

From Dancers To Hit Makers

Major Key Versatility Smart

Dj Twaza Testifies

The Black Fog (Part 1)

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Dynamites Come In Small Packages



From Folklore To Rhumba

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Our June 2021 issue is here. We have four years plus, of existence and we are indeed satisfied with the evolution these years. Now, check what's inside and what has changed in our Magazine. But if you happen to be our new reader, give us a try and let us know what you think. This month our issue is dedicated to winter season, we rejoice the amazing glow of winter. Page through the fashion page where we have shared with you a collection of winter clothing and outfit ideas for you. Who else could forget business advice on page 26? The page that helps you to use money wisely. We hope you find inspiration in the content on this page.

We'd like to extend our continued thanks to all of the readers and supporters of CW magazine, because we could not do it without you. Be sure to keep warm this winter month!!

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The Hitman's Wife's Bodyguard (2021)

This movie will be released on June 16, 2021. In the movie, the world's most lethal odd couple - bodyguard Michael Bryce and hitman Darius Kincaid are back on another life-threatening mission. Still unlicensed and under scrutiny, Bryce is forced into action by Darius's even more volatile wife, the infamous international con artist Sonia Kincaid. As Bryce is driven over the edge by his two most dangerous protectees, the trio get in over their heads in a global plot and soon found that they are all that stand between Europe and a vengeful and powerful madman. Joining in the fun and deadly mayhem is Morgan Freeman as - well, you'll have to see.



In The Heights

"In the Heights" was originally scheduled to debut last June, but the movie was postponed due to the coronavirus pandemic. The film, like the rest of Warner Bros.' 2021 slate, is debuting simultaneously on HBO Max and will be available on the streaming platform for 31 days. The movie will be released on June 11th, 2021.



The Conjuring: The Devil Made Me Do It

This movie is to be released on June 4. The story is loosely based on the trial of a 19-year old Arne Cheyenne Johnson, who was convicted of stabbing to death his landlord in 1981 and attempted to blame demonic possession for his actions. Johnson said the 11-year-old brother of his fiancée had been possessed months earlier, that they had enlisted the help of real-life self-proclaimed demonologists Ed and Lorraine Warren, and then the demon fled from the boy's body into Johnson's.

What To Read

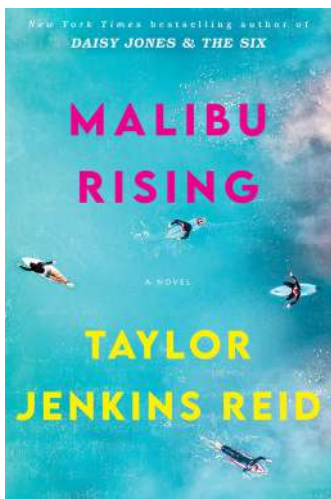
Malibu Rising

Author: Aylor Jenkins Reid

Expected Date: 01 June 2021

Genre: Literary fiction, Saga

Four famous siblings throw an epic summer party at their Malibu mansion. Secrets come out, the party gets out of control, and a fire will burn it all down by dawn. Malibu Rising is a gorgeous family drama that surpasses a simple beach read. The story of the Riva children abandoned by their famous rock star father is heartbreakingly sad and yet still hopeful. The characters come alive as each sibling ponders if they can escape their parents' fates. An all-around brilliant read that belongs on your summer reading list.



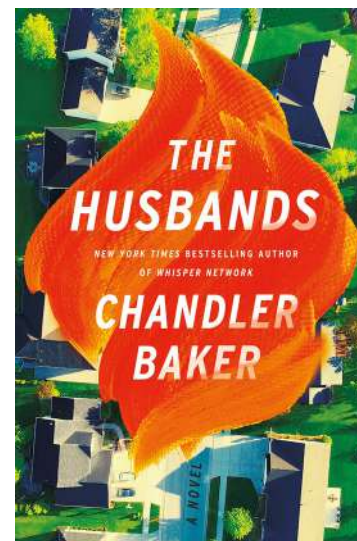
The Husbands

Author: Chandler Baker

Expected Date: June 30, 2021

Genre: Thriller, Domestic Fiction

Even though her husband helps out, successful lawyer Nora Spangler feels like she carries an unfair share of the domestic burden. When they move into an exclusive suburban neighborhood, Nora finds a group of high-powered women with extremely supportive husbands. While helping with a resident's wrongful death case, she discovers they all have a secret worth willing to kill over.



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With the help of these companies he started working on the album in South Africa. The album has featured many renowned artists both in Botswana and South Africa like DJ Bino, DJ Callme, DJ Tpz, DJ Muzik and Tshepo just to name a few. The album is a 15 tracks album with various beats including the very famous amapiano sounds. When he launched it in March he stated that the album has a beat for everyone to enjoy. He says that there is a definite chance that anyone will find that one song in the album they really feel its vibe and will enjoy. The album was cooked up for two years.

DJ Twaza also says that he released the album knowing that we are in the tough era of the Covid-19, but he trusted that it would nevertheless sell and do well. He also made sure that he sells it packaged as CDs. Dj Twaza says he couldn't say he will wait for things to get better and also mentioned that he found inspiration from artists like Makhadzi who did well nevertheless going through a Covid-19 period. He has had good reception locally, in South Africa and in Namibia and even had his tracks played in stations from both countries. He also talked about how thankful he is with the media as it has been very receptive and encouraging for upcoming talent, himself and others out there who are upcoming and still have the opportunities to be given the platform by the media rather than the same known artists.

Dj Twaza "Testifies"

He is taking the industry by storm, having suffered a lot through the music industry to make himself a brand and establish himself, Dj Twaza finally found his ground and has been bringing the roofs down with his new album, Testify. The Majwaneng born artist whose birth name is Tlhwaafalang Tebogo says he has named the hit album Testify to indicate the testimony of his music journey to finally make it big as he did. He says he has gone through a lot of struggling but he is now established and ready to give his testimony.

When asked about what inspired him in the first place to venture into music, he says that he grew up with the love for music and would sing in church and would also be inspired by his mother to sing. He also used to sing back at school and he realised that music could be something that one could make a living out of. He says he was also inspired by Bujo Mujo and his music has some similar tone to that of Bujo Mujo. Dj Twaza says he would later on be discovered by the Security Systems who would always take him and have him perform at their events such as charity events. They went on to fund him. He was also funded by other companies which he says he is thankful of and really appreciates.





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FROM DANCERS TO HIT MAKERS

Mansize is a passionate soulful group of four performers, Thebeyame Letebele, Percy Mpowe, Tefo Montwedi and Kabelo Kegodile. The quad takes listeners on a journey through a musical world where freedom and joy balance sorrow and injustice.

The group was established in October 2013 by dancers who would later on graduate to singer/songwriters. The crew has to this day released four house music tracks being "Vumani" their first single that was released in 2014 followed by a hit titled "NTOMBI" which was released in March 2019 and another one titled "Funni Mali." Following those songs was the crew's very latest song that they realised in December 2020 called "Mama". It was produced by Dj Skizho Bw and mixed and mastered by DJ KSB.

Mansize crew came to a formation when the dancers came together having been from different crews. They say that they all sat down and decided on how as a group of artists would identify themselves over others with their own unique music. Since two members of the group had come from another group called Flexi Ville which did Afro-Tech House and the other two guys had been doing Afro-House, they all decided to make a combination of the two genres and it went to actually work for them. The unique beat combination has been set apart and they say that many always seem to think of them as though they were a South African crew. They said that they take time and a lot of process to have their unique kind of music and they don't just release them. They also went on to state that as a crew

they are at the moment working on building themselves as a brand. They said that they have been working to penetrate as a brand through social media platforms of which they also said that they manage the distribution of their songs to fans and even through other Apps. They are also making good use of the interviews they get to push the brand and even make use of bookings as well to help them build a renowned brand.

The quad who continued to indicate that they continue to work on projects but at the moment were not considering any collaborations apart from their Funni Mali song that featured a South African artist named Aembo. They said that they have not dwelt on collaborations because they want to build their brand by themselves rather than have it seem as though they did by the help of collaborations. Mansize will start thinking about collaborations once they have grown the brand. Apart from music as a way to grow their

brand they also have a clothing merchandise which they sell to promote their brand.

Music is an industry like any other with challenges of its own. The crew said that they have had their shares of challenges and at times making one wish they would quit music. One of their biggest challenges has been having to deal with the Covid-19 pandemic and its restrictions. Due to the Covid-19 they are unable to perform at events to make money and that has financially affected them. However, that being the case they said they have managed to push their clothing merchandise and sell their brand. They have managed to also work on their music and make more music.

They finally advised other musicians to be patient and have focus and said each artist needs to have their own target and goals based on how they want to work on their capabilities.



From Folklore To Rhumba



With his debut album, Radipitse's music made rounds in radio stations, his famous song 'Mmamantwane' sang by the young and old. For his age, it was unbelievable he would make the best Folklore music from composition to playing the guitar - a skill he said he learnt from his brother Nomore Radipitse; practiced, sharpened and perfected him.

Speaking to *Celebrity World Magazine*, Radipitse alias Honourable for his newly released seven track Rhumba album titled 'Ke Sale Ke Itshokile' said he found it fit to finally release his project. The rhumba album was released end of April this year and is said to be doing fairly well in the market with the track 'Ra e Shobotla' most played especially on RB1 station.

Speaking of his inspiration, Honourable said he relates to real life experiences and always seeks to ensure his music does not only entertain but rebukes, teaches and encourages good will to listeners.

He further said the shift from his usual folklore music was also to explore and remain a trend setter he was when he first entered the music industry in 2016 with his 'Ke tshwenngwa ke Mmamantwane' album. "I intend to remain unique, for instance, I used a four string guitar throughout my rhumba album. So far am well aware that fellow rhumba artists use the international six string guitar, that automatically sets me apart," he said.

Honorable further applauded Deco and Jigaby who he said helped with rhumba rhythm and rap for song transitions, as well as Lettimatic who is also the producer of the album.

"I would like to think of this album as a gift from Lettimatic who offered to record and produce the whole album for free, in fact I was his first artist and the results are amazing. I am thankful for his kind gesture and generosity," he said.

As of the time of the interview, he said that he managed to sell 13 copies of his album within an hour, adding that he works along with the producer to distribute and sell the album and plans to make it available countrywide.

Honorable continued to praise and thank his supporters for their endearing support, adding that he has been trying to keep them updated and would often use his Facebook to interact and hear their views on his music. He hinted that he realized a strategy of focusing on audio first and reserve videos at a later stage in his career to ensure that his music never gets old. He also said he was not in a hurry to shoot any videos any time soon expect the live performances he streams on his Facebook page.

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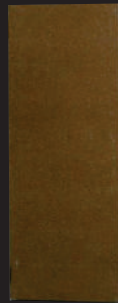
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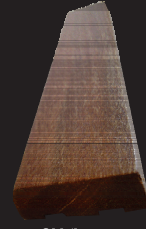


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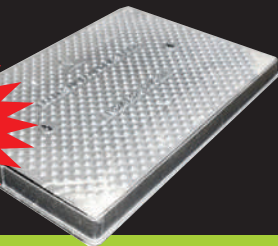


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Dynamites Come In Small Packages

This time we caught up with woman of the moment, Katlego Ntirang who is affectionately known as Dato Seiko.

She is a local artist, with a Bachelor of Degree in motion picture and live performance from AFDA. The 25 year old Tonota native does not only sing but she is also a fine artist and an activist. She started her music journey at a tender age and took it seriously in 2016 when she decided that Music is part of who she is and it's her life.

In an interview with this publication, Dato Seiko said that she grew up listening to so many music genres and different artists, which made her break the genre limitation glass. "I like to say I am a genre in fluid musician, meaning I am very versatile and you can hear it in my songs," she said. Dato Seiko also said that she is inspired by different sounds and tries to merge all the different sounds into one song, in short she

doesn't have a specific genre because she doesn't conform one genre.

According to her, in terms of the content that she writes, she has grown so much in relation to the quality of music that she does now. She has grown abundantly to learn about herself and what she wants to do with her music or how she wants it to have impact in people's lives. Not only that, but Dato Seiko has also grown so plentifully in terms of her performances and being comfortable on the stage.

Since she joined the music industry, Dato Seiko has released about 5 songs that she was featured on and one song that is from her upcoming EP. So that's just about six songs that she has worked on in the past year.

One may be wondering what the name 'Dato Seiko' means. But it is actually a translation of

her real name to Japanese. Her real name is Katlego, which is Seiko in Japanese and Dato Seiko means "Given Success".

When asked on how she is intending to be unique and stand out from other local artists, Dato Seiko said, "The main thing is to be authentic, tell your own stories in your own way and in a way that people relate to it because that way you're not forcing energy, you're not forcing anything, everything just comes out as natural as it can be. That is always the intention, to always be myself and always tell my true stories the way I know them."

She mentioned that one of the main challenges she faced since she started doing music was being an independent artist, meaning that she has to outsource her own financial resources in order to keep herself going. Being an independent artist is quite a huge challenge for Dato Seiko because

it puts the process or the progress of her artistry at a halt sometimes especially if there is no proper financial assistance. "For things to move in the world we know that we need money and for us to have better quality in terms of the content that we produce it needs financial assistance, so without the financial assistance it makes it difficult for us to reach our potential," she added.

One of her main goals has always been to provide for herself through music and provide for her family; and just be secure enough to not be forced into something that she don't want to do because of financial purposes.

Dato Seiko said she is most definitely willing to work with international artists as there are so many international acts that she looks up to and would love to work with, for example Janelle Monáe, Tash Sultana, Tiwa Savage, Langa mavuso, DJ Zinhle - just to mention a few. The main reason why she would love to work with these people is that they make different music and it would be so beautiful to see how they merge their sounds together to create magic!

When sharing with us the feeling she always has whenever she's on stage, Dato Seiko replied by saying, "Nerves, I am always so nervous before I perform or during the performance itself, and the reason being that I respect and love what I do so much so that I always want to give a 100%. It's not something that I take lightly, it's not something that I take for granted and I most certainly do not take the people who support my work for granted....Nerves are good, nerves are prove that this is important to me."

As one of the most talented local musicians to emerge out in this country, Dato Seiko's word to young Batswana who happen to ignore their studies to join music is that, "Education is very important. Education in the sense that, you have to study whatever it is that you love so that you could do it to your best ability with more knowledge. She added by saying that not all of us are gifted in the academia scene and not all of us are good at doing the main subjects such as science and math, but everyone is gifted one way or another, so if you're a musician take music classes to increase the knowledge that you have right now and improve the quality of your work. But never stop learning."

Dato Seiko was featured on Motsetserepa's music video and song, which was a beautiful



experience for her. It was a beautiful collaboration because according to her, Motsetserepa is one of the sweetest and hard-working people she has ever come across. So it's always great to work with people who have a beautiful mindset and a beautiful energy like him.

When questioned on the impact that she would like to make in the music industry of Botswana, she said her aim is to put Botswana on the map and to show how versatile and how super incredibly talented Batswana are. She describes herself as part of a generation that is trying to break boundaries. Her aim is

to fly the Botswana flag internationally and get the recognition that Batswana rightfully deserve for the talent that they have. That is what she intends to do, she intends to be a leader of a musical revolution, to create beautiful pieces that are not only for the locals but can be relatable on an international scale.

Having said the above, Dato Seiko shared some word of advice with aspiring artists who would like to see themselves where she is by saying, "Rehearse, rehearse, rehearse! Music is literature, you need to write and write and write and recite for you to finally

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get to where you wanna be. Music is about sharpening your craft every single day, not only when you have shows, but every single day because there's a lot of room for improvement. Rehearsals help to cultivate the potential in you and they help you to become a better musician or a better songwriter."

Besides being a musician, Dato Seiko is also an actress and a qualified filmmaker. She also does fine arts; she draws and paints. She's been a fine artist for years now. Not like other artists was she inspired by anyone to be a musician, it was always within her because she has always loved music.

When asked if she has a mentor, Dato Seiko said, "I wouldn't necessarily say I have one, but I do have people that are very important in my life, people that I look up to in terms of guidance. I have my mother who is absolutely an incredible woman, she is my superhero, and she is the hardest working woman I know. She's loving, she's kind she's patient, she's just overall wonderful. And she makes me want to be a better person every single day. There is my second mother Mabu Nteta and she has always been a part of my life, she has taught me so much from being confident to knowing that I have no limitations to what I can do. She has taught me to break boundaries and knock down doors that block me from my dreams. Last but not least, Tefo Paya. he is my former lecture and he has always seen me as this incredible musician, he has put me under his wing for years and taught me so much about the industry and what it takes to be a great performer."

As a local celebrity, in order to help the community, Dato Seiko does community work as a form of giving back to the society that supports her. She does a lot of volunteer work by volunteering at the school of the deaf and also on weekends she teaches kids music and art, because she believes that it's her social responsibility to give back to the community that feeds her.

We will just have to wait and see but for now I can say; the future is looking absolutely Bright.



What message do you have for Batswana regarding your music?

My music is very personal in the sense that I talk about my real life stories, so from the songs that you hear, you're listening to my experiences and listening to my pain, to my joy. You are listening to authenticity, to everything as I experienced it and I hope that you receive it, I love it, just the way I created it.

What is it that people don't know about Dato Seiko?

A lot of people don't know that I am allergic to alcohol and smoke, I hate being touched or when people invade my personal space

without asking and I am a highly sensitive and emotional person.

My fashion sense is a form of my expression just as I express my feelings through songs, I also express my feelings through my dress code. I grew up as a closed child, so I would use my fashion sense as a way to explore and express who I truly am within.

Are you in a relationship with someone as we speak?

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number of celebrated artists.

He would later perform at Black TV entertainment shows, marking yet another highlight of his music career followed by a positive reception on radios which allots his music satisfactory airplay.

His latest work is a series of singles; 'Devil is a liar' which was nominated for FNB' Badiragatsi Jwame Lentswe Lame Arts Initiative and though he did not win, Major Key said it was a huge opportunity for him to share his music and a sign that he is headed the right path.

His other songs include 'Feeling', 'Devil is a liar' and 'Moloi', further adding that he is also working on a mixtape scheduled for release by mid-year.

In his diversity, Major Key also said he assumed and explored his passion to manage artists by signing Nailor, an upcoming female artist who is also signed and records at Mollo Studio.

As a young artist and performer, he said he was not only looking to make music but strongly believe in the valued foundation of education.

"I fell in love with music from a young age and for that I wanted to understand it, I enrolled and graduated with an Associate Degree in Sound Engineering. I also have love for TV hence I also enrolled for Digital Film and TV, likewise am a qualified professional," he said.

He said that it is when he would appear on Date my family, and auditioned for House of Fame, adding that he loved the reality of the two shows as they give participants the chance to let loose and be themselves. Major Key was also looking to work behind the scenes, producing and making movies.

He holds education highly and is of the narrative that education liberates and unlocks potential as well as challenging one to be conscious of their surroundings. Something he said naturally makes one wiser.

When talking of covid-19 and its adverse impact on artists, he said that covid-19 helped him grow as it was during the pandemic that he got a break through by his song Devil is a liar, additionally he said covid-19 taught him to be versatile as he unleashed his other potentials.

Major Key Versatility Smart

He got famous when he appeared on a reality TV show, Date my family and would get nicknamed Mr. Pudding from his scene. According to the seemingly reserved Major Key he has his cards well-arranged and knows which to play at the right time.

He asserts that as an upcoming artist having begun his career in 2014 when he was featured in fellow artists' project, he knew he had to make a way for his own music

and sought highly to learn, get counsel and regroup himself.

"I first recorded professionally with Qbio in 2014, then Prolanes recorded and produced my music at Mollo Records studio in Mochudi. I initially made hip hop but Prolanes later advised me not to focus on hip hop only, I then opted for afro beats," Major said.

Even though he has entered the industry in 2014, Major keys said his breakthrough and memorable performance as a solo artist was in 2020 where he shared the stage along a



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traditional gospel award along with South African gospel artists in the category. He expressed delight on his first international nomination adding that the nomination alone meant a lot to him. Meanwhile, Sengwaketse also shared that he released a ten track album in January titled 'New Dawn' which he further said was well received by his followers and was already in all radio stations with 'E Setlhabelo' and 'Nkamogele' making rounds in all radio stations.

"All my three albums are available for caller tune download for BeMobile and Orange network subscribers, it is one of my milestones and I must add that it is a way I take my music to the people mainly through social media advertising," Sengwaketse said. He went on to say that he recorded his new album in South Africa with CL Productions in Durban as he finally wanted to change his sound as well as a collaboration with Sgwili Zuma and Ngobile Mbandlwa both South African gospel artists.

With the world migrating to the digital world, Sengwaketse said he was working on taking all his albums to the digital store with New Dawn to be available in digital stores by mid-year. More on his musical journey, he revealed that he was working on a collaborative gospel fused kwaito with kwaito legendary Mapetla, and one more single with Kabelo Eric as well as feature with Laura D.

Further, he said he was yet to release a video of 'Nkamogele', a song from his new album soon. "I am also working on my fourth album which I anticipate to be out by independence this year, my aim is to dish out good music to my followers who have been greatly welcoming and encouraging".

In conclusion, Sengwaketse pointed out that although he was affected by covid-19 especially when it comes to pushing sales for his albums through road trips, shows and concerts he has since awarded his farming love attention, citing that he was into poultry mainly pure breeding as well as small stock.

The Quintuple Award Winning - Sengwaketse

The five time award winning traditional gospel artist Obakeng Sengwaketse spoke to Celebrity World Magazine about his musical journey since he first entered the music industry in 2011 upon which he won his first Traditional Gospel Album of the year award the following year. He said his music is inspired by his upbringing as he grew up going to church and singing as a young boy and never wanted to stop singing since. Sengwaketse reminisces

that he won Botswana Music Union awards for best traditional gospel award in 2012, 2016 and 2017. He has been nominated five times and won the Album of the year for the first annual Botswana Gospel Music Awards in 2018 for his 'Ho Tseba Modimo' album that also catapulted him to fame especially after his song played 'Se Teng Sediba' played on Melodi ya kgalaletso TV show.

Moreover, he said that he was also recently nominated for South Africa' Mogale Music Awards under the best



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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 dishonesty. 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.

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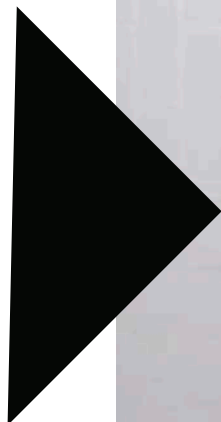
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Homemade Coffee Scrub

This homemade coffee scrub made with orange essential oil can help nourish skin and lessen the appearance of stretch marks and cellulite. The antioxidants in the coffee provide a temporary anti-inflammatory that helps skin appear firmer and help prevent premature skin aging. The almond oil and vitamin e will moisturize your skin leaving it silky smooth.

Ingredients

1 cup ground coffee
1/2 cup brown sugar
1/4-1/2 almond oil
1/4 tsp vitamin e oil
10 drops orange essential oil (optional)

Instructions

Combine ingredients in a small bowl.
To use wet skin and use a small scoop to apply scrub to skin.
Gently rub coffee scrub in circles to help remove dry skin.
Clean as much as you can with a paper towel then remove the rest in the shower or kitchen sink.
Store in airtight container



Homemade Honey Cinnamon Lip Balm



Ingredients:

1 T. + 1 t. beeswax
2 t. coconut oil
1 t. honey

1 T. shea butter
1 t. apricot oil
8 drops cinnamon essential oil

Directions:

In a small saucepan, bring about a pint of water to simmer over medium heat. Place an oven-safe bowl over the saucepan, making a double boiler.
Add beeswax, shea butter, coconut oil, and apricot oil to the bowl and heat until beeswax melts, stirring every now and again.
When the beeswax is melted, remove the bowl from the heat and stir in honey and essential oil. Pour into lip balm tubes or tins. Let it cool before use.

When using essential oils, please remember that they are very concentrated, so you need very little. Because of their concentration it's always a good idea to dilute some of the oil and test it on your skin before using, just to make sure you don't react negatively.



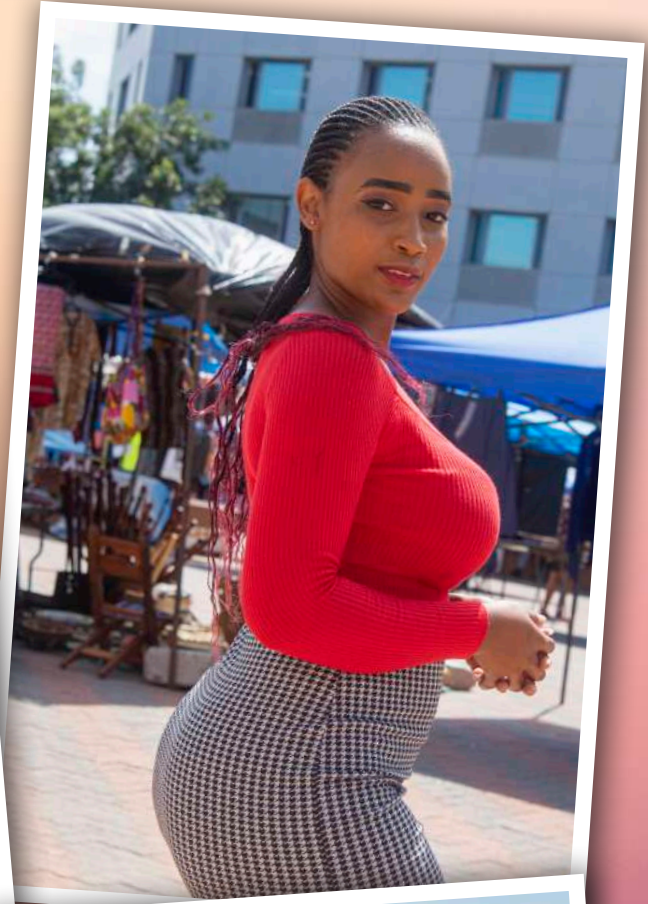
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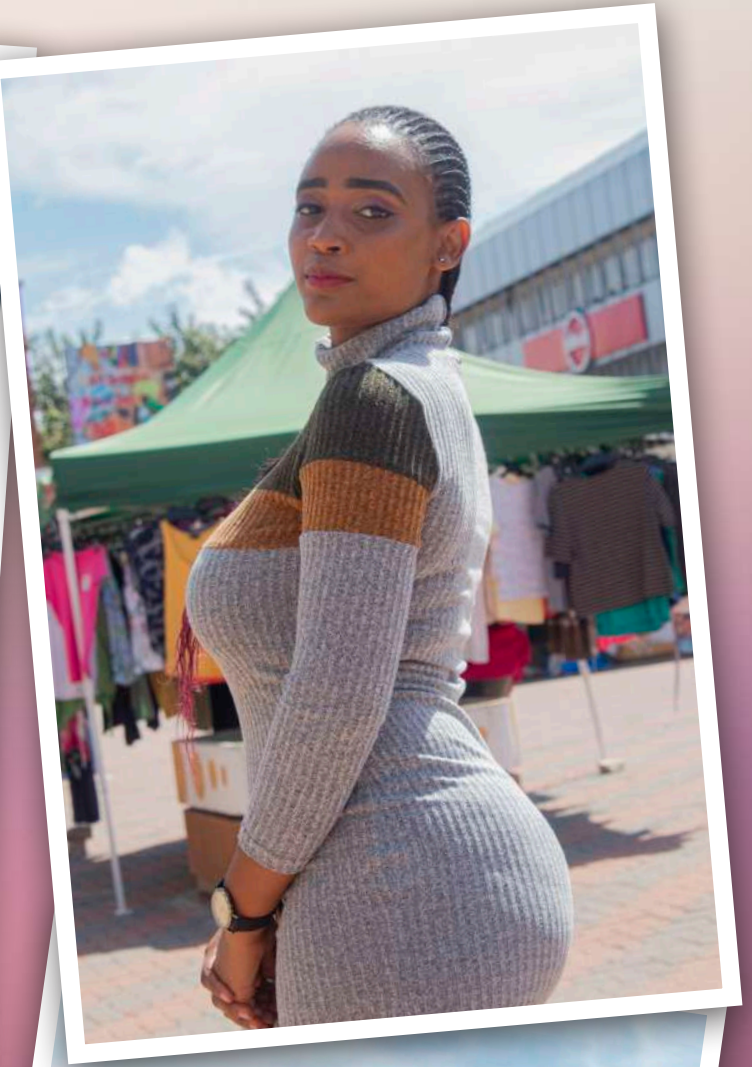
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The Black Fog (Part 1)

Kate Ariel

The way we are raised has so much to do with the kind of a person you will become as an adult. I have recognized that I, and other victims of emotional abuse have a different behavior that sets us apart from other people.

If you or you know someone who was a victim of emotional abuse then you may want to read through these so that you are able to understand that person and where they are coming from and what they are all about. That can make the difference in your life and theirs.

Emotional abuse is more treacherous than other abuses and damaging. It's through this

type of persecution, my partner attacked me - using words and mannerisms that caused much pain and suffering to my emotions. Over time, he systematically battered my self-confidence and self-worth. He created hurt so much deep that I could no longer bear his presence in my life.

He never wanted to take responsibility for his own actions. He constantly blamed me for everything, even for his own abusive behavior. When I confronted him, he always had some excuse to justify himself, he would disguise his nasty hurtful cutting comments as humor. I was subjected to insults, put-downs, shouting, and threats. I was criticized, called names, humiliated and given ultimatums at his hands.

He typically ended his verbal assaults by

accusing me of provoking him or telling me that I deserved it. He would avoid my explanations and whatever I might say in my own defense.

His body language told it all, that's when I realized what I was dealing with. For instance, he would consistently choose to walk in front of me, rather than beside me when we were out together. I don't remember the time he held my hand when we were together. Even at the restaurant, it was like two strange people eating together. The messages I got was that he couldn't care less about me, he somehow thought he was better than me, that I cannot do anything without him.

He rarely had anything nice to say to me. He always made me feel completely undeserving of even the tiniest amount of



appreciation, compliment, and support. He was also secretive and dishonest about important matters such as his financial affairs, he would never want to spend his money on me nor tell me how much he earns. Often he made plans or commitments for his own, without my consent, and refused to answer my questions when I ask him about his plans. He would not communicate with me without being abusive, he would just raise his voice and would never listen to me. He was narrow-minded of any opinions, his constant accusations and dogmatic way of speaking always made me feel like am incapable and unappreciated.

Living under the cloud of emotional abuse does affect one's health and well-being, you

lose yourself during that process. I made many attempts to tell him how his words and actions made me feel, he didn't want to listen to what I had to say because whatever I wanted to say was not worth his time or attention, he couldn't care less about what I wanted to tell him, what I felt and what I was going through. Me losing weight and being a dependent of antidepressant, I guess he got pleasure in it. He looked like he got what he wanted, seeing me suffer.

He was deeply in denial about his own abusive behavior. He didn't want to believe that he was abusing me, he was solidly convinced that I alone was to blame for his inability to relate to me in a loving, accepting and non-abusive way, that I wasn't communicating

with him in a rightful manner. He was the victim in all this and I was to blame for his behavior and what was happening to the relationship, I was "Dramatic" so he said.

In the long run, I saw that under those circumstances, I would never be able to end the cycle of abuse and the anguish it brought me and I began to implement my options for breaking free. I decided that I couldn't live that life for the rest of my life. I knew that he didn't love because I believed love was NOT bringing your partner down, making them feel unworthy. I wasn't destined to live that kind of life, God did not create me to suffer in another man's hands, and He has a Greater plan for my life. That's when I had so much conviction to leave him.

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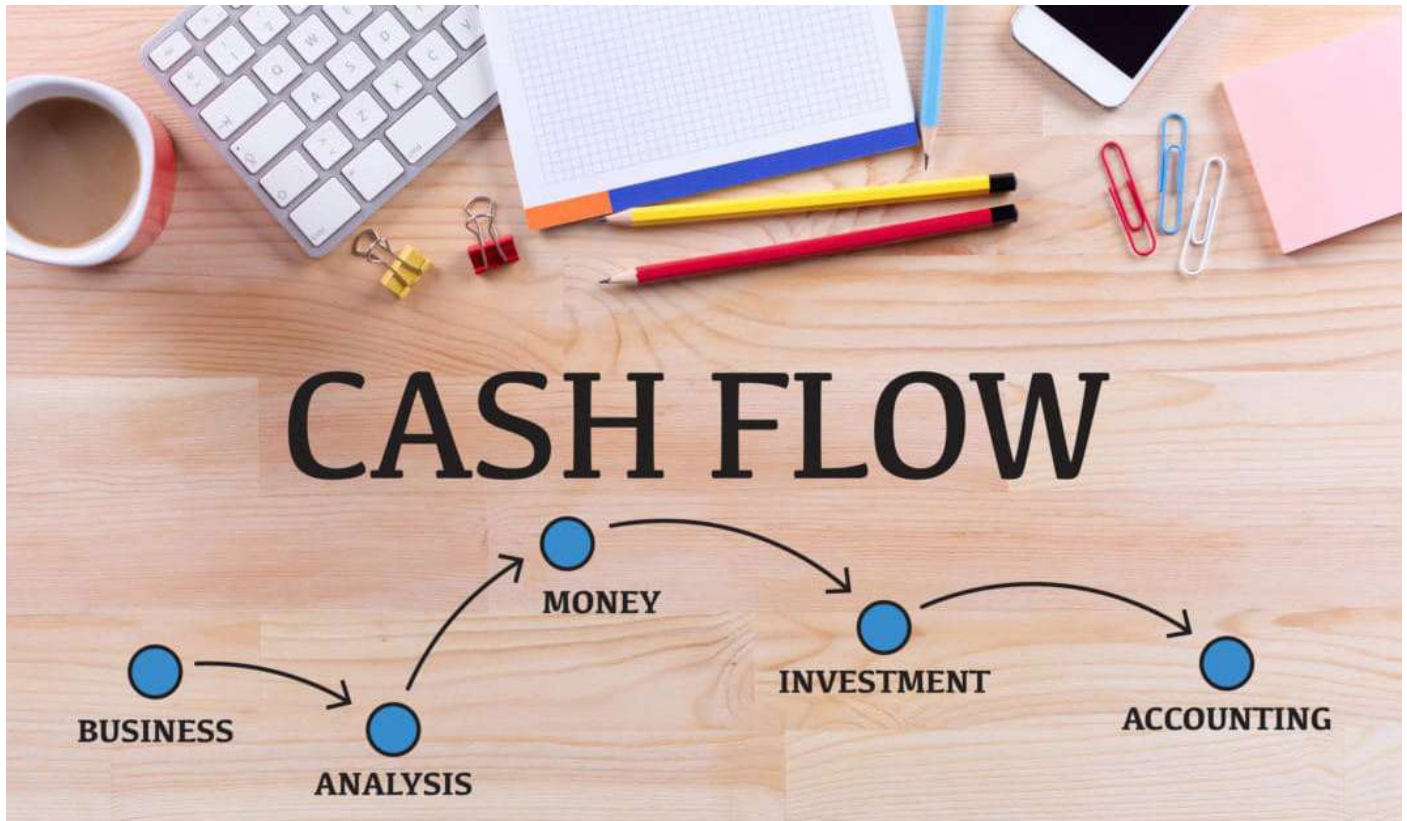
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These bedroom colours are perfect as they add a hot tint to your cozy bedroom especially if you are indeed looking for a trendy bedroom addition and struggling to achieve that ideal balance between comfort and functionality in your bedroom.

Of all the spaces in your home, the bedroom is undoubtedly the one place where you can fully and freely be yourself without any inhibitions. It is a safe and comfortable haven and the perfect bedroom is all about finding what works for you best. Beyond the obvious like a cozy bed and a lovely colour scheme, there are little details that make your bedroom a lot more pleasant and functional. Colour combination is definitely on the top of this list.





Cash Management Tactics

Small Businesses Use to Become Bigger Businesses

You may have heard the phrase “Cash flow is the blood that keeps a business alive.” This couldn’t be truer, as consistent positive cash flow can help a business owner pay expenses, invest in new opportunities or grow a business. To help with managing cash flow, here are five tips you should consider:

Plan ahead for cash shortages

Expect the unexpected. Typically cash flow will vary, and unexpected expenses will occur even for established businesses. Keeping a rainy day fund with three to six months of basic operating expenses in a reserve can prepare you for slow periods and emergencies. Another option is to use a business credit card or business line of credit to pay for everyday expenses and help bridge gaps in cash flow. Be sure to monitor your expenses with online banking and monthly statements. One important tool for planning ahead is a cash flow forecast, usually a one-year prediction of how cash will move in and out of the business. This helps business owners evaluate how profitable future sales will be, and provides an overview of what

needs to be done to reach your goals.

Collect payments quickly

Another way to improve cash flow is to incentivize customers to pay early by offering discounts. Other techniques for collecting payments quickly include requiring deposits from your customers when taking orders and offering online payment options. Thanks to advancements in technology, there are multiple ways for your customers to complete quick and efficient transactions with your business. One example is electronic billing, which allows for you to customize invoices and set up automatic payment reminders for customers.

Spread out your payments

Paying all your business bills at the same time rather than spreading them out can drain your disposable income and leave you at risk of not being able to pay your creditors and suppliers if an unexpected expense occurs. Instead, try paying your bills closer to the due dates and negotiate with your vendors to see if you can extend your payables to 60 or 90 days. Also, be sure to pay your most

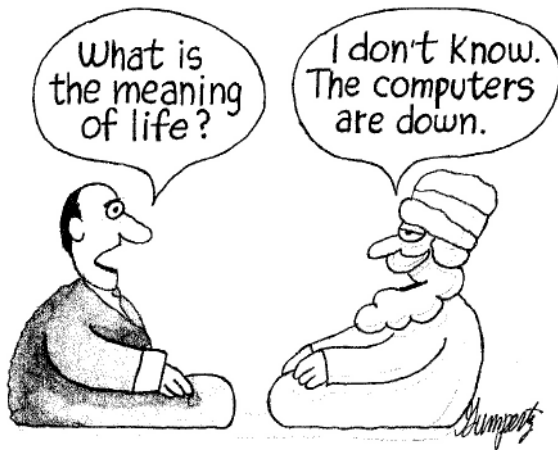
important bills, such as rent and payroll, before paying less important bills.

Align your payroll cycle with your revenue stream

Some businesses, such as restaurants and retailers, generate daily revenue and can more easily cover the expense needed for weekly payroll. For others, such as manufacturers, this could be a challenge, and you may benefit from paying employees less frequently, provided applicable wage laws allow you to do so.

Establish a strict credit policy

It’s important to be wise about extending credit as a business. A non-paying customer can be a hefty expense to a small-business owner. Establish a written set of standards for determining who is eligible for credit, and enforce those standards rigidly. Also, be sure to require a credit check for all new customers before extending credit and monitor your accounts to identify late payers early so you can offer them a variety of payment options. These options might include a credit card charge or a payment plan.



Egypt, and is named "Ahmal." The other goes to a family in Spain; they named him "Juan". Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Ahmal. Her husband responds, "They're twins! If you've seen Juan, you've seen Ahmal."

A young ventriloquist is touring the clubs and one night he's doing a show in a small club in London. With his dummy on his knee, he's going through his usual dumb blonde jokes when a blonde woman in the 4th row stands on her chair and starts

shouting: "I've heard enough of your stupid blonde jokes. What makes you think you can stereotype women that way?" what does the colour of a person's hair have to do with her worth as a human being? Its guys like you who keep women like me from being respected at work and in the community and from reaching our full potential as a person because and your kind continue to perpetuate discrimination against not only blondes, but women in general... and all in the name of humor! The ventriloquist is embarrassed and begins to apologize, when the Blonde yells: "You stay out of this, mister!

I'm talking to that little idiot on your knee."

Two hillbillies walk into a restaurant. While having a bite to eat, they talk about their moonshine operation. Suddenly a woman at a nearby table who is eating a sandwich begins to cough. After a minute or so, it becomes apparent that she is in real distress. One of the hillbillies looks at her and says, "Kin ya swallar?" the woman shakes her head no. then he asks, "Kin ya breathe?" The woman begins to turn blue and shakes her head no. the hillbilly walks over to the woman, lifts up her dress, yanks down her drawers and quickly gives her right butt cheek a lick with his tongue. The woman is so shocked that she has a violent spasm and the obstruction flies out of her mouth. As she begins to breathe again, the hillbilly walks slowly back to his table. His partner says, "Ya know, I'd heard of that there "Hind Lick Maneuver" but I ain't never seen nobody do it!"

Police: Where do you live?
 Me: With my parents
 Police: where do you all live?
 Me: together
 Police: where is your house?
 Me: next to my Neighbours house
 Police: where is your Neighbours house?
 Me: If I tell you, you won't believe me
 Police: Tell me
 Me: Next to my house

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?"

A woman has twins and gives them up for adoption. One of them goes to a family in



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Scabies

Scabies is a skin irritation caused by tiny parasitic mites that burrow under the skin. Scabies won't harm your baby, but it can make him itchy and uncomfortable. The bumpy rash you can see on your baby's skin is actually an allergic reaction to the eggs, saliva and poo the mites leave behind.

Can my baby go to nursery if he has scabies?

Your baby can return to nursery after treatment. It may be worth letting your baby's nursery know that he has it, so they can inform other parents.

from getting scabies?

Avoid contact with anyone who may have it. This can be tricky, especially if your baby is around other children. If your baby has been in close contact with another child who has scabies, treat him straight away, even if he doesn't have the rash.

Symptoms

If your baby gets scabies, he'll develop an extremely itchy rash.

You may see wavy, light-brown or silvery lines where the mites have burrowed under your baby's skin. He may also develop little pustules or pimples, or small, fluid-filled blisters. The itching may be intense for your baby after a warm bath or at night, and it may keep him awake. Nasty-looking scabs may form over the areas your baby has scratched.

Should I take my baby to the doctor?

See your doctor if you're worried your baby has scabies. The sooner he's treated, the sooner he'll be more comfortable and no longer infectious.

How can I prevent my baby



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The Chobe River

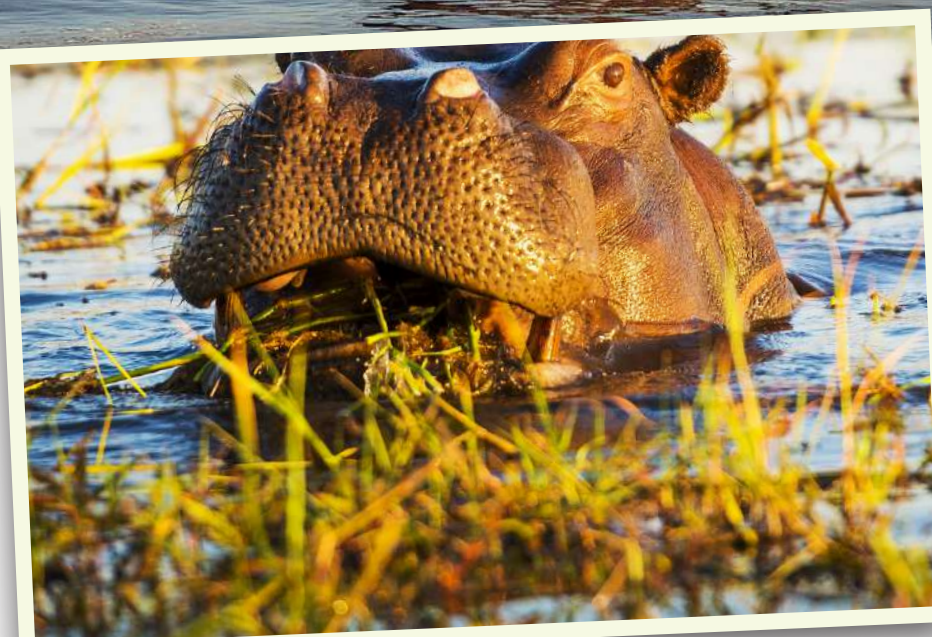


The Chobe River twists and turns through swamps of wide reed and papyrus beds, forming hidden lagoons, which sometimes fill with water lilies. Its south bank alternates from open flood plains dotted with pans to thick woodlands.

The Chobe River runs along the northern border of Chobe National Park. It rises in the northern Angolan highlands, where it is called the Kwando, and travels enormous distances through Kalahari sands before reaching Botswana; here it becomes the Linyanti until it reaches Ngoma where it becomes the Chobe.

Like the Okavango and Zambezi, the Chobe's course is affected by fault lines, which are extensions of East Africa's Great Rift Valley. These three mighty rivers carry more water than all other rivers in southern Africa.

There is a close association between the Okavango, the Chobe and the Zambezi. The Okavango River is connected to the Chobe and Zambezi via the Selinda Spillway where high floods from the Okavango escape from the southern end of the Panhandle and flow



into the Chobe. A current theory holds that millions of years ago the Okavango, Chobe and Upper Zambezi flowed as one huge river across the middle Kalahari, joined the Limpopo River and emptied into the Indian Ocean. Earth movements stopped this flow and caused a damming back of the river and the formation of the Linyanti Swamps.

The Chobe River first flows directly south, but at Divei, the former capital of the Bayei people, it is caught by a rift, drops out onto a swamp and then turns north through Lake Liambezi, finally turning east and passing Kasane before joining the Zambezi at Kazungula. They flow briefly together before spilling over the deep cataract at Victoria Falls.



Radishes are crunchy veggies packed with cancer-fighting properties, immune-boosting potential, and peppery flavor, to boot. With their small size and bright pink-red hue, radishes are pretty freakin' adorable. But don't let their size fool you, radishes are packed with essential vitamins and minerals. The tiny veggie also boasts a unique peppery taste, making it perfect for sprucing up salads, tacos, and more.

The skin of a red radish contains anthocyanins or plant pigments that are responsible for the veggie's ruby hue. Anthocyanins, which are also found in plants such as berries and purple corn, have potent antioxidant and anti-inflammatory properties, further adding to the long list of impressive radish health benefits. Here's a quick nutritional profile of one cup of raw radishes;

18 calories
1 gram protein
1 gram fat
4 grams carbohydrates
2 grams fiber
2 grams sugar

With so many nutrients in each orb, it's no wonder radishes are so good for you. The vitamin C and B vitamins in radishes help to boost your immune system by promoting the production of white blood cells. They also boost the ability of your white blood cells to do their jobs, which involve important duties such as destroying disease, causing germs and producing antibodies. B vitamins also help enzymes to produce new organic molecules, a basic component of all cells. This helps build new immune cells, which



carry out the functions of your immune system.

The vitamin C in radishes could also play a role in cancer prevention. Vitamin C is an antioxidant, and it's a powerhouse when it comes to fighting free radicals in the body. When you eat a radish, for example, the glucosinolates are broken down into compounds called isothiocyanates, which have been found to hinder the development of cancer in rats and mice. One type of isothiocyanate called sulforaphane that is found in radish seeds has been shown to play a role in the death of breast cancer cells.

How to eat radishes

As a roasted side dish. If you're not crazy about the spicy flavor of raw radishes, try roasting them for about 15 minutes at 425 degrees. Roasting tones down the peppery flavor and brings out their natural sweetness, making them more pleasant for different palates. These maple-roasted radishes with dill feta, for example, offers the perfect combo of sweet and savory.

In a salad. Spice up a boring salad with thinly sliced raw radishes. Try it in a spring pea shoot salad with figs, blue cheese, and walnuts, or make a radish Caesar salad for a fun

twist on a classic dish. You can also toss sautéed or roasted radishes into warm salads.

As a pickled condiment. Combine chopped radishes, water, vinegar, a little sugar, and your favorite spices in a jar. Let sit for a few minutes (or a couple of hours, if you have the time) to let the radishes absorb the flavors. As a garnish. Due to its peppery taste, a single radish can go a long way. Try garnishing a main entrée - like this herb-baked salmon with a thinly sliced radish for a dose of colour, nutrients, and flavour. You can also grate or shred a radish on simple dishes, such as avocado toast.





A Minute With Opiyo

Tell us about yourself

My name is Opiyo "Foreign Skills" Lentswe, am currently a resident artist at Young Africa Botswana. I'm a self-taught artist who reflects emotion control through his work.

Tell us about your art business and the journey behind it.

My drawing business has been a challenging one I get more support from outside Botswana than locally it's been 6 years since I have been drawing and honestly there has been a lot of doubts about myself but I thank God I'm still creating.

When did you start doing art, and what materials do you use to do your work?

In 2014 I started my first drawing for a friend as a birthday present since then I have invested in my art. For materials, I use permanent markers, acrylic paints, charcoal and pencil.

How is the business doing since you started?

Honestly locally I do not get much support as I get more approaches from people outside Botswana and it's going well for me slowly but I'm doing the best I can.

How do you approach your customers - selling strategies you use?

Social media is one of the platforms I use most to approach my customers and art

exhibitions help because customers are able to approach me and understand my work.

Is artwork your everyday work or there is something else you are doing for a living?

Art is my everyday work but I also have other skills, I have taught myself digital art, fixing laptops and dancing.

How many artworks have you sold so far?

I have sold at least 12 Artworks.

Share your achievements about your business since its inception e.g any awards you have received?

I attained an award as best active artist in 2017 from Pauchoco Designs Bw, Solo Art exhibition 2019, Art exhibition the day market 2020 and the winner of art in time competition art category America on the move 2020.

What do you call this type of art you are doing?

Abstract art with insanity as a recurring theme.

What is your business name and where is it located?

Foreign Skills Art, it's located at Mogoditshane.



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Dream Arms Monthly Challenges

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 Body Weight Triceps Dips 15 Dumbbell Bicep Curls	20 Dumbbell Forward Shoulder Raises 20 Dumbbell Side Shoulder Raises	25 Push Ups	20 Body Weight Triceps Dips 20 5-lb Bicep Curls	25 Dumbbell Forward Shoulder Raises 25 Dumbbell Side Shoulder Raises	30 Push Ups	Off
25 Body Weight Triceps Dips 20 Dumbbell Upright Rows	30 Push Ups	25 Dumbbell Bicep Curls 20 Dumbbell Side Shoulder Raises	Off	25 Body Weight Triceps Dips 20 Dumbbell Upright Rows	30 Push Ups	25 Dumbbell Bicep Curls 20 Dumbbell Side Shoulder Raises
45 Body Weight Triceps Dips 25 Body Weight Triceps Dips With Legs Elevated	25 Push Ups 30 Dumbbell Bicep Curls	30 Dumbbell Forward Shoulder Raises 30 Dumbbell Side Shoulder Raises	45 Body Weight Triceps Dips 25 Body Weight Triceps Dips with Legs Elevated	25 Push Ups 30 Dumbbell Bicep Curls	30 Dumbbell Forward Shoulder Raises 30 Dumbbell Forward Shoulder Raises	Off
50 Body Weight Triceps Dips 25 Dumbbell Upright Rows	45 Push Ups	30 Dumbbell Forward Shoulder Raises 30 Dumbbell Side Shoulder Raises	Off	60 Body Weight Triceps Dips 45 Dumbbell Upright	50 Push Ups	36 Dumbbell Bicep Curls 30 Dumbbell Side Shoulder Raises
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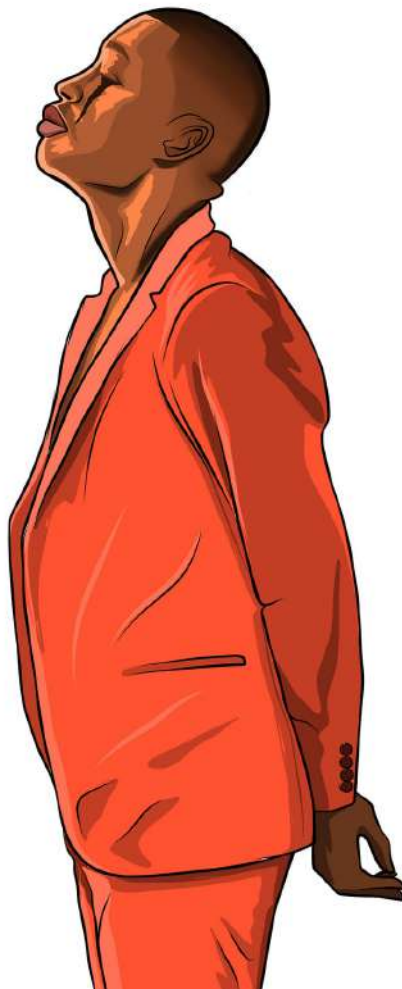
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A.T.I writes:

"Place yourself in the shoes of others.

Ego aside! For how long shall we stand aside and honor what is driving us into a suicidal ideology."

He attached his video to these words and in the video, he was half naked and asked everyone to buy him at P200 / hour and P500 without a condom in exchange of his sexual desire.



THE BILLIONAIRE MARRIAGE'S SKELETONS REVEALED

On the 4th of May this year the well-known billionaire and philanthropist couple, Bill and Melinda Gates announced their divorce after 27 years of marriage. The couple went on to share the news on Twitter saying that they no longer believed that they can grow together as a couple. The shocking news had many wondering what was rocking what seemed to be one of the most founded and perfect marriages. However as it turns out it was not as much of a perfect marriage after all.

Reports have come out to show that Bill Gates was not the perfect husband and entrepreneur he has been posed as over the public. Sources have come out to reveal that Mr Gates used to pursue women at work and always made things awkward and uncomfortable for many employees. In 2006, for example, it is reported that Mr Gates attended a presentation by a female Microsoft employee when he was still chairman at the time for the company. He would later leave the meeting and immediately emailed the woman to ask her out to dinner and also went on to say if she felt uncomfortable, she just pretend it never happened. Reports say such incidents went on through the years with Gates pursuing female employees.

Mr Gates is said to also have been involved in activities of sexual trafficking and would spend time with female sex slaves with Jeffrey Epstein who later went on to face accusations of sex trafficking of girls. The two are said to have always invited or bribed others to come over for such times and Ms Gates was never pleased by the relationship Bill had with Epstein.

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ATHLETES

Loungo Matlhaku
Clifton Meshack
Keorapetse Lesotlho
Lefika Segopolo

ACHIEVEMENTS

He helped Loungo Matlhaku to go from 11.52s to 11.24s NR
Matlhaku is also the 2021 100m National Championship with a time of 11.58s. He recently started working with Clifton Meshack and Keorapetse Lesotlho. Meshack's previous PB was 46.79s and he lowered it to 46.46s on heats and then

to 46.13s (position 4) in the finals at the 2021 National Championships. Lesotlho was part of the 4x100m relay team that represented the Country at the 2021 World Athletics Relays in Poland. His PB is 10.58s



**KNOW YOUR ATHLETES
LEUNGO SCOTCH**

RACE: 400m
2021 400m - National Champion - 45.55s. **PB:** 45.00s
He was part of the 4x400m relay team that represented the Country at the 2021 World Athletics Relays in Poland.



**LETSILE TEBOGO
CLUB:** LEFIKA ATHLETICS CLUB

RACE: 100m, 200m
2021 100m JM - National Champion - 10.28s.
PB: 100m-10.14s NR.
PB: 200m-20.36s
He was part of the 4x100m

relay team that represented the Country at the 2021 World Athletics Relays in Poland.
TEAM BLUE BLACK AND WHITE



LOUNGO MATLHAKU

RACE: 100m, 200m & 400m
100m National Record Holder 11.24s
2021 100m - National Champion 11.58s
TEAM BLUE BLACK AND WHITE
Source: fb



**BARCELONA THRASHES
CHELSEA TO WIN FIRST
WOMEN'S CHAMPIONS
LEAGUE TITLE**

Barcelona scored four first-half goals to defeat Chelsea 4-0 and capture the Women's Champions League recently for the first time. After taking the lead inside the first minute of the game in Gothenburg, Sweden, through Melanie Leupolz's own goal, Barcelona never looked back and had all but wrapped up the title by halftime with further goals from Alexia Putellas, Aitana Bonmati and Caroline Graham Hansen.



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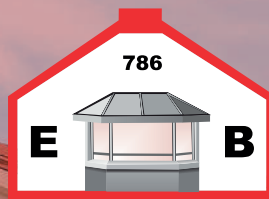
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