

Celebrity World

Botswana's Native Magazine

March 2022 P12

The Fascinating Savuti Botswana

How to Survive a Breakup

Self Nail Care Routine

Health Benefits of Beetroot Juice



DINTLE BALOLE:

THE MAN BEHIND THE MUSIC.



Musical Underdogs Yet To Be Recognised.

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@celeb_bw Celebrity World

www.celebrityworld.co.bw

A warm welcome to our 58th edition! We couldn't be happier to have made it to this point. This edition is compiled for every Motswana who likes and appreciates local talent. Celebrity World Magazine cares about the latest trends, and if there are any new sizzling merchandises here in Botswana, we want to know about them. We bring you the most thoughtful articles about local artists and entrepreneurs as well as exciting events that took place. We are moving towards the middle of the year and we strongly suggest that you look much onto your resolutions this year. We are extremely grateful for all of our readers because you inspire us to continue to do what we love most. Your messages through WhatsApp, Facebook, Twitter, e-mails and involvement in social media by liking our photos and sharing our posts are what keep us strong and enthused. We therefore thank you for being a part of us and for celebrating local talent with us. We expect you to carry on with us on the journey of 2022.

Enjoy our magazine and celebrate life with us every day! Don't forget to follow us on social media and be sure to check this issue at the nearest Choppies Store, Square Mart and Fours Cash & Carry.



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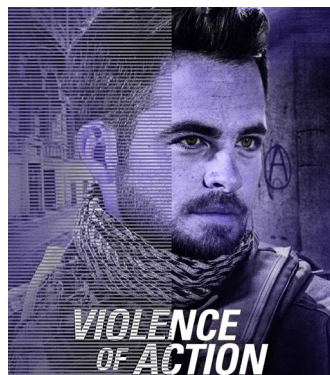
FILM, TV, BOOKS & MUSIC

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



The Batman

Director: Matt Reeves
Release Date: March 4, 2022
Genre: Action/Adventure
Starring: Zoe Kravitz, Barry Keoghan and Robert Pattinson
 When the Riddler, a sadistic serial killer, begins murdering key political figures in Gotham, Batman is forced to investigate the city's hidden corruption and question his family's involvement.



Violence of Action

Director: Tarik Saleh
Release Date: 1st April, 2022
Genre: Action/Thriller
 Starring: Ben Foster, Gillian Jacobs, Florian Munteanu, Kiefer Sutherland, Eddie Marsan and Chris Pine
 After being involuntarily discharged from the Marines, James Harper joins a paramilitary organization in order to support his family in the only way he knows how.



Unwelcome

Director: Jon Wright
Release Date: 18 March 2022
Genre: Horror
Starring: Colm Meaney
 Londoners Maya and Jamie who escape their urban nightmare to the tranquility of rural Ireland only to discover malevolent murderous goblins lurking in the gnarled, ancient wood at the foot of their new garden.



One Italian Summer

Expected on: Mar 01, 2022

Author: Rebecca Serle

Genre: Fiction

When Katy's mother dies, she is left reeling. Carol wasn't just Katy's mom, but her best friend and first phone call. She had all the answers and now, when Katy needs her the most, she is gone. To make matters worse, their planned mother-daughter trip of a lifetime looms: two weeks in Positano, the magical town Carol spent the summer right before she met Katy's father. Katy has been waiting years for Carol to take her, and now she is faced with embarking on the adventure alone.

What To Read

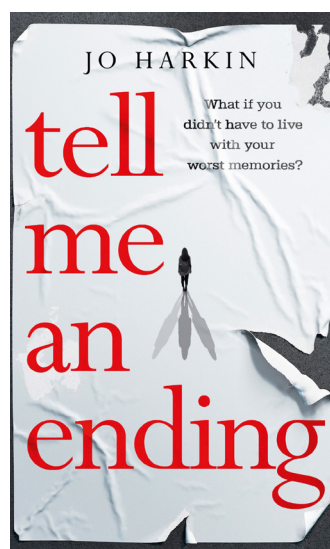
Tell Me an Ending

Expected on: March 2022

Author: Book by Jo Harkin

Genres: Science Fiction, Psychological Fiction, and Dystopian Fiction

What if you didn't have to live with your mistakes? Across the world, thousands of people are shocked to receive an email telling them that they once chose to have a traumatic memory removed....the author tells the story from the points of view of a psychologist working for Nepenthe, a college dropout struggling with trace memories, an architect who discovers that his wife was a self-confidential....



One for All

Expected on: March 8, 2022

Author: Lillie Lainoff

Genres: Young adult fiction, Historical Fiction, Adventure fiction

One for All is a gender-bent retelling of The Three Musketeers, in which a girl with a chronic illness trains as a Musketeer and uncovers secrets, sisterhood, and self-love. Tania de Batz is most herself with a sword in her hand.



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MUSICAL UNDERDOGS YET TO BE RECOGNIZED

I am formally named Ted Atlasaone Tihelo but well known as KID-Hollit. I was born in Maun and grew up in Gaborone. I'm a hip-hop artist, actor, fashion genius who is the founder of IED DET Clothing Brand, CEO at Five Stars Model Agency and the guy behind Ikemele Monana Foundation. I have been in the music industry since 2017 but by then I was still learning the ups and downs of the industry then I dropped my first single "Trap Queen" in 2018 produced by Lif Aman the Executive Producer of ATI's second Album "Envelope".

My love for music started when I was young. I remember back at school I would join some talent shows and people loved me but I thank my former music teacher at high school, he played a huge role in my career.

Without music, I wouldn't have been able to accomplish many things that I am very proud of, music is a huge part of my life and it helps define who I am. In this industry it is difficult to always get what you want because not everything is always as you want it to be. Some people will treat you the way you expect them to but some will never accept you so it is always best to stretch out to reach out to those who do not like you as well and that is the main goal for every artist, for every content creator and for every developer. Everyone is always targeting to reach out to many people because that is just how it goes. Music is a business so when you're selling you want to make as high sales as possible.

As an artist I have had some decent achievements but there is that one song of course that stands out from the rest. It's "Expensive Attributes" this song gave me a big recognition from the biggest artists and record labels, it got nominated twice in

the South Africa awards and got played in different radio stations. In 2020 I received an email from one of the filmmakers from USA (Miami, Florida) and they wanted to use the song as a background music in one of their films but unfortunately it did not work out. I haven't released an album yet however, but I'm still working on that.

One thing I can admit as a musician is that it has never been easy for most people in this industry. It is full of competition which put all including me on the negative side. The government and corporates as well do not really do much in helping out in this industry. I always hear them saying they do help us but when we talk to them it's a different story and you know what's funny they promote established artists who have money and good fan base for free and charge upcoming artists who are struggling to find money and shows. Promoters are also the same, they do not really help the growing of upcoming

artists. They only book the same artists always and I always hear people complaining about that. They should give young artists a chance to market themselves in those big shows.

Since 2018 I have been trying to market my music here, even in radio stations, only Yarona FM played my music. In 2019 I decided to market my music internationally. I submitted my music in South African radio stations and they played it. The thing about South Africa is that they help young artists to grow and you will always see them in big events. People really loved "Expensive Attributes" which was played almost every day in radio stations there. I even saw a lot of videos about the song that were trending in South Africa on social media and I guess that's how I got nominated.

However here in Botswana they only support you when you have a good fan base unlike in South Africa where they support you from the bottom. If you are good they will make you big, which is why each and every year there is a new artist trending in South Africa. You remember that time people were fighting for William Last KRM Batswana said, "That's our very own he was born and raised here" and in South Africa they were like "We made him so he is representing South Africa". This will continue to happen to many artists including myself because I'm going big this year. As you grow as an artist sometimes you need professionalism, you need privacy and to maintain your image and such stuff. So for a one man band it feels like overload until you have someone to put weight on. That's when the major labels come in because they experience a proper platform meant to handle such issues. The relationship between us as artists should be about working together and support each other. On that note, I would like to say a big shout out to my guy "Dramaboi" may his Soul Rest in Peace, he made me feel like a big artist. I'm planning to host a ONE MAN SHOW at which young upcoming artists will showcase their talents.



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Afro Soul Hour (OURA)

She is the My Star champion from the 2019 competitions and currently an established musician yet to make her big mark in the industry. We managed to have a chat with her for this edition and she had nothing but praises and sweet talk about the country's biggest local music television show and graces it for her established music career. The charismatic singer went on to assure us that she has so much to offer Botswana as a musician.

Tell me about yourself?

I go by the name OURA, which is directly translated to hour in English. My real name is Olorato Peloyame. I was born in the Village of Molepolole but I grew up in the small Village of Metsimothabe. Growing up I have always loved music and always joined school and church choirs.

What genre of music do you make?

I make afro soul, Afro dance and afro house music.

When was your talent as a singer discovered?

From a very young age I loved singing a lot. When I was younger I would sing on a broom stick for my family, performing for them... lol, I would write my own music and sing from as

early as 5 or 6 years, I've always loved singing. **You are a My Star winner, tell us more about your journey to and during the show?**

After finishing my tertiary education I decided to do the one thing I have always wanted to do, join the My Star competition. I had been holding it out for all these years because of school. I didn't want me being in the competition to interrupt with my studying. So when I finally joined I was really excited and aiming for the top prize. The journey in the competition had a lot of challenges but also helped me grow as a budding musician. The show had coaches during our season, I was able to be coached by Motswaferere at the time and he taught me a lot about stage presence, stage etiquette, voice control etc. It was an interesting journey for me which I will always remember, le bana bame ka go ba bolella ka nako ena...haha. Apart from the competition it's self I also managed to make good friends with some of the competitors.

What inspired you to becoming a contestant in this music show?

Simple, my love for music. I just wanted a platform to learn more about my music and improve overall as a creative.

Having had the opportunity to compete

in this local prestigious show what can you say about your experience with it?

The experience was challenging and exciting at the same time. I grew a lot as a musician and as a person while on the show, it's an experience I will always treasure.

Does it help in boosting one's career as a musician?

Absolutely! It helps in exposing ones talent and also since it is a competition it helps moulding you into a better individual through the comments of the judges, and if you were like me and you never sang on a stage before it helps you get used to performing in front of a lot of people.

Is it the one that helped set your career in music and if so, how?

It helped a lot in exposing my talent to Batswana who watched the show at that time.

Who are the other artists that have had a blossoming career after they won those competitions that you maybe look up to?

MOTLHA- always! I've always loved his craft. I actually have a project in the works with him a single which is going to be released soon.

So how many songs have you released since then?

So far I have released two studio singles.

How about bookings to shows, do you usually get major bookings?

I do have some bookings, but because of the pandemic really they are not as frequent.

Which of your songs at the moment stands as a hit that people love?

Good Feels – my first studio single, I call it my first baby.

Are you working on any songs or projects at the moment?

I am currently working on my first studio album which is exciting. We have really great songs that we trust Batswana will enjoy.

Among your work, what is it that you can say you are proud of?

Being able to stay true to myself and not having to imitate any existing artist. There is a lot of pressure of trying to sound like what people are used to but I am a strong believer in being true to myself.

Does it help that you are My Star winner reputation wise, musically?

Hahaha yes, it does!

Apart from music, what else do you do?

I am into entrepreneurship, but that's a story for another day.

Any additions you have?

Batswana can look forward to really great music unlike anything they have heard before. I trust Batswana to welcome Oura with open arms. I do this for them. Modimo ke yoo!



is expected to have two sessions with one happening during the day to cater for those who are not meant for the night life and for kids and older people who love Makhadzi just as much. She will perform during the day in that family themed show which will be headlined by Botswana's very own celebrity kid, Chongchong who is also a close friend of Makhadzi. Post the family themed show the banger part of the event will begin at 6pm until late. This show is expecting a line-up of headliners from both South Africa and Botswana like Vee Mamppezy, Casper Nyovest, Master KG, Slizer, Han C just to name a few.

The tickets to the show are already on sale and they vary; there is of course the kids' tickets that are priced P50, the standard ones at P200 and at gate the prices will be P300. There are also virtual tickets priced P50 and the VIP ones that are sold at P1500. The team has also promised that the show will have the best of security that comprises of both South Africa and Botswana staff as the show is a cultural exchange of both countries. There will be drones on patrol and will also be CCTV cameras for the security and safety of all and their properties.

The show makers also said that 10% of the profit made is expected to be given to NGOs that will be of Makhadzi's choice. They further indicated that this show is not only going to be once off and the anticipation is for it to happen throughout Africa.

The African Queen's One Woman Show Shaping Up Really Well

She is hailed throughout Southern Africa as the African queen and well, she is very much deserving of the tittle. A hardworking young musician who remains so rooted to her African upbringing and remains so humble, she continues to break records and still contained with whom she is and where she comes from. Makhadzi has become a household name throughout Southern

Africa. The hit maker and the team she is working with recently gave a media release to notify the public on the progress of their much anticipated show, The One Woman show that will be held on the 26th of March at the Royal Aria Stadium in Tlokweng.

The show is set to be a very unique one and is hailed by its hosts to be one of a kind. It



STAYWELL HOTELS & GARDENS HOSTS PATRON APPRECIATION PARTY

BY KATLEGO SETILO

Having started in 2010 as a guesthouse establishment and being one hundred percent locally owned with the purpose and intentions to host many diverse local social events, StayWell Hotels started off the Year 2022 on a thanksgiving note with the "Friends of StayWell" appreciation party which took place on the 26th of February 2022.

StayWell Hotels General Manager, briefly explained to the media during a press conference that the idea to host Friends of StayWell came about during the brainstorming and discussion of a staff Christmas party in 2020, but it couldn't

happen due to festive season being the peak time for business at StayWell Hotels. The mandate for Friends of StayWell event is to appreciate and thank all the public stakeholders, patrons as well as business partners of StayWell establishments thus the name Friends of StayWell appreciation party. This event is said to be planned to happen twice a year.

With StayWell Hotels, the event accommodated day to day members of society and encouraged full local public support by pricing their tickets from as low as eighty Pula general tickets to one hundred Pula standard tickets. Moreover, there were stalls given for free to the public of various products to sell their goods exception

given to food and beverages. The event was a family friendly one with child suited activities such as jumping castles, horseback riding, swimming, volleyball and several others as provided by StayWell Hotels and most importantly, a percentage of the ticket proceedings will go to a Non-governmental Organizations (NGO) of StayWell Hotels and MYSC's choice.

The event was hosted by the local Tiktok influencer and comedian Theo a.k.a "Hey Nyenna" and it was graced with an all local line up from the likes of Charma Gal, A.T.I as the headliner, Chrispin the Drummer, DJ Earth, DJ Ngwazi, Khoisan, Ancestral Roots, Dr Vom, FME DJs, DJ Kuchi, Juicy soul and many more.

Dintle Balole:

The Man behind The music.

By Katlego Setilo

Many times we tend to look at celebrities as idols because of their extravagant lifestyle, the drama they provide, the entertainment they serve us so much so we forget that behind that opulence and high social status there is a person in there just like the rest of us and today we take a closer look into the musical maestro Dintle On The Track (DOTT) and the man that is Dintle Balole.

Speaking to Celebrity World magazine today Dintle talks about his family and how that worked him into the musician he is today as well as his latest projects, his inspirations, love life and a handful of facts about him that fans possibly didn't know about him.

As an only child Dintle grew up hanging out and bonding with his dad by watching him play the piano at home until he was old enough to develop the interest to learn how to play.

"My dad used to be a pianist, so back then when other kids were playing, for some reason I sort of enjoyed watching him play and I was always locked up in the house and he used to teach me even though he didn't make much of it-it stuck with me."

Dintle went on to mention that when he was in grade six there was a neighbourhood disk jockey (DJ) whose laptop he used and that is when he learnt how to first be a producer, he came across his first virtual DJ software and his love for music grew. This passion grew to the point where his dad noticed it and bought him his first laptop for him to be able to do his work back in 2011. He has his dad to thank for nurturing his passion.

When asked of his three top artists personally that he thinks are on top of their game he wasted no time in calling in A.T.I, Han-c and Allen Bright whom he chuckled in pride at the mention of because he feels that Allen is the person he needs to look out for as he inspires him to work harder and they have a brother competition going on.

Covid-19 hurt a lot of industries across the globe with the entertainment industry being the one to take the harshest blow in Botswana. We delve a little into that with Dintle and how he took it. Before Covid hit he was scheduled to release his first studio album Elevation III.

"It was supposed to be my first album. I wanted it to be special so I was thinking tours, concerts, promotional gigs but unfortunately I couldn't because of the lockdowns and Corona stopping everything" said Dintle in a forlorn tone pertaining Elevation III that was meant to be released in 2020.

Like every creative or rather creator out there Dintle has been through some rough patches and this came to him in forms of cyber bullying, a career identity crisis and burn out having bouts of despair and the strong inclination to quit.

Dintle nearly left music and producing after having an experience with cyber bullying. He says that even though a lot of things that people said got to him he could fight back against the snide comments until



he couldn't anymore and that's when he realised fighting against the masses is a losing battle for him. Dintle further added that he grew a thick skin, learning that he can't always please everyone thus he should not be affected by what people hiding behind screens say which is how he stood his ground and continued with music.

On a brighter note though he doesn't shy away to talk about the light in his life, his girlfriend and what the upcoming season of love meant to them. He mentions how he isn't sure what the plans are being, unable to choose between having either a picnic or a nice home date with his girlfriend but he could not stress enough the importance of it being an absolutely beautiful day for them "as long as it's nice" he says.

What are the three pieces of advice you would give couples out there with a partner in the music industry or otherwise?

Don't publish or publicise your problems and issues for third parties to have an opinion on. Talk out your issues, try conflict resolution and allow for proper communication to happen.

Trust your partner and don't listen to any and all rumours and things especially the negative that people have to say because some people mean to sabotage relationships because you are in the public eye.

Bonus point:

Concentrate on your person and stop paying attention to the groupies.

How do you and your significant Other handle your conflicts when there is any?

Basically what I said before. Talking things out, giving each other space to regroup and calm down and essentially trusting each other enough to know boundaries will be respected then coming back and communicating.

How long have you two been together?

Four(4)years, since 2018.

How has the family taken to this choice in career?

Being an only child, it made it easier for everyone to be supportive and accept my choices. But with my extended family my cousins had tensions when I first started as they seemed to think laity ye sale ka a blow'a ga a re check'e which translates to the implication that ever since I made it big I don't check on them anymore and feel like I am better than them. That has since dispelled though.

Top three favourite food:

Vanilla ice cream, pizza and snacks like crisps as I am not home most of the time. I am always on the move either at the studio, at interviews, or with the homies so I never have the time or opportunity to eat real food.



Three things people probably don't know about you:

I am in the process of learning how to play the guitar.

If I had pursued a varsity career I would have done law and would have become a lawyer for D.O.T.T as a brand.

I used to be a footballer and a side hobby I am pursuing that is not related to music is currently learning how to paint.

You mentioned "if I had pursued a varsity career" what does that mean?:

Oh yeah, I finished high school at ST Joseph's College in 2018 and my results were not satisfactory so I rewrote but never went back to get my second results after, I've never bothered to since then.

Dintle told *Celebrity World Magazine* his plans for the year 2022, mentioning that his usual game plan for setting his goals first six months of the year until mid-year (June/July,) to avoid putting himself under unnecessary pressure as well as to allow himself some breathing space as well as to go back to the drawing board if need be. The producer turned rap/R'n'B artist revealed that he is in works to release D.O.T.T merchandise in the first quarter of the year.

"I've made the shirts, but I have not announced it yet. I realised that how I promote other brands is different to how I promote mine. For myself its always "sell, sell, sell" and never actually promoting it but that's how people get interested. The plan was to have the merch out by March so I can move on to the next phase of my plans." There will be no sales for this and there will be an announcement pertaining this.

There has been mention of a valentine's extended playlist (EP) release since it's a new year calling for new music, as well as single and music video in place of the EP although it is all still in the works. The public should expect nothing in March and April but a project in May as per annual birthday tradition and the much anticipated *Elevation III* is rumoured to be dropped in July as the D.O.T.T business year calendar and that's the tea to look out for this year.

In closing, Dintle urged youngsters to take their crafts serious but to always be aware of the different effects it can have in one's life. He advised artists to learn more about the business that is music as well as working on getting endorsements and getting an arsenal of contacts to help them in the industry.

He warned that it can take a toll on relationships in general as well as mental health and thus one should pick wisely and choose the right people to be beside them as support as that will strengthen them when they need it most.





MARULENG SKILLS AND COUNSELLING CENTRE



It is a centre that showcased that it will be a state of the art centre for mental health issues and the whole community build up and set up really suits the job it is meant for. It is based in a location that is a little away in the outskirts of society in Rasesa and away from all sorts of disturbances.

The location is not only the best part about it, the whole facility itself is what is amazing about it. It is a knock off of what was a guesthouse and that just makes it a good accommodation with beautiful hotel like rooms that have television sets with DSTV and beautiful beds and showers. The whole experience will obviously feel like a getaway and that actually is a perfect setting to deal with one's mental health issues. There is a whole kitchen and seating and an outdoor chilling area as well. There is even a swimming pool at the backyard that overlooks a beautiful forest area which also is part of the facilities.

The outdoor facilities of the centre are just as amazing if not more. They have a whole area that is possibly a ranch and travelling through is like travelling through a game reserve. As we travelled uphill towards an area they call the church where they will be hosting church services it definitely was a getaway moment of experience. There is also a great camping site as well and it just shows how great it will be for an environment of healing the minds. No place would have been better than the Maruleng Skills and Counselling Centre for Mental health issues.



SUBWAYS SHORT FILM REVIEW

By Katlego T Setilo.

Producer: Godson O. Tshipietsile

Written by: Thabiso Ranthoyakgale

Genre: Drama

Duration: 1h 17min

Release Date: Fri 4th Feb 2022

Age Restriction: 16

Directors: Isago Creatives

Stars: Lesego Madingwane, Bernard Morapedi, Motheo Madisa, Queen Botho

Subways: A movie named to express how different incidents that happen in our lives can lead to many different decisions we have to make in our lives and how those can determine if we win or lose in life. Showcasing this is the main man Lesego Madingwane a.k.a Bonno "Pablo" Moloi, the second lead Bonolo "Skills" Moloi played

by Bernard Morapedi. Pablo and Skills are orphaned brothers who live in the township "kasi" left to fend for themselves after their parents' passing, which in the kasi usually means crime such as drug dealing and gang wars.

Subways is a story of the Moloi brothers, Pablo and Skills as they navigate the difficulties drug dealing brings whilst dealing with change that comes with falling in love and family tensions between them and their uncle. With a potential brighter future as one young lady shows up, the brothers dare to clean up their act, but after one last deal with the devil-the local kingpin drug lord Tiger who has made their lives hell since they started as a way out of this lifestyle. Once and for all.

Riddled with sex scenes and profanity, this movie challenges the usual social norms of media in Botswana regarding what has usually been seen as taboo and should be allowed to be screened to the public eye. Various scenes show a lot of skin to skin action, with very little to no clothing for intimate scenes. The scenes were done with very little tact as there were flashes here and there of uncensored breasts during these scenes giving the feeling that this was done on purpose. As such this movie is essentially not ideal for viewers younger than 16 but has very much changed the trajectory for film in the country and challenged the comfort levels for cinematographers, writers, directors, producers and actors alike.

Subways took a total of seven days to shoot although the process to shoot it started in 2017, this was done in a few days because the production had to be submitted to their sponsors abroad. This came through very heavily and directly as the plot twist and ending came immediately after the climax giving us no chance to actively have a conflict resolution. The storyline felt very rushed and a lot of the movie's chronology lacked detailing as many aspects of the boys' lives were glossed over- such as the conflict with their uncle over their inheritance money which he supposedly stole. This leads up pick pretty fast paced to our ending that has a plot twist in store for us that leaves us equally confused and yearning for more on a cliff hanger yet somehow we saw it coming and expected it.

Considering all this, the fact that it was shot in only a week and that a lot of the cast had to learn and familiarize themselves with the kasi lifestyle all in the same space of time, the acting, set production and design, ambiance, wardrobe and music was on point with exactly what the movie was going for which has to be applauded. It was exceptional.

All in all, everything considered: challenge to societal decency film norms, limited time frame to learn the lifestyle, to get the production together and deliver a good production- this movie was well packaged, was of high quality in its editing, color grading, acting and directing tied together in a beautiful Official Sound Track (OST) dedicated to the late local motswako rapper Dramaboi it is well worth the ticket and watch. No wonder it came through as the number one movie to premier at New Capitol Cinemas beating out titles like Moonfall and Spiderman: No way home



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HOW TO SURVIVE A BREAKUP

They say, a beautiful relationship is about the little things and this is really true. Boy meets girl and the chemistry is irrefutable, you get to think about him/her constantly.

Breaking up with a man that you cared about even if he wasn't technically yours, can be as painful as the end of a committed relationship but your associates will simply tell you to brush it off and move on. Denying yourself time to process what happened, however, can leave you stuck in that terrible can't-move-on hole. Here's what to do:

Delete his/her number- also delete his/her texts on the phone to clear because reading back through old conversations and trying to figure out what went wrong, is totally pointless.

Feel free to treat him like an ex- Just because you have not had a committed relationship doesn't mean you have to be

okay with seeing him, take some space please.

Dress yourself up and go out that night -

A good red wine is magical. But one glass of wine compared to too many incoherent texts about why you love him will seem like a great idea. Pitching headfirst back into the dating pool is unhealthy, at least take time to hang out with your friends and focus on yourself only.

Cry out loud and do it like it's a breakup, because it really is- You put a lot of time and feelings into this person, so give yourself time. It absolutely helps you to binge-watch your favorite TV show or listen to your favourite radio station and splurge for the good takeout.

Take your phone and call that aunt or even your friend who really gets you- These people are mind-blowingly great at

putting things in the right perspective, in addition they will be happy to remind you how awesome you are and how much they love and appreciate you.

Sit and write down a list of reasons he wasn't right for you - You will be surprised at how lengthy the list will be.

Forget about why he didn't work out for you and concentrate on what you want, remember that your happiness comes first- has he/she ever introduced you to his friends or even family? The right partner will want to show you off.

Accept that he wasn't the right person for you- Staring at the phone, wishing his name would blaze across your screen, you felt like s/he was the one and to you it seemed like destiny, but it wasn't. How do we know? Because if s/he was The One, he would never have let you go, never!

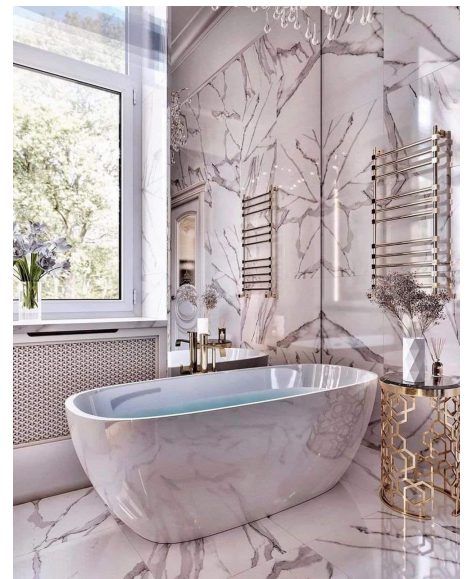
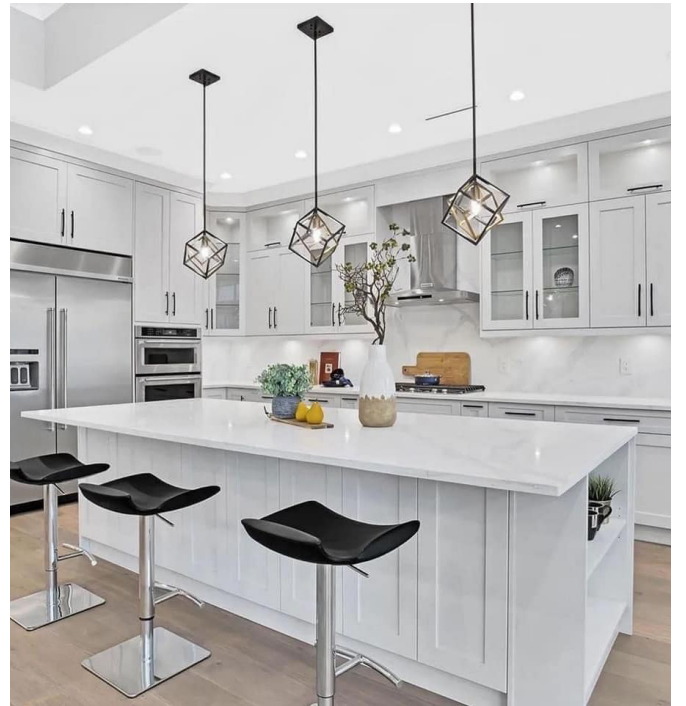


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THE FASCINATING SAVUTI BOTSWANA



Many people have come across so many films and biographies featuring prides of lions and have probably seen with their eyes, prides of lions at a the very amazing tourism place called Savuti here in Botswana. This is indeed a definitive experience to write home about. It is so astonishing being there, watching and photographing the lions hunting other animals or drinking water. One would like to experience them one afternoon under a good weather, lying on the grass as they check their prey from the sides preferably at the right place and at the right time.

Savuti is famous for its mysterious and fascinating channel. It runs a distance of 100 kilometres

from the Chobe River, through a gap in the sand ridge, to the Mababe Depression. Falling only approximately 18 meters, this channel brings water from the Chobe to Mababe, creating a small marsh where it enters the Depression.

The drive over sprawling wetland and savannahs that make up the Savuti Marsh (a 10,878 square kilometre stretch of land on the western corridor) provide a diverse portion of wilderness for the inhabitants of Chobe National Park. Savuti Marsh, an oasis that is fed by the Savuti Channel, an overflow from the Okavango Delta flood waters, teemed with life.

This area is well-known for

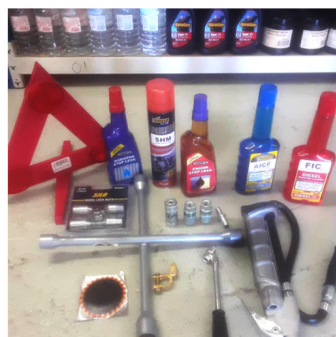
offering remarkable game viewing prospects. During the dry season, you will see a variety of wild animals like elephants, black-backed jackal, bat-eared fox, and antelopes, just to mention a few. A lot of wild animals tend to migrate from one area to the other as seasons change, like during summer times, species migrate to the area that offers fantastic predator viewing.

The Savuti area is mainly characterised by Camelthorn (*Acacia erioloba*) sandveld, Silver Terminalia (*Terminalia sericea*) sand veld, scrub savanna, and mopane veld. Savuti's almost desert-like landscape with a scorching sun, loose, hot sand, animals escaping the heat by

clumping together in the limited available shade, and elephants lining up to get to the water supply, offer a wildlife experience you won't easily forget.

Before the rainy season, the second migration of animals takes place, surely this takes place between November and April. They move in search of water and grasslands and eventually their migration is followed by a large number of predators. It's obvious that the lions are part of these predators, we talking about the kings of the savannahs and on the other side we have tigers which rule the wilderness. These two cats are hunters that feeds on other wild species. Lions live in prides and they mark their pride by roaring.

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Crispy Roasted Potatoes

Prep Time: 15 mins

Cook Time: 1 hr

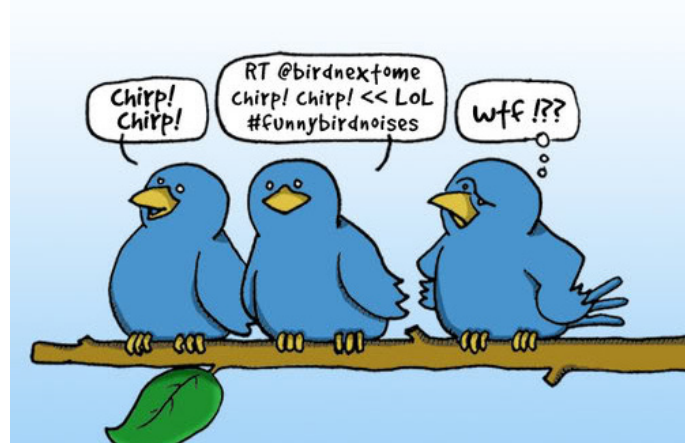
Total Time: 1hr 15mins

Ingredients

1.5 kg white potatoes
3 tbsp sunflower oil
1/2 tsp salt
1/4 tsp black pepper
5 cloves of garlic
A few sprigs of rosemary

Instructions

- Preheat the oven to 200 degrees C
- Peel, wash and cut the potatoes in big chunks if you have large potatoes, if smaller, either half or quarter them.
- Add them to a pan with cold water, throw in a pinch of salt, then bring to a boil. Once it reaches the boiling point, leave to simmer for 5 or so more minutes, until the edges are slightly tender.
- Transfer to a colander and drain well, then shake the colander well, even if the potatoes break up slightly.
- Drizzle the oil over a large roasting tray, and pop it in the oven for 3-4 minutes until the oil is smoking hot.
- Add the potatoes to the tray in a single layer, turning them onto the other side to coat them well in oil. Season with salt and pepper, Scatter the rosemary sprigs around together with the unpeeled garlic cloves.
- Roast for about 45-60 minutes, turning them half the way through, until golden and crispy.



Typical White Man

An Indian scouting party captures a cowboy from a bar and brings him back to their camp to meet the chief.

The chief says to the cowboy, "You are going to die. But we're sorry for you, so give your one wish a day for three days. At sundown third day, you die. What's your first wish?"

The cowboy says, "I want to see my horse." The Indians get his horse. The cowboy grabs the horse's ear and whispers something, and then slaps the horse on the back.

The horse takes off. Two hours later, the horse comes back with a naked blonde. She jumps off the horse and goes into the teepee with the cowboy.

The Indians look at each other,

figuring, "Typical white man... only think one thing."

The second day, the chief says, "What wish today?" The cowboy says, "I want to see my horse again." The Indians bring him his horse. The cowboy leans over to the horse and whispers something in the horse's ear, then slaps it on the back.

Two hours later, the horse comes back with a naked redhead. She gets off and goes in the teepee with the cowboy. The Indians shake their heads, figuring, "Typical white man going to die tomorrow ... can only think one thing."

The last day comes, and the chief says, "This last wish, white man. What do you want?" The cowboy says, "I want to see my horse again." The Indians bring him

his horse. The cowboy grabs the horse by both ears, twists them hard and yells, "Read my lips you idiot! POSSE, damn it! P-O-S-S-E!"

A blonde goes to a blood bank to earn a little money to pay the bills...

She steps into the elevator along with an attractive young man.

"Are you going to the blood bank too?" she inquires.

"No" he replies: "I go to the sperm bank, because I get four times the cash as I get for a pint of blood".

A week later, they meet again in the same elevator. The guy asks: "Off to the blood bank again?" The blonde just shakes her head and says: "Mmm-Mmm"

A Chinese Doctor can't find a job in a Hospital in the US, so he opens his own clinic and puts a sign outside: 'GET TREATMENT FOR \$20 - IF NOT CURED GET BACK \$100.'

An American lawyer thinks this is a great opportunity to earn \$100 and goes to the clinic.

Lawyer: "I have lost my sense of taste."

Chinese: "Nurse, bring medicine from box No. 22 and put 3 drops in patient's mouth."

Lawyer: "Ugh. This is kerosene."

Chinese: "Congrats, your sense of taste is restored. Give me \$20."

The annoyed lawyer goes back after a few days to recover his

money.

Lawyer: "I have lost my memory. I cannot remember anything."

Chinese: "Nurse, bring medicine from box no. 22 and put 3 drops in his mouth."

Lawyer (annoyed): "This is kerosene. You gave this to me last time for restoring my taste."

Chinese: "Congrats. You got your memory back. Give me \$20."

The fuming lawyer pays him, and then comes back a week later determined to get back \$100.

Lawyer: "My eyesight has become very weak I can't see at all."

Chinese: "Well, I don't have any medicine for that, so take this \$100."

Lawyer (staring at the note): "But this is \$20, not \$100!!"

Chinese: "Congrats, your eyesight is restored. Give me \$20"

In a murder trial, the defense attorney was cross-examining the coroner; "Before you signed the death certificate, did you take the pulse, listen to the heart or check for breathing?"

"No."

"So, when you signed the death certificate, you weren't sure the man was dead, were you?"

"Well, the man's brain was in a jar on my desk, but I suppose he could have still been practicing law for a living."



FILM PRODUCTION AS A BUSINESS

In the last issue we shared a home photography studio business idea. We continue from there on this edition with an upgrade of sorts once you have your studio running successfully. This time we suggest you introduce in film production to your business to expand further and make even more money. This idea however does not only apply to when you have the home studio, it can as much be a start-up business idea as well for as long as you have the equipment, skills and the know how to run it.

Filmmaking (film production) is the process by which a motion

picture is produced. Filmmaking involves a number of complex and discrete stages, starting with an initial story, idea, or commission. It then continues through screenwriting, casting, pre-production, shooting, sound recording, post-production, and screening the finished product before an audience that may result in a film release and an exhibition. Filmmaking occurs in a variety of economic, social, and political contexts around the world. It uses a variety of technologies and cinematic techniques.

Once you have mastered these techniques, then you would be said to be ready for the business. Now one may ask who will be

my clients or customers, well there are various potential clients and customers one can have in this business and it will all solely depend on how your productions are like to actually attract those clients. Your client can be from small business that are looking for Ads for their businesses to even big corporates like FNB looking for corporate videos for their companies. You can even make ads for BnBs and hotels as well. Another good market will be real estates and property marketing as well but one very successful film industry is the music industry, one would launch successful business in that industry.

Now for you to be able to master making such videos you will have to do a lot of practice first and also some training, and it can be just as cheap as there are thousands of tutorials on filmmaking available on YouTube and various techniques to make winning videos you may try out and master or perfect. There is not much else you may need as you probably will be having the equipment but of course you may need to add on a few here and there like Stabilizers, cranes and video lights as well. You may also consider trying to get a drone as well and get trained and licensed to operate them as they too give very cinematic shots especially for real estate videos and music videos.



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 Russo Brothers

Anthony Russo (born February 3, 1970) and Joseph Russo (born July 18, 1971), collectively known as the Russo brothers (ROO-so), are American directors, producers, and screenwriters. They direct most of their work together.

They are best known for directing four films in the Marvel Cinematic Universe: *Captain America: The Winter Soldier* (2014), *Captain America: Civil War* (2016), *Avengers: Infinity War* (2018), and *Avengers: Endgame* (2019). *Endgame* grossed over \$2.798 billion worldwide, becoming one of the highest-grossing films of all time. The brothers have

also worked as directors and producers on the comedy series *Arrested Development* (2003–2005), *Community* (2009–2014), and *Happy Endings* (2011–2012). They won a Primetime Emmy Award for *Arrested Development*.

By June 2012, the Russos were in final talks to direct Marvel Studios' second *Captain America* movie. The brothers wrapped principal production on *Captain America: The Winter Soldier* in July 2013 and the film was released on April 4, 2014. In January 2014, the brothers signed on to return to direct the third *Captain America* film, *Captain America: Civil War*, which was released on May 6, 2016. In May 2014, they were announced

to co-write and direct *The Gray Man*. In March 2015, the brothers were set to direct an all-male counterpart to Paul Feig's all-female *Ghostbusters* reboot, which would be produced by Sony's new-founded production company, *Ghost Corps*. However, as of March 2016, the Russos are no longer attached to the *Ghostbusters* project. In 2015, they signed a deal with Sony.

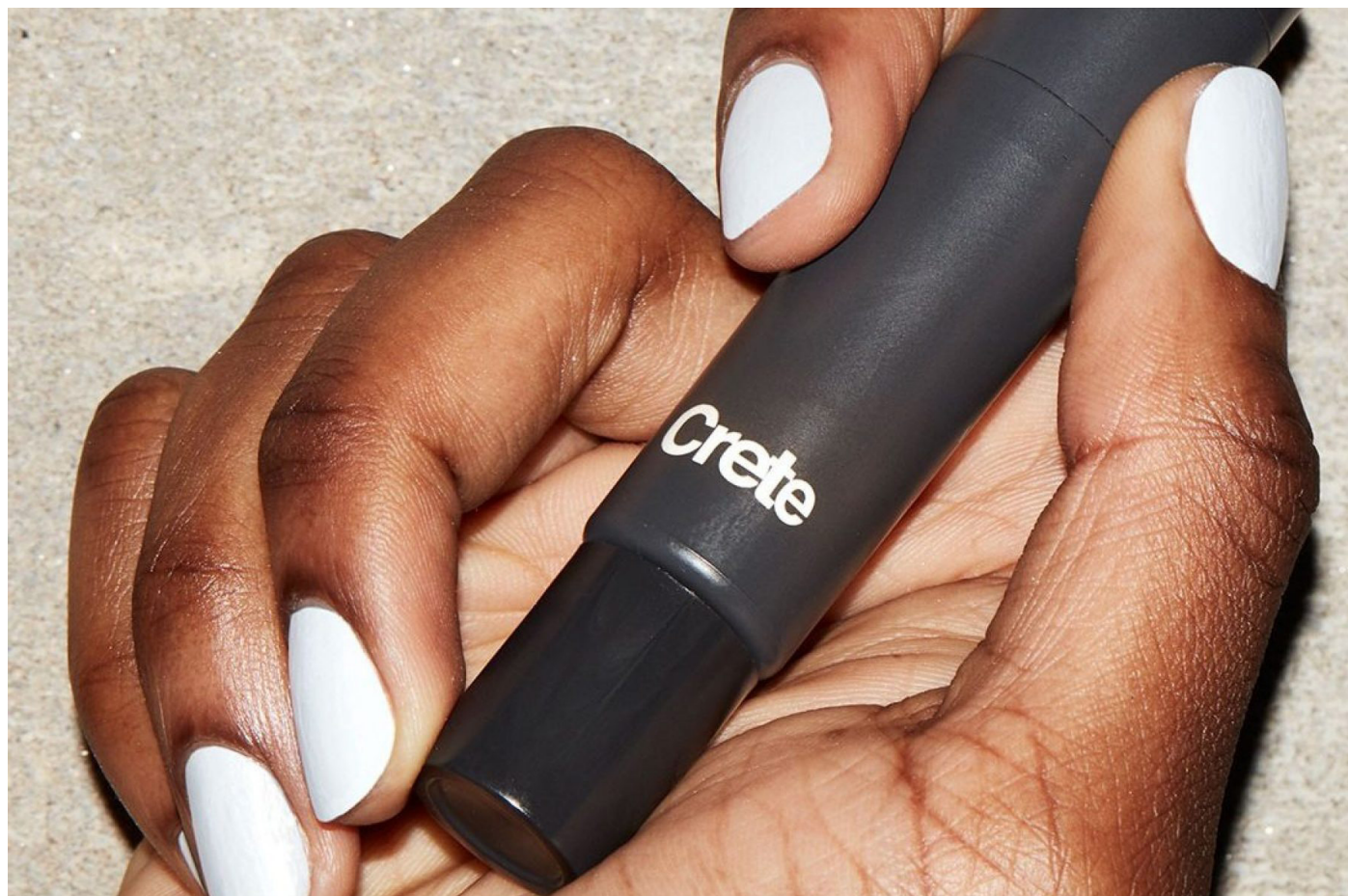
The Russo brothers directed *Avengers: Infinity War* (2018), which became the first superhero movie to gross over \$2 billion at the box office. They are the third directors to make a \$2 billion movie after James Cameron's films *Avatar* and *Titanic* and J. J. Abrams's film *Star Wars: The Force Awakens*.

Its sequel, *Avengers: Endgame*, was released on April 26, 2019, broke numerous box office records, and became the second superhero movie to gross over \$2 billion. They join James Cameron as the only directors to make two \$2 billion films. Joe Russo said while promoting *Avengers: Endgame*, "Both the films ask the question, what the cost of being a hero is? The films are about community and heroes standing up against tyranny. We certainly look at that as waves of nationalism sweep the world." They have also directed the post-credits scene of *Ant-Man* and the mid-credits scene of *Captain Marvel*. The brothers are financing the Los Angeles and Beijing joint-production company *Anthem & Song*, which is producing the Chinese superhero film *The Hero's Awakening*. The Russo brothers produced the television show *Deadly Class*, a Sony Pictures Television-produced adaptation of the comic book series of the same name. The show was aired on the Syfy channel. Benedict Wong, Benjamin Wadsworth, Lana Condor, Michel Duval and María Gabriela de Faría were among the actors cast in main roles for the series. On April 18, 2018, Syfy picked up the pilot to the series. On June 4, 2019, the show was cancelled. In August 2018, the brothers won the rights to adapt Nico Walker's 2018 novel *Cherry*. They also served as award presenters at The Game Awards 2018 ceremony. On April 10, 2019 it was announced that brothers would helm a new remake of *Poltergeist*. In June 2019, the Russo brothers were announced as the new executive producers for the unnamed Netflix animated series based on the *Magic: The Gathering* trading card game. In August 2021, it was announced that the Russos would no longer be involved with the project.



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SELF NAIL CARE ROUTINE

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Step 1: Clean them up

The first step is to prep the nails, starting with a quick clean-up of the cuticles. Get either a cuticle softeners/remover, add a drop on each nail, massage the drops in, and then gently push back the cuticles using your own nails or cuticle pusher. The solutions instantly dissolve any skin that's grown over your nail, while making the rest softer and easier to push back, lastly trim any loose skin around the sides with tiny scissors.

Step 2: Trim & file

Next, is a good trim with nail clippers.

To smooth out the edges, find the best nail file that do not tug and pull on your nail and never quite give them a smooth edge. Try the diamond file on the other hand, files super finely and smooths in seconds, plus they seem to last forever.

Step 3: Buff

Grab a buffing stick and use it about once a month, not too often – so you don't over file your nails, only smooth out the ridges a bit). Supposedly this helps your nail polish last longer. And of course, a smooth surface and a little extra shine helps elevate the look of bare nails.

Step 4: Moisturize

Next, moisturize your nails using Cuticle Oil, which smells amazing – very warm and comforting – and works instantly to soften cuticles and re-hydrate the entire nail area. For the hands, any old moisturizer does the trick. Once the hands are lotioned up, relax for a few minutes and give everything some time to soak in. Then before moving onto the next step, wipe your nails with a little polish remover.

Step 5: Treatment & (Maybe) Polish

Finally, make the decision on whether to go completely bare

or add some polish. If you decide to go bare, add a quick coat of Perfect Formula's Pink Gel Coat. It brightens and whitens nails. To top it off, it also smooths everything out and adds a glossy gel-like finish. It's like a mini mani in a bottle (and works great as a base coat too)!

If in the polish mood, grab a shade from your collection. Find something that apply smoothly and evenly with virtually no striking, and they should last a good week on without chipping.

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*Kgalalelo
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Pagentry model and an aspiring fashion designer



Churchill Nyoka

a 28 year old Accommodation and Services Advanced
Diploma holder. I'm a Dancer and an Acrobat.



HEALTH BENEFITS OF BEETROOT JUICE

- Helps to lower blood pressure
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- Great supplement for skin care and hair loss
- Best supplement for cancer, as it helps with side effects of chemotherapy and radiation
- It is also very nutritious and it can be taken after meal and for refreshment.

Health Benefits of Beetroot Juice To Women
-Beetroot juice with cinnamon can help to treat fibroids and ovarian cysts.
-It can balance hormones and enhance pregnancy.
-Best remedy for menstrual cramps (period pains).

How to Prepare Beetroot Juice At Home

Ingredients

- 1 medium beetroot
- ½ cup of water

Directions for making the juice

- Peel beetroot and chop it finely.
- Add chopped beetroot into the blender along with ½ cup of water.
- Blend it until it becomes smooth.
- Pour the juice into the glass or cup and enjoy.



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Proper Child Rearing

It is very significant to take an elementary understanding on what child rearing is. Child rearing is mainly determined by the specific parenting style that you follow. It is the process where you decide how you should focus on your child as a parent. The way you deal with your kids and the way you communicate with them can also contribute a lot towards the results that you will be getting at the end of the day. You need to pay special attention towards good child rearing practices because it can provide him/her with a great future remember that your child will become a mother or a father someday.

Steps to Help Kids Resolve Conflicts

Kids have become less clever at solving their conflicts and they are quick to call other kids names. That is why it is very crucial for parents to teach their kids on ways they can resolve conflicts as this helps them to thrive in relationships and life. Shared here are steps to help kids resolve their conflicts:

State & Understand the Problem

Once calm has prevailed, talk to each child

and help them state their problem. Stress the importance of being honest and admitting their role in the conflict. Encourage them to use "I" statements to express their feelings. For example, "I felt left out and hurt because he wouldn't let me play the card game, so I threw his towel to annoy him."

Calm Down

Give everyone a chance to take a breather from each other. Ask them each what they need to do to calm down. Like walking away and taking a break for a few minutes, counting to 10, or writing down some feelings. In any case, nothing coherent will come from trying to lead a discussion with upset, emotionally fragile kids. So, ask them to figure out the best way to calm down before attempting to solve the problem.

Apologize Well

A good apology will communicate three things: regret, responsibility, and remedy. Apologizing for a mistake might seem difficult, but it will help you repair and improve your relationships with others. Encourage children, depending on the

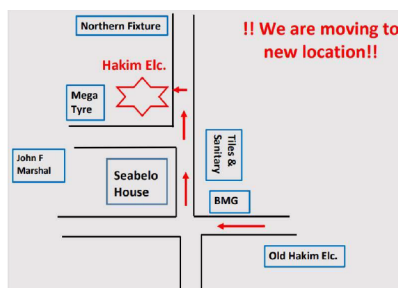
circumstances to come up with a good apology. Writing it down before they say it can be a good start, and that letter can be given to the child with whom they are in conflict.

Promote Solution Finding

Empower your children to brainstorm solutions to their conflict. It is so tempting as an all-knowing adult to generate solutions, but something the kids think up and agree upon on their own will more likely work. Encourage each child to listen carefully and to accurately paraphrase each other. Encourage them to speak honestly and kindly to each other.

Follow Up

Follow the children to see how they are getting along and if the solution they came up with is working for them. But if the strategy is not working, it is best for them to find someone else to hang out with. Even if the kids appear to need a prolonged break from one another, they will still be required to speak in a kind and respectful way when they are interacting.



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FINANCIAL AREAS FOR COUPLES TO DEBATE

When it comes to finances, couples usually fall into parts. It's important for them to set some time and discuss the following topics with their partners so that both of you have full knowledge of what is happening with your money;

Keep copies

Finally, discuss with your spouse where you will keep your list of accounts and all your important life papers. If your house were to burn down, where could you find a copy of your insurance policy and the number for your agent? Consider giving a copy of your data to a trusted family member or keep it secure in an online lockbox storage system. Once you have this conversation and get organized, you will be a financially knowledgeable couple who can handle an out of the blue situation.

List of accounts

Keep a list of all your financial accounts in

one secure place. If one of you has a medical emergency, the other person needs to be able to access money quickly and easily to pay the bills. For example, you might have:

- Health Savings Accounts associated with work or health insurance
- home mortgage
- insurance account
- lines of credit
- investment accounts

Ensure correct beneficiaries / account holders

We all think bad things won't happen to us, and hopefully an unexpected death, injury or house fire will never happen. But just in case, make sure your list of accounts is up to date and that the correct beneficiaries or account holders are listed. As you are writing your list of accounts, also ensure that the correct beneficiary is listed on the account. Make sure your children are listed if you want them to benefit. Check that your spouse is listed correctly on all items.

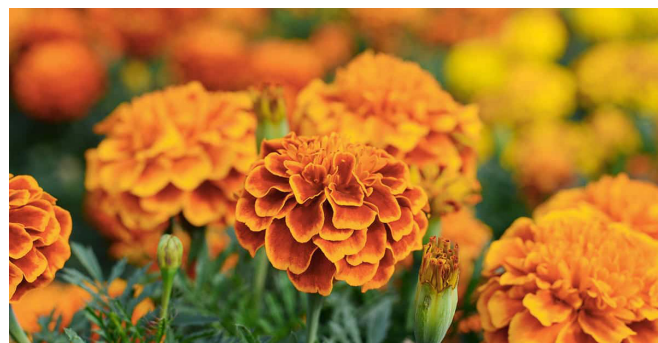
The "just in case" documents

Everyone needs to have the following items ready and up-to date:

Will – A will is essential if you pass away and have anything in your name. A will is of even greater importance if you have children, pets, or family items that are important to you.

Medical Power of Attorney – If you are unconscious in the hospital, it is necessary for your spouse to have a legal document that allows him or her to make medical decisions for you. A medical power of attorney document can be drafted to allow other family members, friends, or trusted advisors to make a decision on your behalf.

Financial Power of Attorney – This document allows another person to make financial decisions/transactions on your behalf if you are not capable. This could include times that are less serious. For example, if you were traveling out of the country and unable to sign a document.



Plants That Repel Mosquitoes and Flies Lavender

It has been used for many years in gardens due to its incredible fragrance and potent natural oil. Because of their lovely fragrance, lavender has been trusted for so many years for repelling mosquitoes and flies. This fragrance comes from its essential oils that are found in their leaves, and it is believed that the smell hinders a mosquito's ability to smell. Lander plant only needs good drainage and full sun but it thrives better in warmer areas.

Marigolds

This is another plant that easily repels mosquitoes and flies. It is an easy to grow

plant that deters not only mosquitoes but also flies. They can be preferably grown in flower pots and placed near the entrance at your home as this will help keep bugs out.

Citronella grass

It is known for its distinct smell. Also known as lemon grass, citronella is the most commonly used natural element in mosquito repellent. Not only can it keep mosquitoes away, it can also repel flies and the best thing about this plant is that it is the most effective at repelling pests. It can be planted directly in the ground under a sunny area.

Rosemary

This is another great mosquito and fly

repellent that can be recommended. The plant itself is an herb that is known by many of us. It has a woody smell that keeps mosquitoes and moths away. This plant thrives well in containers and they can be pruned into all sorts of shapes and sizes to make good decorations.

Mint

It is a brilliant harmless selection for keeping mosquitoes, flies and even ants away. The more powerful the aroma, the less bugs you will have. Grow it in pots on your patio where it can be easily reached if you want to drop a leaf or two in your afternoon tea. You can even dry the leaves and use them inside your home as a natural pest control method.



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ARE THEY UP TO THE STANDARDS THEY REALLY SHOULD BE AT?

Football is one of the biggest businesses worldwide that has many various entities to it and it keeps on getting better and better every day. It has through time developed technology wise. While there may be these great developments out there in this sector, there are others who just have a slow pace in its development and our country definitely is one of them.

Through the years, there has been drastic changes but here we remain stagnant and moving at a very slow pace towards the development of soccer. One may ask who then is to blame for this, is there not enough support from the community of Botswana or is it just bad management. I for one think the management is the one that is faulty. The ones that are supposed to be coordinating things for a developed and beautiful game to be enjoyed are doing really badly towards that. Could it be because they have not

enough sponsorships and financial support? Well, we never know but I still think they have enough financially for at least a little change and betterment of the games.

As for the support, well it has and always will be just encouraging. The fan base of each of the league teams really is amazing and does show just how much Botswana love football. We have seen it all in the on-going league. Botswana have never ceased to stand by their teams and cheer them up at the field and just when one would have thought the Covid-19 may have killed their morale, they have risen from the ashes with a thirst for the game that has been witnessed in the stadiums. It was even more encouraging when they flooded the small Royal Aria Stadium during the Gaborone Derby conquest that saw the city getting painted blue.

Prior to that we witnessed very shocking actions that could have put lives at risk. But

what goes into question is why and how did we get to such? Again the management could be questioned of such as they should have known better the magnitude of that particular game and should have anticipated that the stadium was too small for such an encounter given also the fact that the game was not to be broadcast live as is tradition. Regardless that they went on to host the event there and continued to sell tickets when it was clear they had been sold out. To add flames to the already heated up mess, the Botswana Premiere League officials would later go on to fire out blames to the fans and supporters community rather than having acted the gentlemen and taking the blame and apologise and learning from such for the growth of football.

This just only goes to make one wonder if the management are or will ever be capable of taking this beautiful community of local football to the much required standards.

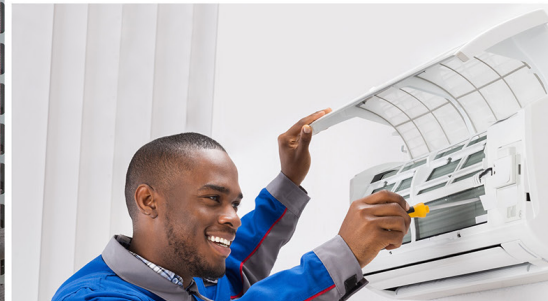
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LEGS, BUMS AND TUMS HOME WORKOUT

Tone up, firm up and burn fat from your tummy, hips, thighs and bottom with these 10-minute legs, bums and tums (LBT) home workout. This LBT exercise routine counts towards your recommended weekly activity target for strength. Before you begin, warm up with a 6-minute warm-up. After your workout, cool down with a 5-minute stretch.

Squats: great for firm bums and thighs

Do 2 sets of 15 to 24 repetitions. Stand with your feet shoulder-width apart and your hands down by your sides or stretched out in front for extra balance. Lower yourself by bending your knees until they are nearly at a right angle, with your thighs parallel to the floor. Tip: keep your back straight and don't let your knees extend over your toes.

Lunges: great for firm bums and thighs

Do 1 set of 15 to 24 reps with each leg. Stand in a split stance, with your right leg forward and left leg back. Slowly bend the knees, lowering into a lunge until both legs are nearly at right angles. Keeping the weight on your heels, push back up to starting position. Tip: keep your back straight and don't let your knees extend over your toes.

Calf raises: great for shapely legs and calves

Do 2 sets of 15 reps. slowly move onto your toes, lifting your heels off the ground, and then slowly lower heels back down. Place your hands on a wall or chair for stability. Stand straight, but avoid locking your knees. Tip: for more of a challenge, do these calf raises away from the wall and with a weight in each hand, such as 2 water bottles.

Bridges: great for firm bums

Do 2 sets of 15 to 20 reps. Lie on your back with your knees bent and heels close to your bottom. Your feet should be shoulder-width apart and flat on the floor. Raise your hips up to create a straight line from knees to shoulders. As you come up, tighten your abdominal and buttock muscles. Tip: don't let your knees point outwards.

Stomach crunches: great for strong abs

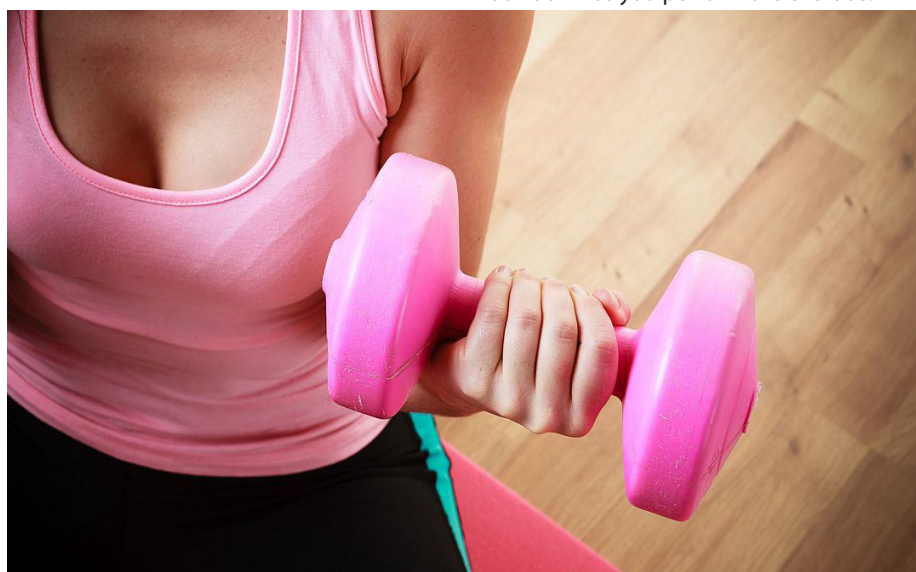
Do 2 sets of 15 to 24 reps. Lie down on your back, knees bent and hands behind your ears. Keeping your lower back pressed into the floor, raise your shoulder blades no more than three inches off the floor and slowly lower down. Tip: don't tuck your neck into your chest as you rise and don't use your hands to pull your neck up.

Obliques: great for toning love handles

Do 1 set of 12 to 24 reps on each side. Lie down on your back with your knees bent together, and feet off the floor. Place your right hand behind your right ear and extend the left arm out. Keeping your lower back pressed into the floor, lift your shoulder blades off the floor and curl your upper body diagonally across your chest towards your left knee and lower down.

Back raises: great for good posture

Do 2 sets of 15 to 24 reps. Lie down on your chest and place your hands by your temples or extended out in front for more of a challenge. Keeping your legs together and feet on the ground, raise your shoulder off the floor no more than three inches and slowly lower down. Tip: keep a long neck and look down as you perform the exercise.





Senegal Now In The History Books

The 2022 Africa Cup of Nations is in the books and Senegal are champions for the first time in the country's history. The team really held the battle fort until the game went up to the penalties in the historic match against African giants Egypt. They would go on to win the penalty kick shootout by 4-2 after the scoreless 120 minutes between both teams. The hosts, Cameroon defeated Burkina Faso for third place.

This year's Africa Cup of Nations has proven

as exciting as ever as many of world football's most high profile players have competed to help their country lift the trophy. The winner themselves did have their world star Sadio Mane who plays for Liverpool and so did their contenders, Egypt who were boasting their own star, Mohamed Salah who has been also doing very well in the English Premier League and also is on the same team as Sadio Mane, so it was a battle of brothers. Other EPL giants who represented their countries are Riyad Mahrez (Algeria), Edouard Mendy (Senegal), Nicolas Pepe (Ivory Coast), Eric Bailly (Ivory Coast), and

Daniel Amartey (Ghana) among others in the endless list that just made this Cup of Nations the more exciting.

Sadio Mane was crowned Player of the Tournament. Because of his pivotal part in the Lions of Teranga's victory, the Liverpool star was awarded the best player in the competition with three goals and two assists. Edouard Mendy was named the Goalkeeper of the Tournament as he beat Egypt's Mohamed Abou Gabal. Vincent Aboubakar was the Golden Boot winner with eight goals for the hosts.

THE MARES HAVE A GOOD STANDING FOR AWCON QUALIFIERS

the Botswana women football team, the Mares have had a great victory on the away game that they played against Zimbabwe on the 19 February. The team had an impressive 3-1 victory that put them at an advantage as they journey on for their cup qualifier first leg game.

The ladies went on to have high praise with even the Botswana Football association who assured them they will support them and rally behind them in their journey to qualifying for the Africa Women's Cup of Nations. The team also got some sponsorship by Lucara Diamond Company of P300 000 which was to just encourage the team and show them they do have support. Each player was reported to be walking away with P11 00.





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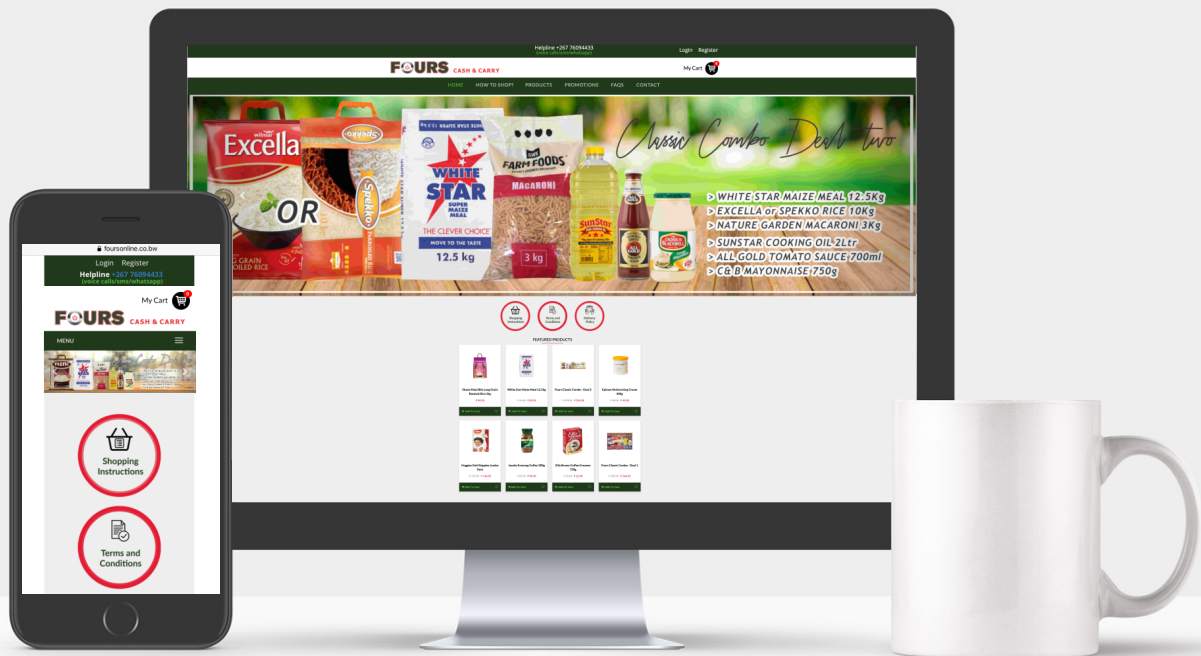
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