

DEEP

INSIGHT

THE

10 PLACES
TO VISIT IN
CYPRUS

THE SHOE THAT FITS
A MAN'S MISSION

OPEN LETTER
TO MEN

THE PACESETTER
HONOURIO

Positivity Pledge

I pledge to be an optimistic person in every situation I find myself in. To spread positive energy to my family, friends and everyone around me with my words and actions. So, help me, God.



Snippet #1

Ivividly remember the day I graduated. I was equally excited and scared about what was to come. Going by the rules of society, one has to be interrogated with questions like, “Now that you have graduated, what’s next?” For some, the black tax will be waiting for them on their doorsteps. They are not given enough room to breathe and experience the freedom of not having to stress about deadlines, quizzes, exams and so on. Now that it’s graduation season in Cyprus let’s take this moment to celebrate with the graduates. I am so proud of all the graduates out there. Congratulations, and I wish you all the best in your endeavours.

Snippet #2

A few days ago, I had a meeting with my team and a client. We wanted the meeting to be a bit relaxed and chilled, so we met at a cafe. The nature of the meeting required an environment that would stimulate our thinking capabilities hence the cafe. It went

well, and intelligent discussions yielded terrific ideas. After all was said and done, we decided to grab a bite whilst conversing. I went to place an order, and I was battling to choose between cheesecake and carrot cake. I was never a fan of cheesecake, but Kelvin marinated me hence the battle (chuckles). I ended up settling for carrot cake, and I kid you not, I left no crumbs on my plate. The baker surely did a fantastic job. Bakers, you’ve got to love them.

Snippet #3

There was a time when I experienced terrible menstrual cramps, and it’s not an experience that I would want to relive. Now my fellow women can attest that it’s not something that we would wish upon any woman. I tried every home remedy that I could think of before settling for pills. By the way, I am not so fond of drugs. My hatred for tablets goes a long way back. I won’t even mention injections. After a prolonged period of irritating and unpleasant pains, I went to the pharmacy. Upon getting there,

the pharmacist recommended some drugs that would end up working like magic pills. A few minutes after taking them, the pain was gone. Pharmacists, bless them.

I shared these snippets about my daily occurrences because I was so amazed by the story of Rukudzo, who happens to grace our cover for this month. She is the new graduate in town, a pharmacist and more than that. You might have come across some of her featured recipes in the magazine. If you haven’t read any of them, please check our previous editions.

Lastly, you do not want to miss out on any articles in this edition. We have pieces on socks, belts and so on. As you peruse them, I believe you will be enlightened.

With love



Millicent R. Sibanda



Editor in Chief
Millicent R. Sibanda

Managing Editor
Grace Murenje

Production Manager
Kelvin T. Tsoka

Editors
Ivy S. Chiworeka
Terence Zizhou
Craig T. Chimuthi
Columnist
McEarly

Photography
Eagle Lens Studios

Designed by
Pangolin
Pictures





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SOCKS

By Kelvin T. Tsoka

I am very cautious about how my shoes smell; being confident to remove my shoes anywhere is something that I would like to do. This makes me pay attention to my socks which are very important for the well-being of my shoes and feet.

One Saturday morning, as I was preparing to go out for a meeting, I opened the wardrobe to look for an outfit perfect for the meeting and to my surprise, I had run out of socks. This deficiency led me to my laundry basket, and there I found it full and loaded. I usually have a lot of pairs of socks because of how lazy I am to do laundry and also to be safe, never running out of a clean pair of socks. The need for socks developed into something bigger than I had imagined; the laundry basket revealed something worth looking into.

Unpacking the laundry basket, I came across clothes that I couldn't wear anymore. They were just in there occupying space, torn, faded and dirty. I knew I had to throw away these garments because they wouldn't even survive any form of rehabilitation as they were old. I started separating those still intact, but I caught myself at

sixes and sevens on some of them. Some of them would fall in the category of work clothes, and I just thought I might need them. My life journey led me into many jobs that would require me to wear such clothes as my work suit, and I thought I might need them some time if I were to go for such jobs. There was no way I would go back to those old jobs as I had found myself a better one, but still, I thought I would need these clothes.

Could we be holding onto some things that are no longer relevant to what we have aspired to do in life? I realised that in life, we hold onto certain habits or even people that are no longer necessary in our journey. We feel we may need them in the future, but they occupy space that should accommodate essential things for our lives. Let us take time to go through our lives, taking note of the relevant things and making adjustments just as I threw away all the unnecessary baggage out of my closet.





THERE IS NO
LIMITATION IF YOU
WANT TO START A
BUSINESS OTHER THAN
YOUR MINDSET.

The face behind **Honourio**

How can someone be studying one of the most challenging programs and still be able to run a successful business simultaneously single-handedly?

I am one of those people who find it difficult to multi-task. It's either I am focusing on a single thing or nothing at all. I am amazed at people who have managed to defy the proverb, 'A master of all trades and a jack on none'. How can someone be studying one of the most challenging programs and still be able to run a successful business simultaneously single-handedly? These people ought to share their stories and inspire us. That's why this month, we got in contact with the CEO of Honourio, who recently graduated as a pharmacist, for her to share with us how she was able to pull this off. Below is the transcribed interview we had with her.

Can you tell us about the visionary behind Hounorio.

My name is Rukudzo, but most people know me as Honourio. Many wonder how and where I got this name, but my name in Spanish is Honourio, and it means giving honour to God. I recently graduated in Pharmacy, and I am currently running a business. I started as a pastry chef, but with time, I then opened Honourio healthy kitchen.

"Once you are determined to reach your goals, nothing should be strong enough to stop you."



How does it feel to be an entrepreneur?

Being an entrepreneur hasn't been an easy journey, but it was interesting. This entrepreneurial thing started way back when I was in preschool. I remember I would sell sweets to my sisters and parents. Crazy as it may sound, at one point, I even sold papers. It wasn't because I was looking for pocket money, but I loved the idea of having financial freedom. I would use the profit to buy presents for my sisters and parents. Giving back to the people I love the most gave me satisfaction. That's what kept me going.

How was your journey to becoming a Pharmacist?

The journey to becoming a pharmacist wasn't an easy one, but it sure was exciting. It had its ups and downs, but what I learnt the most was you are your first supporter before seeking validation from other people. There are times when it will be difficult to the point that you regret choosing that career path, and no one is



there to motivate you. Once you are determined to reach your goals, nothing should be strong enough to stop you, and that's what it was like for me. I was determined to be a pharmacist one day.

The pharmacist journey started way back when I was still in primary school. Every day after First Aid classes, I would go home and ask my sisters if

they had any wounds or need medical advice because I wanted to practice the things I was learning. I created my small First Aid Kit using a shoebox, and inside were bandages and some pills. This whole experience made it easier for me to know which career path I wanted. Inasmuch as I loved the business industry, I loved the medical industry the most.

How was the transition from the normal education system to an online system?

When most people were complaining about the lockdown, I saw it as a chance to improve on my learning experience. Before lockdown, I would spend too much time getting ready to go to school, catching the bus, and the time I would spend at





school. All those hours, if counted, would take up to 8 hours of my day. However, during the lockdown, I would wake up, do my morning meditation and join my online class. That took probably 2 hours of my time. The rest I would spend it on something else. Of course, online education had me missing my friends and face-to-face conversations, but it made me more productive since I had a lot of time in my hands.

You started a business in Cyprus; how did it come about?

When I came to Cyprus, I didn't know which business I would want to do. I didn't want something that would be demanding as I would be going to school simultaneously. I prayed, asking God about what to do. Growing up, my mother would teach me how to bake, and I realised God orchestrated it, hence the beginning of Honourio. As time went on, I discovered how I loved healthy food, and that's when I started Honourio healthy kitchen. I love this the most because it integrates with Pharmacy.

Now that you have graduated, are you going to venture into the pharmaceutical industry, or the food industry?

For those asking if I will stick to Pharmacy or leave it for the food industry, I always tell them that I don't see the difference.

In both sectors, I am helping people health-wise by providing healthy food and also medication. So, to me, I don't see these as two different things as they are achieving the same results.

What advice can you give to someone who would want to start a business but is still in school?

There is no limitation if you want to start a business other than your mindset. Life is not all about education, degrees are essential, but you need to improve your skills. With the way the world is moving, you might find that you will earn more with your skills more than your University degree. You don't have to wait until after graduation for you to pursue your passion. Start now. There could be a possibility that your career might one day be replaced by a robot. Stop procrastinating. Stop overthinking. You might not have enough resources, but the first step is to start with the little you have. Don't expect people to support you because it's your vision, and many might not understand it. Be your biggest supporter when it comes to your goals. Some will criticise you but use it as the energy for you to continue pushing towards your goal. Continue, and we will meet at the top.

THE SHOE THAT FITS

By Ropafadzo K. Banda

“Give a girl the right shoes, and she can conquer the world.”
Marilyn Monroe

One of the most vital ways of discovering yourself is likened to knowing the right shoes that fit you. Most people try to fit into shoes that are not their size. This makes them limp and experience pain if they do not consider changing into the correct shoe size. Embrace yourself because, at the end of this article, I need you to mull over the size of shoes you are wearing.

Just as there are various shoe sizes and designs, there are plenty of opportunities waiting for you outside there, but there is a need for you to know what suits you. It takes a sense of urgency for one to learn that there are such opportunities. Some people end up getting intimidated by others, thus giving up. You are supposed to have a made-up mind towards your searching. You must not be discouraged until you find that shoe that fits you.

The question that is running inside your mind now might be, “How do I know if I have the

right shoe that fits?” Just like the shoes you put on your feet, if they are the right size, design, colour and all, you wear them with joy and pride. The same applies to some opportunities; if they are suited for you, you invest your energy, knowledge and all. At the end of the day, you get a sense of fulfilment.

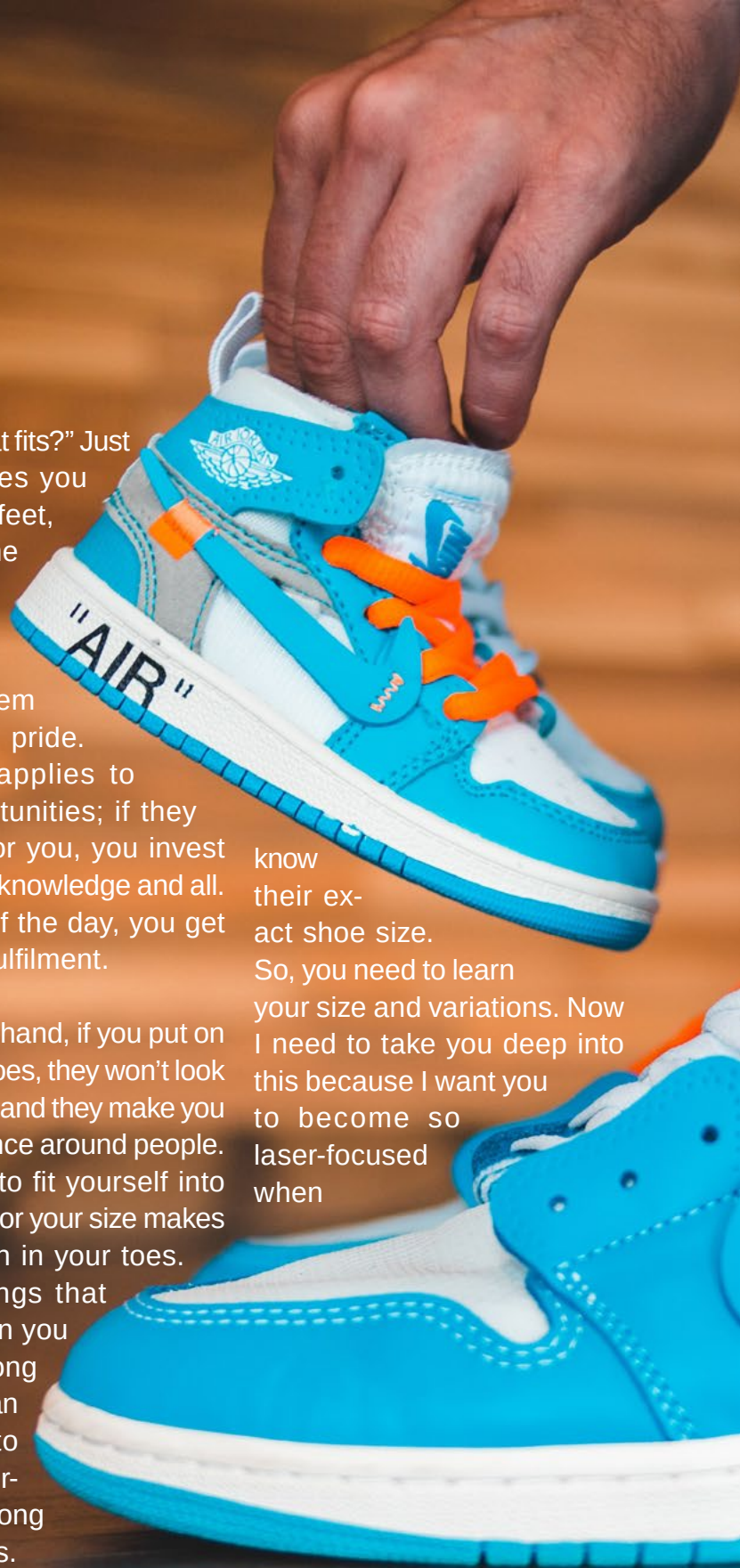
On the other hand, if you put on oversized shoes, they won't look good on you, and they make you lose confidence around people. Also, trying to fit yourself into small shoes for your size makes you feel pain in your toes. These feelings that you get when you wear the wrong shoe sizes can be likened to involving yourself in the wrong opportunities.

For interest's sake, what is your shoe size reader? Mine is size four and five, depending on the type of the shoe, and I have discovered that most people don't

know their exact shoe size. So, you need to learn your size and variations. Now I need to take you deep into this because I want you to become so laser-focused when

searching for the right shoe to fit in.

In life, what keeps one searching





for the right shoes is the ability to think and be prepared mentally. It's possible for you to go in circles trying to find the right shoes whilst you have them within you. If you're not mentally ready, you're never really physically prepared for self-discovery. The more you stall on that, the more you are wasting time. To get to the very end, you need to sit by yourself and do a self-meeting. I believe gurus call it meditation, where you introspect yourself, visualise the path you intend to walk and take the first step.

One should not try to indulge in things they are not passionate about. Yes, it's okay to try new things in the sense that you're trying to find where your passion lies, but don't take a step into a path that you see as a dead-end. Instead, take a walk in a path where you see the light at the end of the tunnel. For example, Lisa Nichols saw the light in the direction of motivational speaking, which is something she was discouraged at. Still, it was her perfect fit, just like what Marilyn Monroe said, "Give a girl the right shoes, and she will conquer the world," and now she's a world-renowned motivational speaker.

She was discouraged by her use of the queen's language. People, later on, discovered that she was good at motivational speaking. She never gave up despite the negative criticism. So never give up on your passion despite what people say. Soldier on because in the end, if you follow them, you will regret it. Think about the time you would have wasted following the majority; you won't regain it, so be wise.

All of this amounts to one word—"CHOICE", for everything that we do, be it our spirituality, defining our purposes, romantic relationships, friendships, purpose and career, we make a choice. Let's strive to make these choices a perfect "FIT" always.



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Am ante Della cincture

By Ivy S. Chiworeka

What is a belt? What's the role of a belt? Is a belt significant? Who thought of the belt? Well, let's dig into the life of my dear friend, who's now obsessed with belts.

"I am Samuel Vincenzo, a guy, aged 25, and I'm a sucker for baggy jeans. I have never been eager to try them because I cannot fit properly. I have always needed something to hold the weight I can't fit, but to no avail. At school, people laugh at how small the pants I wear, but they do not know I hate them myself. Each day of my life is a hard note: I am thin and small because of my condition. I have anaemia type 3B. No matter how much I try to eat, I can't gain weight.

My mother knows the fashion sense that I like, but at the same time, I'm not ready to take the step; the doctor said an operation would help me to get my body back. I am afraid of dying during the operation. My best friend is always telling me how I should try on the gift she sent me. I have never liked

belts in my life because I feel like they prove to people how much I lack on my body. The belt she bought me is still in the box because I'm not too fond of it.

One sunny morning, I went to college as usual, but I felt off. At lunchtime, I had a nose bleeding that led me to the restroom. On my way, I saw our janitor singing aloud with her headphones in joy, but I felt annoyed when I noticed her putting on a belt. It was not stylish, but still, she had it on. I had to ask her why she had such a belt on her.

'Mrs Chantel, why are you always wearing that belt every day?' She answered, saying, 'Before my husband passed on, he told me to buy him a present to give him motivation as he had cancer, but when I got to the shops, only one shop was open, which was the belts and tie shop. So, I asked the lady to recommend something she would buy for someone seeking motivation, and then she said a belt would

do. When I asked her why she said that belts are unique, they are burden carriers, and they help you fit into anything you want to wear. Belts are helpers that symbolise "together forever". A belt alone is nothing but with another fabric; it will have a meaning. The same as a ring, a ring alone is nothing, but once it's on a finger, it's now meaningful; that's how belts work.' I was impressed with this. The next day I went to school in my baggy jeans with my gift belt; I was proud of myself. When I got to school, I received compliments on how good I looked. Oh, yes, I felt happy with this. After school, I went to the doctor for my operation. The doctor informed me that after this, my life would be transformed.

Faithfully, the operation was successful. My belt was now my favourite asset. I'm always with it everywhere I go. Belts are unique, and they have a meaning. Conquer your fears and let belts have meanings. In my closet, I now have thirty-two belts of different colours."

FEAR OF MEN

By Tanaka Chigomba

Growing in a predominantly patriarchal society, I can attest that the fear of men is real, and it does exist. Not everyone in the same society may agree to it unless subjected to extreme male dominance and abuse. Even in this age of civilisation, a lot of girls and women have androphobia. Working with vulnerable young girls and teenagers has made me realise that androphobia can

be mild. It can even get to extreme levels where it can affect an individual's daily functioning.

It's quite unfortunate that in African communities, one may suffer this for a long time in silence because Africans are not in the habit of seeking professional mental health care. It is swept under the carpet and is left to disappear as time passes. The truth is it never goes away. It

stays hidden and manifests itself in several ways at a later stage in life; usually, it results in bad relationships. In most cases, only victims of sexual abuse may get professional help when their cases are reported, and they get to follow procedures. Some women will seldomly question their husband's decisions not out of respect but out of fear. Helplessness is mistaken for submissiveness,



and the tradition is passed down from mothers to daughters, and boys take after their fathers. The cycle continues, and the problem remains hidden under the pretext of respect and culture.

Men are not to be feared but to be respected, and women are not objects; they ought to be loved. Even those who do not have androphobia must realise that people are innately good. It is wrong to judge everyone based on what others have done. Fear can be detrimental to one's life; it blinds one

from seeing or realising the power of working together as one. Fear is more dangerous than the object or person being feared. Fear makes our negative imagery and assumptions real even when they are not. It makes one more defensive even when they should be open for help. Fear gives negativity precedence and destroys the power of collaboration. To the men, you will not lose credibility if you talk to a woman affectionately without needing any romantic favours in exchange. It is not shameful for women to

befriend men either because men are not monsters; the fear of men is not assertive. Men may try to work on their own but without the input of women, and women may try to do the same, but it will not yield much unless there is unity. Both men and women should set aside their egos and work together with mutual respect and love. Fear makes people overly pessimistic, and it shatters opportunities and hope. It takes collaborative efforts from everyone to create a safe environment for everyone.

Have you heard about androphobia? What's your take on it?



A woman with glasses is looking at her phone in a dimly lit room. The background is blurred, showing what appears to be a window or a doorway. The overall mood is contemplative and somewhat somber.

LONG DISTANCE MARRIAGES

By Grace Murenje

Every girl has been planning their wedding since the age of 5. Some would take pillowcases and use them as veils. We dreamt of the perfect wedding in an ideal place, with the perfect four-tiered wedding cake with decorations of little people on top. With all these desires, the most crucial part is that we find the perfect guy to start that journey with and spend the rest of our lives with no hindrances whatsoever.

The major hindrance is when you are unsure where to settle down, especially if you are married to a mobile husband. Well, that's the situation I am in right now. We go way back from the university where he was studying Journalism, and he is currently working for the most renowned news company.

As much as I love him, the fact that he is rarely home is eating

me inside. I was not prepared for the lonely cold nights I experience when he goes out of the country to cover certain stories. Of course, we FaceTime, but it's never good enough. I hate being pessimistic, but when I look at it, I don't see our marriage working, considering the amount of time we are spending together.

I know many always work it out but what if it doesn't? The odds are in our favour considering that 40% of long distance marriages will always end up in divorce. Of course, there is a 60% chance that this will work, but there is that thought of what if it doesn't.

We have never been apart since we started dating, except for the one month holidays. I can safely say I know him like the back of my hand. They say communication is the key to a long-lasting marriage. We do communicate;

it's just that I love spending time with my man, and of late, that hasn't been happening. We are now in a long-distance marriage.

I am not sure if we are like Victoria and David Beckham, who survived for years in a long-distance relationship. The distance between them never got in the way of their love as they are celebrating their celebrating 20th anniversary with four children.

It might not be all roses, but I am willing to make sure we remain strong. Maybe it's just a phase that is passing by. Every marriage has its ups and downs, and if we can sail through this, we will be strong. This issue never stops buzzing in my mind, but it all goes back to prioritising trust and communicating. I hope we will remain strong in love.

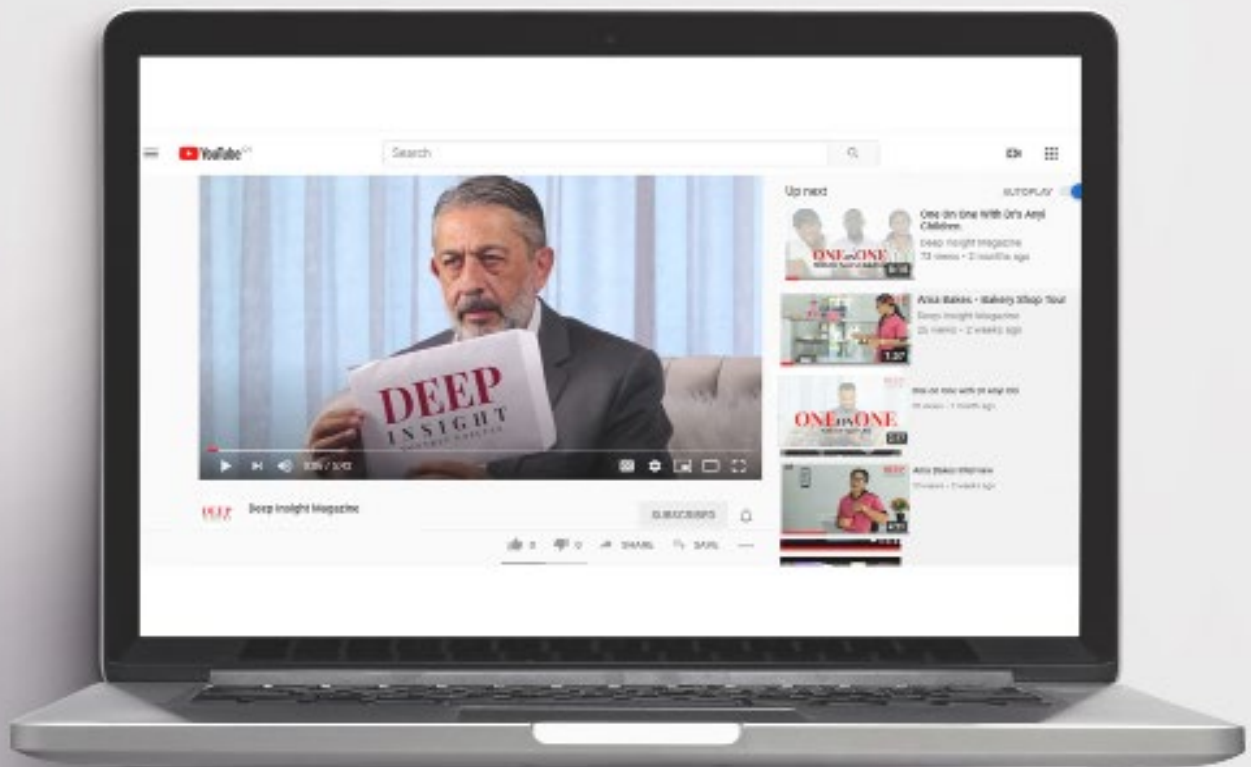
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CONVERSATION
WITH HONOURIO

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DEEP INSIGHT MAGAZINE

Open letter to men

By Abel Kapila

You are called a cheater, liar, manipulator, and so forth most of the time. Only when you provide, give, and satisfy expectations are you loved and appreciated. Most times, you are seen as one who's not in constant need of encouragement, words of affirmation, a shoulder to cry on, gifts but as the one to comfort, help, receive complaints and so on.

You gave up your nature and picked up the stereotypes and assumptions that society tossed at you, and started living by them. But in the following few sentences, I'm going to talk to that weakened heart, to that soul of yours that has given up on who you stand to be in society.

We live in a time where macho is the image of the man; we have indeed lost sight. Before being a man, you are a being with feelings, emotions, desires, and passions. Hiding or showing some does not make you a man but simply a being

pulled to and fro by people's opinions. You are the pillar on which society yields, the protector of values and pathfinder for the next generation. Therefore it's time to open your eyes and realign. Get back on track and race for the price, that is, your true self. You need to know that:

YOU ARE NEVER ALONE!

You carry in you 4 generations that learn from every one of your actions. Did you forget that our God is generational? Till the 4th generation, He bears your iniquities and blesses till the 7th generation. You walk around every day with generations learning from you how to treat women, deal with people, manage finances, reverence God, and et cetera. Every action and step you take, they are watching, and they are drawing lessons. So please do not give them an image carved by societal norms that limits them from being who they were created to be.

THE WOMAN is not weaker than you but is your helper. Have you not understood Genesis 2:18? She is the helper that FITS you. She is the one that counterbalances you on the scale of life. She is the strength in your weakness and the weakness in your strength. Can't you remember how in the fury of your wrath her eyes like a revolver shot first and disarmed you of your rage to the point of bringing you into her arms like a little child? Don't you remember the stillness of her voice that brought peace to your unease and confused mind in the middle of the night during that pillow talk? Yes, she's not weaker than you are; she FITS you perfectly. You don't have to put on a facade and act like you do not need help; let her help you operate in dimensions that will enable generations to emulate you.

**YOU ARE NEVER IN PRIVATE,
MY DEAR MAN.**

THE LOAD
MAY BE HEAVY

LET US
HELP YOU

CARRY IT

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PARADIGM SHIFT:

YOUNG FATHERS STEPPING UP

By Mpiwa Setaelo

You don't have to be rich to support your child.
Every little effort makes a difference, and your presence
matters the most.

It's not entirely surprising to come across women taking on both parental roles for their children. Somehow, it has just become a norm for fathers to abandon their children in our society. But of late, there has been a change in all that; young fathers are stepping up to their responsibilities of being present in their children's lives.

The motivation behind the decision varies with each person. For some, it's the fact that they grew up without a father, and they don't want their child/children to go through the same traumatising experience. Their actions (the father) mould the individual their child is going to be in the future. Another reason is the love and bond between the child's parents—wanting to

stick together through the ups and downs and not letting one person carry the burden.

In addition, some would want to be there every step of the way and to experience heartwarming moments. The greatest motivation is the undying love that makes one's heart skip a beat every time they see or think of their child/children.

The values our parents instil into us as we grow also play a role in building us as parents of tomorrow, not forgetting that each parent has a different and important role in a child's life. Also, peers who don't own up to their actions are shunned and cut off; no one wants to associate with toxicity/negativity; after all, birds of the same

feathers flock together. Hence the reason why some young fathers are stepping up.

To the absent fathers, regardless of the reason you have for not being there, ask yourself this question: WHY PLANT A SEED WITH NO INTENTION OF WATERING AND NURTURING IT UNTIL IT GERMINATES AND GROWS?

Ready or not, you have a responsibility. You don't have to be rich to support your child. Every little effort makes a difference, and your presence matters the most. There is no reason why you should abandon your child. To those who have stepped up and vowed to be there all the way, I SALUTE YOU!



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WITH US BY DROPPING YOUR COMMENT ON
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VALUE CREATION

By MaliQ Honesty Quallaz Nyasha

By definition, value creation is giving something valuable to receive something else more valuable to you. For instance, the relationship between Deep Insight and I as a writer portrays value creation. We benefit from each other. I have always wanted to get my writings out to the world, so they have that edge on me, over me, as they are giving me a platform to spread my writings across. Their viewership, or readership to say, increases because I'm writing for them. It's a win-win situation; they are giving me something valuable to receive something more valuable. They are giving me exposure to receive a different perspective, which is what I bring with my writings and the intent; I am giving them my writing in return for exposure, exposure, which is more valuable to me. Right.

In companies, value creation works as, say, I have a company with 'f' moving machines and I

want spare parts. Then you, on the other hand, have a project you're doing on that moving equipment, I'll offer you my product, 'f', the moving equipment, at a lower rate so that you can use whilst in turn, I get spare parts for me. That's value creation, we are feeding off each other, and we are both benefiting in as much as one might benefit more than the other. The benefit is still mutual, so does value creation, which brings us to any situation in life.

Even when buying something, I would have the money, and someone would

have the goods I want.

Therefore, a transaction is established. Since I don't have the goods, I have to give the seller money to get something more valuable to me, which they have. And they have goods which are valuable to them. But I have money which is more valuable to them than the goods. So is value creation. It reminds me of entrepreneurship through the idea of feeding off the needs of someone; you give them the money they want in exchange, you get something more from them just because you can supply whatever it is that they need.

In a nutshell, value creation in life, workplace, school or whatever has to be a concept whereby one understands that to get something valuable from an entity, an organisation or person, they have to present an offer after offer of something that they don't have. It's more coexistence in a way, so yes, that's a value equation for us.

A Man's Mission

By Trevor Mukarati

Generations generate history
History comes with a mystery
But life is like a pottery
you will only embrace the final piece
You have to take what is deemed less valuable
just like mud is moulded to make vessels
to store stuff

Every day is another page to the book of history
We get to watch the future turn into past,
just like tomorrow is lived
after today it becomes yesterday.
Great leaders become nothing more than statues
Great apostles become saints.
The sun and the moon remain the same,
yet they bring different days to our lives.

The power given to mankind,
the power to transform the universe
to extend kindness
to express and utilise intelligence
to be innovative and continue with the process of creation
to create love and peace to enlighten the universe.
To fulfil the scriptures
"Men were created in His image,"
so man should strive to be like Him,
that's the mission.





The Accidental Discovery That's Keeping You Healthy

By Anesu G. Mubaiwa

One tough aspect of working in the medical field is the constant strain and pressure of dealing with various debilitating conditions every day. The situations you face daily as a professional health worker not only require great focus, but there is also a lot of critical thinking needed and a standard code of ethics that you have to follow. There is great physical and emotional stress affiliated with the field. However, despite the pains and struggles of being a doctor, nurse or pharmacist, there is a great joy that you get

to experience every day as you save and change lives for the better. The profession gives you a feeling of being part of a greater purpose, and believe me, it's quite fulfilling.

Several inventions have been made in the fields of medicine and pharmacy that have revolutionised the world. From the First World War, many successful scientific types of research and inventions were made. One major milestone of the 19th century that has always been of interest to me was the discovery and development of

penicillin. The introduction of penicillin in the 1940s opened up the era of antibiotics and is regarded as one of the most significant advances in therapeutics. Before the discovery of penicillin, hospitals were always packed with people with deadly infections such as pneumonia, meningitis and gonorrhoea—a lot of bacterial infections were difficult to treat before the development of penicillin. Doctors could not do anything to treat these infections, so when we look at how easily we treat bacterial infections today, we get to appreciate the major role that



the discovery of penicillin played in saving lives.

Penicillin was first discovered by Alexander Fleming, a professor of Bacteriology at St Mary's Hospital in London. One interesting thing about this discovery is that it happened serendipitously. Professor Fleming, often described as a careless Lab technician, made a discovery that changed the course of medicine. After returning from a 2-week vacation, he noticed something striking on one of his Petri dishes containing *Staphylococcus* bacteria colonies. A mould had developed on

one accidentally contaminated culture plate. The zone around this mould was clear as if to say it was secreting a material with antibacterial activity. It was later discovered that this zone had a rare strain of *Penicillium notatum*, and this is how penicillin was discovered. After this discovery, Fleming could not isolate and purify the active principle required to take medicine. A lot of scientific research had to be made prior to his discovery, and in 1938 Florey and Chain solved the problem of isolating penicillin using chemical methods of freeze-drying and chromatography. The

molecular structure of penicillin was settled in 1945 by Dorothy Hodgkins using x-ray crystallographic analysis, and from there, large scale production of semisynthetic penicillin started.

Penicillin is the most widely used antibiotic in the world today. You have probably used it once in your life to treat an infection. The next time you get treated with penicillin or see someone receiving penicillin treatment, remember that we are all enjoying the fruits of a discovery that came through an accident.

10 PLACES TO VISIT IN CYPRUS

Enjoying Summer in Cyprus

Everyone has their best holiday activities they would love to do during that season. Personally, I love summer because of how refreshing it is. However, many complain about how hot it gets in North Cyprus, but I am here to give 10 places to visit and activities to enjoy your summer in North Cyprus.



1 Scuba Diving

What's a great summer without going inside water, or should I say underwater? There are many activities, from try dive for complete beginners to professional courses for those who want to have a career in diving. It's never too late to learn a new skill.

2 Horse Riding

Want to experience the freedom of wind rustling through your hair as you gallop along sandy beaches of North Cyprus? Then it would be best if you went horse riding. With its many health, mental and emotional advantages, galloping on that horse or taking a trot is something men and women of all ages enjoy.

3 Karting

If you love the feeling of living the 'Fast and Furious' kind of life then you can try car racing with your friends. As much as it requires special skills, fast reflexes make you feel the 'taste' of danger; there is no doubt that you will have fun throughout.

4 Salamis Antien City

Whenever I visit an ancient place I read about,

it always feels like I have time travelled. This makes it more interesting when these are Biblical places. Relive the Bible days by visiting Salamis Ruins, where some of the apostles preached.

5 Saint Barnabas Monastery

From time to time, we visit our fellow relatives who passed on years ago. We still remember them and appreciate what they have done in our lives and the society at large. What if I tell you that you can also visit one of the great apostle's grave in Cyprus? Amazing right.

6 Kyrenia Harbour

Being on a boat cruise is the best choice you would ever experience in Summer. Make sure to go on a cruise soon.

7 Ancient Shipwreck Museum

This Museum houses the oldest trading ship known to us with her cargo, raised from the bottom of the sea. The ship sailed in the Mediterranean during the lifetime of Alexander the Great and his successors. Within a mile from the harbour of Kyrenia, she sank in open waters.

8 Kyrenia Castle

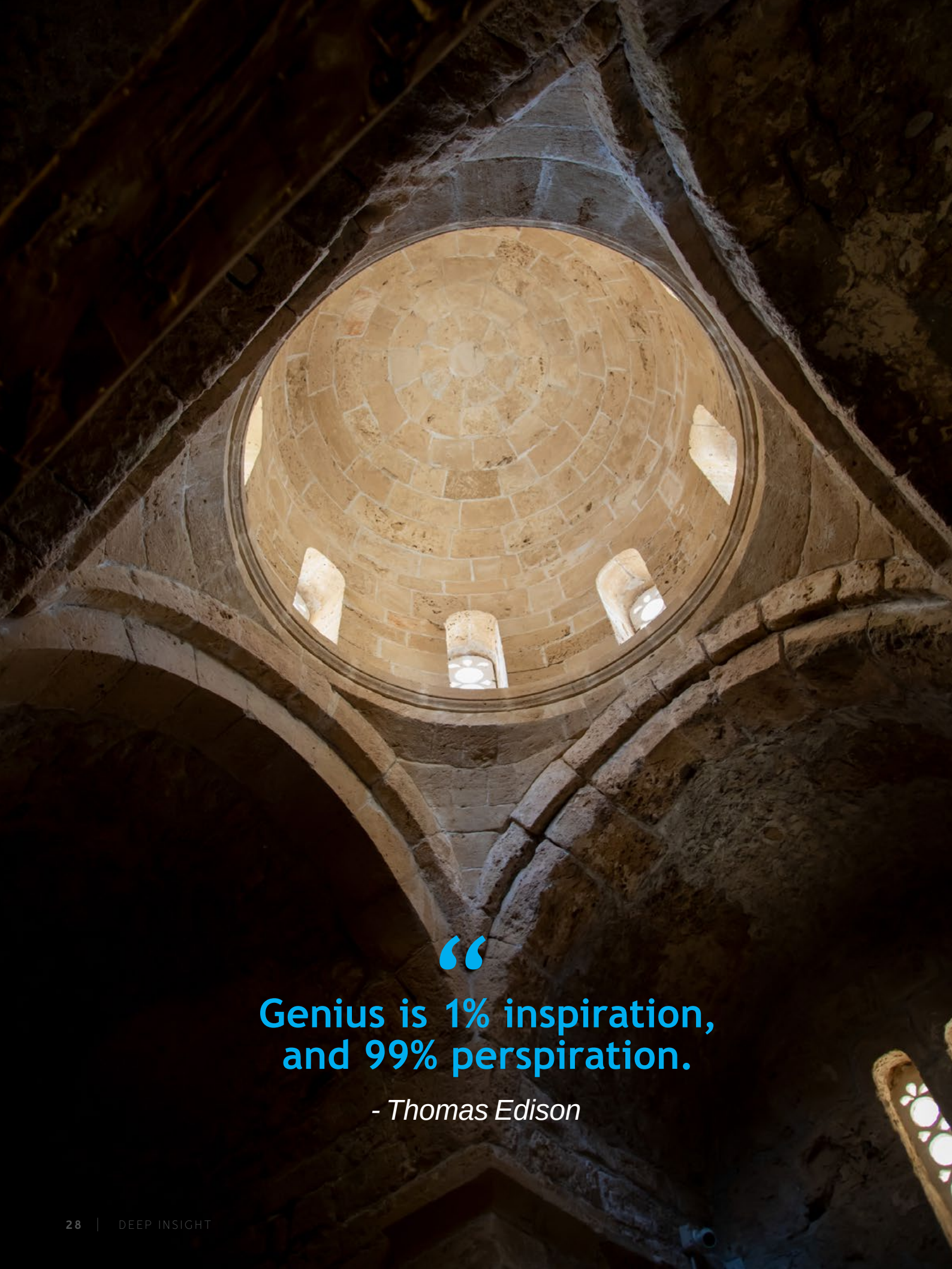
There is something that you would enjoy for my fellow historians, and that is the Kyrenia castle. It was built around the 16th century. Not only is it a magnificent architectural building, but it offers a fascinating glimpse into the history of Cyprus.

9 National Park

North Cyprus has a single National Park in the Karpaz Peninsula. The park has various wildlife, from birds to the elusive mouflon, a shy, inaccessible and highly protected species of wild sheep. The famous Cypriot wild donkeys live in a stunning, rugged landscape that is bordered by beautiful beaches.

10 Hiking

Several centres organize hiking tours for people of all ages and physical dispositions in the Girne area. These are generally conducted in the Girne mountain range.



“

**Genius is 1% inspiration,
and 99% perspiration.**

- Thomas Edison

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