

Celebrity World

Botswana's Native Magazine

September 2021 P12

Botswana
Comedy's Own
Chaplin

Motivated
by
Passion

Wood
Work
With
Bock



THE ZEALOUS MOTSWANA MOTORCYCLE RACER



Raised By	Imaginative	FOLLO A NEW	A Healthy Hair	How to Treat
A Family Of	Vegetable	AUTO TRACKING	Is A Reflection	a Cold or Flu
Singers To	Garden Ideas	CAMERA MOUNT	Of A Healthy	When You're
Become One			Lifestyle	Pregnant

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@celeb_bw **Celebrity World**

www.celebrityworld.co.bw

We welcome you to the ninth month of the year as we fire-up on another season. Do you know that September is the third month in the year to have 30 days? We are

Botswana's finest edutainment magazine and we aim to uproot local talent and creativity from artists and bring them closer to Botswana.

This is your time to read through CW magazine and not to miss our cover story which features Botswana's first ever super motorcycle athlete, Temogo Pilane. Take a look on the relationship advice page and learn more. We aim to make your shopping smoother with our fashion page by Highlife Clothing Co. (Page 20), page through it and be inspired.

Give yourself and relatives a special treat with our beautiful magazine and tell your friends to tell their friends to grab this issue at the nearest Choppies Store and Square Mart.



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Celebrity World *List*

FILM, TV, BOOKS & MUSIC

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



Shang-Chi and the Legend of the Ten Rings

Date: September 3, 2021
Directed by: Destin Daniel Cretton
Language: English
Genre: Action
 Shang-Chi must confront the past he thought he left behind when he is drawn into the web of the mysterious Ten Rings organization...



Queenpins

Date: September 10, 2021
Directed by: Gita Pullapilly, Aron Gaudet
Language: English
Genre: Crime
 ...After firing off a letter to the conglomerate behind a box of cereal gone stale, and receiving an apology along with dozens of freebies, the duo hatch an illegal coupon club scheme that scams millions from mega-corporations and delivers deals to legions of fellow coupon clippers....



I Love Us

Date: September 17, 2021
Directed by: Danny A. Abeckaser
Language: Malayalam
Genre: Romance
 When a man born into a crime syndicate falls madly in love with a single mother, the existence he's never questioned collides with his hope to become a loving husband and father. After a life-altering event, it becomes evident that his life of corruption must come to an end, but there's only one way out—a job that will free him from the syndicate and offer his new family the life they deserve.



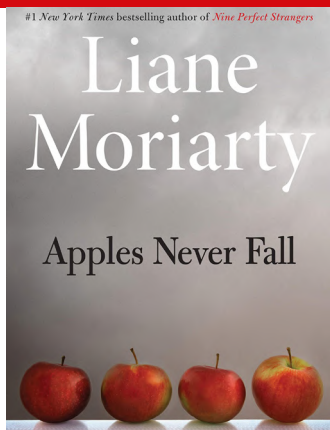
The Manson Brothers Midnight Zombie Massacre

Expected date: September 10, 2021
Directed by: Max Martini
Language: English
Genre: Horror
 Wrestling's most hated tag team, The MANSON BROTHERS, now in the twilight of their careers and relegated to doing smaller wrestling promotions, take a MIDNIGHT cage match on Halloween night, only to find themselves trapped in the arena with wrestlers and fans infected with a mutated rabies ZOMBIE virus.....

What To Read

Apples Never Fall

Author: Liane Moriarty
Publication Date: 14 September 2021
Genre: Psychological thriller
 It should be the golden years for Stan and Joy Delaney now that they've sold their tennis academy and settled into retirement, so why aren't they happy? When they welcome a bleeding stranger into their home, her arrival begins a cascade of events. Now Joy is missing, and the four grown Delaney children wonder if their father might have done it. Liane Moriarty's books always make for exciting reads, so you'll want to keep your eye out for her latest novel.



The Night She Disappeared

Author: Lisa Jewell
Publication Date: 7 September 2021
Genres: Thriller, Suspense, Psychological thriller
 One night in 2017, a teen mom has her mother watch her baby girl so she can attend a party in the nearby woods, only to disappear without a trace. Two years later, Sophie is wandering the woods near her boyfriend's new job as a teacher when she finds a note attached to a tree saying, "Dig Here." Lisa Jewell's dark thrillers are always my favorites, so expect plenty of harrowing twists in her September 2021 release.



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also had some challenges of course with the equipment to do his job in comedy. As a Viner, he needed to be shooting videos and a camera was the big necessity and a challenge for him as well because he only had a low quality camera.

Being in the industry for only five years without much background in acting and film however has not limited the comedian to become the best he can be. He is now a producer and scriptwriter who has made potential productions that can be notable in the country's film industry. Of recent, he has produced a new production that is called "Matholwane". The promising production is a drama series that he produced looking at the current Corona virus situation and how much life it has cost hence the film, Matholwane being a name commonly given to sacrificed children. The story line is about a family consisting of a father, mother and a child, and due to the hardships of the current situation the father goes on to sacrifice the child for enrichment. The whole production is also set on the Covid-19 times where there are protocols followed for the Covid-19.

The production unlike most of his works as a comedian, was not a comedy but a drama series. He says that he submitted the production to the local big online Tv, Upic TV but was unfortunately unsuccessful with the transaction as they were told they failed submission. When asked why it was not successful he said that they were told that their submission had expired when they submitted it. He further went on to say whatever the reason could have been as to why they could not successfully submit it, he was rather not demoralised on getting it to television. He is currently looking to have the production submitted to the national television, BTV of Botswana. He also said that he was working with comedy icon Jul Keitumile, who he says is his mentor. Xolo has done a lot of work that is actually similar to that of Keitumile as the famous Ntsoro.

'Matholwane' is currently Xolo's biggest project that he had to make of all his products and remains his best project with 13 episodes. He has another project that he submitted with BTV called 'Bokgeleke'. The project which is a sitcom was submitted to the station around January this year and got a confirmation on its press validity. Apart from these two he also has more projects he is working on as well that are at the writing stage. When he went on further to talk about the 'Matholwane' project and its message, and what he wants people to get from the drama was that since we are living in the tough times as to the ones in the Covid-19 era, it is important that people do not take or make decisions that are not right in the moral sense and ethical ways. We shouldn't make horrible decisions like the father who had to sacrifice his child.

The project did not have much assistance

BOTSWANA COMEDY'S OWN CHARLIE

Botswana has proved to be filled with raw talent in the comedy industry. The country has seen so many talented comedians who have been celebrated even internationally emerging from all corners of the country. What seems to be inspirational with these comedians and *viners* is that each and every one of them has their own angle of comic genius that makes them unique and different from all the others. Everyone has their thing which draws us to them and love them each differently. In this edition we have yet another unique and renounced comedian, Xolo Black. The young Selebi-Phikwe born who grew up in Mochudi has been doing some sensational work in the industry, coming up with the Charlie Chaplin inspired kind of comedy with some other inspiration from the Mr Bean.

The comedian ventured into a career of comedy in 2018 when he started at the same

time as another one of the country's comic giants, William Last KRM and they were both doing collaborations. The two met at Poetic Records. With a record stand of five years along the industry, Xolo has worked with many other known comedians in the industry in his journey of building a profound comedy career. Besides William Last KRM, he also got to work with some comedians like Maatla Ephriam Basha, Troy April, Pompei and many others. Xolo said that he has always been a comedian from his school days although he mostly performed as a dancer. He would perform to fellow students and entertain them through dancing and eventually became the comedian he is today.

The comedian who is also an actor, social media influencer and brand ambassador has grown to a place that he never thought of as he had a challenging start off to his journey. He came up to the industry without any background of being an actor as he was never part of the school drama clubs. He

and sponsorship in its production, but there were some individuals in the community who helped him with things like transport. Nonetheless, he used his own cameras. One other person who helped him through is also Joel Keitumile who offered some agent assistance for the project. He also worked with some other small productions in Mochudi including Dj Citi Slicker who helped him with sound production.

When talking about his ambitions as a comedian, he said that he dreams to go all the way out there in the industry to international levels and have major projects that would be internationally acclaimed. He says it is his dream to work with big people in the industry like Rowan Atkinson. As his comedy gets inspiration from him and that of Chaplin, he would like to work with them or get to just meet them. He further said it is the kind of comedy he believes will one day be feeding him and grow him.

Even though he has been able to brand himself through the industry, it has proved to be a tough industry to make a career from. According to the comedian, the industry of Botswana is yet a growing one and it is a tough one, especially if one is not patient enough to get through it. He said that one needs to be patient and well preserved to get to make it through the industry of Botswana. The covid-19 as well has made things even more difficult for an artist in the country. Even though there also can be a challenge of feuds among artists and entertainers it is very rare as they are usually supportive of each other. Xolo is personally preserved and always tries to stay away from unnecessary fights and quarrels as he wants to have focus and build himself.

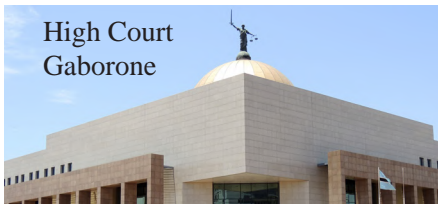
Speaking on the support from the government side, he said government does not really have much of an impact in trying to transform and help grow the industry like one would expect. He said they are slow towards helping the especially growing comedy industry that has proved to have so much potential of making the industry a beneficial economic sector as well. The comedian also elaborated his disappointments towards the decision that went on to be made to rather have an outsider, Steve Harvey given an opportunity that could have been given to



the locally capable personnel in the country.

He concluded by saying that he is currently working on a project that he wouldn't yet disclose, that will be aired to the television along with 'Matholwane'. Xolo also said he was grateful for the support he gets especially on social media where he has a follow ship of more than a hundred thousand on his Facebook page, Xolo Black. He encouraged

young and upcoming comedians to have patience in the industry and always have faith in whatever they do.



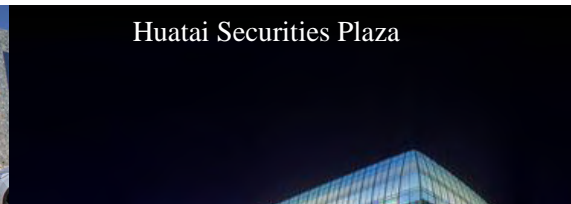
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Motivated by Passion



fellow local artist, Melo. This came after he performed well at an event which was held at Molapo Crossing way back. He promises to give out nothing other than the best music.

Currently he is working on an EP, and has released his latest track from the EP which is titled Ntaeza ya kasi, he did it with JT SpecialBoy. An EP is more of a mixtape. His EP consists of eight tracks. Aobakwe looks up to Dramaboi as he believes that he is the one who does things happen when it comes to music. To him, music is more like a calling and he said that he actually does it with passion, adding that he once thought of taking a break from it but he failed.

The Serowe native, Aobakwe Sera aka King Bucks represents Blxckmail entertainment – a group which consists of ten people including the producer. It's actually a movement that he has been in for quite some time. The multit talented Aobakwe is not only an artist but he is also a performer and song writer.

He has long ventured into music, but joined the industry six years ago. First he was called Bucks Bunny but his name changed after he got his new stage name from a

He encourages Batswana to take music as a hobby or a side hustle rather than a career and if it pays off, that would be a bonus to them. Aobakwe aspires to have his own record label and own studio in the near future to help the upcoming artists who looks up to renown local artists like Vee, Charma gal and others. Besides music he is passionate about his work since he is a professional driver and he is also a university student. Aobakwe is defined by his music content, it is one thing that makes him unique from other local artists. He said that his music is based on true life events and his experiences.

So far he has worked with a quite different local artists like Girly O Dibody and they've released a song called Ifonkong which its visuals are already playing on BTv. They have performed on Flava Dome and they had a couple of interviews together on local radio stations. He has also worked with people like Rolan X in a song titled 'On my way', UriBW, Zwai\$ of Amanandos in a song titled "Bow Down", as well as Honestbeatz. He appreciates the help he got from Girly O Dibody by saying, "She made me who I am, and she helped me with a lot of things. She took me to one studio and even introduced me to Blxckmail Studio where I met loving and caring people, we grew up together at Block 6, Gaborone and she's the reason why I am King Bucks now."

Follow him on Facebook @ King Bucks

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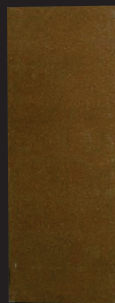
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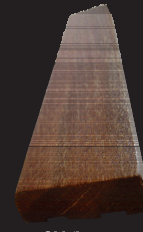


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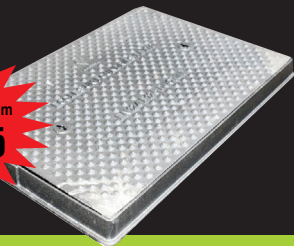
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Meet The Zealous Motswana Motorcycle Racer



Doctor. That's where the Dr in his nickname came from. He says over the years, parents and society would

tell us that motorcycles are dangerous and he was divorced from his love for motorcycles as he listened to his parents who wanted to keep him safe. His passion was reignited in 2019 when he had to learn how to ride a motorcycle to do a job. The moment he got on it, all those childhood dreams of one day racing at MotoGP came flooding back and here he is. Featured here is Temogo Pilane, a Motswana born citizen who lived, schooled and grew up in Botswana.

It's been a childhood love for him and it got stronger during his early varsity days. He is a huge fan of Valentino Rossi, aka The

Tell us about your first motorbike

My current bike, still my first, is a gorgeous red 2007 Honda CBR 600RR. It was a pre-owned bike and I was lucky enough to have found a pre-owned bike that was still in near

mint condition. The moment I laid eyes on her, I knew she was mine and we would be together forever. She had very little mileage and was mechanically perfect. I rode over 20, 000km in the 1st year of owning her, I couldn't get enough of her and I still can't. I named the bike Ahmya, she is the love of my life. Honestly, the day I took her home for the first time was arguably the happiest day of my life. August 11th 2020, we were hit by a car she and I. She was a wreck but I still couldn't and wouldn't part with her. I bought her from the Insurer and sent her to my brother in Pretoria for repair, rebuilding and conversion into a race bike. We are still together Ahmya and I. It's safe to say the Honda brand stole my heart and you know what they say, first cut is the deepest. Who knows, maybe someday I may ride another brand but it would be such a dream come true if I could race for Honda my entire career.

What can you tell us about your racing career?

Well I'm a rookie in the truest sense. I have zero races under the belt but we all have to start somewhere and this is my start. I was so fortunate to get the attention of the owners of REDSTAR RACEWAY. It's a race track facility in Mpumalanga, South Africa. They invited me in December 2020 and treated me like royalty. That trip changed my life. I experienced track riding for the first time and I was lucky to meet Steven Odendaal. He's currently racing in the WSBK SSP class and watching him has changed me forever. Sadly, South African MotoGP racer Brad Binder didn't show up. That would've been crazy to meet both on my first track visit. I knew then and there that I want to race superbikes for a living. I caught the eyes of a lot of instructors there who said I have a lot of potential and it can be developed into something. They are eagerly awaiting my return so as soon as I am able to, I have to head out to RSRW and start putting in work.

What do you hope to accomplish?

I love my country so much and I want to make it better. Motorsport is the tool that I intend to use to make my contribution to Botswana. I want to inspire other bikers and Batswana youth to pursue motorsport as a viable career option. I want to vivify motorsport into a thriving part of the private sector. The spill over benefits are obvious. It is my dream to someday race internationally and raise the Botswana flag high. I would love to see the Botswana flag on the MotoGP and WSBK rosters. I may not be the one to but if I can inspire someone to dream that big and make it there, my service to my country will be done.

What do you do when you're not riding bikes?

I'm a regular guy, you know. I like playing games on my PS4, I love movies and series but mostly I love learning. I watch videos a lot on YouTube, about how to be a better superbike racer or learning about health



and how to better take care of myself. I'm antisocial so I don't go out much or interact with a lot of people. I really love my own company the most.

What's the scariest thing that has ever happened to you on a motorbike?

I almost died in an accident involving a car on August 11, 2020. A motorist assumed, as they always do just before killing a biker, that I was far from an intersection and at the last second decided to dash in. Sadly they hit me square on and almost killed me. I suffered multiple injuries, broken bones, torn ligaments and lacerations. It was a pretty traumatic experience that landed me in hospital and psychological therapy and it's been a hard road to recovery. I almost lost my life to a moment of impatient carelessness and my dreams almost never came to pass. They would've died with me together with all the things I wanted to accomplish through

them. The thought of that hurt more than the physical injuries.

Pretty please, to all motorists on the roads, *KEEP A LOOK OUT FOR BIKERS. OUR LIVES MATTER.*

What's your dream bike?

Oh man, it is definitely the 2020 Fireblade RR-R SP!! Honda went all out with this one and built an absolute track weapon! It is so very much modelled on their MotoGP machine and its design is primarily high performance track racing. A lot of reviewers complain about the comfort of the ride regarding the foot pegs are too high so it bends the knee too high. I say, keep it to the race track then. If you want comfort, get a cruiser. It does not only boasts an amazing amount of power but just the aesthetics of it from the livery to the lines and profile. It makes my mouth water just thinking about it.

What does it take to be a superbike racer?

An insurmountable amount of physical fitness. Naturally I am a fit person, I took after my dad who is a retired army officer from Botswana Defence Force. Training was his life so like father like son and that's been it for me. I thought I was in great shape until I went to Redstar Raceway and got to experience track racing. It is literally a brutal assault on your physical conditioning. A few laps around the track left me winded and I wondered how MotoGP and WSBK athletes manage 20 laps. That's when I realized the difference in levels between leisure street riding and track racing. I had to step up my training a lot ever since then. The training is intense and its non-stop and I continuously push my limits as I aspire to someday race in world class leagues. I can't afford not to.

Any last words?

Dreams do come true. Everything is impossible until it's done. You don't have to know how it's going to happen, you just need to know that it will. Take small steps towards your goal. It's allowed to take rests and recharge. Resting, assessing, evaluating



and recharging doesn't make you a lazy person or less deserving of what you want because it is a marathon that ends in a sprint. So lots and lots of smart work vs hard work. It can be a lonely path but it's your path. Not everyone will see what you see until you manifest it and that's ok too. All you ever really need is yourself. As long as you don't give up on yourself, you will accomplish your dream. If you don't, and it does happen sometimes, you can at least look at yourself with pride and know you did your absolute best. Patience, you'll need a tone of patience. Just because it's not happening as fast as you want doesn't mean it's not happening. It will take sacrifice, you will be tested a lot along the way and the tests are everyday because quitting is always an option but every day you have to choose going after your dream. To parents, please try to be more open minded about your children's future. The go to school, get good grades, get a good job and retire scheme may have worked then but it doesn't work now. Nurture their dreams, support them with a clear goal and semblance of a plan, I'm happy to help with the little I know.



Getting into the world of music, what was the inspiration to all that?

I would say the inspiration came from the environment that I grew up in. My father was a singer at church, my aunties, sisters and cousins as well. We are all singers even though they are just gospel singers whereas I ventured into a more broad musical space.

Which of your songs identifies you?

Yoh! That's though to pick, but from my album I would choose three songs, 'I am free', 'Lockdown Engilozi' and the one I have just dropped recently titled 'E Tlaa Fela', it's a song that talks about the pandemic.

Do you have any released full album?

I have only had one album that is made up of six tracks which I released this year in April.

You mentioned that you are a producer, who have you worked with?

I have worked with a couple of artists, the likes of Malembe, Pastor Avumile Dube, Xwala da Cash, Eric Eq Maeba of Radio Botswana lenaka la sechaba fame by HT Tautona.

As a singer have you had any collaborations?

Not yet but I have a couple of lined up callabos coming very soon, one with a South African artist and a couple here at home.

Are you working on anything at the moment?

Yes! I am, there is a single coming very soon in a short while, it is done and we are just finishing up a few corners here and there.

Where do you draw inspiration from?

I draw my inspiration from other artists and the circumstances around our lives, you know.

Let's talk about the reception of your work, how well has it been among Batswana?

RAISED BY A FAMILY OF SINGERS TO BECOME ONE

He grew up among a family of singers and went on to pursue a career in music as a vocalist and a producer. Kopo Sakuze who is better known by the stage name Kopo Guccie is a Motswana singer, performer and record producer. He was born in Shakawe and now lives in Maun. He has been referred to one of the most gifted vocalist to ever come out of Ngamiland and recently had a chat with CW.

Who is Guccie?

Well, Kopo Guccie is a prominent vocalist, born and raised in Shakawe. He is a music producer who wailed his way into the hearts of Batswana with his productions and his unique voice.

How long have you been in the Industry?

I have been in the industry making records for 5 years now, but I have been involved in Music from a very tender age. I was never dragged to church on Sundays because of my love for singing.

What do you do as an artist?

I am an Afro Pop singer by default and at times I fuse it with house music, but because when you are a producer you deal with quite a number of ideas, I have done jazz gospel, etc. Most of the time I like fusing stuff together and come up with something a little different. I do not believe in what others are doing, I just get ideas then produce what runs through my head and that's it.

My work is really appreciated among Batswana, I actually never thought I would have so much of the support. I have been receiving a massive support and positive feedback.

Have you done some live performances?

I have contested at the Presidential Competitions by the MYSC for two consecutive years with very good results. I also perform at weddings.

Any achievements?

An achievement I am proud of is being the 2018 Presidential Competition Finalist.

What does the future hold for you?

I want to be able to penetrate the Market fully and have my clothing label.

Is there anything you want to add on?

Well, I believe Botswana has a massive talent but we do not do much to unearth it. I work with amazing people but still see them remaining in one place. These things happen because everything is centralized in Gaborone, imagine if we had just one radio station in the North, it would really help in captivating the talent.

WOOD WORK WITH BOCK

Lawrance Fingi Bock was born in Gaborone but grew up in Digawana and did most of his schooling there. He is a university drop out who quit his studies intentionally because his interest wasn't based only on the course that he was studying, i.e Information Technology (computing), rather he wanted to do some works with his hands in order to make money for himself.

He was blessed to have done Design and Technology at school for 5yrs and that alone really nutured his passion to live innovation. Lawrence started learning to work with whatever material that he lays his hands on and wood seemed to be the most attractive material. See attached here, some of his wood work pictures.

During the first lockdown, last year in April when people were all locked indoors and sleeping he says he was busy working on his wood projects.

According to him, his works grew from just simple wood tables to space saver chairs, bar tables and chairs to off-grid tiny houses. Off-grid tiny houses is his next big thing and he is aiming to make simple yet nice living space at affordable prices.



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Libra

(September 23 - October 22)

In September, the most important people in your life will be Cancer and Capricorn. When it comes to love life, be close to a person who has shown you much dedication and has recently shown that s/he is a friend you can always count on. Take care and balance, because if you do so, you will calm down a certain nervous situation and the fears of certain people.

Scorpio

(October 23 - November 21)

You always feel fatigue not only physical but also psychological. Someone brilliant around you will draw you away from your plans. It is therefore important to be vigilant and careful of whom you meet. This month is a great time to start team work. You may feel restless for the whole month because unpredictable moods will accompany you.

Sagittarius

(November 22 - December 21)

You'll be able to attract people who will be able to give you valuable tips and advice. Before this happens, you still have to finish many things. Certain things that you have been working on will finally start to bring long-awaited profits. September is a very good time to travel and expand your knowledge. It's not yet time to reveal your secrets, otherwise you won't be able to surprise your enemies.

Capricorn

(December 22 - January 19)

Make that you spend the month of September with your family. No travelling, or visiting other people during your spare time,

utilize it by spending it with your family only for this month. You will be able to plan some important things that you have not had time to do during this period. On the last day of the month, you will take an interesting trip that will bring you lovely memories.

Aquarius

(January 20 - February 18)

The month of September comes with a lot of dilemmas related to a different gender, which, fortunately, you should be able to solve. People with passions similar to yours will be attracted to you. At the end of the month you will receive a message about an extraordinary situation, which you should take very seriously. The end of this month is a possible business trip.

Pisces

(February 19 - March 20)

Your success will be only a matter of time. So try to come to matters related to advertising in a completely new way. It would be optimal if you first started by arranging things that had places in the past and which have not found a solution to this day. Good luck! You will feel an irresistible temptation to cling to people born under the sign of Libra or Aries. These people will attract you like a magnet.

Aries

(March 21 - April 19)

Do not pay attention to people who will try their best to do everything to thwart your plans. At work, you will start working with a person born under the sign of Aries. Show your love partner more understanding and affection. Let him/her know that he is an important person for you. Someone who

cares about you will give you a nice surprise gift before end of the month.

Taurus

(April 20 - May 20)

At the end of the month you will face the necessity of making a decision important to you regarding your social life. You will have to demonstrate the ability to compromise. If you find yourself in need, immediately go to the partner or partner for help because this is the only way you will achieve your goal. You will start spending more time thinking about the past, you will analyze step by step all your failures, failures and successes.

Gemini

(May 21 - June 20)

This month you must pay attention to your finances. You are quite lavish and it will be harder than ever to control your expenses. It's good because you will provide yourself with an additional source of income. You will make an interesting acquaintance with a person from the same sign as you. A certain person from your close relatives will have to give you important information that will motivate you and as a result, you will meet a lot of opportunities.

Cancer

(June 21 - July 22)

Turn yourself off from everyday life and loneliness. You need time to reflect on the sense of your existence and the goal you are aiming for in life. Listen to your heart rather than entrust to what others say. You have the right to a bit of pleasure and madness, so relax and let love and romance come to you. For you, the month of September will be a time of major fluctuations in mood and emotions. So try to stay calm and considerate when you chat with others who have absolutely different views than you.

Leo

(July 23 - August 22)

The month of September for you will be marked by further laziness and romance. Its better you start now to deal with everyday matters, especially those that involve your family. There may be many changes in matters related to your loved one. The second week of the month will be a good time to make a decision about a possible trip with your love partner.

Virgo

(August 23 - September 22)

Your personal matters are promising to be very interesting this month when it comes to talking about them. You can regain agreement and harmony in dealing with other people. Someone from the list of your loved ones is in trouble and it is possible that this is a tense breakdown. Kindly give them more time by showing more affection so that they feel that indeed you are with them. At the end of this month your financial situation will improve and your mind will start thinking about buying a new car.

A Healthy Hair Is A Reflection Of A Healthy Lifestyle

Fro/Niques

Did you know that a diet plays a major role in the overall health of your hair?

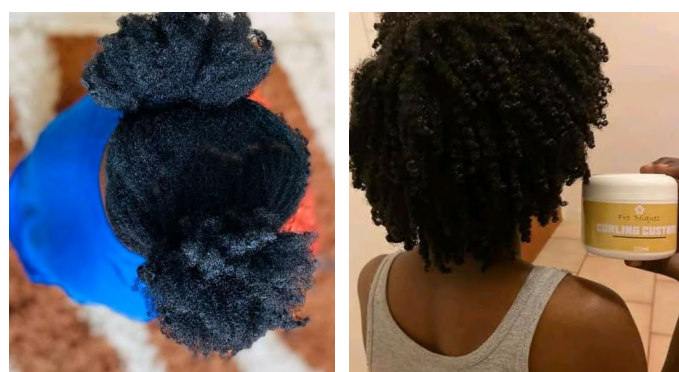
Hair loss is a common issue these days. Aging, genetics and not using proper hair care products can be the most possible factor but still, there are many other factors that may influence hair loss. One of them is your lifestyle.

Although you cannot change factors like age and genetics. Investing in the best hair care products (Fro/Niques Hair Care Products) and choosing a correct diet are some of the things you have control over.

Here is a list of 10 foods that promote hair growth and prevent hair loss:

- 1. Eggs-** They are a great source of protein. They contain vitamins, zinc, selenium, sulphur, iron, biotin, vitamin B complex that helps to promote 'keratin' which is good for hair.
- 2. Green Peas-** They are rich in vitamin B6 and B12 that are essential for consistent hair growth.
- 3. Spinach-** Is a good source of vitamin A and C, selenium and Iron which helps to carry oxygen to the hair.
- 4. Broccoli-** Is one of the best and healthiest cruciferous vegetables with the presence of vitamin A and C.
- 5. Kidney Beans-** They are rich in iron, zinc and biotin that helps to promote shiny and strong hair.
- 6. Oatmeal-** Produces melanin that keeps your hair's natural colour and prevents it from turning grey. It is also a source of vitamin B, potassium, phosphorus, magnesium, zinc and copper.
- 7. Green Tea-** Is a good source of epigallocatechin-3-gallate a polyphenol that modulates unstable hormonal activities.
- 8. Avocados-** Excellent source of vitamin E which is an antioxidant that promotes hair growth. They are also a great source of essential fatty acids which are crucial for hair growth.
- 9. Nuts-** Are packed with nutrients like vitamin E, vitamin B, zinc and essential fatty acids, all of which promote hair growth.
- 10. Sweet Peppers-** source of vitamin A and C. These two nutrients help to ensure that the hair stays healthy and also aids hair growth.

Note: Healthy hair goes far beyond what you apply on it. You should also pay attention to what you put into it through the food you consume.



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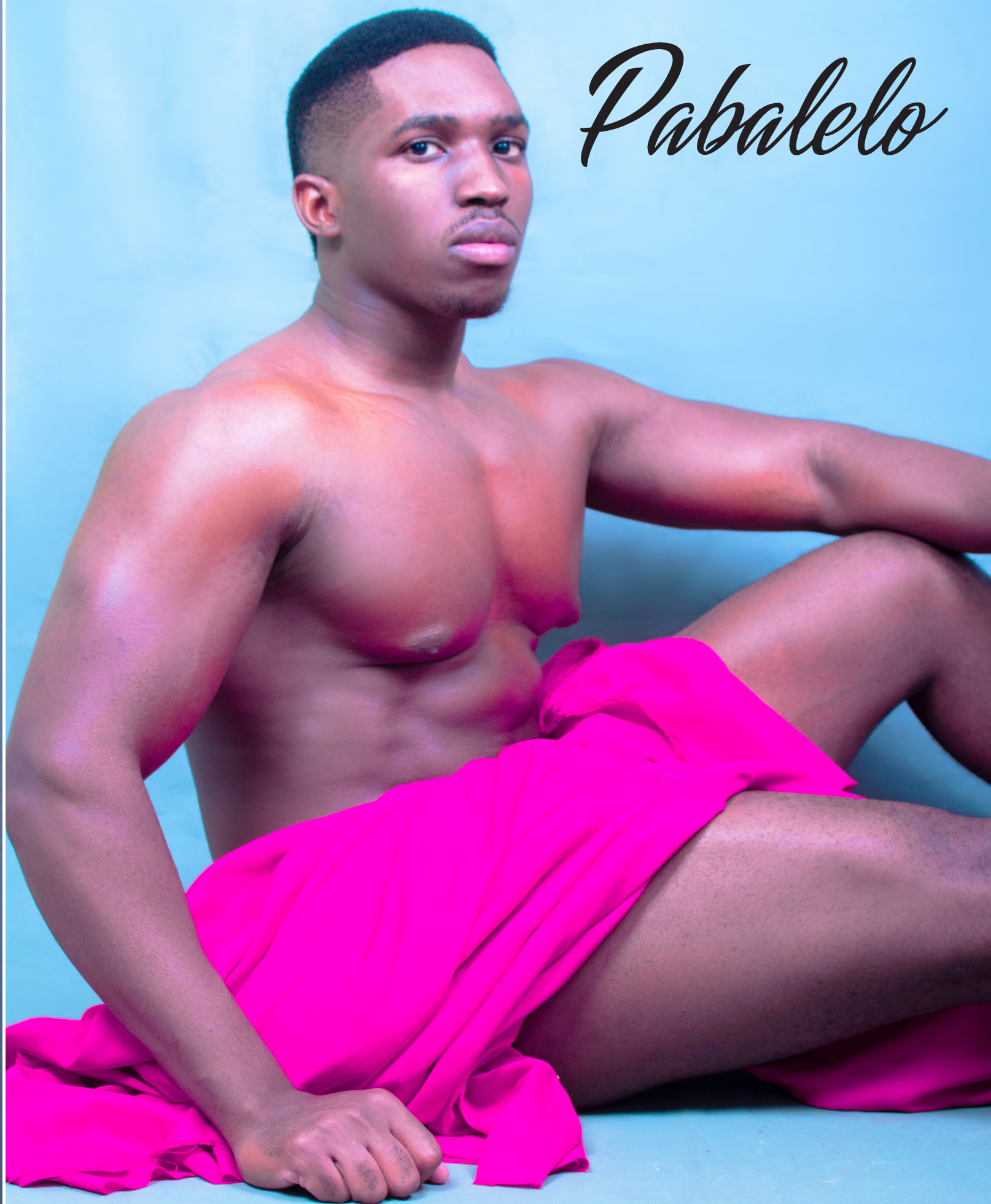


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Relationship 101

What if we treated love, and relationships like we treat everything else??

Meaning you don't get to be a part of it unless you're well educated on it...

Like you go to school to learn Math, English and Geography, just so that you can fit into society and function like a normal human being, and not make a fool of yourself...

BUT,

When it comes to love they just throw us out there and expect us to make the best of it!

NO wonder there's so many broken hearts, scorned lovers, relationship trauma, NOT lasting long at all marriages, single mothers and fathers. What if there was a school where you could go to and learn the best practices of love and relationships.

How to attract your idea mate so you can avoid wasting time with dead end relationships.

How to know when it's time to say GOODBYE, because you're not a match and you are better suited for someone else. How to deal with past relationship trauma, and insecurities so you don't sabotage future relationships. Learn how to treat your mate in a way that makes him/her return the favour without you having to nag, or complain or pretty much get on their dam nerves.

Learn how to be alone when you need to be so that you don't make the mistake of entertaining the wrong person out of pure loneliness...

... Then would there be a LOT of less broken hearts, fewer scorned lovers, longer lasting marriages and family units sticking together not just because of the kids, but because of their LOVE for one another?? I think so!

WHO IS TEACHING YOU ABOUT HAVING A RIGHT RELATIONSHIP?



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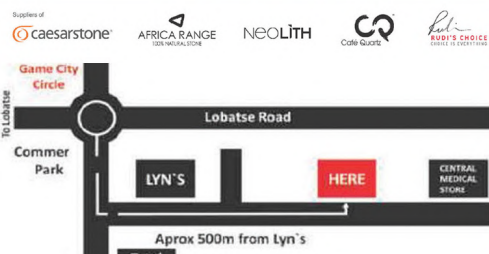
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How to Treat a Cold or Flu When You're Pregnant

When you become pregnant, everything that happens to you can affect not just your body, but that of your unborn child. This can make dealing with illness more complicated. Although medications can relieve your symptoms, you don't want the drug causing problems for the baby. Many medications can be taken while pregnant, so treating a cold or flu during pregnancy doesn't have to be a stressful experience.

Medications

Talk to your doctor before taking any medication if you're pregnant or trying to get pregnant. Several medications are considered safe after 12 weeks of pregnancy, but you must avoid all-in-one medications that combine ingredients to tackle many symptoms.

Home remedies for cold and flu during pregnancy:

1. Get plenty of rest.
2. Drink a lot of fluids.
3. Gargle with warm salt water, if you have a sore throat or cough.

If your symptoms worse, try:

- saline nasal drops and sprays to loosen nasal mucus
- breathing warm, humid air to help loosen congestion
- adding honey or lemon to a warm cup of decaffeinated tea to relieve a sore throat

- severe vomiting
- dizziness
- difficulty breathing
- chest pain or pressure
- high fever that isn't reduced by acetaminophen
- decreased fetal movement

Is it cold or flu?

A cold and the flu share many symptoms, such as a cough and runny nose. However, there are a few differences that will allow you to tell them apart. If your symptoms are generally mild, then you likely have a cold. Also, chills and fatigue are more commonly associated with the flu.

When should I call my doctor?

Although most colds do not cause problems for an unborn child, the flu should be taken more seriously. Flu complications increase the risk of premature delivery and birth defects. Get immediate medical help if you experience the following symptoms:

- vaginal bleeding
- confusion



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Imaginative Vegetable Garden Ideas

Vegetable gardens can be as creative and attractive as ornamental flower gardens. Below are some ideas you can use for your creative vegetable garden:

Gardening inside the Box

A simple crate is all you need to plant a salad garden that will feed you for weeks. This is a variation on a raised bed garden, but since it's self-contained, it's portable. It may be too heavy to lift when full, but if you put wheels on it, you could move it to wherever the sun decides to shine.

Show Off Your Container Collection

If you have shelves, you have a garden. And a nice looking one at that. You do not need to buy special hangers or spend the weekend digging out a spot in the yard; all you need is a set of shelves and some containers.

Taking Raised Beds to New Heights

A lot of times raised beds are only a few inches off the ground. While that does provide benefits to the plants, like improved drainage and warming the soil earlier in the spring, you can give the gardener another benefit if you raise the bed even higher less bending.

Some vegetables are too beautiful to be confined to the vegetable garden. You can grow just about any vegetable in containers. This can be a very creative and ornamental way to design a vegetable garden. Virtually any container will do, as long as it has good drainage.

Hanging Garden of Vegetables

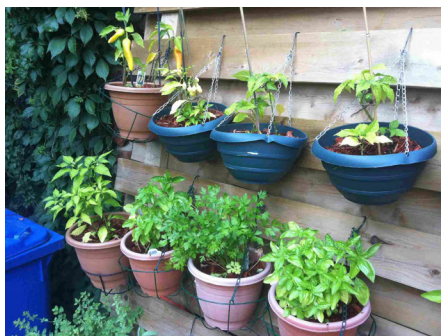
There is no gardening rule that says hanging baskets have to be flowers. Most vegetables will work in hanging planters, too. You may even get a better yield, due in part to the heat that is being reflected back off the wall.

Vegetable Bedding

Sometimes you have to think outside of the garden. Many vegetables make attractive bedding plants, especially if they are quick growers and frequently harvested, like lettuce and other salad greens. A shady spot under a tree is the perfect spot for them. Or you could try a row of something like carrots on the edge around a sunny border.

Changing Your Garden Pallet

Many gardeners know that old, discarded pallets make great compost bins. They also make great vertical gardens. Staple some landscape fabric to the inside of the front of your pallet and the outside of the rear. Fill the whole thing with some good potting soil. Then turn the pallet on its side and make slits where you want to insert your plants.





SIMPLE RED WALL DECOR

Take a look into this picture it can help you achieve your goals. It's utterly simple, but elegant.



If simplicity is what you are looking for take a look into this picture with modern stylish red bedroom interior design with simple modern bed and headboard design ideas.



Here is a clean and stylist kitchen, red modern light wood kitchen ideas.



White chair refrigerator crystal glasses faucet wooden floor ceramic bowl with a full size dining room red wall breakfast dinner table

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FOLLO

A NEW AUTO TRACKING CAMERA MOUNT



This month we have featured in our technology space a new kind of hand free phone holder. It is an auto movement tracking camera mount that tracks and follows you through your movements as it shoots your videos in motion. This is a dream come true for the hard-core Tik-tokers, vloggers and YouTubers as they can make their videos and vines without even the need for extra hands.

Follo is the hands free cameraman we all need! With 360 degree motion tracking capability, you will never be out of frame. It comes in 3 colours, it is portable, rechargeable and it is comparable with phones and tripods of most sizes. Just insert your phone, turn it on, and capture the best content ever!

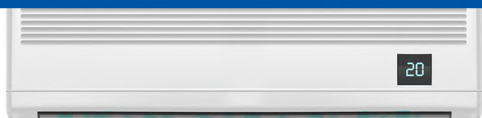
This camera mount is perfect for content creators, vloggers, musicians, athletes, chefs or anyone that always wants to be in frame. The auto tracking mount is available on an e-commerce website that was registered on July 14, 2021. The store is hosted on the Shopify platform under the account name follocam.myshopify.com. The publicly registered domain name for this store is follosu.com. The mount is priced at an affordable price of P849.99.



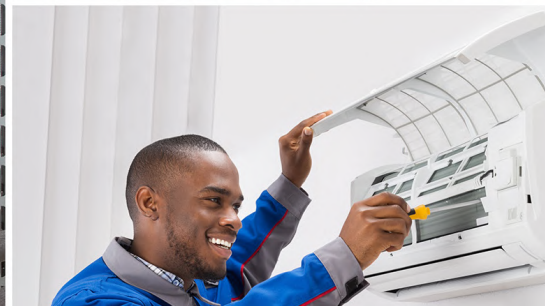
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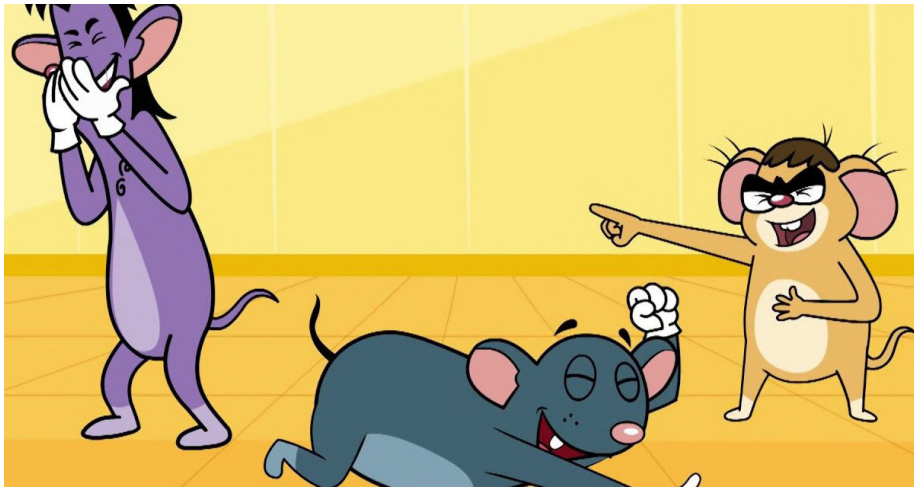
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Judge: "Why did you steal the car?"
 Man: "I had to get to work."
 Judge: "Why didn't you take the bus?"
 Man: "I don't have a driver's license for the bus."
 "Mirror mirror on the wall, who's the prettiest of them all?"
 "OK, could you step aside a bit? I can't see, you're too fat."
 Two pigeons fly around. One of them says: "Be careful, there's a light post." (DONG)
 The other one replies: "Stop reminding me constantly!" (DONG)
 Man with a beard 100 years ago: "OK, I'll go chop down some trees."

Man with a beard now: "I found a great face mask that's gluten-free."
 Three doctors are talking about death. The first, a dentist, says, "When I die, I think I'd like my tombstone to be shaped like a tooth made of white marble."
 "Hey," adds the cardiologist, "that's not a bad idea, I'd love my tombstone to be shaped as a heart..."
 The gynecologist is silent for a bit, then says, "I think scattering of the ashes is my option."
 Wife calls her husband and says, "Darling, the car is broken, it won't start."
 "What?! It's in perfect order, what's wrong with it?"
 "It's water in the carburetor, love."

"Oh no, where are you right now?"
 "Um, in the little lake behind the house..."
 Teacher: "Kids, what does the chicken give you?"
 Student: "Meat!"
 Teacher: "Very good! Now what does the pig give you?"
 Student: "Bacon!"
 Teacher: "Great! And what does the fat cow give you?"
 Student: "Homework!"

What do you call a deer with no eyes? I have no I-Deer.

Q: Is Google male or female?
 A: Female, because it doesn't let you finish a sentence before making a suggestion.

Yo mamma is so stupid she climbed over a glass wall to see what was on the other side.
 Q: How do you count cows?
 A: With a cowculator.

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

Wife: "In my dream, I saw you in a jewellery store and you bought me a diamond ring."
 Husband: "I had the same dream and I saw your dad paying the bill."



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Jokes

A recently ordained priest, Father Henry, was to hold his first ever graveside burial service at a pauper's cemetery for a destitute man with no family or friends.

Father Henry not knowing where the cemetery was, made several wrong turns and got lost.

He eventually arrived an hour late, the hearse was nowhere in sight, the spade was next to the open hole, and the workmen were sitting under a tree eating lunch.

Father Henry, being a reliable young priest went to the open grave and found the vault lid already in place. Feeling guilty because of his lateness, he preached an impassioned and lengthy service, sending the deceased to the great beyond in considerable style.

As the good Father returned to his car, he overheard one of the workman say to the other, 'Do you know, fancy that, I've been putting in septic tanks for twenty five years and I have never seen anything like that.'

The reverend King's sermon was based on forgiveness. He urged the congregation not to harbour grudges against those who have offended them.

Reverend King asked everyone to stand. He then said 'those of you who forgive and

forget past grievances please be seated'. About half of those in the church sat. The preacher quoted Biblical verses and repeated his question to those still standing. At this point most sat down.

He pleaded further for them to follow the Christian way and one by one they sat down. Just one old lady remained standing; 'Madam' reverend King asked 'why can't you forgive your enemies?'

'Because I have none' she replied.
'That is remarkable; at your age to have no enemies is wonderful. To what do you attribute this achievement? She gave him her best smile and replied, 'the bitches have all died!'

Judge: "Why did you steal the car?"
Man: "I had to get to work."
Judge: "Why didn't you take the bus?"
Man: I don't have a driver's license for the bus.

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"Its water in the carburetor, love."

"Oh no, where are you right now?"

"Um, in the little lake behind the house..."

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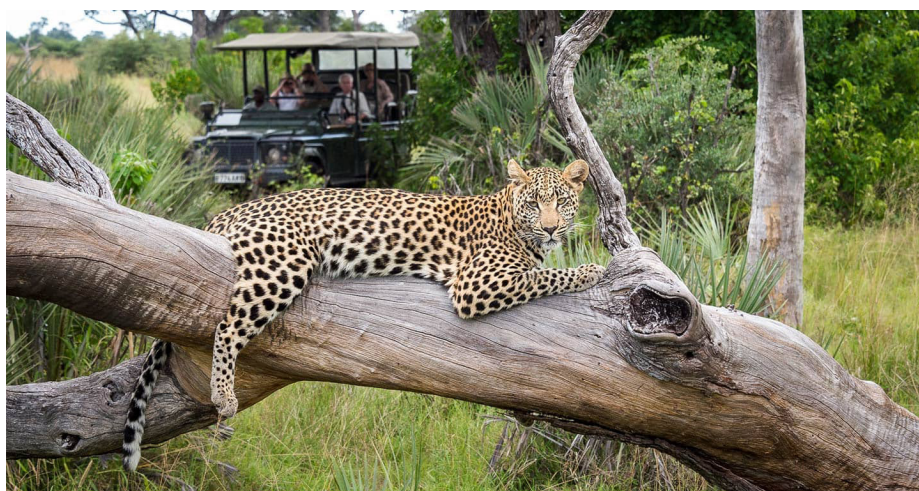
MOREMI GAME RESERVE, THE PERFECT DESTINATION FOR SEPTEMBER AND OCTOBER

When planning a vacation, and going on tour it is always best to know the right places that one can visit. A place like Botswana has various destinations but all of them are always best to visit at certain points in time. For the month of September and throughout October, if you are planning to explore the country and have your independence vacation, the Moremi Game Reserve is the perfect place to choose.

What makes Moremi Game Reserve the perfect destination around September and October is because the place will still be going through the dry season and making game viewing a wonderful experience. Located at one of the most prominent tourism places in the world, the Okavango delta, the Moremi Game Reserve could have not been a more perfect destination. Moremi Game Reserve is situated in the central and eastern areas of the Okavango,

and includes the Moremi Tongue and Chief's Island, boasting one of the richest and most diverse ecosystems in the continent.

This makes for spectacular game viewing and bird watching, including all major naturally occurring herbivore and carnivore species in the region, and over 400 species of birds,



many migratory and some endangered. Both Black and White Rhino have recently been re-introduced, now making the reserve a 'Big Five' destination. Contained within an area of approximately 3900 sq. kms, here land and Delta meet to create an exceedingly picturesque preserve of floodplains – either seasonally or perennially wet, waterways, lagoons, pools, pans, grasslands and riparian, riverine and mopane forests.

Moremi is a very popular destination for the self-drive campers so it would be another great way to explore the magnificent place and enjoy yourself as well as reconnecting with nature if you are a nature lover and if you are not then you are bound to come back with a different perspective.



Mediterranean Rice Salad

Salads are amazing side for any summer meal! You can make them ahead of time, store them in the fridge and easily bring them wherever you want, whether that be a picnic, a BBQ, cookout, potluck, or even in your own home. This Mediterranean themed pasta salad is one of my favourites, using rice. A small rice shaped and sized pasta, along with baby spinach, chickpeas, tomatoes, cucumber, red pepper, onions, olives, and feta! The dressing is a light, healthy and tasty combination of olive oil, lemon juice, red wine vinegar, oregano and plenty of fresh parsley! In addition to being a great salad or side this Mediterranean rice salad makes for a nice light meal and you can make it a little heartier by adding some chicken souvlaki or chicken shawarma, don't hesitate to try magwinya.

Prep Time: 15 minutes
Cook Time: 15 minutes
Total Time: 30 minutes
Servings: 6

A tasty Mediterranean style rice (pasta) and baby spinach salad.

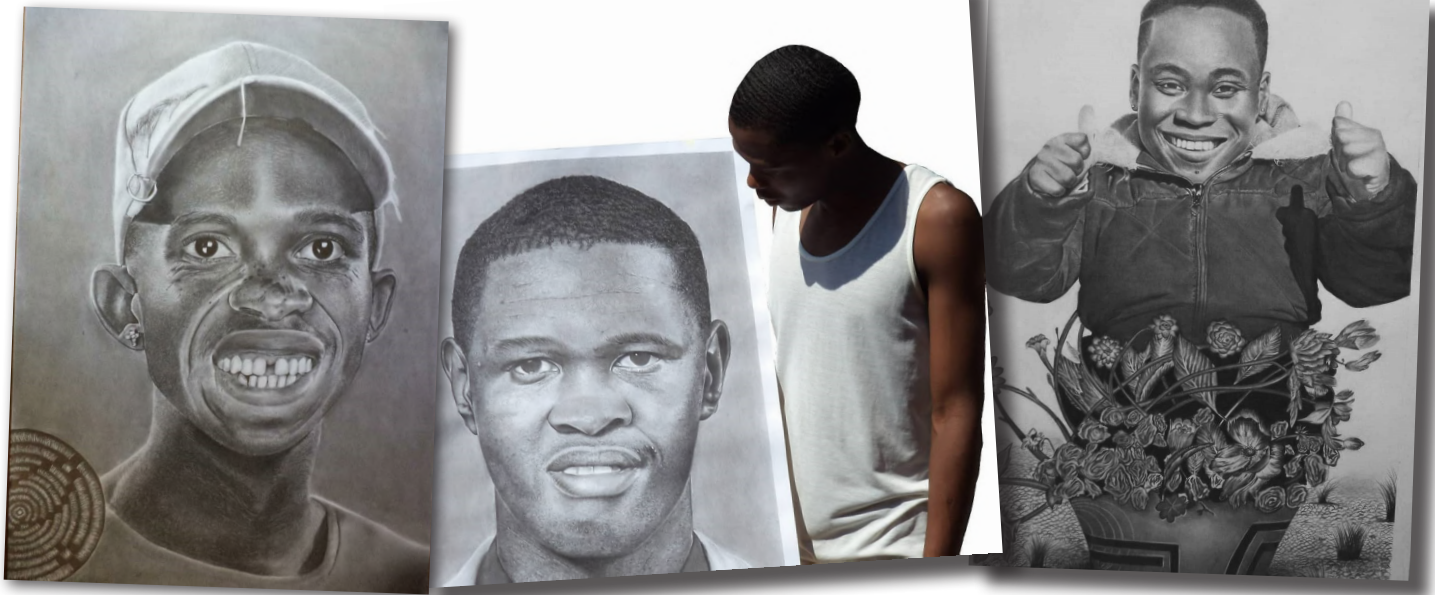
- Ingredients**
- 1 1/2 cup rice
 - 6 cups baby spinach, washed
 - 1 cup chickpeas (cooked or rinsed and drained)
 - 1 cup tomato, sliced
 - 1 cup cucumber, sliced
 - 1 bell pepper, sliced
 - 1/4 cup red onion, diced
 - 1/4 cup olives, sliced
 - 1/4 cup green olives, sliced
 - 1/4 cup feta, crumbled
 - 1/4 cup olive oil
 - 2 tablespoons lemon juice (~1/2 lemon)
 - 2 tablespoons red wine vinegar
 - 2 tablespoons fresh parsley, chopped

- 1 teaspoon dried oregano
- 1 clove garlic, grated
- salt and pepper to taste

Directions

- Cook the orzo as directed on the package, drain and rinse in cold water until the orzo has cooled.
- Place the orzo, spinach, chickpeas, tomato, cucumber, red bell pepper, red onion, kalamata olives, green olives and feta in a large bowl.
- Mix the olive oil, lemon juice, red wine vinegar, parsley, oregano, garlic, salt and pepper.
- Toss the salad and dressing and enjoy!

- Option:** Use fresh oregano instead of dried.
- Option:** Add 1 tablespoon fresh chopped mint.
- Option:** Add 1 tablespoon fresh chopped dill.
- Option:** Use any combination of lemon juice and/or red wine vinegar.



THE BEST HYPER REALISTIC ARTIST - ZIZO OOKAME

Since he started working on his personal collection, people have wanted to commission him for their portraits because they saw talent in him. The 20 year old Goratamang Ookame has a good hand when it comes to artworks and it's the reason why it has turned into a business. As good as he is with his artwork, he did not want to let his talent go into waste and he therefore chose to turn it into a business. It's been 2 years now still working on his collection and right now he has made about 24 portraits on A2 size and 8 portraits drawings on A1 size. "I m a non-stop person this work takes me time and I'm passionate about my work," so he said.

Goratamang who first discovered his talent at a tender age started at primary school where he drew integrated science diagrams and was the best student in class when it comes to drawing. After he proceeded to junior school, he realized his amazing skill and most of the teachers started to commission him for their self-portrait which they still do even nowadays. His skill was sharpened when he got to senior school and that's where he did hyperealistic drawing. He never won any award at school but according to him, he had always remained the best in class.

I used graphite pencils at school and even now I'm still using graphite and charcoal to create an artwork. Then I started working on my personal collection after finishing my last paper at Lotsane senior secondary school on the year 2019.

Zizo Ookame, as he is affectionately known is a pencil artist who aims to be a cooperative international artist and dreams to exhibit his artworks outside the country.

Talking on the challenges that he experienced since the inception of his art business, Goratamang said, "Since I started, the business did well before the Covid-19 pandemic, now our industries keep on opening and closing because of corona but I hope it will be better as time goes on."

On the selling strategies that he uses, Goratamang said, "When a customer commissions me for a work, it depends on if they need to see me first or what. Those that stay far from me are the ones that always order portrait drawings most."

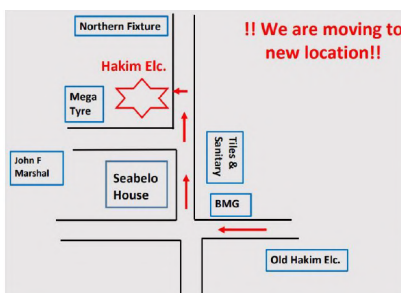
According to him, most of his clients are from social media. So far he has sold around 40 to 55 artworks since the inception of the business and he has started working on his personal collection at the moment.

Although Goratamang is good in holding a pencil on paper, he hasn't received any award nor has he ever entered any art competitions but he hopes that one day he will receive one. He does hyperrealism Art, meaning the artwork that is like a photograph but it's done with a hand. His business currently operates in Maun under the name, Zizo Ookame.

His last words to other young artists hoping to make it in the art industry, "Be patient with

your work no matter how hard life may be, remember that the way we do things has completely changed. Learn from others. I've learnt a lot of things from other international artists even their words and quotes are still on my heart."

Facebook Page: Zizo Ookame



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 30 Sec jumping jacks 10 crunches 10 push ups 10 donkey kicks 10 secs plank	3 45 sec, jumping jacks 12 crunches 11 push ups 10 donkey kicks 10 secs plank	4 1 min, jumping jacks 14 crunches 12 push ups 11 donkey kicks 15 secs plank	5 1 min, jumping jacks 16 crushes 13 push ups 11 donkey kicks 15 secs plank	6 1 min, jumping jacks 20 crushes 14 push ups 12 donkey kicks 20 secs plank	7 1 min, jumping jacks 22 crushes 15 push ups 12 donkey kicks 20 secs plank	8 1 min, jumping jacks 24 crushes 16 push ups 13 donkey kicks 25 secs plank
9 2 min, jumping jacks 26 crushes 17 push ups 13 donkey kicks 25 secs plank	10 2 min, jumping jacks 30 crushes 18 push ups 13 donkey kicks 30 secs plank	11 2 min, jumping jacks 32 crushes 19 push ups 13 donkey kicks 35 secs plank	12 2 min, jumping jacks 34 crushes 20 push ups 14 donkey kicks 40 secs plank	13 2 min, jumping jacks 40 crushes 21 push ups 14 donkey kicks 45 secs plank	14 2 min, jumping jacks 42 crushes 22 push ups 15 donkey kicks 50 secs plank	15 2 min, jumping jacks 45 crushes 23 push ups 15 donkey kicks 50 secs plank
16 3 min, jumping jacks 46 crushes 24 push ups 16 donkey kicks 50 secs plank	17 3 min, jumping jacks 50 crushes 25 push ups 16 donkey kicks 1 min plank	18 3 min, jumping jacks 55 crushes 26 push ups 16 donkey kicks 1 min plank	19 3 min, jumping jacks 58 crushes 27 push ups 17 donkey kicks 1 min plank	20 3 min, jumping jacks 60 crushes 28 push ups 17 donkey kicks 1 min plank	21 3 min, jumping jacks 65 crushes 29 push ups 17 donkey kicks 1 min plank	22 3 min, jumping jacks 68 crushes 30 push ups 17 donkey kicks 1 min plank
23 4 min, jumping jacks 70 crushes 31 push ups 18 donkey kicks 1.5 min plank	24 4 min, jumping jacks 75 crushes 32 push ups 18 donkey kicks 1.5 min plank	25 4 min, jumping jacks 77 crushes 33 push ups 18 donkey kicks 1.5 min plank	26 4 min, jumping jacks 80 crushes 34 push ups 18 donkey kicks 1.5 min plank	27 4 min, jumping jacks 82 crushes 35 push ups 18 donkey kicks 1.5 min plank	28 4 min, jumping jacks 84 crushes 36 push ups 18 donkey kicks 1.5 min plank	29 4 min, jumping jacks 88 crushes 37 push ups 18 donkey kicks 1.5 min plank
30 5 min, jumping jacks 90 crushes 40 push ups 18 donkey kicks						

DAVE BUATISTA TAKES A SHOT AT DWAYNE JOHNSON AND JOHN CENA ON THEIR ACTING

The wrestler turned Hollywood star has taken to criticize his fellow actors who are also from the world of wrestling for not being good actors. These comments left many fans also taking opiniated sides on social media as some agreed with the actor while others disagreed.

As he continues to make it abundantly clear, Dave Bautista doesn't want to be compared to Dwayne Johnson and John Cena, Hollywood's other two notable ex-WWE wrestlers. That's presumably the number one reason why he refused to talk to Universal about a potential role in the Fast & Furious franchise, which Johnson and Cena are both part of, although publicly criticizing the long-running blockbuster series more than likely factored into his decision as well.

He's also slated The Rock's acting abilities more than once, laughed off the suggestion of starring with Cena in a buddy movie, and then scoffed at the mere thought of all three of the former grapplers teaming up on the big screen. To further illustrate his point, Bautista posted an image to social media showcasing the wide range of roles he has played and looks he has sported throughout his decade-long career in the business.



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the first position and breaking a record in the process as well when he raced in the 100m race that saw him qualifying for the final. He would later on go and get a gold medal raising the country's flag high after he won the race in yet another impressive race. As though it was not enough he also went on to have an incredible performance as well with the 200m race where he also recorded yet another Personal Best time and scooped a silver medal at the finals.

A PROMISING FUTURE FOR BOTSWANA ATHLETICS

The young athletes who went to represent the country have proven just how much of a potential the country has with athletics. They had impressive performances during the championships and proved that if the country can invest as much as it can in athletics it will become one of the greats. Just as we thought that with the icons like Isaac Makwala and Amantle Montsho retiring very soon who was to always lift the country flag at world platforms, the junior athletes proved it is not yet over but just a new beginning.

Among those athletes we saw a very impressive performance by the young Letsile Tebogo. The Young led has proved to be the next big champ on the world of tracks at this year's Under 20 World Junior Athletics Championships held at Nairobi in Kenya. He went on to dominate the tracks in all his races at the games, by scooping

Another athlete that made the country proud was Anthony Pesela who also managed to qualify for the finals during his 400m race. The athlete also went on to scoop first position and earned the country another gold medal. Other races that did well were the 4 x 400 m relay team who qualified for the next races with a third position. They went on to have another sterling performance during the finals and won a gold medal as well. Meanwhile Jayson Mandoze was unfortunately disqualified after he took off before the gun shot during his performance. And the 4x100 race was as well disqualified when they took off before the right times.



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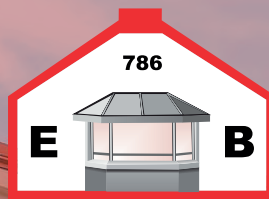
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