

Celebrity World

Botswana's Native Magazine

February 2021 P12

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MOANAKWENA

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The A Team

Editors

Godiraone Ramanoko
Kabelo Mbaya

Graphic Designer:
Amuchilani Rara

Photographer:
Oarabile Cruz Rasefako

Cover Story Credits:

Maxine Wardrobe: Exclusive Collections Bw
Mbakiso Wardrobe: Self
Hairstyle: Maxine Make-up
Shot by: Media Republic

General Manager
Pinky Aysha Siddiky

Marketing Officer
Amirul Hoque Bhuiyan

Managing Director
N.md Estaq Farthous Bhuiyan



Founder
Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

Plot 14385 First floor of double storey building, New Lobatse Road
Gaborone West Industrial
Cell: 77606907
Tell: 3937886

Email:celebrityworldbw@gmail.com

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@celeb_bw **Celebrity World**



January is over, and the month of love has arrived. If you are like many families, you are probably looking back at your New Year's resolutions to see how you are doing. If you didn't succeed at meeting your resolutions don't despair. February is a new month, and you still have lots of time to get on the right track. This time CW Magazine brings you a love story of Maxine and Mbakiso Magwape. Read about them, get inspired and learn more about love.

The A Team would like to hear from you this month, what would you like to read about on CW magazine? Who would you like to see featured in our pages?

The year 2021 should be an amazing season for our readers. The month of February should also be a wonderful one, enjoy it with your loved ones. Be sure to check out this issue at the nearest Choppies Store, Square Mart and Fours Cash & Carry.

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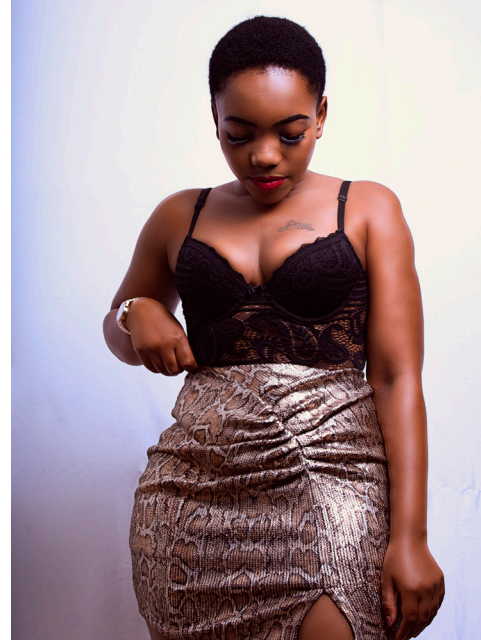
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P O Box 2059 Gaborone
Facebook.com/Hakim Electrical

Plot 14447, Unit 03,
G/west Industrial,
Gaborone

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RECORDS KING, TSHEPO NEPHEW MOANAKWENA

Bang! Gae is a brand that always turns heads of avid music lovers and followers but for the 31 year old Tshepo Nephew Moanakwena it is a fulfilled dream. Birthed from humble beginnings he used his university allowances to buy equipment to fulfil his dream and Bang! Gae came to be. The record label does an array of music management, videography and documentaries on different content about life in Botswana. Nephew wanted to make his brand identifiable to Batswana hence the creative name Bang! Gae, "BANG" representing something big and irresistible "GAE" representing home, being Botswana. As a producer he understood what had to be done and his fruits to his labour were achieved through

various awards which include best motswako hip hop song, best producer and best male artist just to name a few. He has worked with many heavy weight local artists like Zeus, Daxis and Nicole Martinez. He even went on to spread his wings and produce for Yarona Fm, The Voice, Rako, Mafoko, Motovac, Onespread and many others.

Can you tell us more about your record studio, Bang! Gae.

We started in 2010 and I founded it with two other friends of mine, Pako Keoleletse and Theo Nthoi. We were fresh out of high school, so I spearheaded the whole thing when I started college on my first year at NIIT but never finished. However in honour of my mum, who passed on I went on to study Sound Technology

at Limkokwing University as she had always wanted me to finish school. So when I was in NIIT I used my allowance to buy some equipment and we started Bang! Gae based in Mogoditshane.

Have you ever received any award in your label?

We are an award winning studio, in 2015 we won three awards at the YAMAs. We won best producer, best collabo of the year and male best song of the year. We also won another award the following year at the BOMU awards.

What are your hobbies?

My hobby is working, I enjoy being in the studio, any time I am stressed out or feeling happy I will be in the studio producing, engineering or finishing up people's projects.

Is there anything you would like to add to your skills?

Well, I am happy with the skills I have but I would like to learn softwares. I want to know every software used in editing music videos and photos. I am interested in the visuals since I am skilled with sound.

Many artists usually tend to have an association with drug use, have you had any

dealings with drugs?

No, I have never tasted drugs and I do not even drink alcohol.

What are the misconceptions that people have about you, what do they say out there?

People think I drink, which I do not. The other thing is that people think I am a playboy but I am not, I was single from 2012 until last year when I met the lady I am with at the moment.

Let's talk about your greatest stresses, how do you handle stress?

I have had mental issues and suicidal thoughts before due to the work pressure. So how I dealt with them was through speaking to my good friends and let them know how I felt. I also express myself through my creativity.

As a producer and records label owner, what words can you share with people out there?

Get to know the gatekeepers to your success, know those people and network your way up, build relationships. Also watch your back, and don't trust easily. Associate yourself with the right people, they say your network is your net worth.





Being an upcoming rapper in Botswana has been quite a challenge for me. Most of us upcoming youngsters have been on the edge of success, but the support still lack which is why even today renounced artists such as Vee and others still triumph over us. Not that we are all less talented, but because the people we are trying to entertain and inspire with our music are less receptive of us. It is the reason I am still struggling with finding stability, but I look forward to a more stable music career in future.

Nonetheless, I have a handful of supporters since I started my music journey and I'm proud that over the years I have gained more supporters through social media. Their loyalty is overwhelming and I can never thank them enough. I am not certain of whether I have an audience outside the borders but I have made contacts at Lesotho when I went there for my graduation. They are supportive in terms of sharing my music with others that side. I had actually planned a joint project with one artist at Lesotho by called AtomicWolf, which got delayed due to the Covid-19 pandemic but with hope, we will resume our plan and start working.

The pandemic has disrupted a lot of my projects, in September last year I released an Official Demo Compilation titled FROM PALAPYE WITH A DREAM. Things didn't go as planned and I feel it's because my timing wasn't ideal as people were more concerned about the Covid-19 and the political atmosphere of the nation. However I'm planning a re-drop of the project soon.

Most of the time when I write a song, I actually write to myself. I find true inspiration in myself and send positive vibes through music. It has worked for me because I rap about real and relatable issues.

One thing about me is that I like working with other upcoming artists, I have worked with Noello and I am looking forward to work with more renounced artists. When I finished school I had to move back to Palapye from Gabs and this has posed a challenge for my work as there are limited resources required for production here in Palapye. But in a bid to tackle it, I recently acquired a home studio which allows me to record from my station and email my projects to producers in Gaborone.

I am currently working on visuals for my music. I am also preparing to drop a brand new single titled 'Pure Intentions,' an exciting and religious project which I worked on with my all-time beat maker Uniq-Thus and sound engineer AxeOnTheBeat from 205 Affiliated Entertainment Studio in Gaborone.

Being an Upcoming Artist is a Challenge For Scheeki

Formally I am known as Oatametsa Kebonye, I was born on February 05, 1997 and was raised in Palapye by my grandmother. I am the only child of my mother who passed away when I was about three years old. I grew up like any other child, I have never allowed myself or anyone to

define me in any different way because as we know, when you are an orphan there is a certain way people around you would want to treat you, mostly with pity, so I never allowed that. I knew that being an orphan didn't mean that I was handicapped or limited to some extent, which is why I feel like I played a vital role in moulding myself to become the person I am today. That is a musician, a digital artist, a father and a graduate with Bachelor's Degree in Community Development.

I have six years in this industry, I started exploring my music talent back in 2012 while I was in Junior School and decided to go professional in 2015 because I felt like I was ready to share my gift with everyone.

The Versatile Rez



Rez, born Kabo Maruping is a young talented and versatile artist who has been doing music since 2011. The lad was born and raised in Selebi Phikwe but he is originally from Maun. The artist says he has had a remarkable journey with his music as he has managed to incorporate his unique ways to delivering music, visuals, live performances and other diverse multiple skills that have helped him grow in his journey

as he never looked back.

He is an Electrical Technician professionally and also a businessman as a way of trying to make ends meet. He says he has worked with a number of renounced artists in Botswana like Yung Fella, Yung Fella, Cyc Jouzy, Jack Bohloko, Tribal Tido and Unique Thus just to mention a few. In 2015 the artist performed in the Orange Marathon after party and went on to perform again the

following year. He also got to perform at the Miss Bulawayo Polytechnique Beauty Pageant in 2019 and the Spss Alumni in 2018 among many others. The artist had a chat with us regarding his music and this is what he had to say:

Tell us more about your music, your chosen genre.

My music is very special because I feel like I have been doing music for a while which has given me exposure to experiment with different sounds and they led me to my comfort zone which is Rap, but I have been able to work with other artists doing genres like Afro Beats and Amapiano.

What inspired you to become a musician?

Singing is something that has always been within me because from a young age I always did something that had to do with music, from primary school. I was in music clubs like choirs and marimba and they triggered that passion.

Is being a musician an easy thing?

It's simple, solely because I have been doing music for a while so I have had time to practice and perfect myself, also learning new ways to being a better musician but it's not always easy, it's not also that much of a challenge ether.

If you were to sit down and introspect yourself today would you say you have grown as a musician, and how have you grown?

Yes I have grown, you know when I started the journey I thought it was something simple, I make music today and tomorrow I will be somewhere but along the journey I learnt a lot of things with music and

realised it is everywhere. For you to actually trigger and spark a heart you really need to work hard. The level of growth I see in myself is really huge because I always want to make something better when I record a song and I am surrounded by a great team of people from all angles of the music industry.

How has the past pandemic year been for you?

It has been an issue, it has shown that things can really get tough. In Botswana we are used to making money through shows but it changed things leading to adoption of new ways like online sales.

Do you see things turning around for you this year?

Yeah, I think we will make it work. I see myself going all out there and adapting to the new ways of making an earning from music.

What are your biggest achievements?

I have had quite a number of achievements which came without me noticing. Right before the pandemic I got heated up with performances. I also had a great opportunity to perform in Zimbabwe.

Whom do you aspire to work with in the near future?

Well, it's a question I have been asking myself since last year December. I came with three artists, I want to collaborate with Drak, Phologolo and Luz Kat.

What are we to expect from you in the near future?

I am looking into pushing the brand this year but I am also working on an E.P and I believe that it's going to be a great E.P to ever come out.



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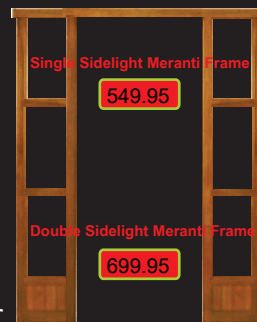
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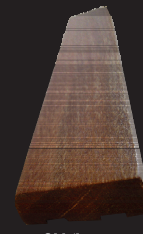


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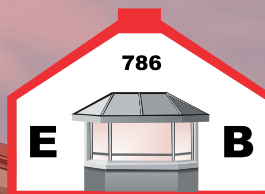
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her studies she went on to work at Baboneng Film Productions where she was an Assistant Producer for two years. After working with Baboneng she went on to work for Duma FM as radio presenter and content producer from 2012 to 2015 before she became a correspondent for an international news agency, Xinhua News Agency in 2016 until 2017. Having acquired that much experience not only as a Film producer but in the general media as well she felt she was ready to be her own boss and produce her own productions, in 2017 Walker

promote different artists in the SADC region. Her company is also currently working on a documentary that focuses on acknowledging and celebrating those who have served this country. The show is called THE STORY and they managed to interview the former president Ian Khama among others.

Otsile says that working in this field of industry has not been easy especially in Botswana. In a country that is still growing at a slow pace in the film industry, funding for projects has been difficult for her as they find it hard to source out funds. This has been even more difficult for her company as it is upcoming and without enough experience for companies to confidently offer financial assistance. Selling and marketing the products as well is a huge challenge as BTV is the major local buyer of content but does have their own trusted producers so with her company has also been difficult to market and compete with fellow more accomplished competitors. She says that one requires to have networks and know people in order to get through in this industry.

Being a female film producer and even when she was still a radio producer too was a challenge as there has always been a lot of men dominating the industry. This was especially difficult when she was producing sports programs as there has always been a stereotype of sports being a men's thing. She says they would "block" her once they felt threatened by her successful work in the field, since she has always had some knowledge on sports issues she did good but they made it difficult forth which she ended up quitting or having to work but not to her level best. She says however the challenges where for her as a female producer she managed to excel and be where she is today.

The production company is currently working on the "THE STORY" and she says that she intended to have stations like Now TV buy and air the show. She says that she also hopes that international productions like BBC Africa would buy her content and documentaries.

Otsile Breaks Through The Cemented Boundaries Of Botswana Filmmaking

She is one of this country's hardworking female producers having produced shows that aired in the national television. Otsile V Keobokile, the founder of Walker production, a product of Botswana's biggest Media and film school - Limkokwing University of Creative Technology (LUCT) has thus far made the university proud by her successful productions in a country that still suffers growth in the Film and Television industry. Born in 1985 she grew up in Gaborone and studied in the city from her primary level to tertiary where she studied an Associate Degree in TV and Film Productions from 2008 to 2010 at LUCT. After finishing

Productions was born.

Walker Production produced some programs that aired in the national television, BTV like The Business Kraal and Check Up which was a health magazine and so many others. These are not the only shows that Otsile has produced and aired on BTV, before she started her company she produced a documentary, "Snakes of Botswana," a talent seeking show, "Gemstones" and a feature film, A Lerato ke Lone leo all of which were played on station. She said in the interview with CW magazine that she has also worked with an American producer to film a Baha'i Blog studio session that was meant to

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EVERY DAY IS A LOVE DAY FOR US

Celebrity World Magazine is privileged this month to have a wonderful couple like Maxine Magwape and her husband Mbakiso share with our readers their beautiful journey of love and marriage. This is what they shared:

Kindly take us through your love life, where and when you met. How you kept your relationship spark lit, so much that you ended up marrying each other?

Maxine: We met in the summer of 2011, in varsity. Mbakiso was in his final year, I had just got to the school, and the universe colluded to bring us together. He was kind and charming. There was something different about him.

The spark was kept lit by communication. Making sure you are there for each other, no matter the distance.

Mbakiso: We also keep the spark by doing things together, everyday things, working, playing and praying. Participating in each other's interests.

According to you both, what is pure love?

Mbakiso: Pure love is selfless. Where you consider your partners well-being. Their emotions, where you are sensitive to what they feel and sensitive to their spirit, which may also mean putting their interests before yours.

What do you like about each other?

Maxine: I don't "like" things about him, I "love" everything about him. First of all, I love his love. He is such a loving person. Sometimes people say they love someone but they don't show it. His love is in each and everything he does, I love that he is caring, he takes care of me. He takes

care of everyone around him. He is a very selfless man. I love that he is smart, definitely that.

Mbakiso: I love her sense of humor. I love how intensely she loves. I love her dedication and passion, when she wants to do something, she does it with all of her. I love how much she cares about our union, about us, that's important to me.

How do you both balance work and family time?

Maxine: By showing interest in each other's schedules and times. Also, by making sure that you support whatever they do. Discussing dreams, and plans so that your partner know what your expectations are.

What is your idea of a perfect date?

Mbakiso: Somewhere private, secluded, preferably in a private villa, looking at a sunset with sound of waves crashing.

Maxine: a perfect date for me to be honest is where it's just the two of us. Whether we are at home, next to the sea, or a restaurant, as long as we are together.

So how do you usually celebrate your valentine's day?

Mbakiso: We aren't the biggest on celebrating Valentine's Day, however I would usually get her something romantic. We try to make every day Valentine's Day.

Maxine: We don't need one day to celebrate love. Every day to be honest is love day for us. But he always makes sure he gets me something.

Do you believe in Karma, Soul mates, and Destiny?

We believe that there is God who has our names put together written in stars, and has a plan for us.

What is the difference between love, romance and sex?

Love is a bond which is hard to break, and is formed through time, through patience, and commitment. Romance is felt for a short period of time and fades as beautifully as it comes and sex is a strong physical connection which can lead to or strengthen love, but it's temporary.

How do you differentiate sexuality and sensuality?

Sexuality is very physical, carnal, it's of the flesh. Sensuality is of the spirit. It's a connection between the spirit and the flesh. It's much deeper than just sexuality.

Between men and women who do you think are more romantic?

Maxine: It's tough. I'd say women, but my Husband is very romantic so.... *raises hands*

Do you believe in public display of affection?

Maxine: One hundred percent.

Mbakiso: Laughs aloud.

Maxine: I'm not saying do things in public, I'm saying it's okay to hold hands and celebrate each other.

Mbakiso: Mbakiso nods.

What is the best relationship advice that you have ever gotten?

Mbakiso: For me, it's that love is commitment, meaning you are dedicated to a person. Love is not a temporary thing, love is not moved by how you feel, which changes sometimes.

Can a couple be too much in love?

Maxine: No. There's no such thing as too much love, or someone being too much in love.

Would you move for your partner?

Mbakiso: We've done that before. We would do it again. It worked for us. We dated through many changes, from living in the same area [Block 9, Gaborone], to different Countries with him in Cape Town, and even different regions, with him living in Tunisia North Africa. We made each

other feel secure and loved. We decided to settle here.

Should couples have individual or joint bank accounts? Why?

Mbakiso: Both. Couples should save together. They also need to manage their own transactions and financial affairs. You are two separate entities, who co-exist. It's not practical to have one account you both share. I also don't want to interrogate her daily about why she bought certain things

take us further.

What are your political beliefs?

Mbakiso: We are a-political. However we do believe in voting, and ensuring that accountable, and capable leadership is elected.

Where did you spend the holidays?

In the comfort of our home. Mainly on the couch. We also spent the festive holidays with our parents. Stay home is refreshing and re-energizing. We also tried to be



without account, and vice versa. But if one joint account works well for couples, then they should stick to that.

Do you believe in God? Do you believe in the religion that you were raised in?

Maxine: Yes. We believe in the almighty God. He has gotten us thus far, and will

be responsible in these COVID-19 times.

How do you feel household chores should be divided?

Maxine: Equally. But there shouldn't always be specific chores assigned to a person. Go with the flow.





SAMSUNG GALAXY CHROMEBOOK 2

Samsung Galaxy Chromebook 2 has been unveiled for CES 2021 as the successor to last year's Galaxy Chromebook. The new model has a QLED display that comes as a noteworthy upgrade over the AMOLED screen available on the predecessor. The Galaxy Chromebook 2 also comes with thinner bezels. Samsung has retained the 2-in-1 form factor and offered support for Universal Stylus Initiative (USI) pen on the new Chromebook. Further, the Galaxy Chromebook 2 comes in two distinct colour options to choose from and have Intel Celeron and 10th-generation Intel Core i3 variants, and it has also dropped the price significantly.

Samsung Galaxy Chromebook 2 price

Samsung Galaxy Chromebook 2 price starts at \$549.99 (roughly Rs. 40,300), as reported by The Verge. The pricing is significantly lower than the Galaxy Chromebook that debuted at \$999.99 (roughly Rs. 73,300). The Galaxy Chromebook 2 comes in Fiesta Red and Mercury Gray colour options. Samsung Galaxy Chromebook 2

specifications

The Samsung Galaxy Chromebook 2 features a 13.3-inch full-HD (1,920x1,080 pixels) QLED display with touch support. It is powered by either Intel Celeron 5205U or 10th-generation Intel Core i3-10110U processor, paired with Intel UHD Graphics and up to 8GB of LPDDR3 RAM. The Chromebook comes in 64GB and 128GB storage options — along with expansion support via microSD card.

The Galaxy Chromebook 2 features an HD (720p) webcam. There is also a backlit, lattice keyboard. Further, the Chromebook includes a 45.5Whr battery.

Connectivity options on the Samsung Galaxy Chromebook 2 include two USB Type-C ports, a headphone/ microphone combo jack, Wi-Fi 6, and Bluetooth v5.0. It runs on Google's Chrome OS with Google Play store access.

The Chromebook measures 304.9x203.2x13.9mm and weighs 1.23 kilograms. This isn't that sleek or lightweight when comparing with the first-generation Galaxy Chromebook that had 9.9mm of thickness and 1.04 kilograms of weight. But nonetheless, the cheaper price and the presence of QLED display makes the new model equally compelling.



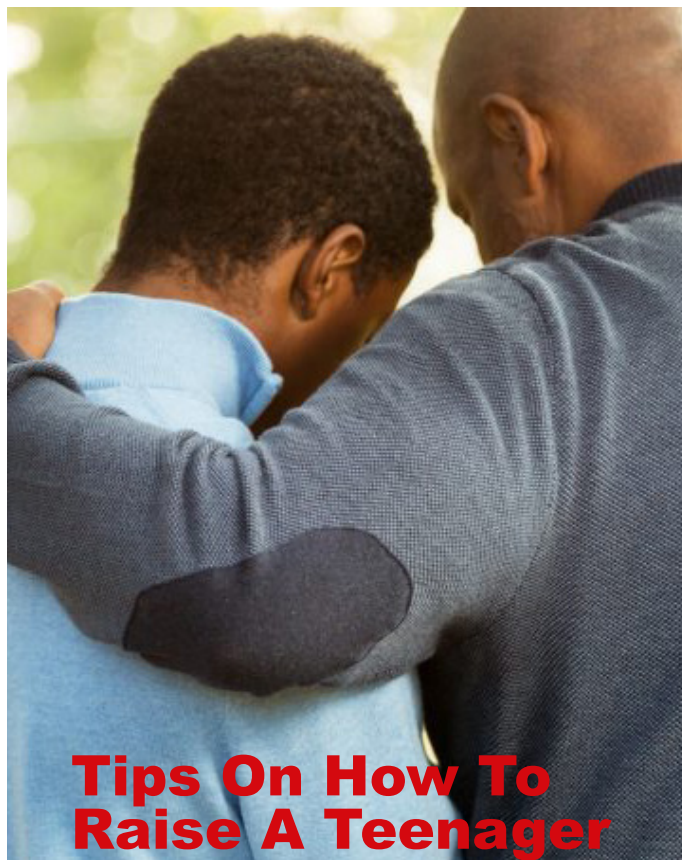
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Tips On How To Raise A Teenager

CW magazine shares with you a list of tips on how to parent a teenager with as few

conflicts as possible. Read them, try them and you'll understand what we are trying

to communicate.

1. Talk to the kid:

If you are having a conversation with your teen and manage to get more than just a "yes", "no" or a sigh, bravo! And yes, a lot of times what seems like a decent chat with the teen can turn into a crazy argument at any moment. Such conversations are normal, as long as they are not an everyday affair. Listen to what the teen has to say. They are growing individuals with an opinion of their own.

2. Be a friend:

To a teen, you should be a parent and a friend. Your teenager wants to be heard and understood, not judged. And to be able to do that, act like a friend. Listen to them, support them, have fun together and respect each other.

3. Sex, lies and alcohol:

Some of the most delicate issues that you need to deal with teenagers are sex, alcohol and drugs. Of course, most kids dread discussing these

topics with their parents. They'd rather talk about it with their friends or a confidante at school. And to avoid talking about them with you, they might develop another bad habit: lying. Sex, drugs and alcohol can easily tempt a vulnerable teen.

4. Choose your battles wisely:

With a teen, almost every conversation becomes an argument. So you need to be the adult and pick your battles wisely. Figure out the things for which you want to say 'no' and those which you should just let go.

5. Teen relationships, get to know their friends:

Relationships are among the many things that your teen is exploring at that age. Adolescence is the age where they build meaningful friendships that can last a lifetime. Your little girl or boy may also get attracted to the members of the opposite sex during this time, and explore romantic relationships.

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Leo

(July 23 - August 22)

It's time to re-create your relationships, look at what you most value in your one-on-one connections. You may find that what once attracted you no longer does. Or, on the other hand, you may feel attracted to something or someone brand new. Be direct, straightforward and honest with those closest to you.

Aries

(March 21 - April 19)

Your guardian angel planet, moves into ambitious, responsible, disciplined, success-oriented Capricorn, you'll find it easier to take steps up the mountain of your dreams. Pursue your passions and desires spontaneously and without much forethought.

Gemini

(May 21 - June 20)

It's time for your hobby! February is the right moment for creativity, also for rest, and for building lasting relationships. You can knit up a scarf; this is an opportunity to test your manual skills. Invest your resources in what you truly believe in.

Cancer

(June 21 - July 22)

You are the most vulnerable sign in the zodiac and you hate to rock the boat in your relationships for fear of rejection and abandonment. February is a month when you will be able to solve all important issues. Remember that you have the

opportunity to stand for what you most want in your relationships.

Virgo

(August 23 - September 22)

Virgo loves comfort, but you have to do without it for a while. Your talent will be at the forefront, there may be no other choice but to act. If you are not sure about the right solution, simply join those who have more experience than you. Rather than analyzing every last detail, it's time to trust and go with the flow.

Libra

(September 23 - October 22)

Be careful and do not be afraid to say "NO" if you do not already have the situation under control. You'll feel a breath of fresh air as friends come out and mirror that part of you that wants to challenge convention. This is a fabulous opportunity for you, to reflect on and re-evaluate all your relationships, beginning with your relationship with yourself.

Taurus

(April 20 - May 20)

It's time to plant seeds and decide what you want to create in your career. Your friends will encourage you to drop all pretences and be who you really are. They will help you overcome the difficulties and will give you best advice on how to prosper.

Scorpio

(October 23 - November 21)

It's your choice how you express your power and magic; the practical, earthy energy, combined with your focused intensity, can create anything. February will stimulate your ability to solve very complex tasks. Embrace thoughts and memories of the past, knowing that you can create a new life of greater passion by transforming any negative emotional baggage you may still be carrying.

Capricorn

(December 22 - January 19)

Expect a great opportunity. Your greatest power lies in your interpersonal relationships and in the ability to negotiate, persuade, and bring people together. It will be safe to sneak through tough questions in unpleasant conversations. Be aware that you could easily run over others now in your desire to reach your goals.

Aquarius

(January 20 - February 18)

This is your month to shine. Plant seeds to have the courage to revolutionize your life so that it reflects your one-of-a-kind nature, your unique way of looking at the world and your desires to make changes that benefit all. Before you can make the dreams for a better world come true, it's important to know what makes you happy.

Pisces

(February 19 - March 20)

February will therefore be the month when you may overcome prolonged health problems that are also related to slow pace of work. In some cases, process of healing may be miraculous. You may also enjoy interesting encounters and meet new people; you'll actually enjoy February, although it may not look like it now!

Sagittarius

(November 22 - December 21)

You can feel lonely on your voyage; even though you might have imagined that loneliness would be the source of the desired relaxation. The boundary between perfect relaxation and desperate solitude is quite thin. Do not forget to think about "saving for a rainy day". Keep all the little but important things in mind during this month and do not worry, everything will go well, in your life.



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ON THE BIG SCREEN

Nomadland

Release Date: February 19, 2021

Chloe Zhao has been around for a while, but she's going to fully explode in 2021. Not only is she directing the much anticipated Marvel film, *The Eternals*, but she's almost certainly the favorite for Best Director at this year's Oscars for her incredible work directing *Nomadland*. Starring Frances McDormand as a rootless woman living out of her van, the film is as stirring as any you'll see this year.



Terrifier 2 (2021)

Release date: February 21, 2021

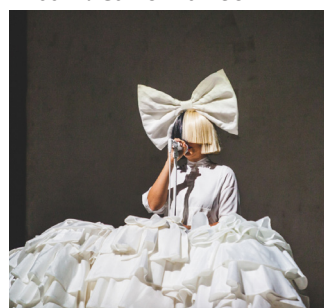
After being resurrected by a sinister entity, Art the Clown returns to Miles County where he must hunt down and destroy a teenage girl and her younger brother on Halloween night.

Music



Release Date: February 19, 2021

Artist: London Grammar
Album: Californian Soil



Release Date: February 12

Artist: Sia
Album: Music - Songs from and Inspired by the Motion Picture

What To Read



EVERYTHING THAT BURNS

By Gita Trelease

To be released: February 2, 2021

About the Book: Camille Durbonne gambled everything she had to keep her and her sister safe, and now the Vicomtesse de Seguin seeks a new life in Paris. But revolution roils the bloody streets and "aristocrat" is a dangerous word. Safety may no longer be possible. Following in her father's footsteps, Camille prints revolutionary pamphlets, sharing the stories of girls.



PAYBACK BY KRISTEN SIMMONS

To be released: February 2, 2021

About the Book: Brynn Hilder has conned a lot of people. From the spoiled rich kids of Sikawa City to her mom's loser ex-boyfriend, from a motorcycle gang to a senator's son. If there was money to be gained, or a secret to uncover, she figured out how to get it done. And thanks to Vale Hall and its director, Dr. David Odin, she's found a family of hustlers just like her.



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It's that time of year, when romance reigns supreme. Candlelit restaurant dinners, candy, cards, gifts, flowers. Endless expressions of love.

I'm all in favor of celebrating love, shouting aloud our passion and devotion to one another. I love romantic dinners, cards, flowers, presents. However, what I most treasure as a gift, not just on Valentine's Day, but everyday, is the gift of my beloved's presence.

Valentine's Day is an international festival that celebrates the feeling of love. Saint Valentine's Day is celebrated each year on the 14th February and marks the death anniversary of one of the Christian legends, Saint Valentine. Valentine's Day has especially come to become a day made for lovers. Even in the media, Valentine's Day is portrayed as a day meant for lovers. However, Valentine's Day has a much larger appeal. It is a day to express love and that love can be for anyone and not specially a lover.

What does Valentine's Day mean? Saint Valentine was a total of 14 saints who laid out their life for Ancient Rome. However, some people believe

that the Valentine's Day is a tribute to only one of these fourteen saints.

In Christian culture, a big feast is organized on Valentine's Day to commemorate the day of burial of Saint Valentine and to celebrate their love for their land and their martyrdom.

Thus, the very reason why Valentine's Day is celebrated has nothing to do with the love between two lovers. However, owing to popular culture, Valentine's Day has come to become a day when a man is supposed to express his feelings for a woman and a woman is supposed to do the same.

What does Valentine Day really stand for? The Valentine's Day is a celebration of that feeling called Love. Love between lovers (man and his woman) may be the most celebrated kind. However, love of all kind is beautiful and thus, needs to celebrate. Valentine's Day is celebrated to pay a tribute to Saint Valentine who gave away his life for the cause of love. Valentine's Day stands for love. So, on this Valentine's Day, if you do not have a girlfriend or a boyfriend, do not start to

feel sad. Instead, search out your life and find people who truly loved, in any form and in any way, and say thank you to them for being there with you when you needed them.

This Valentine's Day, if you are a wife, express your love to your husband. However, do not forget to express your love to those other people who are also important in your life. Look beyond the commercialization of Valentine's Day. This is the day to thank people, whosoever they are, for being there in your life and being there with you when you needed them. To start with, thank your parents for the love that they have given you is above every other kind of love in the world. Thank them for making you the person that you are. Buy them gifts and write messages to them that would make them feel happy.

Next, say thank you to your partner for being there with you in times of highs and lows. If they have stood by you through thick and thin and have always been on your side and made efforts to make you happy, it only means that they love you a lot and thus, their love needs to be cherished and appreciated. A good way to appreciate everything that they have done for you is to

buy them something that they would love and cherish. Also, you can tell them how you feel about them by simply telling them how you feel.

On Valentine's Day, one should also thank their friends. Friends are people who keep their faith in us even when everyone else seems to be losing theirs in us. Friends are those people who understand those problems of ours that our family, parents or partners do not understand. Thus, every Valentine's Day every person should thank their friends. Do things for them that they would like and appreciate and would make them feel good. Lastly, since Valentine's Day is all about love, one should make it a point to spread love around them. On this Valentine's Day, do something that would make people around you feel happy. Do something for the little kids around you who do not have anyone to take care of them. Similarly, a person can go to an old age home and do something for the old people who also do have anybody left in the world to call their own. Valentine's Day is all about showing and expressing your love and doing things that would make someone feel that they are loved. Spreading love is what Valentine's Day is all about.

Valentine's Day is a reminder to celebrate, but every day is an opportunity to share presence with your beloved. Begin by adding a few extra seconds to each kiss, to each touch. Create pauses in your togetherness, make time for when there is nothing to do, nothing to say. Abide in the love that circulates between you. Ask for, and give, the time necessary to make this a purposeful, daily practice. Listen to one another, listen with your heart. Look at each other in your moments of passion. Recognize and appreciate that when you share your vital life force with another, a cellular transformation takes place that energizes you from the inside out. And, because we are all connected, your evolution contributes to the ongoing presence of love in our whole world. The giving and receiving of presence is truly a gift that keeps on giving.

Low Birth Weight In Babies



It's different for every baby. How your baby is affected depends on what caused the low birth weight. However, some problems may happen if you have your baby prematurely, such as your baby having:

- Breathing problems, called respiratory distress syndrome
- An increased risk of infection
- Low blood sugar and problems with feeding
- Difficulty with keeping warm

Positive Steps To Improve Your Baby's Chances Of A Healthy Start:

- Breastfeed your baby. This is one of the best things you can do to help her grow up to be healthy.
- Make sure your baby has all her growth and development checks.
- As she gets older, keep an eye on your baby's weight gain, as rapid weight gain early on could lead to problems for her weight and health in adulthood. A nutritious diet can help your baby to grow steadily, but use caution with nutrient-enriched formulas.

If your baby weighs much less than 2.5kg, midwives may describe her as having a very, or extremely, low birth weight.

What Causes Low Birth Weight?

- Your baby may be small simply because it runs in your family. Parents who are shorter and weigh less, or who were themselves small at birth, may have smaller children.

If your baby was born prematurely, and didn't have enough time to grow.

- If you had twins or more, because they are often born early, and don't have as much room to grow in the uterus (womb) as single babies.
- If your baby has an inherited medical condition.
- If there were problems with the placenta, which

reduces blood flow to your baby as this can restrict your baby's growth, because not enough oxygen and nutrients can get through.

- If you had high blood pressure in pregnancy, as this can also affect the flow of blood through the placenta to your baby.

How Could Having A Low Birth Weight Affect My Baby?



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Aloe Vera - This medicinal plant is a great addition to any home. It produces oxygen at night, so like other plants, it improves the air in your bedroom. This plant needs very little watering as it maintains moisture within its leaves. The gel from these leaves can be used to treat minor cuts and burns, insect bites and dry skin. It is, therefore, a great plant to have around the house. Keep your Aloe Vera plant in a sunny place to ensure it stays healthy.

Peace Lily - Peace lilies are also amazing air cleaners. Peace lily can increase room humidity. Increased humidity is great for breathing while asleep. Peace lilies also have beautiful white flowers and need little light and watering just once a week, it is therefore great for bedrooms.

Snake Plant - The snake plant (also known as 'mother-in-law's tongue') is a natural air purifier. It emits oxygen at night that helps you sleep better. It's also known to remove some harmful chemicals from the air such as xylene, trichloroethylene, toluene, benzene and formaldehyde. Formaldehyde is often found in hairspray and can cause respiratory problems, so this is a great plant to have in the bedroom.

Lavender - Lavender plants like warmth and sunlight, so place yours on a sunny windowsill and water sparingly. The smell of lavender is recognized everywhere as a great aid for relaxation. Lavender has been proven to lower our heart rate, blood pressure and stress levels, which is why it's perfect for the bedroom. It's one of the most renowned plants to help you sleep. The scent of lavender in bath oil calms babies and send them off into a deeper sleep, while also reduces stress in the mother.



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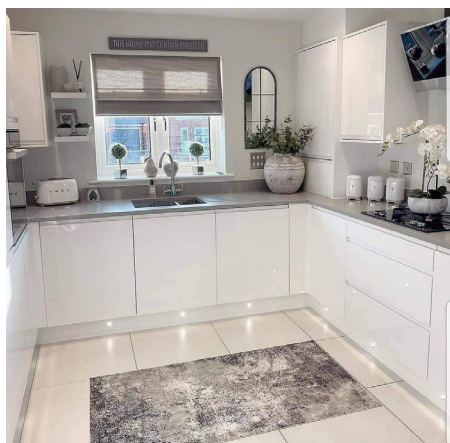
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Creative Ways To Save Money For Your Small Business



Communal Advertising

Marketing can get very expensive for small businesses. Without large mailing lists or exposure it can cost thousands before you see any bit of return. If you're in good standing with local businesses you may want to consider advertising alongside them.

Use Website Builders

If you're looking to build a website you should absolutely use a website builder rather than hiring a developer. Some platforms are great for any small business owner looking to get a bit of online exposure. These solutions allow you to build and run an ecommerce business with close to no technical ability.

Volunteer To Speak At Industry Events

If you consider yourself an expert in the field then you should try to impart that knowledge on others. One great way to do so is to volunteer to speak at industry events or conferences. This is a great way to get free exposure for both your personal brand and your business.

Avoid Full-Time Office Space

If you're in retail then this tip doesn't necessarily apply to you. If you don't work in retail you should try to stay mobile as long as possible. Signing a lease on an office space can be extremely expensive. If you have the space, convert a space in your apartment or house into your office space. Then you can save double and write-off part of your rent as a business expense.

Buy Used Office Equipment

If you decide to move into an office you should definitely purchase used equipment. Anything from monitors to office chairs you can find them for a fraction of the price at used equipment stores. New shiny gear may look nice but an empty bank account doesn't. Remember, only spend on what you need and delay gratification.

Use Freelancers and Contractors

Full time employees cost a pretty penny these days. Yes, ideally you start to build out your workforce with motivated and

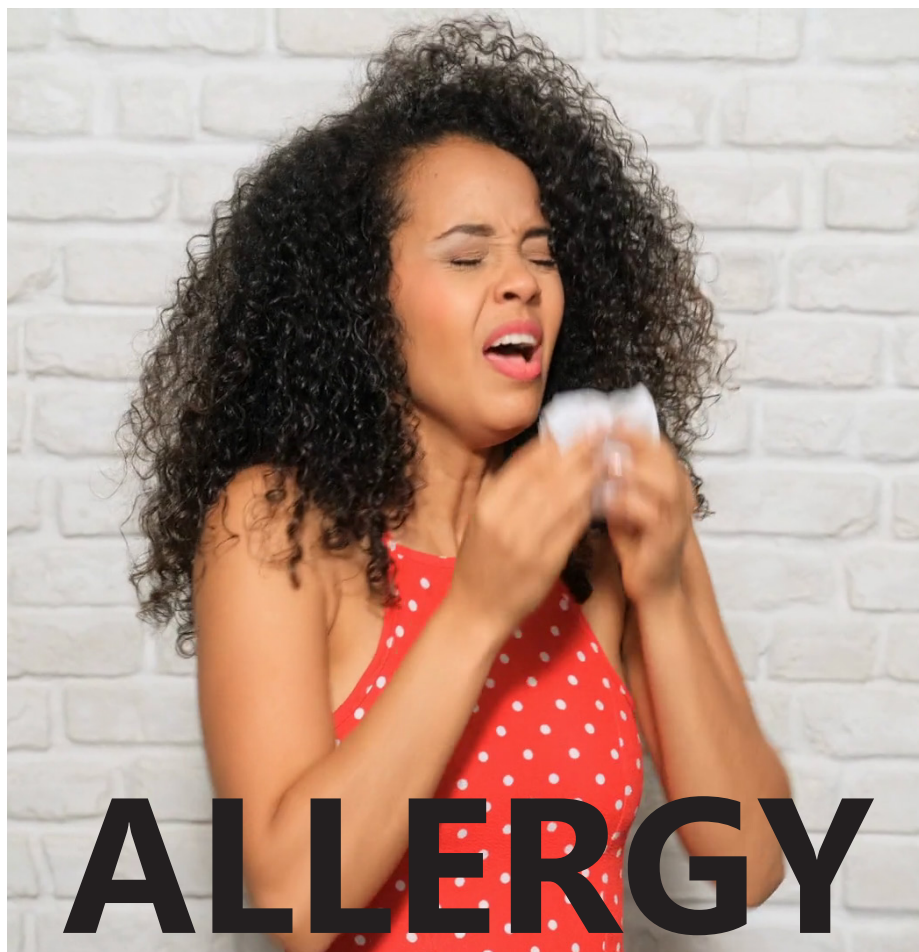
loyal employees. However you should use freelancers and independent contractors until you're stable. On boarding and training an employee takes time and money.



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hives or difficulty breathing after taking certain medications, you may have a drug allergy.

Allergic Rhinitis - If you sneeze a lot, if your nose is often runny or stuffy, or if your eyes, mouth or skin often feels itchy, you may have allergic rhinitis.

Dust Allergy - People who have dust allergies are familiar with sneezing, but sneezing isn't the only uncomfortable symptom.

Latex Allergy - Allergic reactions to latex may be serious. If you have latex allergy you should limit or avoid future exposure to latex products.

Mold Allergy - Molds live everywhere, on logs and on fallen leaves, and in moist places like bathrooms and kitchens.

Sinus Infection - is a major health problem that can affect a lot of people.

Cockroach Allergy - Some people develop allergy symptoms when they are around cockroaches.

Allergy Symptoms

An allergic reaction typically triggers symptoms in the nose, lungs, throat, sinuses, ears, lining of the stomach or on the skin. For some people, allergies can also trigger symptoms of asthma. Allergies can be seasonal (worsening during certain times of the year, such as pollen allergies in the spring) or perennial (occurring year-round).

Testing

Your allergist will obtain a detailed medical history, examine you and evaluate your symptoms. Tests will be performed to find out the type of your allergic disease.

Diagnosis

If you have never been diagnosed with allergies but think you might have them or aren't sure what causes your allergy symptoms, see an allergist.

An allergy is a reaction by your immune system to something. People who have allergies are often sensitive to more than one thing.

Types of allergies

Food Allergy - are estimated to affect 4 percent of adults.

Skin Allergy - Irritated skin can be caused by a variety of factors. These include immune system disorders, medications and infections.

Eye Allergy - occurs when something you

are allergic to irritates the conjunctiva. This is the delicate membrane covering the eye and the inside of the eyelid.

Pet Allergies - Pet allergies can contribute to constant allergy symptoms, such as causing your eyes to water, or causing you to start sneezing.

Insect Sting Allergy - Stings from five insects - honeybees, hornets, wasps, yellow jackets and fire ants are known to cause allergic reactions to the venom injected into the skin.

Drug Allergies - If you develop a rash,



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Valentine's Day Swirl Cookies



Ingredients

- 2 cups flour, plus possibly a few more tablespoons
- 1/2 tsp baking powder
- 1/4 tsp salt
- 2/3 cup powdered sugar
- 1/4 cup granulated sugar
- 2 1/2 sticks unsalted butter (cut in chunks)
- 1 tsp vanilla
- 1/2 tsp of red food coloring
- 1 1/2 cup Valentine's Day colored sprinkles

Cooking time: 15 to 17 minutes

Directions

- To begin with, in the bowl of a stand mixer, combine flour, baking powder, salt, and sugars with paddle on medium until well blended. Slowly add the butter, gradually, and continue mixing. Add the vanilla extract. Finally, continue mixing until the dough forms a ball.
- Remove all the dough and divide into two equal parts. Return one portion back in to the mixer and add the red food coloring. Mix until the color is spread out evenly and the dough is completely red.
- Using a rolling pin, roll out each portion of the dough, between two sheets a wax paper until it reaches about 11 x 9 inches and is 1/4 inch thick. Finally, slide both layers onto a baking sheet pan and chill in the refrigerator for at least one hour. When firm, remove the top sheets of wax paper from both layers.
- When firm, remove the top sheets of wax paper from both. Brush the uncolored vanilla dough lightly with water using a pastry brush. Then flip the colored dough onto the vanilla uncolored dough so they are stacked atop each other and even. Press the edges lightly with your fingertips to seal them together.
- Using a small knife, trim the edges of the dough to make straight, even lines.
- Slice your dough into 1/4 inch slices and bake on parchment lined baking sheets in a preheated 350 degree oven for 15 to 17 minutes or until the edges are starting to turn golden brown.
- Let the cookies rest on the baking sheet for about 5 minutes. Then move them to a cookie rack to finish cooling.



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The Beauty of African Elephants

Elephants are the largest of all land animals. African elephants have ears that resemble an African map and they work as a cooling mechanism for them. These mammals are said to have 26 strong teeth with cylindrical shaped-like stomachs. In Botswana, they are found at Botswana's highlight places such as the Kgalagadi region, Okavango Delta and the Chobe National Park. These impressive creatures can also be seen on daily basis by the dwellers of the said places.

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Wilberforce Finds Life In Steel Work

Meet Wilberforce Dolph Ntsenang from Rakops village in Boteti region. He was born and raised in Orapa, he also schooled in Orapa and attended tertiary education at Gaborone Technical College. His business started in 2010 when he was still working for a company called Tau Steel Enterprises. As it is said that 'you start small', he started by buying the equipment then he came up with new ideas in steel work, and God answered him. This is what he shared when we interviewed him;

How is your business doing in the market?

So far my business is doing well, despite the fact that when I come up with a new idea some boiler makers buy my products, copy and design them for selling. But I still receive so many orders around Botswana, e.g the steel wood stove will be distributed and end of this month, I already have over 100 customers interested in the wood stove.

How different are you from your competitors?

I am very different from my competitors because I work hard to develop my products. I work hard to market my products and I even goggle on the internet to ask Chinese craftsmen ways to develop my products. It's the reason my business performs better in steel industry. I also price my products reasonably despite steel prices go up every day.

What has been your greatest achievement to date?

I have achieved so many things through my business. I have managed to buy a farm with savings from my business.

What strategies do you use to keep the business going?

I always make sure that I buy enough materials well in time so that my customers find ready made products and this strategy keeps the business going.

What is the most difficult part about your business?

It is when I initiate innovation and people start copying it including the name and

claim that it's theirs. As Batswana, we can't grow if we are going to take that root and I know that soon many people will claim this wood stove is their own concept.

What makes you to wake up every day to go to your business?

My love for steel work pushes me every day to go and make something new for my customers so that I can be able to feed my family and give back to the needy.

Where do you see your business in future?

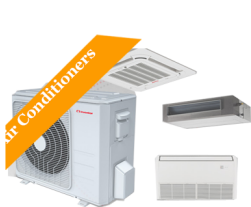
I see my business growing in future especially after moving to my farm where I want to set up a big workshop.

If you could choose any job anywhere, where would it be?

Hahahaa... I would choose China because there is a lot of creativity there.

If you have three words to describe yourself what would it be?

Dreamer, innovative and lovely



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Nutrition Tips to follow for a Good health



- Strengthen your bones – Milk contains high levels of calcium, which helps to build strong bones and defend the body against diseases such as osteoporosis.
- Fight bad cholesterol – carrots are high in the soluble fibre calcium pectate, which not only fills you up but also binds which acids in the body reduce the amount of bad cholesterol.
- Provide instant energy – honey is a natural sweetener and a rich source of quick –release carbohydrates that boost your blood sugar levels faster, providing a quicker burst of energy when you need it than foods that take longer to digest.
- Boost your immunity – spinach and other leafy green vegetables are rich in vitamin A, which boosts the immune system by maintaining the body's mucus membranes, which trap germs as they try to enter the body.
- Eat breakfast – eating breakfast will help your body to maintain energy levels and reduce the risk of obesity.
- Include protein with every meal - Including some protein with every meal can help balance blood sugar. Higher protein diets can be beneficial for type 2 diabetes.
- Eat oily fish - omega-3 fatty acids in oily fish are essential for cell signaling, gene expression, and brain and eye development.
- Eat whole grains - Whole grains contain nutrients such as B vitamins, iron, and fiber. These nutrients are essential for body functions that include carrying oxygen in the blood, regulating the immune system, and balancing blood sugar.

How To Remove Dark Stains From Glassware

Make a bleach soak – If your drinking glasses have dark stains, soak them in a bleach solution. Add one tablespoon of chlorine bleach to a gallon of warm water. Use rubber gloves and protect your clothing from contact with the bleach while cleaning.

Soak your glasses - Gently place your drinking glasses in the bleach solution. Allow them to soak for approximately thirty minutes. Remove and rinse the glasses in cold water.
Scrub glasses with baking soda - If any stains remove after soaking, sprinkle the glasses with baking soda. Wet a clean sponge and gently scrub the glasses. Rinse them thoroughly and let them air dry.

Use toothpaste - As an alternative method of removing dark stains, use basic white toothpaste (that does not contain gels, breath freshening ingredients, or other additives). Use a clean, soft-bristle toothbrush to gently spread the toothpaste all over the inside and outside of the glasses. Rinse thoroughly with warm water and air dry.



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Simple Home Workouts

For days when you don't feel like going to the gym or gearing up for an outdoor workout like running or biking, make it simple with these at-home cardio workouts.

Circuit Train

Circuit training pumps up your heart rate and builds strength in a short amount of time.

To create an at-home circuit, first choose three to four cardio exercises like jumping jacks, jogging in place, step-ups, mountain climbers, burpees, and jumping rope. Then choose three strength training exercises like push-ups, planks, abdominal crunches, tricep dips, wall sits, lunges, and squats. Alternate between cardio and strength training exercises. Do 30-second bursts of each for 3 to 4 minutes. Repeat this circuit two to three times.

Jump Rope

Jumping rope burns calories, elevates your heart rate, and improves coordination, muscle elasticity, and brain function. Plus, it's fun, easy, and takes up very little space. After a short warm-up, do 30-second intervals of jumps, followed by 15 to 30 seconds of rest. Mix it up with a combination of single-leg jumps, split-leg jumps, and wide-to-narrow jumps, running in place, and taking off and landing on both feet. Bump up the time as you get better. Cool down with calf and quadriceps stretches.

Boxing or Kickboxing

Boxing and kickboxing are stellar conditioning workouts you can easily do



at home while channelling your inner aggressor and relieving stress. Fire up YouTube or on-demand TV for a wide range of boxing and kickboxing workouts to follow along with at home. Or create your own. Alternate 1-minute intervals of jabs, crosses, and kicks and 1-minute intervals of active recovery like shadow boxing, jogging in place, or skipping rope. Gradually increase the time of your active intervals.

Climb Stairs

Do you have some stairs in your home? Include them in your cardio workout. An at-home stair-climbing workout is about

as simple as it gets. Set a timer for your preferred workout length, walk up and down your stairs, and repeat until it beeps. Start with just a few minutes, then work your way up to longer stair-climbing workouts as you feel stronger.

Dancing

It will raise your spirits just as it raises your heart rate too. Dancing is universal, it does not matter which age group one is from. It also counts as a cardio workout. It can lower your risk of coronary heart disease and blood pressure and help you lose weight.



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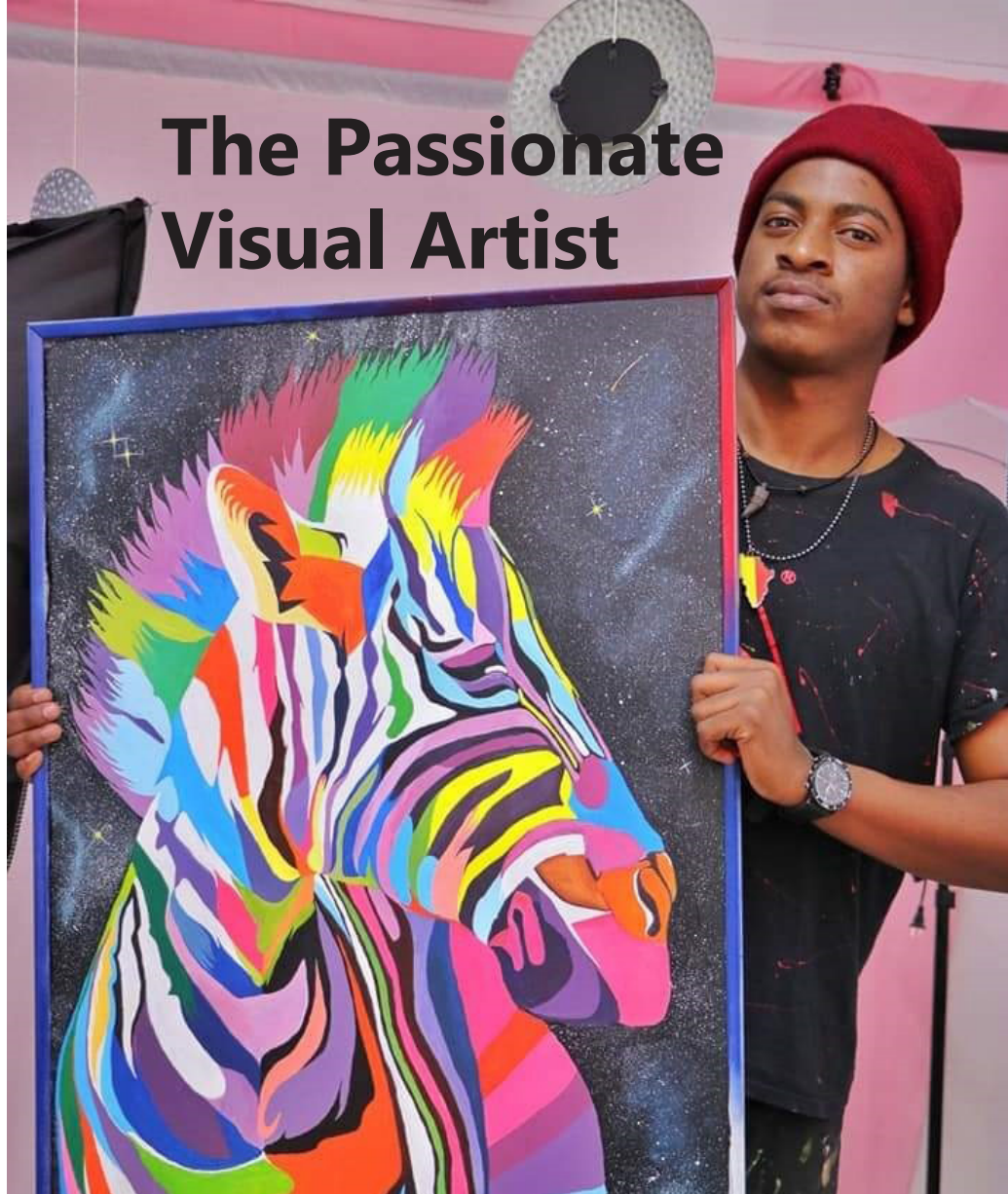
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The Passionate Visual Artist



customers?

I use social media most of the time to reach my clients and to showcase my artworks so that they can be viewed by potential customers. I also do street art, i.e. setting a stall where there is easy movement of people.

What else keeps you busy besides art?

I am a full time visual artist and I also do modeling as a part time job.

How many artworks have you sold so far?

I sold more than fifteen pieces, both locally and internationally.

When was your first exhibition?

There was a competition last year at "American On The Move, Art in times of Corona." It was open for all creative artists across Botswana and I got position 2.

What do you call this type of art?

Visual art

Are u doing art as a passion or just for money?

Art has been my passion since day one on earth, the rest will follow.

What are your last words to other young artists hoping to make it in the art industry?

In this world we are living, people might forget what you said but they will never forget your good mark and how you made them feel through your passion, calling or talent. My point is, as an artist you might not change the world, but you must paint or create more works to spark the brain that will change the world.

CW magazine caught up with Shakawe native, Timothy Dike who is currently based in Kasane as a full time visual artist. According to Timothy, his art has improved and he is happy about his journey so far. With his business operating under the name Big Tim Arts at Kasane, this is what Timothy said in the interview:

art?
I started being creative when I was a kid back home in Nxomokao. Although all the years of schooling I wasn't into painting, I realized my talent in 2017 when I was hustling life in Gaborone and I quit everything for art. Since then I have been painting and drawing to put bread on the table. I use a pencil, pen, oil paint, and acrylic paint.

How is the business doing since you started it?
As we all know, in business sometimes you are up sometimes you are down. I learned to grow through every challenge I pass through. So far am happy about the brand Big Tim Arts even though I still need more canvases, brushes and paint to get ready for 2021.

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TOP 5

LONGEST PREMIER LEAGUE UNBEATEN HOME RUNS AS LIVERPOOL FINALLY LOSE AT ANFIELD FOR FIRST TIME IN 69 GAMES

ASHLEY BARNES' late penalty condemned lackluster Liverpool to defeat, ending a remarkable sequence of Anfield dominance. The Reds had been unbeaten in their last 68 home outings in the Premier League, dating back to April 2017. On that day, Christian Benteke's brace on his return to Merseyside with Crystal Palace got the job done. That result, however, would spark a run of form at home only bettered once in Premier League history. To mark the end of what's been an incredible sequence, explore the five most imperious home runs in the history of the league;

5. MAN UNITED 1994-1996 - 35 games

By 1994, Sir Alex Ferguson had well and truly found his groove at Old Trafford, having won the last two league titles with the Red Devils. The Scot's bid for three on the bounce hit the buffers in December, however, when goals from Stan Collymore and Stuart Pearce helped Nottingham Forest to inflict a 2-1 defeat at Old Trafford. While their hopes of a title that season were dented by Blackburn, Ferguson's men would bounce back the following campaign, going the whole 1995-96 Premier League season unbeaten at home as they reclaimed their throne. The run ended at 35 unbeaten in November 1996, when strikes from Gianluca Vialli and Michael Duberry helped Chelsea to a 2-1 Old Trafford triumph.

4. MAN UNITED 1998-2000 - 36 games

Arsenal managed to interrupt United's Nineties dominance with a title triumph in 1997-98, but the Red Devils would reclaim their throne with a vengeance. Things may have got tricky, when Middlesbrough grabbed a 3-2 win at Old Trafford in December 1998. But as they tended to do, Ferguson's United regrouped, putting together a stunning run that culminated in an unprecedented Treble later that season. United's next home loss in the Premier League would come in December 2000, when Danny Murphy's first-half strike handed bitter rivals Liverpool a priceless win at the Theatre of Dreams.

3. MAN CITY 2010-2012 - 37 games

It would take more than a decade for anyone to beat United's record, but fittingly it was their 'noisy neighbours'. Newly-rich City had some growing pains at the start of the Sheikh Mansour era, and had already been spanked 3-0 by Arsenal at home prior to Everton's 2-1 win at Eastlands in December 2010. The growing pains would cease at this point, however, as by the next time City dropped a home league game, they had won the Premier League in dramatic circumstances in 2012. The run came to an end in December of that year, when Ferguson saw his side grab a crucial 93rd minute winner on his last trip to City before retiring at the end

of another title-winning season.

2. LIVERPOOL 2017-2021 68 games

Speaking of growing pains, it took a little bit of time for Jurgen Klopp to get it right at Liverpool. His gung-ho side entertained crowds in his first couple of years, but struggled to put together much consistency. After that loss to Palace, however, they clicked into another gear, with defensive rock Virgil van Dijk arriving less than 12 months later. The Reds swiftly became an imperious force at home, sweeping virtually all aside until Sean Dyche's Clarets came to town.

1. CHELSEA 2004-2008 - 86 games

Arsenal's Invincibles side won 2-1 at Stamford Bridge in February 2004, as Claudio Ranieri's Chelsea reign began to wind to an end. Jose Mourinho arrived the following summer, Roman Abramovich's purse strings were loosened and the Blues went on an astonishing run of their own. While being near impossible to breach at the back, Chelsea won back-to-back league titles, and remarkably didn't lose a single Premier League game at Stamford Bridge throughout the Portuguese's first tenure. Avram Grant came and went, before the run finally ended in October 2008, when Luiz Felipe Scolari's team were beaten 1-0 by Liverpool courtesy of a Xabi Alonso strike. Source: thesun.co.uk

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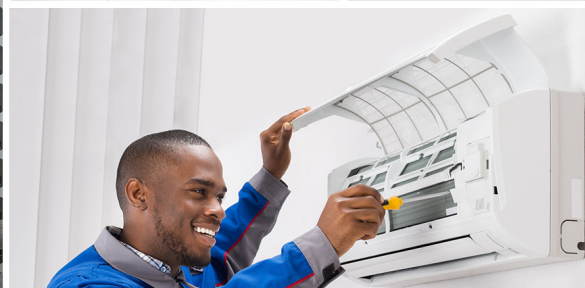
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