

## **Positivity Pledge**

I pledge to train my mind to see the good in everything.

To always take opportunities as they come without fear or hesitation.

So, help me, God



### Note from the Editor

month ago, I initially penned one helluva note like that but with time, I felt like sailing in another direction. Umm. pardon my manners....

Aloha! It's been a minute since we conversed. I had missed you'll so I'm grateful and ecstatic that we finally get to share this very first edition with you, gentle reader. If I were to put myself in your shoes I would certainly be wondering why they went MIA. Well, we went on a hiatus. It was very much needed because it yielded transformations that would align us with our purposes.

This edition is centred on transitions in life coupled with the lessons derived. I consider our hiatus an exodus that made an enormous difference in my life. It would be unfair for me to shy away from the fact that everything was not at all rosy. I had to untangle modifiers

preventing my maturation. I truly bear unwavering respect for every person determined to improve themselves.

Improvements do not necessarily have to be major at all times. Those minuscule improvements matter because they will eventually snowball and formulate habits aiding your growth. The more you press forward, the more you unearth certain dimensions that would otherwise remain dormant had you guitted. The daily realities that you face and overcome are evidence of the synopsis of your exodus. Don't detest the process, it matters! Roll up those sleeves and develop a ravenous appetite for growth. I'm cheering on you buddy!

Our utmost gratitude and respect go to Miss Galaxy, Britney who's gracing our cover for this edition. We have been privileged to witness the exodus of her career and the

undeniable impact of her philanthropic works. With every article in this edition. I am certain that you will be stirred into dimensions that will avail to vour growth.

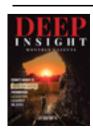
May you be inspired to keep at what you are doing.

Since this is our first edition for this year, would I be in the wrong if I wish you all a happy new year? I came across a debate on when people should stop wishing that to one another. Some were of the notion that if you see or interact with someone for the first time in that new year then it's okay. I quess I am justified...hahaha! So Happy New Year my dearest readers and I pray that you keep sailing to greater heights this year (smiles). Happy

With love

Millicent R. Sibanda

New Month too!



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'm seated in the middle of the room surrounded by a bunch of people, all going about their business. Some are taking selfies, some are taking part in deep conversations. I'm suffocating but no one is taking notice.

Out of suffering has emerged the most resilient of souls. Throw anything at them they'll embrace it with a smile, the thick skin they have developed was forged in the bowels of hell itself.

The most massive characters are smeared with scars. The battles fought, some won and others lost, left an imprint that cannot be ignored. The wounds might heal but scars remain the same.

It was around 6:30 am when the doctor asked the nurses to prepare my wife for the Caesarian section operation. The pain she had endured these past few days was incapacitating. Normally it's a twenty-minute procedure but I just sat there, horrendous thoughts boggling my mind. Why was it taking so long? Should I prepare for the worst? Exhaustion was eating away at my sanity and it's at times like these you start questioning the existence of the Lord or why He abandons those in need.

The mind, oh so clever and cunning, wishes to protect its sanity at all costs and so it devises a plot, more of a con. It comes up with a solution and takes away the pain by sending a stimulus that triggers new memories.

Peace befalls those who tend to forget, it acts as a sort of a magic trick that takes away the agony.

As I sat there, gasping for air, my mind was racing, about to explode with questions that no one had answers to. I couldn't

take it anymore.

Just as I was turning pale, I felt like giving up, my faith was shaken. But wait, the doors forcibly open and the nurse wheels in a bed, so old that it made a lot of noise. As I raise my head I see her, wearing a beaming smile.

"Our baby boy is finally here!" She exclaims. Two straight nights without any sleep all but forgotten already. So what delayed things was that there was another procedure underway in the theatre so my wife had to wait. An hour went by and our baby seemingly screamed, "Heads up, here I come ready or not!" Our miracle baby was delivered normally at the doors of the theatre.

I just looked up and said to the Big Man, "A new dawn is upon us!"



## PURSUIT OF PASSION: THE LESSONS LEARNT

ByTapiwanashe Matorevhu

When I was given this month's theme, The Exodus, I was blank as to what story to share. I tried figuring out which part of what I'm passionate about do I share with the world. I'm a dynamic person who's interested in learning new things, eager to gain a new skill and ready to take on an adventure. In each of the things I do I try my best to put my all. The best way to get something out of whatever you do is to put in your best and that's enough.

I figured out that instead of sharing a specific story, I will go on to share some nuggets and life lessons I have learnt along the way as I have been walking in the paths of what I'm passionate about. I will share the significant lessons I have learnt in the process of my own "Exodus".

#### **Everyone has a story to tell**

This theme happens to coincide with my overall goal for the year which is to grow, a year of realisation, moving out of my comfort zone and stepping out, coming out to pursue the things I'm passionate about. What guides me and encourages me are the lessons I have been getting in this journey... the pursuit of passion. I believe that everyone has a story. Within each story, there is a message. Within each story, there is a power to change someone else's life story. I believe as we share our stories we change lives. As I will share mine today, I hope that you will get to share yours too.

#### Fan it, don't let it burn down

Passion is like a flame, the more you fan it the more it grows and burns. "We cannot become what we want by remaining what we are"-Unknown. Light doesn't give light when it's hidden under a bushel. It doesn't serve its purpose when it stays hidden. Only when it is placed on a high place can it provide light and help people navigate their way. Until you come out of that comfort zone you will never shine bright like you're supposed to. A fire needs to be constantly

fanned for it to continue being in use. Don't feel comfortable, even when you're already shining and burning, aim to go to another level. Grow, grow and grow.

#### Walk your journey

Passion is like a treasure hunt. God has it all mapped out already, but you have to discover it yourself. A treasure map has got clues and hints that act as a guide on what to do or where to go. At the beginning of the journey, it's not clear where you're headed or exactly what the journey will be like. Sometimes it doesn't warn you of what you will come across. What I know is the journey to the treasure chest is important, very necessary and a must for you to get what you want.

#### Just start!

"As you start to walk on the way, the way appears."-Unknown

The most important thing is to start, the other details will become more clear as you go. It's like a puzzle, with each piece put in place; the picture becomes more visible more clear and it starts to make more sense. Walking in your passion or purpose is like that, you don't start functioning in it because you have all the resources needed available to you. You start because that's the first step to reaching your destination. You will never get anywhere if you don't start.

#### Fight your way through

As you walk through the journey and pursue your passion or passions it won't be like a walk in the park. Things won't always be good. God will not give you anything you can't handle. If the mountain seems too big to climb it means you're greater and much more capable to climb it.

The climbing may be hard but you're building a muscle, gaining more strength, more experience and learning how to win through that hard process. Trust God through it all because for you to win you need to see things His way. Perspective matters, it is very important.

#### Do it now

Use the time and chances that you have. Utilise the opportunities that come your way. The time to do it is now. Why do it tomorrow when you can do it now? Why push it for some time later when you can say it now? We never know what tomorrow may hold, so take this moment and function in your purpose. Do not wait for the perfect moment, no moment is ever perfect. Make the most out of what you have and do the best you can with what you have.

#### Support system

From time to time we need a reminder that we have to go on no matter what we face. We need comfort and to be told that it's going to be alright. We need a shoulder to lean on when it becomes heavy. We need pillars to stand with us, by us and for us. As much as we have these lessons to guide us, let's be there for each other. If one man can do it, it means that as a team you can achieve a lot more. We need each other for us to make it.

## **MISS GALAXY**

You must be enthusiastic about your work and serve as an example to your followers. You should have someone to look up to as a leader who is on the same path as you.

#### ON: Can you tell us about yourself

ANS: My name is Britney-Yvette Chiyoko and I am 20 years old. I am a God-fearing and goal-oriented lady who is a model, arts promoter, student and charity movement visionary.

I started blooming in 2020 when I hosted my first ever Miss Leap Year pageant then went on to host the first ever Victoria Falls Arts festival. I give back to the community through voluntary work, buying and collecting groceries for the vulnerable and paying school fees for less privileged kids in the rural. The reason I opened an Organization, Beauty Galaxy is so I can, among other things, create a poverty-free society whilst promoting arts in various ways. I am currently studying the Allied Health Assistant course in Australia and looking forward to starting a Business Management and Accounting program. I am currently Miss SanRemo Galaxy as I will be contesting in the Miss Galaxy Australia National pageant this April on the 9th in Sydney, Australia. As part of my journey projects. I have been doing community work like volunteering, attending events,

and doing charity work, for example, raising funds for the Make a Wish Foundation and Children's Cancer Institute.

QN: Can you name a person, a mentor who has had a tremendous impact on you as a leader?

ANS: Bebe Angel is the woman I look up to when it comes to people that inspire me spiritually. She is a Godfearing businesswoman who leads by example, quiding her fellow women on how to become great which is something I inspire to be. Through her I find myself aligned in the plans and purposes of God. Zozibini Tunzi is an inspiration in my professional journey.

QN: Where do you see your organization in the next four years?

ANS: Beauty Galaxy Organization is the organization I founded that deals with modelling, events and charity. I am looking forward to enlarging the organization to the arts and music industries. Sometimes when people



beauty galaxy. At least by 2026 I should have accomplished mixing the arts, modelling and music. I am working on the right strategies to accomplish that and I am certain that I will do it.

or friends. Looking back, I am glad I made this move because I got to understand different cultures and learn more about the industry. The knowledge that I have gained has contributed a lot to my development.

that you would recommend to gain insight into becoming a better leader?

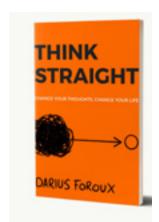
QN: What's the most important risk you took in your journey and whv?

ANS: I believe in taking risks because that's one of the ways of soaring in life. The most important risk, which doesn't look like a risk now, was coming to Australia to join

On: How do you juggle between your projects and schooling?

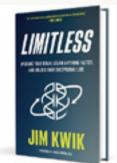
ANS: This is something that I once found difficult to master. Both of them are equally important and I work with deadlines. I have gained mastery in scheduling my plans. Again, it takes discipline to do that. ANS: I believe a leader is made. A leader should make room for correction, learning and research. A leader is someone who is opportunistic, ambitious, realistic and confident. Without these, you cannot lead. You have to be passionate about what you are doing and be a role model to your followers. As a leader, you should have someone you look up to who is walking or has walked the same path you are in.

## 4 BOOKS TO **CONQUER YOUR MIND!**



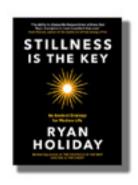
Title: Think Straight **Author: Darius Foroux** 

The author demonstrates the importance of clear thinking. Thoughts are a key to unlocking everything. Therefore it is essential for one to change their thoughts to change their



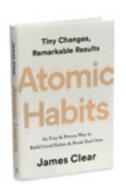
Title: Limitless Author: Jim Kwik

The book gives insights into unlocking the brain's superpowers thus transforming your habits.



Title: Stillness is the key Author: Ryan Holiday

The book shows the importance of slowing down. In this noisy world, one needs to gain mastery over stillness which calls for discipline and diligence.



Title: Atomic Habits Author: James Clear

The author, James Clear is one of the leading experts on habit formation. In his book, he provides powerful and practical advice on forming good habits and breaking bad ones.



"Look at this, these are fries! Eish, God help me. See this ma (at this point my friend was busy tormenting me with photos of fries, golden fries some with cheese and some without but all fries—tantalizing).

I think technology should just enable us to download food. Ah, guys, we are tired we need to download food.

Do we have potatoes in the house? Let me head to the kitchen just for two minutes.

Ah, these have jalapeños! (she loves jalapeños by the way).

She proceeds to show me a whole lot of pictures of fries.

Ah, ma see this one. It has got three different types. You can pick one from this and another one from the other....it's a terrific combo! She then sees one comment about chips, "A great experience and this is what she goes on to say, "This. Is. An. Experience! Guys we need to have this experience!"

I burst out laughing. Before you know it, she heads to the kitchen just to make some fries. Foodgasm.

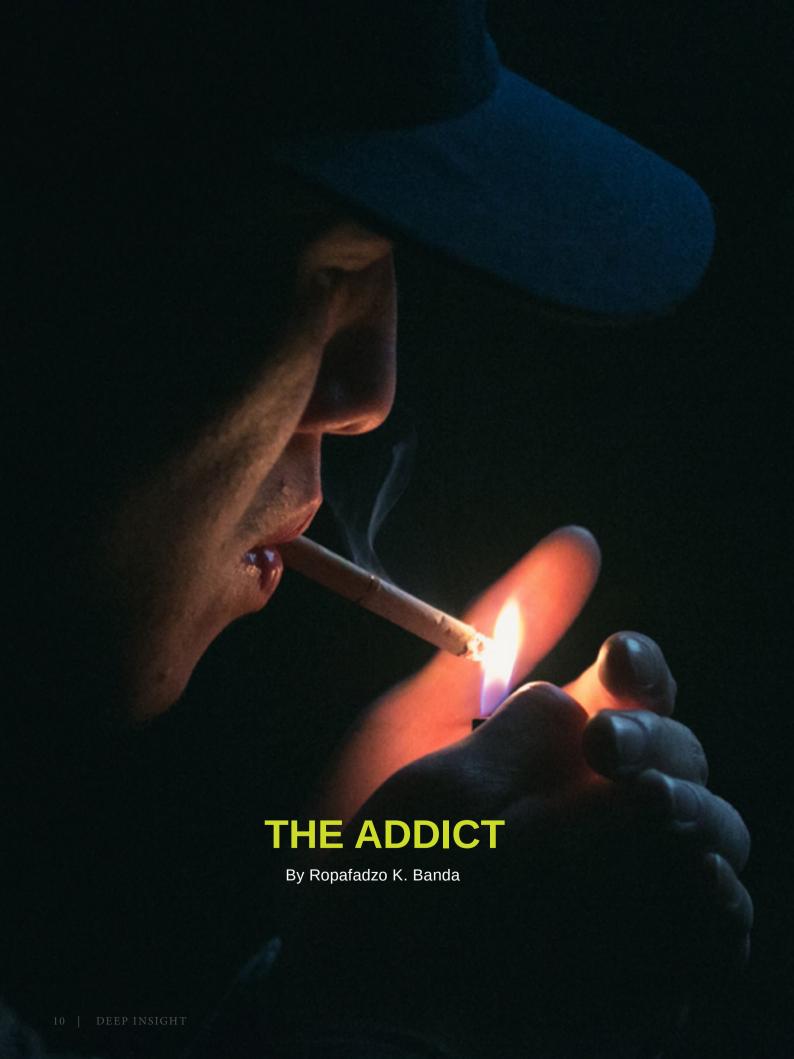
I sit by myself replaying the whole conversation as I proceed to write this piece. No wonder she's always insisting on buying potatoes. Well I do love potatoes and another friend of mine does too, after all, 'they are a life saver', so he says. We were talking about potatoes in general (chuckles). I can safely say I am surrounded by potato lovers.

I initially had a different intro to this article but the whole "fries experience" had me changing

my mind. Let me fill you in on what led to this whole scenario.

It was an hour after noon that I posed a question on my insta story which reads, "What food is your weakness and could never say no to?" The responses I got had me thinking or rather reminiscing. Every answer had memories attached to it. Most were a bit nostalgic. There's a story behind every meal that you have had. It could be your first meal with your lover or the meals that you have with your family, friends, at church, hospital et cetera. I am certain there are so many stories that can be told from mealtimes. Food yields stories just like the one I shared above. So each time you sit down for a meal, don't j<mark>ust e</mark>at, create stories.

Sincerely millicentropafadzo



# ADDICTION IS A DISEASE THAT AFFECTS YOUR BRAIN AND BEHAVIOUR.

When you're addicted to drugs you can't resist the urge to use them no matter how much they cost or affect your life mentally and physically. The earlier you get treatment for drug addiction, the more likely you are to avoid some of the consequences and damages that will take place in your own life.

Some people when they hear the word addict or addiction first think of illegal drugs like cocaine, tobacco, and cannabis (marijuana) but there is more than one type of addiction. There are so many reasons why people are taking drugs. Young adults and school children are now taking these drugs, which calls for action by society. I once

asked one schoolboy the reason why he was taking drugs and his response had me concerned. "I just want to feel good my sister and to avoid the reality of academic pressures." Concerning, isn't it?

I don't know whether I should call it drug abuse or drug addiction or maybe both. Upon trying to wrap my head the issue of this student, I picked up three points which are; to feel good, avoid reality and academic pressures. In most cases of these children's lives, friendships dominate more to this cause because they spend more time at school where they feed each other with false illusions about reality. Had I known the backstory and

his background, I could have shed more light on his situation. The very little information he gave cited why some people take drugs, not only young adults but also the adults. The pressures of life are a contributing factor.

Many people are going through different stresses in life. In their mind, they would be looking for something that makes them forget the situation not knowing that you can never run away from a situation without it getting solved. This makes one exist instead of living. Parents must make time for their children. We are now living in a world of technology whereby the internet has taken all the attention, the time parents

used to spend with their families is now taken over by WhatsApp groups, You-Tube etc. Some of the experiments with drugs, sex and so on are birthed from the exposure derived from online platforms.

Now reader I'm taking you deep in this article for you to fully understand the cause and effects of this (addiction) issue. Earlier on I mentioned about drug abuse and drug addiction as two different things. Drug abuse is when you use legal or illegal substances which you shouldn't and this unhealthy habit can be easily changed. ADDICTION is when you can't stop it, not because you have fallen ill or when it causes financial constraints. The urge to use drugs and get them will always occur any time of the day. It is different from physical dependence or tolerance.

There are three factors that I have discovered that causes drug addiction and they can also apply to drug abuse. These are as follows;

## Lack of parent-child communication

Children always need guidance. Some end up doing all these things because they are lacking counselling. No one is there to help them and it seems like nowadays it's becoming harder to keep track of children's activities. Some are just doing this to get the attention of their parents. If only parents can focus on their children who perhaps need to hear a word from them to start changing. Parents should also take a look at the type of friends that their children hang around with because that's where everything starts including peer pressure. If you do not take part in fighting the factors leading to addictions, their brain's chemical systems and circuits are affected thus resulting in poor school performance.

#### Stress and Inability to cope

Most people that go through stress think of something that makes them happy for a moment forgetting whatever that they will be going through. Taking drugs doesn't solve anything to ease your stress because at the end of the day you're going to come back to the situation again. I do understand that there are people with troubled relationships, for example, maybe there was a separation between the parents and life became hard one way or the other, there are high possibilities of that child to look for something to get over his/her stress. Getting counselling including the adults who are as well engaging in such addictions can be helpful. One might think that they have failed in life and then end up having addictions to things that turn off their minds and think otherwise. It is essential to deal with life situations using methods that do

not cause harm to your body and life as a whole.

## Social pressures and poverty

These are the number one big problems that are causing peer pressure on young adults, causing them to drop out of school because of low income at home. Some end up taking drugs to satisfy their minds, ease their stress and avoid reality. Some of these teens are forced to start working and put their education on hold to support their families. To make matters worse, if they happen to get peanuts from their workplaces, the

situation becomes worse. More problems are piled up and if not careful, the escape is none other than an addiction to harmful substances. They need to receive gratitude for their efforts so that they can feel motivated to put in their best rather than to find an escape.



How To Figure Out Your Curl Type

By Tatenda Matorevhu

nowing your curl type or hair type is one of the things you need to know before going into your natural hair journey or right at the beginning. This will make it easy for you to know how best to care for your hair. The majority have asked how they can identify their curl type so here is the answer.

Your curl type is determined by the shape of the follicle that your hair grows out of from your scalp. The flatter or more oval-shaped the follicle, the curlier your hair; the more circular the cross-section, the straighter your hair. Your curl pattern is also identified by the shape that the strands of your hair make, whether they kink, curve, or wind around themselves into spirals.

It is possible to have more than one curl type on your head. Because of the multi textures or curl types, your hair will have characteristics of two curl types or more. It can get confusing sometimes to figure out which curl type your hair identifies with. If you've got multi-textured hair don't worry, we'll be discussing how to take care of it in the coming weeks.



#### **4A Hair**

a soft texture.

prone to dryness.

The textures are similar to 4B

## How to identify your hair

- Take a hair strand.
- terns on the hair chart.

## THE VOICE OF THE CONSCIENCE

Even in darkness and terror I'll find my way home
These eyes have seen beyond reality.
My soul craves for solitude
Yet I've pulled myself to be human,
Even when my soft heart makes me vulnerable
I still creep until I'm back on my feet.

I once stood there
Where that tree has lost it's flowers
Where ants and scorpions have inhabited
I used to be the innocent kid in the jungle
surrounded by deadly creatures and vultures
I once sang a song of hope
Before my eyes opened into the veil

Into the veil I saw people for who they are I heard gestures where voices used to be Silence is the treatment I got even when I was totally well.

I chose to be nice and I was never moved by guilty.

I've seen money turning people into monsters Victims becoming vilains

Yet I stood taller fighting poverty with my pace.

The longer I took, the more I got lessons Painful and heartbreaking experiences Morals on how to stay human even when blessings overflow I will always remember the path that leads me home

Yesterday was a thrill
I looked straight into the eyes of destiny
And proposed happiness for eternity
I raised my head with the crown of dominance
proving I'm resilient.
I can totally walk on the skulls, the blood
the hatred, the jealous and all the weaknesses
Because I'm stronger than yesterday
I'm better than before
And I'm positive as always

By Trevor Mukarati

#### MARRIAGE TIMELINE

By Sandra Ivy Chiworeka

We live in a world where women are constantly under the scrutiny of society's eyes. Growing up, I witnessed our elders pushing the notion that the life of a woman is centred on a man. "Grow up and get married," they would say. A strong lady will always be attacked in this angry and hungry world. Some men quench their thirst for power with the manipulation of freedom. We have witnessed women on the rising, right from their suffrages to sitting on boards in higher positions. Bold and breaded into fierce ladies. no one can quench their fire.

I don't know who told people that marriage has a certain age group. It's quite saddening to witness the majority of women being judged by their marital status. Some men dare to call women names as if they were conceived by a man, not wanting to sound rude but we are called names. Most women over thirty or approaching therein feel like all they have to do is hunt for a man to settle down. The chant, "books before boys because boys bring bush babies" was always in our ears. Had we received

proper guidance on these issues, we wouldn't build our lives centred on the male specie.

No woman is defined by a man. We all deserve the chance to choose our paths regardless of our marital statuses. It's more like we are only fully grown when we get married because we now carry a certain honorific. There is more to life than getting married alone. Inasmuch as getting married and building a home is important, deciding the timeline for other people to get married is wrong.



## **TATTLETALE**

By Grace Murenje

We all have done some horrible stuff in our past that we totally regret, and given the opportunity to turn back time, we would do it differently. Or with much knowledge then, we would have done it differently.

I got a little story, more of a secret, to share although I might leave some information to your imagination. So a few years ago I did something horrible. Well, to me it wasn't horrible then but as I look back now I laugh at myself thinking, "Grace, what exactly were you thinking? How did you think this was going to end?" Before you judge me, the thing wasn't illegal per se but it was definitely something that was frowned upon. For the sake of keeping this more of a mystery I shall call this legal but unethical thing, 'eating an apple'.

Peer pressure got a
hold on me. My close
friend had been eating apples for years
but in secret of course.
Some people had publicly
done it and of course they received
their part of shame although in a
way they looked like heroes to
me. They stood up for what





they believed in and didn't hold back. It gave me enough courage to eat my own apple.

I recall going back to school and I could see in everyone's eyes that I was now an enemy. No one else was bold enough to start the conversation but I could tell they wanted to ask me, 'Grace, is it true? You do not exactly look like someone who would do such horrible things.' I lost those I thought were my friends including the one who had influenced me to do so. Who would want to be associated with me? They didn't want to be labeled as 'apple eaters'.

It's amazing how a story spreads. Everyone from my stream, my seniors and juniors knew about it. I am sure that those teachers who loved gossiping and were always in students' businesses also knew about it. I was the talk of the school. That is when I learnt that apologizing doesn't necessarily do any good. I felt alone yet surrounded by a lot of people. I felt like a curse had been cast on me. I prayed every single day for the ground to swallow me whole.

The worst thing about it was how people exaggerated. The version of the story changed from person to person and on a

daily basis. The story had turned into a broken telephone game. In the beginning it started off as, 'Grace ate an apple.' But by the end of the week it was, 'Grace ate apples, oranges and grapes.' By the end of the month, Grace had finished the whole orchard. Funny right?

The pain of knowing that everyone is talking about you but not to you is unbearable. I drastically lost weight that I am still trying to gain at this very moment. I didn't necessarily regret taking that action because I felt that it was my right to eat apples if I wanted to. After all it wasn't an illegal thing. There is nothing wrong in being who you are. It took a couple of sessions in therapy with the Counselor for me to be able to feel like a normal human again.

Now I know better. I have grown to understand why people weren't in support of my ideology. Low-key, I am grateful to the person who revealed my secret. Not only did it make me stronger than I was but it taught me to think some things thoroughly before acting.

\* I don't know if you were able to figure out what I did. If you think you know, trust me, you don't.



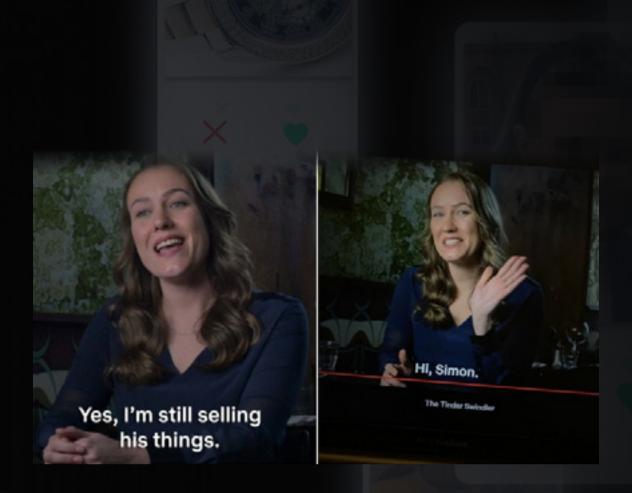
In my country, we have a saying, "Rooranai vematongo" that can be loosely translated to "One should marry someone from their neighbourhood." This is to some extent good in the sense that you already know the person since you grew up together. However, nowadays the emergence of online dating platforms has made it possible for people with different cultures, ethnicities, religions and so on to connect. It can be an exciting experience, come to think of it. But like everything else, it has its pros and cons.

As a sucker for romance that I am, I am always on Netflix looking for romantic movies. I recently came across the documentary, 'The Tinder Swindler.' For starters, the 'Tinder' in the title had me hooked up already only to find out that it was a documentary about a guy who scammed millions of dollars out of the ladies he met on Tinder. I'm not so fond of documentaries so I tried watching it but only for 15 minutes.

My friends kept talking about it and I stumbled upon it several

times as I was scrolling down my social media platforms. I eventually threw in the towel and ended up watching it.

Cecilie, just like any other lady went on Tinder to find true love and there she came across Simon Leviev who told her that he was a billionaire and owned the LLD Diamond company. They started chatting and one thing led to another. Who wouldn't want to date or rather marry a billionaire? They had dates from one country to another, from Greece, Germany, France, the USA, etc.



Everything was going smooth until Simon got in trouble from what he referred to as his 'enemies'. He asked Cecilie for help with cash because he couldn't use his cards for security reasons. Out of love, Cecilie agreed. Simon kept on demanding more money and commanded her to take loans. Again, blinded by love, she took loans from different banks and the amount added up to \$250 000. When she started asking for her money back, Cecilie could feel that the energy between them had changed. He finally gave her a cheque for half a million which unfortunately bounced back.

On the other hand, Simon was

scamming another lady again, Pernilla, his friend. He always made sure to create a bond to make it easy for the ladies to feel bad for him and fall for his tricks.

After discovering that she had been scammed, Cecilie reported him to the police only to realize that he had scammed a lot of ladies. He was using different names and creating fake professions of himself as if he was a real billionaire.

The ladies, Cecilie and Pernilla joined hands with the most popular magazine to bring down Simon. Their findings were shocking. Simon was on the wanted list in Israel because he

had conned a lot of people but they had not been able to catch him. They had to set him up so they could catch him in action but it proved to be difficult.

After his story was published in the magazine, many women began to speak up about their experiences with Simon. They discovered that it was more of a Ponzi scheme. This is more like a rotation of money, the money he gets from Cecilia will be used on Pernilla, and the money he gets from Pernilla will be used on the next lady. All the flights, hotel bills, gifts and all that he bought were in a way funded by another lady's money.



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