

Celebrity World

Botswana's Native Magazine

April 2022 P12

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Uncovers
Her Talent**

**Signs of an
Insecure
Man**

**Self Nail
Care
Routine**

Influential

*Collections By Bk
Proctor*

**GIVE, The
Next Big Thing
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2022 is the year that has already started to change most of us one way or the other. While some people are already sailing their skills, others devoted their time and focus on getting fitter and better. Most of us will pick up new skills and top the productivity charts, while a good lot of them will put their feet up and relax after hours, days, weeks, months and years of working their socks off.

We have people who battled tough times in life, people who learned how to take one day at a time and live it the best way that they could. This year gives us that unspoken time to find and reconnect with ourselves and to realize all that is to be grateful for, the year really has a special purpose in our lives, we are excited, some of us are panicky, and others are nervous. But our nervousness is put to rest by our cover guy, Bk Proctor who brings us a very inspiring story about him. This month you'll get to read about Mr. Bokang Proctor, the founder of the most influential brand Collections by Bk Proctor and the lead designer at Collections by Bk Proctor. Read about him and get inspired!

Check out this issue on our website at www.celebrityworld.co.bw. Thank you for being part of Celebrity World Magazine and follow our facebook page called Celebrity World and on twitter @celeb_bw.

Enjoy the month of April!!

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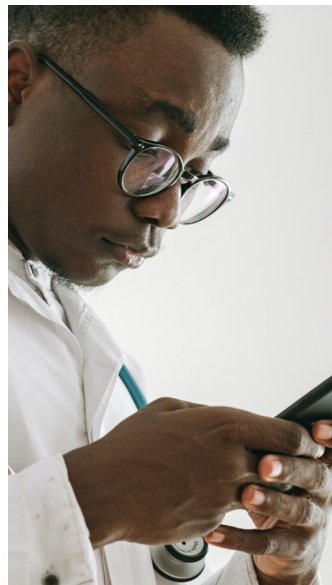
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Celebrity World *List*

FILM, TV, BOOKS & MUSIC

Stay inside or head outdoors, we've got plenty to keep you entertained



Sonic the Hedgehog 2

Genre:

Release Date:

Director:

Starring:

After settling in Green Hills, Sonic is eager to prove that he has what it takes to be a true hero. His test comes when Dr. Robotnik returns with a new partner, Knuckles, in search of a mystical emerald that has the power to destroy civilizations. Sonic teams up with his own sidekick, Tails, and together they embark on a globe-trotting journey to find the emerald before it falls into the wrong hands.



Fantastic Beasts: The Secrets of Dumbledore

Genre: Fantasy

Release Date: April 08, 2022

Director: David Yates

Starring: Mads Mikkelsen, Ezra Miller, and Katherine Waterston Professor Albus Dumbledore knows the powerful Dark wizard Gellert Grindelwald is moving to seize control of the wizarding world. Unable to stop him alone, he entrusts Magizoologist Newt Scamander to lead an intrepid team of wizards, witches and one brave Muggle baker on a dangerous mission, where they encounter old and new beasts and clash with Grindelwald's growing legion of followers.



The Northman

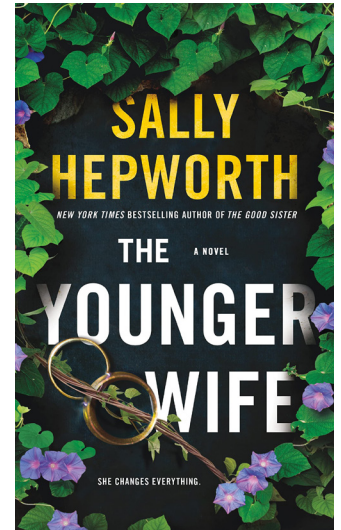
Genre: Adventure

Release Date: 22 April 2022

Director: Robert Eggers

Starring: Alexander Skarsgard, Nicole Kidman, Claes Bang

Northman is described as a grounded story set in Iceland at the turn of the 10th century that centers on a Nordic prince who seeks revenge for the death of his father.



The Younger Wife

Author: Sally Hepworth

Publication Date: April 05, 2022

Genre: Thriller

Stephen is about to get married again. The fact that his first wife is still alive and in a care facility for dementia is not an issue for him. The fact that Heather is the same age (and younger) than his two daughters does not bother him either. The two daughters are determined to unleash the family secrets and keep Heather away from their dad.

What To Read

The No Show

Author: Beth O'Leary

Publication Date: April 5, 2022

Genre: Fiction

Three women who seem to have nothing in common are all stood up by the same man. And, not on any day, Valentine's Day. Where was he? Will they forgive him? Will they discover the truth or have their hearts broken?



Flirting with Fate

Author: J.C Cervantes

Publication Date: April 19, 2022

Genre: Young Adult Romance

This is a story of fate, family and finding love where you least expect it. Ava arrived to her beloved Nana's deathbed too late to receive her mythical blessing. But that doesn't mean that Nana didn't give the blessing, it just landed on the wrong person. Ava is determined to retrieve her blessing from the boy it landed on.



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Mosa Uncovers Her Talent

By: Katlego Setilo

Botswana's entertainment and music industry is filled to the brim with diverse and colourful talent with multitudes being undiscovered. Today we sat down with Mosa, a local female motswako artist on the up and up of music creation and motswako artistry.

Please share with us a brief description of yourself as a musician.

Mosa Pretty Ramopadi is vibrant and charismatic television and radio personality material who finds great mental leverage in music, especially rapping and singing in her native language, Setswana. She composes, writes and performs motswako genre music among other genres in her being versatile. Firm lovers of her music and talent call her motswakopres for her excellent arrangement and punch in her bars.

What first got you into music?

It all started with spoken word and junior school creative thrill where now beats were brought into spoken word and eventually a rap stanza which now requires a hook and Mosa just beloved she could do both singing and rapping. This fire was fuelled by a local talented rapper A.T.I who at the time was young but showed it possible to rap in Botswana.

Is music just a hobby for you or a passion project?

Given time, opportunity which I intend to be on the look for, I definitely want to take music up as a career.

Who inspired you to make music?

ATI, his excellent lyricism, stage presence, energy and enthusiasm in the music work.

How would you describe the music that you typically create?

Mosa creates realistic, timeless and relatable music with a clear message mainly stemming from motswako genre.

What is your creative process like?

Tap the energy, compliment passions. Share visions in a comparable manner as Mosa is one of the few people who get the superstar.

Who would you most like to collaborate with?

Definitely ATI.

If you didn't become a musician, what would you be doing right now?

A speaker, of which I still am. Inspirational speaker, personal development speaker or perhaps since speaking is still a media field I'd be a medical doctor.

What is the weirdest question you've ever been asked in an interview?

Where do you get that thing? I'm like nigga I was born for this!

What do you have on your discography?

I have a couple of tracks that I have particularly been working on underground. The tracks are: Ska NTager, Dindawa, The future, Ore phaa, No boy!, Dynamite and Mama.

What offerings as a musician have you given?

I have created a *Re Batswana* piece performing before his Excellency during President's day



celebrations in 2019, as well as an Independence Day celebration piece titled *Bechuanaland-Botswana*. Both of which were live performances and my latest offering is a single track called *Ke bo mang*.

What inspired this particular project/piece??

In a season where we are experiencing higher concern of mental health by the nation which is often brought about by people's opinions about us and who we are, I felt an urge to write a response song to everyone's abuser, despiser and family members who withheld love that we expected more from them and instead spoke words and called us names hence 'Ke bo mang!'

What is the best part of the song you've just released and why?

The bridge! Where it says *Just because I gave all I had, you were blue*. It's a symbolism of the fact that when one is trying their best at getting better as a person, it comes across as pain to others. This is a part of the song that I believe I downloaded directly from heaven.

Which musician would you like to collaborate with?

Atlasaone Brian Molemogi.

How would you like your fans to remember you?

I am a whole healing movement, I'm

an empire and pledge to contribute in making the world a better place for all.

If you could be a fruit, which one would you be and why?

Lemon: it is a purity and cleansing fruit and as an artist I believe I meant to cleanse blood clots in people's hearts.

What got you into music?

Passion, love, talent and friends who believed in me.

What is the most useless talent you have?

Speaking with my mouth closed, so useless.

Where have you performed?

GICC President's Day celebrations, Independence Day at the national stadium, BTV flava dome music show, BLAC network hot basement, celebrity world performance video, G/West junior prize giving and GSS prize giving day.

What are your favourite and least favourite venues?

I love every venue for as long as I am going to perform and I enjoy open spaces more than halls.

Do you have any upcoming shows?

Yes, at the WUSA Africa Stop GBV on April 30 and Boitekanelo College bash on 30 April.

Do you think you could get any better as a musician, how would you achieve that?

Absolutely by engaging experts in various fields like marketing, digital content creator as well as professionals in office work. This will allow me to have the best packaging as well as skill sharpening.

If you had one message to give to your fans, what would it be?

Everyone else is taken, be yourself.

Which famous musicians do you admire?

Samantha Mogwe, the dignity in her brand is breath-taking.

What is the most trouble you've ever gotten into?

Selling in school as a head girl and getting caught.

The best advice you've been given?

Don't be apologetic about you talent.

If you could change anything about industry, what would it be?

If I could I'd change the reasons people go into music and I'd change the imagery of the music industry of wild behaviours and beliefs.

What's next for you?

I just keep breathing and allow my creator to send me to the world.

Influential

Collections By Bk Proctor

By: Ossie Miah Lekgetho

Award winner for best Music Producer, best collaborations, best music videos and an Ambassador for SAMSUNG in 2014-2016, Mr. Bokang Proctor is also the founder of the most influential brand Collections by Bk Proctor as awarded by the 100 Brands Africa. Collections by Bk Proctor was founded in 2018. Mr. Proctor is the founder and lead designer at Collections by Bk Proctor. Basically, his role is to lead in the creation of all designs as well as being involved in all business deals focused on the growth of their business. The young creative grew up in the city of Francistown, and has three siblings.

A collection by Bk Proctor is a lifestyle brand that specializes in footwear, apparel and accessories. The brand was officially launched in August 2018 and currently has one active concept studio/store in Fairground Mall alongside a highly active online presence. It is a fashion influenced brand that aims to bring to life high-quality masterpiece designs for the globally conscious consumer. Young and older professionals as well as anyone who resonates accordingly with the sneakers and any of our other products.

It conceptualizes, design, manufactures and produces all products in over 14 different Asian Manufacturing companies and sells through the concept studio stores and online stores. We produce high quality products with uniquely designed and distinctive attributes to cater for global fashion-conscious customers.

How did you get your concept for this business?

I fell in love with the creative process as I grew up in Francistown around my uncles Mike Proctor and George Proctor, whom were the founders of the music group Geto Flava. My interest in music began at a very early age, I used to watch them produce music and from there I started making beats then grew to make songs then albums for some of the best artists in the country, the likes of Vee Mampzeezy, Eugene Jackson, T.h.a.b.o, The late Steez and Samantha Mogwe. During my career in music, I have collaborated and produced music for some of the best artists in the land including; Lister Boleseng, Culture Spears, Scar, Zeus, Brando, Kast, Mosako, K Bos, Veezo View, Ban T, just to mention a few.

In 2016 I began to travel to China in pursuit of my love for fashion and in my travelling to China. I wanted to create a signature product that wasn't common to be made in my country, I didn't want to make T-shirts or Caps because all the brands in Botswana produced such products so I wanted to stand out as a brand and the only way I thought of how I could actually stand out was making sneakers. I wanted a product that when you think of our brand, it easily comes to your mind, I thought to myself, I don't know of any local

brand designing and actually producing shoes, so I went for it.

The thought of having your own sneaker line, designing and manufacturing it from start to finish has likely crossed most people's minds that obsess over sneakers, but often get discouraged when hearing how difficult it is to actually launch your own brand.

Sneaker heads think this is easy, but I was in the factories in China and they said, if this was so easy, then everyone would do it.

Creating a design requires creativity, brainstorming, and organization. Whether you are new to shoe design, or already familiar with the creation process. Design requires time, patience and inspiration. Most importantly, mood boards helps.

What was your mission at the outset?

Our brand mission has always been to create meaningful and stylish lifestyle brand and products exploring unique designs and materials for fashion and adventurous individuals who pride themselves on celebrating their individuality. And we believe our products adds to that lifetime goal. Our goal is to explore diverse lifestyles, at the intersection of fashion and art, using our creativity and outlet to power positive change. Our business is currently only focused on sustaining and feeding its current demand. We look forward to growing accordingly and hopefully to think about exports when the time fits with our general strategic plan.

We are looking to continue focusing more on our core product, footwear. We have a long list of footwear lines we have been sampling and preparing that we are looking to release late this year.

What motivates you?

My passion for creativity and innovation eventually infused with my love for fashion and unique designs, that was essentially the starting point which lead to the creation of this brand. Transforming from being an Artist-Producer in the music industry who loves shoes, to now creating footwear and apparel was not a hard move per say as the principles of creativity and creation between the two industries are somewhat similar. Setting up a business from scratch of course has its own challenges yes but for me I learnt and adopted to the growing demands for the success of the brand. This business means a lot to me, employees as well as our loyal clientele. Its impact has ignited the spirit of pride and celebration of our own local brands and products which will go a long way in having Batswana support more locally owned business.

How do you generate new ideas?

We conceptualize and design all our products here in Botswana and manufacture across 14 factories in Asia. Over 90% of our brand footwear designs are designed to fit into different occasions and serve different needs. Non-binding designs, functional and fashionable designs. The creative process is the evolution of an idea into its final form through a progression of thoughts and actions. Selecting from outstanding library of materials. Looking for innovative textiles or intricate synthetic and genuine leather materials, our swatch library has it all. All our products then endure a rigorous cycle of product testing before ever being displayed in a storefront.

Moodboards allows me as an artist, designer, creator to visualize my products, and then organize my thoughts and ideas into a concrete concept on the board, which I could then refer back to when creating original designs. This really helped with organizing ideas alongside trends and market branding to assist in the creation of a saleable product that customers want to buy.

Building a moodboard can be as simple as gluing photos to a pasteboard but it is crucial to consider the elements, expression, emotion, and value of the components included. After going through all that, I began to conceptualize Collections by Bk Proctor and now here we are.

What is your greatest fear, and how do you manage it?

My greatest fear is not having God on my side so I renew my mind daily and believing that He did say in his word that he will never leave me nor forsake me.

What are your ideals?

To build the biggest luxury brand to ever come out of our beautiful country, Botswana.

How do you define success?

To me success is having men's loyalty, to me that's the ultimate proof of God's favour.

When did you "charter" the business?

Collections by Bk Proctor was established in 2017, then officially registered and launched in August 2018 and opened our first flagship store in 2019, which was located at Oasis Motel Complex in Tlokweng.

How would you describe your personality?

I am a lover of people, I am an introvert, I enjoy my personal space, I am shy, I am a doer, I don't like to imagine things and not create them, you can call me a creator because I am forever creating.

What products do you sell?

We design, develop and manufacture products that are not only to suit its purpose but also to have a sense of style and design. All Collections by Bk Proctor products can be evaluated by the three key aspects; Fit, Form and Function and below are the key and unique traits as applied throughout the production process:

NON-BINDING DESIGN: NO unnecessary upper extra material across all footwear designs. Materials used are from flexible materials and the soles are made from rubber to achieve the utmost flexibility.

CUSHIONING SOLE AND ADVANCED INSOLE: Our footwear range insoles are designed specifically to meet the needs of your unique feet with shock-absorbing and cushioning soles.

95% UNISEX: All our products are designed to be suitable for both sexes.

DURABLE: All Collections by Bk Proctor products are able to withstand wear, pressure or damage and/or hard-wearing.

FUNCTIONALITY: A shoe is a footwear that is used to protect the human foot while doing various activities. Similarly, like all other Collections by Bk Proctor products our production process past key attention to functionality above everything else.

TRENDY AND FASHIONABLE: Well-designed in an attractive way to be up to date in or with what is currently popular.

What kind of culture exists in your organization, and how did you establish it?

Express yourself; Effortless style, exclusivity and authenticity are at the heart of Collections by Bk Proctor. We are a creative universe of men and women passionate about our profession and driven by the desire to innovate and achieve.

What has been your most satisfying moment in business?

I would say the gradual growth of our business, since the birth of our brand, we have managed to attract the right attention, genuine following and a large clientele all in a short period of time. That collective impact was a first and biggest highlight for us. We have a strategic plan which we follow, we have an amazing team working towards the growth of our business, we have created an environment where our team is driven by the desire to innovate and achieve. Since inception we have managed to open our first flagship store at Oasis Motel Complex, In 2020 we were awarded the most influential brand in Botswana by 100 Brands Africa. We

sponsored the 2021 Yarona Fm Awards along with Mascom, FNB, Hollard e.t.c. Our most recent and something launched late last year was our collaboration with St. Louis Lager in making a St. Louis branded sneaker for their Jwa Rona Can Campaign. We continue to grow and expand and we are excited to share with you that we are working on a collaboration with First Capital Bank for this year.

What inspired the brand Collections by Bk Proctor?

Collections by Bk Proctor Name is derived from my name Bokang Proctor.

Which shoes was your favorite design?

All our products which we create, are my ultimate favourite, all our designs speaks differently from my heart to our customers, our core products which is footwear are the all-time favourite with our customers, especially the Proctor 8588 leather sneakers and the Proctor 2 eye knit sneakers. We design all our footwear with a minimalist approach, shoes you can easily match with just about anything from your closet, so many of our customers love that aspect about our products, besides the stylish and unique look, it's the quality of all our shoes, they are made from the best leather and fabrics.

What inspires your shoe designs?

I think it's fair to say that shoes can make or break an outfit. They are the ultimate accessory and sometimes they even steal the entire show. I think my greatest inspirations come to me in my dreams and those ideas literally keep me up at night. During design season, I keep a laptop next to my bed for this reason.

How many shoes did you launch this year?

This year just began, we just released our signature sneaker which is the Proctor 8588 Redefined in 3 Colorways with upgraded logo stitching/embroideries.

Tell me about the famous PROCTOR 8588 Collection, what inspired the design?

THE PROCTOR 8588 Collection is a mark of Individuality, Authenticity and Persistence.

PROCTOR 8588:

A combination of the birth years of our brand's Founder & Lead Designer Mr Bokang Proctor and his younger sister; A Smart, Self-Driven and a Passionate young lady who strives for and to be the best in all she puts her mind and heart to.

Do you have a target market?

Our target market is the young working professionals and the global conscious consumer. Collections by Bk Proctor produces numerous products and promotes them with a different marketing mix designed to satisfy each product segment.

Why did you choose that particular target?



Each product carries unique attributes and is handled according to function and its specific niche, but always taking into consideration other related products the company offers.

What inspired your latest shoe collection (PROCTOR I | EYEKNIT SNEAKERS)?

PROCTOR I | EYEKNIT SNEAKERS are Adaptable Sneakers Designed For Versatile Occasions. They are designed to work with the foot to support natural movement in every direction.

Tell us more about Proctor 8588 and Proctor II Eyeknit Sneakers

PROCTOR 8588 Product Description:

PROCTOR 8588 REDEFINED LOW-TOP LEATHER SNEAKERS was born in 2019 but remains a classic with continuous refinements of new colorways and seasonal prints and embroideries. The upper and the sole are crafted using sustainable materials and certified genuine leather.

The handmade Proctor 8588 Redefined Low-Top Genuine Leather Sneakers presents a timeless design with a subtle logo stamp in black. The silhouette features a smooth leather upper in white, set on a slightly higher rubber cup-sole equipped with Pig skin cushioned footbed/insole for maximum comfort.

PROCTOR II Product Description:

A smooth transition between the PROCTOR I | Eyeknit Upper and injected PU midsole provides a seamless fit and unrestricted feel. It has these features: - Regular Fit, Proctor I | EyeKnit Textile Upper, Jaquard Proctor I |

Logo around Ankle, Laser Side Logo, Hugs the Foot, Big Toe and Side Padding, Adaptive and Cushioned, Responsive Moda Light Sole, Cushioned Insole, Unisex.

Quality planning is a creation of plans for quality, reliability, operational, production and inspections. At Collections by Bk Proctor we believe quality planning determines customer needs, and therefore develop product in response to those needs.

When introducing any new process, **COST BENEFIT ANALYSIS** will highlight the costs associated with that and also helps to identify the savings that can be made. This helps in improved quality and less complaints and faults.

What are the challenges you face in the market?

Covid-19 was aggressive and affected those regions more and hence highly affected our production for months as factories had to close. Also, shipments got delayed and some got cancelled. This was our biggest challenge yet and it really affected the growth of our business at the time. Every other side effects challenges of the pandemic we managed to plan and handle them accordingly.

Creating a scalable fashion business model was in the beginning a hard thing for us to do. As a brand that's hoping to expand and has the potential to increase our revenue, it's been a rollercoaster because investors or funders were hesitant to welcome us with open arms. We figured early that no one is coming to our rescue so we found the

cheapest option which I call Bootstrapping or self-funding, using our own savings and income and keep pushing boundaries until our startup is profitable.

All we do is plant the seeds, water them to the best of our ability. That's the reality of what we do in the fashion business. If we see somebody on the street wearing our product wrong, we can't go over there and fix the shoe. Haha!!

How do you deal with competition?

Collections by Bk Proctor managed to penetrate the competitive fashion industry and managed to gain credibility. Almost 99% of clothing shops in Botswana all sell other local and international brands and our business focuses more on designing, making, building and selling our own brand and brand merchandise in our own specialty and brand stores. This makes it easy for the company to influence its market, market share and create customer loyalty towards our brand as no other store sells our products. The business is therefore in a better position to grow its market position as it fully oversees the end-to-end customer experience, the quality of our products and merge that with current and relevant market trends.

Is there a chance of you opening or having another shop in the future?

Yes, most definitely, we are already working on our Francistown Concept Studio which will be ready by the 1st of June 2022. The new Collections by Bk Proctor Concept Studio has a refined interior concept based on a new aesthetic, which contrasts high technology with a handmade feel. This concept is supposed to become the backbone for future Collections by Bk Proctor Concept Studio/ Stores worldwide.

To what do you attribute your success?

The love and passion I have to grow my business on a daily, the happiness and the joy it brings me when I see the excitement in our customers' faces when purchasing our products, the care and the loyalty of our employees it's forever humbling.

What made you choose your current location?

Fairground Mall is a perfect location for our new concept studio as it is now easily accessible and much closer to our customers. On 50 square meters, located on the ground floor at Fairground Mall, The Collections by Bk Proctor Concept Studio offers its customers the entire ready-to-wear collection, as well as the current 2022 collection, footwear apparel and accessories.

The core design idea is a museum like aesthetic, defined by black walls and a LED lighting system to present the individual garments as well as create a contemporary, forward looking mood. Adding to the minimalistic design, the studio/store space is



Cover Story

equipped with handmade furniture in black and contrasting light grey wooden laminate. The Collections by Bk Proctor Concept Studio is a commercial space that offers diverse fast fashion pieces, art and lifestyle atmosphere. Concept Studios are the answer to the invasion of the big retail chains so we wanted to create an exclusive and personal space that dictates the shopping experience of the 21st century.

What would you say are the top three skills needed to be a successful entrepreneur?

I believe an entrepreneur refers to someone who builds or operates their own business. By having an equity stake in our businesses, we can enjoy a great deal of profit when things go well, but we also take on a great deal of risk — far more than a regular employee of our businesses. This entrepreneurial risk can take several forms, including financial risk, career risk, emotional risk, or overall business risk.

Entrepreneurship can be quite rewarding, but also comes with several unique risks.

- To mitigate the risk of financial loss or failure, it serves me as a business owner to have a certain set of skills.
- To be a great entrepreneur, I must be able to effectively communicate, sell, focus, learn, and strategize.
- To possess the ability to continuously learn is not just a key entrepreneurial skill, but also a very valuable life skill.
- To grow my business requires a sound strategy based on inherent business sense and skills.

I must have listed more than three, Hahaha!!

How do you advertise your business, product/service?

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GIVE, The Next Big Thing In The Gospel Industry

By: Kesego Seji Ngwai



Initiated from a gap realised in the local gospel music industry and a common monetary cry, nurtured, and executed from sheer passion and commitment, Gospel Inspired Veterans Empire (GIVE) premiered and launched December 2019 and set to resume September 2022.

Speaking to *Celebrity World*, founder of GIVE, twenty-nine-year-old Tumisang Dick says having experienced first-hand the pinch and frustration of financial constraint to record and pursue a career in the music industry, he came up with an initiative to help artists record their work under an all-expenses paid live recording session targeting upcoming gospel artists.

Dick says that to scout for participants he published an advert on his Facebook page upon which inaugural participants Abed, Psalmist Kevin Baleseng, Natash Chamilane, Victor Skora Trio a group also founded by Dick and himself featured on the first GIVE live recording which they dubbed GIVE 2019

Humble Beginnings.

He further says on their first recording, Rhonda Visuals offered a hundred percent visuals and videography sponsorship as well as a partial recording sponsorship by Colmus MusicPro.

"Ticket sales also helped with logistical preparations, and I also financed the show from my savings and the proceeds of my photography beauty and fashion design business which I run along with my wife who was then my girlfriend," he said.

Speaking on the outcome of the first GIVE live recording, he says they submitted one of their songs Madi a Kwana which has since been playing on Botswana Television while Covid 19 pandemic hit just when they were about to take off with marketing and distribution of the then recorded full album and singles of the featured artists. However, he says having piloted and done with production, he is confident that Gospel Inspired Veteran Empire is a good initiative

and capable of giving many upcoming artists a well-deserved break in the industry.

Moreover, Dick says the second GIVE live recording was underway and had already started scouting for this year's participants with the event slated for September 2022.

He says he has put out adverts calling for free auditions. Additionally, he says he is also working on soliciting sponsors for the show and cordially invites industry stakeholders to come onboard and make this year's event a success.

"Previously, I was the one who recorded a full album while other artists recorded singles, this year, the spot for a full album recording is reserved for a deserving artist while other five artists will get to record their singles."

Interestingly when answering a question about the concept of the show, he shared that the GIVE concept is ahead of its time as it paves way for gospel veterans and great artistry of the future, highlighting that though that is the case, he is keen on working with veterans and living gospel artists of today.

On the part of his background with the local industry, Dick said that before GIVE, he already had a YouTube channel -Tumisang Dick, where he recorded substandard music videos with his personal computer in year 2014 citing that in the same year, he founded TRIO a gospel group who were backup singers on GIVE 2019 live recording.

His big break would come in years 2016 and 2017 where he auditioned and made part of The Melody Gospel show and was eliminated in the top five of the competition.

He narrates that he met his manager, Mrs Kushata Melanie Schroeder who was the judge on the Melody Gospel Show and through her manager she made it possible to take his work to South Africa where he performed alongside PaulK, a celebrated gospel artist and got to perform in the presence of the Motsweding Fm crowd pullers Rev Tube and Brown Mosiapowa who gave positive feedback on his performance. He also says that in 2017 through his manager Ms Schroeder, he later hosted a live recording show and the Motswedig fm co-hosts Rev Tube and Brown Mosiapowa were in attendance, he has also performed in Mafikeng by the invite of South African based Siphon Kekana who discovered him through his YouTube channel. He also said he has made rounds performing and ministering in various local church events.

In conclusion, he reiterated that his vision is to see GIVE award gospel artists having a platform to record, perform and take their music to the masses without a struggle.



Signs of an Insecure Man

An insecure man can come in any package: rich, poor, short, tall, attractive or unattractive. He is a man that seeks an unhealthy level of validation and attention from the outside world. First, it is important to understand that not all insecure men exhibit the same signs of insecurity. Some men, particularly the ones that recognize their insecurities, have learned how to hide those feelings. This month we share with you, some of the signs of an insecure man;

He's Dishonest

A man that is insecure is usually a dishonest man. This could be in the way of outright lying, such as: inflating who he is or what he does for a living. Or it may come in the way of cheating on his romantic partners or cheating people in business. In either case, he does not have the courage to be upfront and honest with anyone he deals with. It could

be that he fears being rejected or simply that he lacks empathy for other people because of the way he feels about himself.

He's Extremely Introverted

Usually, insecure men have very little friends. Since they do not feel confident about whom they are and they are very negative in their thinking, they tend to be loners. If by some chance they do have friends or a small social network, they push people away because of their inability to communicate. This can come off in the way of seeming too shy or completely unfriendly.

He Avoids Eye Contact

The idea of looking someone in the eyes makes them feel extremely uncomfortable, to the point of causing them to sweat. A man who is insecure will avoid confrontation, particularly in a heated discussion. He may also avoid looking at his partner over dinner or during lovemaking. It could be that a man

that is insecure does not feel comfortable looking people in the eyes for fear that his insecurity may be detected.

He Is Needy

When a man feels insecure, he has a greater need to be validated and accepted. Therefore, he will suck the energy out of anyone that he is around. In a relationship, this may look like: jealousy or abuse. He may appear to be attentive, but the moment he is not getting the attention he needs, he will lash out.

He's a Bully

They may come off as scary and loud, but in most cases, they are nothing more than an insecure man. For example, a man that physically abuses his wife or rapes a woman is insecure. It is the insecurities he has within that leads him to assault, harass or subject other people to pain. Men that behave like bullies are the most common example of an insecure man.



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Empowering Relationship Advice for Women

Here is some relationship advice for women to use every day in order to make the relationship go the right way:

Have your own life

You might be crazy in love with each other, but that doesn't mean the rest of your life should stop. Don't abandon your friends for him. Don't take up golf and give up your massages if you don't want to. Have some independence and an identity of your own, because if you don't things will get boring in the relationship.

Don't be needy

Being needy and chasing can go hand-in-hand. If you want to see him 24/7, text him 24/7, and basically think the world revolves around him, well, you are being needy. Needy behavior is suffocating for people, especially men. You think these behaviors will help you hold on to him, but it actually has the opposite effect and it pushes him away.

Don't chase him

Unfortunately, many women do this a lot. And you might not even know you are doing it. "Chasing" comes in all forms. It could be obvious, stalker-like behavior such as calling him many times a day. Or, it could be more subtle like you are the only initiating contact all the time (meaning that you are more interested than he is). Chasing is a turn-off for men, so let him chase you.

Love yourself

So many women complain that they either can't find the right partner, or they always attract jerks who don't treat them right. It's probably because you don't love yourself enough. You can only attract the level of love that you feel for yourself. So, look at all your good qualities and decide to love yourself exactly the way you are right now.

Speak your mind

This means doing it gently and calmly. Don't suppress your negative (or positive) emotions, rather let them out. Talk to your

partner about any problems you are having. Try to see yourself as a team and solve the problems together. You deserve respect and to have your voice heard.

Demand respect

This doesn't mean stomping your foot down and demanding in a diva kind of way. What it means is that you need to believe that you deserve to be treated with respect at all times, everyone does. But here's the kicker – in order to get respect, you need to give respect. So, by being respectful, you are setting the scene for nothing but kind treatment in return.

Talk about gender roles

Over the last few decades, gender roles have become blurred. Gone are the days when everyone automatically expects the man to be the bread winner and the woman to stay home and raise the kids. These days, conversations need to be about each person's expectations within the relationship regarding gender roles.



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Fashion Is Art

A Designer's Mistake Is A Statement

By: Ossie Miah Lekgetho



The Director and Designer of Exquisite Designs, Mrs Sphumzile Akolang created Exquisite Designs in 2018. Ms Apolang believes that fashion is art and needs a lot of creativity and passion, she further explained that what's fun about fashion is that it does not have any rules and mistakes as she said that "A designer's mistake is a statement".

What Inspired You To Become A Fashion Designer?

During my senior school years in Francistown, I decided that I wanted to be a fashion designer, as I wanted to look unique and dress my own way. I was basically always wearing a uniform, as you've got a standard thing that you have to wear and that's it. There was no choice.

After senior school, I enrolled at Brigade in 2012 and completed with Trade B and Trade C Certificates in Fashion and Textile, that was in 2014 and after completion I worked from 2015-2017 at Dress Making and Textile Charles Uganda. During that time luckily my boss allowed me to have my own customers as long as I work after hours. With the passion of having to design under my own brand I worked tirelessly.

What Kind Of Designs Does Your Brand Focus On?

It's a brand that's flexible and that designs clothes that are specifically for one's particular taste, and for that particular body. Even though I can design a dress that looks like the one they sell at the Chinese store, I will add some details to make it different.

What Do You Like Best About Being A Designer?

When I'm designing I get so excited and that's what I love doing because I'm passionate about it and I feel free hence why in the future I want to open my own boutique. And to all the aspiring designers you have to be driven by passion, and have goals and work towards them.



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Kalahari's Salt Pans



Central Pans

Three sister campus stand on palm islands outside Makgadikgadi National Park; all are very different in style, although they offer similar activities which are unique for Botswana.

Boteti River Area

The Boteti River forms the western boundary of the Makgadikgadi Pans National Park. From July to around November or December, this reduces to a string of permanent pools that attract enormous herds of jostling zebra and wildebeest – often numbering thousands together with elephants, giraffe, many predators and even the odd white rhino. During this time, it's an exciting area full of animal interaction.

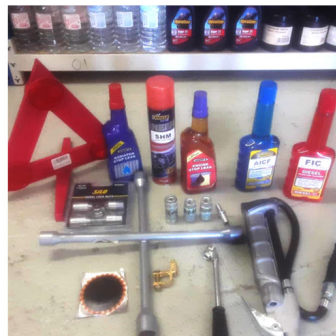
It's a vast sand sheet, a fossil mine, now largely covered in bushes, tress and grasses. Fortunately all this sand has always seemed of little use, so most of the Kalahari remains arid and untouched, as it has been for about 65 million years.

Nxai Pan

North of Makgadikgadi, Nxai Pan National Park is a fascinating park often underrated because of the unpredictability of its game. The fossil pans here are covered with grasses; on which it is easy to spot the game. During the dry season there is a good population of springbok, giraffe and gemsbok, though this often increases between around December and April when the rains can turn the park into a veritable salad bowl for herbivores.



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How to Make Avocado Salad

Preparation time: 15 minutes

Ingredients

- **English cucumber:** Persian or pole cucumbers work too, just keep in mind you'll want to peel those with a thicker, waxy skin first.
- **Grape tomatoes:** I like to use a multi-color blend but if you can't find them just red are fine. Cherry tomatoes may be substituted.
- **Red onion:** If you want a milder flavor then rinse the red onion in sieve, drain well and add to salad.
- **Avocados:** The best quality avocados are really what will make this recipe shine. A nice ripe avocado, not a mushy or firm texture and a well-rounded flavor.
- **Lemon juice:** Lime juice works great too.
- **Red wine vinegar:** White wine vinegar or apple cider vinegar will work here as well.
- **Extra virgin olive oil:** Standard refined olive oil will work too, it's just not quite as flavorful.
- **Honey:** Only a very small amount is needed, this balances out the tartness of the lemon and also helps emulsify the avocado salad dressing.
- **Garlic:** As always stick with fresh garlic for best flavor.
- **Fresh cilantro and parsley:** I love this herb blend here, it gives it a chimichurri-like flavor.
- **Dried oregano:** A little will go a long way since it's dried with concentrated flavors. We don't want

to overpower that rich avocado flavor.

- **Salt and pepper:** Add this to taste.

Steps:

- Make the avocado salad dressing: In a small mixing bowl whisk together lemon juice, red wine vinegar, extra virgin oil, honey, garlic, cilantro, parsley, oregano, and season with salt and pepper to taste.
- Toss veggies (and technically fruits) with dressing: In a large bowl gently toss together cucumbers, tomatoes, red onion, and avocado with dressing.

Serve it with:

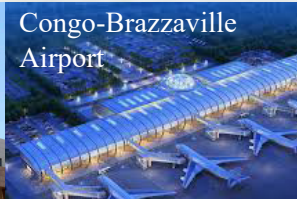
- chicken
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Father Learns That His Daughter Can Predict The Future. What Follows Next Is Shocking

A father put his three year old daughter to bed, told her a story and listened to her prayers which she ended by saying "God bless mommy, God bless daddy, and God bless Grandma and goodbye grandpa." Father said "Why did you goodbye grandpa?" the little girl said "I don't know daddy; it just seemed like the thing to do." The next day grandfather died, father thought it was a strong coincidence. Few months later, father the father put the girl to bed, and listened to her prayers which went like this; "God bless mommy, God bless daddy and goodbye my grandma." The next day her grandma died. "My gosh," thought the father, "this kid is in contact with the other side." Several weeks later when the girl was going to bed, the dad heard her say; "God bless mommy and goodbye daddy." He practically went into shock and couldn't sleep all night and got up at the crack of the dawn to go to his office. He was nervous as a cat all day, had lunch sent in and watched the clock he figured if he could get by until midnight he would be ok. He felt safe in the office, instead of going home at the end of the day, he stayed there, drinking coffee looking at his watch, and jumping at every sound. Finally midnight arrived; he breathed a sigh of relief and went home. When he got home his wife said; "I've never seen you work so late, what's the matter?

He said, "I don't want to talk about it. I've just spent the worst day of my life." She said, "You think you had a bad day, you'll never believe what happened to me. This morning the mailman dropped dead on our porch."

Sixth Grade Girl Threatens to Get Her Teacher Fired For Asking This Question. The Teacher's Response Is Perfect

Sixth grade science teacher asks her class; "Who can tell me which organ of the human body expands to 10 times its usual size when stimulated?" Nobody raises a hand, so she calls on the first student to look her way. "Mary can you tell me which organ of the human body expands to 10 times its usual size when stimulated?" Mary stands up, blushing furiously. "How dare you ask such a question?" She says. "I am going to complain to my parents, who will complain to the principal, who will have you fired!" the teacher is shocked by Mary's reaction, but undoubted. She asks the class the question again and this time Sam raises his hand. "Yes Sam?" Says the teacher. "Ma'am, the correct answer is the iris of the human eye." "Very good, Sam. Thank you." The teacher then turns to Mary and says, "Mary, I have three things to tell you; first, it's clear that you have not done your homework. Second, you have a dirty mind, and third, I fear one day you are going to be sadly disappointed.



Parents Tell Their Kids they're Getting Divorced but What They Do Next Is Hilarious

An elderly man in Phoenix calls his son in New York and says, "I have to ruin your day but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough." "Pop, what are you talking about?" the son screams. "We can't stand the sight of each other and I'm sick of talking about this, so you call your sister and tell her," and he hangs up. Frantic, the son calls his sister who explodes on the phone. "They are not getting

divorced if I have anything to do about it," she shouts, "I'll take care of this." She calls Phoenix immediately and screams at the old man. "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back and we'll be both there tomorrow. Until then, don't do anything, DO YOU HEAR ME?" and hangs up. The old man hangs up his phone and turns to his wife and says, "Okay, they're coming for Thanksgiving..... now what do we tell them for Christmas?"

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Aquarius

(January 20 - February 18)
Do not start your dream project now. Through introspection and exercising your mind, you may feel more relaxed and less ordinary. Women may have a joyous time this year. Your love signs are shining brightly over you, and you may go through the most fabulous moments this year. You value your privacy a lot. The stars are on your side, do not let things go erratic because you have not put in enough effort.

Pisces

(February 19 - March 20)
You are a good listener. You even have the hidden talent of knowing there's something wrong before someone even thinks about telling you. Children and other family members may rely on you more for a solution to their problems. This year is going to treat you well and help you make career progress. Academically this year has some promising news and you might need a lot of encouragement and motivation to drive you.

Aries

(March 21 - April 19)
Always effective, but sometimes excessive! Your energy comes

back and you have to face the facts, you take a lot of initiatives. This helps you to conclude quickly and well, everything you do. Among all trusted friends around you, there are many who are willing to go to the fire for you. If problems are not solved honestly and straightforwardly in the relationship during this period, they can later come to the surface and cause a disaster.

Taurus

(April 20 - May 20)
You say what you think and you think what you say. This is the best way to set the record straight, you who tend to forget it! You do not give up, but you have a hard time relaxing. Your career will bloom and you will find favorable outcomes at the workplace. You can see multiple sources of income coming up.

Gemini

(May 21 - June 20)
This year various planetary movements will help you accumulate wealth and money. The last quarter of 2022 will be particularly favorable for your children. Health issues like joint pain, cold, stomach ailments will be your forte between February & April. Job seekers will find

their desired job opportunity. However, students appearing for competitive exams will have to wait longer to gain success.

Cancer

(June 21 - July 22)
There will be several problems in front of you but your confidence level will also be high, which will help you get rid of the problems easily. Your natural creativity is expressed, as well as a certain spontaneity that you no longer fear to show. This time is so beautiful for the Cancer natives that they can even consider getting married if they look to take their relationship to the next level.

Leo

(July 23 - August 22)
Leos this year may focus more on action than on planning and executing. There could be some health problems so take care. The results of your actions would be as per the efforts that you put. The year is about balance and making the right choice. You may have to juggle between work and home. Leos love a good luxurious life, and they love spending on items that they love.

Virgo

(August 23 - September 22)
The year may have many ups and downs for Virgo native. The month looks rather significant and this is on several levels. Do not hesitate to step out of your comfort zone to provoke proposals, which will prove much more exciting than what you thought, at first glance. Some of your dreams now seem possible and more accessible than ever.

Libra

(September 23 - October 22)
Do not hesitate to step out of your comfort zone to provoke proposals, which will prove much more exciting than what

you thought. The year 2022 may be progressive and supportive in many ways. Experimentation is a quality that may make you stand out in the crowd. Try to do meditation. Starting your morning with meditation helps set a great tone for the entire day.

Scorpio

(October 23 - November 21)
You could save some money if you follow a financial plan and can use up for the unexpected expenses that arise. You are advised not to overestimate your abilities as it may lead you to make some blunders. Married folks may miss their beloved partners. Children may depend more on you for their problems. Consult with your family before making any decisions.

Sagittarius

(November 22 - December 21)
Marriage is possible for those who have been engaged with each other for a long time. The year 2022 may also be good in terms of property and wealth. Your time is slowly going to improve your destiny and fate in the days to come. Try to curb spending for the first half of the year. You are likely to receive some of the shares of property that might belong to your ancestors.

Capricorn

(December 22 - January 19)
You may get to enjoy all the beauty around you. Capricorn women may have a favourable year, both at the workplace and at home. Being wise and active is very much important in your approach. If you are not used to being confident, it is possible that being confident may look rude to you. This month of January can be fruitful in terms of material: employment, placement, reordering or perspective.



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The Baddest Queen Rihanna

Robyn Rihanna Fenty (born February 20, 1988) is a Barbadian singer, actress, fashion designer, and businesswoman. Born in Saint Michael and raised in Bridgetown, Barbados, Rihanna was discovered by American record producer Evan Rogers who invited her to the United States to record demo tapes. After signing with Def Jam in 2005, she soon gained recognition with the release of her first two studio albums, *Music of the Sun* (2005) and *A Girl Like Me* (2006), both of which were influenced by Caribbean music and peaked within the top ten of the US Billboard 200 chart.

Rihanna's third album, *Good Girl Gone Bad* (2007), incorporated elements of dance-pop and established her status as a sex symbol in the music industry. The chart-topping single "Umbrella" earned Rihanna her first Grammy Award and catapulted her to global stardom. She continued to mix pop, dance, and R&B genres on her next studio albums, *Rated R* (2009), *Loud* (2010), *Talk a Good Game* (2011), and *Unapologetic* (2012), the latter of

which became her first Billboard 200 number one. The albums spawned a string of chart-topping singles, including "Rude Boy", "Only Girl (In the World)", "What's My Name?", "S&M", "We Found Love", "Where Have You Been" and "Diamonds". Her eighth album, *Anti* (2016), showcased a new creative control following her departure from Def Jam. It became her second US number one album and featured the chart-topping single "Work". During her musical career, Rihanna has collaborations with artists such as rappers Drake, Eminem, Jay-Z, and Kanye West and singers Adam Levine, Paul McCartney, Ne-Yo, and Shakira. With sales of over 250 million records worldwide, Rihanna is one of the best-selling music artists of all time. She has earned 14 number-ones and 31 top-ten singles in the US and 30 top-ten entries in the UK. Her accolades include nine Grammy Awards, 13 American Music Awards (including the Icon Award), 12 Billboard Music Awards, six Guinness World Records, and the NAACP's President's Award. Time named her one of the 100 most influential people in the world

in 2012 and 2018. Forbes ranked her among the top ten highest-paid celebrities in 2012 and 2014. As of 2021, she is the wealthiest female musician, with an estimated net worth of \$1.7 billion.

Aside from music, Rihanna is known for her involvement in humanitarian causes, entrepreneurial ventures, and the fashion industry. She is the founder of the nonprofit organisation Clara Lionel Foundation, cosmetics brand Fenty Beauty, and fashion house Fenty under LVMH; she is the first black woman to head a luxury brand for LVMH. Rihanna has also ventured into acting, appearing in major roles in *Battleship* (2012), *Home* (2015), *Valerian and the City of a Thousand Planets* (2017), and *Ocean's 8* (2018). She was appointed as an ambassador of education, tourism, and investment by the Government of Barbados in 2018, and was declared a National Hero of Barbados on the first day of the country's parliamentary republic in 2021, entitling her to the style of "The Right Excellent" for life.



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Dealing with Cracked Heels

Cracked heels may be unsightly, but they usually don't cause serious issues. Occasionally, severely cracked heels can get infected and lead to a skin infection called cellulitis. No matter what the cause of your cracked heels, there are steps you can take to treat them. There are also ways to keep your heels from cracking in the first place.

What Causes Cracked Heels?

When the skin around your heels becomes dry and thick, it can be the start of cracked heels. Extra pressure on the fat pad of your heels can cause dry, thick skin to form cracks. While anyone can develop heel fissures, some things make them more likely, including:

- Wearing open-heeled footwear such as sandals

- Taking hot baths or showers
- Using harsh soaps
- Having cold, dry skin
- Dry, cold weather
- Standing for long periods

Some medical conditions can lead to cracked heels, as well.

These include:

- Obesity
- Diabetes
- Eczema etc

How to Treat Cracked Heels at Home

Most cases of cracked heels can be treated at home by soaking your feet, then moisturizing them. You can repair cracked heels using these steps:

- Rest your feet in soapy water for 20 minutes.
- Gently scrub with a loofah or pumice stone to remove

the thick, hard skin on your heels.

- Dry your feet thoroughly.
- Apply a heavy moisturizer, such as petroleum jelly, to your dry feet.
- Put on a pair of thick socks to keep the moisturizer in place.

Moisturize your feet at least twice daily. You can buy over-the-counter moisturizers with ingredients that help remove the dead skin on your heels or retain moisture. Look for products with ingredients like:

- Petrolatum
- Jojoba oil
- Shea butter
- Ointments or creams may work better than lotions.

When Should You See a Doctor About Cracked Heels?

- If your heels are severely cracked or don't improve after you've treated them for a week, talk to your doctor.

How to Prevent Cracked Heels and Other Foot Problems

Check your feet daily. This is particularly important if you have diabetes. Checking your feet every day will help you find problems before they become serious. Look for:

- Swelling
- Blisters
- Cuts
- Ingrown toenails
- Corns or calluses
- Plantar warts
- Athlete's foot
- Warm spots

Wash your feet every day. Use warm water to wash your feet. Dry them well, making sure you get between your toes because the skin there tends to stay wet. Then apply cornstarch or talcum powder between your toes. This will keep the skin dry and help prevent infection.

Trim your toenails. If your toenails need to be cut, trim them straight across. Then file them down gently with an emery board. This will help prevent ingrown toenails.

Wear supportive footwear. Start with clean, lightly padded socks that fit well. Wear shoes that fit and support your feet. Shop for shoes at the end of the day, since feet tend to swell as the day goes on.

Protect your feet from temperature extremes. Make sure you wear shoes at the beach and on hot pavement. Use sunscreen to protect exposed areas of your feet. If your feet get cold at night, wear socks to bed. In the winter, wear lined waterproof boots to keep your feet warm and dry.

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Hot Girl

Gloria Ramsey Kennekae

Empire model and a university
student



*Max
Dabalelo*

Gym freak,
Personal trainer and diet
planner





What is Croup?

Croup is a condition of the windpipe (trachea) and airways (bronchi) that usually affect children aged between six months and three years.

There are two types of croup: viral and spasmodic. Viral croup is caused by an infection and clears up quickly, but spasmodic croup comes in repeated episodes without

any accompanying infection. The treatment is the same for either type.

Children with croup have a cough that sounds more like a bark and they may make a rasping sound when they breathe. All of this can sound quite alarming, but unless your child has severe difficulty breathing, there's usually no cause for worry.

Symptoms

A barking cough; a rasping sound when breathing; sore throat; runny nose; cough; hoarseness and, sometimes, a raised temperature (above 38 degrees C). Your child may have a combination or all of the above, but will definitely have the cough.

Treatments

Croup usually gets better on its own within a week, but in severe cases, a child may be admitted to hospital for treatment, so it's best to take your child to the GP for assessment if you are worried. If moderate croup is diagnosed, your GP may prescribe some corticosteroid medicine that helps reduce the inflammation in the windpipe and airways, making breathing easier. This can be given as tablets or via a nebulizer as an inhaled medication.

If your child doesn't need any medical treatment, there are things you can do at home to ease the symptoms. Try humidifying the bathroom by running the hot taps with the windows and door shut to create a sort of steam room. Then take your child into the bathroom and sit him upright in your lap. The warm steam acts in the same way as a vaporizer, making breathing a bit easier.

If he has a fever or his throat is sore, give him the appropriate dose of infant paracetamol or ibuprofen and get him to drink plenty of fluids. Your child might become panicky if croup is interfering with his breathing, so it's important you reassure him that it will pass, and try to keep him calm.



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Balancing Newborn and Toddler Needs

Find activities for your toddler while you feed the baby

You'll be surprised how much you can do with your toddler while you feed the baby. You might read a book, roll a ball back and forth, or play with her toy figurines. She can read the baby a book or help hold the bottle. She'll appreciate not being excluded during the baby's frequent feedings. Your toddler won't feel so alone for all the times you're feeding the baby. Instead, you can include her during these frequent feeding sessions.

Spend time with the baby while your toddler plays independently

Is your older child still not used to playing alone? Encourage independent play now so she learns to entertain herself while you're with the baby. One of the best ways to encourage independent play is to set up an area just for your toddler. This might be an art table with plenty of open-ended crafts and materials, or a play tent with her stuffed animals. You can also set up a library of children's board books she can flip through.

Give your toddler responsibilities

You might be surprised at how helpful your toddler can be with simple tasks that can make a huge difference. Your toddler will feel responsible for being entrusted with bigger responsibilities than she's been used to. Don't be afraid to give her tasks a notch above what you'd normally give her—kids will meet our expectations, so might as well set them high. Not only is she being helpful and responsible, she'll also feel like a contributing member of the family.

Explain when you'll be more available

You'll come across a time when, no matter how much you've prepared or tried to avoid it, both kids need your attention. You might be feeding the baby at the exact moment she wants to play chase. Or you need her to stop playing the guitar so you can put the baby to sleep. Rather than feel flustered that you can't do both things at the same time, give your toddler a time frame of when she can expect you to be available.

Spend one-on-one time with your toddler

Your toddler will want one-on-one time with you, as she should. As demanding as a newborn can be, you can still find pockets of time to spend with your older one. These moments can be simple, so long as they focus on her. You can: Play a simple game while the baby naps, read a book after the baby has already gone down to bed or ask her to help you do simple chores at home. These simple moments reassure her you still love her, no matter what.



Benefits of joining a Stokvel

The peer pressure will force you to save. Pooled money can earn better returns, at a lower cost. Banks offer higher interest rates on bigger amounts and banking costs are lowered (or in some cases, free) if the amount is large enough.

A stokvel is a savings group to which members regularly contribute an agreed amount. The group then decides on how that money is shared, whether it is a monthly pay-out or invested and shared at the end of the year.

Stockvel has been a way of investing by members before banking and other ways of investing became understood. What is attractive about stokvel is that you can't withdraw your money anytime. There is no middle man.

For you to get your money you have to wait for your turn, and all the members will pay to you. That is a rotating one. It is unlike the early mentioned one.

Stockvel members decide and agree on the rules of their stockvel according to the intention of it.



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How To Make The Best Of Your Outdoor Space

When planning your garden and you're thinking of having tables, consider the space and allow enough room for each person to be able to sit comfortably and pull out their chair without hitting anything. Remember, you'll also need room to walk around the table with everyone seated. It takes up much more space than you might think.

In a small garden, boundary walls, fences or hedges may be the biggest element in view, so it's really important to get them to look good. They don't have to all be the same but try to provide visual links between them. You could have the same type of fence, for instance, and grow climbers up them in coordinating colours. If you aren't able to change the fences, whitewash them or clad them with battens.

If you want to create the garden of your dreams, attention to detail is everything. Create a beautiful scheme by coordinating your blooms with your choice of paving.

For example:

- Grey or white stone looks great with purple and white blooms.
- Black and silver paving looks amazing with strong colours such as red, orange and yellow.

- Golden paving works with flowers that have soft tones – pink, lavender, and chalky yellow.

Unusual Ways To Use Common Salt In The Garden

Salt is a must have in the kitchen but do you know it can be used in the garden, too! Here are the best common salt uses for you to look at.

Kill Poison Ivy

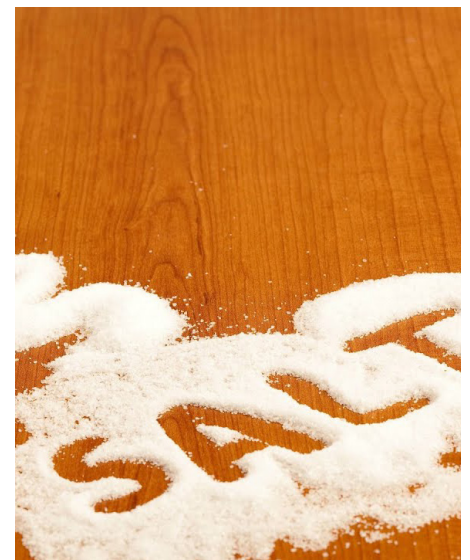
Poison ivy can cause itchy rashes and painful blisters. Use salt water to kill the poison ivy. Dissolve 1 cup of salt in 1 gallon of hot water. Spray this mixture onto the leaves and stems of poison ivy.

Kill Weeds

Common salt can be used for killing weeds. To make this salt weed killer, boil 1 quart of water, dissolve 5 tablespoons of vinegar and 2 tablespoons of salt. After mixing, pour this solution over the weeds between the cracks on sidewalks and driveways.

Deter Ants

Ants can be destructive in the garden and kill many beneficial insects including earthworms. Just sprinkle common salt in areas near ant trails to help deter them.



Kill Slugs

Sprinkle a heavy dose of salt on slugs to kill them.

Remove Rust

If rust is taking over your garden tools, metal furniture, and other iron things, use salt. Rust is always a pain to remove, but if you have got a little bit of lemon juice and some salt, you can create a paste that pulls it out pretty well.



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Batswana Demand Answers On Palesa's "Wardrobe Malfunction"

The most anticipated beauty pageant in the world has come to an end with Miss Poland Karolina Biewleska being crowned Miss World which was held on March 16, 2022 at the Coca-Cola Music Hall in San Juan, Puerto Rico. A very warm congratulations to Poland and Karolina but as such this doesn't come without any sad news to the other contending countries especially Botswana.

The reigning Miss Botswana Palesa Molefe seemingly ran into some rather unbecoming problems during the grand finale as we saw her walking with one of 2nd runner up Miss Cote d'Ivoire Olivia Yace's gowns. This then caused strife and uproar of speculation that the Miss Botswana management failed to measure up to the night's gown theme and that is why out of the four teaser dresses we were shown our queen failed to have one to wear.

Some speculate that there might have been foul play and/or sabotage that came into hand and that is why Miss Botswana was left out in the cold.

A theory that no one has mentioned though, but is however just as important is the possibility that maybe Miss Botswana herself has played Batswana and the rest of the world and played on their sympathies although she is to blame for what happened in Puerto Rico and left the organisers and designers to take the blame.

As Batswana, we await the media release from The Miss Botswana organisation as well as her public relations team for further information and the truth about what really transpired.



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Each of these methods contains their own workout, and operates on different principles that can help you achieve the chest of your dreams.

High/Low

Instead of performing cable crossovers with the handles up high, try doing them from the lowest position. While keeping your arms nearly straight, lift the handles up until they meet at chin level. This places more emphasis on the middle portion of the chest.

Descending Sets

Pressing with a machine allows you to easily drop the weight after each set. It also lets you keep your form more rigid as you're locked into place.

Unique Lifts

Set the safety stops on the Smith machine so the bar stops about 6 inches above your chest when doing bench presses. When you lower the bar during any press from any angle, let the weight come to a stop when it reaches the supports and keep it there for 1 second before pressing it back up. This way, you've removed forced your pecs to work harder when pushing the weight up.

Incline

Kicking the flat bench to the curb for a workout will allow you to fully sort your chest into upper and lower sections and to focus more intently on each area. Additionally, if flat work takes its toll on your shoulders or elbows, you might find that altering the angles can be less straining.

Full-court Press

Another approach to pumping up your pecs is to devote an entire session to presses, hitting them from all angles. Another benefit besides getting a complete workout: You'll be done in no time.

Presses and Pullover

The combination of a power movement with a stretching movement creates a tremendous upper-body pump. It's also a convenient superset, because after you finish the presses, you can rotate 90 degrees on the bench to begin doing pullovers.



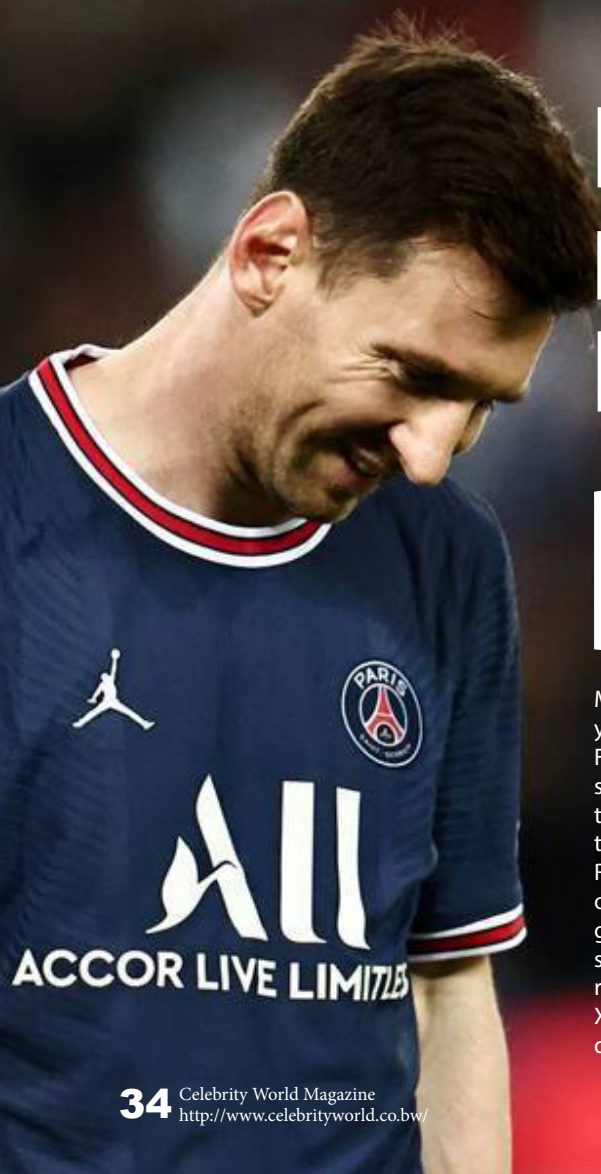
TOWNSHIP ROLLERS TRULY DOES NOT HAVE IT EASY WITH MASITAOKA



Just over a month ago in January, Township Rollers seemed to have good year's start when went on to get a one goal lead in a tough game against their well-known oppressor Masitaoka. Unfortunately their well-deserved win over the team came to be short lived as they went on to lose against the team on a late evening match that was played at the national stadium on the 18th of March.

In a yet very tough match the blue train called not hold their fort when Kobamelo Kebaikanye of Masitaoka scored a well-deserved late goal in the 89th minute of the game to dismay of the Rollers fans.

Lionel Messi out of place, not enjoying himself at PSG - Dani Alves



Dani Alves has said Lionel Messi does not look happy at Paris Saint-Germain and called on his former teammate to return to Barcelona and play alongside him again.

Messi left Barcelona last summer to sign a two-year deal with PSG. However, since moving to France the seven-time Ballon d'Or winner has scored only two goals in Ligue 1 and five in the Champions League. He was on the team that gave up a two-goal advantage to lose to Real Madrid in the Champions League round of 16 and was then booed during the next game, against Bordeaux. Alves, who is in his second spell with Barcelona and has helped revitalize them under the management of Xavi Hernandez since rejoining in November, questioned Messi's mindset.

"Messi is not enjoying himself," said Alves. "For me, he's out of place. Right now, Leo is out of place there. Leo always said to me: 'Where could I be happier than here?' 'I'm proof of that. There's nowhere better than here. For whatever reason, Leo isn't here today but I hope he can come back.'"

Barcelona are bringing through a new generation of young players including Nico, Gavi and Pedri. When which young player asked has surprised him the most Alves answered Pedri and said the 19-year-old brings to mind Xavi when he was a player. "He reminds me of the manager," Alves said. "He sees things others can't see and he does things others can't do."



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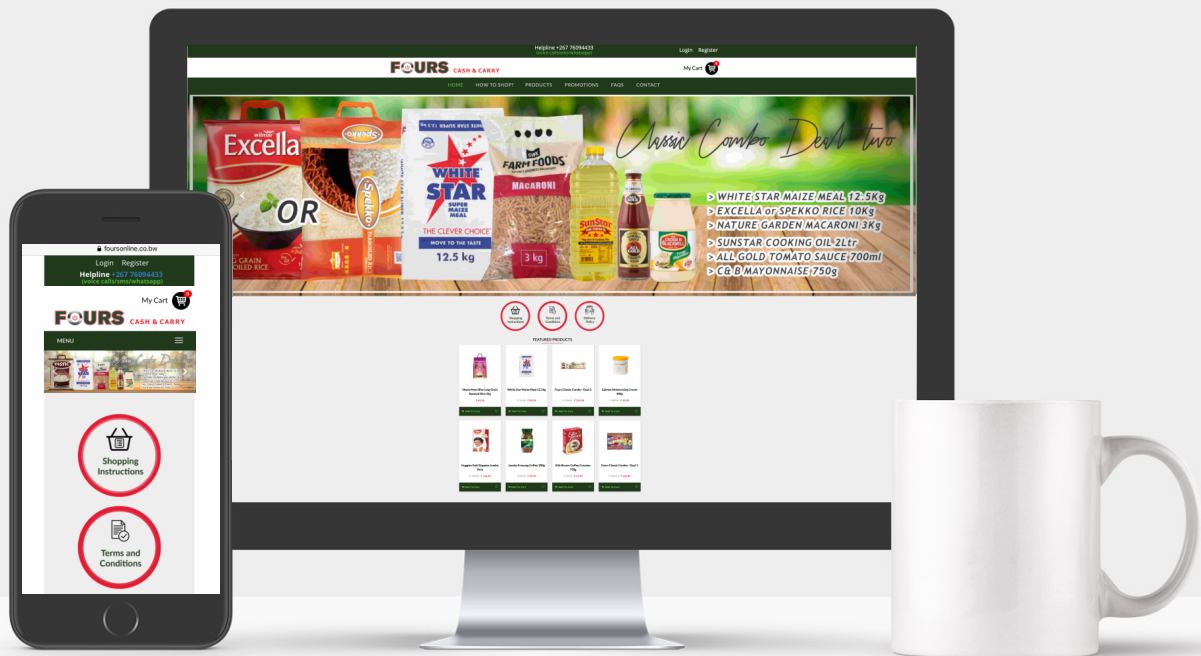
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