

# Celebrity World

Botswana's Native Magazine

October 2021 P12

**A Remarkable  
Poet Magalaotane**

**Rhyme Killa  
Is A Focused  
Man**

**DJ Mk95  
Plays It  
Best!**

**The Face  
Behind  
Skwena  
Local  
Brand**

## Botswana's *Number One* Videographer



**Artist  
Of All  
Sorts**

**The World's  
Fastest Land  
Animal**

**My Best  
Exfoliating  
Treatments**

**Examples and  
signs of emotional  
cheating.**

**How To  
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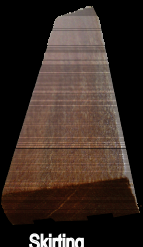
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**W**ow! we are almost at the end of the year, a month away. Again we welcome all of you our beloved followers and readers to yet another edition. It's not one to disappoint, our main story for this one is our very own Jack Bohloko, the king of videography, the man who came to be the local music videos game changer. It's not only him, he comes accompanied by various acts from the entertainment industry, we are a whole vibe guys and you should know that by now.

The content we offer still has gone to improve over time and that's because we learn and improve by your recommendations. We are still awaiting those recommendations and we are always one call away, so feel free to engage with us. You can call any work day and have a little chat with us on 77606907 and even WhatsApp us on the same number or email us at [celebrityworldbw@gmail.com](mailto:celebrityworldbw@gmail.com). Those recommendations will go a long way to help us grow as per your pleasure and they will help us as we head on to a new year set some resolutions for the next year.

Please do enjoy your festive season and do so wisely, remember we are yet out of the mist of this Covid-19. Of-course events are open up, we will together enjoy and for the events you may not make it to, worry not we are all about entertainment after all. So we have you covered with the news from those events and remember that we have social media platforms, we will always be live at those events and keep you updated anytime. We are Celebrity World Magazine, fun and entertainment are just what we serve as news, WE HAVE YOUR BACK ALWAYS!



# Contents November 2021



- 6** Artist Of All Sorts
- 7** A Remarkable Poet Magalaotane
- 8** Rhyme Killa Is A Focused Man
- 10** Cover Story
- 13** Spaces
- 14** The Face Behind Skwena Local Brand
- 18** The World's Fastest Land Animal
- 21** Horoscopes
- 23** My Best Exfoliating Treatments
- 28** Examples and signs of emotional cheating.
- 31** Robert Downey Jr
- 32** Fitness
- 34** Sports



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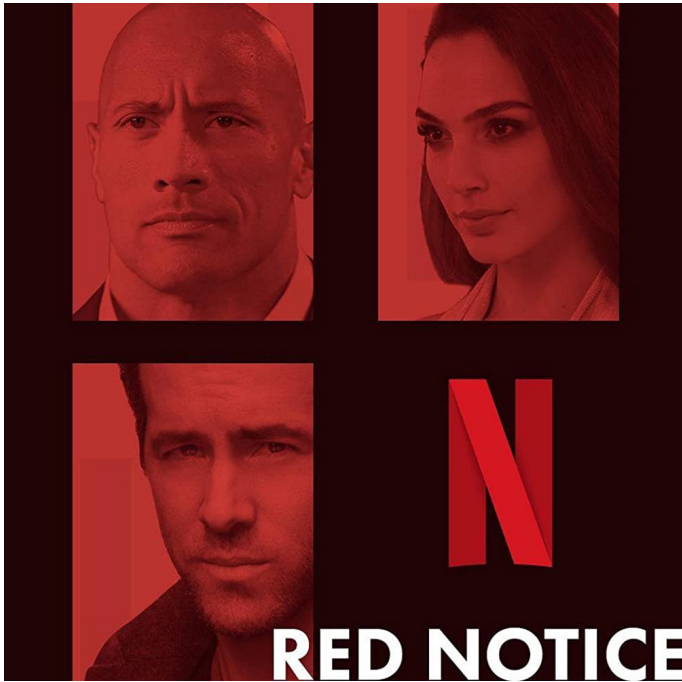
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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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



### RED NOTICE

**Red Notice**

In the world of international crime, an Interpol agent attempts to hunt down and capture the world's most wanted art thief.

**Initial release:** November 12, 2021

**Director:** Rawson Marshall Thurber

**Budget:** \$160–200 million

**Music by:** Steve Jablonsky

**Producers:** Dwayne Johnson, Rawson Marshall Thurber, Dany Garcia, Hiram Garcia, Beau Flynn



**House of Gucci**

Crime/Drama

The turbulent marriage and divorce of Patrizia and Maurizio Gucci, the head of the Gucci fashion house, leads to murder.

**Release date:** November 24, 2021

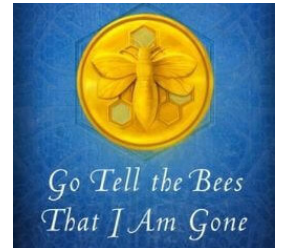
**Director:** Ridley Scott

**Story by:** Becky Johnston

**Music by:** Harry Gregson-Williams

**Based on:** The House of Gucci: A Sensational Story of Murder, Madness, Glamour, and Greed; by Sara Gay Forden

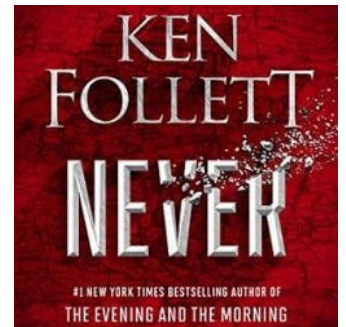
### What To Read



**Go Tell the Bees That I Am Gone**

BY DIANA GABALDON

In the 9th Outlander book, a reunited Claire and Jamie face being torn asunder again as the American Revolution approaches their North Carolina home. After finally being reunited with their daughter Brianna and her family, the family is worried as the tensions of the colonists grow and the perils of the 1700s seem less safe than they thought. Publication Date: 23 November 2021



**NEVER**

BY KEN FOLLETT

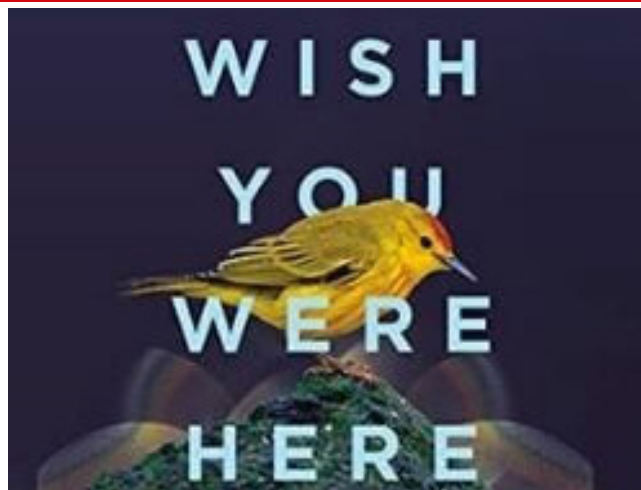
Pauline Green, the United States's first female President, tries to avoid war when an act of aggression escalates and the world's greatest powers are caught up in a tangled web of alliances. With the aid of a young intelligence officer, an undercover spy, and a Chinese spymaster, Green must use all her political savvy to save the world in this epic political thriller that lands a spot among the top November 2021 book releases. Publication Date: 9 November 2021

### What To Read

**Wish You Where Here**

BY JODI PICOULT

Diana O'Toole has her life perfectly mapped out and with her 30th birthday on the horizon, she is right on target to get engaged to her doctor boyfriend. When a virus breaks out in the city, Finn encourages Diana to go on their non-refundable trip to the Galapagos Islands without him. Soon, Diana finds herself quarantined on the island during the pandemic and begins to re-examine her choices and priorities in life. Publication Date: 30 November 2021



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**B**onang Karome, well known as B.O.G is a Maun native who loves God with all his heart. He does a variety of music genres like hip hop, gospel, a bit of rap and kwaito. CW Magazine had a chit-chat with him about his music and he said this:

**As an artist, how are you coping since shows just opened?**

Since music industry opened I feel like now is my time to go out and give people what they deserve.

**What's your direction as an artist?**

Mmm! Ok, mine is different, am going out there just to win souls to Christ. Am going there to tell them how Good God is, because we are living in the last days, so it is better to look up to God.

**What advice do you have for aspiring musicians who want to be like you?**

My words are as follows; Follow God always no matter what the circumstances are. Challenges always lead you to your breakthrough. Also, follow your passion and listen to your heart because God uses your heart and brain to talk to you. You must do music will passion not as a hobby so that at the end of the day you'll have something to wright home about.

**How would you describe your development since you joined the music industry?**

When I compare where I come from with where I am right now, all I can say is that there is a big margin because now I know all the corners, where to touch and prosper in my music career.

**Who is your manager, is s/he one of the best recognized managers in Botswana?**

For now I don't have a manager, but I worked with some of the well-known local promoters.

**What do you enjoy or hate most about being a musician?**

In music I enjoy being internationally recognized, but I don't like it when celebrities forget the one who gave them talents for himself, God.

**What can you tell us about your songs?**

My songs always talk about myself and God because I went through so many challenges



# ARTIST OF ALL SORTS

in life, rejection from family members and friends. I have realized that in life if you don't have money, you appear as nothing or a valueless person to people as they somehow undermine you.

**What can you say about the growth of music industry in Botswana?**

Music in Botswana grows everyday as new talents unfolds daily.

**How has the Covid-19 pandemic impacted your line of work?**

Ah! In short, according to me Covid-19 gave me an opportunity to push my career forward and totally not to look backwards.

**Besides being an artist, what else do you do?**

I am passionate about doing businesses, and I am trying to work hard on it so that my dream comes true.

**Any awards you have won so far?**

Not yet, but I believe that soon I will be among the winners, and I remember that 2018 in music competitions, out of the 85 music groups I managed to be in the top 10 list and I scooped position 7. To me, it was a great achievement. There was a time when Botswana television featured me on their Mokaragana advert and am glad that I had a chance to be featured on local newspapers and radio stations.

**What else do you want to share with us?**

People must be ready for my music.



# Veggieland

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# A REMARKABLE POET MAGALAOATANE

Mogomotsi Kefitile trusts that poetry is important for the growth of individuals and the public. He describes it as an instrument to spread knowledge altitudes and something to value as Batswana.

Magalaotane, as he is affectionately known grew up citing poems at school and even at home. He started poetry when he was doing standard 6 and his talent was recognized by teachers so much that he would be called to perform during school ceremonies. Poetry has kept him strong and he has never allowed any trials to suppress the pleasures that it has given him. He got tougher with every experience.

The 22 year old Molepolole lad is also a creative poet writer who cites his poems in Setswana language only. According to him, his first competition was at junior school when he was a form 1 student, he won position 1 in the regional school competitions. He performed at the 2016 Dithubaruba event in Molepolole and at the 2018 Miss Setso.

Magalaotane said he got position 2 at the 2018 tertiary schools competitions and the same position in the regional competitions that were held in 2019. He once performed at Maru-TV on a program called Kgwana tsa Setso. So far he has worked with the University of Botswana, Dithejwane and Kgarisechele Junior Schools in Molepolole where he is usually called to perform during the events.

Magalaotane said that New Era College has been giving him support since 2017. He also said most of the time when the school hosts events, they contact him to perform at their ceremonies. Talking on the uniqueness of his poems, Magalaotane said that he uses exclusive Setswana language and he spices it up as well as choosing a unique item or person to cite a poem about.

As a responsible and caring citizen, Magalaotane has two kids that he voluntarily teaches poetry. Besides poetry, he has a tuition called Star Keepers Tuition Centre where they tutor kids from primary, junior and senior schools. This platform gave him the responsibility of being the founder of a group called The Realm of Glory, which deals with empowering Christian youths. He has partnered with another Motswana to form it. So far they have helped some of the members to sit for their road theory tests and they have successfully passed them and others have magnificently opened their small businesses.

Find more about him on his facebook page called Magalaotane. The page which has about 2 thousand followers helps him to reach out to Batswana and the world at large.

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## Rhyme Killa Is A Focused Man

**T**he Lobatse born rapper has come up from afar as a musician, having started to build interest around music back in 2009 as a hip hop dancer then eventually became a hip hop motswako rapper. He went on to build a career that is doing very well today and he is currently working on an epic second album with many big names internationally too, collaborating with him on the album. He came for another chat with CW recently.

**You once got featured by the magazine before, so what's happened for you since then?**

Yah I have been featured before, it has been beneficial because ever since, I have been getting exposers from far places away from my circle.

**What are you currently working on?**

I am currently working on my album namely Be Strong Fear Not.

**Now that all has opened up since the Covid-19 struck last year, how are planning on getting up to business as a**

**performer?**

I have booked couple of places that I am planning to host events on, I don't want to relay on promoters to book me, I am doing my things but regardless of that I'm still up for bookings, festivals, clubs, weddings and parties. Also I have opened digital store account you can now download my songs on iTunes, Amazon, Apple music.

**Are there any gigs lining up for you?**

Yep I will be performing at Far Garden on the 30th, Maun on the 6th, Space lounge Gabs on the 13th, Miss Takatokwane Contiguency, Miss Tlokweng, Tropical party etc.

**What about international ones?**

I will be performing at South Africa, Ganyesa on the 26th at Hats& Shades, been a guest artist at the same event for the past 3years except last year.

**So during this pandemic with the state of emergency in place, how did you keep afloat?**

I never stopped pushing my craft, I've been performing on Tv shows to keep my fans

entertained during the state emergency. I've performed at Flava Dome, The Hot Basement, Mocaragana. And my song "Ha Gole monate" have been doing quite good on radio stations, also I've been shooting music videos of my songs.

**And as for your other businesses apart from music, how where they affected?**

Beside Music I do Printing, I have a printing company and I run clothing line, it's been affected big time, the business was running slow and I was forced to close my office and run from home.

**Have been able to bounce back from it all?**

Slowly but sure I will say I am bouncing back. Not yet settled but it will get there.

**Let's talk more about your second album, when is it coming out?**

All I can say is that its dropping early next year haven't set the releasing date but expect something different, something breathe taking. On the album I am working with locally and international artist and producers.

**What are you anticipating in terms of its reception from fans?**

My hard work will speak for myself.

**If you are expecting good results from it, what is the main reason as do why you do?**

I have worked with several good producers and artists country wide and internationally, good sound good quality, and I took my time before I can release this second album, which means I have gained experience and knowledge about music industry and creating a good music.

**Any prominent local artists you have worked with on the album?**

I have worked with, Figos, Martin Beats, Naisi Boi, Mapetla, Flexyville, MrZulu, Puna Gabaisane Molale, Emlake just to name the few, the rest is a surprise.

**So what more can give up for your fans?**

I will be dropping couple singles, hosting and attending events around their areas, and Christmas giveaways for the loyal fans from this festive season till the album drop next year.



# BABY ILLNESS

## Scabies

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

## Symptoms

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

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

## Should I take my baby to the doctor?

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

## Can my baby go to nursery if he has scabies?

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

## How can I prevent my baby from getting scabies?

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



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# Botswana's Number One Videographer

**B**otswana, a landlocked small populated country is often times hardly given a second look in its efforts, especially the and in the creatives industry. But nonetheless, there are times when the entertainers, actors or films makers make head-turners that go along to be hat tipped, and from those kinds is our own cinematographer/videographer, Jack Bohloko.

He is a videographer born and raised in Gaborone. He grow up with a lot of passion for the arts and loved local music. He actually makes musical rhymes during his lonely times. Couple that with the fact that his passion for film making went on to be discovered when he was still in senior school where he would take pictures of students, then you have the birth of one of the best music videographers the country has come have. During the times he discovered the love for shooting he had bought a camera which he used to take pictures and sell them for P6 to fellow students. He said that he usually took random activities at school like school fights, funny and naught moments happing around the school. That came to be the moment he used the camera and fell in love with it.

Jack says that his way of filming that went on to be notable for came through an inspiration from a feeling he had. He says that he always felt like there was a loophole with the local music video industry. So what he went on to do was try and play around with the video production so one thing he did was adding up more shorts to his videos which gave a video that vibe and musicality to it. He added





more shots and avoided the lack of camera movement for the camera, he made sure there was more movement to avoid shots that were still which make a video look bad. His approach went on to work and he has in his portfolio, the country's best music videos that put Botswana's music videos in the maps and internationally competitive. But of course even though he came to be a game changer, his start-up was not as easy. He like anyone starting up something had quite the challenge with business, people were not willing to pay and the toughest challenging was trying to get to shoot for someone big in the industry so that he could be taken as serious in the industry. He shoot

15 music videos for free before he could start getting the pay checks. It goes to show and inspire others out there that at times you do not have to rush for the money. It's making your mark that matters and once you have it all comes in flooding.

"it won't be fair to only say Jack Bohloko is the only one who changed the game, I had my time when I was on fire and I love the fact that the upcoming videographers are taking it to another level," said the videographer when asked if it would be fair to say he single headedly helped shape the way of music shooting into what it is now. He went on to note that he really respects the work being

done by the likes of Director Mo, Cyc Jouzy, Local Coner, Black Pixel and Re Mmogo Visuals among others. He said that the film industry is growing in terms of the products and filming and that the only thing that was left behind is the support especially from those who are able and can assist financially. He said that there was however a challenge that also limited the growth to the full potential of filmmaking in Botswana and that was of course the population but also the laws of the country. In Botswana, for example one is not allowed to use a police van or attire on a video. He said he has written endless letters to the police with no reply.



**W**hen talking on his relocation to South Africa, Jack Bohloko said that his move was due to the fact that he felt too comfortable in Botswana and his creativity from his perspective was down. He went to South Africa to get to challenge himself. He said that now that he is in South Africa he feels like the Lord sent him there to get to learn from the industry that side so that when he came back home, he be well equipped to turn the industry around. He said although for sure the money flow in South Africa was better than in Botswana in many ways. However, for him it was like he was an upcoming videographer and so he is at the moment working on attracting more business. He went on to say that he was not there to even get to compete with the known local productions but he was going actually learn from those big companies as a videographer.

Relocating to another country has to be one the tough things one has to go through and it's been the case for the star and at some point he actually considered coming back home as he found it hard and he barely had customers. But through pushing he now is in a position to say he won't come home any time soon until he gets what he to do over there. He went on to say that the one in his working there that he can say he brought something different to the local norm, he has some kind of working relationship with his customers that none has. He is the kind of person who allows other people to share their ideas during work and he says it makes up great work.

The filmmaker is currently at works with Lesotho's Ntate Stunna and they are working on a series of videos which they are to release in time. The stars have been for the champ who recently got a gifting from YouTube. This is something given to a YouTuber who has surpassed a 100k subscribers as an appreciation and it is called Silver Plaque. He said that being the first Mofswana to receive the plaque just showed him that anything is possible and the sky is the limit.



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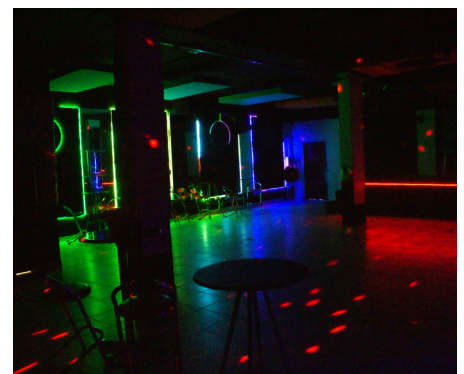


# BAHAMA LOUNGE

Not only does it represent the night life of Gaborone but it brings the best cuisines with their restaurant that is also part of the club. Bahama Lounge is located right in the mother city around the Block 8 neighborhood which makes it convenient for their customers to pass by for a drink or a meal with the fellas in the middle of a busy schedule.

The Bahama lounge also brings a serene view from the top of the restaurant. One can be able enjoy the view of the surrounding hill of Kgale and the city at large. The open ventilated space brings in the fresh air and one would not have to worry about suffocation in this exquisite space.

Downstairs is where the real club vibe is as it is for those who knows how to make the dance moves and get all worked up. The disco lights makes it more interesting in the crowd with the moody atmosphere that brings out the night life that most enjoy in the dance floor of the club. The Bahama lounge pays attention to details and aesthetics looking at the graphical designs on the walls and the paintings that complement the whole look of the club.





# The Face Behind Skwena Local Brand

## Tell us about yourself

I am Pondie Alefeng born and raised in Molepolole, a multitalented young man of 33 years old and the founder of Skwena brand.

## Tell us in about the brand 'Skwena'

About Skwena brand, I have used my original picture to display the Skwena dance which is popularly known as phathisi. The name Skwena means a life style that generalizes that of a Mokwena in a proper way that is acceptable in the society of Bakwena. I made it unique by taking out the letter (E) in the Sekwena word.

## What was the motive behind your business?

Since I didn't do well at school, I have always wanted to do something that will leave a mark in the industry that I grew in, which is the entertainment industry and I wanted to have something that will give me dignity. Before I introduced my brand to the industry, I was a traditional dancer and I worked with the likes of Ditiro Leero, Matsieng and Mmurubele doing the phathisi dance.

## When did your business start?

I started my business on the 14th of July, 2018.

## How is your business doing in the market?

The business has been doing well because people like the brand and its uniqueness. The only problem is the national crisis of Covid-19 pandemic, my business has been affected too due to closing of the entertainment industry but hopefully things will go back to normal because we have now resumed sales.

## Why did you choose this type of business?

I chose it because I grew up having love for branding specially clothing, now am happy that I used my own image to make it.

## Who sponsored you to start this kind of business?

I just started from zero with no connections or sponsor's. I just hustled hard to be where I am right now and I am happy about it.

## How different are you from your competitors?

I am unique because my brand speaks culture and I used Setswana word and my diverse styles of printing keeps me winning because am not duplicating the design and the quality of the material I use is the best.

## What has been your greatest achievement so far?

I haven't got more achievements accept that I'm getting more connection. I was part of Ditiro Leero-Morwa Tsankana crew that went to represent Botswana in Vietnam 2019 at (Hanoi City) so I believe that I will achieve more when time goes on. Right now am still working on making connections and marketing the brand abroad the best is yet to come.

## What strategies do you use to keep your brand going?

I use social media to market my brand; Facebook, Twitter, Instagram and I do digital branding. I have accounts there and I get good results. The other thing is that I connect with celebrities to market my brand and they help me to push the sales. I dressed Ditiro Leero Mmurubele Mhele production and MorwaTsankana and am still looking forward to work with more.

## What is the most difficult part about your business?

Tracing people who fake our brand is the most difficult thing to do and they keep coming and to rob us clients.

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

I have a baby that I don't want to see suffering like I did in my life and I want her to take over when am no more so I have to keep the brand alive no matter what.

## Where do you see your business in future?

I want to wake up one day owning a factory where I will be doing my products from scratch and supplying to local clothing shops & boutiques. I also want to introduce a Skwena festival annual event, just to preserve culture for the next generation.

## If you could choose any job anywhere, where would it be?

Anything to do with entertainment, be it TV presenter, Radio presenter or any reality show host that's where my passion is.







# How To Build Your Business

### Don't Let Doubt Get In The Way

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

### Build Infrastructure You'll Need Within Your Business

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

your passion by having or building a reliable manufacturer or developer team.

There's more than one way to think ahead. There will be a time when you will want to sell your business, so work hard to package it up in a way that will make it desirable for that future buyer. After all, another business you will want to build is right around the corner.

### Use Up Your Mistakes

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

they don't have the necessary experience.

### Make Connections In The Spaces Where You Want To Be

Not being involved in the field you're passionate about doesn't mean you can't still participate in the conversation. Take advantage of the universal nature of social media to learn about the vendors and influencers who are in the space where you want to be. Finding your footing with other people is the greatest way to find some common ground. Even if what you're doing isn't what you want to do, make sure you never pass up the opportunity to make those connections.

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# DJ Mk95 Plays It Best!

He started out with the love for music at a tender age. Following his passion for music, Olefile Mooketsi aka DJ Mk95 considers himself as the best DJ who plays every genre in the best way that no one would ever do. DJ Mk95 started to uncover his talent at his home in Kopong and became a professional DJ in 2013, although his love and passion in deejaying developed back in 2010. He continued perfecting his craft by performing at different events.

DJ Mk95 said that he is committed to providing the top quality entertainment knowledge to his fans with notable moments. He mentioned that ever since he became a DJ, he gets booked in many events. He has performed at different events in places like Jwaneng, Gaborone, Goodhope and South Africa. He has shared stages with prominent people like DJ Kuchi.

The 2020 Yarona FM award winner is currently a resident DJ at Yarona FM where he hosts the radio show called 'Kaofela' which plays every Saturday and Sunday from 3pm to 6pm.

DJ Mk95, who is also a musician and producer said that he learns new aspects of music and a lot about being a great DJ every day, adding that this helps him a lot. Last year he released an album called 'Believe', but it's unfortunate as it didn't sell well. He recently released another album called 'Laugh Affair' and he hopes that it will sell him best.

He mentioned that his career as a DJ has been quite good even though the struggles are always there. He has been struggling with bookings but he hopes that one day he will reach his destination. He wishes to see a huge revolution in the Botswana entertainment industry where more upcoming artists rise up with very good concepts as this will be a showing that indeed they move with time and our country will one day be where other countries like South Africa are.

He advises renowned artists to support each and help uproot talent in young ones and urges local radio stations to play local content as a way of supporting local artists.

**Book him:** 71724664or 75983260

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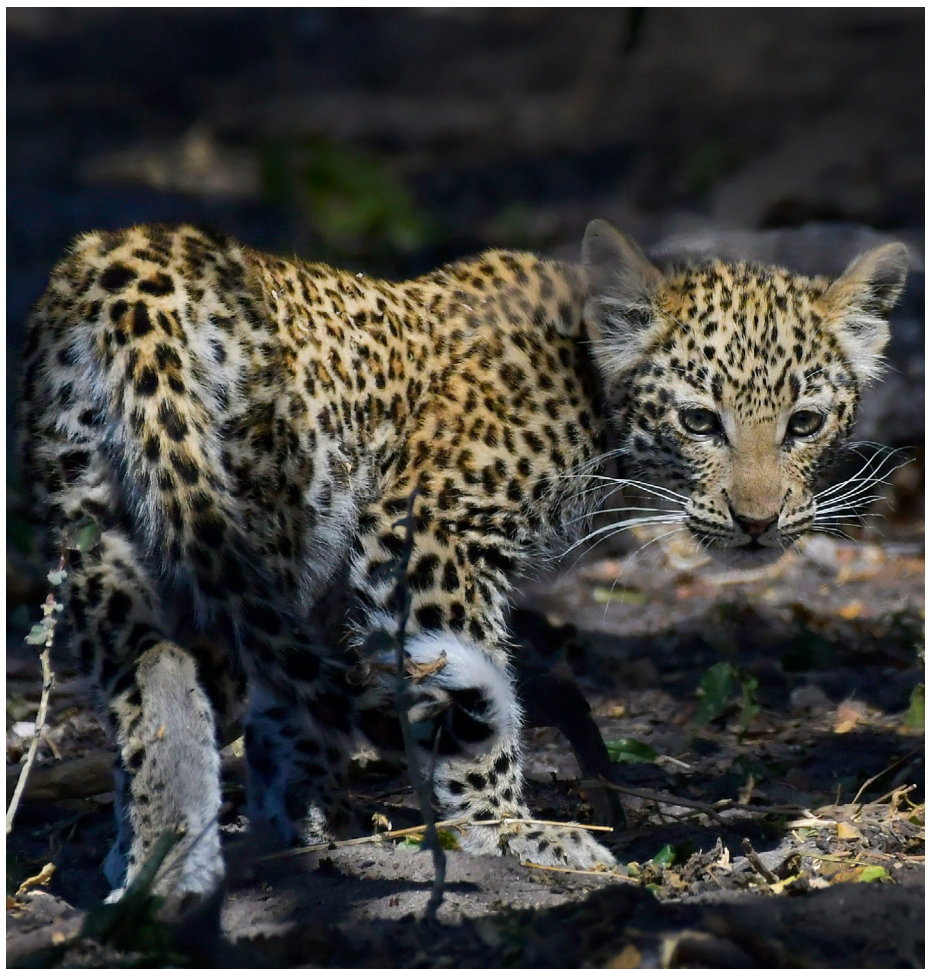
# Mothers Love



It was really nice and blissful to watch this Leopardess feeding and grooming her cub, watching carefully how the little one climbed the tree, guiding how to eat the impala carcass which was tucked in the branches.

There is no definite breeding season; the female produces two to four litter, usually three, cubs after a gestation period of about three months. The calls of the leopard vary and include a series of harsh coughs, throaty growls, and deep purring sounds. The animal takes to water readily and is a good swimmer.

The leopard varies greatly in size and markings. The average size is 50 to 90 kg in weight, 210 cm (84 inches), excluding the 90-cm tail, in length, and 60 to 70 cm in shoulder height. The leopard can, however, grow much larger. The ground colour is typically yellowish above and white below. Dark spots are generally arranged in rosettes over much of the body and the size and spacing of the spots vary greatly. As a result of these differences in pattern, several races of leopard have been named.







1. Here are great beds for the space-challenged.
2. The loft bed "Pop and Roll" can be pulled down at night without moving any furniture.
3. The Evolution Ottoman TV bed's slim foot end contains a quiet lift mechanism and either a 32" LG LED TV or a 32" LG SMART LED TV which rise with the touch of a button. The Evolution can also store your DVD player, as well as your game consoles in its under-bed storage slot. The Evolution Ottoman also comes with a side opening storage compartment, perfect to keep clothes, shoes or extra bedding.
4. The Poppi Desk by is a space saving wall bed that features a fold down desk.
5. Shaw uplifts storage bed with upholstered headboard.
6. Loft bed
7. Jefferson Library Bed has ample storage for books or collectibles. The bookcase doors glide open on sturdy tracks.
8. Jay-Be J-Bed memory foam folding double guest bed.
9. Zeitraum Guest Bed is a solid, simple and versatile stacking bed.

# Great Space-Saving Beds





**A**re you looking into becoming your own boss and be an entrepreneur? Well, that's good thinking but if you do not have any ideas on how and what to do, we have ideas for you that can turn into a very good and profitable business. One good idea is starting your own coffee shop at an affordable amount of start-up cash.

**What You Need for Opening up a Coffee Shop**  
First of all you will need an accessible location to have your coffee shop at. It must be a place where people could even make quick tea breaks and be able to come and buy some quick cafes and head back to their offices without any difficulty e.g. at the centre of a mall of the CBD areas.



# Start Up Your Own Affordable Small Coffee Shop Today

## 1.The Capital Financial Start-Up

You will need to source out funds for your start-up business. You can save up the money if you can or you could get small loans from organisations like CEDA or LEA.

## 2.Place Of Operation

After getting the start-up cash you need the shop of operation. We suggest that you buy a small sized converted shipping container which goes at around 27 thousand pula and refurbish it at about 3 thousand pula. You will have yourself a catchy coffee shop to attract customers. You will of course then have to buy your equipment and the products for your coffee sales.

## 3.Training

We also recommend that you undergo a short term training before you can begin business so as to know how to operate a good business. You can undergo a business training through LEA or do some online training too. Once you are done, you will have to register your business and once done you should be ready to start the business.

It is very advisable that once you chose to start operating a business you come up with a unique strategy, one that will be different from what already exists. Your marketing strategy as well should be unique and a game changer.



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**Scorpio**

**(October 23 - November 21)**

People born under this sign are considered to be very ambitious individuals who are not afraid to strive for a goal with all their strength. They prefer when the situation is either black or white, but they tend to fall into absolute extremes. They do not worry much about defeats. Scorpio man likes to search for the problems in various matters. Scorpio woman is very jealous.

**Sagittarius**

**(November 22 - December 21)**

Sagittarius man is honest, straightforward and does not incline to cheat. He loves to live a lively social life. He surrounds himself with forgiving people who can tolerate his honesty. The Sagittarius woman is full of life, cheerful and amusing. She has a strong sense of freedom and independence.

**Capricorn**

**(December 22 - January 19)**

Capricorns are independent, very determined people, knowing well what they want. They love to gain an advantage in every aspect of their lives. Capricorn women are usually very attractive. She is extremely brilliant and often impresses with the strength of the spirit and body. A Capricorn man usually

avoids showing emotions and feelings. He appreciates very calm, modest home comforts.

**Aquarius**

**(January 20 - February 18)**

It is difficult to influence an Aquarius man and change his mind. He tends to become a fanatic of an idea, which is already somewhat dangerous. An Aquarius woman is endowed with a high sense of self-worth, always having her own opinion. She is not hypocritical, she does not like to gossip. A man from Aquarius is often a bit selfish.

**Pisces**

**(February 19 - March 20)**

Pisces man is self-centered. He is also not the type of partner who will shower his beloved compliments or passionate confessions, even if he loves her very much. The lifestyle of a Pisces woman can often make her man dizzy. She is convinced that love is most important, but she tries to the best of her ability to provide her children with a decent future.

**Aries**

**(March 21 - April 19)**

This month you will quickly find out that you have new opportunities and skills that you did not even know about. This month your life will get

complicated. You will experience many changes in your personality. At one of the events you will meet a very influential person.

**Taurus**

**(April 20 - May 20)**

This is a good month to start planning for your vacation. In the first week of November, you will receive good news at your work place. November will be a favorable month for those who know how to make informed decisions and how to use money wisely. Creative ideas that come up in mid-November will be a big hit among those around you.

**Gemini**

**(May 21 - June 20)**

You have focused ideas. Your priority is to do what you love. The family is your support system, in case of need you can count on your loved ones. If you are single, you're tired of loneliness and you go around in circles. You make a clean progress, from the second part of the month, all becomes simpler. You set up personal projects by following your intuitions, it is already a big step towards success.

**Cancer**

**(June 21 - July 22)**

The stars put you on a platform and the people you meet around

mid-month are positive. You spend time with family rather than in private. Some conflicts can arise from nowhere at the beginning of the month. At that moment you are ready for new adventures. You are free because you express yourself and your feelings, your mind is freed from all constraints.

**Leo**

**(July 23 - August 22)**

You're one of the luckiest people this month. Your determined character will make all the difference. You are good at handling several situations at once. Quickly you raise the bar, you offer your partner a little moment of intimacy, and you know how to do it very well! You will experience very romantic moments this month.

**Virgo**

**(August 23 - September 22)**

Virgo people can think quickly and precisely. There are very few Virgo people who are untidy, neglectful or unorganized. They are perfect as business people, accountants and bankers. A woman from Virgo is a perfect partner. She is faithful, economical and very responsible but fails to find fulfilment in her life.

**Libra**

**(September 23 - October 22)**

The Libra woman is the quintessence of femininity. Libra people are rather calm people and do not fall into conflicts. They also do not like to advocate a party. Libra woman is always confident and aware of her attractiveness. Libra woman has a good taste when it comes to fashion and what cosmetics to choose to perfectly enhance her beauty. Libra man is a very sensual man with representatives of the fairer sex. He pays particular attention to the beauty of women, but their character is important to him.



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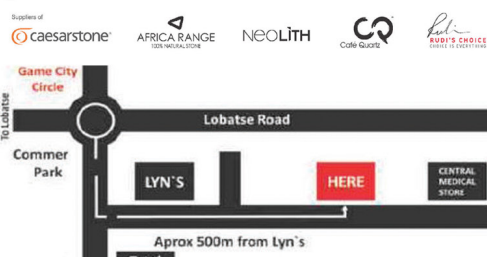
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Fro'Niques hair growth oil. As naturalists our hair needs water to thrive, we either take it orally or apply it directly to the hair. Instead of pouring your hair with water daily, some prefer spritzing.

**3. Wide tooth comb** - A wide tooth comb is essential to up your hair game. It is great for detangling; it minimizes hair breakage, and it is gentle with the hair and scalp. Always make sure to detangle hair when it has Fro'Niques detangling leave-in conditioner for slip.

**4. Satin Bonnet** - Sleeping with a satin bonnet protects your hair from the dryness caused by friction between your hair and moisture-absorbing materials like cotton. Due to lack of friction between the hair and satin hair remain moisturised, splits ends, knots and tangles are prevented and the hair is less prone to breakage.

**5. Detangling Brush** - Instead of using a wide tooth comb or fingers to detangle one might opt for a detangling brush. Detangling brush gets rid of knots and tangles easily and also minimizes breakage. The brush smoothly slips through your hair protecting your strands and cuticles from damage. It also saves time as it can detangle in large sections easily and also reduce split ends and breakage.

All these top 5 natural hair tools will make your natural hair journey easy and fun.

## TOP FIVE MUST HAVE NATURAL HAIR TOOLS

A lot of people complain that natural hair is stressful, demanding and time consuming. That is not the case, if you have the right hair care products and tools. Here are top 5 natural hair tools and necessities to help you get through your natural hair journey.

**First things first, obviously you need Fro'Niques Hair Care Products.**

1. Fro'Niques hair care products - from their Hair Butter, Detangling leave-in conditioner,

hair growth oil, and curling custard for moisturizing, sealing, styling, scalp massages and promoting growth.

**2. Spray Bottle** - A naturalist must never handle hair when it is dry. Combing dry hair literally breaks the hair mid-strands and that hinders length retention. You need a spray bottle for spritzing. Spritz can be a mixture of water and Fro'Niques detangling leave-in conditioner or water with a few drops of

## An Aspiring MakeUp Queen



**M**y name is Katlo, an aspiring make-up artist from Mmadinare but based in Tlokwen. I'm a student at Botho University and I do makeup as a part-time. My love for makeup started from a very young age. Little did I know that this is my talent. In 2020 I took a leap of faith believing that I will build my makeup kit from the little that I get from those I apply makeup on. My inspiration has always been Jessica Molefe, the founder of

Jessie's Makeup hence my Facebook page is Katlo's Makeup. I believe that one day I will be as far as Jessie's position. Attached here is a picture of before and after Makeup that I have done. It takes 45 minutes to an hour to get the whole look done. I have used different kinds of products to get this look which include; foundation, concealer, eyebrow pencil, makeup brushes, eye shadows, just to mention a few. One important factor when applying makeup is to know the colour of your skin to help choose the correct

foundation colour that matches well with your skin. Foundation colour as the makeup completer is very important. For one to say you have a nice make-up on, they are normally looking at the foundation colour applied.

Another thing that one needs to know is why do you apply makeup? You apply make-up for different reasons like to enhance one's appearance, which can be used to conceal blemishes, enhance one's natural features such as the eyebrows and eyelashes, add colour to a person's face and can be used to change the appearance of the face entirely to resemble a different person, creature or object, by so doing, one may gain the confidence to interact with other people and regain their self-esteem if it was somehow destroyed. Just to brush on the steps to apply makeup, you need primer and moisturizer before applying foundation. After applying foundation of your skin colour, brighten the skin with concealer, use bronzer, add the make-up powder then set with setting spray then add highlighter. For the eyebrows, you need eyebrow pencil and concealer, then the eyeshadows to add colour to your makeup. I added lashes to the face beat to make it complete. For the lips, one needs a liner and a lipstick or lip gloss.

Makeup is Art, you can draw certain creatures or objects on your face to communicate. It's not all about drawing the eyebrows but being creative.



# MY BEST EXFOLIATING TREATMENTS

**E**xfoliating involves the removal of the oldest dead skin cells from the skin's surface. It also involves removal of impurities for a much brighter, smoother and clear skin.

## 1. Exfoliating Gloves

- They are available in different stores at affordable prices. Pep, Clicks, Dis-chem e.t.c.
- I use them to scrub my body every day, to remove excessive oil, dead skin and residues on the skin.
- They are alternatives to using exfoliating masks or scrubs (which are known for deep exfoliating, and I recommend that we use them once in a week).

## 2. My DIY Exfoliating Sugar Scrub

- Sugar- The purpose of the sugar is to act as an exfoliant, its rough texture removes the dead skin cells.
- Lemon- Known for skin lightening, treat skin pigmentation or dark spots.
- Honey- Used to moisturize and soothe the skin. It's known for slowing down aging and is also great for preventing and treating acne.

**NB:** Exfoliating makes it easy for your skin to absorb products, the skin remain moisturized for a long time and thus promotes natural glow. Lastly use raw shear butter to moisturize your skin. It works for some and not all. For those who want to place their orders for the shear butter, check out Fro'Niques Facebook page (Fro'NiquesBW), Instagram (Froniques), for more information.



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# Segametsi Maoto

Age-22

Loves travelling, Partying and doing tik toks



# Cena

Gym instructor and gym fanatic







# Examples and signs of emotional cheating.

Here are some common (and not-so-common) signs of emotional cheating:

1. Your partner tells the outside person things that they don't even tell you.
2. They're more irritable toward you after connecting with the outside person.
3. They have a hard time tolerating brief periods of frustration, loneliness, or emotional discomfort within your relationship.
4. They often/always turn to the outside person for comfort when you're unavailable.
5. They seem to connect with the outside person more often after unresolved conflicts with you.
6. They've been increasing the frequency of connection with the outside person.
7. They drop hints that they wish you were more like the outside person.
8. There are gift exchanges between them and the outside person.
9. They try to prevent you from seeing texts on their phone.
10. They compare your emotional capacity to the outside person's emotional capacity.
11. They seem more detached from you after connecting with the outside person.
12. They want a lot less sex.
13. They want a lot more sex but seem detached during sex with you.
14. They act differently when talking about the outside person.
15. They've stopped expressing their needs.
16. They've stopped communicating with you about deeper issues.
17. The relationship with this outside person acts as an "exit" from connection with you.
18. They seem to have given up on facing and resolving issues with you.
19. They use inappropriate terms of endearment with the outside person, such as "love you," "miss you," "baby," "sweetheart," "honey," etc.
20. They minimize, deny, or mock your complaints about the outside person.
21. They get reactive, judge you, or emotionally distance from you when you request they create stronger boundaries with the outside person.
22. They tell you you're too sensitive about their relationship with the outside person.

No single item on this list means your partner is emotionally cheating. But if you're noticing that multiple items on this list are at play, it could be a sign that there's a degree of emotional cheating occurring. It could also mean that you've stopped prioritizing the intimacy between you and your partner, and it's time to recommit to one another—to lean into your feelings and vulnerabilities, despite fears or obstacles.

Warning: You shouldn't use accusations of "emotional cheating" as a way of justifying

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forced, controlling, or manipulative behaviour toward your partner. If you or your partner have any major concerns about the dynamic between you—or if your behaviours are consistently hurtful and/or damaging to one another—you may want to seek professional counselling.

**Emotional cheating versus friendship.**  
 What's the difference between friendship and emotional cheating? The short answer is that with friendships, there are different boundaries than in a main attachment. When a romantic partner becomes a priority in your life, it's important for friendships to bend and give, even as they remain present and supportive. This allows more space for your relationship to develop as your main source of closeness and support. Opening up to depending on a romantic partner fosters bonding, trust, love, and intimacy.

How do you know whether an outside connection is a friendship or "emotional cheating"? Here are methods you can use to help you figure it out:  
 Ask yourself: Am I oversharing with this outside person? Disclosing too much? Strengthening an outside heart-connection at the expense of my partnership? Check in with yourself by change in to your body. Notice any subtle signals—sickness, tension, tightness in your chest or throat. Chances are, your own embodied intuition "knows" the answer and will tell you, if you create the space to listen.

Imagine that your partner is seeing the interactions between you and this friend, hearing the conversations, and maybe even picking up on your feelings of relief, excitement, or pride. Consider how your partner would feel. Would it make them uncomfortable? Would they feel hurt or betrayed? How would you feel if the tables were turned, and your partner had this closeness with someone else?



**Why emotional cheating happens.**  
 If your partner is emotionally cheating, you might be wondering: Why are they doing this? Is it because they're secretly in love with this outside person? Have they stopped loving me? Is it because there's something wrong? Is our relationship over?

Sometimes, the independent decision by one partner to "emotionally cheat" is consciously and strategically made, but more often than not it's about small, increasing, perhaps well-intentioned, and unconscious boundary slippages—something that a partner thoughtlessly indulges in when they regularly share thoughts, hopes, dreams, feelings, frustrations, passions, or other aspects of their inner world with someone else, unbeknownst to their partner.

More often than not, emotional cheating is a way that one partner is trying to get a deeper need met—or to protect themselves from a feared scenario. Why aren't they trying to get this need met with you? How come they don't just share their inner world, their fears, and vulnerabilities with you directly rather

than cultivating a close bond elsewhere? These are big questions with complex answers that vary. Maybe they've tried to get close to you, but you've been dismissive, judgmental, or unavailable. Maybe they themselves are afraid of driving you away with their "neediness". Maybe depending on you scares them.

Maybe they're mad at you. Or maybe they don't see emotional cheating the same way you do. Maybe they need lots of connection with a wide variety of people, whereas you don't. There could be a lot of reasons, and these reasons could overlap and shift with time.

Strong attachments activate a web of old wounds and longings mingled with present-day desires and fears that influence how we try to defend against painful or overwhelming emotions within us, and/or against potentially uncomfortable experiences with an intimate partner. Emotional cheating is often one way we or our partners try to stay in control.



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### Not using tap water

Today's irons can handle tap water better than older models could. Unless your area's water is extremely hard, there's no reason to use distilled water. For areas with very hard tap water, mix it 50/50 with distilled.

### Saving your delicate for last

Irons take longer to cool down than to heat up, so start with materials needing the lowest temperature, like polyester and silk. Work your way up to cotton and linen. Do the reverse and you risk melting the fabric?

### Cranking up the heat

If the garment is made of a blend, select the setting for the more delicate fabric. It will help you preserve the garment.

### Storing the iron with water in it

Always empty the iron's water tank before putting the iron away, especially if you store it on its soleplate. This keeps excess water from damaging the internal parts and leaking through and discoloring the soleplate.

### Ironing fabrics that are too dry

Mist creases with your iron's spray feature. This dampens and relaxes the fabric so when the iron passes over it, wrinkles vanish. Use the steam burst feature to give stubborn folds a blast.

# Major Mistakes You Make When Ironing and What to Do Instead



# GARDEN LIGHTING IDEAS

**A**re you looking for garden lighting ideas? Check out our pick of the best ideas to get you started on your outdoor room lighting project.

Garden lighting can help create a magical space that can be enjoyed even when the sun's gone down. Make the most of long summer evenings and transform your garden into a glowing living space you can use after dark, with our stunning garden lighting ideas to illuminate alfresco diners.

Don't forget to work integrated garden lighting into your design as these final details will really set off your scheme and create a stunning effect in the garden by night. Go for smart spotlights in walls and pathways to light your way and uplighters to accentuate beautiful architecture, water features and sculptural planting.

### Mix and match lanterns

Decorative metal lanterns are going from strength to strength as the must-have modern room accessory. The sheer joy of these contemporary beauties comes from the colour choices and shapes – there is one to suit every garden and every design personality.

### Go for color-coordinating candles

If you are fortunate enough to have a garden in full bloom, light up your flora and fauna with lanterns. Especially now, with LED battery-powered candles at their most efficient and cost-effective, you can avoid any risks involved with real candles while still providing a striking glow. The gentle pinks and red of these silk and paper lanterns are just perfect for enhancing the natural palette of the rhododendrons.





# Robert Downey Jr

Robert John Downey Jr. born April 4, 1965 is an American actor and producer. His career has been characterized by critical and popular success in his youth, followed by a period of substance abuse and legal troubles, before a resurgence of commercial success later in his career. In 2008, Downey was named by Time magazine among the 100 most influential people in the world, and from 2013 to 2015, he was listed by Forbes as Hollywood's highest-paid actor.

At the age of five, he made his acting debut in Robert Downey Sr.'s film Pound in 1970. He subsequently worked with the Brat Pack in the teen films *Weird Science* (1985) and *Less than Zero* (1987). In 1992, Downey portrayed the title character in the biopic *Chaplin*, for which he was nominated for the Academy Award for Best Actor and won a BAFTA Award. Following a stint at the Corcoran Substance Abuse Treatment Facility on drug charges, he joined the TV series *Ally McBeal*, for which he won a Golden Globe Award. He

was fired from the show in the wake of drug charges in 2000 and 2001. He stayed in a court-ordered drug treatment program and has maintained his sobriety since 2003.

Initially, bond completion companies would not insure Downey, until Mel Gibson paid the insurance bond for the 2003 film *The Singing Detective*. He went on to star in the black comedy *Kiss Kiss Bang Bang* (2005), the thriller *Zodiac* (2007), and the action comedy *Tropic Thunder* (2008); for the latter he was nominated for an Academy Award for Best Supporting Actor. Downey gained global recognition for starring as Tony Stark / Iron Man in ten films within the Marvel Cinematic Universe, beginning with *Iron Man* (2008). He has also played the title character in Guy Ritchie's *Sherlock Holmes* (2009), which earned him his second Golden Globe, and its sequel, *Sherlock Holmes: A Game of Shadows* (2011). He became one of the highest paid actors through his pay checks from the MCU films he made.



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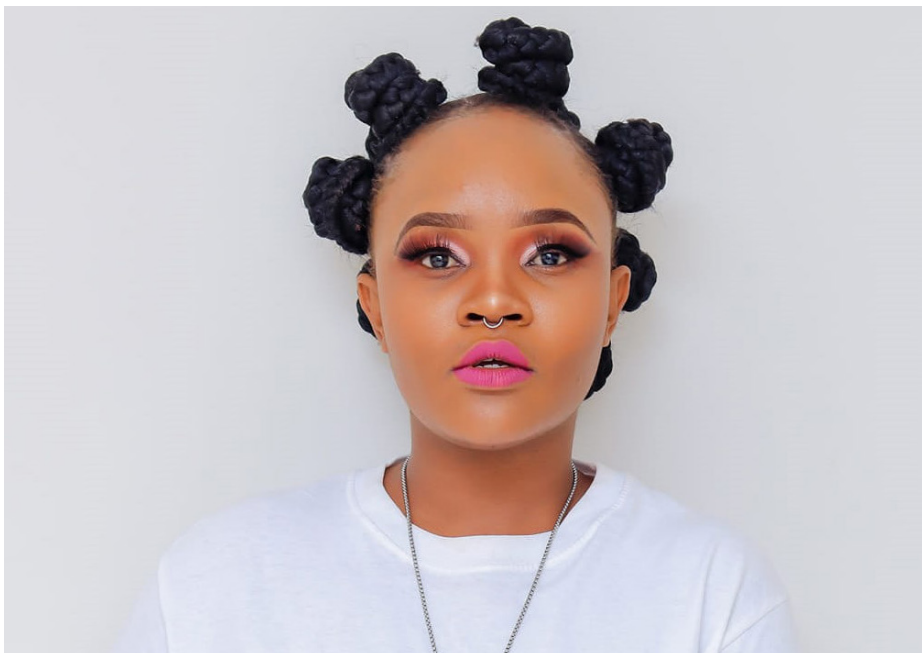
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# Unloyal Batswana Turn On Their Own

**O**n the 10th of October, local RnB sensation, Amantle Brown took to her official page to say, "Bagarona, nna I don't have a problem with Makhadzi coming to Botswana. I have a problem with how our efforts as artists are undermined. We have amazing artists Mo Botswana; Chef Gustos, Vee Mampeezy, A.T.I (Batho Bame), DjKsb, Charma Girl, HanC, KHOISAN, Maxy KhoiSan, Dj Kuchi, Team Distant, Dj LaTimmy, the list is endless, if supported we can go far. We love our job guys, we make ends meet with whatever we have, however we can't bring the best product. Will like to appreciate all our fans out there who have been for us since day one and are still for us. Re thata ka lona. Go and buy Tickets tsa Makhadzi she has worked hard and she deserves it. E tlaa bo ele nna in South Africa soon or any other country and I will need their support. Let's keep working hard. Re tla goroga. Modimo koo."



The post was met with angry comments and some went on to state that the artist was not as good as South Africa's Makhadzi. They said her songs were too slow to get them grooving but Amantle would later on go to send another clarifying post to say that hers was not a post of jealousy nor was she against Makhadzi headlining a show and matter of fact she too was excited

that Makhadzi was coming to Botswana to perform. She said rather that she wanted to indicate that promoters should have local artist headlining the shows too as they were as much deserving.

The artist later that day dropped a single titled "Mjolo" and it went viral gaining her more views in a matter of hours than any

other local artist had ever accomplished even in South Africa as well. However the people later on went to turn against Makhadzi after a fake post that circulated stating that she had turned down her coming to perform locally due to complaints by local artists. Batswana again went on social media and fired their shots to Makhadzi saying that they did not care and they will support local artists.



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# Steps To Do The Perfect Pull-Up

## Play Dead



**A** true pull-up begins in a dead hang. When you hang from the bar, your arms should be fully extended with your core engaged and shoulders back. Build strength by keeping form in mind

as you pull—it'll help you avoid swinging, kicking, and jumping, which means that you'll be using your muscles, not momentum, to master the move.

### Get a Grip

Stand under the bar and grab it with both hands. Your palms should be facing away from you with hands shoulder-width apart. If you can't reach the bar, get a boost from a bench, stool, or box. Use a standard overhand grip, wrapping your thumbs around the bar so that they almost meet the tips of your fingers.

### Pull (Up)

Initiate the actual pull by squeezing the bar with your hands while engaging the muscles of your upper body and core. Imagine pulling your elbows down to your sides as your entire body travels toward the bar. Resist the urge to strain your neck in an attempt to break the plane of the bar with your chin. Continue to

pull until your chin clears the bar with ease, at which point the upward phase of the pull-up is complete.

### Get Down

You nailed the up part of the pull-up. But you still have to get down. The trick is to return

to the dead-hang slowly. Maintain a firm grip on the bar while allowing your arms to straighten as you lower. Once you return to the dead-hang, you can count your first rep. Cue shouting "Nailed it!" high-fiving yourself, pumping your fist triumphantly, all of the above, etc.







## THE WBF TITTLE BELT BOXING TOURNAMENT

**O**n the 12th October 2021, Scud Missile Promotion and its partners launched the WBF Tittle Belt Tournament at the G.I.C.C and briefed the media on the tournament that was to happen later on the 29th of October 2021. The was between to local boxers, Onkarabile Mothibedi who was to defent his WBF Super Bantamweight title belt against Moabi Ngaka.

The tournament which goes to local records as the biggest of its kind also had other bouts featuring boxers from countries like South Africa, Zambia and Zimbabwe. There was also there first ever professional women boxing fights as well. The event of its kind was long awaited and it has come to show the growth and progress of boxing in Botswana and it is yet to grow and host even international events as well. Scud Missile Promotion has promoted two belts before and this was the third one. The promoters even took to sending off its Ring Ladies to South Africa for training.

Supporting this event was Coca Cola Botswana, Motor & Glass which also has been providing sponsorship for amateur boxers as well and even the Grand Palm among others. When giving his address, Thuso "Scud" Khubamang the head promotor for the event, stated that boxing was by far the most professional of all the sporting coats in the country he knew it would go far.

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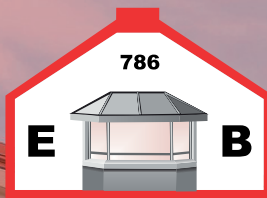
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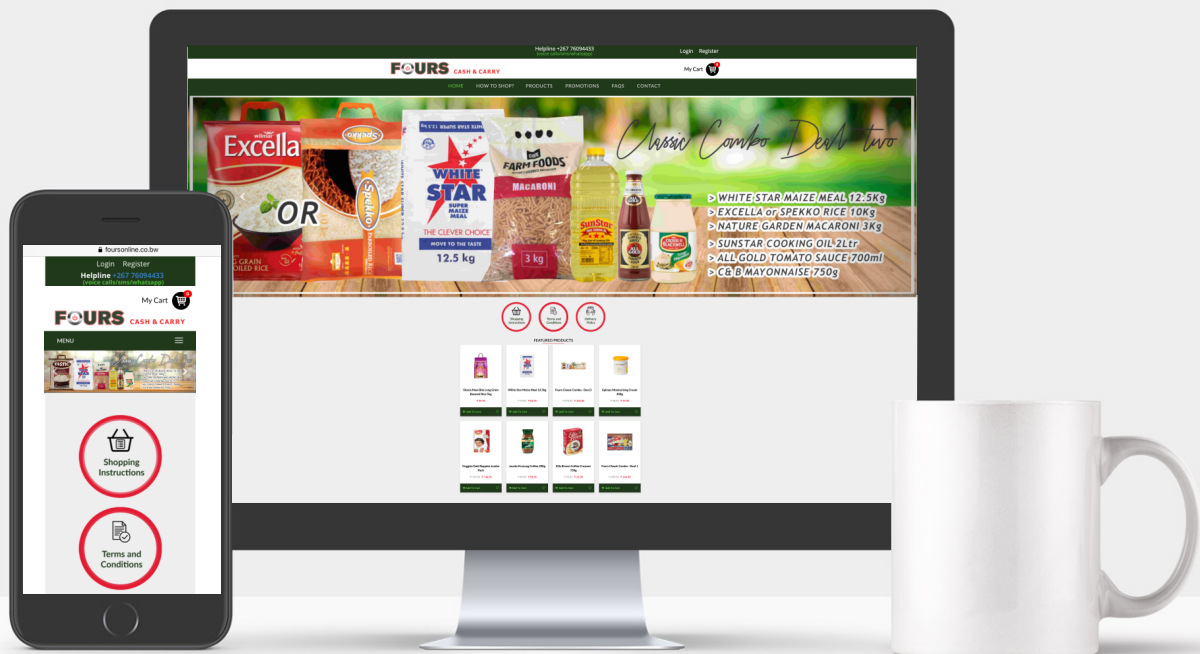


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