

Celebri World

Botswana's Native Magazine

July 2021 P12

**Young
And Vibrant,
Kekana**

**FEZO BW
JUGGLES AMONG
THE CREATIVES
AS A LIVELIHOOD**

**The Black
Fog (Part 2)
Kate Ariel**

**The
Determined
and
Hardworking
Young Man**

Redefining Beauty Standards for women of African descent



**The
Magnificent
Kazungula
Bridge**

**| For Life Water
| Purifying
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**| Steps On How To |
| Grow Duranta In |
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**| The New
| Huawei
| Mate 40E**

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The A Team

Editor

Godiraone Ramanoko

Writers:

Kabelo Leon Mbaya
Kesego Seji Ngwai

Graphic Designer:

Amuchilani Rara

Photographer:

Motlatsi Andre Mafungwa

Cover Story Credits:

Wardrobe: Self

Make up: Self

Hairstyle: Self

Marketing Officer:

Patrick Modisaemang

General Manager

Pinky Aysha Siddiky

Executive Marketing Officer

Amirul Hoque Bhuiyan

Managing Director

N.md Estaq Farthous Bhuiyan



Founder

Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

Plot 14385 First floor of double storey
building, New Lobatse Road
Gaborone West Industrial

Cell: 77606907

Tell: 3937886

Email:celebrityworldbw@gmail.com

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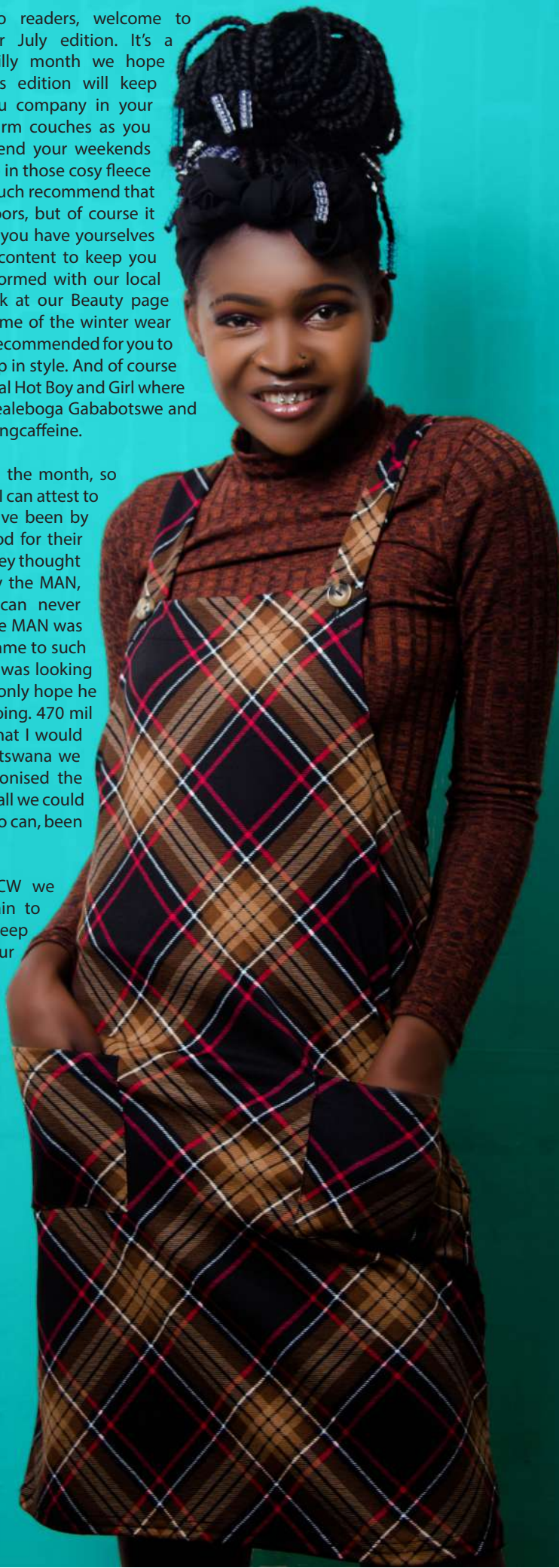
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 www.celebrityworld.co.bw

Hello readers, welcome to our July edition. It's a chilly month we hope this edition will keep you company in your warm couches as you spend your weekends indoors wrapped up in those cosy fleece blankets. We very much recommend that you stay warm indoors, but of course it won't be any dull if you have yourselves our copy, we have content to keep you entertained and informed with our local celebrity news. Look at our Beauty page and get to enjoy some of the winter wear selections we have recommended for you to keep you warmed up in style. And of course there is the traditional Hot Boy and Girl where we have featured Kealeboga Gababotswe and the beautiful Drunkingcaffeine.

This has been quite the month, so much going on, but I can attest to how impressed I have been by Batswana. They stood for their own against what they thought to be unjust acts by the MAN, and although we can never really know what the MAN was thinking when he came to such a decision, what he was looking at and why, we can only hope he knows what he is doing. 470 mil is a lot on money that I would have thought as Batswana we could have revolutionised the industry with it, if at all we could have, those of us who can, been invested upon.

From us here at CW we urge you once again to stay warm, and keep standing out for your own, we are because of all of you folks let the your undying support evermore grow.



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Celebrity World *List*

FILM, TV, BOOKS & MUSIC

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



The Boss Baby: Family Business (2021)

Opening on: July 2, 2021 (formerly September 17, 2021)
Directed by: Tom McGrath
Starring: Alec Baldwin, Amy Sedaris, Lisa Kudrow, James Marsden, Jeff Goldblum, Jimmy Kimmel, Eva Longoria
 The Boss Baby might be Rotten, but its monster box office take

shows the audience is hungry for more. This time, though, the story takes place years after the first film, when the original Boss Baby Ted — voiced by Alec Baldwin — and his older brother Tim have both grown up. Tim now has a smarty-pants infant of his own (Amy Sedaris), who embarks on a secret mission involving her big sister.



Hotel Transylvania: Transformania (2021)

Opening on: July 23, 2021 (formerly August 6, 2021)
Directed by: Derek Drymon, Jennifer Kluska
Starring: Kathryn Hahn, Selena Gomez, Andy Samberg, Steve Buscemi, David Spade, Keegan-Michael Key
 The final chapter in the Hotel Transylvania series will not, in fact, include Adam Sandler as the voice of Dracula, and will reportedly focus more on Selena Gomez's Mavis, Dracula's daughter, who married regular guy Johnny (Andy Samberg) after stumbling into the titular hotel in the first film.



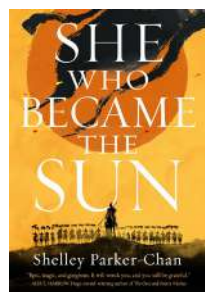
The Forever Purge (2021)

Opening on: July 2, 2021
Directed by: Everardo Gout
Starring: Ana de la Reguera, Josh Lucas, Tenoch Huerta, Will Patton
 Set after 2016's Purge: Election Year, in which the Purge was officially abolished, this next chapter in the franchise goes smaller than its predecessors. Forever follows a Mexican couple who become stranded on a ranch and besieged by strangers who miss the good ol' days of lawless anarchy.

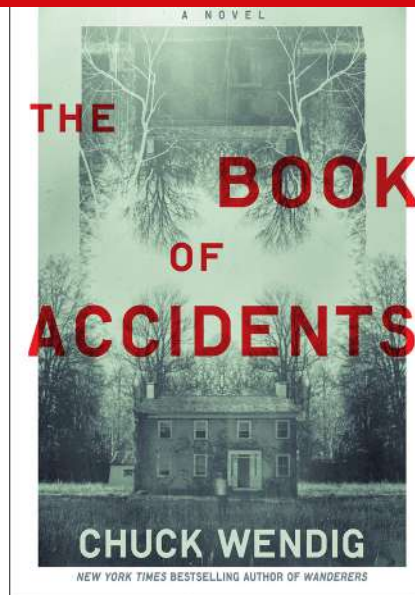
What To Read



The Stranger in the Mirror by Liv Constantine
Expected Date: July 6, 2021
Genre: Mystery & Thriller
Synopsis: A woman with no memory of her past worries about her approaching wedding while a man searches for his wife who mysteriously vanished.



She Who Became the Sun by Shelley Parker-Chan
Expected Date: July 20, 2021
Genre: Historical Fantasy
Synopsis: A bold queer reimagining of the rise of the Ming Dynasty. In 1345, a girl takes on her brother's identity to support the rebellion against the Mongols.



The Book of Accidents by Chuck Wendig
Expected Date: July 20, 2021
Genre: Horror
Synopsis: Although haunted by their traumatic childhoods, Nathan and Maddie still move back to their hometown when strange things begin happening to their son.

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YOUNG AND VIBRANT KEKANA

Ngwako Kekana is an upcoming hip hop artist, originally from Limpopo Tzaneen but currently pushing his hustle in Gauteng, Randfontein around Johannesburg.

He goes by the stage name Kinko and his passion for music has seen his brand continually growing stronger in the music industry. He started his music journey in 2012 and released his first single called 'Ditxosi Ft Dj Azapo Azatra' which was produced by a well talented music producer called Dj Calvin De General.

Since then, Kinko never stopped hustling and he doesn't want to be stopped anytime soon until he gets what he wants. So far, he was booked and performed several times at Gauteng and other provinces.

He also won several titles under his brand and won The CIA Music Records Competition twice, and still looking forward to enter other competitions. Some of his projects are available online including Ditxosi, Block 5 and Mama.

Kinko also bagged several award nominations including The Best Upcoming Hip Hop Artist at the #MAMA20. He is still nominated again this year for Best Upcoming Hip Hop Artist #MAMA21. Voting lines are still open till the 31st of July 2021. To vote for Kinko sms the word MAMA 734 to 40439, R2 per sms!!

Kinko was also featured on one of Mzansi's Biggest Newspaper called Randfontein Herald on the 11th of May 2021. At the moment he is flying indie and looking forward to work with a manager who can help him to showcase his talent to the world. Kinko collaborated with few artists and he is still open and looking forward to work with other artists.

For booking, features and other music related enquiries, hit him up on the following social media outlets:

Facebook: Ngwako Kekana
Facebook Fan Page:@Kinko
Instagram:@Kinko712
Twitter:@Kinkonation
TikTok:@Kinko21



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CHABUYA NATURE AND SOUR MAN BW

EXPRESS THEIR AFFECTION FOR EACH OTHER WITH "SKELEM KEY"



"Chabuya Nature was a friend of my cousin, as they were working together. So one day I called my cousin and Chabuya answered the call as her friend was busy, that's the day Chabuya Nature and Sour Man Bw got to know each other and exchanged numbers" said sour man when he explained of their encounter in the first place. Since that day Sour Man Bw and Chabuya Nature kept on communicating as friends and that was way back in 2017. The two would later on get to meet up for the first time ever in person one weekend when Chabuya came over to Mmopane to pay her friend a visit.

The couple who went on to make their hit "Skelem Key" happened to be in the creative industry when they met. Sour Man Bw was an upcoming musician who did Tswana Dancehall music and as for Chabuya Nature she was in the acting side of the industry doing drama. They would later go on to work together with Sour Man managing Chabuya Nature and released a song together titled Skelem Key. However being in love is the most element that promoted their collaboration, they said that they wanted to achieve the same goal as a family. They became lovers before they came into music business.

Chabuya Nature, a young lady from Nkange village, is still new to the music industry and this is her first experience with this album which was released two months ago. However Sour Man Bw who is from Kopong, has been in music for a while and he was featured once by CW. The couple went to say that music is like a game of gambling, forth which one can take time releasing some songs that they feel are hits and don't work for you whereas someone else can come with one song and make millions out of it.

"The story behind this song is all about love as we believe that without love there is no peace in heart, so our main objective on this song was to advise people to find out what their partners love and try to stick on it and use it as SKELEM KEY OF THEIR RELATIONSHIPS," the couple said when talking about the hitsong. They also said that the song is at international standards and is trending in social media. The song can be heard playing from everywhere in Botswana and it has become a weekend chill session hit. As of today we have simply come to know about Chabuya Nature.

Chabuya Nature and Sour Man Bw met from different tribes they believed that mother tongue is the simplest way to express their own feelings. So they made a native Kalanga song but of course with that amapiano beat that people can groove to. They also said that it was to represent their people.

FEZO BW JUGGLES AMONG THE CREATIVES AS A LIVELIHOOD



Hailing from one of Botswana's major villages which has embraced him and motivated him as an artist, Fezo has been one of Kanye's greatest prides as he has stood to represent the village among the creatives. Fezo Bw, whose birth name is Laron Dioka is not only a musician, but also a fashion and textile designer having graduated with a Diploma and runs a textile business in G-west. As a musician he started recording at an early age by recording a kwaito kwasa album but never really took it as seriously until at a later age. He got to chat with us more about his works.

Where do you hail from?
I am from Kanye

You are a musician, how long have you been?

I have been in the music industry for the past six years.

When you started doing music, what was it that led to it, passion or a talent you wanted to exploit and make money from?
Well I would say both because of the love and passion I have for it, I communicate through it, I talk about my life and life in general to guide, teach and heal other people's souls. And I will also say I do music as a business to generate income.

Did you encounter any difficulties when you got into the music world or you were lucky enough to get hooked?
You know, there is a saying "no pain, no gain," I had absolutely no sponsors to pay studios, no hook ups so I had to work extra to find money and to be where I am now.

How was the reception of your first song?
I would like to offer my sincere gratitude to the Ngwaketse tribe especially the youth as they made my first song their national anthem, the support and love they showered me with made me continue the race I started and not giving up.

So looking back today can you say you are happy with the mileage you have covered and the achievements?
I am happy as I continue, no journey is smooth. A journey of a thousand miles begins with a single step and lastly a winner does not give up until declared the winner.

What are you looking into developing and planning on getting yourself to your aspirations?
I am planning to take Fezo Bw to international platforms and also to sell my music to radio stations and Tv channels. Well my aspirations and goals as Fezo the artist are; 1. To represent Fezo the brand, 2. To ensure my fans across the globe are happy and sing along my music, 3. To inspire and encourage young upcoming artist not to give up along the way and lastly to open or register upcoming artists, groom them and promote their music.

You are not only an artist, you are also in the fashion world, how is that angle of your life working out for you?
It works out for me as they both sell each other. The outfits I design are sometimes used for my music videos, performances, and also being featured on magazines or any social media platforms, I mostly use my designed outfits to sell my brand.

Between these two which of those do you rely on financially?
Currently I rely on designing since covid has been an enemy and put the other on hold.

Which of your songs has been the most outstanding?
Of all my songs, Mpha Lorato is the one that has done wonders.

Have you performed outside Botswana?
I am happy to announce that my work has reached people from different countries e.g South Africa, Nigeria and others. I have not performed outside the country yet, even though I had opportunities to perform outside Botswana and failed because of Covid-19. I had a performance at a fashion show in Nigeria last month but failed because of funds and procedures that followed this pandemic.

Who have you collaborated with?
I have worked with Spiza Valentino and Dublin.

What are you currently working on?
I am currently working on a single named KGARATLHA.

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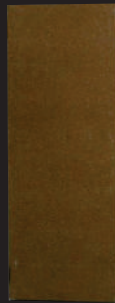
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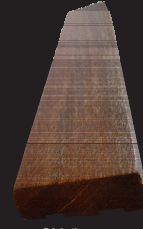


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Redefining Beauty Standards for women of African descent

Beauty is at the helm of a world heavily influenced by the every changing social media trends; for a very long time women of Africa decent have been challenged by the options provided by leading cosmetic brands; Norah Mc Aslin is the woman who has made it her mission to redefine beauty standards to cater to the women of colour and she is doing it with grace and elegance one business move at a time.

Mrs Mc Aslin admits that most of her upbrings was in Bobonong (her home village) where she and her siblings were raised by their mother as a single parent who instilled a lot of disciplines and values that molded her into the woman she is today; these are same values that she used to navigate the new environment she found herself in when she came to Gaborone for further studies at the University of Botswana in 2005.

Norah has always been very passionate about business; she was always working hard to polish her business acumen and etiquette; this is why it was no surprise when she took a leap to come up with a tailored cosmetic brand to cater for women of African descent.

Business is no child's play, before Nora Cosmetics was launched in 2016 there was a lot behind the scenes Norah had to undertake such as researching, conceptualizing and developing each product.



The reason why Norah invested so much time in pre-production is because she has had first-hand experience with not having a makeup foundation shade during her modeling years back stage at fashion shows.

"I remember very clearly when I was a model; makeup artists used to mix different foundation shades to develop a colour that best suits me"

Because Mrs Mc Aslin had previously owned businesses before; she went into running Nora Cosmetics using all the knowledge and experience she had acquired over the years while she was running her salon, beauty parlor and boutique; and catering business.

Running a business requires a lot of patience and support; Norah opens up about how her husband has always stood by her and always supports her business decisions. She literally beamed up as she tells us more about the active role and interest her husband assumes at Nora Cosmetics.

Furthermore, she mentioned that her husband is also her business partner; Norah is more on the creative direction of the business while her hubby is busy tackling the accounting administration of the business.

So one would wonder how the reception of the first local cosmetic brand in Botswana has been like. Nora Cosmetics has been received very well across the country, currently the brand has two outlets (one at Railpark Mall and another at Airport Junction Mall) as well as a mobile studio. Furthermore, the cosmetic brand distributed stock to over 40 pharmacies across Botswana!

So what's next from Mrs Norah Mc Aslin; the business survey mentions that they are looking into penetrating the South African and Zambian markets.

We are very intrigued to find out apart from business what else is Norah Mc Aslin passionate about; she is a proud wife to Mr Mc Aslin, a loving mother of two, an assistant pastor at It is Well Church, social media influencer, life coach and more. Most importantly Norah is passionate about empowering women and the girl child!



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For Life Water Purifying Sachets

For Life water purifying sachets was developed by a man called David Georgiadis and his team. It was developed in order to bring clean purified water to rural and disadvantaged community members throughout the world who do not have access to clean water.

Almost 2 billion people a year drink dirty and contaminated water filled with water borne diseases such as cholera and diphtheria. For Life water purifying sachets were developed to kill all these water borne diseases and make it not only fit for human consumption but to make it a refreshingly enjoyable experience to drink clean and safe water.

It is known that almost everyone has a twenty-litre bucket, more especially rural folk. The treatment process of the For Life sachet involves collecting any river, dam, borehole or rainwater in the 20ltr bucket and adding the contents of the small 3gr sachet. One then stirs the product into the dam water for 5 minutes, then wait for an hour as the water is purified of all contaminants and a flocculation process ensures that the impurities that cannot be dissolved settle at the bottom of the bucket. Then pour the purified water through a clean cloth into another bucket and let stand for 30 minutes, now you have clean, safe and tasty water.

The sachet contains a chlorine derivative that dissolves in the water and gives the water a pH7, which is ideal for human consumption and hence an NSF Certificate. (American Standard of safety for human consumption.) The sachet itself is biodegradable and will not sully the environment.

The water purifying sachets have taken off in India, Philippines, Lesotho and Swaziland and have purified many millions of litres of water. The aim is to reach as many disadvantaged communities as possible with clean water availability. This with the assistance of government.

Farmers and the mining sectors have requested larger volumes of purifying chemicals and mechanisms to agree with their capacity requirements. This is currently being developed.

The product is now available in Botswana.



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The Determined and Hardworking Young Man

Brian Kgosiestile Makoko is affectionately known by "YB Picasso" as his stage name. YB Picasso is a 23 year old independent hip-hop/RnB song writer, producer, manager and a performing artist born and raised in Francistown where he got to discover and pursue his dreams of being a sound engineer.

He does new age hip-hop /Trap /RnB and he is determined to show how he feels when he is in the studio and sometimes plays with soulful beats or old school hip-hop music to get his inspiration and motivation. At the moment, he is an independent artist (self-management), and believes that this helps him grow as an artist and know the right path to take when making decisions.

According to Brian, sometimes being a musician is hard especially when things don't go as planned, like not receiving the same reactions you expected from the project that you had tirelessly worked for. He said looking on the brighter side, being an artist allows one to grab opportunities and get to learn a lot from different people you meet along the journey.

He also said as a new artist in the industry, he hasn't won any award yet but has a lot to expect from the music industry.

Brian started his music career in 2015, where he met K-Fross; a local producer and artist of many flows and styles. He said K-Fross taught him a couple of things to do and not to do into the booth, "Trust me it was never in my life plans to be an artist of any sort, but as time went on I fell in love with music, from making beats to being in front of a camera and performing live on stage," he said.

The multitalented Brian has many talents than just making music, he is a painter and studies Fashion and Apparel Design at Limkokwing University of Creative Technology. He also has passion in photography and hence his name "Picasso" because like he says, everything with his name on it seems to be a masterpiece.

When answering the question on the growth of music in Botswana, Brian said, "The growth of music



industry in Botswana is amazing and looking at the well-known “upcoming” artists, they are really doing their best. Even new sounds get discovered every day in Botswana and I'd like to appreciate each and every one working hard for local music right now.”

As for his growth, Brain said ever since he joined the music industry, that alone has motivated him because he learnt new things every day and it's what drives him to making more music and meeting up with new artists.

A lot of people would wonder if artists do music to seek money or fame, but for Brian that is not the case, in fact his direction as an artist is not even about that but he only wants his music to change people's lives and bring joy to them. “Looking at the reality, money is the motive because in this era it runs the world and you cannot move nor live without it,” he said.

When giving a word of encouragement to other artists, Brain said this, “Life has its ups and downs and just because someone did it first doesn't mean you can never do it better. I am a living testimony of practice makes you better and I remember my first live TV interview, I was so nervous that I couldn't even talk properly and I worked on that until I was fluent and confident with who I am. Another thing I would say is never doubt your ideas, creativity comes from the craziest minds out there and being different from others is not illegal therefore do it, live it and own it!”

So far Brian has about 2 mixtapes which dropped this year and they are all available on Audio Mack. Re-create was his first mixtape which had 6 tracks of mixed genres as of the likes of Drill/Hip-hop and Trap. Officially released in January 2021, Re-create was inspired by his growth, he was re-creating his sounds and lifestyle since he relocated from Francistown to Gaborone where he got to meet a lot of people and learn new things. On May 15, 2021 Brian released his second EP called “RECREATE.SUCCESSFUL”. He said at that time he was comfortable with his sounds and with the type of artist he became.

“RECREATE.SUCCESSFUL was a window for an album I am working on, it's expected to drop sometime end of this year. It has 3 tracks



in it (Extended play) with a feature Remix of “GINIMBI” a single by Romeo STUNNER from Go Hard Entertainment. Also a drill single by YB Picasso called Area47, which is about the impact of my presence in a foreign land,” he said.

Brian describes himself as one artist who highly appreciates local content and artists. He said that he barely finds it useful to make tracks with international artists while he already has good sounds with local artists in Botswana. “On my latest projects, ReCreate and RECREATE.SUCCESSFUL, I made features with the likes of Romeo Stunna, Rzky 267, Anti.dote, Taaylor, ABITOLA and others. Currently I am working on an album with expected features like, King Villa, Teezy JRC, Qvo Pikasso, Teddy West, Abitola, Shaba

Stele, Ab the Activist, Rzky 267, Lean face and if you get your free time you can check out their content on all online music platforms including Tiktok and others,” said Brian.

He continued to say, “What I have learnt about working with international artists is that the majority of us local artists see it as a window of expanding our territories but as for me, I am more of a local content than international.”

Brian said the impact he'd like to make in the music industry is to introduce more northern hip-hop and RnB musicians to other parts of Botswana in order for him to see joy under his name. He said he has been all over Botswana and has never seen hard working people like those in the northern part of Botswana.



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Gemini

(May 21 - June 20)

Gemini people have problems focusing on a given activity, they are easily distracted and are very susceptible to external stimuli as well as emotional. A Gemini woman is too active for this, and she loves her professional work too much. She is a wise, cheerful, very sociable woman who can manage her life. A Gemini male is a very difficult and demanding partner. They need a forgiving and patient partner. As a rule, he is a mess about his romantic soul, distracted, but rather prudent, often handsome, breaking women's hearts.

Cancer

(June 21 - July 22)

Cancer people have very changing moods. People born under this sign tend to see the future in black colours. Cancer women born under this sign are very warm, devoted to the family, and care for their husband and children. Cancer men are very witty, nice and sociable. However, it is easy to offend them, and then they close themselves in their shell, and it becomes hard to reach them.

Leo

(July 23 - August 22)

They feel best when those surrounding them admire, accept and praise them. Sometimes they

can be accused of vanity, though often only in appearance. Leo people are not boring, are born actors, playing throughout their lives. Leo man falls in love just as easily as he falls out of love and he is also a very caring man. Leo woman likes to be the center of attention, mainly because she is sure of her attractiveness and also full of personal dignity.

Virgo

(August 23 - September 22)

Representatives of this sign are strongly advised to learn to listen to others. The fact that they often know how to solve a given problem does not mean that others cannot be right. A woman from Virgo is a perfect partner. She is faithful, economical, very responsible, and at the same time elegant and feminine. Unfortunately, it often happens that she fails to find fulfilment in her life. She is a lover of culture, art and music, a sensitive soul, hungry for new spiritual experiences, at the same time loving great emotions.

Libra

(September 23 - October 22)

Libra people always want to be in harmony with themselves, strive for inner harmony, and have a great sense of taste and style. Their relatively common problem is narcissism that can lead to disturbances in the

perception of the world and themselves. The Libra woman has strong ethical ideals which she often tries to implement in spite of her surroundings. He pays particular attention to the beauty of women, but their character is important to him.

Scorpio

(October 23 - November 21)

People born under this star are considered to be very ambitious individuals who are not afraid to strive for a goal with all their strength, often on bravely and persistently. They are very resistant to stress. Scorpios should work on openness to other people and the ability to stop from time to time to contemplate their surroundings. Scorpio woman is capable of true, hot, passionate love, but she shows her nature only when she feels confident in a given relationship. A Scorpio man is a bit selfish, sometimes prone to jealousy.

Sagittarius

(November 22 - December 21)

Sagittarius people surround themselves with forgiving people who can tolerate their honesty. The Sagittarius woman is also full of life, cheerful and witty; she has a strong sense of freedom and independence, she values her honor very much. She also draws great attention both to the man's appearance, as well as to his upbringing and sociability. Sagittarius men will create good relationships with women from the scales of Libra, Leo, and Sagittarius.

Capricorn

(December 22 - January 19)

Capricorn people are influenced by Saturn, which makes them serious, but also cautious and very eager in what they do. Capricorn women are usually very attractive and stand out from the crowd with a really strong character. She is extremely brilliant and often impresses with the strength of the spirit and body. A Capricorn man usually avoids showing emotions and feelings. He appreciates very calm, modest home comforts.

Aquarius

(January 20 - February 18)

Aquarius people are very friendly and sociable, they are positively oriented towards the environment, but they always

keep their distance. An Aquarius woman always tries to be herself and does not like herself so much in other people, like playing a pretense, pretending to be someone other than in reality. An Aquarius man knows what he wants, does not expect other advice or tips; he solves the embarrassing situations he has to deal with in life.

Pisces

(February 19 - March 20)

Pisces people help everyone surrounding them, they try to be joyful and loving, and there is no situation where they would pass by indifferently. They are also very creative people. The Pisces man is a seemingly clumsy who cannot manage his life. He is often a bit withdrawn. He is somewhat cordial, has a refined taste and likes good food. A Pisces woman is usually an introvert, locked in herself, generally recognized by her surroundings, which she does not know very well, as a quiet and peaceful person.

Aries

(March 21 - April 19)

Take care of your health, which you have neglected a little recently. In recent times you have had many things on your mind, as well as many stresses that have not necessarily had a good effect on your health - both physical and mental. Therefore, for the sake of the body, for example, start practicing any chosen sport. You will attract the attention of people born under the sign of Capricorn and Cancer. Someone for whom cooking is a passion will invite you to your home.

Taurus

(April 20 - May 20)

Taurus people are usually traditionalists. They are static types, very balanced and rather calm, not hiding behind new things in life. They do not like to fail to meet their obligations on time and are extremely patient. Nobody thinks of a plan of action like them. The Taurus woman is endowed with good taste. She dresses elegantly, runs the house perfectly, in an example of economy and practicality. The Taurus man likes to keep his finger on the pulse, care for his loved ones and feel that he is a refuge for them, someone special.



HAIR CARE TIPS FOR WINTER

By: Fro'Niques

The winter air can be particularly drying. It can strip the moisture from your hair leaving it dry and dull. In winter months, many naturals struggle with retaining moisture and preventing breakage. With a demanding schedule — work, school, family, keeping natural hair healthy during the winter months can be even more daunting. But just because you are busy, does not mean you have to fall victim to winter breakage.

Here are some tips for winter care, even a busy natural can use:

- Use Nourishing Shampoo
- Wash Your Hair Less Often

Are you using a nourishing shampoo and deep conditioning, but still experiencing dry hair? Then try washing your hair less often. If you're shampooing twice a week, try once a week, but no less than bi-weekly.

- **Pre-Poo Before You Wash Your Hair**

To protect your hair from the drying wash process, pre-poo your hair with your favourite oil or conditioner. Pre-poo is the best and it prevents damage during your shampoo session.

- **Invest In A Good Deep Conditioner**

If you're attempting to deep condition your hair with a washout conditioner, then you are wasting your time. When searching for a deep conditioner, look for the words "treatment" or

"masque".

- **Steam Your Hair**
The key to moisture is water. During winter months, the dry, winter air (with no humidity) leaves our strands thirsty. To avoid saturating your hair on a regular basis, try steaming your hair. You don't even have to sit under a steamer. You can simply steam your hair while taking your shower just forget about that shower cap.

- **Wear A Hat (With Silk Lining Or Silk Cap)**

Protect your hair from the cold, winter hair by wearing a hat. Just make sure that you either line with silk or wear a silk cap when wearing wool or cotton hats.

- **Trim Your Ends**
The dry, winter air can result in dry, brittle hair. Make sure that your ends are healthy by trimming away any split ends.

- **Seal Your Ends**
After you've trimmed your ends, don't forget to seal your ends to reduce splitting and breakage. Use a heavy oil or butter to seal your ends to protect them from the dry air.

- **Protect Your Ends**
When using protective styles, remember to tuck your ends away. Buns and updos are great in the winter time. Remember: If you braid or twist your hair, you must also tuck your ends away for ultimate protection.

- **Massage Your Scalp With Oil**

Are you suffering from a dry, itchy scalp? Consider doing scalp massages with an oil.

- **Avoid Blow-Drying Your Hair**

Although winter is officially "straight hair weather", it's important to note that blow dryers rob your hair of a moisture. So if you are already battling excessive dryness, then you may want to avoid using your blow dryers. Consider heatless options like African Threading, Bantu Knots. If you do use a blow dryer, make sure that you deep condition first.

- **Drink Water (And Eat A Balanced Diet)**

Hydrate and nourish your body from the inside out. Healthy hair starts from within so drink up!

- **L.O.C. (Liquid, Oil, Cream) Method to properly moisturize your hair**

During the winter months, it is important to properly moisturize your hair.

- **Wear A Silk Bonnet At Night**

Protecting your hair at night is important all year round, but it is important during the winter months. Your home's heating system will cause a lot of dryness in the air at night.

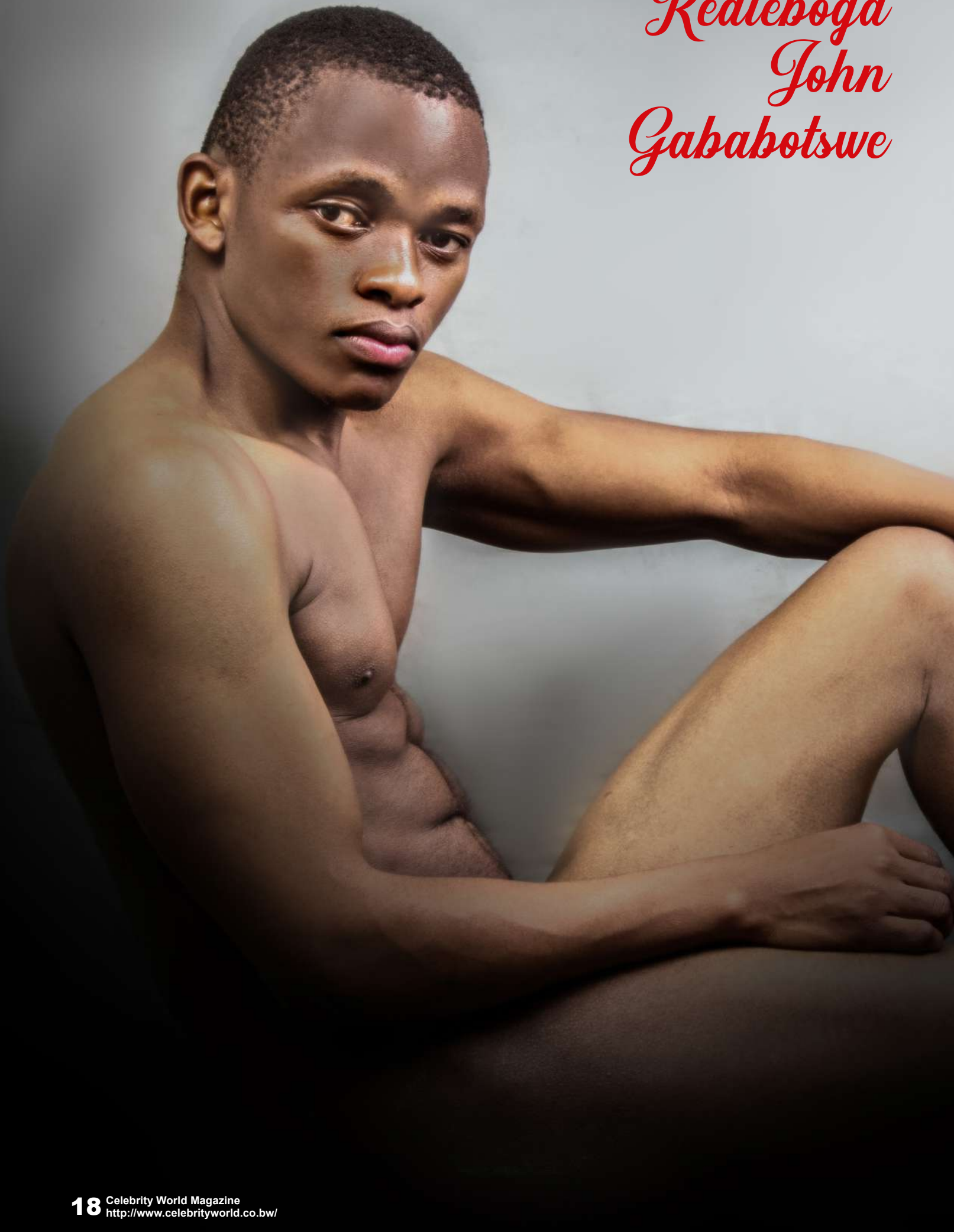
- **Handle With Care**

In the winter months, your hair may be a bit drier. Dry, brittle hair is more fragile. Even if you are properly moisturizing your hair, you should take the time to properly detangle your hair. Try finger detangling and/or the use of a seamless comb. Only handle your hair if it is pliable. If your hair feels dry and brittle, first spritz with water or steam before handling.

Incorporating Fro'Niques Hair Care Products in your winter hair care routine will help boost the overall gloss and health of your hair despite the harsh weather. Get Fro'Niques Hair Care Products to avoid the winter blues and maintain strong healthy and shiny hair.



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The Black Fog

(Part 2)

Kate Ariel

As someone who suffered abuse throughout my life, I would like to share what I believe to be some signs that you suffered from childhood emotional abuse.

1. Asking Questions When You Know the Answer

If you have ever been criticized, you may doubt yourself, even when you know you are right. We constantly seek advice and view from people close to us but when the same people whom you trust and count on criticizing you and tell you; you can't do it. That would make you feel: bad and worthless. Their words would start to get into your head setting you up and makes you make things up. You start to doubt yourself and question whether you have done something wrong, when in actual fact it was them, planting things in your head and telling you lies.

Man's approval instigates to control your life and every decision that you make. Due to this, you may find that you ask a million questions but no work was done.

2. Always Saying "Sorry"

When you have gone through abuse you feel that you will never be able to do anything right, so you always apologize for everything. You feel like everything is all your fault. Eventually, things just get too much, you start to have an escape; locking yourself in the room, isolating yourself from people. You will start having thoughts about killing yourself and start cutting yourself just to get the pain off you.

3. Second Guessing Everything

Living in the world of emotional abuse, you never truly believe in anything, let it be a relationship, a job, you just know that it's too good to be true, you know it's not going to last for a long time. You are always in fear of something bad happening. You start to build a wall around yourself and have a coping mechanism of the situation you are in.

4. You Are Tough, But Very Sensitive

You experience a number of emotions at a young age, causing you to be sensitive to your own emotions and other people's. When you had a hard childhood life, you learn to be tough when you grow up because you don't want to become weak emotionally. Your emotions take over your life, they overpower you that every decision you make is based on your emotions thus people start to take advantage of you. You become a Shipwreck .

5. You Are Indecisive

It's harder to make decisions if you spent your childhood hearing that you weren't good enough. You base your decision on what other people are telling you and what's good for you because you are unsure about your own decisions. You become a slave of other people. They control your life, that's why there are people whom you can't seem to leave without because you have made those people your idols that your life revolve around them.

6. You Are Self-Disciplined

In order to battle a parent or guardian that constantly was searching for what you hadn't

done, or had done wrong, you become a perfectionist. You are timely, clean, and organized. Many victims of abuse over-do things because they want to please people, they want people's approval.

7. Sensitive To Loud Noises

If you have been raised in fear, to the extent that when someone yells at you, you might think they are abusing you. Even when someone talks to you in a loud noise trying to correct you, you would feel they are attacking you.

8. Introvert

Being alone seems like a great escape because you feel everyone is there to attack you. So many victims of abuse are afraid of people even to converse with them so they try to distance themselves from people.

9. Being Defensive

Everyone you have a conversation with you would want to defend yourself as a way to make them understand you more because you have a feeling that they will judge you. You perceive people as offensive because of what you went through in the previous abuse.

10. Attachment Issues

You may find that you fear others leaving you, or abandoning you. Most emotionally abused people they are afraid of losing people they have in their lives. Everyone who shows a spirit of love and care towards them they tend to get attached to those particular people as they consider them as their source of protection and security.

11. Issues With Eye Contact

When speaking, you fear to look at another person because the nerves will take over you and you wouldn't feel comfortable to even make eye contact with the person you are speaking with.

12. Running Away From Conflict

Emotionally abused people tend to run away from conflict rather than face conflict, which gives them massive anxiety, it feels easier to just leave the situation entirely the way it is.

13. Constantly Beating Yourself Up

After being abused, you are used to some sort of ramification for wrong doings. In turn, you constantly beating yourself up. You start altering bad, negative words to yourself.

14. Having Issues Getting Close To Others

If you have been abused, you have issues getting close to people, you find it hard to interact with people or make a conversation with them.

15. You Are Quiet

You feel as though you have no voice after you have been made to feel so small and wayward your whole life.

16. You Can't Take A Compliment

When someone tells you how wonderful you are, you doubt their words, because you can't see yourself as good. Their words are not convincing enough.

17. You Have Low Self-Esteem

You look down upon yourself and lack self-confidence.

18. You Don't Feel Useable

No matter what you do, you doubt that you are capable of doing anything good. You lack drive and motivation because you don't see anything good coming out of yourself i.e. you are useless.

19. You Are Always Nervous

Everything worries you and makes you nervous. Even the slightest sign of trouble, you feel overwhelmed.

20. You Are Angry

You just develop that outburst of anger inside you because your whole life you sat

back and watched an angry person treat you so bad that you end up becoming what they did to you.

21. Self-Harming

Harming yourself, for instance, cutting yourself you feel you are taking away the pain you went through during your previous abuse. Pain becomes a part of you. You feel as though you deserved it, and often times these self-harming behaviors follow you into adulthood.

22. Mood Swings

When you have lived with a toxic abuse, you would start to develop mood swings that would come at random times because they would be a reminder of the hardships you went through.

23. Auto-Pilot Life

People with previous emotional abuse sometimes blank out i.e. zone out during the entire conversations. And it's not because they don't want to be present, but they just disassociated from the situation.

24. Commitment Issues

When you have been hurt multiple times it's so hard for you to commit. You are unable to trust others enough to settle with them i.e. you have trust issues. It's hard to believe in people.

25. Addiction Issues

When you been through hard emotional abuse you often cope through addictions like hard drugs, alcohol, stealing, gambling, eating, etc. they become an escape for the pain you went through, they make you forget the pain for short period of time. They find comfort in them because it's their coping mechanism.

26. You Are Humble

Despite it all, when you do have something good in your life, you appreciate it. It's the past that makes you realize a lot about yourself. We need our past to realize our future.

It is not a good thing, but it didn't make you become a bad person. In its place, it made you stronger and a survivor..



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Steps On How To Grow Duranta In Your Garden

Choose a place in the garden that gets full sun. Prepare the planting area well by digging the soil and adding fertilizer. Dig the planting hole twice as wide to a depth that is equal to your hand size and remove the plant from the container, gently tease the roots.

Position in a hole and backfill with soil, gently firming down and form a raised or doughnut shaped ring of soil around the outer edge of the plant's root zone. This helps to keep water where it's needed. Always water in well after planting to settle the soil around the roots and keep the soil moist for several weeks while the new plant establishes.

Growing tips of Duranta

- Water regularly during establishment and longer-term rewater when the top soil dries out.
- Mulch well to keep soil moist.
- Make sure the soil is well draining.
- The suggested planting interval is 2 per meter (50cm spacing).
- Prune regularly to maintain the desired shape.

How to grow durantas in a pot

Choose a pot that is at least twice the size of the selected plant. Place in a position in the garden that receives full sun.

Fill the pot with a quality potting mix.

Remove the plant from the container, gently tease the roots and cut away any circled or tangled roots.

Position in a hole and backfill with potting mix, gently firming down. Water in well.

Mulch around the base with organic mulch.

Feed occasionally with soil improver and plant fertilizer to ensure strong root development.



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Choosing The Right Kitchen Countertop Materials

Tile Countertops

Tile countertops are a great choice if you want an inexpensive material that's easy to maintain. It's simple to coordinate with or mix and match with different design styles. Best of all, if you're handy, a tile kitchen countertop is a do-it-yourself project that you can tackle in a long weekend.

Polished Granite Countertops

Still the top choice of most homeowners, traditional granite countertops offer a high-end look that adds to your kitchen's value while providing a durable prep surface. Because granite is a natural material, variation in the stone's pattern is common and, for most people, adds to its appeal but can make matching up slabs tricky.

Laminate Countertops

By far the most budget-friendly option, laminate countertops are enjoying resurgence in popularity thanks to new patterns that resemble natural stone, wood or even quartz at a fraction of the cost. Retro, mid-century looks like the ubiquitous boomerang and bright, saturated colors are other trendy choices to consider.

Marble Countertops

With timeless appeal, this stone gives any kitchen a decidedly high-end look and, although the cost is comparable to some granite, marble is porous so staining can be a problem. Regular sealing and special care with anything acidic to prevent etching will keep the creamy surface looking its best.

Honed Granite Countertops

A twist on popular polished granite, honed granite gives a soft, matte finish instead of the traditional glossy look. Like polished granite, honed granite is just as resistant to scratching, chipping, cracking and heat, making it one of the most durable kitchen countertop options around.

Stainless Steel Countertops

Stainless steel lends a modern, industrial look to this stylish kitchen. The metal surface coordinates with any color and is one of the easiest countertop materials to clean — just wipe off stains with a cloth and mild soap.



The New Huawei Mate 40E

Huawei's latest mobile launch is the Mate 40E. The smartphone was launched on the 10th of March 2021. The phone comes with a 6.50-inch touchscreen display with a resolution of 1080 pixels by 2376 pixels.

The Huawei Mate 40E is powered by 1.95GHz octa-core (2x2.86GHz + 2x2.36GHz + 4x1.95GHz) HiSilicon Kirin 990E processor and it comes with 8GB of RAM. The phone packs 128GB of internal storage. As far as the cameras are concerned, the Huawei Mate 40E packs a 48-megapixel (f/1.9) + 16-megapixel (f/2.2) + 8-megapixel (f/2.4) primary camera on the rear and a 13-megapixel front shooter for selfies.

The Huawei Mate 40E runs Android 10 and is powered by a 4200mAh. It measures 158.60 x 72.50 x 8.80 (height x width x thickness) and weighs 188.00 grams.

The Huawei Mate 40E is a dual SIM (GSM and GSM) smartphone that accepts Nano-SIM and Nano-SIM. Connectivity options include Wi-Fi, Wi-Fi standards supported, GPS, Bluetooth, NFC, Infrared, USB Type-C, 3G and 4G (with support for Band 40 used by some LTE networks in India). Sensors on the phone include In-Display Fingerprint Sensor, Compass Magnetometer, Proximity sensor, Accelerometer, Ambient light sensor and Gyroscope.

The phone is quite pricy but worth it, with a price tag of BWP 7142

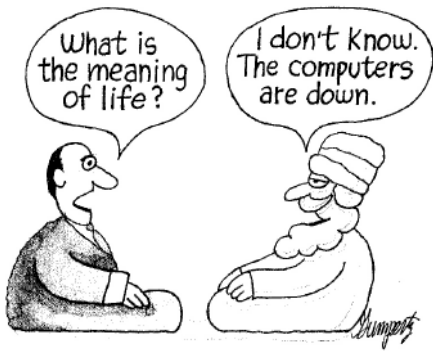


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An old hillbilly father had a wife who nagged him unmercifully. From morning till night (and sometimes later), she was always complaining about something. The only time he got any relief was when he was out plowing with his old mole. He tried to plow a lot.

One day when he was out plowing, his wife brought him lunch in the field. He drove the old mole into the shade, sat down on a stump and began to eat his lunch. Immediately his wife began pestering him. Complain, nag, nag; it just went on and on.

All of a sudden the old mole lashed out with both hind feet; caught her smack in the back of the head and died on the spot.

At the funeral several days later, the minister

noticed something rather odd. When a woman mourner would approach the old farmer, he would listen for a minute, then nod his head in agreement; but when a man mourner approached him, he would listen for a minute then shake his head in disagreement.

This was so consistent, the minister decided to ask the old farmer about it. So after the funeral the minister spoke to the old farmer, and asked him why he nodded his head and disagreed with all the men.

The old farmer said, "Well, the women would come up and say something about how nice my wife looked, or how pretty her dress was, so I'd nod my head in agreement." "And what about the men?" the minister asked. "They wanted to know if the mule was for sale."

A first grade teacher was having trouble with one of her students. One day she asked Jonny what his problem was, he replied, "I'm too smart for the first grade, my sister is in the third grade and I'm smarter than her too." "The teacher took him to the principal's office and explained the situation to the principal. The principal told her that he would give Jonny a test and if he failed to answer one question, he would have to go back to the first grade and be quite.

The teacher and Jonny both agreed.

Principal: "What is 3*3"

Jonny: "9"

Principal: "6*6"

Jonny: "36"

And so it went on like this, the principal asked him every question a third grader should know. Finally after about an hour he told the teacher "I see no reason Jonny can't go to the third grade, he answered all of my questions right." The teacher asked if she could ask him some questions. The principal and Jonny agree.

Teacher: "What does a cow have 4 of that I only have 2 of"

Jonny: "Legs"

Teacher: "What do you have in your pants that I don't have?" the principal gasps but before he can stop him from answering Jonny says, "Pockets"

Teacher: "What does a dog do that a man steps into?"

Jonny: "Pants"

Teacher: "What starts with F and ends with K and means a lot of excitement?"

Jonny: "Firetruck"

The principal breaths a big sigh of relief and says "Put Jonny in the fifth grade; I got the last 4 questions wrong."

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The Magnificent Kazungula Bridge

It took years and challenges to have it completed but in the end was all complete and opened up and the bridge really is a beauty. All the wait and anticipation was worth it, not only does it make a smooth sail for transportation and interaction among some SADC countries, it is also a beautiful landmark that will draw in tourists from all over to admire this beautiful modern attraction site.

Many Batswana and even the partner neighbour citizens from Zambia have travelled from their resident places just to have a feel of the bridge since its official opening. Batswana have proudly posted pictures of them already at the Bridge coming all the way from Gaborone and from even further south of the country and I must admit it's also on top of my to do list. The bridge is placed perfectly over the famous Chobe River, now that's how you improve a tourist attraction destination.

Although this dream came to be, it's not all an easy story behind its construction. There were financial problems and there was an unnecessary extension to the project which led to it taking much longer than anticipated. One other thing that was a challenge was when one of the neighbouring country pulled off the project and the bridge had to be bended away which was not part of the primary plans but it worked out quite



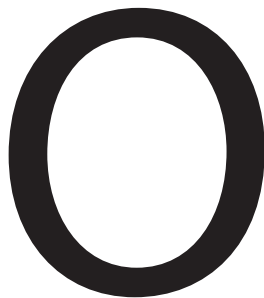
well for the look of the bridge. There were many challenges that took place in the construction of the \$260 million landmark but it's now tales of yesterday.

We can now only look in amusement as a nation and be proud of this landmark, it is yet another step up to the beauty that is our Chobe region, so save up some money this winter and make sure it's the place you will travel to during summer, you can even go

up there for your Independence holidays. You will get to enjoy a ride over the bridge, admire its beauty, get to feel the cool breeze of the Chobe River over your face as you stare over those magnificent waters, it does not get any better than that. Over that you can as well book a boat cruise and get to ride around the bridge and admire it from the waters, it's just up to you to see how you will explore it.



Cheesy Steak Soup



One of my current food obsessions is the Cheesy steak sandwich, there is just something about the simple combination of steak and cheese!

This is a soup version of the cheesesteak using ground beef for the 'steak' and it incorporates some common additions to the classic sandwich in the form of green bell peppers and mushrooms. The beefy broth is seasoned with garlic, Nyama China Spice that I came across at my favorite spice shop by Bontleng, Worcestershire sauce and ketchup. The final component of the soup is the cheese which comes in one of two forms, both of which are common in cheesesteak sandwiches, either cheese whiz or provolone! The cheese whiz is melted into the broth of the soup and the provolone is melted on top of the soup in a stringy melted cheesy goodness.

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes
Servings: 4

Ingredients

800g ground beef
 1 onion, diced
 2 green bell peppers, diced
 400g mushrooms, quartered or sliced
 2 cloves garlic, chopped
 1 tablespoon of Nyama Choma Seasoning (or salt and pepper to taste)
 4 cups beef broth
 2 tablespoons ketchup
 1 tablespoon Worcestershire sauce
 1/2 cup cheese whiz and/or 400g provolone cheese (deli slices or shredded)

Directions

- Cook the beef, onions, peppers and mushrooms in a large saucepan, breaking the beef apart as it cooks, and drain off any excess grease.
- Add the garlic and steak seasoning and cook until fragrant, about a minute.



- Add the broth, ketchup and Worcestershire sauce, bring to a boil, reduce the heat and simmer for 10 minutes.
- If using cheese whiz, mix in and enjoy!
- If using provolone either mix it into the soup and let it melt OR divide the soup between oven safe bowls, top with the provolone and place under the oven broiler until the cheese has melted, about 1-2 minutes.

Option: Add a pinch of red pepper flakes along with the garlic for some heat!

Option: Add 500grams of pasta and additional 2 cups of beef broth for a pasta version!

Tip: Enjoy with crostini!



Art With Martin Sefako

His name is Kaboyamodimo Martin Sefako, he's a 23 year old Mahalapye native and he's currently doing his final year at the University of Botswana where he studies Architecture.

Martin is the third born in his family and he's the only male child. According to him, growing up as the only male child in the family has contributed a lot to his love for art as most of the time he was alone while his sisters were playing together so he used that time to draw.

He said in the interview that his love for art also influenced him to study Architecture because art is a pre-requisite for architecture. He started drawing from a tender age but actually started doing it as a business when he was at senior school.

Martin also said his junior school teacher introduced him to the art industry and he usually brought him clients to draw. He also supported his business by giving him drawing pencils, papers and other stationeries.

In 2017 he created his Facebook page 'Art in Martin Sefako' which really contributed to the growth of his business and he has watched it grow through the years to where it is right now.

"My art has grown so much that it has received recognition from celebrities such as Pearl Thusi, Sho Madjozi, Hungani Ndlovu and it has even reached an international platform by getting recognition and praise from the American actress Taraji P. Henson," he said.

Martin said that he usually gets compliments for his work, from international fans all over the world and this has so far helped his business as it has grown so much and it's all because of the support he gets from his fans who share his work.

He usually does his work with charcoal pencils and Caran d'Ache Luminance colored pencils for the colored portraits as they are of really high quality. He said that he markets his business through social media platforms more especially on his Facebook page which has over 65k followers.

Martin is not only an artist but also a full time student who has managed to fit art into his everyday school schedule. He has sold thousands copies of his work so much that he has lost a count on the number he has sold. He believes that this shows how Batswana are supportive of his business.

He has client's country wide and recently South Africans have also shown interest in his work. So far his achievements go from, best in art from form 1 to 5; Best Art student in Mahalapye-Shoshong junior schools in 2013 and 3rd Best student in Serowe region and he got 3rd place in 2018 Art competitions at the University of Botswana.

"Art is my passion and somehow a part of me. It has always been there all my life and I seriously can't imagine a life where I am not an artist. I am where I am today because I kept on perfecting my work and I am grateful to my family for the support they gave me," he added.

Facebook: Art in Martin Sefako
@sirdrawalot_
sirdrawalot_bw
73253930 / 75116148

Instagram:
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Contacts:



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Facebook.com/Hakim Electrical

Plot 14447, Unit 03,
G/west Industrial,
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How To Get A Flat Belly With No Crunches

Relying on crunches alone to trim your waistline is as useful as wishing for a flatter stomach. To get results, you need to train your core to stabilize your whole body.

1. T-Stabilizer

Get into a pushup position (a). Shift your weight to your left hand and rotate your body, raising your right arm into the air so that your arms and torso form a T (b). Hold for one or two seconds, then return to start. That's one rep.



2. Reverse Wood Chop

Squat, holding a medicine ball next to your right hip (a). Keep your arms straight and raise the ball up and across your body until you're standing and the ball is above your left shoulder (b). Lower back to start. That's one rep.

3. Single-Arm Bent-Over Row

Hold a dumbbell in your right hand, bend your knees, and lean forward from your hips (a). Brace your abs and pull the weight up to chest height without rotating your torso (b). Return to start. That's one rep.

4. Single Arm Lunge

Hold a dumbbell and raise your right arm, keeping your elbow close to your ear (a). Step forward with your left foot, lowering until your thigh is parallel to the floor (b). Push off your left foot to stand. That's one rep.

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A THIRD WORLD LARGEST DIAMOND FOUND FROM A DUSTBIN?

A diamond believed to be the third largest ever found has been put on display in Botswana. The stone - weighing 1,098 carats - was shown to President Mokgweetsi Masisi, two weeks after the diamond firm, Debswana is said to have unearthed it. The huge gem is only slightly less heavy than the world's second-largest diamond which was also found in Botswana in 2015.

"This is the largest diamond to be recovered by Debswana in its history of over 50 years in operation," said Lynette Armstrong, Debswana Diamond Company's acting managing director. Botswana's Minerals Minister, Lefoko Moagi, also said the latest find could not have come at a better time for Botswana after the pandemic caused diamond sales to slump last year.

O R A K E N G KEFENTSE, is the man whom some reports however say was the one who discovered Debswana's largest diamond ever. Kefentse is said to have picked this 1,098.3 carat diamond from a collection bin at Jwaneng Mine. It is very much amazing and alarming as to how it might have gotten there. Still on the matter of this discovery, South Africans are said to also have given out some warning with rumours that the Queen Elizabeth is linked to the diamond. Queen Elizabeth is currently the official owner of the largest diamond ever to be discovered in the world, which was found in 1905 in South Africa.





for the men's 400m and 200m respectively. He is to also race in the with the local men's relay team which also qualified for the Olympics as well.

Along with Makwala other athletes who have qualified for the Olympics are; Nigel Amos is also another icon as the world 800m champion. The champion has however not been participant on Wanda Doha Diamond league due to advices from doctors so as not worsen his injury prior the Olympics. Another icon to qualify is the woman's 400m champion Amantle Montsho and two other 400m racers too Christine Botlogetswe and Galefele Moroko.



MAKWALA CONTINUES TO DOMINATE THE TRACKS

Botswana's Isaac "Badman" Makwala has continued to dominate the tracks worldwide by breaking through the limits. The sportsman registered another season best on the 20th of June in Poland when

he scooped position one to a 44.47 mark. The 400m champion was racing against the likes of Zalewski karol from Poland Borlee Dylan from Belgium for a man 400 m race.

Makwala had previously won another 200 m race also a week back at the 40th edition of the Continental Tour FBK Games in Hengelo, Netherlands. The star is also set to compete in the Tokyo Olympics having made the team



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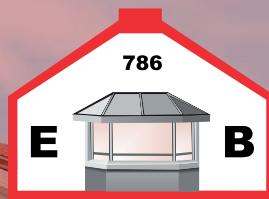
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