to nonexistent	Minimal	Basic	Developing	Maturing	Extensive
MAJOR STRATEGY	Existence	Survival	Maintaining profitable status quo	Get resources for growth	Growth	Return on investment
BUSINESS AND OWNER*						

*Smaller circle represents owner. Larger circle represents business.

HBR

advantages are usually as follows:

- Limited growth due to territory restrictions.
- Heavy dependence on the franchisor for continued economic health.
- Potential for later failure as the entity enters Stage III without the maturing experiences of Stages I and II.

One way to grow with franchising is to acquire multiple units or territories. Managing several of these, of course, takes a different set of skills than managing one and it is here that the lack of survival experience can become damaging.

Another seeming exception is high-technology start-ups. These are highly visible companies—such as computer software businesses, genetic-engineering enterprises, or laser-development companies—that attract much interest from the investment community. Entrepreneurs and investors who start them often intend that they grow quite rapidly and then go public or be sold to other corporations. This strategy requires them to acquire a permanent source of outside capital almost from the beginning. The providers of this cash, usually venture capitalists, may bring planning and operating systems of a Stage III or a Stage IV company to the organization along with an outside

board of directors to oversee the investment. The resources provided enable this entity to jump through Stage I, last out Stage II until the product comes to market, and attain Stage III. At this point, the planned strategy for growth is often beyond the managerial capabilities of the founding owner and the outside capital interests may dictate a management change. In such cases, the company moves rapidly into Stage IV and, depending on the competence of the development, marketing, and production people, the company becomes a big success or an expensive failure. The problems that beset both franchises and high-technology companies stem from a mismatch of the founders' problem-solving skills and the demands that "forced evolution" brings to the company.

Besides the extreme examples of franchises and high-technology companies, we found that while a number of other companies appeared to be at a given stage of development, they were, on closer examination, actually at one stage with regard to a particular factor and at another stage with regard to the others. For example, one company had an abundance of cash from a period of controlled growth (substage III-G) and was ready to accelerate its expansion, while at the same time the

owner was trying to supervise everybody (Stages I or II). In another, the owner was planning to run for mayor of a city (substage III-D) but was impatient with the company's slow growth (substage III-G).

Although rarely is a factor more than one stage ahead of or behind the company as a whole, an imbalance of factors can create serious problems for the entrepreneur. Indeed, one of the major challenges in a small company is the fact that both the problems faced and the skills necessary to deal with them change as the company grows. Thus, owners must anticipate and manage the factors as they become important to the company.

A company's development stage determines the managerial factors that must be dealt with. Its plans help determine which factors will eventually have to be faced. Knowing its development stage and future plans enables managers, consultants, and investors to make more informed choices and to prepare themselves and their companies for later challenges. While each enterprise is unique in many ways, all face similar problems and all are subject to great changes. That may well be why being an owner is so much fun and such a challenge.

CHOBE, JACKALBERRY LODGE



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

ACCOMMODATION

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

LEISURE AND MORE

The camp itself has a buffet restaurant as well as al fresco dining. There's also a bar, leisure lounge, and a spectacular infinity pool overlooking the Chobe River. Wi-Fi is available throughout the property. All rates include accommodation, local drinks, a laundry service and airport transfers. They also include twice-daily game-viewing

activities and government fees or taxes.

JACKALBERRY CHOBE LODGE FACILITIES

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

CHILD POLICY

No children under six years.

Children 6-11 years are to pay 50% of the per-person sharing rate.

Only one child is to accompany two parents in a tent.

A total of 2 children can attend to one parent in a tent.

Private vehicles or boats are for children between 6 and 11 years.

This lodge is family-run and offers some of the best views of the Chobe River in Kasane. Experience Chobe National Park and stay over at Jackalberry Chobe Lodge.

Chobe Game Lodge
Etosha National Park

INCLUDES

- Accommodation, all meals and laundry (wash and fold)
- Two activities/day (e.g 1 Night stay = 2 activities, 2 Night stay = 4 activities)
- House wine, local beer/cider, soft drink and water
- Tourism levies and government taxes
- Chobe National Park fees
- Transfers to and from Kasane airport or to and from Zambia and Zimbabwe border

ACCOMMODATION INFORMATION

DEPOSIT: 100%

MINIMUM STAY: 2 nights

RATES INFO: LODGE POLICIES

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

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

CHILD POLICY

No children under 6 years

Children 6-11 years to pay 50%

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

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

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





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.



5 top technology trends to watch in 2024

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

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

Pay attention to these 5 technology trends in 2024

Not every tech trend will apply to your company — it's worth studying all the top

concepts, however, to see where you fit into the overall technology ecosystem. Staying competitive can be a matter of spotting an opportunity to add a promising new technology to your workflow.

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

1. AI and Machine Learning integrate into everything

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

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

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

With AI algorithms being exceedingly

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

2. Old (and new) programming languages rise

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

Venerable Python is the No. 1 language in the index to start 2024. While Python's popularity has seen a slight decline in the past 12 months, the second-place language, C, declined more, leaving Python atop the chart. With JavaScript moving up year over year, from No. 7 to No. 6, it's clear that these older languages have life in them and an enduring place among developers.

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

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

3. More modularity arises in frameworks and architecture

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

The move toward modularity has been ongoing since at least the beginning of 2023, arising alongside an overall more democratized approach to software development. Related trends include no-code and low-code component development, allowing more team members to take a hands-on approach to development

without a coding-intensive background. Building out a network of components rather than creating large apps is a resilient, future-proof approach to development. Organizations have put these principles into action for years now, and can now be confident that it's a reliable way to create mission-critical products.

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

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

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

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

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

5. Zero Trust network access addresses security needs

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

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

change to Zero Trust and other advanced methods.

Zero Trust is based on a few important principles:

- First, users should constantly have their credentials re-verified. Entering a password once and being allowed to move freely inside a system is now an outdated concept. Without re-verification, it's too easy for attackers to compromise passwords and move freely within systems.

- Second, users should only receive the minimum level of access required to accomplish their tasks. Both account compromises and insider attacks can cause high levels of damage when users are given unnecessary permissions.

- Third, IT leaders should assume their systems have already been breached when making decisions. This supposition helps security team members avoid inadvertently exposing sensitive content.

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

Be prepared for the unexpected as tech accelerates

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

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

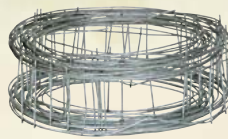
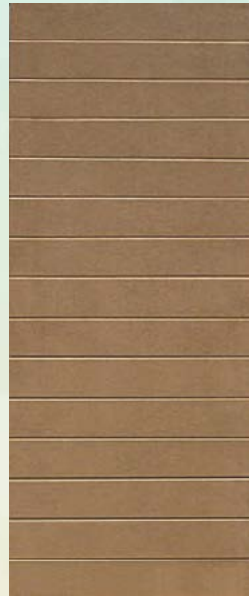
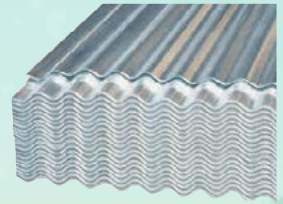
Embrace tech trends with expert support

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

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

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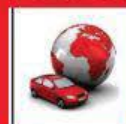
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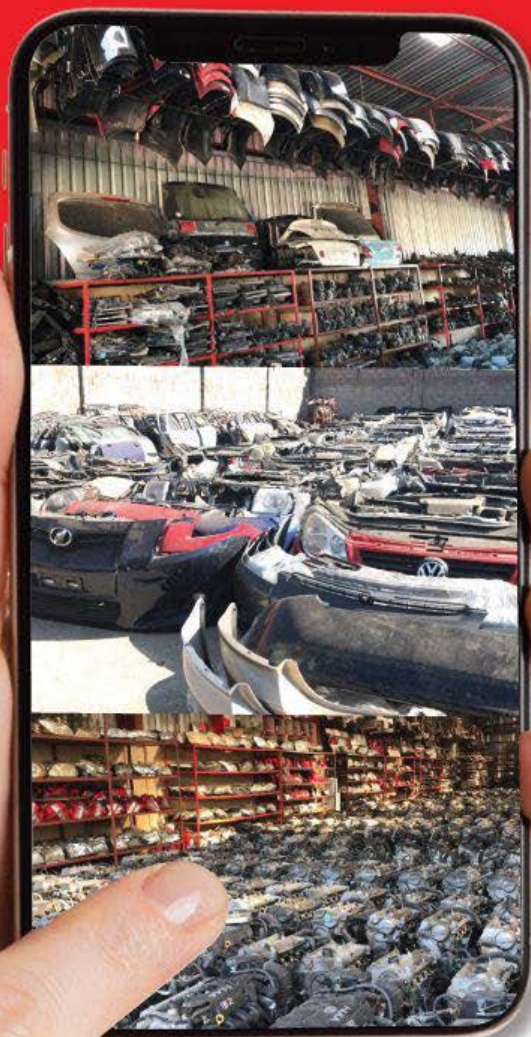
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Six Tips For Starting A Backyard Garden

One of the best steps you can make for improving your diet is to increase your regular consumption of healthy fruits and vegetables. Not only are fruits and veggies loaded with the kinds of healthy nutrients and minerals that aren't as readily available from pre-packaged, overly processed alternatives, but they can be low on calories and high on taste. Whether you don't have easy access to a local farmer's market, organic grocery options, or you simply want to indulge your green thumb, in recognition of National Fruit and Vegetable Month, we're providing six tips for starting a backyard garden.

Start Small. Walk before you run. Resist the urge to start growing a wide variety of fruits, vegetables, and herbs by starting with just one or two plants to get some experience under your (green) belt. Tomato plants, for examples, are forgiving, making them an excellent choice for beginners and offering versatile culinary options. If space is an

option for your garden, consider vining plants, such as green beans and peas, to make use of your available vertical space.

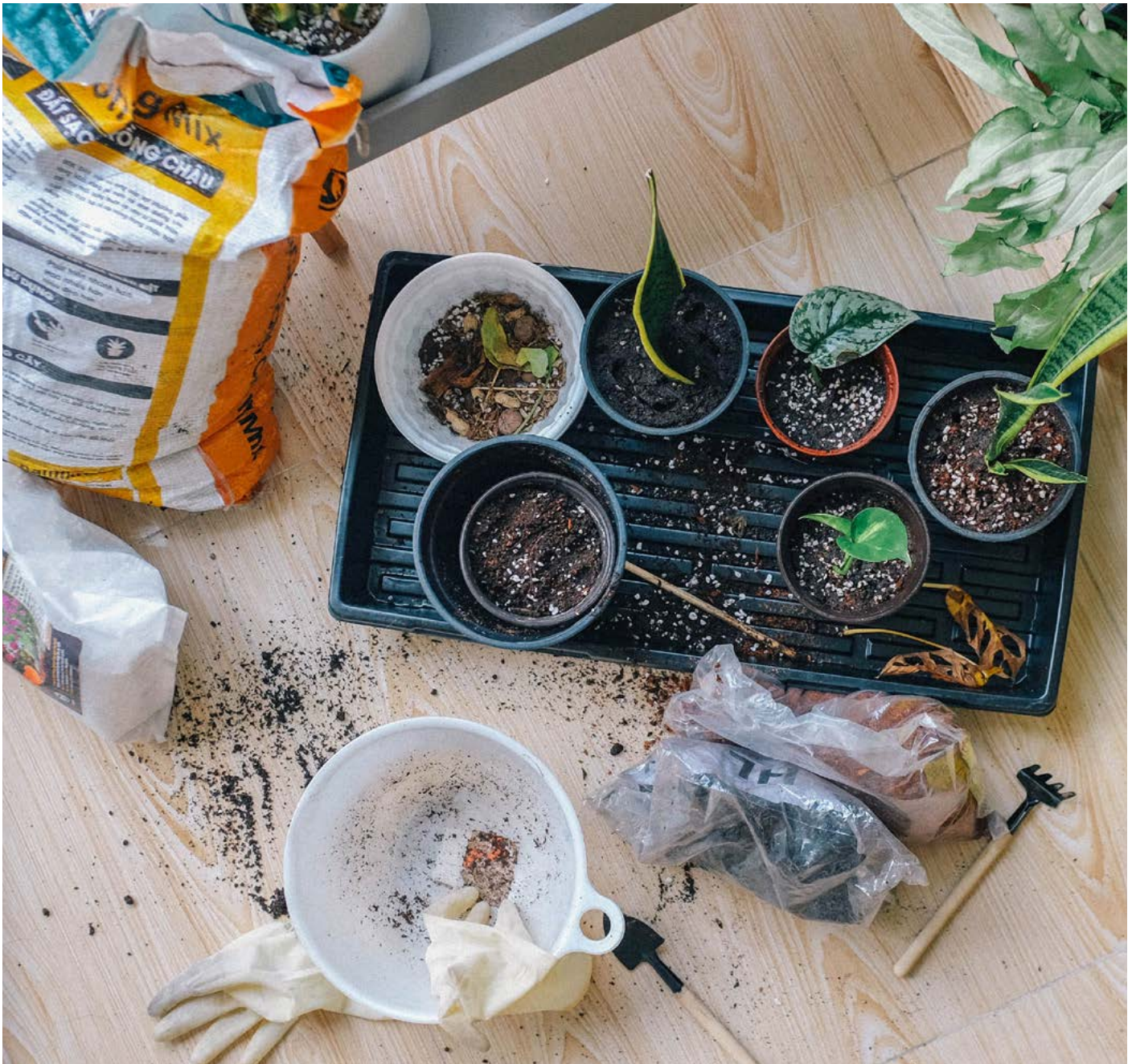
Choose a Location for Your Garden. You may be tempted to place your garden where you feel it will add the most significant aesthetic to your backyard, but set your fruits and veggies up for success by choosing the best location for their needs. Most vegetable and fruit plants require at least five hours of direct sunlight daily, while herbs and root vegetables will grow in partial shade. If you need help understanding the different light and water needs of individual plants, talk to an expert at your local nursery.

Build Raised Beds. Depending on the size available to you in your backyard or patio, build raised beds for your plants. Raised beds create a physical barrier that protects your plants from weeds and keeps food and moisture dedicated to your crops. Click here

to watch an instructional video on how to build a raised garden bed.

Feed Your Organic Garden with Organic Matter. Keep your garden and yourself healthy by avoiding harsh chemical pesticides, fertilizers, and growth agents. While mineral nutrients such as agricultural lime, rock phosphate, and greensand can be added to your garden more safely the chemicals, the best fertilizer is organic matter, such as compost, manure, coffee grounds, and shredded leaves.

Water Wisely. If you start with seeds, know that they should never be dried out, so make time to water your plants daily. As your plants grow, they will need less water, but don't think you can rely on Mother Nature alone. The amount of water your fruits and vegetables need will depend on rainfall, humidity, and soil. Clay soil, for example, dries out more quickly than sandy soil and



will require more regular watering. Make sure you understand the unique needs of the plants you selected and accommodate them accordingly.

Rotate Your Crops. If you're successful (and you will be!), you'll find plants you enjoy cultivating and that you are confident growing year after year. Once you are committed to a seasonal cyclical, plan to rotate your crops. Only plant the same crop in the same soil (or box) once every three years for best results.

Regularly eating healthy fruits and vegetables has been linked to improved health, while gardening has been proven to be a healthy, mood-boosting hobby. By embracing National Fruits and Vegetable Month this June and embracing the challenge and rewards of a backyard garden, you'll be investing in a project you can be proud of that will help improve your health—mind, body, and spirit—all year long.





BRADLEY COOPER

Bradley Charles Cooper is an American actor and filmmaker. He is the recipient of various accolades, including a British Academy Film Award and two Grammy Awards, in addition to nominations for nine Academy Awards, six Golden Globe Awards, and a Tony Award.

BORN: 5 JAN 1975

CAREER: ACTOR

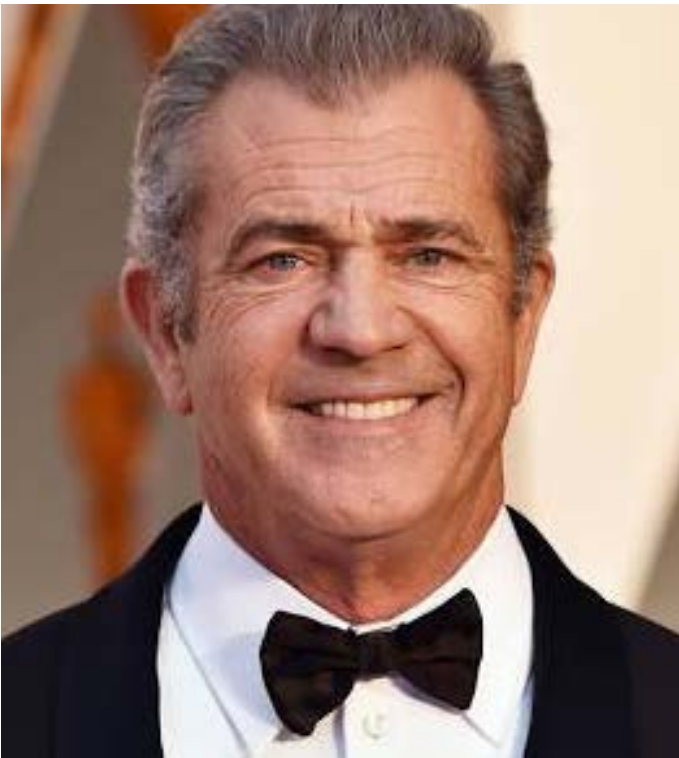


ALICIA KEYS

Alicia Augello Cook, known professionally as Alicia Keys, is an American singer and songwriter. A classically trained pianist, Keys started composing songs when she was 12 and was signed at 15 years old by Columbia Records.

BORN: 25 JAN 1981

CAREER: SINGER



MEL GIBSON

Mel Columille Gerard Gibson AO is an American actor, film director and producer. He is best known for his action hero roles, particularly his breakout role as Max Rockatansky in the first three films.

BORN: 3 JAN 1956

CAREER: ACTOR/PRODUCER



NICOLA CAGE

Nicolas Kim Coppola, known by his stage name Nicolas Cage, is an American actor and film producer. Born into the Coppola family, he is the recipient of various accolades, including an Academy Award, a Screen Actors Guild Award, and a Golden Globe Award.

BORN: 7 JAN 1964

CAREER: 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.

What Is a Food Allergy?



Lots of kids have food allergies. Food allergies happen when the immune system makes a mistake. Normally, your immune (say: ih-MYOON) system protects you from germs and disease. It does this by making antibodies that help you fight off bacteria, viruses, and other tiny organisms that can make you sick. But if you have a food allergy, your immune system mistakenly treats something in a food as if it's really dangerous to you.

The same sort of thing happens with any allergy, whether it's a medicine (like penicillin), pollen in the air (from grasses, weeds, and trees), or a food, like peanuts. So the thing itself isn't harmful, but the way your body reacts to it is.

What Are the Most Common Food Allergies?

Kids can be allergic to any food, but these cause most food allergy reactions:

- peanuts and other nuts
- seafood, such as shrimp
- fish
- milk, particularly cow's milk
- eggs
- soy
- wheat
- sesame

What's a Food Allergy Reaction Like?

If a kid with peanut allergy would have eaten that peanut-topped brownie, here's what would happen. Antibodies to something in the food would tell the body to release chemicals into the bloodstream. One of these chemicals is histamine (say: HISS-tuh-meen).

This then causes symptoms that affect a person's eyes, nose, throat, respiratory system, skin, and digestive system. A person with a food allergy could have a mild reaction — or it could be more severe. An allergic reaction could happen right away or a few hours after the person eats it.

Some of the first signs that a person may be having an allergic reaction could be a runny nose, an itchy skin rash such as hives, or a tingling in the tongue or lips. Other signs include:

- tightness in the throat
- hoarse voice
- wheezing
- cough
- nausea
- vomiting
- belly pain
- diarrhea

In the most serious cases, a food allergy can cause anaphylaxis (say: ah-nuh-fuh-LAK-sis). This is a sudden, severe allergic reaction in which several problems happen all at once.

It can involve the skin, breathing, digestion, the heart, and blood vessels. A person's blood pressure can drop, breathing tubes can narrow, and the tongue can swell.

People at risk for this kind of a reaction have to be very careful and need a plan for handling emergencies, when they might need to get special medicine to stop these symptoms from getting worse.

Many kids outgrow allergies to milk and eggs as they grow older. But severe allergies to foods like peanuts, some kinds of fish, and shrimp often last a lifetime.

How Do You Know if You Have One?

Sometimes it's easy to figure out that a kid has a food allergy. They might get hives or have other problems after eating it. But other times, what's causing the problem is more of a mystery. Most foods have more than one ingredient, so if a kid has shrimp with peanut sauce, what's causing the allergy — the peanut sauce or the shrimp?

Many people react to a food but are not actually allergic. For example, people with lactose intolerance (say: LAK-tose in-TAHL-uh-runtz) get belly pain and diarrhea from milk and other dairy products. That doesn't mean they're allergic to milk. They don't feel good after drinking milk because their



bodies can't properly break down the sugars found in milk.

What Will the Doctor Do?

If you think you may be allergic to a food, let your parents know. They will take you to the doctor to get it checked out.

If your doctor thinks you might have a food allergy, you'll probably go see a doctor who specializes in allergies, called an allergist. This doctor will ask you about past reactions and how long it takes between eating the food and getting the symptom (such as hives).

The allergist might want to do a skin test. This is a way of seeing how your body reacts to a very small amount of the food that is giving you trouble. The allergist will use a liquid extract of the food and, possibly, other common allergy-causing foods to see if you react to any of them. The doctor will make a little scratch on your skin (it will be a quick pinch) and drop a little of the liquid on the scratched area. Different extracts will go on the different scratches so the doctor can see how your skin reacts to each one. If you get a reddish, raised spot, you might be allergic to that food or substance.

Some doctors may also take a blood sample and send it to a lab for testing.

Even though the doctor tests for food allergies by exposing you to a very small amount of the food, you should not try this at home! The best place for an allergy test is at the doctor's office, where the staff is specially trained and could give you medicine right away if you had a serious reaction.

How Are Food Allergies Treated?

There is no special medicine for food allergies. Some can be outgrown; others will last a kid's whole life. The best treatment is to avoid the food itself and any foods or drinks that contain the food.

One way to figure that out is to read food labels. Any foods that might cause an allergic reaction will be listed near or in the ingredient list. Some people who are very sensitive may need to avoid foods just because they are made in the same factory that also makes their problem food. You may have seen some candy wrappers that say the candy was made in a factory that processes nuts too.

Have a Plan

No matter how hard you try, you may eat the wrong thing by accident. Stay calm and follow your emergency plan. What's an emergency plan? Before a slip-up happens, it's a good idea to create a plan with your doctor and parents. The plan should spell out

what to do, who to tell, and which medicines to take if you have a reaction.

This is especially important if you have a food allergy that can cause a serious reaction (anaphylaxis). For serious reactions, people may need a shot of epinephrine (say: eh-pih-NEF-rin) with them. This kind of epinephrine injection comes in an easy-to-carry container that looks like a pen. You and your parent can work out whether you carry this or someone at school keeps it on hand for you. You'll also need to identify a person who will give you the shot.

If you get an epinephrine shot, you will need to go to the hospital or a medical facility, where they can keep an eye on you and make sure the reaction is under control.

Living With Food Allergies

Having a food allergy is a drag, but it doesn't need to slow a kid down. Your mom, dad, and other adults also can help you steer clear of reactions.

But what if something you really like turns out to be on your "do not eat" list? Today, so many people have food allergies that companies have created lots of good substitutes for favorite foods — everything from dairy-free mashed potatoes to wheat-free chocolate chunk cookies!



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Beauty Tips For Men And Women

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

For most people, skincare routine is only about washing your face with soap and water after you get up in the morning. If this is the care with you as well, then it's high time

you up your skincare game. This is because healthy skin can not make you feel good and help you create an impression but also indicates that you are in good health. So it is of utmost importance to take care of your skin and maintain its hygiene with a strict skincare regimen. And when we say skincare, it is not just about the face and neck but the entire body. Here we go!

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

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

In addition to using sunscreen, it is important to follow other measures to prevent skin damage. These include covering your face with a scarf or stole, wearing cotton clothes,

opting for full sleeves, using wide brim hats and sunglasses or carrying an umbrella when out in the sun. If possible, avoid going out between 12 pm to 3 pm as the sun rays are too harsh during this time and hence, the chances of skin damage is maximum.

Invest In Sunscreen To Make Everyday A "Good Skin Day". Click Here.

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

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

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

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

6. Do not pop a pimple: Most of us try to pop a pimple, the moment we spot one. But this is not a good idea as poking it can not only cause the skin to become red and inflamed but also increases the risk of infection. Moreover, it can also cause acne scars and dark spots on the skin. So do not touch or poke your pimples at any cost.

7. Exfoliate twice a week: Scrubbing and exfoliation is a great skincare routine if you do it on a regular basis but not every day. This is because it causes the removal of the dead skin cells and also improves blood circulation, thereby preventing wrinkles and pigmentation. But remember that gentle exfoliation is the key for smooth and soft skin. If you scrub your skin too much or

excessively, it may cause the upper layer of the skin to rip off thereby causing redness and increasing the risk of infections. So be gentle when you exfoliate.

8. Check the expiry of makeup products:

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

Also, you can apply sunscreen and moisturizer and then use your makeup products. It not only helps you to prevent the direct contact of makeup products with the skin but also accentuates the positive effects of the sunscreen and moisturizer. One important thing to always keep in mind is to do a patch test before you start using any product on the skin. This can help you to know if you are allergic to any of the ingredients in the product and help you decide accordingly. You can test a small amount of the product on the back of the neck, arm or leg. Never test any skin care product on the face as the skin on the face is very sensitive.

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

10. Choose products based on your skin type:

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

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

12. Check product labels always: This is to ensure that the ingredients present in any particular product suits your skin or not.

Also, the requirement of every skin type is different, so one has to buy the products accordingly. Check the product if it is suitable for oily, dry or normal skin. Choosing the right product will make sure you get the best results.

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

Do remember to always shave in the direction of hair growth as shaving in the opposite direction can increase the risk of ingrown hair and also do not provide a smooth finish.

13. Use after-shave lotion: Just like using a moisturizing shaving gel acts as a barrier of protection while shaving, using after-shave hydrates and soothes the skin. It helps to seal the skin pores after a nice shave. It is wise to opt for alcohol-free after-shaves as alcohol can make your skin dry.

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

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

15. Consult a dermatologist for skin problems: Last but the most important point in a skin care routine is to consult your dermatologist when in doubt. Instead of trying home remedies to deal with skin pigmentation or infection, it is wise to visit a doctor to get it treated effectively. Also, the use of over the counter products for skin infections can further worsen the condition. So if you have any skin-related symptoms such as redness, itching, swelling or stinging, then book an appointment with your doctor at the earliest.

Elevating Elegance: Master Bedroom Interior Design Unveiled





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

1. The Art of Balance:

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

2. The Statement Bed:

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

3. Ambient Lighting:

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

4. Thoughtful Storage Solutions:

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

5. Personal Touches:

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

6. Cozy Seating Areas:

Create intimate corners within the master bedroom by incorporating cozy seating areas. A stylish chaise lounge, a pair of

accent chairs, or even a window seat provides a retreat within a retreat—a place for relaxation, reading, or simply unwinding.

7. Nature's Embrace:

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

8. Technological Integration:

In the modern era, integrating technology seamlessly into the bedroom is a design consideration. Smart lighting, automated window treatments, and hidden charging stations can enhance convenience without compromising aesthetics.

Master bedroom interior design is a dynamic interplay of aesthetics and functionality, where every element contributes to the creation of a space that exudes both style and comfort. As the day concludes and the door to the master bedroom closes, it becomes a private haven—a carefully curated retreat where luxury and personal taste intertwine to create a sanctuary of restful bliss.



Valentine's Advice For A New Couple

Figuring out what to do for your first Valentine's Day as a couple can be daunting, to say the least. When you haven't been together for very long, you might not know if you're even ready to celebrate such a romantic holiday, much less know where you'd like to go for dinner. It can quickly turn into a high-pressure situation and one that doesn't seem very fun.

Valentine's Day can be overwhelming for anyone, but that first Valentine's Day together definitely has an extra dose of stress. Since the day is chock-full of expectations, you might start to overthink your plans, put a bunch of pressure on yourself, or wonder what's appropriate to do, but it's way better to chat about it early on so you two can get on the same page and have a good time.

Maybe you and your partner agree to focus on smaller things like cards, flowers, or a night in with a box of drugstore chocolates. You might also be into the idea of starting your own tradition as a couple. It's all about figuring out what feels right for your new relationship.

Keep scrolling for more Valentine's Day tips for navigating your first romantic day as a

couple, according to relationship experts.

Chat About Your Expectations-Since your relationship is on the newer side, you might not even know how your partner feels about Valentine's Day. Do they like to go all-out with ritzy restaurant reservations and fireworks displays? Or are they more of a heart-shaped cookie kind of person? It's time to find out.

"People have very different opinions and expectations about Valentine's Day," Bennett says, which is why you'll need to have an open and honest convo as you head into February. Make a point of getting it all out on the table so you'll be able to approach the day with similar expectations.

Communication is key-"This doesn't have to be a 'serious' talk but it is a great opportunity for new partners to learn more about what they each care about and how to express their care or appreciation in ways their partners understand and can appreciate."

Talk About Your Love Languages-The whole concept of love languages definitely applies to Valentine's Day, so go ahead and direct a conversation in this direction. Do you like to show love by giving gifts, spending

quality time together, or sharing words of affirmation? Let it all out and ask your partner how they like to give and receive love so you can figure out the best way to approach the holiday.

Some folks are uncomfortable with certain displays of affection, so it's good to know the facts instead of just assuming. Basically, the more transparent you are with each other, the better your day will be.

Let Them Know What You Want-While surprises are fun, you can remove some of the pressure this year by being crystal clear about what you want to do on V-Day. A quick, "Hey babe. Let's buy each other flowers and get pizza" is all it takes. That way no one will have to guess or stress.

Make Plans Together-If it feels like the pressure to plan the day is falling all on you or your partner, then "decide as a team something fun that you can do together on Valentine's Day." That way it won't be up to one person.

Match Your Gift To The Mood-A big part of Valentine's Day is the gift-giving segment, which often means doling out flowers,



cards, and jewelry. But if it's your first time celebrating together, you probably won't know what's right versus what feels like too much.

If you've only been together a month, a more casual gift like a box of cookies or a bunch of flowers is perfect. If it's coming up in a year and you've already dropped the L bomb, that's when you might want to do something bigger, like a weekend getaway.

"That being said, it really does depend on the relationship and what precedent has already been set," Hirsch says. Again, this is why chatting comes in handy as you decide what's right.

Give Your Gift With Confidence—Another thing to keep in mind when choosing a gift? It's always the thought that counts. "Remember, your partner can buy themselves anything they want or need," "The reason gifts are so special is that they show the person that you are thinking of them. The intention behind the gift is what matters most. This simple reframe can save you a lot of headaches."

When you're new to a relationship, it can

take a while to get to the staring-at-each-other-across-a-candlelit-table stage, and that's OK. You can still go out while keeping it casual. Hirsch suggests choosing a fun, low-pressure setting. Think a bar with live music, a chill cafe, or the pizza shop where you first met. Remove the candles from the situation, and it'll put you both at ease.

Since your new relationship is a blank slate, that means you can drop all the expectations that don't feel right and replace them with something that's a better fit. And that includes creating your own Valentine's Day tradition.

"On your first Valentine's Day as a couple, consider making it special in a way you'd like to repeat every year," This might mean choosing a restaurant that you can go back to every Feb. 14th. It might also mean going off the beaten path and trying something completely new, like staying home and baking a cake.

When in doubt, lean into the cheesiness of the day. "Have fun with it, regardless of how corny others may think it is, or even if you've perceived Valentine's as corny in the past," To go all out, create a slideshow of your love

from the past three months, wear matching pink and red outfits and bop around town, or read poetry to each other. If it's mildly embarrassing, you're doing it right.

You may even find that this vibe actually fits how you've been feeling. "During the first nine to 12 months of dating someone, our bodies are coursing with dopamine and serotonin, your feel-good neurotransmitters," Weaver-Breitenbecher tells Bustle. "So you often want to scream your feelings for someone from a rooftop."

Tell your partner about a Valentine's Day memory from when you were younger, says Sculler. Talk about how your second-grade class exchanged cards or how you'd always bake pink cupcakes with your grandparents. Sharing memories is a cute way to broach the subject without feeling too heavy and also helps you feel more connected.

Remember, your partner is also quietly Googling what to do on Valentine's Day, and they're probably equally worried about doing too much or not doing enough. Until you get your traditions sorted out, it'll help to manage your own expectations when it comes to how the day pans out. "Focus less on the gift or plan and more on the intention and gesture behind it,"

While Valentine's Day is a great opportunity to show your partner some extra love, you also have the opportunity to share that love with yourself.

"Valentine's Day is a day for love and romance, but that doesn't have to stop at focusing on your significant other," "Consider what makes you feel loved and cared for and see if there is anything you can do for yourself."

This is also a great backup plan if you decide not to do anything as a couple. You can always stay in and treat yourself to a self-care night that includes a face mask, a sweet treat, and a glass of bubbly.

Instead of grand gestures, showing that you are grateful for one another and that you're committed to treating each other with kindness throughout the year. This is especially key in a brand-new relationship where you want to set the precedent for long-term happiness.

Rather than going all out on an expensive dinner or fancy piece of jewelry, consider spending some quality time together or showing mutual love by engaging in activities that honor both of your love languages. That way, you'll set your relationship up to stay extra sweet all year.

Trevor Noah: Born in Africa to Bring the World Together

Trevor Noah is more than a comedian—he is a unifying voice in a world that often feels divided. Born in apartheid South Africa, Trevor's life has been a reflection of the complexities of identity, history, and the human spirit. From his roots in Soweto to becoming a global sensation, Trevor has used humor not just to entertain but to bridge cultures, foster understanding, and highlight the common threads that connect us all.

A Child of Two Worlds

Trevor Noah entered the world on February 20, 1984, at a time when South Africa was still gripped by the oppressive regime of apartheid. His mother, Patricia Nombuyiselo Noah, a black Xhosa woman, and his father,

Robert Noah, a white Swiss-German, defied the laws of the land with their relationship. Their union—and Trevor's very existence—was a radical act of love and courage in a society that criminalized interracial relationships.

Growing up in Soweto, Trevor experienced life on the margins of society, belonging neither fully to the black community nor to the white minority. Yet, it was this in-between space that gave him a unique perspective on life. His mixed heritage allowed him to understand the experiences of different groups, and his humor became a tool to navigate the complexities of identity and belonging.

In his memoir, *Born a Crime: Stories from a South African Childhood*, Trevor describes how his mother's unwavering faith, resourcefulness, and rebellious spirit shaped him. She taught him to embrace his differences and find strength in his individuality, lessons that would later form the foundation of his comedic voice.

Finding Connection Through Comedy

Trevor's journey into comedy began almost by accident. In the early 2000s, while trying his hand at various careers, including acting and radio hosting, he accepted a dare to perform stand-up at a local comedy club. His sharp wit, keen observations, and natural charisma made an instant impression on the audience.



In those early years, Trevor's comedy was deeply rooted in the stories of South Africa—its vibrant cultures, complex history, and the absurdities of life in a transitioning democracy. He became a master at using humor to dissect serious topics like race, inequality, and politics, finding laughter in the uncomfortable truths of society.

Trevor's ability to connect with diverse audiences quickly set him apart on the South African comedy scene. By the late 2000s, he was performing sold-out shows across the country and starring in television specials like *The Daywalker*. His rise to stardom in South Africa marked the beginning of a journey that would take him to the farthest corners of the world.

Crossing Borders, Bridging Cultures

In 2011, Trevor took a bold step and moved to the United States, determined to share his story on a global stage. He knew the road ahead wouldn't be easy; as an African comedian in America, he was stepping into uncharted territory. But Trevor's unique perspective as a global citizen quickly caught the attention of audiences.

Trevor's big international break came when he appeared on *The Tonight Show* with Jay Leno in 2012, making history as the first South African comedian to do so. This was followed by appearances on *The Late Show* with David Letterman and the release of his international stand-up special, *Trevor Noah: African American*.

Through his comedy, Trevor introduced the world to South Africa's stories, traditions, and humor. At the same time, he skillfully wove in his observations about life in the United States and beyond, creating a universal appeal that transcended cultural and national boundaries.

The Daily Show: A Global Perspective

In 2015, Trevor Noah was thrust into the global spotlight when he succeeded Jon Stewart as the host of *The Daily Show*. The announcement was met with curiosity—and some skepticism—as many wondered whether a South African comedian could navigate the complexities of American politics and culture.



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Trevor quickly proved that his outsider perspective was exactly what the show needed. Under his leadership, The Daily Show expanded its focus to include not just American politics but also global issues, reflecting his upbringing in a multicultural society. He tackled topics like immigration, systemic racism, and climate change with humor, empathy, and incisive commentary.

Trevor's ability to make audiences laugh while encouraging them to think deeply about the world earned him widespread acclaim. He became a voice of reason and connection during turbulent times, using humor to bridge the divides of race, nationality, and ideology.

Comedy as a Tool for Unity

Beyond his work on The Daily Show, Trevor Noah continued to tour the world as a stand-up comedian, connecting with audiences from every walk of life. His Netflix specials, including *Afraid of the Dark* and *Son of Patricia*, showcased his ability to find humor in the shared human experience, whether he was recounting his childhood in South Africa or reflecting on his travels around the globe.

Trevor's memoir, *Born a Crime*, further solidified his role as a storyteller and cultural ambassador. Through personal anecdotes and historical context, he invited readers into his world, offering a window into the resilience and spirit of South Africa while emphasizing themes of family, identity, and love.

A Mission to Unite

Trevor Noah stepped down from The Daily Show in 2022, but his mission to unite the world through laughter continues. Whether performing sold-out shows in Europe, Africa, or the Americas, Trevor remains committed to using comedy as a force for good.

He has shown that humor can be a powerful tool for breaking down barriers, fostering understanding, and reminding us of our shared humanity. From Soweto to New York, from small comedy clubs to international stages, Trevor Noah has carried with him the lessons of his African roots: resilience, storytelling, and the unshakable belief that laughter can bring people together.

Trevor often says, "Comedy is a way to understand the world, and understanding the world is the first step to changing it." Born in Africa to bring the world together, Trevor Noah is living proof that a good laugh has the power to change hearts, minds, and the course of history.





Jonathan Majors flaunts his massive muscles on shirtless hike with fiancée Meagan Good after getting engaged

Jonathan Majors showed off his massive muscles while hiking with Meagan Good just a few weeks after they confirmed their engagement.

The couple was photographed looking all loved up while getting their steps in at Runyon Canyon in Los Angeles Thursday. They were seen holding hands, embracing each other and smiling throughout their walk. For the outing, the “Creed III” flaunted his biceps and abs as he ditched his shirt, simply wearing a pair of gray joggers.

He complimented his simple outfit with a blue baseball cap, silver watch, white sneakers and black sunglasses. The “Think Like a Man” actress also showed off her fit physique, stunning in a matching red sports bra and leggings set. She also sported white sneakers, sunglasses and a gray baseball cap.

TMZ later caught up with the couple as they walked to their car and asked if they were getting in shape for the upcoming nuptials. “I’m good,” Majors, 35, said while laughing. “I’m good.” Good, 43, agreed and said they’re “just trying to stay ready” for the big day. She also credited her fiancé for her hot bod and joked that her fitness secret is “body by J.”

When asked about their engagement, Good revealed that they were vacationing in Paris with her dad when he popped the question.

“He asked me for my hand in marriage there, and it was really sweet, really cute,” she shared. “He asked my mom for my hand in marriage as well, which was very sweet.”

Last month, the couple announced they were about to get married when Good flashed her engagement ring during the Ebony Power 100 Gala red carpet.

In May 2023, Majors and Good went public with their relationship as he dealt with the aftermath of his arrest for allegedly assaulting ex Grace Jabbari.

The “Harlem” actress showed her support by attending several court hearings throughout the trial while defending their relationship. In December 2023, Majors was found guilty of one count of misdemeanor third-degree assault and one count of second-degree harassment.

Majors is currently serving out his 52-week in-person domestic violence intervention program sentencing. Shortly after the sentencing, Majors addressed the situation and said he was still “standing,” despite the “very difficult” ordeal. “I’m really blessed,” he told ABC News in January. “I’m surrounded by people who love me, who care about me. But this has been very, very, very hard and very difficult and confusing in many ways.”



Jay-Z Accused of Raping 13-Year-Old Girl in Diddy Lawsuit

Tony Buzbee, who filed the suit on behalf of Jane Doe, tells TMZ ... "Mr. Carter previously denied being the one who sued me and my firm. He even filed his frivolous case under a pseudonym. What he fails to say in his recent statement is my firm sent his lawyer a demand letter on behalf of an alleged victim and that victim never demanded a penny from him. Instead, she only sought a confidential mediation. Since I sent the letter on her behalf, Mr. Carter has not only sued me, but he has tried to bully and harass me and this plaintiff. His conduct has had the opposite impact. She is emboldened. I'm very proud of her resolve."

Diddy's lawyers tell TMZ ... "This amended complaint and the recent extortion lawsuit against Mr. Buzbee exposes his barrage of lawsuits against Mr. Combs for what they are: shameless publicity stunts, designed to extract payments from celebrities who fear having lies spread about them, just as lies have been spread about Mr. Combs. As his legal team has said before, Mr. Combs has full confidence in the facts and the integrity of the judicial process. In court, the truth will prevail: that Mr. Combs never sexually assaulted or trafficked anyone—man or woman, adult or minor."

Jay-Z has been sued for drugging and raping a 13-year-old girl in a lawsuit tied to disgraced rapper, Diddy ... which the music mogul is calling "a blackmail attempt."

In the documents obtained by TMZ ... Jay-Z is named by an anonymous accuser, who says the rapper and Diddy drugged and raped her back in 2000.

The plaintiff, who is suing as Jane Doe, says the alleged assault occurred at an after party following the MTV Video Music Awards.

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5 Tips To Become A Kid's Favorite Adult



There is seemingly endless advice out there to help parents raise healthy, responsible children. But parents aren't the only people who help raise kids or invest in their well-being. Author and entrepreneur Rachel Cargle isn't a parent, but kids are a central part of her life.

"I found myself as this auntie figure, both for my nieces and nephews who are biologically part of my life, but also as my friends and other people in my community are having children of their own," Cargle says. "I found a lot of joy in being part of their lives."

Cargle runs the Instagram account Rich Auntie Supreme, which helped popularize this image of blissful, wealthy, carefree women who can live that way because they don't have children.

Cargle is not the first person to talk about living a child-free life, but she says she found many child-free communities talked

about how much they didn't like children or believed people who did have kids made the wrong choice. She wasn't interested in that. As someone who spends time caretaking in a variety of ways, Cargle loves kids.

"Children are such wonderful reminders of the wonder of life," she says. "Having children in your world is a meaningful part of the life experience."

For Cargle, choosing to live child-free was an invitation to have relationships with kids without being a parent. And she's discovered there are plenty of ways to do it. "There are opportunities to be an auntie everywhere."

Aunts, uncles, godparents and even trusted neighbors play a unique role in shaping the littlest members of our society. Here are five tips from superstar aunties, uncles and experts on how to be a supportive adult to the kids in your life.

Figure out your role

The great part about not being a parent to a child, is that you get to choose how much you want to engage and in what ways. Some aunties and uncles want to send cards full of money on birthdays and holidays. Others want to do school pickup every week. Whatever your style, the first step in being a supportive adult in a kid's life is understanding your own interests and being intentional about what you can and can't give.

"A lot of the auntie role is, of course, caretaking," says Cargle. "But it's also teaching and exposing and introducing and showing up."

Do you like getting your nails done or making TikToks? Is the kid in your life a big Seahawks fan or are they really good at math? Think about an activity or subject you enjoy that you can share with the kids in your life. Finding a shared interest is an easy way

to create a point of connection that can help you build or strengthen that relationship.

Cargle says these points of connection can be big or small and can happen whether you're near or far. Even regular phone calls and text messages can help you feel present if you can't be physically close.

Come up with a routine for staying in touch. Once you figure out your role, start thinking about how often you want to participate. Are you checking in every day? Once a week? Do you go to all the football games and recitals, or send each other your wordle responses every morning? When it comes to building relationships with kids, consistency is key.

Erlanger Turner is a licensed child and adolescent psychologist and founder of Therapy for Black Kids. He's also an uncle, and he says it's normal for kids to develop attachments and get used to a particular level of interaction, so think about what level of commitment you can maintain. You can even get input from the parent to see what would work for them. And try to stick to a schedule that you can balance with the rest of your life.

Part of being a good auntie is being present and engaged with the whole family. You can talk about all sorts of things with the parents or guardians, including how they think you can be the most supportive. Maybe they'd like you to work on a specific behavior with their child or mentor them on a particular subject.

Talk with them about what support they need as a parent and how you can best show up for them, too. That could be a simple word of encouragement, reminding parents they're doing a good job, or something more involved like regularly babysitting, buying the kids lunch every once in a while or helping them with homework.

Provide non-judgmental support

Turner says relationships with adults who aren't their parents help children's development because a lot of how kids learn is through observation.

Aunties show kids that there are different perspectives, ways to live and ways to be. Being able to introduce kids to that broader view of life is one of the really special things that aunties and uncles do, Turner says.

The main difference between a parent-child relationship and an auntie-child relationship is, as an auntie, you're not the primary caretaker. Unlike being a parent, there's less pressure for you to always be on your best behavior or be the perfect role model. Because aunties and uncles operate in this



neutral safe zone, they can listen to kids a little bit differently than their parents.

Kids might be afraid to share certain things with their parents because they're afraid they'll get in trouble or disappoint them, says Turner.

"When they have a relationship with the aunt or uncle sometimes those expectations may not be there. They may be more comfortable sharing certain things."

In this safe zone, aunties can be more free to express themselves than parents, and kids can feel more comfortable sharing their thoughts and experiences.

Have a conversation about boundaries with the child and their parents

If a kid sees you as a safe person, they might start sharing their secrets with you. Sometimes these are fun secrets like a surprise they're planning for Mother's Day or small revelations they may have as they get older that they only want to share with you. But a time may come when you're being asked for advice or they tell you something that is a little bit outside the scope of your relationship. You might even get a sense that they're in harm's way. This is a moment you can prepare for. Turner says if a child shares something with you that you don't feel comfortable keeping secret, follow this two-step process.

Before you talk to the parents, validate the child and what they've shared with you. Then, explain how you feel and talk about how you want to proceed. It might go something like this:

"Say, 'Hey, I know you told me this, and you wanted me to keep this a secret, but I think that it is something that I need to share with your parents.'"

The child can share directly with their parents if they feel more comfortable with that option. You can also offer to accompany them as moral support when they talk to their parents, says Turner. Kids might be upset at first, but Turner says they usually understand.

"It's really important to communicate to the child that you want to be supportive of them. You want to be there for them and listen to the things they may be going through," Turner says. "In most cases, the kids understand that you're an adult and that adults have to make some tough decisions that maybe they don't agree with."

It's important to keep the lines of communication between you, the parent and the child open. Everyone's on the same team. As important as your relationship with the child is, you're there to help raise them. Being an ally to the parents and working with them, not against them, is key to being a good auntie.

Talk about discipline

Another situation you can prepare for is discipline. Turner says that in most situations, kids are going to test the limits when they're not with their parents, and there may even be some behavior issues they are working on. So, have ongoing conversations with the parents about what they think is appropriate.

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2024 Tesla Model S

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

What's New for 2024?

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

to the Model S happen throughout the year, we'll update this story with details.

Pricing and Which One to Buy

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

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

EV Motor, Power, and Performance

With an electric motor dedicated to each of the front and rear axles, the Model S offers full-time all-wheel drive no matter which version you choose. The acceleration of the two models ranges from outstanding to unbelievable. The standard Model S has proven itself an agile sports sedan with well-controlled body motions and direct steering. Two different settings allow drivers to choose heavy or light steering effort, but

neither of them enables more feedback from the road. Unfortunately, the available yoke-style steering wheel is poorly integrated and diminishes the driving experience; a regular steering wheel is a no-cost option. The ride comfort is good, handling is adroit, and it's confident and almost tranquil on the highway.

Tesla Model S 0-60 MPH Time

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

Range, Charging, and Battery Life

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

Fuel Economy and Real-World MPGe



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

Interior, Comfort, and Cargo

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

Infotainment and Connectivity

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

Safety and Driver-Assistance Features

The Model S comes with an adaptive cruise control system called Autopilot, but before you get too excited about a self-driving car, you should know that it's little more than an adaptive cruise control system with a lane-centering feature. A more advanced Enhanced Autopilot package is available and adds an automatic lane-changing system, and an automatic parking feature, among other tricks. The company has repeatedly touted a "full self-driving" feature over the years but in our experience, it doesn't

quite work as advertised and still requires driver attention and intervention. For more information about the Model S's crash-test results, visit the National Highway Traffic Safety Administration (NHTSA) and Insurance Institute for Highway Safety (IIHS) websites.

Key safety features include:

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

Warranty and Maintenance Coverage

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

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



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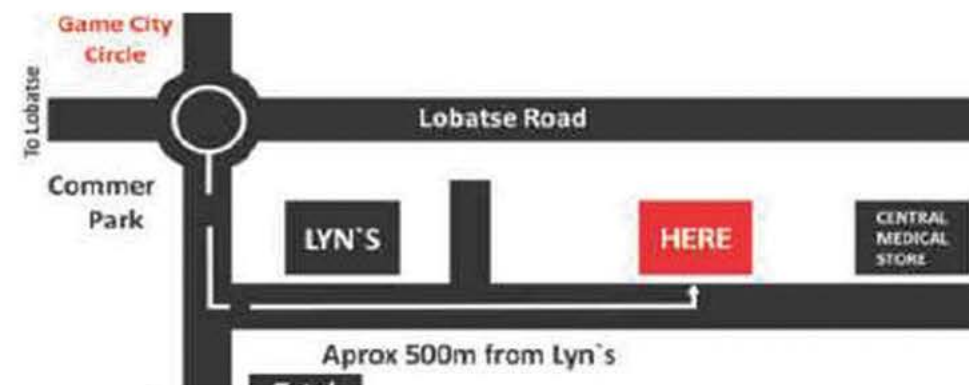
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Campfire Stew

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plus overnight soaking

Easy

Serves 6

Enjoy this easy stew made with gammon and plenty of veg – it's full of goodness, delivering four of your five-a-day, and can also be cooked in a slow cooker

Ingredients

- 600g gammon
- 1 tbsp vegetable oil
- 2 onions, roughly chopped
- 2 carrots, chopped
- 1 celery stick, chopped
- 2 peppers, deseeded and chopped
- 3 garlic cloves, crushed
- 1 tbsp tomato purée
- 2 tsp smoked paprika

- ½ tsp chilli powder (optional)
- 2 x 400g cans chopped tomatoes
- 1 tbsp Worcestershire sauce
- 2 bay leaves
- 2 x 400g cans haricot beans, drained and rinsed

STEP 1

Remove the rind and fat from the gammon, then soak in a pan of water in the fridge overnight – this will remove some of the salt.

STEP 2

Heat the oil in a large flameproof casserole or ovenproof pan over a medium-high heat and cook the onion, carrots and celery for 10 mins, stirring regularly until the veg starts to soften. Stir in the peppers, garlic, tomato purée, paprika and chilli powder. Cook for another 2 mins, then add the tomatoes and stir. Swill out the tomato cans with a

little water and pour this into the casserole. Season well and stir in the Worcestershire sauce, 1 tbsp sugar and the bay leaves.

STEP 3

Heat the oven to 170C/150C fan/gas 3. Put the gammon in the casserole, cover and bring to a simmer. Transfer to the oven and cook for 3 hrs until the meat is tender. Carefully lift out the casserole and return to a medium heat on the hob, then add the haricot beans. Simmer for 10 mins until the beans are heated through, then shred the ham using two forks. Serve straightaway. To store, leave to cool completely and chill in an airtight container for up to three days, or freeze for up to two months. Defrost in the fridge overnight before reheating until piping hot.



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7 Effective Fitness Tips For Beginners

What Does Being Fit Mean?



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

Fitness Tips For A Healthy Life

1. Here's a rundown of everything that we are about to discuss.
2. A Balanced Diet Is The Way To A Healthier Life
3. Hydration Is The Key To A Perfect Fitness Workout
4. Setting Achievable Health And Fitness

Goals

5. Cut Out The Screen Time That Does Not Serve You
6. Hit The Bed On Time
7. Personalize Your Workout
8. Learn To Regulate Your Emotions In A Healthy Manner

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

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

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

At least 400 g of fruits, vegetables, legumes, and whole grains, less than 5% of sugar, less than 30% of fats (nuts, oils, butter, etc.), out of which unsaturated fats should take precedence over saturated fats and less than 5 g of salt per day.

It might not be possible to have an exact diet like this every day, yet something that matches this is highly desirable and can help

you stay healthy for a long. Remember, your fitness journey starts in your kitchen.

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

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

You can add different things to your water to meet the daily requirement of 2 liters or 8 glasses of water per day. Remember, staying hydrated helps you maintain a healthy weight balance, clears out your skin, can help you to work out for a longer period of time, boosts your brain performance, and improves your digestive functioning.

Fitness Tip 3. Setting Achievable Health And Fitness Goals

Setting realistic health and fitness goals is a crucial first step in starting a fitness journey. These objectives act as compass points that keep us on track and inspired. But it's crucial to set goals while maintaining



a realistic outlook and a solid grasp of our own potential. To do so, you can follow the SMART approach, that is, keep your goals specific, measurable, achievable, relevant, and time-bound. The trick is to strike a balance between neither overestimating your strengths nor undermining them. Use your strengths to your advantage and work on your weaknesses in a consistent manner.

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

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

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

Fitness Tip 5. Hit The Bed On Time

Have you heard of the golden rule of '8 hours of sleep'? Well, that is true...mostly. Since everyone's body functions differently,

we all require different amounts of sleep to feel good and refreshed. So, you will need to figure out the number of hours you need. They can range anywhere between 7-9 hours. Also, if your day allows it, try to take a 30-minute nap post-lunch. Following lunch, a brief momentary rest may assist in gastrointestinal health.

Fitness Tip 6. Personalise Your Workout

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

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

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

Anger is the biggest detriment to our health and fitness journey. When we feel emotions

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

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

Conclusion

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



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Lando Norris makes 2025 F1 drivers' title declaration after leading McLaren to constructors' triumph with Abu Dhabi win



Lando Norris made a bold declaration just moments after sealing the 2024 Constructors' Championship for McLaren; Norris came up short in challenging Max Verstappen for the 2024 drivers' title but is confident of claiming a maiden triumph in 2025.

Lando Norris declared that "next year is my year" after leading McLaren to the Constructors' Championship by winning the season-ending Abu Dhabi Grand Prix.

Norris came up short in the Drivers' Championship as Max Verstappen sealed a fourth successive title with two rounds to spare, but the Brit ensured McLaren ended

2024 with some silverware.

After team-mate Oscar Piastri dropped from second to the back of the field after a first-corner collision with Verstappen, pole-sitter Norris controlled the race superbly to ensure McLaren held off the challenge of Ferrari to win the title for the first time since 1998.

After taking the chequered flag, Norris congratulated his colleagues over team radio before adding: "It's been a special year. Next year is going to be my year too."

The 25-year-old Brit, who ultimately finished 63 points behind Verstappen at the top of

the drivers' standings, later explained to Sky Sports F1 why he is confident of claiming a maiden title in 2025.

"I certainly know I've got a lot of what it takes. There's no doubt about that, and I'm confident in saying that," he said.

"I clearly, and I think this year I proved not everything is where it needs to be, but even since those moments, I feel like I've improved a lot in the last quarter and second half of the year, a huge amount.

"I have confidence in myself, which is, is not a common thing, and I'm never going to go



around screaming that kind of thing. But I have confidence that I can fight against Max, and I can fight against Charles and all these other drivers who are just as capable of winning championships, even Lewis and stuff like that next year.

"So, I have what it takes. Yes, I need to improve in areas, and certain areas are not up to the level they need to be, and I'm going to work hard over the winter to improve on them, but I'll do that and we'll fight."

Piastrì 'definitely' targeting 2025 drivers' title Norris' statement of ambition was notable given McLaren have insisted through 2024

that they consider him and Piastrì as equals, and have shown they would only be willing to prioritise an individual's hopes once it is near impossible for the other driver to be in the mix for the drivers' title.

The Australian was at times able to match Norris, perhaps most memorably when overtaking his team-mate at the start of the Hungarian Grand Prix before McLaren's strategy choice created a team orders radio soap opera that eventually ended with Piastrì claiming his maiden F1 win.

Asked by Sky Sports F1 whether he too is targeting the drivers' title next year, Piastrì offered an emphatic response.

"Definitely," he said. "Hopefully we can come out of the blocks strong next season and mount a challenge from the start. "I still have some things to work on and improve but I feel like it's been a good step up from my rookie season."

"So, I'm excited for next year, excited for a bit of a break first, and then go again and try to fight for both championships".

Brown 'wouldn't bet against' Norris for 2025 title

McLaren chief executive Zak Brown said it was up to his two drivers to "figure that one out" regarding the 2025 drivers' title, but

Sports

admitted he "wouldn't bet against" Norris.

Brown told Sky Sports F1: "That race, he (Norris) carried us. To not make any mistakes, and we were worried about Safety Cars, I was worried about everything, and he drove flawlessly, as he's done.

"So next, try to repeat constructors' and get the drivers' (title). I'll let Oscar and Lando figure that one out."

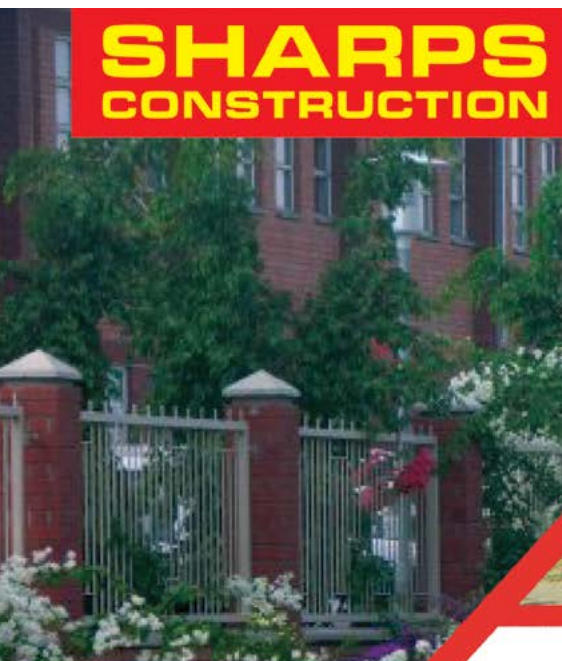
Asked about Norris' radio message, Brown added: "He's going to give it all he's got. And given the momentum he's on, I wouldn't bet against him."

Brown also admitted watching his team attempt to end a 26-year wait for the constructors' title was "the worst two hours" of his life.

He singled out the McLaren pit crew for particular praise as they expertly executed Norris' only stop of the race to keep him ahead of Ferrari's Carlos Sainz, who had stopped a lap earlier to attempt an undercut. "That was the worst two hours of my life, by far," Brown said.

"Lando drove brilliantly. Unfortunate what happened to Oscar at the start, but the team was flawless. They executed the pit stop great.

"And I think I was the only one who was ready to have a heart attack for about two hours."



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SOUP MIX
1x500g
9⁹⁵



CHOBE
MAIZE SAMP
1x10Kg
84⁹⁵



SUNSTAR/
D'LITE/
PAN COOKING
OIL 1x2Ltr
41⁹⁵



EXCELLA
COOKING OIL
1x2Ltr
44⁹⁵



PAN
COOKING OIL
1x750ml
15⁹⁵



EXCELLA
COOKING OIL
1x20Ltr
499⁹⁵

F^{OURS}

YOUR BASKET OF GOOD

**GIVE WINTER THE
Cold Shoulder**
with these great deals!

PRICES VALID FROM
1 JULY TO 31 JULY

P339⁹⁵ only

**CHOICE
COMBO
DEAL!**



**TASTIC
RICE
10Kg**

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

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

**EXCELLA
COOKING
OIL 2Ltr**

**ALL GOLD
TOMATO
SAUCE 700ml**

**CROSSE &
BLACKWELL
MAYONNAISE
750g**

**COMBO
DEAL!**

P299⁹⁵ only



**SPEKKO/EXCELLA
RICE 10kg**

**PAPA SUPER MAIZE OR
CHAMPION
MABELE 10kg**

**CMK
MIXED PASTA
2kg**

**PAN
COOKING
OIL 2Ltr**

**ALL GOLD
TOMATO
SAUCE 700ml**

**CROSSE &
BLACKWELL
MAYONNAISE
750g**

**BUDGET
COMBO!**

P199⁹⁵ only



**PAPA SUPER MAIZE OR
CHAMPION MABELE 10kg**

**CMK
MIXED PASTA
2kg**

**PAN
COOKING OIL
2Ltr**

**NOLA
MAYONNAISE
750g**

**WELLINGTON'S
TOMATO SAUCE
700ml**



**PAPA
SUPER MAIZE
MEAL
1x12.5kg
91⁹⁵**



**SUPER A1
MAIZE MEAL
1x12.5kg
98⁹⁵**



**WHITE STAR
MAIZE MEAL
1x5kg
42⁹⁵**



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



**BABY SOFT
TOILET TISSUE
1x18's
99⁹⁵**



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



**MAQ
FABRIC
CONDITIONER
ASSORTED
1x2Ltr
29⁹⁵**



**STA SOFT
FABRIC
SOFTENER
1x2Ltr
36⁹⁵**



**SKY
WASHING
POWDER
1x2kg
28⁹⁵**



**SURF
WASHING
POWDER
1x2kg
36⁹⁵**



**SUNLIGHT
WASHING
POWDER
1x2kg
38⁹⁵**



**MAQ
WASHING
POWDER
1x2kg
48⁹⁵**



**COMFORT
FABRIC
CONDITIONER
1x800ml
35⁹⁵**