

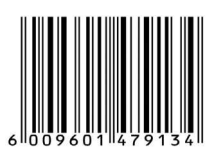
**The  
Resourceful  
Bless ManTee**

**Young  
But Rich  
In Mind**

**Antido.te  
Goes  
Places**

# THE SENSATIONAL ENTERTAINER *William Last KRM*

- Savuti Boys!** | **Thulaganyo** | **Pink Ribbon** | **What Is Emotional** | **Young**
- | **Tells His Story** | **Breast Cancer** | **Cheating? How to** | **But Rich**
- | **Through Art** | **Awareness** | **Spot This Painful** | **In Mind**
- | **Cookies** | **Type of Infidelity?** |





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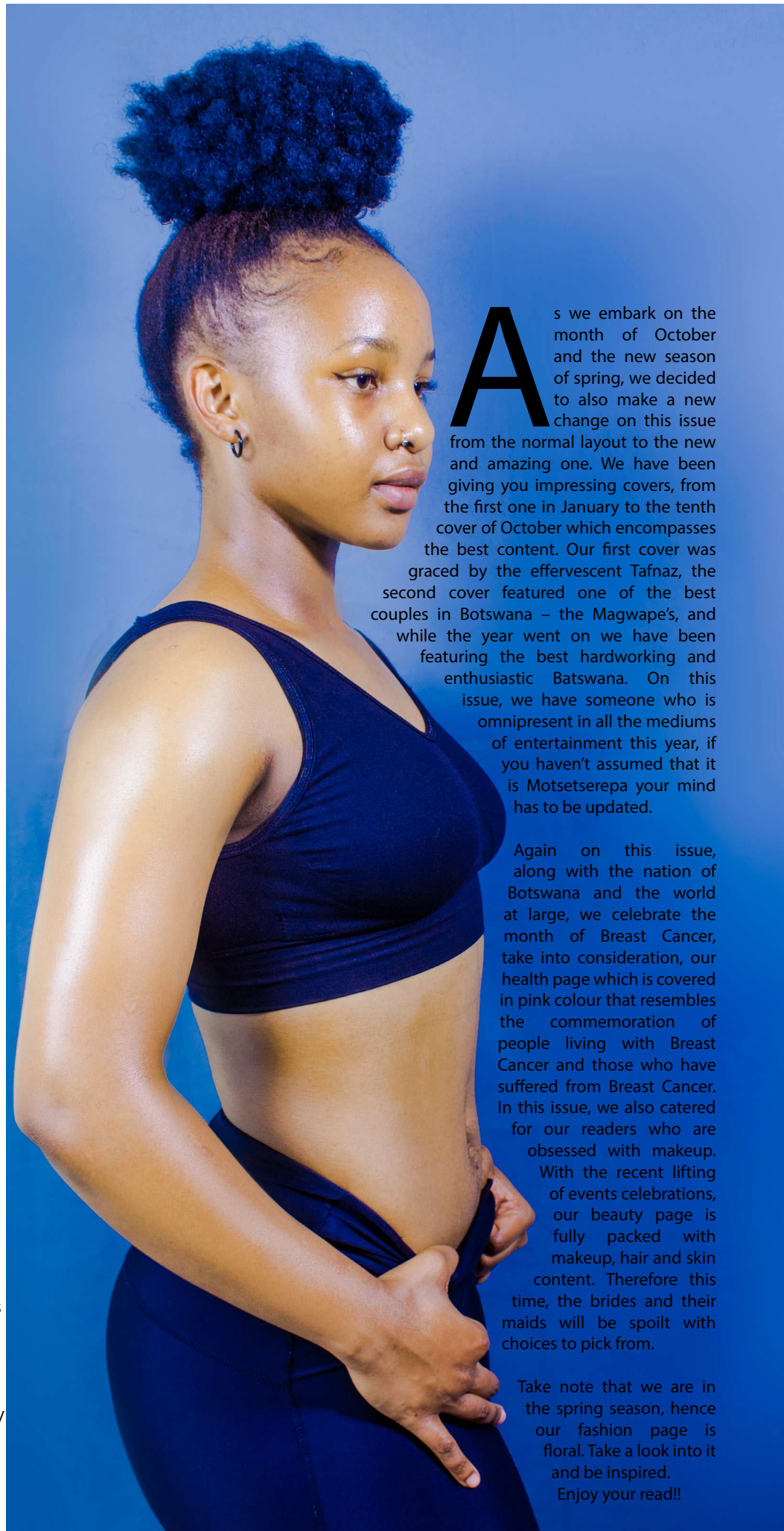
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As we embark on the month of October and the new season of spring, we decided to also make a new change on this issue from the normal layout to the new and amazing one. We have been giving you impressive covers, from the first one in January to the tenth cover of October which encompasses the best content. Our first cover was graced by the effervescent Tafnaz, the second cover featured one of the best couples in Botswana – the Magwape's, and while the year went on we have been featuring the best hardworking and enthusiastic Batswana. On this issue, we have someone who is omnipresent in all the mediums of entertainment this year, if you haven't assumed that it is Motsetseripa your mind has to be updated.

Again on this issue, along with the nation of Botswana and the world at large, we celebrate the month of Breast Cancer, take into consideration, our health page which is covered in pink colour that resembles the commemoration of people living with Breast Cancer and those who have suffered from Breast Cancer. In this issue, we also catered for our readers who are obsessed with makeup. With the recent lifting of events celebrations, our beauty page is fully packed with makeup, hair and skin content. Therefore this time, the brides and their maids will be spoilt with choices to pick from.

Take note that we are in the spring season, hence our fashion page is floral. Take a look into it and be inspired. Enjoy your read!!



# Contents October 2021



- 6** The Resourceful Bless ManTee
- 7** Antido.te Goes Places
- 8** "Rnb Is My Life" Alil Boy
- 13** Cover Story
- 14** Young But Rich In Mind
- 16** Horoscopes
- 18** Fashion
- 24** What Is Emotional Cheating?  
How to Spot This Painful Type of Infidelity?
- 26** Savuti Boys!
- 28** Pink Ribbon  
Breast Cancer Awareness Cookies
- 29** Thulaganyo Tells His Story Through Art
- 32** Gossip
- 34** Sports



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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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



**Hotel Transylvania: Transformania (2021)**  
**Directed by:** Derek Drymon, Jennifer Kluska  
**Starring:** Kathryn Hahn, Selena Gomez, Andy Samberg, Steve Buscemi, David Spade, Keegan-Michael Key  
**Opening on:** October 1, 2021 exclusively on Amazon Prime

The final chapter in the Hotel Transylvania series will not, in fact, include Adam Sandler as the voice of Dracula, but will focus on Dracula's human son-in-law Johnny (Andy Samberg), who is inadvertently transformed into a monster just as all his monster cohorts are turned into humans.

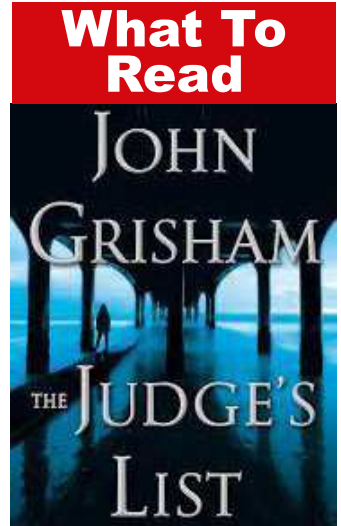


**The Guilty**  
**Directed by:** Antoine Fuqua  
**Starring:** Jake Gyllenhaal, Peter Sarsgaard, and Riley Keough  
**Opening on:** October 1, 2021 on Netflix

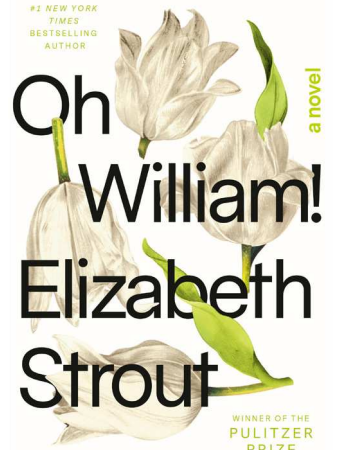
Jake Gyllenhaal, Riley Keough, and Peter Sarsgaard star in Antoine Fuqua's remake of the 2018 Danish thriller of the same name about a police emergency dispatcher who becomes invested in a 9-1-1 call from a woman in the middle of an abduction.



**The Last Duel (2021)**  
**Directed by:** Ridley Scott  
**Starring:** Matt Damon, Ben Affleck, Adam Driver, Jodie Comer  
**Opening on:** October 15, 2021  
 It's been two years since Ridley Scott did the unthinkable and reshot All The Money In The World weeks before its release date. But this time around, he'll be racing against history with this Edwardian tale of knights and maidens. Ben Affleck and Matt Damon will reunite, with Killing Eve's breakout star Jodie Comer filling out the cast.



**The Judge's List**  
**Author:** John Grisham  
**Publication Date:** 19 October 2021  
 After taking on a criminal syndicate that was paying off a federal judge in The Whistler, Florida Board of Judicial Conduct investigator Lacy Stoltz returns in Grisham's latest thriller.



**Oh William!**  
**Author:** Elizabeth Strout  
**Publication Date:** 19 October 2021  
 In the third book of the Amgash series, writer Lucy Barton returns in this in-depth look at the mysteries of marriage. Although they've been divorced for years, Lucy and her ex-husband William have remained close.

## What To Read



**Glaz**  
 Freedom Only  
**Release date:** October 6, 2021  
**Genre:** J-pop



**Tirzah**  
 Colourgrade  
**Release date:** October 1, 2021  
**Genre:** Electronic, Dance



**Together Pangea**  
 DYE  
**Release date:** October 22, 2021  
**Genre:** Pop/Rock

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# The Resourceful Bless ManTee

**H**e is a gentleman of Kanye village, a rapper, producer and a film director who graduated in the streets. He started doing music in 2016 after finishing his Cambridge at Kgari Sechele Senior Secondary School in Molepolole.

Thatayaone Mphethe was introduced to music by Dada Kavino after he discovered his music talent and passion. That's when he started recording his music in 2016.

For the love of music, Bless ManTee – as he is affectionately known, wanted to explore more and learn new things like producing music so every time he would go to Dada Kavino's studio to learn one or two things.

He said that sometimes he would ask him questions about the things he doesn't understand when making beats and when he gets home he would practice the beats in his computer. "I learnt other stuff from the internet. In 2017 I started learning how to direct a shoot, how to do photoshoot and edit videos, thanks to Bantu Frames for playing a role in my life," so he said. Bless ManTee said in 2019 he worked with Jaah Breed Wametlae, he is a comedian with over 10012k followers. He started working with him when he had about 6000k followers – the time when he started directing, shooting and editing Landlord facebook series from landlord Part 1 to Part 35 and parted with them when they had around 10009k followers in 2020 to focus on his music career.

Bless ManTee said this year in August, he released his first single that he composed from his very own Studio titled 'Daily Basis' in which he features Tesy J. He also said right now he is working on his first album titled 'Real Life 1' in which he is talking about his life.

He thanks his family and fans for their support and said he will forever be grateful for that.



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# Antido.te Goes Places

**M**eet Panashe Nyatoro well known as Antido.te. He is a producer, artist, songwriter & fashion designer who does hip-hop/trap and well other genres like alternative music, RnB and experimental music based in Mogoditshane. He started doing music in 2013 when he was still in a form 1 student and later got into the Botswana music Industry in early 2017 with a hip-hop group well known as Drippy Klan.

In his years of music Panashe has worked with quiet a number of artists locally namely, Drippy Kin who is his young brother, Taaylor, YB Picasso, Gappy Roberts, Teddy West, Yung Amazeing & Legacy (Khiring Khiring Khorong Hit makers), QVO and Ammoskimask now known as Balaclava Blanco only to mention a few. He also has collaborations from international producers in USA & Canada who have worked with mainstream artists in USA - the likes of Mesodrip (worked with

Kodak Black), Billonthebeat (works with Mexikodro ,Playboi Carti, Rich The Kid & a lot more) Some of the songs are going to be in his upcoming tape with his partner, Taaylor. Panashe produced a soundtrack for an American documentary, "Blindfolded! That was shot in Botswana & South Africa. It simply focuses on the beauty of Africa and how Africa is not way too different from other parts of the world. Through his journey of music he has achieved a lot with his group and also individually. He made 100 000 plays on SoundCloud in the first year of dropping music and became the second verified artists in Botswana and SoundCloud. He has performed at few events namely Winter Shutdown, Explosion Summer Bash & Molepolole Makgasa Party. They have given back to Ledumang High School by organizing a talent show in 2019 and performed there. They also donated money to the school without getting any percentage from it.

Panashe has worked on street wear fashion in supplement of his music journey. He owns a clothing line by the name, "Dripped" which has been running since 2019. In his street wear fashion journey he has worked with Balaclava Blanco and an Instagram influencer by the name Katie with over 12K followers. Still he has more collaborations under fashion with a Philippine Streetwear brand by the name Troupe. His music played in different countries and mostly the streams were from America since he has had radio plays from Radio stations in Miami & Atlanta and clubs in Canada.

He is currently dropping an upcoming mixtape by the name Purple Fantasy with his colleague Taaylor which has 20 tracks featuring local artists and international features from South Africa, Canada and USA. In the long process Panashe has worked on a 60 track album that is purely sounding international and is scheduled to drop next year with a documentary series.

According to him, this 60 track album is intended to break the world record of the highest number in a digital album by a duo in Africa. Having to believe in hard work, he has dropped more music on digital platforms that can amount to more than 80 tracks. He has more future collaborations that are on the way with more international artists and local artists.

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## “RNB IS MY LIFE” ALIL BOY

**H**e is a young producer and RnB singer who has so much passion for the genre. Alil Boy, born Elliot Basupang is a self-motivated artist who owns a record label titled DARK 9T RECORDS. The Thamaga native who is 25 years says he has been in the industry for 10 years now as a singer and producer. He recently chatted with CW and this is what he had to say:

**Tell us about yourself**

I am a music producer and a singer under my

record label called DARK 9T RECORDS. I am a courageous artist who works with motives and an aim of achieving self-targeted goals as a result of success. I believe that it does not matter how slowly it goes as long as I don't stop.

**What inspired you into taking up the arts?**

Listening to good music motivated me to get involved in the game, but in a different way using my mother and father tongue (Setswana) and English to compose with a flavor.

**For how long have you been in this industry?**

I have been in the game for about 10 years now.

**Since joining the industry how many released songs have you got on your portfolio?**

I have more than 15 songs.

**Have things been working according to your expectations so far t?**

Things have been working so fine except that Covid-19 affected my work and I failed to put food on my table.

**It must be quite a challenge trying to become an established artist in the industry, how do you work about tackling those challenges?**

It's a quite challenge yes, am trying by all means to put a head where it's open to show up. Taking my CDs to radio stations so that my music can be known. My manager Pixel Tshagisi also known as Pixel promotions helps me in growing by finding gigs for me.

**Your profile states that your song “My Everything” is a love song, and you base yourself with Rnb, WHY?**

RnB is my life. I love music that talks ‘MY EVERYTHING’ song was composed because I wanted to show my girl that she's my everything.

**Do you only do RnB music or you also have experimented with other genres?**

I also do other genres like house music. I have mojolo song kind of Makhadzi style and it's a hit.

**How did your song get reception?**

People really enjoy my music because they get the message from it and it is highly received by Batswana.

**How did you come about to work on it with a South African artist?**

I was connected with my manager Pixel promotions to work with her, and I would like to work with King Monada in one of the good days and I trust that it will happen soon.

**What are you working on the moment?**

I am working on a single called Re Happy.

**Is there anybody you are collaborating with?**

I am working on a collaboration with Flexville and Ricki Renei at the moment.

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# The Sensational

# Entertainer

# William Last KRM



In this world there are those born with a silver spoon, with the lime light upon them from day one and then there are those that work hard to earn their spots, for some it may even take years to gain them. Well, that has not been the case with our very own multitalented and internationally renowned Comedian and Musician, William Last KRM. He may have not been born to the spotlight but he was made for it. While it takes many years to get to work for, for him it only took a few vines and today he is the talk of local talent.

Born Bofelo William Molebatsi, the comedian/musician has three other siblings and one is a soccer player for the biggest local football team, Township Rollers. The

soccer player, Thalefo Molebatsi is one of the people that the musician looks up to. William Last KRM, of course shot to fame as the well-known Motsetserepa, we all enjoyed to watch as he made us laugh our lungs out, but the entertainer, which he likes to refer himself to, was more into music even before doing comedy. Although we never really at first knew of it when we all came to know about him, he did start off as a musician. He has been doing comedy since 2017, but as for music he did it and had the love for it from as far as his school days. He says that when he was in standard 3 he would write songs even for people to sing to.

When talking about how he came to take up comedy, he said that it was never for

fame and to make some living out of it. The singer also said that it was more of a passing time hobby as he barely had nothing to do having been unable to perform well at his BGCSE. Although he never really thought to see himself where he is today passing time with vines, he actually has a background with acting as he did it back at school during his school time. He even got to have awards for being a good actor as well. Fast forward as destiny would have it doing comedy although it never was intended to make him an earning and he realised that it was something that could actually get him putting food on the table. He went on to say that at times things just happen unexpectedly, that God sometimes leads us to where we never imaged and is part of the



journey. From the moment he started it all he did was to come up with some money especially when he did stand-up comedy. Eventually he was also making money from making advert vines as well.

Being a musician has always been part of him, the love goes way back to those school days but taking it serious and becoming an artist, that came to light only in 2018. In 2018 he released his first project, the Bofelo E.P. He says that however the project never really went on to do well as he would have expected it to as not many people knew about it apart from the song with Mpho Sebina. But of course that did not make him stop or demoralize him, rather he kept working on music. Come 2020, his time had finally arrived to shine. He released an album titled AMARA that finally not only caught the local attention but also the international attention as well. The album was a way for him to share with people about his reality, behind the comics, the laughs from comedy, he wanted to communicate his pain and have us understand that he too like everyone was human and has as much problems as anyone else. He has gone to also become top of the list for the sort after collaborations. He even got to be featured by the likes of big names like South Africa's Boity on her O18 Finest remix and a local best upcoming group Ubuntu Band.

Motsetserepa recently released another single, Aah that reminds one of the Aah that was released back in the day by kwaito legend Mapetla. The song is more like a remake rap version of the Mapetla song. When asked about it being a tribute to Mapetla, he said it was a little intended to that, but it was mostly a way of just bringing back the song's vibe in the rapped kind of way. He said that it was also just to have that "Aah" as an amazed response to what he actually was rapping about in the song, like him being a father and all.

Now, one of the opportunities or one lucky thing he would have to also think that obviously made his album Amara get the attention it deserved is the moment he got international attention after he sang to one of Chris Brown's song, "Don't wake me up." After making the video, he was lucky enough to have the singer Chris Brown see it and even commented to it and that sparked international recognition. He said he even got to gain some more followers internationally from countries like the US and in South Africa as well, he was positioned. Him making good of the opportunities, he went on to release the best albums in local music and that had many just tipping off their heads to especially one song that became an international hit and even got so many good reactions and reviews from many known international reactors especially on YouTube.

His Tinto song went on to gain so many

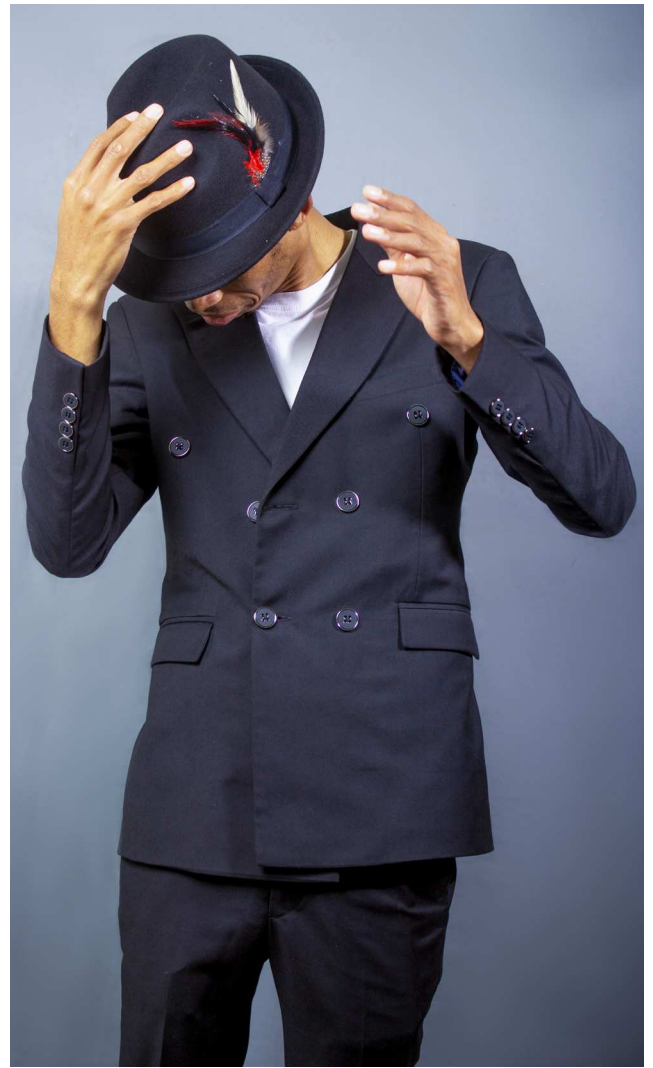






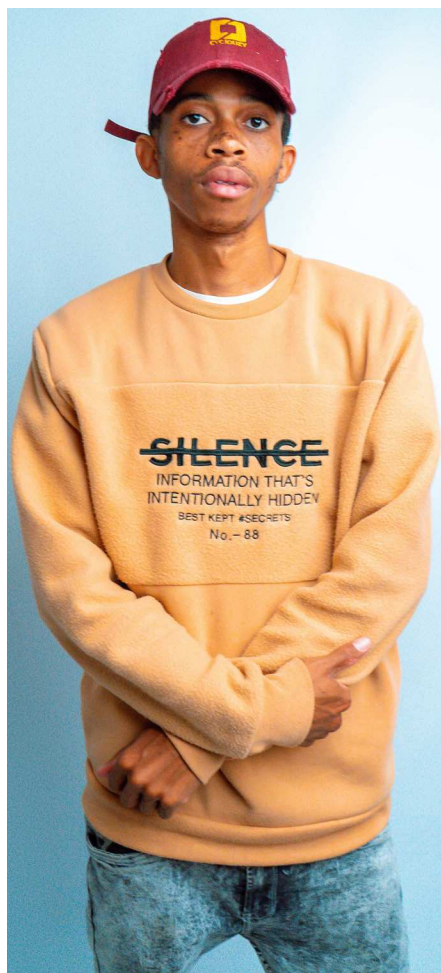
people to talk about him even when he was gone and even have to be a study in the education system one day. He went on to indicate that even one day his daughter could be proud to have him as a father. He said that he wanted to show everyone, even someone with a disability that nothing is impossible, it's about having that mentality of I can do it no matter where I come from.

As he continued talking about local talent, music and comedy Motsetserepa went on to say that Botswana has a lot of talent and is even better than many countries in comedy and music. He said that the talent available is good enough to have an impact on the economy of the country because it does move things in Botswana. "There is so much talent that can actually get us somewhere it's just that people at times do not know how to handle



views and likes on YouTube and even got to surpass many big African songs as well from renowned African artists. Another his most viewed video is also one parody song from the amapiano song Akulaleki by Sasha. Apart from the Tinto song being successful, the other one that has also become a success and also got reactions from all over was "How it feels", that he featured sweet voiced Dato Saiko. The song is by far the most emotional song we got to enjoy but at the same time getting to relate to the problems that the star has been through. It actually may have been him telling his story, but when one sings to the chorus how it feels, you actually have that feeling of self-expression as well. The song for him was just to express himself about his background and all that he had gone through. On the day they recorded the song, a friend of him and Dato Saiko too had passed on so it went to have those expressions that really made it a very touching song.

"I wanna leave a legacy," said the star when asked about how much of an impact he want to make on local music. He also said that growing up he got inspired by local artist Scar, but not necessarily meaning that he wanted to make music the same way that Scar does. Motsetserepa said he believes that one needs to be unique and do music in their own way, but it has to be the best of them. He went on to say that he wants



fame and they even use it for different useless things. Some young talents even get used up in the industry and have their worth undermined or taken advantage of, If things were done right the industry would be huge," so he said.

The inspiring family man said that if there is one thing that is difficult it would be balancing family and business times. He said he understands that nothing is more important than family and love. He also said nothing can ever buy that saying and he has finally come to master to that ability to work around it, balancing his work and being the family man we all know him to be. He went on to say that at times one gets too drawn to money which is really bad, as much as of course everyone needs money.

On the issue of any project he has in the pipeline, he said that they were currently working on a huge project which is an album that he says they are still taking their time to work on because they want it to be even bigger and better than the last one. Motsetserepa also said he will keep making more vines. He went on to say that he has grown to a place that he is happy with, but said he would like to see himself having grown even in terms of personality as well and finally he is very grateful of the support he gets from everyone at large.



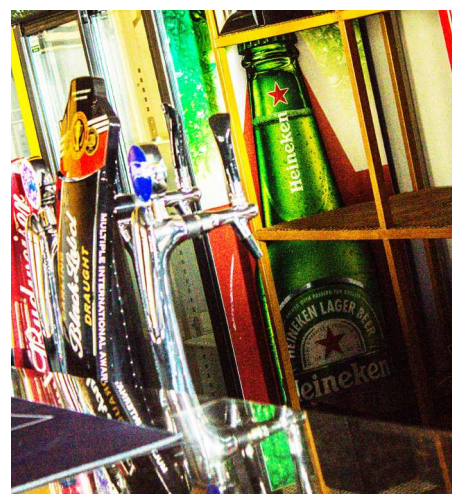


# Good Fellas Lifestyle Lounge

**W**ell, the name says it all, it's one of the city's spots that are the best for fellas who love good chilling vibes. It's not some spot, it's actually that kind of legit premium lifestyle lounge with the champagnes and of course always turning to the all traditional Sheshanyana lifestyle there is not a much perfect place for joy lovers.

The place is perfect because its city centred in the heart of Gabs, in Phase 4 at the Pennywise Complex. Getting into the lounge, you are met by a Versace themed interior that gives a vibe which is that of the Vegas nights. It's a place for those that love the kind of lifestyle that's a bit fancy and of course one without much of drama apart from relaxing to good music and good food. Yes the food there is also amazing and wonderfully affordable. They offer in-dinning and also one can order a good meal from the comfort of their home. They offer grilled beef, mixed grills, grilled pork, pizza, burgers among other different meals wonderful meals there also traditional plates as well.

If you are looking for a place with good vibes and lifestyle, Good Fellas is the perfect place. What really makes it great is how that premium lifestyle gets infused with the traditional yet of course premium lifestyle. It's really a rare combination to find anywhere.







# YOUNG BUT RICH IN MIND

**E**ncounter one of the confident youths in Botswana who made it to the fashion industry and are hopeful for the future. Panashe Nyatoro is the face behind Dripped Worldwide, which was established in 2019 as a streetwear fashion brand & entertainment company. His main focus was to express emotions and feelings he went through streetwear fashion since fashion has been a biggest factor to the hip-hop industry. Panashe said in the interview that his biggest influence was his mom, who is a fashion designer and in every piece she put together was really perfect. He also said that he would admire every piece and wish one day to be putting together the biggest fashion pieces in Botswana and the world.

According to him, as a kid growing up they didn't have much, they couldn't afford fancy and glamorous clothing from the world's biggest brands in the world which made him feel outdated and so backwards but as time went on he started his own clothing line so that he could put his own authenticity and originality in the fashion he wore. He has designed prints on t-shirts from his own phone since he didn't have enough equipment to use and till now all the designs

he has were done on his phone. Panashe taught himself how to design through watching YouTube videos, spending time on Pinterest and learning from other streetwear brands. He added that in the process he would draw out ideas of other pieces like Cargo pants and then work with his parents in putting the pieces together.

He said growing up and seeing less of our creatives in Africa, mainly Botswana suffer and not succeed in their businesses has always been one of his biggest fuels in producing quality stuff for the locals and the international market. Therefore he wanted to inspire everyone who will come behind him that if you believe in yourself and study the market you have ventured in, you will always do wonders. He has always strived to bring mind blowing designs that are unique and authentic enough to penetrate the international street wear market and put Botswana on the Atlas.

Being the man behind the motive and also with his partners who helped co-found this legacy, Panashe has Kindreds Nyatoro, Kyle Bunhu and Greneel Nyatoro who are his siblings and who helped him in bringing up this empire.

Quizzed on how the business is doing, Panashe said during the days before Corona, the business was doing well because events such as Chillstep, festivals and gatherings influenced the youth to invest in streetwear brands as they always wanted to look more different in them and also supporting local brands when they went for these events. He said now that there are so many restrictions and the economy of the country is also constantly falling, it's hard for these young people to add on most of the local streetwear brands to their carts nonetheless he believes besides fall in sales, Dripped itself has managed to rise above the struggles as he always struggled for perfection and outdoing the designs he has put before.

Asked on who helped him with the sponsorship of his business when it started, Panashe replied by saying "It is Juse Morgan, my best friend who I have never met physically but connected through Instagram, is in America. He loved my music so much he always wanted to help in anything I do as he believed I was very talented to be seen by the world. He sent me money as soon as I told her that it was a struggle to fund my music and also find capital to start my streetwear business."

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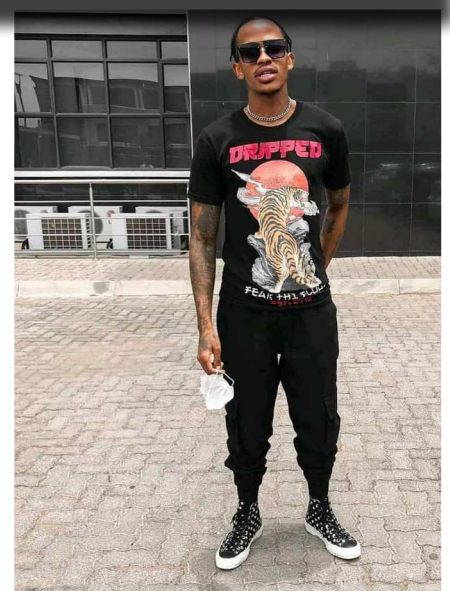


**H**e said the uniqueness and authenticity in his designs differentiate him from other brands and he passionately love everything he's doing and takes his business as one of the fundamentals to personal growth. Every design he puts out is a sentimental expression of things that influence his life and other people's life and that on its own has managed to make him always want to bring out the best quality services for his clients. Money has never been the main drive to his success but quality has always been.

His greatest achievement in the fashion business is working with different people around the world, from the corners of America, Canada, Philippines, Spain & more. "I always incorporate the few people who have supported my business from the beginning to always help me make decisions, choose prices, and also choose designs. Making people feel like they are part of my business has always been the greatest strategy I have used in building a very strong loyal customer base," so he said.

Panashe said that not having enough funds has always been a challenge to the type of business he's doing, adding that funds act like fuel to a locomotive since he's not much into profit. He said it's hard to diversify and execute more strategies that could help the business grow.

Right now Panashe is working as a Financial Advisor and Insurance Agent at Cover Link Insurance Brokers. He said the reason why he chose this job is because it teaches him how much time he needs to put in studying marketing and advertising. It also helps him to grow in the formal world and in marketing and advertising his fashion and music since it mainly deals with marketing skills.



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## PATIENCE PAYS OFF - SAMUEL

**T**he financial challenges he faced while he was a self-sponsored student at the University of Arts in Pretoria did not stop him from reaching his dream of becoming an actor. The Mmadinare native, Modisaemang Samuel Kobo said he came back home from South Africa where in 2001 he started his acting career after he met a Zimbabwean friend.

He passionately worked with different people like Joel Keitumele aka Ntsoro, former Member of Parliament for Thamaga constituency Mr Mabeo and others in the production although they went through financial challenges. Samuel said thus far they shot about 10 movie and TV dramas, but only 4 were successfully produced. He was acting as Mr Robbertson (a conman and irresponsible father) on Colours TV drama and that was in 2018, but before 2018 he played as Detective Joseph on a movie called Chief, in 2019 he did Maele (season 1) as Mr

Joseph a business village Chief with 3 wives and 12 children and played Mr Palai, a loving husband to his business woman on Pillars (season 2 and 3). Colours Drama played for about six months with 26 episodes on Botswana Television and was bought by Moja on DSTV. Pillars played on Now TV from season 1 to season 3, it was 13 episodes, and it also played on Upic TV as well. As that is not enough Modisaemang is currently featuring on another 2 TV dramas The Card Holders season 1&2 and THE STAR season 2 which are still being shot in Thamaga and Gaborone respectively.

To him, building a brand is very important although it is not easy. His thought is that, a lot of money should be injected in the arts industry because it is needed to fulfill all that is needed in the production. He said although he is encountering all the hardship, he's not taken aback because acting is his passion. Through the hardship that he experienced, the versatile Modisaemang

has been working hard on his talent, he has about three scripts on the table because he is a script writer as well and they consist of two dramas and a movie script. He said he is still looking on how to start shooting them although it is not an easy work as one may think.

As an actor, his opinion on how things should be done to get the film industry operate better in Botswana, Modisaemang suggests that the government should put a huge amount of cash into film industry so that actors can also benefit because currently only the producers are benefiting. "Actors don't benefit at all because they are paid peanuts. For instance, you'll find that about 10 actors share 250 thousand from the P1.5 million tender, this shows that actors are being exploited but only producers are benefiting a lot of money," he said.

When asked what he likes about his acting career nevertheless he mentioned that it doesn't have money, Modisaemang replied, "This is a very good interesting question but like I said, acting works for me because I am doing it with passion and since I know a lot of people, I never go for auditions but I always get connected and people always call and recommend me to do acting anywhere."

On his opinion about the impact of film industry in the economy of the country, Samuel said that Botswana has a lot of talent but only if the government can shoot up a lot of money in this industry or help the graduates to start their own productions locally and be able to employ other Batswana so that the film industry grows and help boost the country's economy. "Even private companies can help those graduates, we have a lot of talent coming from film schools like AFDA who are qualified and ready to conquer the film industry, but they don't have startup capital," he added.

It's funny that Samuel didn't have an inspiration to become an actor. Although he is an actor and scriptwriter, when he grew up he didn't like reading nor watching movies but from nowhere, he found himself in the film industry.

Modisaemang advises his fellow actors by saying, "Patience pays, at times you can be used by producers for a long time, but at the end someone will come scouting for you and your patience will pay off. Look at Sharon Seno who plays as Marang on Muvhango, see where she is right now, she has crossed the borders and doing quite well but she started off on Colours." Guess what else Modisaemang does, he keeps himself busy by buying and selling madila across Gaborone, Tlokweng and Mogoditshane. According to him the business is doing quiet good since its inception.

Like his page on facebook: Reflexions Drama series.





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# Savuti



If I remember well, I have come across so many films and biographies featuring prides of lions but this time I have seen with my eyes prides of lions at a the tourism place called Savuti here in Botswana. This was indeed a definitive experience to write home about. It was so amazing being there, watching and photographing the 'Savuti Boys' as I call them, drinking water.

I will never forget that afternoon when the weather was gloomy and the male lions were lying on the grass and kept on checking

their prey from the sides. Two, if not one of them stood and stretched itself and walked towards the water side, where suddenly the rest of the pride followed towards the same site. I guess that I was at the right place at the right time.

Savuti is famous for its mysterious and fascinating channel. It runs a distance of 100 kilometres from the Chobe River, through a gap in the sand ridge, to the Mababe Depression. Falling only approximately 18 meters, this channel brings water from the Chobe to Mababe, creating a small marsh where it enters the Depression.

The drive over sprawling wetland and savannahs that make up the Savuti Marsh (a 10,878 square kilometre stretch of land on the western corridor) provide a diverse portion of wilderness for the inhabitants of Chobe National Park. Savuti Marsh, an oasis that is fed by the Savuti Channel, an overflow from the Okavango Delta flood waters, teemed with life.

This area is well-known for offering remarkable game viewing prospects. During the dry season, you will see a variety of wild animals like elephants, black-backed jackal, bat-eared fox, and antelopes, just to mention



# Boys!



a few. A lot of wild animals tend to migrate from one area to the other as seasons change, like during summer times, species migrate to the area that offers fantastic predator viewing.

The Savuti area is mainly characterised by Camelthorn (*Acacia erioloba*) sandveld, Silver Terminalia (*Terminalia sericea*) sandveld, scrub savanna, and mopane veld. Savuti's almost desert-like landscape with a scorching sun, loose, hot sand, animals escaping the heat by clumping together in the limited available shade, and elephants lining up to get to the water supply, offer a

wildlife experience you won't easily forget. Before the rainy season, the second migration of animals takes place, surely this takes place between November and April. They move in search of water and grasslands and eventually their migration is followed by a large number of predators. It's obvious that the Savuti boys are part of these predators, we talking about the Lions, which are the kings of the savannahs and on the other side we have tigers which rule the wilderness. These two cats are hunters that feeds on other wild species. Lions live in prides and they mark their pride by roaring.



**Prakash Hari**  
f Prekki





# The Humble Thabo

## As the founder of Bafana Ba Diharepa, may you kindly tell us more about this group?

I founded the group (gospel choir) with only one aim, which is to produce recorded acapella music in a traditional Zion style. It has 12 members and is about to drop its first album very soon.

## When you started your music how did you get through?

Firstly I met Tefo Phiri, a local gospel artist who then recommended my current producer at Soundhub Records. I found it suited to have a promoter, I met Gaone Selebo of Lady G Promotions after I dropped my album so that I could learn the ropes of the industry faster and speed up the distribution of my product. We went through interview sessions at radio stations, newspapers and I even saw myself on stage immediately after the album release.

## You are pursuing what can be justified as one of the struggling genres in Botswana, how are you making it through in that area?

Honestly it's not easy, but I believe in myself that with God I'm going to make it one day. It requires courage, compassion, a proactive attitude and a spiritual wisdom.

## Don't you ever feel like giving up?

No one in the music industry has ever achieved greatness without struggle, when challenges arise I look up to God, who grants me power & strength. Botshabelo ke ena, thuso e gaufi ke ena, tsohle tse nhlagelang tseleng ke di beela ena ka thapelo tsohle tsa loka bofelong.

## What do you think needs to be done to improve gospel genre in Botswana?

In my humble opinion, I think it's very clear that the Gospel industry needs to be propelled even further. Pardon me for the lengthy reply, there are a number of relative reasons:

\*It would take initially collective team effort to propel this genre even further. For illustration, look at how commercial house artists have come together and offer help to one another with some even going as far as offering free features to upcoming artists so as to engage them more and at the end pushing the industry. If those same principles or something similar can be enacted in the Gospel industry then we would go far.

\*We would need high quality digital media as well as the equivalent expertise to utilise it i.e. producers. Speaking for myself most producers are not yet confident with my type of Gospel and as such leading to partially produced songs that could still use some work but if they were skilled enough with the tech behind production then producing and mastering my type of beats would not only be world class but prove to be effective and efficient as well.

\*The fourth industrial revolution is upon us and with that said we lastly need lots of online promotions. The social media is taking over the world day by day and gone are the days when people sit in front of their television sets in search of entertainment. People turn to the social media for that kind of satisfaction. We need Gospel shows hosted online for people to stream and that is how we will boost our popularity as artists and that of our beloved genre.

## Who do you look up to in the Gospel industry?

Well, in Botswana unfortunately there is no gospel artist who inspires me. I only look up to the late Oleseng Shuping, all the way from South Africa. The legend is gone but his music still touches many souls.

## What do you want to achieve through your music?

Honestly I want to achieve many things in the industry but most importantly I want to be a successful recording artist.

He is a young upcoming gospel singer and the founder of a group called Bafana Bah Diharepa. The young artist who hails from Molaladau but grew up in Serowe is currently doing his studies in the city where he also got to take up and pursue his singing career. He went on to work on an Ep titled 'Letsogo la Morena' in 2019, recorded and mastered by Shathiso Aaron at Soundhub Records. They also went on to complete a full album project in 2020.

## As a gospel singer when was your talent discovered?

I discovered my talent in 2016, when I was about to go for high school. I believe it was a calling and God knew the right time to answer it because it happened in the blink of an eye. At that time I felt a powerful deep voice just coming out of me whenever I sang. I loved gospel music so much and guess what I'm from a Christian family.

## Why did you choose this genre?

Honestly there were no options to choose from, 'ne ele thato ya modimo, go hlolegile go nna ka mokgoa oo ka baka la thato ya modimo fela, a se ka boikgethelo'. I am a singer because I preach the Christian message which sends light into the darkness of people's hearts and connects them with God to heal souls. My music is just the traditional gospel and I have two years singing it.

## How many songs have you managed to release?

I released my first album of 8 tracks last year.





# Little Miss International Botswana Grand Finale

**L**ittle Miss International Botswana is an annual festival for teens that was established in 2000 in Thailand. For years, it has been celebrated and promoting talent and culture among children all over the world. The festival is for children across the ages of 4 to 19, both boys and girls. For the local part of this prestigious festival, the grand finale was recently held on the 11th of September at the Cresta President Hotel in Gaborone but unfortunately was without any boy contestants.

The event that's hosted by Queenkay Arts Academy's Director Kefentse Gokganwang saw some very talented teens showcase their performance, from dancing, singing to poetry and runway. The contestants were judged on their talent, walk, pose and

interview, including other awards given out as well. The awards included the Miss Photogenic award where there was a photo contest which was done through website voting. The winners for these awards were; Shazia John from the Mini Miss Photogenic category, Katlego Matheakgomo from the Little Miss Photogenic, Andy Metsemebedi from the Pre-Teen Miss Photogenic and Kimberly Kotewa from the Teen Miss Photogenic. Another was the Best Debutant Fundraiser award given to the contestant who raised more Funds and that was Katlego Matheakgomo who again won the best talent award as well.

Of course such an event could have not been as wonderful as it was had it not been for the help of sponsors and supporters to its success. QueenKay Arts being the main sponsor to the whole festival put up a the

prize package for all the winners and those were tablets, 1 year Modelling and Pageantry Training which was awarded to all the Little Miss International Botswana 2021 finalists. The winners were also offered a one night accommodation by Golden Villa Bed and Breakfast. Among other sponsors were Vass Digital Plus and Project play who also offered their given sponsorships.

The event did end up to a very emotional evening as there were who won and those who did not and of course went tearful. The winners for this year's contestant went on to be, Shazia John for the Mini Miss International Botswana, Katlego Matheakgomo for the Little Miss International Botswana, Andy Metsemebedi for the Pre-Teen Miss International Botswana and from the Teen Miss International Botswana 2021 category the winner was Michelle Moyo.

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**Libra**  
(September 23 - October 22)  
Libra people are always quiet and reserved. They are aware of their attractiveness and have strong ethical ideals which they often try to implement in spite of their surroundings. They are always confident and well-groomed people. Libra man pays attention to the beauty every of woman but their behavior is important to him.

**Scorpio**  
(October 23 - November 21)  
People under this sign are considered to be ambitious. They do not worry too much about defeats. They can easily pick up and start again, hence don't worry too much about defeats. They are capable of true love. Scorpio woman is jealous and if it turns out that she really has cause for concern, her revenge can be terrible. Scorpio man is selfish and expects the woman to be submissive in every field. The best partners for him are the zodiacal Cancer and Pisces.

**Sagittarius**  
(November 22 - December 21)  
People born under this star are energetic and independent. They prefer to surrounds themselves with forgiving people. Sagittarius lady is adventurous and follows her own life principles. Male Sagittarius is very sociable and is very friendly towards the

world. He can get involved in several parallel relationships simultaneously.

**Capricorn**  
(December 22 - January 19)  
The woman Capricorn is usually a fantastic mother. The partners and wives of the Capricorn should appreciate the efforts of their masters. They love to gain an advantage in every aspect of their lives. The woman Capricorn is usually a fantastic mother. A Capricorn man usually avoids showing emotions and feelings. He appreciates very calm, modest home comforts.

**Aquarius**  
(January 20 - February 18)  
This person tends to become a fanatic of an idea, which is already somewhat dangerous. A woman from Aquarius is a huge individualist, endowed with a high sense of self-worth, always having her own opinion and knowing which way to go to achieve the intended success in life. She likes to do what she thinks is right, even if it causes controversy. A man from Aquarius is very often a bit selfish. He does not impose his opinion on others.

**Pisces**  
(February 19 - March 20)  
The Pisces man is a seemingly clumsy who cannot manage his life. He is a very intelligent person.

He understands his partner well and can empathize with her position – that's why women adore him. A Pisces woman is usually an introvert, locked in herself. She is convinced that love is most important. She must also be forgiving because the lifestyle of a Pisces woman can often make her man dizzy.

**Aries**  
(March 21 - April 19)  
Be prepared to face obstacles with tranquility. October is not favourable for starting new ventures. Be ready to tackle problems that may possibly be brought by love. There are many changes ahead of you, including long journeys. If you manage to fall in love, first of all listen to the voice of reason and then the heart. Focus your attention on the most important goals in life. The culmination of your relationship is coming.

**Taurus**  
(April 20 - May 20)  
Taurus people usually have clear goals and they know how to reach them. They are very persistent and hard-working. They do not like opposition or a situation when someone questions their opinion. This month you will want to deepen your knowledge, sign up for a course or group classes.

**Gemini**

**(May 21 - June 20)**  
Gemini are wise, cheerful people who can manage their lives. They are very sociable people, it's hard to be bored in their company and they have the tendency to tell stories from their lives. They can be faithful companions, and they always reach out with a helping hand. They need a forgiving and patient partner.

**Cancer**  
(June 21 - July 22)  
People born under this sign tend to see the future in black colours. Cancer is a person with very changing moods. The greatest treasure for them is a quiet family life. Cancerians love to collect different necessary things for future use. Cancer men pretend to be tough while women love to stay in their own homes.

**Leo**  
(July 23 - August 22)  
Leo women are passionate, attractive, strong and confident. They love their children more than their partners. Leo woman is a great material for a loyal partner and she's a good mother. She likes to be the center of attraction and loves innocent flirting with many men. Leo man falls in love just as easily as he falls out of love. He is also a very caring man and passionate person who loves prosperity.

**Virgo**  
(August 23 - September 2)  
There are a very few Virgo people who are untidy and unorganized. They are perfect when it comes to business and professionalism. A Virgo woman is a perfect partner, she is faithful, responsible and economical but it's unfortunate that she fails to find fulfilment in her life. In any relationship she gets in, she tries so hard not to control the man in her life and to demand too much from him.



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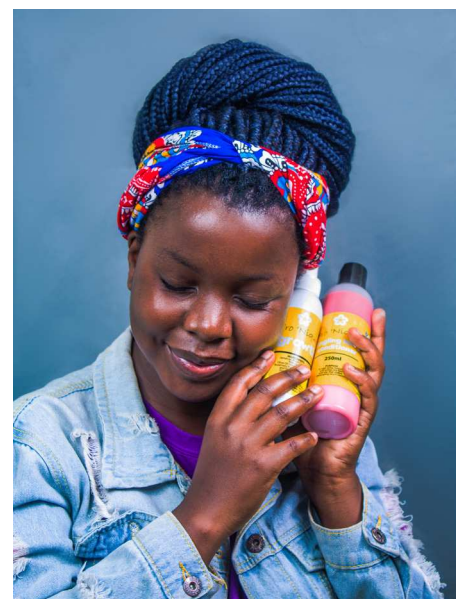


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# Protective Styles 101

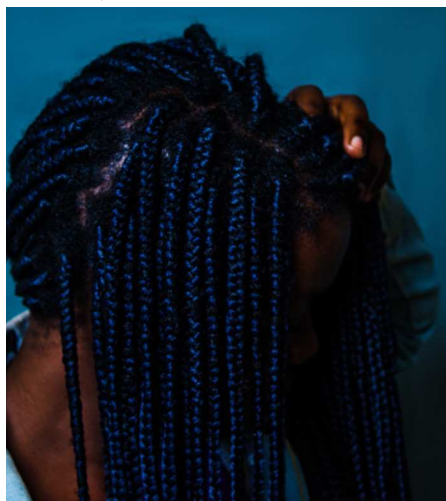


**One might wonder what a protective style is?**

A protective style is a style that keeps the ends of your hair away and minimize manipulation.

**What does a protective style 'protect' your hair from?**

There are many factors that can damage your hair. A protective style such as braids, will keep your hair safe from:



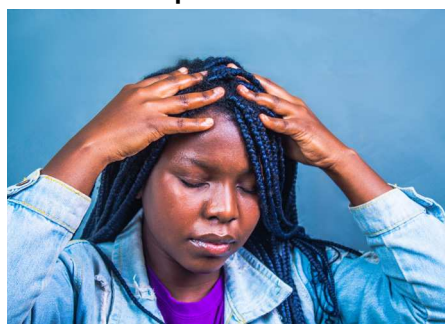
**1. Combing, detangling, updos and physically manipulation**



**2. High heat, chemicals, Colour treatments**



**3. Environment pollutants in the air**



**4. Excessive moisture from swimming or sweat**

**5. Environmental/ climate factors e.g dry air, cold air, wind and snow**

All these factors put stress on your hair. Overtime all this stress can cause noticeable damage to your hair and makes it vulnerable to breakage

The question now is how does one refresh and moisturize hair while in a protective style to promote growth?

Having a protective style doesn't mean you have to neglect it. Use Fro'Niques Hair Care Products to keep your hair intact, your scalp moisturised, fresh and healthy throughout. Two best Fro'Niques hair care products to use while in a protective style are Fro'Niques Detangling leave in- conditioner mixed with water for easy spraying and Fro'Niques hair growth oil to base scalp.

Here is a simple daily moisturizing routine to promote growth while your hair is in braids. (REMEMBER HERE YOU HAVE TO PLACE EVERY PICTURE ABOVE IT'S DESCRIPTION)

**Step 1:** Section your braids. Work in sections to make sure that the product is thoroughly applied throughout the hair

**Step 2:** Spray a mixture of Fro'Niques Detangling leave in conditioner and water onto your hair and scalp to hydrate and moisturise.

**Step 3:** Base your scalp with Fro'Niques Hair Growth Oil. Go in line by line and apply a generous amount.

**Step 4:** Do scalp massages to make sure the products properly dissolve on your scalp and hair.

**Step 5.** Style as desired. Keep in mid not to strain your hairline and voila!

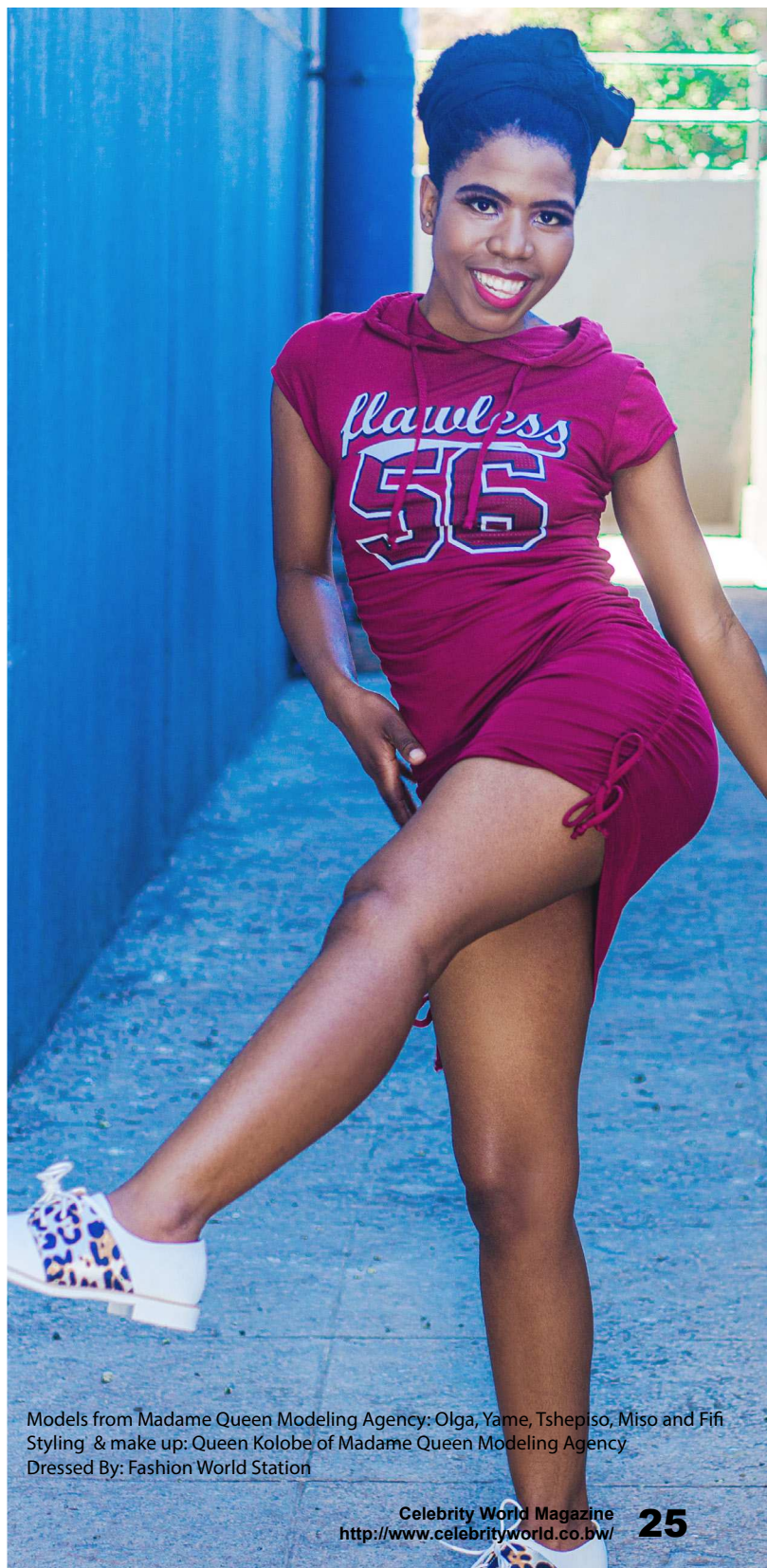


# Spring





# Fiesta



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# What Is Emotional Cheating? How to Spot This Painful Type of Infidelity?



**W**e tend to think of cheating as sexual, whether it's a one-night stand, virtual sex, or an ongoing affair. But in committed love relationships, "cheating" isn't always about a sexual encounter, secret flirtation. Fundamentally, it's about breaching trust.

"Emotional cheating" is a particular type of secretive, nonstop closeness with someone who isn't your main partner. It's one person making an independent decision to cultivate nonsexual intimacy with someone other than their main romantic partner in a way that weakens or undermines the relationship.

Many see this type of connection as having an erotic factor to it. Though there often can be an underlying romantic or erotic energy in emotional cheating, it can also occur without the element of romance present. I've talked with couples who feel "emotionally cheated on" by partners who share too much with friends, work colleagues, or even family members. Nonetheless, they've experienced

it as "emotional cheating" because their partners have engaged in an inappropriately deep, sustained closeness with someone else in a way that excluded them.

Because this type of cheating can look "healthy" from the outside, it can be hard to name and confront: non-erotic emotional cheating a powerful spiritual friendship with a pastor or teacher, an idealized mentor with whom you have an ongoing passionate phone exchange about poetry or art, flattering DMs from a well-known business coach on Instagram that have been getting increasingly personal. The advent of the internet and the abundance of ways to connect with people all over the world has opened up the number of channels available for different forms of cheating to take place outside of a primary relationship.

Many who cultivate this type of closeness defend it with phrases like, "They're just friends," or "They listen to me when you're too busy." For this reason, emotional cheating

can go undetected while silently tapping energy away from a relationship and leaving you and your partner disconnected.

## How to know if someone is emotionally cheating.

One way to "identify" whether you or your partner are engaging in emotional cheating is to look at the impact. Does the outside connection strengthen or weaken your bond with your partner? Does the intimacy you have with someone else a co-worker, Facebook friend, trainer at the gym support your closeness with your partner or erode it? Another way of assessing whether emotional cheating may be taking place—particularly if you're the one doing it—is to tune in to how you feel. Does this outside person temporarily relieve a sense of loneliness but leave you feeling lonelier in the long run? Is your closeness with them something you crave—like a sugar fix—that comes with a lingering sense of guilt when you get home to your significant other?

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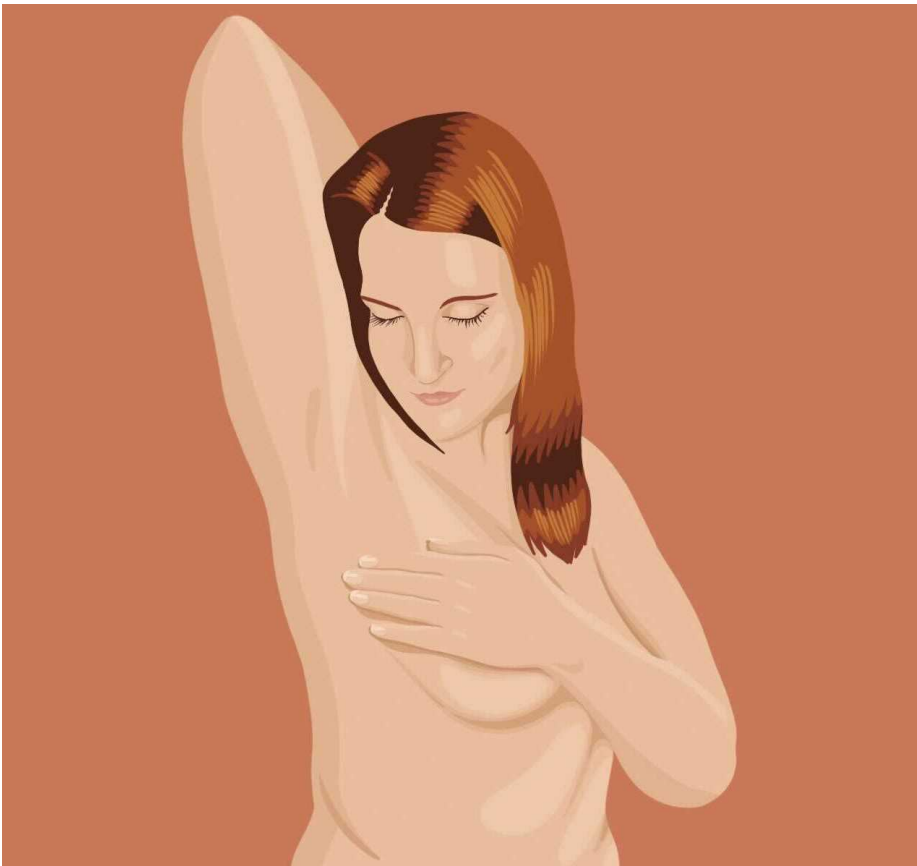
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# HOW TO DO A BREAST SELF-EXAM

## What to do if you find a lump

Do not panic if you think you feel a lump in your breast. Most women have some lumps or lumpy areas in their breasts all the time, and most breast lumps turn out to be gentle. There are a number of possible causes of non-cancerous breast lumps, including normal hormonal changes, a benign breast condition, or an injury. Below are the five **steps to follow to do a breast self-exam**:  
 Step 1: Start by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

Here's what you should look for:

- Breasts that are evenly shaped without visible distortion or swelling.
- Breasts that are their usual size, shape, and color.

If you see any of the following changes, check your doctor:

- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash, or swelling
- Dimpling, puckering, or bulging of the

skin

Step 2: Now, raise your arms and look for the same changes.

Step 3: While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).

Step 4: Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

- Cover the entire breast from top to bottom, side to side, from your collarbone to the top of your abdomen, and from your armpit to your cleavage.
- Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.
- Step 5: Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.



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# Pink Ribbon Breast Cancer Awareness Cookies



**T**hese pink ribbon sugar cookies are cute, but I of course could have done a better job, you can probably tell that I made them in a rush. But this is not important! What's important is that these cookies were baked for a cause?

I'm pretty sure that everyone knows or has heard of a woman diagnosed with this terrible disease. Some people have even lost friends and family members in the battle with breast cancer. Others are lucky to have survived.

October is breast cancer awareness month. Spread awareness about a disease, which is impacting 5 in 30 women in the Botswana.

But keep in mind that early detection of the disease is very important. So go ahead and schedule your yearly breast exam. I try to keep things on the happy and positive side here, but I really get terrified every time I hear the word cancer.

These cookies are so easy to make. I used my go-to sugar cookie recipe and then I cut out the ribbons with a cookie cutter I got at some store at the station. I made some pretty pink royal icing and covered the cookies with it. Then I topped with some pink ribbon sprinkles from the party shop.

**Prep Time:** 20 MINS  
**Cook Time:** 15 MINS  
**Total Time:** 35 MINS

### Ingredients

**For the sugar cookies:**  
 1 cup softened unsalted butter  
 1 cup sugar  
 1 large egg  
 1 tsp vanilla extract  
 3 cups all-purpose flour  
 1 tsp baking powder  
 1/2 tsp salt  
 Additional flour for rolling

**For the Royal Icing:**  
 8 cups powdered sugar  
 6 tbsp meringue powder  
 2 tsp vanilla extract  
 12 tbsp warm water

More water to thin the icing  
 Gel food coloring in pink  
 Pink sprinkles

### Instructions

**For the cookies:**  
 In the bowl of a stand mixer, fitted with paddle attachment beat butter for 3 minutes until creamy. Add sugar and vanilla and beat until incorporated. Add egg and mix until combined.

In a large bowl sift flour and add baking powder and salt. Gradually add flour to wet ingredients. Mix until flour is incorporated.

Form a ball from the dough, wrap in plastic wrap and refrigerate for 2 hours or overnight.

Take out of the fridge, when ready to make the cookies. Separate dough in half, make 2 balls. Roll each half between parchment paper, until dough is 1/4n inch thick. Using a ribbon shaped cookie cutter, cut out cookies. Try to cut as many as you can. You can of course re roll the dough, but every time you do, tiny air pockets may form and cookies will not be as smooth.

Preheat oven to 350 F. Transfer cookies to a baking sheet lined with silpat or parchment paper. Bake cookies for 10-11 minutes, until they are barely beginning to turn golden. Let cookies cool on baking sheet for 10 minutes, then transfer to a cooling rack to cool completely.

### For The Royal Icing:

In the bowl of a stand mixer, fitted with paddle attachment mix together powdered sugar, meringue powder, vanilla and water. Beat for around 8 minutes on medium speed, until thick and shiny.

Colour icing in pink. Use gel (paste) coloring and start by adding just a little at a time. Thin icing with water to 20 minute consistency. Fill a piping bag, fitted with Wilton # 2 tip with icing. Cover cookies with royal icing. Add some sprinkles on top (7-10 per cookie) Let the icing set for at least 4 hours. Keep cookies in air-tight container at room temperature up to 10 days, or package each cookie individually.

### Course: Dessert

Nutrition Information  
 Calories: 211, Fat: 5g, Saturated Fat: 3g, Cholesterol: 18mg, Sodium: 80mg, Potassium: 28mg, Carbohydrates: 40g, Sugar: 31g, Protein: 1g, Vitamin A: 165%, Calcium: 10%, Iron: 0.5%

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school, he does perfect artworks to decorate their house. Another reason to his choice of fine art is that, he wanted to capture all the details of the source interest and gratification to put that in. He said using pens and pencils is now his nature.

The motive behind the picture of the first president of Botswana drawn by Thulaganyo was a competition which was the brainchild of Sir Seretse Khama Ian Khama sometime this year, unfortunately he didn't win it. Thulaganyo went on to say, "I am a person who believes in God, so drawing Apostle Joel Keitumele is one of the motives that drove me into his art piece and believe me when I say his art piece is the one that sold me best". Thulaganyo is not only an artist, but he also does t-shirt printing with the labels written messages about God. As a true believer of God, this is a way of preaching and sending God's word to people.

Another type of art that Thulaganyo does is poetry. He writes poetry, but hasn't yet started spoken poetry. On the uniqueness of his work, he said people see his artwork as something that is scenic, but the truth is he really wants to achieve that stage because he believes that he has a long way to go. He looks up to the Nigerian hyperrealistic artist, Oscar Ukonu. "I realized that in Botswana there are a few artists who stand out to be international and I am so determined to fill that gap," he concluded.

# Thulaganyo Tells His Story Through Art

**T**his month we are honored to be featuring an amazing young local artist who found determination and affection in the world of artistry.

Come across Mr Thulaganyo from Ramotswa village who does art with passion and believes that it glorifies life. Thulaganyo is a versatile artist and a biology student at the University of Botswana who does art as a healing tool not just for drawing and painting. He has seen it working for few people surrounding him and even his customers. He mentioned in an interview that basically what he does is to simply do fine art using pencils and pens only and transform the artworks by framing them in order to add value into them so that they become presentable to the consumers. He revealed that he does his work at home and the business started in 2012 while he was at junior school where he did art

as an optional subject. Thulaganyo indicated in an interview that he is grateful that he chooses to do art the way he does because it has somehow transformed many lives including his. He also mentioned that he took upon himself to make sure that his artworks reach prominent people like the former president Sir Seretse Khama Ian Khama, Joel Keitumele aka Ntsoro just to mention a few. He has recently submitted his art works to the above mentioned people and other Batswana.

Speaking about his inspiration, he said his father who is also a fine artist played a typical role in his life because he chose this type of art after he saw and loved the immeasurable talent displayed in his father's artworks. Although his father never studied art at



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# BRAD PITT AND ANGELINA JOLIE'S UPS AND DOWNS THROUGH THE YEARS

**B**rad Pitt and Angelina Jolie are said to have been locked in a messy court battle ever since she filed for divorce in September 2016, but the pair were not always at odds. The Oscar winners fell for each other while filming the 2005 action film Mr. & Mrs. Smith. The origination of their relationship instantly caused controversy since Pitt was married to Jennifer Aniston at the time.

Pitt and the Salt star became serious rather quickly, with her confirming her pregnancy with their first child in January 2006. He formally adopted her son Maddox and daughter Zahara in 2006, and their children took on the surname Jolie-Pitt. The couple welcomed Shiloh in May

2006. The Maleficent actress adopted son Pax in March 2007, while the actor followed suit in February 2008. Their twins, son Knox and daughter Vivienne, were born in July 2008.

Jolie and Pitt announced their engagement in April 2012. They tied the knot in France in August 2014. However, Brangelina called it quits in September 2016. The French chateau where they wed caused more problems in the divorce settlement. The exes seemed to be on good terms as of May 2020. As their legal battle continued, Jolie asked for their judge to be disqualified from overseeing their case after failing to disclose "ongoing business and professional relationships" with Pitt and his team.

As the custody battle continued, news broke that Pitt had a new



love in his life. Jolie claimed that her children were willing to share "proof and authority in support" of the accusations against Pitt.

The Those Who Wish Me Dead actress claimed in court documents that the judge presiding over her divorce case refused to hear evidence from her children regarding Pitt's alleged history of domestic violence, claiming that awarding

joint custody would not be in the kids' best interests. After a judge issued a temporary ruling that would allow the former couple to share custody of their kids, it was revealed that Jolie was "bitterly disappointed" by the decision and the pair fought over their joint ownership of Château Miraval, with Pitt alleging that Jolie's attempted sale of her shares cuts him out of the chance to make a profit.



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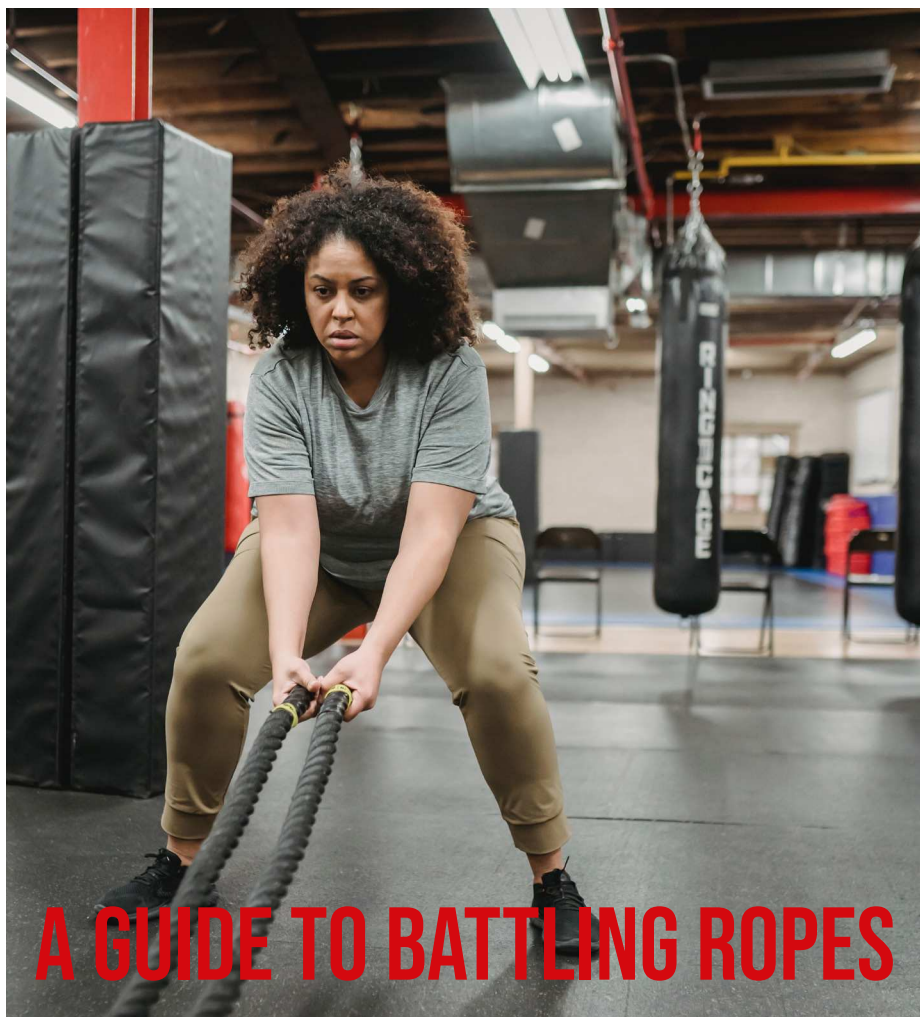
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### Two Rope Exercises You Must Master

- Battling-Rope Crossovers

Instead of making waves, slam the rope to the ground. You will build more power and hammer your core.

**Directions:** Keep both feet flat on the floor as you move the ends in an arc above your head, lifting them to your left and slamming them down hard to your right. Repeat in the opposite direction. Continue alternating for three to four sets of 1 to 2 minutes.

- Battling-Rope Waves

This is the classic battling-rope exercise. It works each arm independently and keeps your muscles under tension for extended periods.

**Directions:** Hold the ends of the rope at arm's length in front of your hips with your hands shoulder-width apart. Brace your core and begin alternately raising and lowering each arm explosively. Keep alternating arms for three to four sets of 1 to 2 minutes.

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# Makwala, The Fastest Botswana Sprinter

Isaac Makwala has his name written in the history books of Botswana as one of the fastest men. Born 36 years ago in the Central District of Botswana in the village called Tutume, Makwala specializes in the 400m race. He won his first gold medal at the commonwealth games in 2018 and has also won a quite number of continental titles. He has represented Botswana well at the 2016 Summer Olympics, three times at the Commonwealth Games, and five times at the World Championships in Athletics. With the Botswana 4 x 400m relay team he has won the bronze medal at the 2020 Tokyo Olympics, a silver medal at the 2017 IAAF World Relays and medals at the African Games and Championships. Isaac Makwala, who prepares himself to retire next year became the first man in the history of sports to run on his own and eventually qualified for world championships 200m finals.



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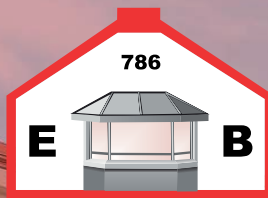
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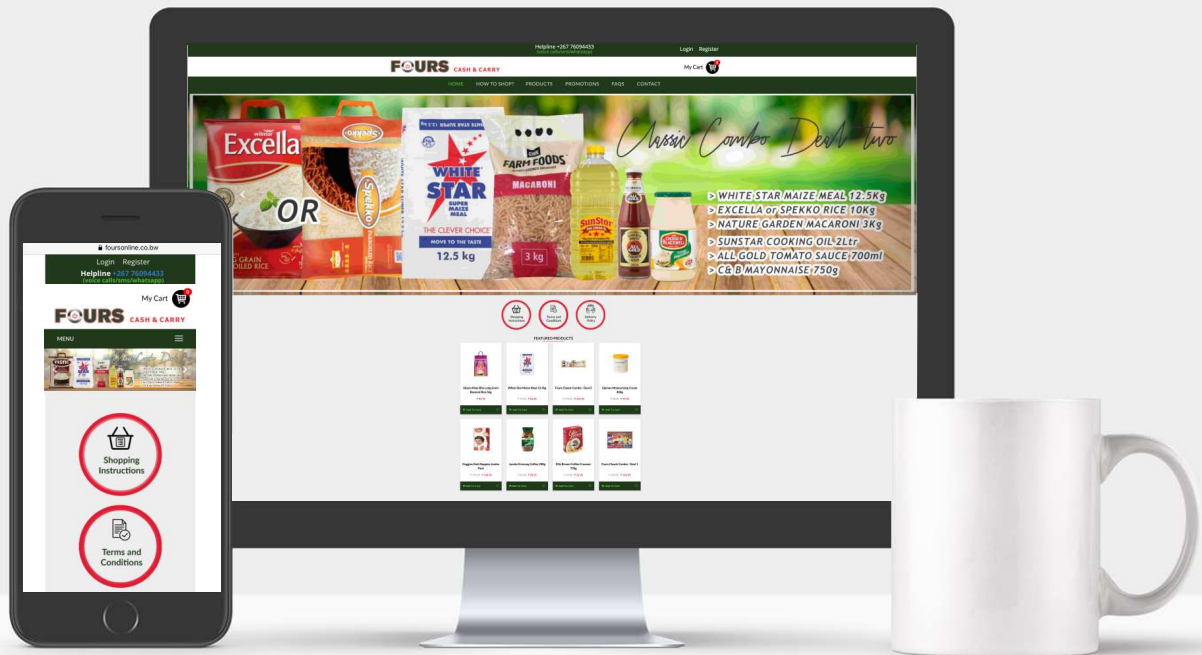


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