

Celebrity World

Botswana's Native Magazine

May 2021 P12

The Rise of Amakuvuki BW

The face behind Phlyhoney Clothing

Mimie Brings Out Her Dream To Reality

He won't cheat if he loves you, True or False?

Armready Campaign In Pics



FROM *Seronga* TO THE WORLD



FRO'NIQUES, Locally Made And Inspired Hair Product Company

Pick Your Favourite Plant For Your House

The Rise of Amakuvuki BW

How To Build Your Business

Meet The Optimistic Business Minded Young Lady

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@celeb_bw **Celebrity World**

Hello readers, welcome to our 48th issue. We celebrating the beautiful month of Mother's

Day with you and I hope you safely enjoyed Easter holidays. The month of May is the 5th month of the year and it classically marks the beginning of a new season in our country, winter! Truly this is one of the stunning months of the year, a month in which we celebrate mother's day, a celebration which honors the beauty of motherhood. Without our mothers, where would we be as a society? Do you know that mothers are amazing in their own way and rights? They have that innate ability to make everything possible and alright? This year, on Mother's Day take the time to thank your mom, and if you are a dad, thank the mother of your children. Let her know how much she means to you and the children. This time we featured the young and talented KOOLKAT, take a look at his story, read through and share the insights of CW magazine with friends and families.

Don't forget to check out this issue at the nearest Choppies Store, Square Mart and Fours Cash & Carry. Follow us on Twitter @ celeb_bw and our Facebook Page @ Celebrity World.

Have a splendid read!!



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



Cruella (Disney)

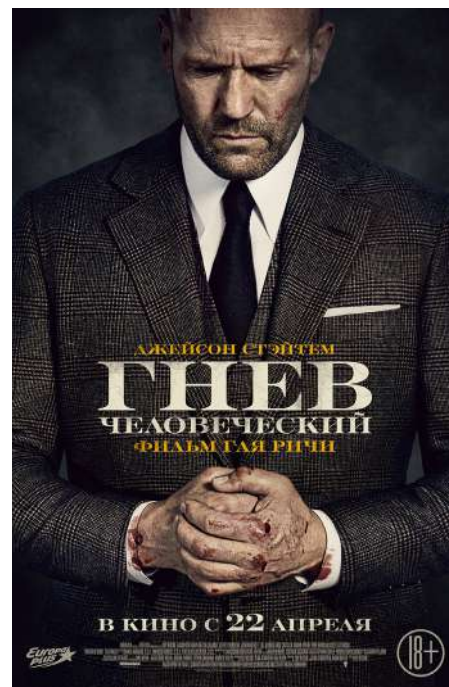
Cruella (Disney) will be released on Friday, May 28, 2021. The movie will star Emma Stone as Cruella. Glenn Close, who played Cruella in the original live action 101 Dalmatians, will be the Executive Producer on this film. Craig Gillespie (The Finest Hours, I, Tonya) will be directing. The movie was previously adapted as an animated feature and live-action remake by Disney.



Spiral: From the Book of Saw

Spiral: From the Book of Saw is to be released on May 14, 2021. Working in the shadow of his father, an esteemed police veteran (Samuel L. Jackson), brash Detective Ezekiel "Zeke" Banks (Chris Rock) and his rookie partner (Max Minghella) take charge of a grisly investigation into murders that are eerily reminiscent of the city's gruesome past. Unwittingly entrapped in a deepening mystery, Zeke finds himself at the center of the killer's morbid game.

Genres: Crime, Horror, Mystery, Thriller



Wrath of Man

Wrath of Man is scheduled for a May 7, 2021 theatrical release. The film was written by Ritchie, along with Ivan Atkinson and Marn Davies. The plot follows H, a cold and mysterious character working at a cash truck company responsible for moving hundreds of millions of dollars around Los Angeles each week.

Genres: Action, Thriller

What To Read



The Ones

We're Meant to Find

Author: Joan He
Expected Publication: May 4th 2021
Published By: Roaring Brook
Genre: Science Fiction

Two sisters. One awakes on a deserted island with no memory how she got there. From the safety of her city floating above an Earth decimated by natural disasters, the other, a science and math prodigy, mourns the sibling she believes died from a terminal disease. Both think what they know about each other and their world is true and sound. Both are dead wrong.



Cool for the summer

Author: Dahlia Adler
Expected Publication: May 11th 2021
Published By: Wednesday Books
Genre: Contemporary

Lara's had eyes for exactly one person throughout her three years of high school: Chase Harding. He's tall, strong, sweet, a football star, and frankly, stupid hot. Oh, and he's talking to her now. On purpose and everything. Maybe...flirting, even? No, wait, he's definitely flirting, which is pretty much the sum of everything Lara's wanted out of life.



Hurricane Summer

Author: Asha Bromfield
Expected Publication: May 4th 2021
Published By: Wednesday Books
Genre: Young Adult

Tilla has spent her entire life trying to make her father love her. But every six months, he leaves their family and returns to his true home: the island of Jamaica. When Tilla's mother tells her she'll be spending the summer on the island, Tilla dreads the idea of seeing him again, but longs to discover what life in Jamaica has always held for him.

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THE RISE OF AMAKUVUKI BW

Amakuvuki BW is a local music group comprises of four men, who are based in Lobatse. It was formed in 2010 while they were still at Itireleng Junior School and it was signed in the Executive media. The group is based in United States and Botswana.

Tell us about your new album and its genre.

We have an album called Monateng EP volume 1, it was dropped last year on November 27th and it's an Afro-house music. It's our first album, but we have singles released before; Digital, Monate wa Itirelwa, Vava-Vom, Botswana, Matombezana and

Jwale.

How is the album doing in the market so far?

Ever since its release, I can't say the album is doing well, but through social media platforms so far our album tops chats in the United States as it stands at number 96. In Africa we are the only artist after Master KG that are in the top 100 of iTunes - United States.

Having said that about the album, what does this mean to you as Amakuvuki?

I'd say I believe that the album will take us somewhere, it will sell us because ever since it was released people have received it in a massive and impressive number and

this means a lot to us. But one thing that disappoints is that Batswana lack support on local music and we've seen it with this album because we ended up giving away CDs which were meant to be sold to them.

Do you classify yourselves as well established or upcoming artists?

We are not upcoming artists because we have so many years in the music industry and we would classify ourselves as well experienced and established artists. We have 11 years in the industry, so Batswana should know that we have been there, we are not upcoming artists and at this time Batswana should be knowing that there is a group called Amakuvuki.

Tel: 3974975/3974550 Fax:3939720



How much has Corona affected you?

We never wanted Corona to have any impact on our music because we been pushing our music since it started and we didn't want it to hinder our music production in any way. We have so many ways to push ourselves with, like selling our merchandise and music through social media platforms. Corona-19 has affected the music industry because events have been cancelled since it started.

You are working as a group, may you please enlighten us on your background?

We used to be seven in the group since we started music, and others left because they felt the toughness in the industry. Working as

a group helps in a way that it enhances us to exchange ideas and makes the work easier.

Tell us about your producer

We have two producers in South-Africa Mr Romeo and DJ T-Boy, in Botswana we have another producers namely; Hurricane, C-Sharp and ManDizzy. The digital video of the single that currently trends on social media was shot by Director-Mo, it was produced in 2019.

Any featured local musicians in your Album/s and who else do you desire to feature?

We have featured international musicians, the likes of Mr Romeo, Miss-G and Seven Rounds.

How do you guys promote your music?

Since there are no festivals, we use social media platforms.

What makes your music unique from other local music?

We have used good and unique sound that suits us whenever we are on stage.

What is it that people don't know about you?

We are not new in the music industry, we been there for the past 11 years.



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MIMIE BRINGS OUT HER DREAM TO REALITY

She started to develop a fond in music at a tender age and joined the Sunday school praise and worship team back then where she would present musical items at Church whenever there's a special occasion, glorifying the Almighty with her voice. Time passed, she went to junior school where she joined an acapella group led by Mr Mosweu and they performed whenever there was a special event in Jwaneng.

According to Amantle Michellin Moumakwa aka Mimie, at her home no one believed that indeed she was gifted. Taking it back to the days she said, "I remember leading this other song at the June 16 event (Day of the African Child) when we were at the multipurpose hall in Jwaneng. My mom was part of the crowd and she was shocked to see me, you know Batswana 'Mmagwe ngwana yo o kae a sa letse mogolokwane'...hahaha". She said at senior school she was so obsessed with singing so she joined the School Choir and mind you, by that time she was part of the youth praise team at Church. In 2018 Mimie went to the University of Botswana to do Computing with Finance but the inner part of her wanted to study music. Her senior school colleagues who also liked music and used to do acapella with her like; Jazzlyn Tiah, Thorne David Tlhabiwe, and Ntlame entered the music world she wanted to and did the same but she hesitated as her parents wouldn't allow it. When she was in the second year, Jazzlyn Tiah asked her for a collabo, he gave her a beat and she wrote the song "Colour Box" he scheduled the recording session with Dada Kavino and upon hearing that the song they recorded wasn't bad. She made her mind that she is becoming an artist. She didn't tell her parents and in March 2020 Mimie released her first single titled "O ile". Her music is an Afro-pop genre.

Responding on the question about how Covid affected his music career, Mimie said

she dropped her first single on March 13th, last year and a few days after that came the national lockdown, strictly no movement as the industry was shut down and she couldn't even promote her song enough. She couldn't go to radio stations and she was just a beginner who didn't know what to do with the song. It worsened the matters because she couldn't meet people who were willing to help her with things that concerned her music. She also said she had a few songs that were ready so she just released haphazardly without a plan more so that she didn't have a manager. Therefore she never got the chance to benefit financially from her projects. Mimie got booked for a show on December at Molepolole and it was cancelled a week before its actual date because of the curfew.

When describing her development ever since she joined the music industry, Mimie said, "I'm growing, for a person who just started music last year with all the challenges of Covid-19 I would say I'm developing and its promising that surely they'll be a spark at the end of the tunnel more so that now people are approaching me wanting collaborations, and some wanting to manage me, so its promising".

She added by saying what she enjoys about being a musician is that she pours out her heart in songs, she gets to be creative as she writes, and that on its own is fun. Mimie also said she interacts with people here and there, travels to shoot videos and for an adventurous person like her, being a musician is fun. But she hates the judgement that she gets from friends and family members.

She mentioned that in most cases people associate artists with all the immoral acts, so once you become an artist you face a lot of criticism "Batho ba simolla go batla gore o tshela jaaka bone ba batla, ha nne o tshwana le Mimie o tsena kereke ba simolla go feel gore you are a hypocrite kind of..."

Comparing the local music industry with that of other countries, she said music industry in Botswana is poor, not because we're lacking talent just that it seems like people don't see music as something that can boost the economy.

Advice to the aspiring musicians, "I would say follow your heart and take risks for what you love, don't wait to do what you love until it's late".





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FROM SERONGA TO THE WORLD

From nowhere, we came to know about two things this past month, number one is a village in the Okavango area called SERONGA. We secondly also came to know of a young artist who hails from that very village called KOOLKAT all because of a song that went viral on the social media platforms common to Botswana like Facebook and Tiktok named "Ko Seronga." The song that has been playing on everyone's head was introduced to us just by a simple Facebook vine made by a local comedian but went on viral with endless challenges made on Facebook and Tiktok. The 25 year old said he made the song when he was feeling home sick and he would have not figured that he would be where he is now, so we got to have a chat with him about the song;

So tell me about yourself and your background generally?

KoolKat is a young man who was born in Seronga, then relocated to Maun because of family reasons around 2003/4, I grew up mostly in Maun. I grew up with the love for music and I loved recording music but never really took it out there officially, the first time I did try to do that was in 2017 when I did a

theme song for the Tlatsa Lebala movement which got famous around the college where I was schooling, but I didn't take it further until now.

Regarding being a musician, how long have you been doing that and is this something you came across or grew up with the passion for?

Just growing up I have always loved music, I would sing along to all the famous songs and cram the lyrics and would listen to a song till it ended. I started doing music when I was in Form 2, I had a cousin of mine called Lesedi Timane, he is the one who called me that KoolKat name. We called each by the name until I took it up officially. We would write lyrics and record on our phones for fun until we went on to record at studios up until I went to college where I would record songs on my laptop and share to friends. In 2017 when Tlatsa Lebala went famous at school, it got me to certain places and I got nominated to be Minister of Entertainment but after that I never really got anywhere I just kept on at the same pace being comfortable with that until "Ko Seronga."

You actually caught the limelight with the Ko Seronga song, people now came to know who you are, and so what is the

song about, like when you released, what was the story behind it?

I did the Seronga song because I was missing home, I have been in the city for quite a long time so I just wrote it, if you listen the song you will notice that there are names mentioned in it and those are the names of my aunts, uncles and friends you know family members. It was also just about the games and activities we used to do in Seronga back then before this internet era where we would spend time together you know, so it was just about those times and the song gives one that feeling and the longing that even someone who has actually never been there can still relate to. So it also not just about the song now but selling our country, selling Seronga as a tourist place since the song trended and brought that curiosity among people about the place.

What actually made the song to become so popular and trend among social media platforms like Facebook and even Tiktok as well?

Well there is this young man called Poloko, he has a page on FB and he is a comedian makes funny videos on facebook so he made a video dancing to the song and it caught the attention of people on social media and it was watched shared all over and went to

over 20 000 views and the challenge started there. After all the attention I took up the opportunity to open a page and made sure the attention was on the page too.

Is it the only song that you have officially released?

Officially yes it is my first officially dropped song and registered etc., but I have a lot of songs like I said before the Tlatsa Lebala one.

So talking about the song can you say it's the one that has bought you the spot as a known local artist like in the local music world?

Well I guess what Tlatsa Lebala did was to make me known but only to a small crowd whom one can say expected me to one day be somewhere as a musician but the limelight and relevance came through this song and I was ready to do something about it so it's different now.

Now that you are here you have released this hit it's blowing, what are your other plans, are you maybe working on an official video release and possibly any other projects?

Yah, we are working on such but we want to take things step by step, and a video is in the plans and we are looking into going to Seronga where I want the video to be shot and i am also looking for a team to work with, all of that. With projects, we are introducing a new genre called "Motyiko" which comes from the word go tyika a Setawana word we like to use so Motyiko is just the usage of Setawana on a song. The major keys are just Afro-pop and Kwasa beats and lyrically in Setawana. The aim is not to end with Seronga and go back to the foreign genres like Amapiano and all, not that we wouldn't completely not work with those at times but to have our own unique sound that sells out there and identifies us in the Northwest and work with young artists coming from that side.

Still talking about the future plans, are you planning any collaborations with some of these renowned artists like Vee Mampezy or Charma Gal or maybe LaTimmy?

Like I said my intension is to build a genre but one day I do not mind to feature these artists, that is not our intention right now, it is to build that North-western music and obviously where we need help for instance LaTimmy if he can be able to work with us in a particular project that he may fit into, we will be really looking to work with everyone just to promote our country.



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So has no one of these famous artists approached you yet when the song went viral to maybe work with you?

Well the buzz started, but LaTimmy because he is a good guy and all he called just to give out some advice and looking out for me and telling me to be on the lookout for some things you know with all the buzz the song has been through. Um really glad he did that.

So building your brand now as a known artist, what are the challenges you have been encountering?

Some of the challenges have to do with the monitoring of the song's distributions you know having to have Botswana have the song but still also making sure to earn from its distribution. It's not easy for all that having the challenge of the Covid-19 and another challenge is having to adapt to being this kind of artist now who has to deal with dropping other projects and dealing with those issues wisely you know, the challenges are a lot but God helps me through every decision I make and gives me the wisdom to deal with all that.

So since we are in time like this with restrictions to many things due to the Covid-19 like concerts and bookings how have you been trying to make an earning from the song?

Like I said we are still strategizing with my team, so I have tried to market the song in a way that will be monitored in platforms like iTunes where people will obviously have to go buy it as it already known it has been in the trend and well marketed even outside the country. We are also working on a way to have it sold in Botswana to people without access to such platforms too.

So to wrap it up what can you say as a young artist who is also upcoming, what is it that you can share with everyone out there and fellow upcoming artists too?

What I can say to fellow artists is that you have to know why you are doing music, once you know, you will be able to make music that gets you paid, when you know the reason you can be able to identify yourself as a musician and have your unique selling sound. And I can also say we have the support of Botswana so our content should appeal to them as our customer and as artists we are the ones to help Botswana grow that mentality of support because we are the ones who hold that power to inspire them as artists. Lastly, I can say always trust God, he will always guide and inspire you in all you do.





THE FACE BEHIND PHLYHONEY CLOTHING

How is your business doing in the market?

The appetite is great. The love. The support is one of a kind. I am thankful.

How different are you from your competitors?

I communicate with each and every client and I sell to them directly. It's quite intimate. It's like a small Phlyhoney world. I listen to my clients for future plans as well.

What has been your greatest achievement to date?

Meeting the CEO of CEDA in my home town of Lobatse and him saying, "These are the people we need to support," followed by him buying a cap and more for his friends.

What strategies do you use to keep your business going?

Great communication and easy delivery to my clients. As well, I sell quality stuff that I personally would pay for if it was a different brand. I believe in branding too. Quality branding and hustle free delivery.

What is the most difficult part about your business?

Believe it or not, I am the only employee for now. I am yet to grow into a fully-fledged business with employees and an automated operating systems for hustle free purchases and delivery anywhere in the world.

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

My clients. Seeing someone chuckling at the sight on a Phlyhoney mask or cap and wondering what item they are going to pair it with that is already in their wardrobe.

Where do you see your business in the future?

A multimillion pula company that has people as its core business providing services that better people lives from job creation to financial independence.

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

CEO, Phlyhoney Enterprises.

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

Phly, hustler, super cool.
Contacts: 72 894 006

info@phlyhoney.com
<http://www.phlyhoney.com/>

It's a pleasure for CW Magazine to have had a one on one interview with one of the local entrepreneurs who specialises in clothing. Meet the aspiring Phlyhoney who specialises in apparel and clothing.

Tell us about yourself.

My name is Poloko Mosarwa aka Phlyhoney Make Some Money. I am an MC by profession and an entrepreneur.

Tell us about your business.

I own a clothing business called Phlyhoney Clothing. Our range comprises of caps, bucket hats, beanies, t-shirts, caps, openers, mirrors, masks and sanitizers. We are season

oriented and this winter we should be adding warm gear such as sweaters, jackets.

What was the motive behind your business?

I have always loved fashion and in the year 2019 I took a leap of faith and tested the waters by starting with t shirts only. The love for the brand was amazing and I haven't looked back since.

When did your business start?

Technically in 2010. I then kept the logo and business idea in mind since then. In 2018 I started getting ideas and put them to fruition.



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Meet The Optimistic Business Minded Young Lady



She is currently studying Bachelor of Science in Real Estate, a first year student at the University of Botswana. She is a model and the National Director\ Founder of Miss Teen Africa Botswana and also the owner of Lame's Modelling Academy. Her name is Lame Leungo Jerry, born and raised in a small village called Maitengwe. She is a 19 year old very enthusiastic and business minded young lady who believes in hard work.

Lame started Miss Teen Africa Botswana when she was doing form 5. Immediately when she finished form 5, she started operating it, she opened a page for Miss Teen Africa Botswana and to her surprise people started liking it. According to her, it was not easy at first and it's still not easy because sponsors in Botswana are scarce. So, Lame wrote letters and proposals to different companies (government and private) but had no luck and she also went to the BNYC to ask for sponsorship but unfortunately, she got rejected because they wanted her pageant to have at least two years or more experience in the industry, nonetheless, she never gave up though. In 2019 she hosted auditions and only three people showed up, at that moment she had paid for the venue but as time went by some people started showing interest and started registering and she ended up having ten contestants. In 2020, Lame was supposed to host the first ever Miss Teen Africa Botswana but they were hit by the Pandemic and the government declared lockdown in the country and then she postponed the event to 2021. According to Lame, this year she did the auditions online and over 60 girls registered and auditioned, now they have a coronation ceremony which will be on the 1st of May at Cresta President Hotel where they will be crowning the first ever Miss Teen Africa Botswana. Since she doesn't have sponsors, she has been saving her school allowance so that she can prepare for the Grand Finale. In a nut shell, Lame's journey was not a good one but she has learned to be patient in life and that not everything comes easy because one has to work really hard for everything to turn out great.

When she grew up, Lame loved pageants and modelling, she said that she used to watch Miss Botswana when she was young and would picture myself walking on the stage. Her passion for modelling and pageants grew as with time. When she was at pre-school on her graduation day, she joined the pageant at school and they were all given prizes. That was the best experience she ever had. She went on to her junior school and there was a pageant called Miss Parwe CJSS which she wanted to join but she was scared and not ready, although she ended up being the Master of Ceremony for the pageant. Lame

said when she was doing form 4, her passion for modelling started kicking in so deep and she joined Miss Ledumang unfortunately she only scooped the title of Best Dress. She said she was a little disappointed but as she is, she doesn't spend time crying for her losses, instead she finds ways to correct that and do better next time. "...without determination you will never start and without consistency you will never finish, I MOVE and now I am a freelance model. I advertise clothes and I am also a brand ambassador," she added.

Besides being an organizer of Miss Teen Africa Botswana, Lame is also the founder of Lame's Modelling Academy, she trains aspiring models and those that want to do better in the modelling industry. She also helps them to learn the ropes and acquire skills needed to become a successful and professional model, and to boost their confidence in general. According to her, "Modelling is such a competitive industry so learning the basics puts you at the top of the pile when it comes to booking jobs. Modelling is a highly vocational business. There is more to modelling than just a quirk poses or walk, luckily in my academy we cover everything from pose to pose, portfolios to personal care." Lame is also working on a project which involves charity and giving called Lame Foundation. She helps the needy people together with her team. They make donations to families and children who are in need. The Project has not been launched yet but it is expected to be launched very soon. Like she said on her introduction, Lame is a full time first year student at the university of Botswana, studying Real Estate.

When asked if she is in a relationship, Lame replied, "Yes, I am in a relationship with my best friend Khumo Pheko. We have a page on Facebook called Lelah and Canny, you can also check our Tik-tok videos and follow us on Tik-tok at lalahandcanny09. Imagine finding love and friendship in one person, best feeling ever ha-ha."

Having said all the above, she said among the number of foods, Pizza is her favourite food because it tastes and smells fabulous. She added that the Pizza itself looks yummy and so cheesy, and she is always hungry for it, be it any time of the day.

At the end of this year, her wish is to achieve four strength areas that she personally wants, which specifically are; physical, mental, financially, and spiritual. She said that she wants to be well equipped and build in the said areas.

Replying the question about things that people don't know about her, Lame said, "I am extremely annoying and boring to have a chat with. I always think of new ideas or businesses. Even when I am listening carefully, I am thinking of new ideas or solving a problem. Crazy right? I know ha-ha."



Three words that best describes Lame:

Enthusiastic, Smart and Ambitious

About Miss Teen Africa Botswana:

Miss teen Africa Botswana is a beauty and talent show pageant showcasing young women aged 14- 19 years of Botswana origin and will represent Botswana at the main event together with the other 56 countries of Africa.

The pageant is the first of its kind and it is devoted to strengthen the voices and representation of the young females within the African community around the world with a greater emphasis on charitable deed. The inauguration of the event in Botswana follows the need to have Botswana represented at an international level when the main event takes place. The expectation is that the event shall take place every year in the build up towards the main event.

The initiative is vital in unleashing talent for the young generation which is instrumental to the new governments new vision on transformational especially towards knowledge-based economy and positioning Botswana as a destination of choice. With the event, there is high likelihood of participants from other interested countries to attend the event including modelling companies which

often select their models from events such as this one.

With the support of various stakeholders, the event is expected to take place on the 1st of May at a venue yet to be identified and announced. Having been appointed a National Director for the pageant, the intention is to collaborate with a renowned event organizing company in organizing the event whilst building long term institutional structures for the annual event.

• Vision

The vision for Miss Teen Africa Botswana is to unleash talent from young Batswana in a transparent manner and build their capacity to compete nationally, regionally and internationally according to established standards.

• Mission

Miss teen Africa Botswana is devoted to championing the proliferation and continuation of culture, self-worth, confidence, validity, gender equality and empowerment of women, social inclusion and a feeling of belonging amongst women of African descent in Botswana in showcasing talent, intellect and grace through the contestant platform.



FRO'NIQUES, LOCALLY MADE AND INSPIRED HAIR PRODUCT COMPANY

Fro'Niques is a local company that was started in 2019 by two sisters; Bonolo Simon and Kefilwe Matake. They are the company's directors. The company produces home-made, organic hair and skin care products. The company does not only produce natural hair products and skin products, it also makes hair accessories like Satin Bonnets, Scrunches, African Earrings and many others. They have plans as well to start a clothing line. The products they make are from raw natural ingredients such as Shea butter and different oils like Jojoba oil, Olive oil, sweet Almond oil, Castor oil and others.

What's the story behind the creation of Fro'Niques?

The name Fro'Niques is made up of two words. That is Fro which is a name derived from Afro, Afro is a name associated with our natural hair as Africans. Niques is from unique, that is to say we are a brand that specialises in formulating homemade natural hair products that are unique and different from the rest of other companies. We also accommodate all different hair types and uniqueness that is within the natural hair community.

Fro'Niques started as a passion

that we both have for Africanism, natural hair and beauty. My sister and I both keep and nurture natural hair and throughout our natural hair journey it was difficult to find the right products that were chemically free (with no parabens and sulphates). That's when we started with our first product; Fro'Niques hair butter. At the time we were using the butter for ourselves without selling. The demand and request that we received from people regarding what we were using on our hair and the burning passion we had for natural hair and beauty led to the foundation of Fro'Niques Company. The

difference now is that we are no longer formulating for ourselves only but for other people, we had to equip ourselves with adequate knowledge on the best ingredients to use, different kinds of hair and how to formulate in general. Extensive knowledge is required when dealing with hair care products therefore we enrolled on master classes, we did formulating courses online, attended online events, read books and did through research. After completing all these that's when we officially registered Fro'Niques as a company.

For how long has it been

running?

Fro'Niques Company has been in operation for a year and eight months now, it was registered in August 2019.

How is the business doing, is it successful in terms of sales and reception?

The reception is good, nowadays a lot of people are going natural, they are now embracing their natural hair than before and all they need are organic products which is what we provide. Even though the sales and reception are good, Covid-19 has brought a lot of challenges in the operation of Fro'Niques. We buy most of our ingredients and packaging containers in South-Africa; therefore, prices as well as transportation prices has since increased.

Do you distribute locally or internationally?

We are currently distributing our products locally. Our products are found on SkymartBW, we also sell through our Facebook page (Fro'niquesBW), on Instagram (Froniques) and we also have two specially selected team members who sell Fro'Niques products. One of our goals is for our products to reach international market.

Let's talk about your products, what products do you manufacture?

We formulate a variety of hair care products, we have Fro'Niques Hair Butter, Fro'Niques Hair Growth Oil, Fro'Niques Detangling Leave-In Conditioner, Fro'Niques Curling Custard and Fro'Niques Nourishing Shampoo bars that come in different colours and fragrances.

Why those products if I may ask?

Our aim at Fro'Niques is to make

our clients natural hair journey easy, fun and worth pursuing and also allow them to authentically and enthusiastically embrace who they are. That is why we provide them with all hair care products in one place. People often say that natural hair is demanding, expensive and hard to maintain. That is why here at Fro'Niques we provide them with all these products from shampooing to moisturising.

Would you say the products are necessary and good for the customers, for their hair and all?

The products are good, they are 100% organic and chemical free (paraben, sulphate and silicone free) and most of the ingredients we use are plant based ingredients.

What about the products that make the customer's hair look good and all?

Each Fro'Niques product has its specific purpose on the hair. Some are moisturising, sealing in moisture, some are used for pre-poo, hot oil treatments, makes it easy for detangling and many more. When all these products are used effectively and consistently the hair stays moisturised, the scalp gets nourished, and the hair grows.

How do you differentiate the ingredients that are good for your customer's hair?

Like we already mentioned, research was carried on the best ingredients to use. Before we include any ingredient on our product, we research about it; its side effects and benefits to the hair and its purpose. That is when we select the best.

Do you only provide hair products or are there any others?

Like we already mentioned, our aim is to make natural hair journey easy, we do not only provide hair care products, but we also provide hair care services. We pre-poo, treat and pamper natural hair. We also go an extra mile of providing hair care accessories, we sew and sell satin bonnets, satin pillowcases, satin ribbons, African head wraps and we do African earrings. We also have a YouTube Talk Show called FaceTime with Fro'Niques where we talk about beauty, interview the youth to hear their challenges and get to interact with our clients and many more.

Let's talk about your competitors, how do you make yourself unique from them?

What makes us different is that we do not only sell products.

We take our clients step by step in their journey of loving, embracing and nurturing their crown. What also makes us different is we do not only sell, we teach young ones through our show that they are enough and beautiful the way they are, that there is nothing wrong with them being natural.

What are your aspirations regarding the growth and embitterment of your product?

Our goal is not only to be recognised locally but also internationally. Our goal is to also have local and international distributors and also have a saloon that provides everything in house because right now we are working from home.

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Taurus

(April 20 - May 20)

This is indeed your birthday month and this means that not only do you celebrate a special day but a special month all month long. Awareness is your keyword for this upcoming year. People and circumstances enter your life now that open you up to new experiences in relating. That means your relationships take on new meaning. This would be all kinds of relationships: intimate, friendship, family and the world at-large.

Gemini

(May 21 - June 20)

Try something different this May 2021 with money. Close your eyes and try to 'feel' for your answers. This means you don't think your way through, you feel your way through. Who knows, you may come up with a new way of making decisions.

Cancer

(June 21 - July 22)

This is a good time to do an

assessment of the past months. Check off the events. What wisdom have you gained during this time? What are the new responsibilities that you have gained mastery over? Yes, life may continue to be heavy like a boulder but remind yourself often that you are in this world but not of it.

Leo

(July 23 - August 22)

There is uniqueness in friendships this month. Reconnect with old friends and be open to the cultivation of new friendships. Don't pick and choose. Rather stay open and let others pick and choose you. You may pull in some questionable characters. You may find yourself acting as a leader. Use the golden rule now.

Virgo

(August 23 - September 22)

Ask any artist how to paint and they will tell you first to back away from the canvas and second to find your perspective point. Be sure to choose to talk

with some experts. You can't learn too much now, see too much or travel too far. Your mind is like a central switchboard until June. You are on a quest for truth. What you find are the colors and hues that fill your life canvas.

Libra

(September 23 - October 22)

Focus on your inner world, dreams and fantasies. Listen to the voice and intuition. Then it is quite possible that you will quickly find answers to doubts that have been bothering you for a long time. You will manage to finish the project you've been bothering for some time.

Scorpio

(October 23 - November 21)

There will be a lot of charm, courage, decisiveness and tendency to flirt in you. There will be a lot going on at home as well as in the immediate surroundings, so you can expect an unannounced guest at the beginning of the month, whose visit will put you in a lot of amazement. It will start to conflict with you, between duties to be carried out at home and those ordered by your supervisor. It will be most noticeable at the end of the month.

Sagittarius

(November 22 - December 21)

An elderly lady will give you some valuable tips, listen to her and use all the advice that will prove very helpful in the future. There will be a lot of charm, courage, decisiveness and tendency to flirt in you. There will be a lot going on at home as well as in the immediate surroundings, so you can expect an unannounced guest at the beginning of the month, whose visit will put you in a lot of amazement.

Capricorn

(December 22 - January 19)

This month brings many

possibilities. Many ideas that have so far been circulating in your head now have a chance to turn into reality. But be careful - do not make promises and commitments without coverage. If you feel that you cannot do something, just say it openly. Some older person will give you some tips.

Aquarius

(January 20 - February 18)

It is time to start looking for a new meaning in life, including what love means and there is no question here of abandoning a partner or introducing to ordinary everyday life no matter what madness. In the end, you do not miss this one. The ideal candidate for a companion will be another person born under the sign of Aries. At the end of the month, get ready to travel in her presence.

Pisces

(February 19 - March 20)

May will be a great month to implement your long-planned plans, to complete important projects that have been suspended or even to start your own business. Ideas in your head will multiply by the minute. In the middle of the month, some people visit you, but they will not stay longer. With all you might try to show kindness and cordiality.

Aries

(March 21 - April 19)

Family responsibilities and involvement may take you away from your personal desires and plans. Don't struggle with the challenges or try to escape the duties. You are actually at a point in which you can release some old childhood memory or limitation. Sitting with patience with family issues can bring true release by late June. Keep those personal goals as dreams.



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From: Lame's modelling academy



Lone

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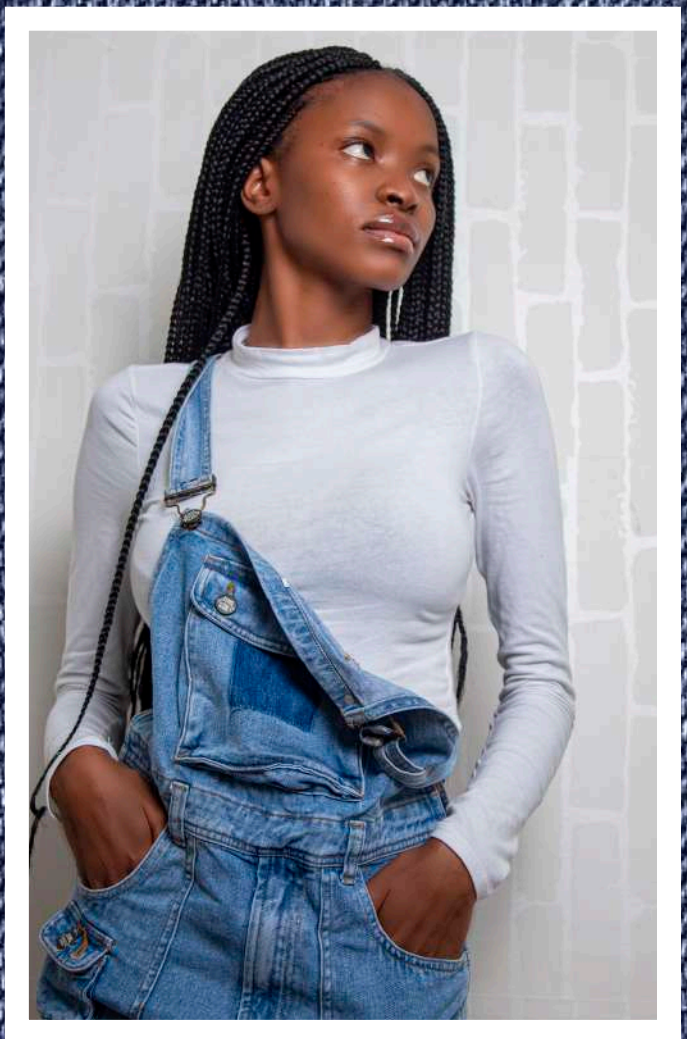
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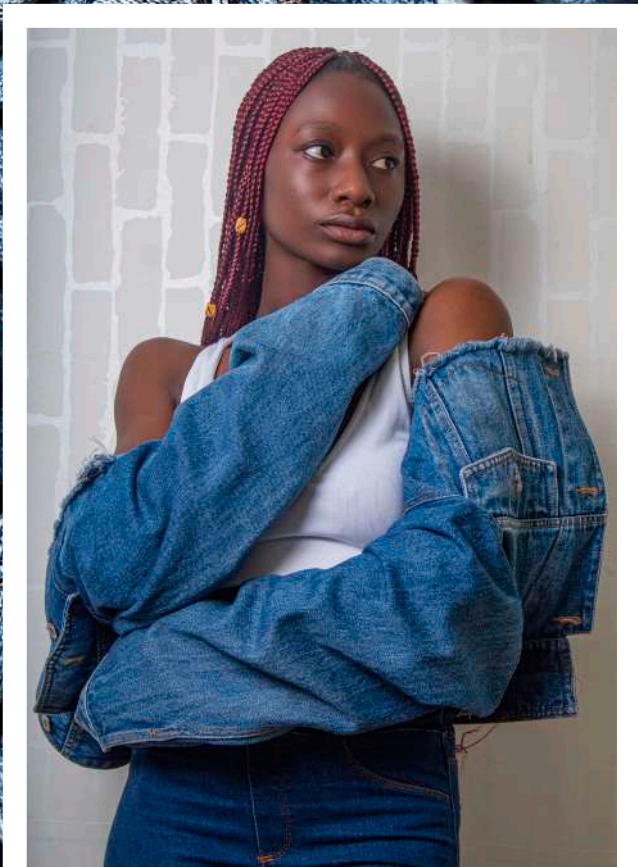
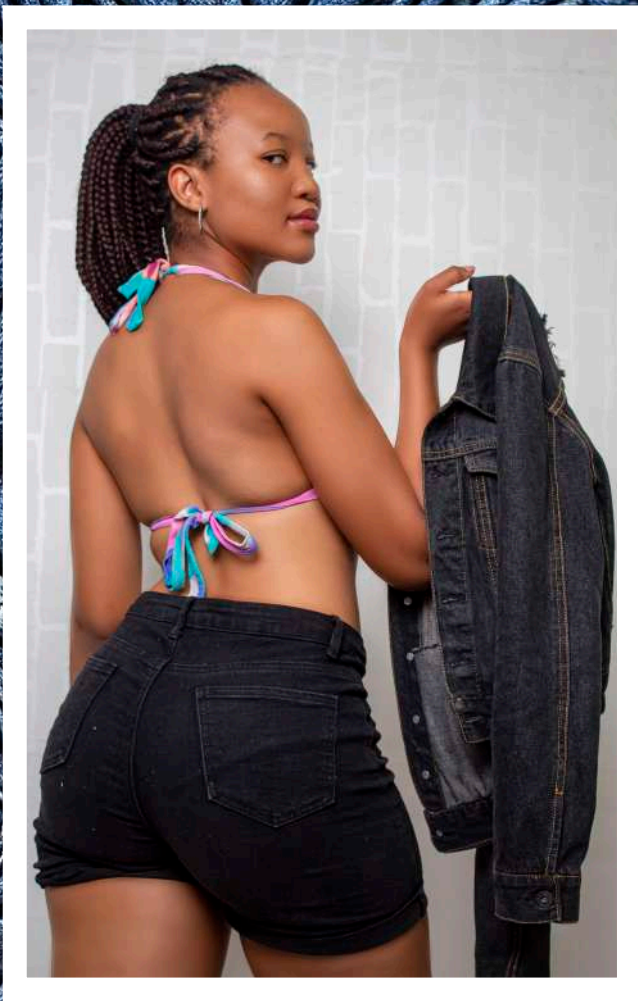


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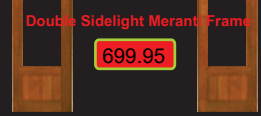
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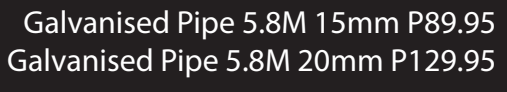
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HE WON'T CHEAT IF HE LOVES YOU, TRUE OR FALSE?

By Kate Ariel



History of mankind has proven this much shared idea WRONG...I don't think it's true or false. ONLY, because people's idea of what love is - is very skewed and varied. So depending on whose 'love' you're looking at it very well could be true but, what is love to you and what is love to another person?

I know what love is to me. Love is forever, and anything that can hinder that isn't love... (Cheating, lying, stealing, mistreating). Love is action. So it can't be summed up just by what people say...

But back to these quotes...So many

of them are just flung out there, and people hang on to them, quote them, and live by them like the Bible.

...if he cheated he didn't love her

...he left so he never loved her

And many other quotes like "I want someone to want me. Not need me" or "Don't depend on your partner for happiness", both are great quotes with great intention and have their place within a relationship...But, I'm sorry tell you this,...THEY'RE WRONG. Most men that stay committed do so because they

feel they NEED you, and it's because you make them HAPPY.

Now don't start patting yourself on the back and taking all the credit just yet lol, because he does it for his own VERY selfish reasons. You make him happy. He feels he needs you. To continue feeling the way he feels. Getting up to go to work the way he works. That extra pep in his step. He believes it's all YOU... And, it very well could be...

But THIS is what makes him stay. His attachment to the feeling you give him. He yearns for it, and wants it every day.

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HOW TO BUILD YOUR BUSINESS



Don't Let Doubt Get In The Way

Seizing the best opportunities doesn't make you a sellout. Get out there, and when the chance to do what you're really passionate about comes along, you'll be better able to handle it than anyone who waited.

Make Connections In The Spaces Where You Want To Be

Not being involved in the field you're passionate about doesn't mean you can't still participate in the conversation. Take advantage of the universal nature of social media to learn about the vendors and influencers who are in the space where you want to be. Finding your footing with other people is the greatest way to find some common

ground. Even if what you're doing isn't what you want to do, make sure you never pass up the opportunity to make those connections.

Use Up Your Mistakes

A lot of people wait too long to start their first business or never try at all because they feel almost paralyzed by the idea that they shouldn't go for an opportunity unless it's in a field they're truly passionate about. Yet when that opportunity does come along, they don't have the necessary experience.

Build Infrastructure You'll Need Within Your Current Business

There's more than one way to think ahead, too. There will be a time when

you will want to sell your business, so work hard to package it up in a way that will make it desirable for that future buyer. After all, another business you will want to build is right around the corner.

Develop a business or departments within your business that can help you reach your dreams. For example, put yourself in a position where you promote things. And while you use your work to promote other people, someday you can use it to promote something of your own. You could build a foundation for your passion by having or building a reliable manufacturer or developer team.

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One night, as a couple lay down for bed, the husband gently tapped his wife on the shoulder and started rubbing her arm. His wife turned over and said, "I'm sorry honey, I have got a gynecologist appointment tomorrow and I want to stay fresh." Her husband rejected, turned over and tried to sleep. A few minutes later, he rolled back over and tapped his wife again. This time he whispered in her ear, "Do you have a dentist appointment tomorrow too?"

My kindergarten aged daughter suddenly announced just before school that she needed to take a clean tee shirt to class. She told us that the

teacher was going to iron an anti-drug message on it. My wife frantically swept through my daughter's room, finding nothing usable but one tee shirt that already had something printed on one side. She sent it off to school with my daughter. That afternoon, my daughter returned and happily showed off her shirt. On one side it said, "Families are forever." And on the other, "Be smart, don't start."

For decades, two heroic statues, one male and one female faced each other in a city park, until one day an angel came down from heaven. "You've been such exemplary statues," he announced to them, "That I'm

going to give you a special gift. I'm going to bring you both to life for thirty minutes, in which you can do anything you want." And with a clap of his hands, the angel brought the statues to life. The two approached each other a bit shyly, but soon dashed for the bushes, from which shortly emerged a good deal of giggling, laughter and shaking of branches. Fifteen minutes later, the two statues emerged from the bushes, wide grins on their faces. "You still have fifteen more minutes," said the angel, winking at them. Grinning even more widely the female statue turned down to the male statue and said, "Great! Only this time you hold the pigeon down and I will crap on its head."

A man shopping in a supermarket took his purchase of two cans of dog food to the checkout counter. The cashier asked, "Sir, do you have a dog?" "Yes," replied the man. "Well, where is it?" asked the cashier. "I left him home." He answered. "Sorry," Cashier said, "You can't buy the dog food if I can't see the dog. That's the rule." The next day he returned to the store and

bought some cat food to the checkout. "Do you have a cat?" asked the cashier. "Yes," he said, "but I left him home." "Sorry," she said, "If I can't see the cat, I can't sell you the food. That's the rule." The next day the man walked into the same store with a brown paper bag. He walked up to the cashier and said, "Put your hand in here." The cashier put her hand in and said, "It's soft and warm. What is it?" the man replied, "I'd like three rolls of toilet paper please!"

Q: What do you do if a teacher rolls her eyes at you?

A: Pick them up and roll them back

Q: What did the ghost teacher say to the class?

A: Look at the board and I will go through it again?

Q: Why did the teacher write on the window?

A: Because she wanted the lesson to be very clear!

Q: Why didn't the quarter roll down the hill with the nickel?

A: Because it had more cents.

Q: Why was the math book sad?

A: Because it had too many problems.

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ARMREADY CAMPAIGN ON PICS

Shared here are pictures of Batswana taking their shot of Covid-19 vaccine which kicked off on March 26, 2021. Pics:net



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The Attractiveness Of Mokolodi Nature Reserve

Mokolodi Wildlife Foundation led to the establishment of the Mokolodi Nature Reserve in 1994. It is now home to a variety of animals and vegetation that are found in the south-eastern part of Botswana.

The Reserve programmes have grown significantly since its formation, giving a good track to its mission. Mokolodi as a nature reserve, carries abundant activities to protect life of animals. One of the most prominent conservation projects undertaken by Mokolodi is the white rhino-breeding programmes. It also has a wildlife sanctuary that supports sick or injured wildlife that are often rescued by members of the public.

Mokolodi works on occasion with other local conservation NGOs, such as Birdlife Botswana, Cheetah Conservation Botswana and Leopard Ecology & amp Conservation, focusing on specific activities that improves the country's conservation and education efforts.

In case of sustainability and conservation, Mokolodi nature reserve offers fee-based tourism activities like game drives, rhino tracking and conferencing, as well as great accommodation. The income generated from these activities assist the Reserve in subsidising its conservation and education programmes, while providing treasured experiences to Reserve visitors.

Giving an inclusive economic eye view, Mokolodi Nature Reserve employs approximately 100 people, of which approximately 75 are from neighbouring communities.



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Spinach & Feta Cheese Mac

Spinach and feta is a fabulous flavour combination that I enjoy in various forms with my current favourite being in a creamy sauce! This spinach and feta cheese tortellini is basically mac and cheese with spinach and feta added to the sauce, along with plenty of fresh herbs. The sauce is a basic white sauce starting with butter and flour to make a rous before adding milk to form a lusciously thick sauce. Cheese is melted into the sauce before adding the spinach and crumbled feta along with fresh parsley, dill and green onions. You can use this sauce for pretty much anything and its perfect when combined with pasta sauce as macaroni or tortellini. I like to finish everything off by topping with even more cheese and baking it until the cheese has melted all over the top! Yum! Spinach and Feta Cheese (mac) Tortellini

Prep Time: 10 minutes Cook Time: 35 minutes Total Time: 45 minutes Servings: 6

Ingredients

- 4 tablespoons butter
- 3 cloves garlic, chopped
- 4 tablespoons flour (rice flour for gluten-free)
- 3 cups milk
- 1/4 teaspoon nutmeg (optional)
- Salt and pepper to taste
- 1/4 cup parmigiano reggiano

- (parmesan), grated
- 1 cup mozzarella, shredded
- 10 ounces spinach (thawed frozen or wilted fresh)
- 1 cup feta, crumbled
- 1 tablespoon dill, chopped
- 1 tablespoon parsley, chopped
- 3 green onions, thinly sliced
- 1 pound cheese tortellini, cooked (gluten-free for gluten-free)
- 1 cup mozzarella, shredded

Directions

- Melt the butter in a large, oven safe, saucepan over medium heat until it foams and starts to brown a little.
- Add the garlic and cook until fragrant, about 30 seconds.
- Sprinkle in the flour and cook until it starts to brown a little, about a minute.
- Add the milk and cook until it thickens, about 2 minutes.
- Mix in the nutmeg, salt and pepper.
- Add the parmesan and mozzarella and cook until it melts into the sauce.
- Mix in the spinach, feta, dill, parsley, green onions.
- Mix in the tortellini, sprinkle on the mozzarella and bake in a preheated 350F/180C oven until the cheese has melted and the sides are bubbling, about 15 minutes.

Option: Add a splash of lemon juice to the sauce!

Option: Top with panko bread crumbs, optionally mixed with melted butter, before baking for a crunchy topping!

Tip: Cook the tortellini while you make the sauce.



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THE IMMEASURABLY FINE ARTIST

Th a b a n g Koogotsitse first discovered his talent at the age of five and according to him, he didn't think much of it back then. He started by drawing a simple bus and got paid P20. For a while, he wanted more P20 notes to keep coming but it never happened. As time went on, Thabang then went to primary school where he met other students who could draw but they couldn't do it as good as him and that meant a lot to him because he liked the status of being "the best" and he supposes that's how his talent grew. He went through his school years being told he's the best though he wasn't getting paid for it.

He said that in 2016, when he was still a tourism student at ABM University he made a drawing of his friend called Oreneile

Mlambo who got so impressed and even asked him to open an art page on Facebook to market his work and that's how Dodo's Art came to be.

Growing the page audience was the most difficult part for Thabang as he wanted to give up more often than not because he couldn't sell any of his work for a while but eventually he started selling one artwork here and there which was helping his student allowance to cover all my bills, that's when art turned from being something he does for fun to something he does for a living.

He then made an artwork for Khumo Kgwaadira which shocked people because of how amazing it was. Thabang said a lot of people said it was done with a computer app and it got so much attention that it hit over 30k likes and that's when he started getting a lot of clients. "One thing I learnt with art is

that you don't have to approach customers, you have to create an artwork at your level best and customers will approach you and when they do, give them your level best again and their friends will know about you. That's my selling strategy, I get people to talk about my work," said Thabang.

As good as he's with art, he's not only focused on it, but he is also focused on agriculture. He breeds chickens and manufacture egg incubators. Back to art, Thabang has sold a lot of artworks and has even lost count. He sells his artworks to people of different backgrounds and he even has some of his work in India and America. He has never really cared about entering art competitions because he feels growing artists should be given a chance to win and has something that motivates them. "I remember a few years back I got removed from an art competition because

I was on a different level so there was no point of me competing when the results are obvious," he added.

Thabang does fine artists and he draws using graphite pencil, black charcoal and white charcoal pencils, tombow mono eraser, electrical eraser, and a blender. His business name is Dodo's Art and it can be found on Facebook & Instagram. He said that he never draws unless he's getting paid for it.

He advised the aspiring artists by saying, "I just want young artists to be confident about their work and they should respect their work, if a customer can't afford their work then the artwork can find a cheaper artist. Also, invest on the most expensive art materials you can find, that's how you can produce high quality work. Draw at your level best and your work will speak for you, customers will approach you."

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Exercises for People with Arthritis

These exercises can help your joints and muscles, and benefit your heart, bones, and mood if you have arthritis.

Walking

It's good for almost everyone, unless walking is too painful. Walking is a great bone-strengthening and aerobic activity. Go at a moderate-to-hard intensity level, 60% to 85% of your maximum heart rate, three to five days a week and working up to a 30-minute session. You'll build endurance if you walk longer.

Yoga

It's good for almost everyone can benefit, even people with tender, swollen joints. Yoga packs two great benefits for people with arthritis. Using deep relaxation techniques, like yoga Nidra, promotes a healthy immune system and helps reduce joint inflammation. Plus, gentle stretching is great for maintaining mobility and movement.

Pilates

Pilates are good for arthritis patients who want stronger muscles. They are good for stabilizing your joints and strengthening the muscles that support your joints. Try the "shoulder bridge." Lie down on your back, bend your knees and place your arms along each side of your body. Exhale through pursed lips as you contract the abdominals and lift your pelvis. Inhale through the nose and hold the position. Exhale to lower your pelvis back to the ground and repeat the exercise.

Hand stretch

It's good for people with pain in their fingers and hands. Spread your fingers as wide as they can go, then make a fist, and repeat that stretching and squeezing motion. If you're in the water, open and close your hands underwater, or try squeezing a foam ball. Let it absorb the water before squeezing it out again.

Cycling

It's good for anyone with feet or ankle problems. Whether you're riding outdoors or sitting on an upright or recumbent exercise bike, cycling avoids the pounding of high-impact aerobic activities, but still packs great cardiovascular benefits. It also strengthens the quads. Try cycling for 10 minutes at a time. Build up to 30 to 40 minutes two to three times a week.

Stretching

It's good for anyone with arthritis, as long as you don't overdo it. You can stretch sitting in a chair, if that helps. And you can use a Stretch-Out Strap, a nylon strap with built-in loops for your hands and feet. Try this: Place the ball of your foot through a loop, grasp each end of the strap with your hands, and straighten your leg. Lift your leg, gently pulling on the straps.

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Megan Fox and Machine Gun Kelly's Relationship Timeline, From Costars to Couple

Longing for love? Megan Fox and Machine Gun Kelly (real name Colson Baker) started off their relationship by being coworkers, but it quickly evolved into something more.

The Tennessee native and "Rap Devil" singer met on the set of *Midnight in the Switchgrass* in March 2020. At the time, Fox was married to Brian Austin Green.

Two months later, the costars were spotted together amid rumors of a split between the *Transformers* star and *Beverly Hills*. Green confirmed that he and Fox had called it quits after 10 years of marriage. "...With Brian Austin Green" podcast on May 18, 2020. The two share three sons, Noah, Bodhi and Journey.

While discussing the breakup, the California native addressed Fox's friendship with Kelly, saying that the two were "friends." Green explained that he had been separated from the actress since the end of 2019 and he didn't "want people to think that she or he are villains, or I was a victim in any way with any of this because I wasn't."

Despite Green's explanation of the situation the costars had begun "spending more and more time together because of their work schedules and filming together."



Jana Kramer Files to Divorce Mike Caussin After Yet ANOTHER Cheating Scandal

It is, at last, all over between Jana Kramer and Mike Caussin. Just recently, the country singer and actress confirmed in an emotional social media post that she is splitting from Caussin after six years of marriage...the last few of which were especially challenging.

Because Caussin just kept sleeping with other women.

It's time, wrote Kramer.

"As I try to make sense of a reality I never wanted to believe could be possible again, those words have now become a reality.

"I've fought y'all. I've loved hard. I've forgiven. I've put the work in. I've given everything I have, and now I have nothing else to give." Just recently, in an apparent precursor to this announcement, Kramer shared a photo of herself in tears -- following an ugly fight with Caussin.

The couple shares two children: Jolie Rae, 5, and Jace Joseph, 2. Back in 2016, Kramer and Caussin separated after the latter admitted to cheating on the former.

He eventually went to rehab for an alleged (and absurd) sex addiction, with Kramer eventually forgiving her husband and taking him back... only to constantly talk about his infidelity on social media and in a number of interviews.



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NBA great Michael Jordan will present Kobe Bryant for basketball Hall of Fame induction

When Los Angeles Lakers great Kobe Bryant is posthumously enshrined in the basketball Hall of Fame next month he'll be welcomed in by arguably the sport's greatest player -Michael Jordan. Bryant's family selected Jordan to present him at the May 15 ceremony at the Mohegan Sun Arena in Connecticut, according to a statement from the Naismith Memorial Basketball Hall of Fame.

The five-time NBA champion and the fourth all-time leading scorer in NBA history was elected into the Hall last April in his first year of eligibility -- just months after Bryant, his 13-year-old daughter, Gianna, and seven others were killed in a January 26 helicopter crash in Southern California.

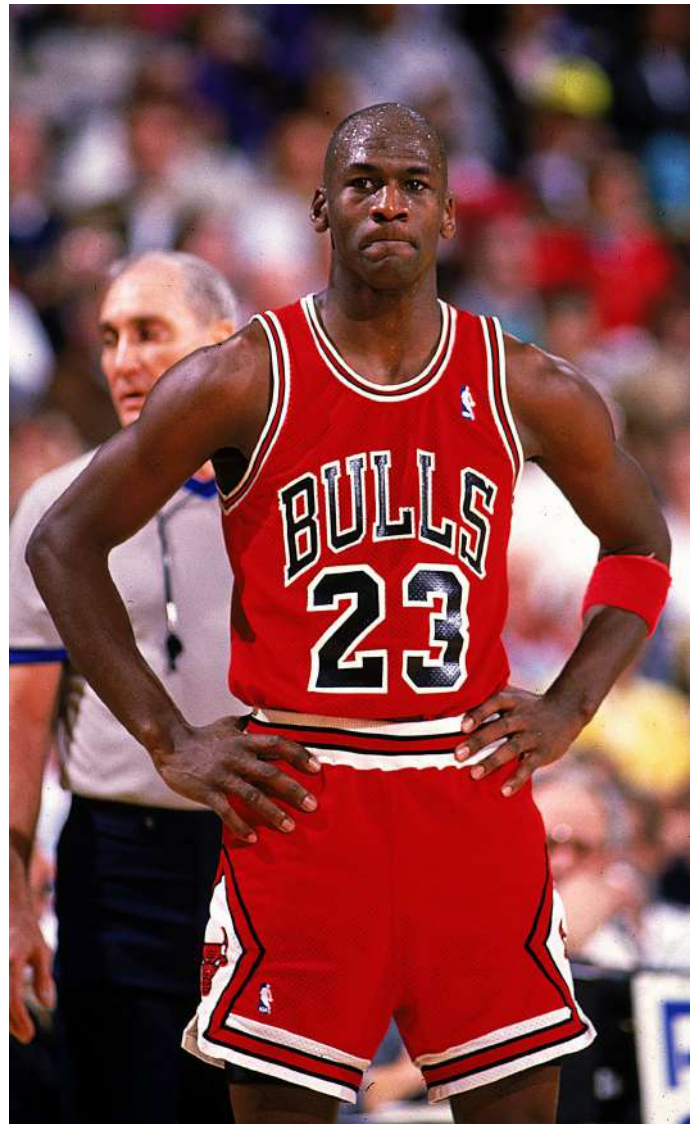
Jordan described Bryant as a little brother in an emotional speech at his memorial service at the Staples Center, where Bryant made so many highlights during his 20-year career.

"When Kobe Bryant died, a piece of me died, and as I look at this arena and across the globe, a piece of you died," he said last February. "I promise you, from this day forward, I will live with the memories of knowing that I had a little brother that I tried to help in every way I could. Please rest in peace, little brother."

The enshrinement ceremony for Bryant and the Hall of Fame Class of 2020, which includes players Tim Duncan, Kevin Garnett and 10-time WNBA All-Star Tamika Catchings, was delayed because of the Covid-19 pandemic.

Jordan also will present Baylor coach Kim Mulkey, who led her team to three NCAA national championships and is the only person to ever win championships as a player, assistant coach and a head coach.

The ceremony will also honor coaches Rudy Tomjanovich, Barbara Stevens and Eddie Sutton, who died in May, and Swiss basketball executive Patrick Baumann, who died in 2018. Source:net



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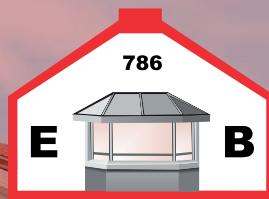
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