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# Letsweletse Speaks Out

### The Mastermind Behind Knitcro Concepts

Empowering Relationship Advice For Women

Daniel Continues Touching Souls Through Gospel Music

Attractive Interior **Deco Ideas To Choose From** 

Grateful For The Gift Of Love-The Dubes

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The Duo Outshine Get To Know In arts & creative Mximbi LaDi Industry

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ello Celebrity World magazine readers, we are now on issue number 38. Winter is not yet over; again we dedicate this inter season as we stil its radiance on differen

we dedicate this issue to winter season as we still celebrate its radiance on different pages. Grab yourself a copy of our magazine and have a good read during the holidays. As usual, page through, share with your friends and families for more support. July is the month of long weekends and in Botswana we celebrate a oneday holiday on July 1st and the third Friday in July is another holiday named President's day. On the cover we have featured the talented duo, Khoisan who happens to have come a long way and they just dropped a new album called Sethubege.

Invite your friends and families to support us by liking our Facebook page called Celebrity World. Let us know about your opinions and who you would like us to feature.

Regards!

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#### Tenet

**Genre:** Drama, Action, Thriller **Release Date:** July 17, 2020 **Featured:** Christopher Nolan, Robert Pattinson, Kenneth Branagh..

John David Washington is the new Protagonist in Christopher Nolan's original sci-fi action spectacle "Tenet." Armed with only one word—Tenet and fighting for the survival of the entire world, the Protagonist journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time.....



#### **The Rental**

**Genre:** Thriller, Horror **Release Date:** July 24, 2020 **Featured:** Dan Stevens, Joe Swanberg, Sheila Vand, Jeremy Allen White, Dave Franco, Alison Brie

Two couples on an ocean side getaway grow suspicious that the host of their seemingly perfect rental house may be spying on them. Before long, what should have been a celebratory weekend trip turns into something far more sinister, as well-kept secrets are exposed and the four old friends come to see each other in a whole new light.



**Summerland Genre:** Drama, War **Release Date:** July 31, 2020 **Featured:** Jessica Swale, Gemma Arterton, Penelope Wilton... Alice is a reclusive writer, resigned to a solitary life on the seaside cliffs of Southern England while World War II rages across the channel. When she opens her front door one day to find she's to adopt a young London evacuee named Frank, she's resistant. It's not long, however, before the two realize they have more in common in their pasts than Alice had assumed.

## The Heir Affair

A book by: Heather Cocks, Jessica Morgan Publisher: Grand Central Publishing, Hachette Audio Release Date: July 7th, 2020

#### SYNOPSIS

Making it up the aisle was the easy part: After marrying the heir to the throne, Rebecca "Bex" Porter must survive her own scandals as she adjusts to life in the glamorous British royal family, in this "highly anticipated" follow-up to The Royal We, the "fun and dishy" bestseller and NYT Summer Reading List pick inspired by Will and Kate's romance (People).

After a scandalous secret turns their fairy-tale wedding into a nightmare, Rebecca "Bex" Porter and her husband Prince Nicholas are in self-imposed exile. The public is angry. The Queen is even angrier. And the press is salivating. Cutting themselves off from friends and family, and escaping the world's judgmental eyes, feels like the best way to protect their fragile, all-consuming romance.

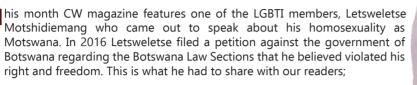




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# Letsweletse Speaks Out



I realized that I was homosexual when I was about 12 years, when I couldn't make decisions at all so there is no how I could have made a decision to be gay.

My family knew about my sexuality before I could even tell them. I disclosed my sexuality after taking the government to court. I told them that I will need their support, especially my mother. When I told them about my sexuality they were not surprised or shocked because like I said they knew about it. They could tell from my young age that I was different from other children at home.

Although religion do not support homosexuality and as a homosexual man I truly have nothing against religion just because it discourages homosexuality. It's my feelings before religion and I am a Christian who believes in God, I hope that one day other Christians will accept us.

#### Letsweletse Vs The Government

I was only 21 years old when I decided to take the government to court, it was back in 2016. All I wanted was for my government to decriminalize homosexual acts in our country. The judgment was passed on the 11th of June 2019 which I won.

Discrimination is still a worry in our society but I do not allow that to ruin my happiness or even kill my joy for life. Therefore I try by all means to keep people who are close to me informed about homosexuality because people can only accept and tolerate when they understand how we feel as homosexuals. I have few friends who used to hate me but accepted me with time. So it is our responsibility to teach people how to treat us as homosexuals rather than being mad at them for discriminating us. We should prove to them that we need love through educating them about our sexuality for the sake of the coming generation of homosexuals because as much as people think it's a demon, they are still more homosexuals to be born and I don't want them to experience the very same challenges we went through even though it might not be easy.

The reason why I wanted our government to decriminalize homosexual acts is because of the love I had for myself and the LGBTI community. After winning the case I received invitations from other countries to speak about my experience when I decided to take the government to court. The invitation I have already honored was from New York City in October, 2019.

Our communities should treat us homosexuals with respect for the sake of peace amongst societies, not only that but also for other homosexuals who are in the closet to be free and have peace of mind. It will also stop depression because some homosexuals become unhealthy mentally when the society neglects them and some even go to an extent of committing suicide.

It is a good move that most churches accept us even though most of them allow us to be part of them hoping that we will change. It's a good thing to be allowed to be part of a certain church as a homosexual.

I will support the motion of LGBTI history to be taught in schools because I am pretty sure that students at villages don't know much about LGBTI. I grew up at a village and it is funny how I thought I was the only one who felt the way I felt about boys. Maybe it's because I was never taught about homosexuality. Teaching students about LGBTI is also important as it allows children to grow up to accept homosexuals.



Also, I support homosexual marriage because it will only allow us to have special bonds as homosexuals, and not just known for having sex without commitment or anything that officially make us partners when we are in love.

People should pour out their love to homosexuals, as well as albinos, mentally disturbed people, disabled people, e.t.c. Pouring out love will turn the world around positively. If we are to start talking about love the very same way we talk about HIV/ AIDS, people will pay attention and will see the importance of it.

The LGBTI community is facing challenges that only us can solve. We need healthy minds and we have to be positive to overcome every challenge that comes into our way.

I have started a new project with the aim of teaching people how to love one another and to preach love to the world. As Homosexuals, it's important that we teach people how to love and treat us. Trust me; Preaching Love to the world will save the LGBTI community and the world in general. The moment we start claiming to be the only ones hated and expecting people to love us no one will pay attention, so let's start by encouraging people to love everyone. The world shouldn't change our focus as homosexuals, let's lead when it comes to love. People should see love in us. Let's not respond to their hate with hate. Why am I encouraging love? Because our brothers and sisters have committed suicide as a result of self hate. Let's scrap hate out of our minds and everything will fall in place.

We should not let people change our inner peace just because we are homosexuals. There are some homosexuals out there who still want to change to become heterosexuals because of hate and discrimination. All they need is love. Let's start pouring out love today.





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# Daniel on Touching Souls Through Gospel Music

eing raised in a strong Christian background has paved a way for Daniel Oletile's music career. His entire family is well known for their melodious voices when it comes to praising the Lord. This has motivated him to form a gospel music group called City Boys Gospel Choir. The Sefhare native is also the founder of Dano Music Productions, producer and a song writer. His voice has warmed many souls which made it easier for him to enhance his music career. He has won the Best Live Band Category on Presidential Competitions Awards in 2018.

Among the good Samaritans who helped him with his music career was the late Wilfred Khola, Jopi Tambona, Lucky Khuta and the late Oleseng's backup vocalist Mpho Kgomosutu. He has recorded four albums with City Boys Gospel Choir between 2010 and 2016, which includes Hauhela, O mamele, The Best of City Boys Album. They consist of songs from previous albums as well as music videos. Moreover, he has two solo albums namely; Morwalela (released in 2016) and Ke Morena (released in 2019). The "Hauhela" album was recorded at D.N.C Studio in South Africa, the second album "O mamele" which was highly welcomed by local fans was recorded on 2017 at Galaxy studio in Gaborone. Dano Music Productions has organized more than six Gospel Shows country-wide, in which they shared stages with international artists such as Matlakala, Nkosana as well as Innocent Mxolisi. When it comes to song writing Daniel revealed that he writes songs based on his dreams, life experiences and spiritual incitements. He grew up looking up to the late Oleseng Shuping and learned a lot from him in terms of singing and portraying song messages.

Patience and humility are major qualities that have contributed a lot in Daniel's music journey. He highlighted in an interview that being a gospel musician is not an easy journey. "My duty as a gospel artist is to save souls through music". Therefore being a gospel artist requires spirit filled individual who trust and praises God no matter the situation. Gospel music is different from other music categories, it is mostly based on spiritual jurisdictions than money," he said. On the other hand he has pleaded with local gospel artists and groups across the country to unite and work together regardless of categories they offer. He pointed out that "There is a tendency among gospel world in which one category organizes their own shows and excludes others, for instance a case whereby the "tap and clap" gospel category has strictly tap and clap groups and artists performing in one show". Daniel said this has totally wiped out gospel bound in Botswana and believes only cooperation and unity can bring improvement in the gospel world. He is working on a new album to be released before end of this year. Currently Daniel is working with two bands namely, "The stream jazzcrew" and "The city of jazz crew".



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# Get To Know Mximbi LaDj

tshepilwe Gaoforwe, affectionately known as Mximbi LaDj resides in Kang, Botswana. He joined the music industry in 2009 with an aim to show the world his distinctive way of playing music and communicating via music.

As a part of his dream, in December 2016 he founded an annual Kang's Finest Event that featured international DJs, artists and different performers. Today Kang's Finest is a big event with good working leadership and creative DJs with different music styles. The multi talented Mximbi LaDj is also the mastermind behind the initiative of Stop Violence Against Women Campaign that is celebrated annually in Kang.

Since he started his career as a DJ, Otshepilwe's family stood with him from day one of his hustle and he is grateful for that. "My family supports my hustle wholeheartedly because at some point they benefit from it. They always give words of encouragement pleasing me not to lose focus. They would sometimes attend my shows, Kang's finest in particular," he said. Gaoforwe continued "I want to believe that I've impacted positively in the lives of people in Kang. Many people are learning from me that one shall not survive by bread only. I've met people in the industry in Kang, we learnt from each other."

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# KHOISAN BRINGS OUT THEIR DREAM

heir sound is a fusion of i n d i g e n o u s sounds found right in the heart of Southern Africa with a twist of the modern day sounds. It brings new sounds all people could

relate and vibe to. They were recently featured by Raptured Roots in a single called "Mosalagae", a song that represents the beauty behind the sounds of the Khoi and the San people. The duo have been working together for more than a year and with all the work they put in, they anticipate more years of working together.

"Mosalagae" song was derived from the storyline of a couple experiencing 'trouble in paradise' where both lovers betrayed one another by cheating and in this case the girl justifies her acts by telling the guy he was never around for her.

We had a chance to have one on one with the duo which comprises of Thabang Rasefako and Oratile Kofa and this is what they shared;

#### You have been releasing hit songs lately with Roc Lefatshe Recording studio label; do you see yourselves parting ways with them in the near future?

We had joined Roc Lefatshe with no experience or exposure in the music industry, this benefitted us a lot as we had chance to learn things like stage presence, vocal presence and control.

### Is there anything good you benefited from this lockdown??

Well, to be honest lockdown toned down the pressure in a sense that we had plenty of time to create and inflate our roster of content; we also created more music. So we are more content about what we have at the moment.

How has this impacted your line of work due to the coronavirus out break? It really hit hard. We were used to always going around and being busy but that all stopped when the virus was discovered here in our country. That meant no shows, no more gatherings or any event. All that stopped when everything got closed down.

### How are you coping now since shows were cancelled due to the pandemic?

It's a struggle, a very big one for that matter. Fortunately we have a leader that advises us to always stream our income into different money generating paths and it's something that we did though we are not as comfortable as before, but we are sure that we can still survive from what we saved.

What's your direction as a team, are you seeking money or fame?

We seek verification. Meaning we aim to overlap the continent and even the greater world with Setswana. We want people out there to know that there's a language called Setswana that fits perfectly in nice, well-constructed songs and still makes sense. Fame and prosperity, to us, is just an incentive you get for pursuing and doing what you love most. We do our work with love and most importantly, we believe in moving as a team.

## What advice do you have for aspiring artists who want to form their own group?

Truth be told, It's going to be hard, it is different personalities, behaviours and so forth that come together to work on a mutual plan. So there is going to be arguments, fights, misunderstandings and all, but remember why you started and you better start for the right reasons too. If they are not as solid, you won't see the need to persist when things don't go your way. You better give each other time to express themselves, always fix every problem on time, get rid of all your differences and have each other's back.

#### How would you describe your development ever since you worked with Roc Lefatshe Records?

In short, it's been upward and forward only for a label that prioritizes your work and craft above everything, there's bound to be progress only. Before the pandemic we were already used to a life of big crowds and stages, we were used to road trips out of the city, but because of the 'new normal' we had to adjust to the digital stage. With the lock down we were able to complete our album and even perfect our craft. It's no secret that it's tough, but we have the digital world to lean on, we try by all means to get our music on every digital platform for people to enjoy. We were able to complete our album and got a chance to be featured by great artists from Africa on a song titled 'Phumelela'.

# Being under one of the recognized managers and record Label, what does that mean to you?

It means a lot, it shows that we have a type of potential as he was able to identify and even









convinced us enough that we can become something big. The passion that we once harboured on our own was ushered to reality when he stepped in and it pushes us to do our best. At a point we complained about his selflessness because he goes all the way to make everything happen, a shared passion between us and him and the mutual faith in him gives everything the push and it's really amazing!

### What do you enjoy or hate most about being musicians?

The filter! You don't say anything or everything that comes to your mind. It's not everybody that likes you; many are looking for you to make a single light mistake and then go ahead to crucify you for it. You don't have freedom anymore in terms of speech. You become very reserved, but apart from that if people take you seriously and you are a business minded person you can utilise all their attention to make money to root your business properly.

#### Who writes your songs?

Us! We write our own music and it's a joint effort. We mostly have a type of subject we focus on in every song. So it makes it easier to construct.

### Any achievements or awards you have won as a group so far?

Well, we got the honour to be one of the YAMA nominees under the best newcomer category and that meant a lot to us. It means people recognize our art and music. But we would say the greatest achievement of all, is bringing our dream to reality. We are aspiring and the most celebrated duo in Botswana, to us, it beats anything we can ever earn because it shows dedication and hard work as well.

#### Any last words for our reader?

We would like to tell everyone that believes in us that our album is on the way. The wait will expire very soon, we bring them the best only and remind everybody to check out our latest project called Mosalagae ft. Raptured Roots as they honoured us with a wonderful collaboration and we are very much delighted about the experience, we salute the gentlemen!



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# Simple Winter Beauty Hacks You Can Do in 5 Minutes or Less

Winter can wreak havoc on everything from your skin to your hair. But you can keep the after-effects of chilly weather at bay with these easy, expertrecommended DIY beauty tips.

### Moisturize your feet, then slip on a pair of cozy socks.

Feet already tend to be dry, and cold weather can worsen dehydrated soles and cracked heels. To help get them soft, slather on the thickest lotion or moisturizer you can find before bed. Then put on thin cotton socks and wear them while you sleep.

#### Use lip balm on rough cuticles.

Even if you are good about using gloves, winter's dry air can be tough on nails and the surrounding skin. To help alleviate painful, ragged cuticles, massage a little lip balm onto them.

### **Exfoliate flaky lips with honey and** brown sugar.

For a quick way to slough dry lips, mix a dollop of honey with a pinch of sugar in the palm of your hand and gently rub it onto your lips with a cotton swab. Rinse the mixture off, then seal the skin with a protective, hydrating lip balm.

### Ease a dry scalp by adding sugar to your shampoo.

Just like the rest of your body, the skin on your scalp can get dry and flaky in the winter. You can gently slough away dandruff (and product buildup) by adding a teaspoon of fine granulated sugar to the amount of shampoo you normally use to wash your hair.

#### Wash your face without water.

When skin is already parched, water can further irritate and dry it out. So for the winter months, consider using a cream- or oil-based soap-free facial cleanser. Massage it onto your face, then tissue off, without using water.

#### Apply body oil before you bathe.

Hot water can dehydrate your skin, but taking a cool shower in the winter probably isn't happening for you. A simple solution? Smooth on body oil before you step under the steamy spray.











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#### Aries

#### Dare to be unique

You are fighting to get your power back this month, after what seems being stuck in a fog of uncertainty. You have your own way of doing things, as you are the trailblazer sign, and you want to put some of your new techniques in action. This may be the best idea as there are some people in your environment who have absolutely no clue what to do and are looking to you for a way forward.

#### Taurus

#### slow and steady wins the race

You may observe a lot of connections you let go of try to worm their way back to you this month, most probably because their options have run out and they miss your reliable nature. You know deep down that they were not really there for the long haul so even though it was painful at first you released them and have since seen improvements from doing so.

#### Gemini

#### pain is the best transformer

Sometimes things don't work out how we envisioned them to in our head, not matter how much of ourselves we invested into a certain project, business or certain connection. You are going to learn of quite a number of situations that were not meant to be this month. For some starting over without a particular person will be in the cards for you, and it will feel like the world has caved in on top of you. Spirit has your back though, feel your feelings, don't avoid the grieving process.

#### Cancer

#### do you want lasting results?

Impatience and impulsiveness will be your downfall this month, as if it starts fast it will crash and burn just as fast as it started. Ask yourself why you need to rush things, or allow people to rush you like you or that have person have something to hide. What is the rush for when it takes time to build reliable, long lasting partnerships, or work/career ventures? You need to slow down and assess the situation properly, even vetting your own self and figuring out your personal motives.

#### focus on drama free passion projects

Your message this month is to find something to focus on, to keep from the distractions that will be targeting you this month. You have most like encountered some major disappointments last months, particularly with friends, love and family, so you are pretty volatile right now. That is why you must have your own thing going on, at least one solo passion project you can focus on, or an area of your life you can focus on and work on, keep your head down, out of drama

#### Virgo

#### redefine your level of commitment

This month you may experience some setbacks where you thought you were making progress, which may cause some uncomfortable moments. Life can be unpredictable, and one can't truly anticipate how things will turn out. If you can calmly go back to the reasons why you decided to choose that person or invest in the project you may find some clues on how to be more lenient and work on rectifying the situation.

#### Libra

#### rebel with a cause

It seems like it is you against the world this month, especially if you weren't going along with the worlds plan. You have had it up to here, particularly with having to follow the crowd and their tendency to just follow blindly to whoever says they are in charge. No one seems to check if the people leading are eligible for such positions. You will be speaking up on this with confidence, and that means you will step on some toes.

#### Scorpio

#### close out the cycle

You think you have recovered but you really haven't, and July will show you that if you try to push whatever you are feeling away. You are going to have to actually process the reality of things; in order for see things go in your favor otherwise you will keep seeing the same results. You feel like you will stuck in the corner forever but that is hardly ever the case.

#### Sagittarius

#### secrets will come out, steady yourself

You may come to the realization that some of the closest people in your corner have been terribly dishonest about something that you have always known to be true. It is looking strongly like a family secret, inheritances, and property and the truth behind these things that will leave you a little shocked for a bit. Who really knows why people hide such things from people they claim to love, all that you can do is trust that if your hands are clean, life will provide for you.

#### Capricorn

#### think of others this month

Try not to demand more than you are willing to give from people around you this month. Sometimes you can tend to disregard the feelings of those around you, not taking into consideration that they don't operate on the same principles you do. While you are capable of throwing yourself head first in your work when you are going through the roughest of life patches others simply have to break down and rest.

#### Aquarius

#### Its happening, get ready

Be careful what you ask for because you just might get it this month. All systems look like a go, when it comes to passion projects you have put your all into. People are listening and taking note of what you have to say and want to help, consult and collaborate with you. You are the go to guy or girl, and it is awesome. Stay dedicated, and balanced in your energy, don't start to slack.

#### Pisces

#### push past the blockage

You have to realize that finding you in everyone else is like looking for a needle in a hay stack. Close to impossible, and you will get hurt every time, you have to face the reality of the connections and your surroundings. Hurt people hurt people, and you don't have to go around fixing them instead fight for yourself, protect yourself, and go where you know you are truly loved and valued even when you have nothing to give.

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# Empowering Relationship Advice For Women



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

#### Have your own life

You might be crazy in love with each other, but that doesn't mean the rest of your life should stop.

Don't abandon your friends for him. Don't take up golf and give up your massages if you don't want to.

Have some independence and an identity of your own, because if you don't things will get boring in the relationship.

#### Don't be needy

Being needy and chasing can go handin-hand. If you want to see him 24/7, text him 24/7, and basically think the world resolves around him, well, you are being needy.

Needy behavior is suffocating for people, especially men. You think these behaviors will help you hold on to him, but it actually has the opposite effect and it pushes him away.

#### Don't chase him

Unfortunately, many women do this a lot. And you might not even know you are doing it.

"Chasing" comes in all forms. It could be obvious, stalker-like behavior such as calling him many times a day. Or, it could be more subtle like you are the only initiating contact all the time (meaning that you are more interested than he is). Chasing is a turn-off for men, so let him chase you.

#### Love yourself

So many women complain that they either can't find the right partner, or they always attract jerks who don't treat them right.

It's probably because you don't love yourself enough. You can only attract the level of love that you feel for yourself. So, look at all your good qualities and decide to love yourself exactly the way you are right now.

#### Speak your mind

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

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

#### **Demand respect**

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

#### Talk about gender roles

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



# Games That Develop Your Toddler's Imagination

#### **Play Pretend With Puppets**

Whether you make your own sock puppets or buy a set of colorful puppet friends for your toddler, these furry friends facilitate pretend play, and in turn, imagination in a variety of ways. Encourage your child to sing and dance along with her puppet or create a stage for her to present a play with her puppet pals.

#### Make a Music Playlist

Encourage your child to embrace a variety of melodies and genres while embracing his imagination by creating a midday music playlist. This way, you can show your child how diverse music can really be in terms of sounds, rhythms, dances and, of course, emotions. Sing along to the lyrics and exaggerate the emotion of the song in a funny way. Encourage your child to use his imagination and create his own dance moves during the singa-long.

#### **Draw Masterpieces**

If your refrigerator looks bare, encourage your toddler and her siblings or friends to create a masterpiece together to put on display. A wonderful way to tap children's imagination is to have one child draw something on a piece of paper and then have another child continue the drawing until each child adds something. Talk with them about what they are creating to prompt them to think creatively about the final product.

#### **Share Stories**

It is likely your toddler loves to hear stories and have you read to her each day, but to develop her imagination, prompt your little one to create the story herself with friends or siblings. Have one child start a story and then have another child continue the story. As a group, the children use their imagination to create an entire story. These activities help build children's imagination and key skills like collaboration and communication.



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1. Baby eczema Eczema is a dry, itchy skin condition that affects up to one in five children. It is most likely to appear for the first time before your child is five years old and almost half of cases start before six months.

If your baby has eczema, s/he will have areas of dry, itchy skin that can look red and cracked, and may even weep fluid or bleed. You're most likely to notice this on the creases around her elbows, knees, wrists and neck. However, eczema can appear on any part of her body, including her face.

There may be times when your baby doesn't have any symptoms at all, and times when her symptoms are more

Most children who have noticeable. eczema will grow out of the condition by the time they are in their teens.

#### Causes

Genes may play a role in causes of eczema. Most children have about a one in five chance of developing eczema, but if you or your partner has it, this rises to about three in five. If you and your partner both have eczema, your child has a four in five chance of developing it too.

#### Treatment

If you think your baby may have eczema, visit your doctor as early as possible. He can help you to find the right treatment for your little one, which will depend on how bad the condition is.

#### 2. Allergies in babies

An allergy happens when your baby's immune system reacts to a substance that's usually harmless.

#### What are the symptoms of allergic reactions in babies?

If your baby has an allergic reaction, it will probably happen within a few minutes of contact with an allergen. Sometimes though, reactions can be more delayed, and take a few hours to develop.

The symptoms of an allergic reaction can be different depending on what your baby's allergic to. For example, a pollen allergy may be more likely to give your baby a runny nose, while a skin allergy may be more likely to cause a rash. In general though, the following can all be signs of an allergic reaction: red, watering, itchy eyes, a blocked or runny nose, or sneezing, wheezing, coughing or shortness of breath, a raised, itchy rash, dry, red or itchy skin, swollen face, lips, tongue or eyes, nausea, diarrhea or vomiting. All of these can also be symptoms of other illnesses, so they don't necessarily mean your little one has an allergy.

#### How are allergies diagnosed?

If you think your baby could have an allergy, take him to see the doctor.





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### A man wakes up on the 7th of July at 7 o'clock

When he wakes up, he checks his phone and sees that he has 7 missed calls and 7 messages from 7 different persons. He finds the coincidence pretty funny, gets out of bed with a big smile and gets in his car.

Before starting the engine, he checks on his phone the location of his meeting, when he notices that he has to go to the 7th floor of a building located in 7 Ann Street 7 minutes away from his home. He thinks that this is probably the biggest coincidence he has ever seen in his life and laughs for a few seconds.

After that, he wants to check how much money he has left, so he starts counting how much there is in his wallet, and to his surprise, he notices that he has exactly 777 dollars in bills. He thinks that this is much more than a mere coincidence, and that today is his lucky day. So instead of going to work, he decides to drive to the nearest sports bar to bet on a horse. He waits for the 7th race of the day then bets all of his money on the horse N°7. The horse arrived in seventh place.

### Asking someone's favorite month (Bar joke)

A man walks into a bar and asks the guy beside him "Hmm do you have a favorite month?" The guy replied "Yes July" The man then asks "Why July?" The guy replies again "No no no July is actually my favorite month I didn't lie"

#### A man is in love with a woman who shares the same birthday with him (July 22)

He wanted so badly to impress this woman. But they had nothing in common except for the zodiac sign that they shared, which oddly enough she was named after. He smoked cigarettes to look cool. He got a job in a nuclear power-plant to sound more interesting. He refused to wear sunscreen on a sunny day to appear tough and even ripped apart a microwave with his bare hands to prove his strength to her. I guess you could say he's doing everything he can to get cancer

#### Walking on Water

A girl was told all her life that all the women in her family could walk on water on their 21st birthday. She never believed her mom but when it came time for her 21st birthday, she stepped out onto a lake and promptly fell. When she came back, she confronted her mom and asked her why she couldn't walk on water. Her mother said," All the women in the family were born in December. You were born in July."



Brioche Run

#### **Ingredients:**

- Flour 250gm Sugar- 25gm
- Salt 5gm
- Dry yeast 12 gm
- Egg- (1 piece +1 yolk)
- Milk powder- 25gm
- Butter 75 gm
- Water 75 ml
- Lemon zest 1/2 teaspoon

#### **Method of Preparation:**

1) Collect and measure all ingredients. Sieve the flour and keep it aside. Prepare yeast sponge by using all of the yeast, some water and some flour together.

2) Combine all ingredients except butter in a mixing bowl.

3) Allow yeast sponge to disappear in the flour and add the melted butter. Develop until dough takes on a silky sheen. 4) Add lemon zest. Keep the dough in the fermentation cabinet for 30minutes or room temperature to ferment at temp 35°C and humidity 92%.

5) After proofing, scale dough into 50gm per unit. Make form.

6) Place the dough in an oil greased mould. Keep in proofing cabinet at 35°C for about 30minutes for final proof.

7) After proofing, preheat the oven. Bake at 180°C for 10-15 minutes. After baking, oil brush or butter brush.

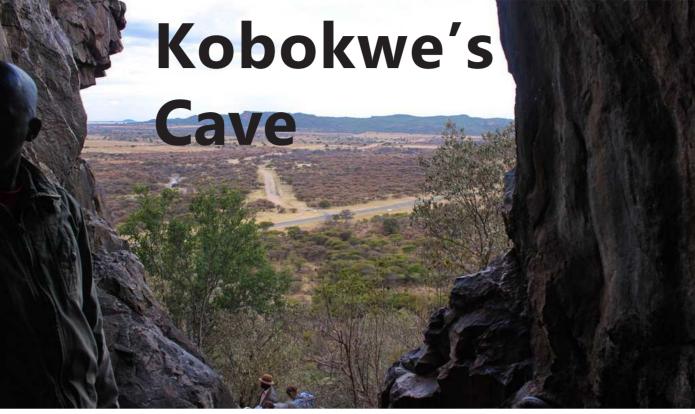


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he historic cave is both a symbol of superstition black and magic and inspired one of the early Christian converts in Botswana. Kobokwe's Cave (Legaga

masterprint

la ga Kobokwe in Setswana) plays a dual role in the mythology of Botswana: It is both a foreboding symbol of superstition and black magic, but also as an essential part of the founding of Christianity in the country.

The cave is perched in the hills overlooking the village of Molepolole on the Thamaga Road. Local legend states that it was an execution site for practitioners of black magic, who were pushed off the execution rock nearby, though historians think this is unlikely.

So the story goes a witch named Kebokwe

was thrown from these rocks and used her magic to land unharmed. Since that time, dark spirits taking the form of giant snakes have haunted the cave and the surrounding hills. Regardless of its veracity, this legend was alive and well when David Livingstone, the famous physician, missionary, and explorer, arrived in Kolobeng in 1847. He convinced the Kgosi of the Bakwena, Sechele I, to convert to Christianity by spending a night in the cave to prove that the spirits could not harm him. After a restful night, Sechele became Livingstone's only convert to Christianity.

These days, the cave serves as a curiosity spot for tourists, and a pilgrimage for the faithful in Botswana. After turning off the highway, there is a 15 minute scramble up a well-used path to the cave. A Botswana Heritage sign marks the beginning of the path. The approach is littered with the remains of candles from midnight prayers, and the cave itself is rather small, but always cool with a breeze coming from deep in its chambers. From the nearby execution rocks, there is a view of the bush in the direction of Thamaga and Kanye.

#### **Know Before You Go**

Finally, there is a clearly-marked sign designating the cave and parking area. Driving from Gaborone, after arriving in Molepolole on the A12, turn left on the Thamaga Road (F11). Drive about five minutes. After leaving town, you will see the hills and the cave on your right. There is an orange sign labeled Kebokwe Cave pointing to your right. It's rather small, so you can also use the much larger sign for Moleps Poultry as a landmark. Almost immediately you will see a gravel parking area with a Botswana Heritage sign marking the beginning of the trail. From here it is about a 15-minute hike, with some scrambling at the top. If you have trouble finding the place, the locals of Molepolole will be more than happy to direct you. While you're in town, you should also check out the Kgosi Sechele I museum, which discusses the history of the Bakwena and the town, as well as the cave. It is housed in the colonial era police station, located right before the turn to the cave on A12. Ref: Atlas Obscura



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# The Mastermind Behind Knitcro Concepts

Growing up knitting and crocheting was categorized as something done by our grannies during their spare times. It was more like a hobby to them; little did we know that in future it would turn out to be something that will put food on our tables. Get to know about Keneilwe Phiri who natured her little knowledge about knitting and crocheting into a business. She uses knitting and crochet techniques to make mats, baskets, bags and others.

#### How did you get into this business?

Well, at first it was something that I did to kill time, but later I saw some adverts on Facebook where Lion Park was asking for small businesses who want to sell their products during their family fun days to make stalls for free and sell their products. I grabbed the opportunity and attended it. Mind you this was my first time to sell my products. With the little stock I had that time, I was amazed at how people liked what I do and right there I saw an opportunity to start the business. I started my business in July 2019.

#### How does your company differentiate itself in the market?

I can proudly say that the material that I use, which is t-shirt yarn is much thicker, easier to use and gives the product a certain texture compared to wool. The other thing is that I am a very patient person who always tries to be impartial and objective as possible because customers have different approaches to products. So I try to be patient and explain to them, it has proven to be helpful.

#### What's the most challenging aspect of your business?

The challenge that am currently facing is that the material I am using is hard to find especially when it comes to different colours and is very expensive. Also there are some things that I would like to add to my products in order to improve them, but currently they are not available in the country which means I have to order and as we all know ordering products online can have its drawback sometimes.

#### What is your personal motto?

Have a believe that every small thing you do, whether negative or positive will bring you big results, so you do not need to question.

#### What are your key tips for aspiring entrepreneurs?

Do not doubt yourself, whatever small thing they come up with, or whatever resources they have, they should come up with it and start sharing, do not undermine social media, there are many platforms that one can use to take their business out there.

#### Who are your customers?

Middle aged ladies and children. I am yet to introduce products for men.

#### What are your long term ambitions about this business?

To expand the business and hire more people because currently I have two ladies whom I am teaching to crochet. I also want to make décor products in the near future.

Contact Details Facebook Page: knitcro Concepts Instagram: Knitcro. Concepts





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# ISTAGRANT Priscillakhan500

he is a beautiful, talented RnB artist from Lobatse; a free spirited musician with a golden voice. Her name is Priscilla Khan and she is only 19 years but she has accomplished a lot in her musical journey. She has been a lover of good music from a tender age. "Music is like therapy in which I am able to give out my emotions through song," said Priscilla.

When she started her music career she realized that many people appreciate and relate well with her music and she decided to record more songs and shared her music with the world through online platforms like ITunes and YouTube.

The beautiful R&B singer kick-started her career in 2019. Her first collaboration was with Anitah and Caymil and they dropped a Single called "Naked Truth" produced by one of the most celebrated producers in Botswana- Dj Levels. The song hit the number 1 spot on Yarona FM R&B charts. She later released another hit called Deserve; produced by OriginarBW. As an enthusiast of good music, she also ventured into other genres like EDM, House, and Trap Music. Priscilla detailed that she has released two singles from her upcoming album-C.L.H.O.E. She further stated that she wants to be unique in her approach to music. She highlighted that she wants to release a full album.

he 'Deserve-Hit-Maker' indicated that she does not consider herself to be an upcoming artist because she has accomplished a lot in just a short time in the music industry. Priscilla also highlighted that some of the challenges she is faced with is being paid less than what she is worth. In an effort to address that, she recently engaged a manager to help her with such challenges. With all that, Pricilla keeps her head held high and keeps moving forward as she believes that "enough is never enough until enough gets enough of it." She said with a beautiful smile.

Performing at the African Attire on fleek event at Waterfront in Gaborone and in Francistown is the main highlight of her career because it's not easy even for prominent artists to get an opportunity to perform at such events. Priscilla shared with us her experience in South Africa where she worked with SA's artists like Rowlene and Nasty C on the #LiftAsYouRise project that was sponsored by Red Bull. She encourages fellow musicians to be unique, work hard and keep believing that things will work out for them.

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# Our Love Life Is A Living estimony



eet the most inspirational couple Glody Dube and his lovely wife A m og e l a n g Dube as they take us through their

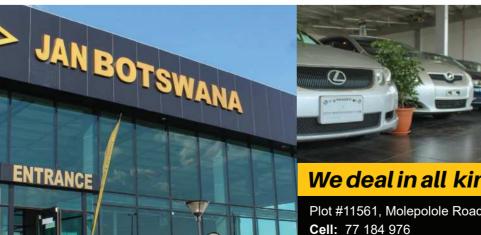
love journey. Glody Dube is commonly known for his impact on the athletic world in Botswana. He became the first Motswana to qualify for Sydney Olympic 800 meters race in Australia in 2000. He is the founder of one athletic empire called Gaborone International Meet which cultivates the athletic world in Botswana. Apart from that he is a husband, father and a business man. Glody and his wife met in 1997 at Maun Senior Secondary School. They were in the same class and shared the same table. Literally Mr Dube was a Mathematics expert but he was not good in Setswana, also Mrs Dube was good in Setswana as compared to her performance in Mathematics. Their weaknesses and strengths in the two subjects brought the couple together as

they became study mates and eventually fell in love. Their love did not end at school; it grew stronger up to date and they got married in 2009. When asked why he took long to marry Mr Dube said he was still hooked up on the athletic world hence he chose to marry when he has lesser activities at hand in order to have ample time for his family. The couple is blessed with three kids; their late son Theo, Ezra and Talitha.

According to Mrs Dube, losing their son was the most painful experience they went through as a couple. Their lovely son passed away a year after their marriage in a car accident when he was 8 years old. As if that was not enough the couple struggled to have yet another child after the incident. They went through the most expensive fertility phases and hospitals in the world. She said, "Although It was heartbreaking, we told ourselves that God's time is the best and I thank God for my husband for he stood with me through it all, looking at the fact that we are living in the world where ladies are blamed when it comes to fertility issues". However, God answered their prayers in January 2017 when they were blessed with another baby boy Ezra and in March 2018 they were blessed again with a princess named Talitha. The Dubes says their love-life is a living testimony that stood every test they came across. "We are forever grateful that we met each other", they said.

When commenting on the escalating cases of passion killings and divorce the couple vowed that communication and acceptance are the solution to such issues. They said couples should learn to reveal their expectations to each other when they start dating. They must also learn to accept certain traits from their partners because this will help avoid unnecessary misunderstandings in relationships and marriages. They believe that it will actually bring ever lasting peace and love between couples. Furthermore the Dubes have advised couples to always seek help during hardships and should always pray together. As for them only three words have kept their relationship stronger up to date, which are "I love you", "thank you" and the word "I am sorry". Mrs Dube revealed that these words are significant for every couple whether married or not as the said words indicate humility, respect and love for each other.

The most three things that Mr Dube likes about his wife is the fact that; she is disciplined, humble and more importantly she is a caretaker who takes a very good care of him and their kids. On the other hand, Mrs Dube likes the fact that her husband is well behaved, calm and collected. He is a hard worker who sacrificed a lot to provide for his family. Currently Mr Dube is a primary school teacher while her wife runs their private school in Modipane.





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# The Duo Outshine In arts & creative Industry

hele is known as a strategic African traditional board game played by two opponents with twelve pieces each. This came as an exciting surprise to some of Batswana when two young men portrayed their talent through Mhele game and named themselves Mhele Productions. The duo comprises of Rudisang Afetseng Wilson aka Kario and Kentse

Madome Rudisang aka Moshweshwe.

They mentioned in an interview that Mhele Productions is also an edutainment comedy that also advertises products. They also provide other services like hosting events as master of ceremonies, poetry and stage acting. They told CW magazine that they prefer the said fields because they help them send messages to the public in an entertaining way.

Mhele Productions is also hit but the outbreak of Covid-19 that has affected everyone negatively. For them, they didn't feel the hit that much as they managed to come up with something very interesting during lockdown and it kept Batswana entertained so much that Mhele Productions got huge recognition in a short period of time.

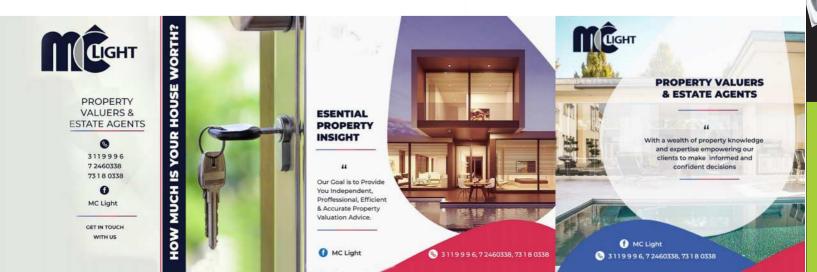
When asked about the challenges they face in art industry, Moshweshwe mentioned that lack of equipment is the main challenge and this hinders them to produce good videos. Another challenge is that after their Facebook page was hacked; they lost more followers although they later managed to retrieve the page. He said with the love they have for arts and creative industry and the appreciation they received from their followers, he believes this will lead them to greater destinations.

To them finding themselves on the top 20 finalist of FNB with other comedians in the country this year is one of their achievements so far.

"To Our aspiring entertainers, I just want to say perseverance is the key to your success. Our comedy has a lot of impact in the lives of people...," concluded Kario.

#### **Contact Details**

Facebook page: Mhele Productions Email: wilsonafetseng@gmail.com Instagram: Kario Wilson Twitter: Kario Wilson BW WhatsApp: 76692311/77060324



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It is almost a new month and a fresh start...which means it is time for a new challenge. This one is a full body challenge but alternates between lower, upper, core, and shoulders...with burpees thrown.

Day 1 15 sit ups 5 crunches 50 pushups 10s plank 50squats 50xJ. rope	Day 2 20 sit ups 8 crunches 50 pushups 12s plank 55 squats 60xJ.rope	Day 3 25 sit ups 10 crunches 50 pushups 15s plank 60 squats 75xJ.rope	Day 4 REST DAY	Day 5 30 sit ups 12 crunches 50 pushups 20s plank 65 squats 85xJ.rope	<b>Day 6</b> 35 sit ups 15 crunches 50 pushups 25s plank 70 squats 100xJ.rope	Day 7 40 sit ups 20 crunches 50 pushups 30s plank 75 squats 120xJ.rope
Day 8 REST DAY	<b>Day 9</b> 45 sit ups 30 crunches 50 pushups 35s plank 80 squats 140xJ.rope	Day 10 50 sit ups 50 crunches 50 pushups 38s plank 85 squats 160xJ.rope	<b>Day 11</b> 55 sit ups 65 crunches 50 pushups 42s plank 90 squats 175xJ.rope	Day 12 REST DAY	<b>Day 13</b> 60 sit ups 75 crunches 50 pushups 50s plank 100 squats 190xJ.rope	<b>Day 14</b> 65 sit ups 85 crunches 50 pushups 55s plank 105 squats 220xJ.rope
Day 15 70 sit ups 90 crunches 50 pushups 60s plank 110 squats 250xJ.rope	Day 16 REST DAY	<b>Day 17</b> 75 sit ups 100 crunches 50 pushups 65s plank 115 squats 350xJ.rope	<b>Day 18</b> 80 sit ups 110 crunches 50 pushups 70s plank 120 squats 425xJ.rope	<b>Day 19</b> 85 sit ups 120 crunches 50 pushups 75s plank 125 squats 475xJ.rope	Day 20 REST DAY	Day 21 90 sit ups 130 crunches 50 pushups 80s plank 130 squats 550xJ.rope
Day 22 95 sit ups 140 crunches 50 pushups 85s plank 140 squats 600xJ.rope	Day 23 100 sit ups 150 crunches 50 pushups 90s plank 145 squats 680xJ.rope	Day 24 REST DAY	Day 25 105 sit ups 160 crunches 50 pushups 95s plank 150 squats 750xJ.rope	Day 26 110 sit ups 170 crunches 50 pushups 100s plank 155 squats 800xJ.rope	Day 27 115 sit ups 180 crunches 50 pushups 110s plank 160 squats 900xJ.rope	Day 28 REST DAY
Day 29 120 sit ups 190 crunches 50 pushups 115s plank 170 squats 1000xJ.rope	Day 30 125 sit ups 200 crunches 50 pushups 120s plank 180 squats 1050xJ.ropes	Day 31 130 sit ups 210 crunches 50 pushups 125s plank 185 squats 110xJ.rope				



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# Covid19 Hits An Independent Local Promoter Hard



ccording to Phodiso Tshegisi of Pixel Promotions, the Covid-19 pandemic has affected every business including hers especially after extreme lockdown started in April. With no gatherings and no movement of people allowed in accordance with social distancing guidelines put in place by the authorities, this hit hard on her line of business because she was unable to host events that bring financial stability to her for survival.

She said she was forced to stay idle for a long time without any income. Phodiso mentioned that this period of inactivity takes food out of her mouth and ruins the advancement of her small business.

Born in Thamaga some years back, Phodiso said she has always been passionate about beauty pageant for years and been organizing pageant events often, although she always had to sacrifice from her own pocket as sponsors rejected her. She has always been a go-getter; she put Thamaga on the map and still remains part of her story among the many goals that she wants to achieve. The young lady, who has recently added Managing Director title to her resume, believes that this is another way of expanding her portfolio.

With Pixel Promotions, she will keep on breaking down barriers and hopefully transforming herself into a role model for young women. The young leader, who is slowly building her companies from the ground, is indeed a dream chaser. She says that she aspires to become a mentor for up and coming female entrepreneurs in the country, as she directs the local entertainment industry and elevates her status to the top. She has come across some challenges but she never gave up on what she is passionate about.

Phodiso's other aim is to become a voice for the voiceless, create jobs for unemployed local youth and help to reduce poverty in the country. Having recently opened a talent representative company with Mixiy Pixiy, a brilliant enthusiastic young lady makes her more than ready to take over the world.

**GRANITE MASTER** 

Facebook page: Pixel Promotions Instagram: Phodiso Pixel Tshegisi



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# What is Olympic Day?

lympic Day is a celebration of sport, health, and being the best you can be. It invites everyone around the globe to be active.

Spor

Participants from all over the world commemorated the day the International Olympic Committee was founded in 1894. Olympic Day took place this year on Tuesday 23 June 2020, and people across the world celebrated the day by getting active.

Olympians have been a source of inspiration and motivation during the tough times of global COVID-19 pandemic with their energy and positivity: their home workouts have helped people across the world to stay moving and their stories have kept them mindful during lockdown period.

#### Who can take part in Olympic Day?

• You don't have to be an Olympian to get involved.

When was the first Olympic Day?
The first ever Olympic Day was

celebrated on 23 June 1948.

The annual Olympic Day is celebrating sport and Olympic values. This year the day was celebrated on Tuesday 23rd of June with a 24-hour online Olympic workout shared by Olympic athletes.

#### French Handballers Laura Glauser And Allison Pineau Have One Goal: Gold In Tokyo!

Laura Glauser is one of the French handball team's two goalkeepers, and her friend, Allison Pineau – crowned world player of the year by the IHF in 2009 – has been a mainstay on court for many years. Both of them have accepted the postponement of the Tokyo Olympic Games and, after being awarded the silver medal at Rio 2016, are determined to go one step further in 2021.

### What Was Your First Olympic Experience?

Laura Glauser: Rio 2016, incredible! It's really something that I'd always dreamt of before taking part. From the moment I knew I'd been selected. I was truly living my dream, even though we didn't take gold. But we won the first Olympic medal in women's handball, and that was just huge. My memories of Rio really are perfect; I really loved my Olympic Games. I was really invested throughout our whole competition, because goalkeepers have to do a huge amount of video analysis, so I worked hard on that. When I had half a day free, I wouldn't necessarily go to the Village to see what was going on there. But the country and Rio, are the stuff dreams are made of, and at the end when we celebrated... it was so great.

2008 where I was a young substitute. That was a defining moment for me. There were legendary athletes there, like Usain Bolt. There was also the frustration of our defeat in the quarter-finals against Russia – 32-31 after double overtime. But in Beijing I saw, experienced and discovered so many things

#### How Have You Made The Most Out Of The Lockdown Period?

L.G.: I'm already a pretty positive person, so I've taken this period for what it is. I'm a mother, I've really made the most of my time with my daughter, I've been able to fully focus on my knee, purely working on getting it better. I've made the most of my home, because when you're an elite athlete you're not at home much. I've strengthened my relationships with my family; I've seen the positive side of things. I've also made the most of the time with my partner: we've cooked; we've done so many things together. We've tried to cope with this break as best we could.

A.P.: I've really enjoyed this time. It's been a chance for me to refresh my mind, to engage in activities that I haven't had time to focus on, like meditation. I've dedicated time to my other projects, my studies and my future career. I've made the most of the time to re-establish both my shortand long-term goals, and essentially look a little further ahead.

Allison Pineau: For me, it was Beijing in



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