

DEEP

INSIGHT

MONTHLY

7 COOL JOBS
IN THE
FOOD
INDUSTRY

WOMEN IN SCIENCE

FEMINISM

MY GRANDMOTHER'S
DANCE WITH TIME

THE PACESETTER
HOLLYWOODLEE



Positivity Pledge

I pledge to respect women and acknowledge them.
To empower and give them their flowers while they
are alive.

So help me, God.



The Book

I flip past the page with the Deep Insight Publishing House logo. On page 3, there I envision the first chapter dedicated to my queen, my mother, who portrays an immeasurable role in my becoming. I smile as I read snippets of her wholesomeness and amazingness.

I turn over the pages and skip some; mind you, it's a big book that would require me to take my time. I go over the story of Director-General Ngozi Okonjo-Iweala, who made history as the first woman to head the World Trade Organization. My excitement grows as I come across a page titled Mi Profesora, Carla, an Ecuadorian friend who has taken it upon herself to tutor my team and me one of the best sounding languages, Spanish. I splendour at how women selflessly build others in different ways.

There are so many stories of distinct women. Amanda Gorman. Naomi Osaka. Hayley Mulenda. Malala Yousafzai. Noreen Mutsa Masiyiwa. Nomzamo Mbatha. Hazviperi Betty Makoni. These several mentions are only but a drop in the ocean. For some, like Cicely Tyson, who's sleeping peacefully,

bless her soul, their stories are a legacy. They are pathfinders to us women.

In between chapters, empty pages are yet to be filled. As I am scrolling, I come across a page titled, In her eyes. Like some others in The Book, my story is still being written and is quite intriguing. A particular paragraph catches my eye, and I begin to walk down memory lane.

I hear the siren blasting, signalling the end of classes. I see a much younger Millicent holding hands with her friend Stella. On the other hand, she clasps a few coins. They dash towards Amai Modhe's(mother of Modester) stall. They cut through the queue with expertise and reach a point where they can feast their eyes with the goodies.

It suddenly dawns on me that as we busied ourselves in feasting our eyes and contemplating what to buy, Amai Modhe was busy hustling and marketing her products. The more we visited her stall, the more she could put food on her table, feed Modhe and perhaps her siblings. She mustered her craft by familiarising herself with the business world terminologies as with some women in business today—a round of applause to them.

Like any bibliophile, I include a

chapter on notable female authors. Agatha Christie, whose novel, The Secret Adversary quipped my interest in detective fiction novels. Chimamanda Ngozi Adichie, whose books temporarily made me a Book Thief, no pun intended (laughs). I would steal my sister's copy of Purple Hibiscus; you see, Mercy had a tendency of hiding her Literature books, and I was getting tired of having to labour for every read, hence my innocent thievery.

As I keep reading and flipping the now empty pages that are yet to be filled, I decide to close the book. If you were to sit these women and hear their stories, you would be stunned at their resilience and tenacity.

Now, gentle reader, I suppose you too would want to enrich your soul with stories from The book. Hush now, for it shall indeed be made manifest. (smiles)

I cannot end this note without acknowledging my friend Ropafadzo. Thank you for enabling me to meet with a powerful woman of substance who happens to be gracing our cover.

With love



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CONTENTS

- 2 FEMINISM
- 5 GENESIS
- 6 ONE ON ONE WITH HOLLYWOODLEE
- 10 MY GRANDMOTHER'S DANCE WITH TIME
- 12 ENVIRONMENT FOR PACESETTERS
- 14 GRANDMA'S GIFT OF LOVE
- 18 WOMEN IN SCIENCE
- 21 7 COOL JOBS IN THE FOOD INDUSTRY
- 22 WOMEN IN LEADERSHIP
- 25 5 DO'S WHEN TRAVELLING
- 26 ALTHOUGH I WAS NO VIRGIN,
THE MAN ROBBED ME OF MY INNOCENCE.
- 28 EXERCISING YOUR BRAIN WITH SUDOKU

Feminism

By Grace Murenje

I have had many people, especially men, asking me, “Are you a feminist? What do you think about the idea of feminism?”

To begin with, let’s define feminism. The global idea of feminism is that women deserve the same privileges that men receive. These include equality of opportunities, treatment, respect, and social rights. In general, women’s activists are individuals who attempt to recognise social imbalance based on sexual orientation and halt it from proceeding. In most cultures in history, men have received more and better opportunities than women.

Most people think that it’s a movement that was created for women to rule over men. So that women can have more power in politics, businesses going down to social activities. Because we are now living in the 21st century, most people tend not to realise how feminists played a significant role in shaping society the way it is now.

Let’s go back a century ago. For starters, women didn’t have the right to vote in 1920. They were never included in any decision-making, be it in the

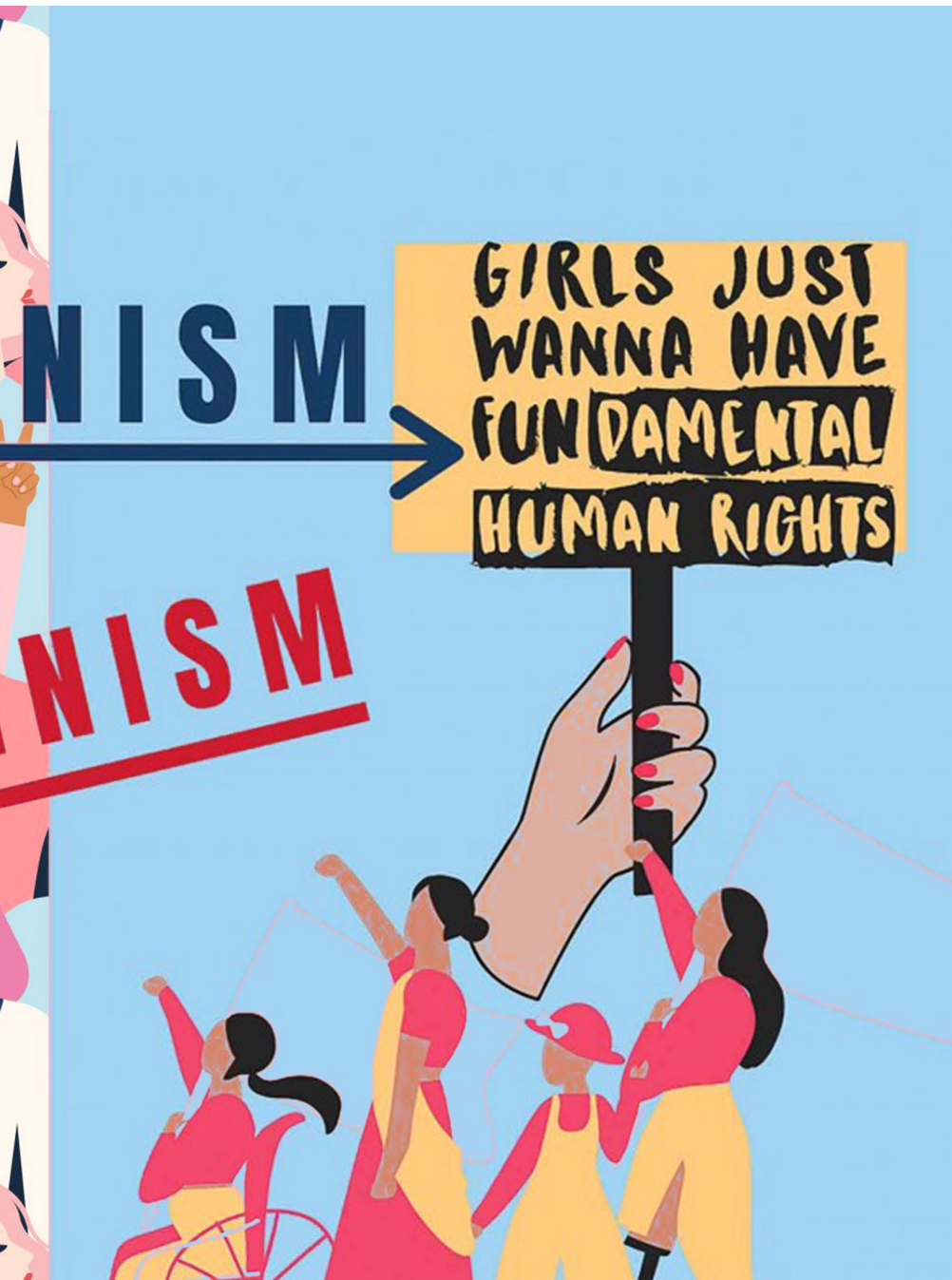


government or even at home. They were ‘slaves’ in their marriages. Imagine a marriage where the woman would not be allowed to go shopping or even outside without an escort. Yes, that was their way of life. Most of them never got to find out their talents since there was neither access to education nor sports. How could one discover them when they were viewed

as ‘childbearing machines’?

In the 1960s and 70s, feminists protested, which resulted in a series of laws being changed. Without these revolts, the chances are that we might still be living under these conditions.

However, in Marian Wright Edelman words, “In every seed of good, there is always a piece of



three people from their jobs, and two of them are female. Most people no longer see it as if they were terrible at their jobs; instead, they will see it as though the employer is against women.

Again, this ideology cannot be accepted everywhere around the world. Most people will not agree with me but remember, the feminist thing is Western. As a result, it clashes with some cultures. In as much as all women might try to embrace this idea, they will end up caught up in the battle to choose between the pride they have for their cultures and the feminist movement.

Choosing to be a feminist or not should not be seen to create a division in our society. Just because there is a movement going on doesn't mean that everyone should jump in. Everything has its pros and cons, and it's up to the individual to choose what they want. The whole point is about equal rights, not just about belonging to a group.

bad." There are some ideologies about feminism that might not be helping society.

Some forms of feminism have been harmful in that they have

built an ideological foundation that is anti-male. Most females are using the 'I am a feminist' even in situations that it doesn't apply to get their way. Let's take, for example, an employer fires

In conclusion, as a female, I am grateful for all the changes in society over the past century because someone was bold enough to stand for what she believes in.



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DETERMINATION
TO PURSUE WHAT YOU
DESIRE IS VITAL.
THERE IS ALWAYS
A POSSIBILITY
TO CONTINUE MOVING.

GENESIS

By Trevor Mukarati

Fear is a disease
Love is a remedy
Whenever I get scared
I think of something bigger than the fear
Something stronger
than the bonds of emptiness
Something real, more realistic
like the breath of a coward
And more loud
louder than that heartbeat.

Dub dab the same sound of my mother's chest
With the deep fear of losing a child
That selfless sacrifice
Besides all the pain, she still thought of me
Before I could say her name,
Before I could open my eyes,
I felt the strong bonds of love,
The emotional connection passing through the umbilical cord.

I don't know much about my pre- childhood
I was young
But old enough to know that care and love defines a woman.

The heart of every woman bleeds with love
Some man lose everything just to get that affection,
A heart of a woman is a divine vault
They should be respected because they're sacred
For the quest of salvation to commence, it took Mary
With the pure heart and her devotion to mankind
The Almighty was natured
Love is a woman and a woman is love.
They have ultra love in the universe,
A woman's heart can heal.

Women exist in all corners of the world
But the way they exist in my world
No one can ever imagine
I've held the feather to paint the picture
Don't take it the wrong way
Their love is more than the weight of billions of feathers
I can't go further.



One on One with **HollywoodLee**

Would you believe it if we were to tell you that your favourite fashionista was once a tomboy? Unbelievable, right?

Fashion is that one aspect that unites ladies. Don't they love anything to do with prints, stripes, colours, stilettos, red bottoms, just but a few to mention? Almost every lady spends time contemplating on what to wear. If you want to see how concerned they are with their outfits, walk into a room whilst they're trying to figure out what to wear. With a wardrobe full of clothes, to them, there is nothing to wear. Surprisingly, you might notice some wearing the same outfits despite having an entire cabinet full of clothes. So confusing. Fortunately, we had a chance to interview a lady who has developed a passion for women's fashion—HollywoodLee.

"Lilian Madyara, popularly known as HollywoodLee, is a mother of one, a businesswoman who hails from Zimbabwe. The fashionista in her prompted her to become an eyewear designer, thereby making her a fashion entrepreneur. The story behind her humble beginnings left us in awe. Growing up as the only girl in a family of five,

"There is no better time to start than now. Don't wait until you have the money and all the resources you need."



HollywoodLee became a tomboy. It was an everyday life until she finished high school and became accustomed to the real world.

At that moment, she became interested in fashion though she didn't have much to dress up the way she wanted. On several occasions, she would use her father's sunglasses to look classy. The outfits she donned on every day, according to her friends, made her appear as someone in Hollywood, hence the nickname HollywoodLee. Her passion drove her to start fashion blogging. Most ladies desire to look good from her perspective, but they end up looking average because of the lack of guidance in dressing up. The availability of a few documentations on Fashion was one of the primary reasons she jumped on the fashion bloggers' wagon.

Since March is highly notable for celebrating women, we benefited from her thoughts on women's empowerment. HollywoodLee shares the same observation



that in some places, women are treated differently. They are seen as second-class citizens. Fellow women must help and encourage one another every step of the way. Women do not have to wait for men's approval to know if they are doing great; they understand each other more than anyone else. It's not going to be done by society, the government or bosses at workplaces alone, but it also takes women to empower fellow women.

We cannot overlook the challenges that women in different sectors face. We have seen some men being given first preference even though they might be less qualified than some women. People don't want to talk about this, but these are the realities of our society. Nevertheless, we should not just wait for someone to do something about it. It's everyone's responsibility. Speak against

such and promote equality.

It's funny how sometimes we see famous people and think they live a different life from the rest of us. Lilian Madyara doesn't see herself as a famous person because she does not often meet people who compliment her work. Of course, some do, but they are mainly from South Africa not Zimbabwe.





Sometimes, it's hard to know how she is doing because people rarely comment in person. So, it's not apparent to tell if the numbers online are real fans or not.

The next question we asked her made us believe that she is a tenacious woman regardless of not receiving that much attention from the locals. When asked how the covid-19 restrictions affected her business, she noted that many companies closed, but there is a trait that one should instill in themselves. Determination to pursue what you desire is vital. There is always a possibility to continue moving. During the lockdown, she discovered new ways of doing things. Of course, there might have been challenges, but nothing deterred her. Through observation, many businesses emerged during the lockdown.

For everyone, including those with a significant social media presence, there is always an aspect that we are not aware of. We were curious to know one or two things about HollywoodLee. It turns out she is a deaconess at her church. From our observation, society has placed a particular image on women who serve in the house of the Lord. We believe that women in ministry should not be stereotyped; they, too, can dress impeccably. As a firm believer, she acknowledged that

all her successes come from God; she wouldn't be where she is right now had it not been for the Lord guiding her.

Most of us wish to turn back time and change a few things about our past. As for HollywoodLee, she wishes to have started the fashion blogging lifestyle earlier than she did, for there is a lot to be learnt. It's great that she is inquisitive. She encouraged us to be willing to try new things and shared a snippet of her life. She was not so fond of artificial nails until she tried them and fell in love with them. The lesson—there is no harm in trying out new things.

We wrapped up the interview by asking for advice on behalf of those who would want to venture into the same field. She encouraged us to put God first, for when we do so, everything else follows. When it comes to how one dress, first impression matters; remember, one should dress the way they want to be addressed. Again, don't procrastinate. There is no better time to start than now. Don't wait until you have the money and all the resources you need. She would borrow a camera from a friend, and her friend would be her photographer. But now she can choose any photographer she wants—action matters. Start now."



MY GRANDMOTHER'S DANCE WITH TIME

I don't know if I should start with my grandmother's ululation or the discorded barking of Boxer, her elderly dog. I'm also not sure which of the two holds more importance, but they usually come in the same pile of thoughts. It would also be treasonous not to mention her long floral dress, which swept the ground as she swirled and dug her feet into the sand with every jump she took. She would grace my arrival with a hearty song and a dance which is only but a souvenir of her youth. We would both share the gift within the moment, happiness. It would sit on my shoulders, make its way to my long arms then come across to my grandmother as we hugged the loneliness out of each other. One out of age and another, out of the pain of existence. Her rosary would press a hole on my chest and

her lotion's scent would take over my nose, going further to colonize my clothes, leaving a trail of her odor sitting on me. I would greet her on our third embrace and await her long struggle to tell me what part of her body has been aching for the longest time. We would stroll to her little garden, Boxer trailing behind us, every step a fit to defy death as he had eaten off many dog years. We would laugh at the smallest of things and share the delicacies of our parallel lives. The decades which lay between us were filled up by smiles and the unsaid love which we both carried on our backs. She would start pestering me with all kinds of foods, complaining of my small stomach and claiming how healthy I would look if only I had a pot belly and some saggy tits. The night would fall on our heads as

we intricately conversed, bridging our sorrows and happiness to one solid bonding session. I would eventually fall asleep, and she would wait for my grandfather to keep her company. I usually did not wait for that. I didn't want to see him, but he came for me anyway. Sometimes I needed not see him; the creaking floor and the sound of his third leg, a walking stick, would announce his arrival. I would cover my head with my blanket and shut myself off his whispers. The room would get cold, which is what I think he felt, cold. I would wait to hear the floor creak again as he left the room to occupy his eighty-four-inch box which lay buried under the kitchen's flooring.

Sincerely

Craig

THE LOAD
MAY BE HEAVY

**LET US
HELP YOU**

CARRY IT



ENVIRONMENT FOR PACESETTERS AKA GOAL GETTERS

By Tinashe R. Matedza



Do you want to know how to reach those goals you have set the past few years, months or days ago? Those goals seem like they are taking a lifetime to be fulfilled. Have you ever wondered why, no matter how much you try, you never attain the desired results? Most people forget about the importance of an environment when it comes to achieving goals.

I know many have been told about focusing on their goals. You have tried to create a to-do list so that you can achieve those goals. But every time, you can't help but wonder where you have gone wrong. Let's take note of the parable of the sower. All the seeds had the ability to germinate and grow to the point of bearing fruits. But what hindered most of them was the environment they were placed in. You can create an environment that can make you a pacesetter. The following

is worthy of taking into consideration.

Firstly, who are your friends? A wise man once said, "Show me your friends, and I will tell you your character." You are only as good as your friends are. No matter how good you may try to be, rest assured you can not achieve much if you are amongst the wrong company. Remember, bad company corrupts good morals.

Secondly, what are you feeding on? Some might think of food, but I am referring to your mind. Your actions are a result of what you are feeding into your subconscious. You can't be watching Chefs' videos and expect to be a great pilot. Remember, it's what you put in that will manifest.

The most important thing is to think outside the box. Don't be afraid to take risks. Let's take,

for example, a boy who grew up in a village. The only thing he can imagine is to have a large herd of cattle. Why? Because that's the only thing he knows. His environment limits him. Had that boy travelled to the city, he would discover a lot more than just cattle. Don't be limited to do the things you only know. Try new things and explore other places if you can. Having exposure enables you to up the imaginative side of yourself.

Lastly, Charlie Tremendous Jones said, "You will be the same person in five years as you are today except for the people you meet, the books you read and the places you have travelled," meaning you need to get as much exposure as you can. Surround yourself with good company and feed your mind with the proper knowledge and information.

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GRANDMA'S GIFT OF LOVE

By Allen Mushore

I am convinced that I am not the only one who would always fall into the traps set by parents when we were kids. I was four when as usual, I became a victim of their tricks. My mom would start her nursing studies in a few weeks hence the need for her to send me to the rural areas where I would stay with my grandmother till further notice. Knowing fully well that I was not too fond of the rural areas, mama had to use my favourite auntie as bait, and I fell for it.

The journey was enjoyable as I was of the notion that we were visiting, then from there, we would proceed to my auntie's. The first two weeks were a

lot of fun with a lot of activities. The joy of the so-called short vacation in the rural areas was short-lived when one day, I woke up to the news that my auntie had gone back to the city. She had left whilst I was in the dreamland. Once again, I got tricked.

However, grandma came to my aid by comforting me. She would pamper me with my favourite snacks, and together we would play games and all. Our bond became strong. She became my emergency contact and teacher of unconditional love. I would find myself sharing the good and bad news with her first, and she was the best in comforting me when needed.



Grandma was my biggest motivator, she took pride in all my successes. She filled a void, and I am so grateful to her.

At my early ages, especially in rural areas/village, grandmothers played an important role in assisting mothers to raise kids. This boost from our grandmothers causes high life expectancy to humans, according to scientists. They are fountains of wisdom, continued patience and affection. These gifts from grandmothers still dwell in some of us today.

Grandma was someone who spoke love and demonstrated it in every aspect of her life. Indeed she was my teacher on unconditional love and fountain of wisdom which is even helping me now. I still remember how she helped people and would give even to those who did not appreciate. From that, I learnt that love is an attitude, a nature that comes from the Spirit and passes through the soul then revealed via the body through conversation and actions.

One of the statements she used to tell me that continues to ring in my mind whenever I see someone in need is that I could be famous and travel around the world, but If I do not love right, it doesn't mean a thing. Being my greatest cheerleader, she taught me to treat everyone with respect regardless of their status in society.

Apart from all the love my grandma taught and poured on me, she taught me important lessons on leadership that I would later grasp when I got the opportunity to lead. My grandma was a fantastic chef, mainly on traditional meals, and she would put in a lot of effort preparing food for every person. I observed something from her whenever we were eating; she would serve everyone first and herself last. From that questionable gesture, I learnt that I should put others first and a leader who inspires sacrifice themselves for the improvement of those they lead.

With all these lessons from grandma, I am so grateful for the amazing love. Her gifts shaped me, and I will continually celebrate her.



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TIME
with Ivy

1.13.17

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Hidden figures

Release date:

25 December 2016

Director:

Theodore Melfi

Screenplay by:

Allison Schroeder
Theodore Melfi

Based on:

Hidden Figures

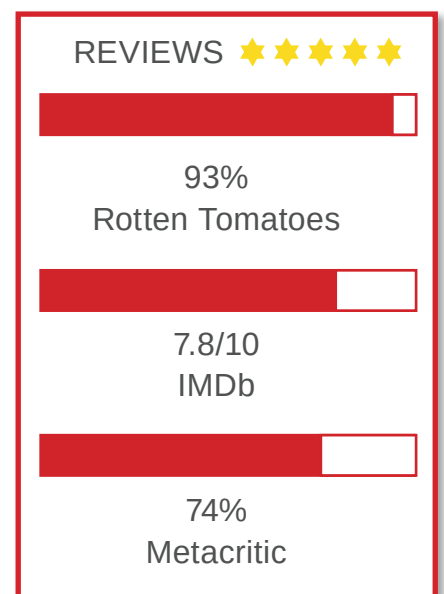
by Margot Lee Shetterly

Cast:

Taraji P. Henson
Octavia Spencer
Janelle Monáe
Kevin Costner
Kirsten Dunst
Jim Parsons

I watched Hidden figures last year, but I never understood the whole meaning till last week when I rewatched it. If you're a lover of space, Mathematics and Engineering, you will appreciate it. This movie has an impact on women. A lot of discrimination is displayed in the industry; women are always looked at as less important and hard to deal with. Being a black woman can be so hard at times. It needs a person to be resilient, as portrayed in the movie by the three African-American friends, Katherine Johnson, Dorothy

Vaughan and Mary Jackson, who fought segregation by race and sex. These mathematicians and scientists fought barriers to attain victory. It doesn't matter that your dream job has a lot of males; go for it even if you're the first female. Don't settle for less because you are a female. Make a change and do better. The biggest lesson taken from this fantastic movie is that of courage and dedication. Let's grab our seats and watch this movie as we celebrate this month of Women.



WOMEN IN SCIENCE

Women have contributed a lot to the success and progress that has been enjoyed in modern day science.

By Anesu G. Mubaiwa



Rosalind Elsie Franklin was an English chemist and X-ray crystallographer whose work was central to the understanding of the molecular structures of DNA, RNA, viruses, coal, and graphite.

Recognising and celebrating greatness are two important things you have to endorse in your life if you desire to become great one day. On the surface, it looks like Newton's third law of motion; every force has an equal but opposite reaction. Only in our case, when you celebrate others' success, your success will also be celebrated. Women have contributed a lot to the success and progress that has been enjoyed in modern-day science. Two great names that spring up in my mind when I talk about this subject are Rosalind Franklin and Marie Curie. I find their work not only to be revolutionary but also inspiring.

Rosalind Elsie Franklin was a chemist and x-ray crystallographer in England. She is well known for her contributions

to discovering the structure of DNA (deoxyribonucleic acid). DNA is a nucleic acid that contains the genetic instructions that living organisms require for development and function. Our genes are made up of DNA. Her work on the x-ray diffraction images at King's College in London led to discovering the DNA double helix. Watson and Crick shared a Nobel Prize for this discovery in 1962 because Rosalind Franklin had passed on. Exposure to x-ray radiation is sometimes regarded as the possible cause of her illness because she died of cancer. Rosalind Franklin is generally considered a hero of Science due to her work. She helped in DNA only and contributed greatly to understanding structures such as RNA, viruses, coal, and graphite.



Marie Skłodowska Curie, born Maria Salomea Skłodowska, was a Polish and naturalized-French physicist and chemist who conducted pioneering research on radioactivity.

Marie Skłodowska Curie was a Polish-born, French-educated phenomenal physicist and chemist. She conducted pioneering research on radioactivity and contributed to the developments of treatments for cancer. She lived from 1867 to 1934 and was born on 7 November. She was the first woman to win the Nobel Prize. The first and only woman to win the Nobel prize twice and the only one to receive the Nobel Prize in two Scientific Fields. On top of these astonishing achievements, she was also the first woman to become a professor at the University of Paris in 1906. Marie Curie is also known as Madame Curie and is generally recognised as an icon and hero of Science. She did work to discover the elements polonium and radium using techniques she invented for isolating radioactive isotopes. She died in 1934 at

the age of 66. Marie Curie died of aplastic anaemia, a condition said to have been caused by exposure to radiation. It is during her outstanding scientific research and excellent work that she got exposed to high levels of radiation. It is believed that she is still radioactive even up to now.

The works of these two women will never be forgotten. They died doing what they loved and made a tremendous impact not only in their worlds but on everyone. Like real scientists, they worked to further humanity. They left tons of knowledge that are being used to affect the lives of people worldwide positively. For instance, the field of medicine benefited a lot from Madam Curie and Rosalind Franklin's works. I am always inspired by their great intellect, hard work and determination.



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7 COOL JOBS IN THE FOOD INDUSTRY

There are so many exciting careers in the food industry. The following are the 7 jobs that we consider cool.



1. FOOD STYLISTS

- Ensure that food looks appetising and photogenic. This requires one to have a creative mind and to possess the skills of a chef.



2. RECIPE TESTERS AND DEVELOPERS

- Create and perfect new and existing recipes.



3. BREWMASTERS

- Responsible for creating the best suds for the brewery.



4. CHOCOLATIERS

- They are into the art and science of making chocolate.



5. FLAVOUR GURUS

- Sample and adjust flavours till they become satisfactory.



6. FORAGERS

- Buy or source ingredients on behalf of chefs.



7. RESTAURANT PUBLICISTS

- Develop a good brand image for a restaurant.

WOMEN IN LEADERSHIP

by Ropafadzo. K. Banda



God created Adam first before Eve and then, later on, realised that it wasn't good for Adam to be alone, hence the creation of Eve from Adam's rib. The idea was to form a union and companionship. Later on, the serpent fooled Eve into eating the forbidden fruit, and she convinced Adam too. God banished them from the garden

as a punishment for defying His command.

I want to use this story from the bible to show how powerful a woman can lead and control. One may wonder why the serpent went to Eve first before Adam. The answer is simple, a woman's heart can be easily attracted and convinced by anything if it's not strong enough to rebuke such. Many women have

fallen victim to certain things as they cannot gather enough willpower to resist. Be a woman who doesn't allow the devil to deceive you or sin against God only because you're being told how good it will be. Consider the bad part as well before making any move.

This story also shows that women have the power to change how we perceive things. A

woman can do anything and is capable of building or breaking her future, and if not careful, those around her can be affected. As said in the bible, Adam and Eve were obedient to God up, and until the serpent came to deceive them, you can be a good woman today, but you need to sharpen and shine your crown so well by becoming a female alpha at fighting circumstances. Challenges will come, YES, and we can never run away from them.

I need women who can say NO to deceitful things, women who can stand and show resilience. Women who can lead their men to light, not darkness, women who pray for a discernment spirit to identify serpents. Women who are capable of fighting the enemy with or without men. Women can be anything in this world by having a lion's heart.

This world needs women that are capable of doing what men think they cannot do. Women who can tackle challenges and take on posts that are considered masculine. Leadership positions like those taken on by Kamala Harris, the first black female to be the Vice President of America. By so doing, we are leaving footprints of greatness

and braveness.

I salute independent women who face challenges and still win, single mothers raising leaders and widows who keep their families together despite their loved ones' painful memories. These women ought to be celebrated all the time because they are the definition of bravery and tenacity. A great woman should align herself to positivity because she can stand the storm positively when things go astray. A strong woman can draw her boundaries and stick to them even if she attracts some haters. I would love to think that if Eve had followed God's commandment, she would still be in the Garden of Eden by now.

We need women who are kind and compassionate, like First Lady Mitchell Obama, who made the white house a home for everyone. She was brave enough to stand for the girl child during her time in the white house and even still now. Now she has created a children's show on Netflix called Waffles+ Monchi. The show is all about discovering food, cooking, and trying new recipes as an extension of her work to support children's health. This shows that women have the capacity of doing great things on their own. The

opportunities are out there; we need to think outside the box and surround ourselves with great women who instil positivity and feed our minds with the proper knowledge.

We all have been through a lot in our lives, and there is hope for us, as evidenced by Oprah's life story. I call her Dr. Oprah Winfrey. Despite obstacles, failures, rejection, and struggles, she now stands as one of the greatest women worldwide. I got inspired; she clawed her way out of the pits of pain to be where she is now. No matter what you went through or are going through, you will conquer. You need to realise the strength in you and start moving towards your greatness.

Do what is right, be that kind of a woman with a strong heart that can never be easily tempted and affected by the things of this world. A great woman is powerful in prayer and a warrior in victory. Remember, a diamond is formed under pressure, so don't let pain and struggles discourage you from achieving your goals. As women, we can do this together; let's not be like Eve, who was deceived by a serpent.



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Adventure



5 DO'S WHEN TRAVELLING

1) Do your homework.

Whenever you visit a place either local or international, you must research it beforehand. Nothing is as embarrassing as dressing inappropriately in a particular culture. Not only will it seem disrespectful, but you will come off as ignorant. Again, doing your homework works when it comes to the weather. You wouldn't want to travel dressed in t-shirts and shorts only to land in a country that is in winter.

2) Do visit your doctor

Before any trip, it's essential to know the health hazards you might probably face. There is nothing that would ruin your trip, like getting food poisoning. Had you known from your doctor the kinds of foods you can eat, it wouldn't have happened. The same applies to the weather conditions; you wouldn't want to travel to Russia when you know that you cannot be exposed to snow with your heart condition.

Therefore, before travelling, make sure you know what your body allows to you do.

3) Do photocopy your passport

This might seem irrelevant until the day something terrible happens to your passport. When in a foreign land, the only identification you have is the passport. Your whole identity is centralized on that small booklet. Now imagine you lose it, or it gets damaged. Having a photocopy of it will help you. In line with that again, always memorize your passport number since you will be writing it oftenly. It's unwise to be pulling it out every time you want the number.

4) Do travel with cash

Not all places or countries use ATMs. So no matter how much you have in your bank account, it won't be easy to use it. Again, make sure you are carrying a valuable currency in that area or country. Imagine travelling with the South African Rand

to a country like Turkey. You won't be able to use it because over there, it's not one of the mediums of exchange. Hence, it's important to know the type of currencies to carry to avoid such problems.

5) Do have a relaxing time

Whether you are travelling because of business, work or even a vacation, never forget to have fun. Being in a different environment helps with your creativity since it opens your mind to different lifestyles. You wouldn't want to travel to China and not taste their food. Or travel to Africa and not visiting the Safaris. It would be unfortunate for someone to spend most of their time on their mobile phones scrolling through Facebook and Instagram. Travelling is a time to experience a different environment or atmospheres. Always have fun whenever you travel. You owe it to yourself.

ALTHOUGH I WAS NO VIRGIN, THE MAN ROBBED ME OF MY INNOCENCE.

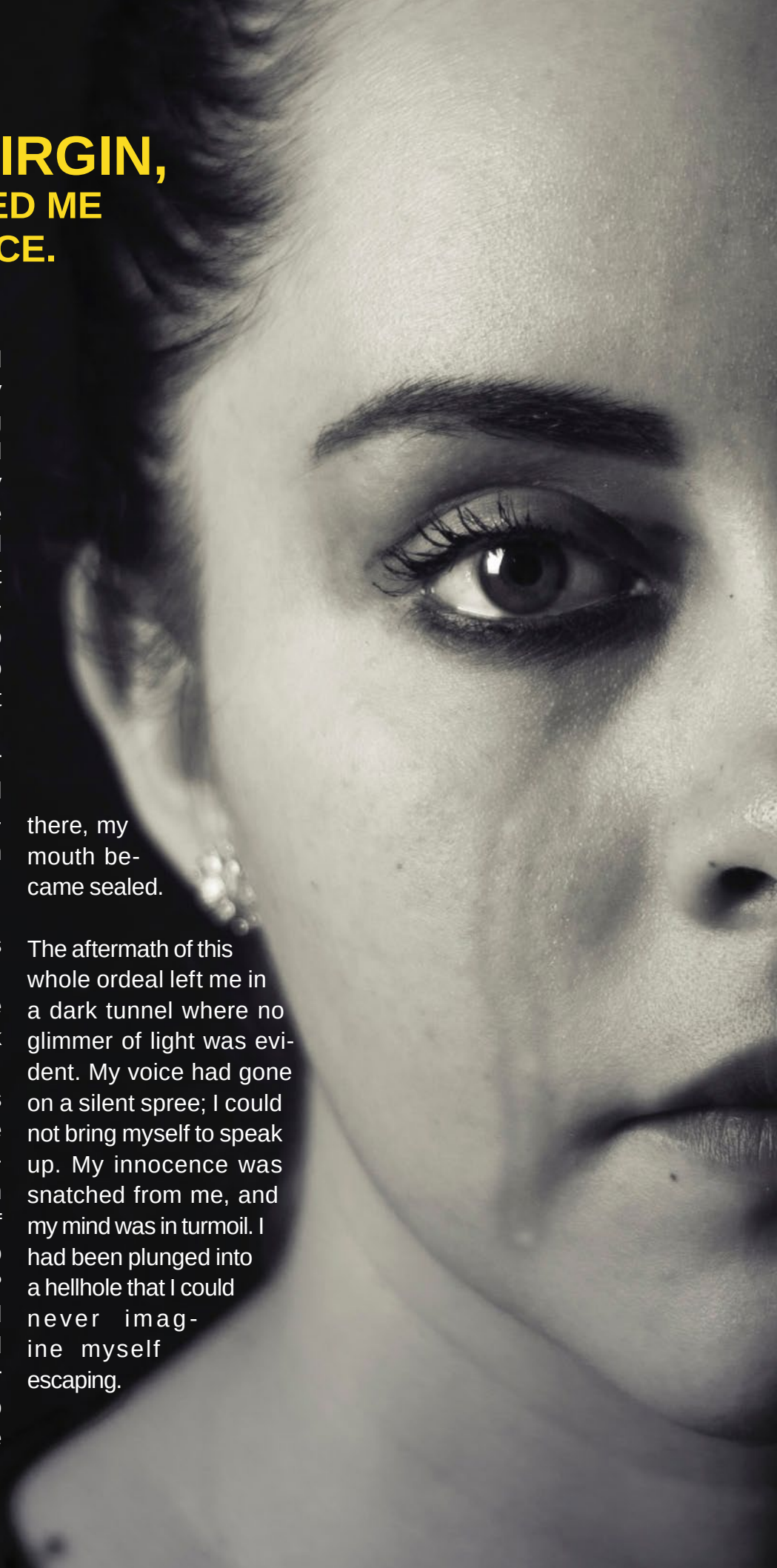
By Hazel Maseko

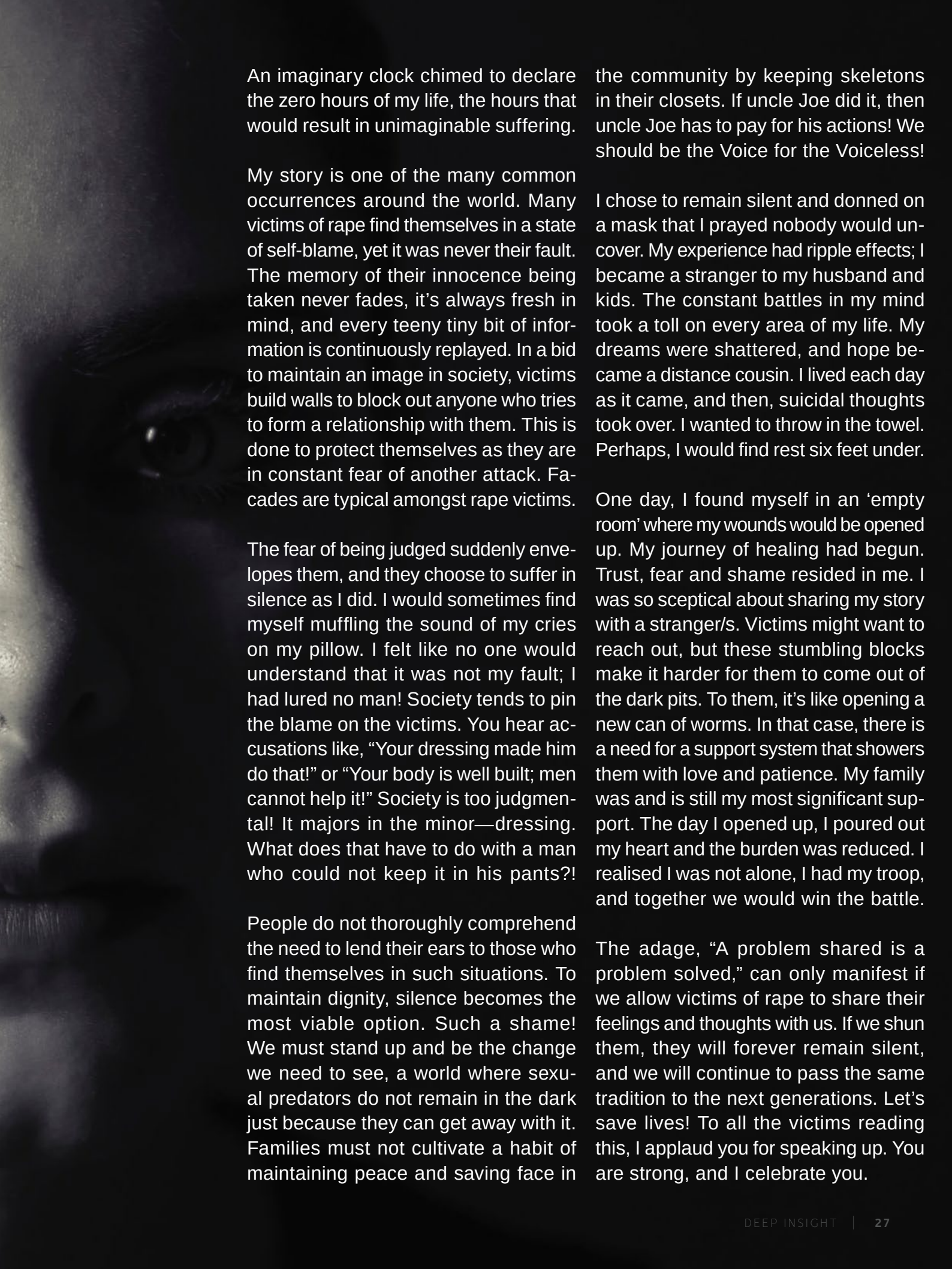
I vividly remember being pushed against the wall with rough dirty hands. His shaky foul-smelling breath filled my nostrils and made me nauseous. I frantically prayed to God to rescue me from the hands of the immoral man. I desperately looked out for my saviour, and he was nowhere in sight. There was no light at all. The tunnel was too dark; not even a flickering light of hope emerged. Predators! They have a way of timing their evil acts! I couldn't scream, and neither could I fight him off. Although I was no virgin, the man robbed me of my innocence.

The violent tearing off my clothes signalled that the time had come, and I would become one of the many victims of rape. He took my innocence and left me there, in pain. A small part of me was relieved there was not a single witness to this 'shameful' experience. The spirit of condemnation took over. I had permitted myself to become a victim. I chose to go out at that time. Was I drunk? But wait, it wasn't my fault. I did no wrong. I was so confused that I tried to find a reason for my tragedy. If I spoke up, who would believe me? Amid the confusion, doubt crept in, and

there, my mouth became sealed.

The aftermath of this whole ordeal left me in a dark tunnel where no glimmer of light was evident. My voice had gone on a silent spree; I could not bring myself to speak up. My innocence was snatched from me, and my mind was in turmoil. I had been plunged into a hellhole that I could never imagine myself escaping.





An imaginary clock chimed to declare the zero hours of my life, the hours that would result in unimaginable suffering.

My story is one of the many common occurrences around the world. Many victims of rape find themselves in a state of self-blame, yet it was never their fault. The memory of their innocence being taken never fades, it's always fresh in mind, and every teeny tiny bit of information is continuously replayed. In a bid to maintain an image in society, victims build walls to block out anyone who tries to form a relationship with them. This is done to protect themselves as they are in constant fear of another attack. Facades are typical amongst rape victims.

The fear of being judged suddenly envelops them, and they choose to suffer in silence as I did. I would sometimes find myself muffling the sound of my cries on my pillow. I felt like no one would understand that it was not my fault; I had lured no man! Society tends to pin the blame on the victims. You hear accusations like, "Your dressing made him do that!" or "Your body is well built; men cannot help it!" Society is too judgmental! It majors in the minor—dressing. What does that have to do with a man who could not keep it in his pants?!

People do not thoroughly comprehend the need to lend their ears to those who find themselves in such situations. To maintain dignity, silence becomes the most viable option. Such a shame! We must stand up and be the change we need to see, a world where sexual predators do not remain in the dark just because they can get away with it. Families must not cultivate a habit of maintaining peace and saving face in

the community by keeping skeletons in their closets. If uncle Joe did it, then uncle Joe has to pay for his actions! We should be the Voice for the Voiceless!

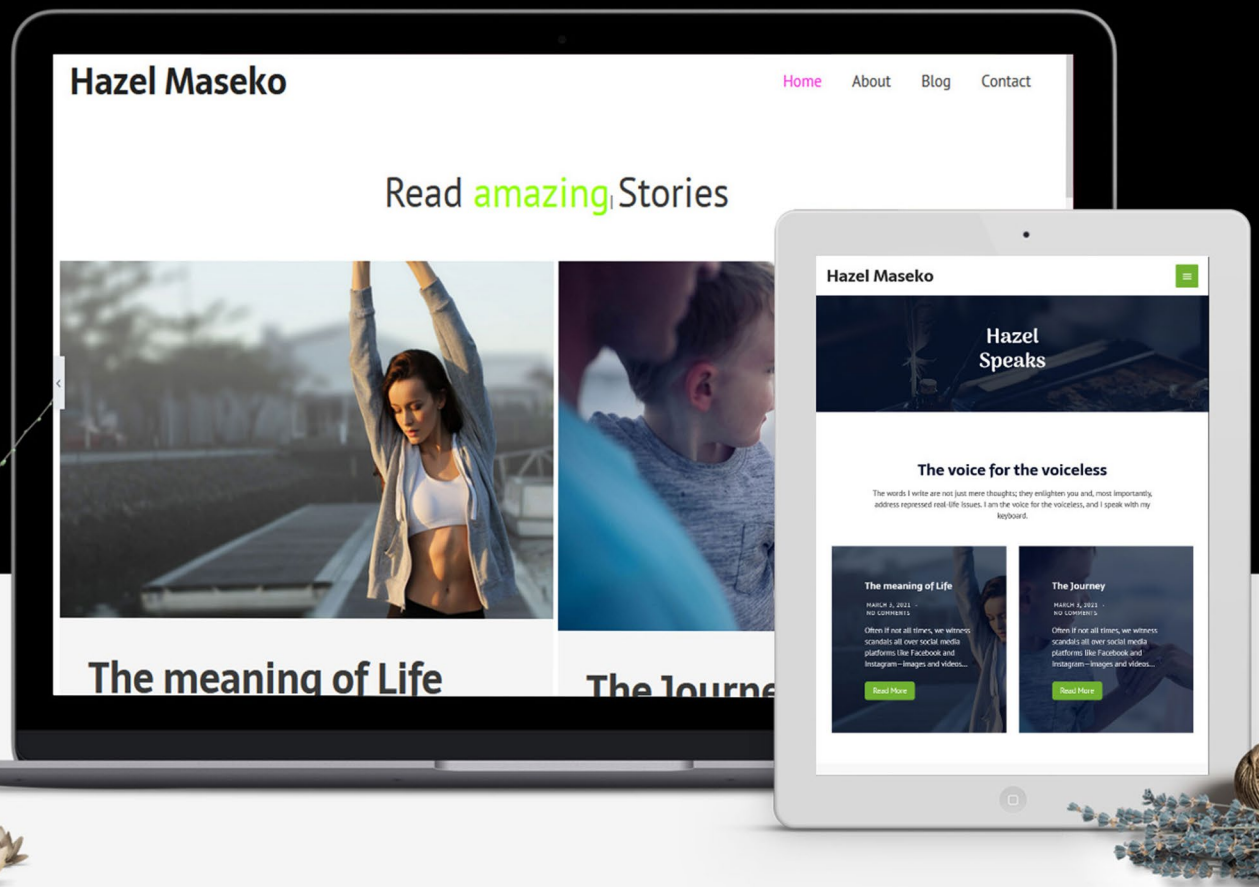
I chose to remain silent and donned on a mask that I prayed nobody would uncover. My experience had ripple effects; I became a stranger to my husband and kids. The constant battles in my mind took a toll on every area of my life. My dreams were shattered, and hope became a distance cousin. I lived each day as it came, and then, suicidal thoughts took over. I wanted to throw in the towel. Perhaps, I would find rest six feet under.

One day, I found myself in an 'empty room' where my wounds would be opened up. My journey of healing had begun. Trust, fear and shame resided in me. I was so sceptical about sharing my story with a stranger/s. Victims might want to reach out, but these stumbling blocks make it harder for them to come out of the dark pits. To them, it's like opening a new can of worms. In that case, there is a need for a support system that showers them with love and patience. My family was and is still my most significant support. The day I opened up, I poured out my heart and the burden was reduced. I realised I was not alone, I had my troop, and together we would win the battle.

The adage, "A problem shared is a problem solved," can only manifest if we allow victims of rape to share their feelings and thoughts with us. If we shun them, they will forever remain silent, and we will continue to pass the same tradition to the next generations. Let's save lives! To all the victims reading this, I applaud you for speaking up. You are strong, and I celebrate you.

CHECK OUT THIS NEW
NEW BLOG

Write-ups containing real-life stories
that educate readers and transform
their lives.



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EXERCISING YOUR BRAIN WITH SUDOKU

1	2	5	9	3	8	7	4	6
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Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

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Designed by



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