

The Rise Of Mmipi Twinz

Young Miss Perfectionist Khumo Olorato

Dance Crew of the Century

- Plus 267 Golden Boys

How to Spice-Up Your Love Life

The Oicheke Hitmaker Back In The Game



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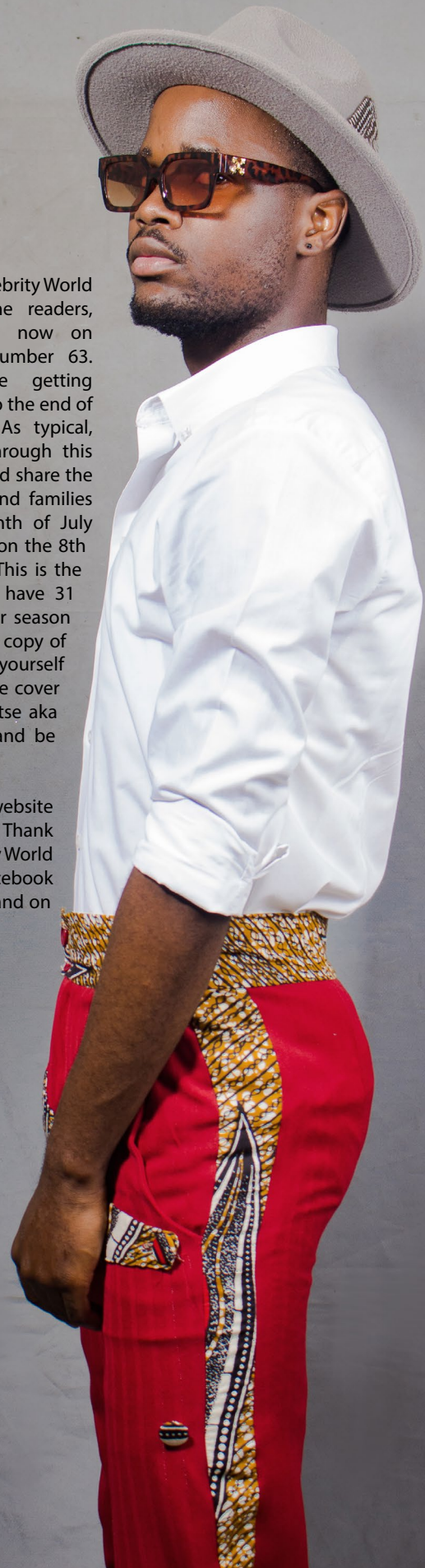
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Hello Celebrity World magazine readers, we are now on issue number 63. We are getting closer to the end of winter. As typical, page through this issue and share the content with your friends and families for more support. The month of July had long weekends, we are on the 8th month of the year, August. This is the fifth month of the year to have 31 days. It also wraps up winter season in Botswana. Grab yourself a copy of our August issue and have yourself a good read. This time on the cover we present to you, Mpho Pitse aka VS. Read more about him and be inspired.

Check out this issue on our website at www.celebrityworld.co.bw. Thank you for being part of Celebrity World Magazine and follow our facebook page called Celebrity World and on twitter @celeb_bw. Regards!



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Guns 3: Alias Billy the Kid

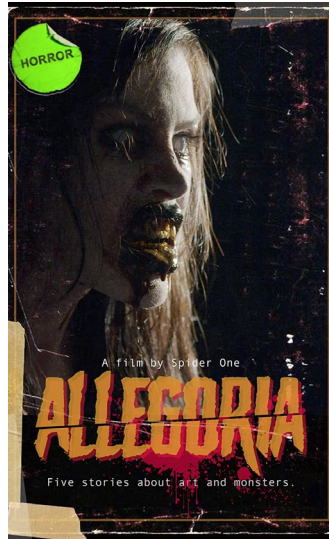
Genre: Western

Release Date: August 03, 2022

Director: Emilio Estevez

Starring: Lou Diamond Phillips, Emilio Estevez and Christian Slater

You can tell a lot about a person by the company they keep. "Young Guns" was far from the first Western with a star-studded ensemble, but loading a film with a cadre of famous faces, particularly this cadre of famous faces, definitely felt like a very '80s way to make a Western.



Allegoria

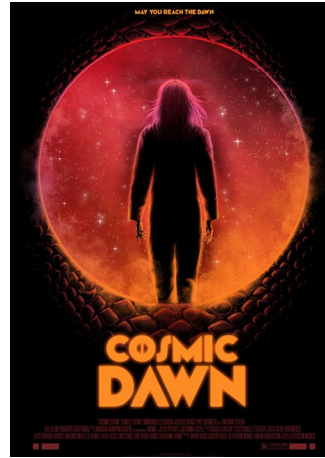
Genre: Horror

Release Date: August 02, 2022

Director: Spider One

Starring: Krsy Fox, Adam Busch, Bryce Johnson, and Scout Compton

A group of artist's lives become unwittingly entangled as their obsessions and insecurities manifest monsters, demons and death.



Dawn

Genre: Horror

Release Date: August 08, 2022

Director: Nicholas Ryan

Starring: Sarah French, Jared Cohn, Eric Roberts, Michael Paré, Nicholas Brendon, Gigi Gustin
Tells of an unsuspecting couple that get into a ride share only to find out that they may have to fight for their lives as the deranged driver puts them through life and death situations. Be careful who you accept a ride from, it may be your last.



Artist: In The Wild

Album: The Interrupters

Release date: August 5, 2022



Artist: B'Z

Album: Highway

Release date: August 10, 2022



Artist: Stella Donnelly

Album: Flood

Release date: August 25, 2022

What To Read

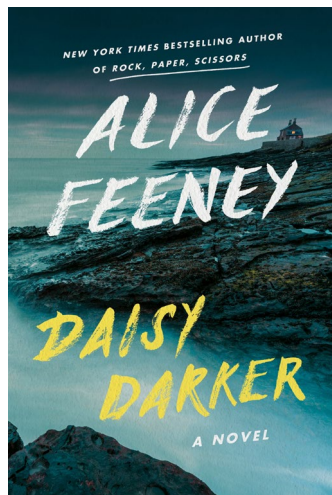
Daisy Darker

Author: Alice Feeney

Genre: Thriller

Publication Date: 30 August 2022

For their Nana's 80th birthday party, the entire Darker family reunites for the first time in years at Nana's house on a remote island. At midnight, Nana is found dead. When another body follows and the tide traps them on the island, the family realizes they must confront their darkest secrets or risk all being killed off one by one.



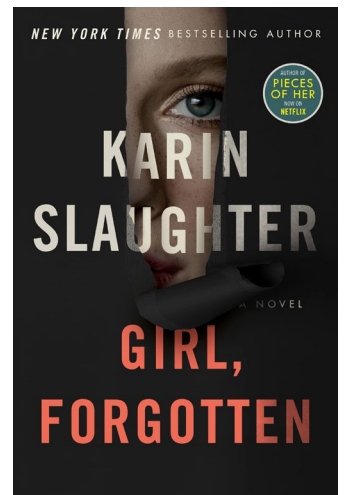
Girl, Forgotten

Author: Karin Slaughter

Genre: Suspense

Publication Date: 23 August 2022

While protecting a judge getting death threats, newly US Marshal Andrea Oliver can't resist investigating a cold case. On prom night in 1982, the popular Emily Vaughn is killed. Emily was hiding a secret, but her wealthy family and friends closed ranks after her gruesome murder. Not Andrea is determined to use her powers to find out what happened to Emily.



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Dance Crew of the Century – Plus267 Golden Boys

They recently made headlines with their unique dancing skills and their fashion sense has everyone talking about them. Encounter the most creative and talented dancing crew of the century, Plus267 Golden Boys. While people consider dancing as a simple hobby, Plus267 Golden Boys Dancing crew consider it as a full-time profession.

The crew which is mainly known for their astounding dancing skills and creativity is made up of four young lads; Tefo (Azonto Boey) Bome, Thabo

(Bon-White) Matlhabaphiri, Kutlo (Semoncho) Matswe and Lefika (Bigshot-Bujwa) Diteko. Their presence has been felt on international competitions. They have performed alongside most popular artists in Botswana and South Africa among them; Makhadzi, Master KG, Prince Benza, Vee Mampeezy and Charma Gal just to mention the few. They had also danced alongside South African celebrated dancers like Limpopo Boy and Rush Mabanana, making them the first dancing crew in Botswana to be associated with the duo. Apart from festivals they



do perform at weddings, parties, schools and many more. The group has released a song called "Ka moshapa" last year and they are working on releasing more music before the end of this year. The crew confidently stated in an interview that "though it is good to have a role model, the greatest discovery is to be your own inspiration". Adding on this, the crew member Azonto Boey said, "We believe that we are unique and we are a special brand, there is no other version of us anywhere hence we are our own inspiration". Loyalty, trust and transparency are some of the traits that have kept them together for so long. They believe that for a group to grow, there

should be no secret agendas and deceptions between them.

What makes them unique is how they represent themselves. They do all categories of dancing, be it hip-hop, pantsula or traditional, they do it all. The Golden Boys also provide dancing lessons to those who want to learn to dance. They aim to start their own dance academy and more legit dance competitions which will help improve the dance profession in Botswana.

Contacts: Facebook; Plus267 Golden Boys
Youtube; Plus 267 Golden Boys
Cellphone; +267 77 853 187 / +267 76 602 077



In five years to come, we see ourselves with many achievements in both music, modelling and advertising platforms.

What message can you give to your fans and family?

We express gratitude to our fans, may they continue to support us. Their love and support made us to be who we are. We also thank our manager and family members for believing in us and for their undying love.

What more would you like people to know about Mmipi Twinz?

We would like them to know that we are available for business and partnerships. As for musicians, we are ready for collaborations.

The Rise Of Mmipi Twinz

Contact Details

Facebook: Mmipi Twinz
Instagram: Mmipi Twinz BW
Cellphone: 76127954

Whenever made the statement 'twin bond is strong' was definitely right. The Mmipi Twinz are a true testimony of that statement. Their bond is unbreakable, they work well together and push each other in almost every aspect. You may already be familiar with the awesome multi-talented identical twin sisters, Khumo and Katlego from social media platforms. They have made their presence felt in modelling, advertising and their music career. CW had a moment with the twins to share their journey in the entertainment industry.

Who are you?

We are Katlego and Khumo, together known as Mmipi Twinz. We are into modelling, advertising and also we are into music career.

Tell us about your career path.

We do modelling for fashion designers and boutiques, we also help people to advertise their services and products. But most importantly we are singers and we released our first album last year around November. It is an afro-house single titled "Never let go" ft. Justice Joseph.

How do you handle pressure

from the industry since you are multi-tasking?

Khumo: We are doing things at our own pace and time that is comfortable to us.

Katlego: We believe that a journey of thousand miles starts with a single step so there is no need to put ourselves under pressure and unnecessary stress. One step at a time. We also have a work schedule to guide us on our daily basis.

You have recently appeared on the music video of the most popular artist, Vee Mampzeezy, how was the experience?

It was amazing and fun. We enjoyed it and we believe it played a big role in terms of exposure. It was an honor to be alongside the most celebrated local artist.

Which other artists are you willing to work with?

We would like to work with various artists like Samantha Mogwe, ATI and Amantle Brown just to mention the few.

Who is your inspiration in the twins' world?

No one but us! We believe that looking up to someone limits your strengths. So we are definitely our own inspiration.

Where do you see yourselves in the near future?





The Oicheke Hitmaker Back In The Game

Many people who know him, know that he gave us a hit that went on to become an anthem around 2008/9, Oicheke. The song was so popular that it was even used for some national campaigns around that time. Post that, he has come to be a happy father who is a humble servant of God and even an author and a producer. The hit maker, turned pastor's music life and making hits is however far from over as he is again back in the music scenes and aiming big. He shared his story with us for this issue.

Tell us more about yourself.

Vs is a father of two beautiful young girls, producer, artist, speaker/pastor, author and the co-founder of a movement called Man Up Men Talk Global.

How long have you been in the industry?

I have been in the industry actively from around 2008 when I released my first single "Talent we check", which gave me an opportunity to experience the industry on a large scale, but music has always been my passion from a young age.

What kind of music do you make?

Interesting question, I am simply a storyteller and my music is based on real life events in other words purpose driven, I'm inspired more by edifying others, in a nutshell I love making music that speaks to the soul, to speak to someone's life or rather for lack of a better word to uplift others because we are a broken Society I mean I cannot save the world but at least I can change a life at a time so my music is about the good moral way of living.

What led you to choose that kind of music?

I personally believe that life is about growing and they say that if you're not growing you are dying so the reason why I make edifying music is simply because I'm aware of my purpose that God placed me in this world to bear fruits or rather to serve others, at the end of the day someone has to do it so I believe I am one of those chosen to do it.

You are commonly known by popular the Oicheke song, besides it, which of your other songs struck the beat?

All I can say is, after oicheke I never got the chance to explore my talent further which I believe it was going to be an experience for a lot of people in terms of my production style and my creative style, I believe I have a lot to offer which is now work in progress and it's going to be an interesting journey because I have new music dropping soon.

What led to the popularity of this song?

I believe that what led to the popularity of the song is the authenticity of real life events in the song. I mean these things happen on a daily base and we all know that anything authentic can last longer not only that also the way I projected the message because it has a lot of sense of humour more like a joke which brought a lot of laughter to the audience and also raising awareness at the same time, Oicheke is a lifestyle.

Were there other songs before, that gave you the same international platform?

Oicheke was more like an entry point for the first time in the industry and yes there were other songs before Oicheke that never got the chance to make it because back then I was not sure if I wanted to pursue music on a serious note, but it is only after oicheke that made me realise my potential as a musician to pursue my career in music.

Since then, how many albums have you released?

The only album that I have released since then was the oicheke album and that was my first album so lately I'm working on a new EP. We just short a version of an album which marks the beginning of a new journey going forward, so be on the lookout.

Why have you been quite in your music for quite so long?

The reason why I took time off the industry is because I was going through a refinery process. In other words I had to answer to my calling, so I went on the spiritual journey for a period of 10 years which I don't regret at all because I experience God first hand and now I can move forward knowing that I'm aligned with his will.

You are looking into jumpstarting your music career once again, how has that been so far?

So far I'm loving the journey of the production, growth and maturity in my new upcoming EP. All I can say is, it is going to be an experience to my fans because I am bringing a whole new Vs, what ears have not heard and what the eyes have not seen and I strongly believe that my fans will love it.

How do you plan on regaining that massive lime light you had in the music industry?

Well, my work speaks for itself. It is very contagious and attractive, so going back to the industry will be more like a walk in the park because God cannot give you anything that you cannot handle.

Do you think you will get to be beyond where you were soon enough?

My plan is to penetrate the music industry beyond Oicheke so the only thing that I can do is to play my part and the rest I give to God to glorify his name through me so I believe it is going to be bigger and better.



What will you be doing since you are much grown now?

I have grown into many things, a man of many hats or rather say many gifts so for me it's a journey to explore and experience the unfolding events of my talents, most importantly evolve and become the best version of myself so you are invited to share this experience with me.

The music industry is not what it was a few years back, what's your take on that?

Personally I believe that there is a time and a season for everything and the music industry is exactly where it needs to be because everything is made new in its time so I believe the rest is history so we can only focus on creating what's new for this time even the Kingdom of Heaven has been advancing since the beginning of time.

Do you think there has been growth in terms of craftsmanship of music?

Yes I believe that there is a lot of growth in the music industry because a lot of new artists have emerged from nowhere not only that but new sound which is very interesting and good because it challenges one to be more creative so yes the industry has grown.

Apart from music what is it that VS Cufflins is known for?

Apart from music I am a minister of the word of God, co-founder of a movement called Man Up Men Talk Global which Focuses on grooming the boy child from the grassroots to be a better man in the society. Another thing that I do is film production, writing and helping others to bring out the utmost of they are talents to be the best version of themselves in other words I'm simply a transformational leader in my own space.

What are your other aspirations in life?

My aspiration is to be rich within others because I believe that the real legacy must be built on people not on material things so changing one life at a time for me is a big deal and if I can be able to make that difference that is where I place my bet, my desire is to bear fruits.

Tell us about your daily life in general.

My daily life is work and lately I have been spending a lot of time in the studio working on my new EP and also making 30 seconds videos to inspire or encourage others through the word of God which have now gone viral by people sharing them to one another in different parts of the world and most importantly I am raising two beautiful girls.

Any other additions?

My additional message is put on Love and kindness. Learn to forgive and focus on growth because individual self-development before any relationship is key to all things.



Know More About Seychelles



Seychelles, island republic in the western Indian Ocean, comprising about 115 islands, with lush tropical vegetation, beautiful beaches, and a wide variety of marine life. Situated between latitudes 4° and 11° S and longitudes 46° and 56° E, the major islands of Seychelles are located about 1,000 miles (1,600 km) east of Kenya and about 700 miles (1,100 km) northeast of Madagascar. The capital, Victoria, is situated on the island of Mahé.

Seychelles, one of the world's smallest countries, is composed of two main island groups: the Mahé group of more than 40 central, mountainous granitic islands and a second group of more than 70 outer, flat, coralline islands. The islands of the Mahé group are rocky and typically have a narrow coastal strip and a central range of hills. The overall aspect of those islands, with their lush tropical vegetation, is that of high hanging gardens overlooking silver-white beaches and clear lagoons. The highest point in Seychelles, Morne Seychellois (2,969 feet [905 metres]), situated on Mahé, is located within this mountainous island group. The coralline islands, rising only a few feet above sea level, are flat with elevated coral reefs at different stages of formation. These islands are largely waterless, and very few have a resident population.

Plant and animal life

Of the roughly 200 plant species found in Seychelles, some 80 are unique to the islands, including screw pines (see pandanus), several varieties of jellyfish trees, latanier palms, the bois rouge, the bois de fer, Wright's gardenia, and the most famous, the coco de mer. The coco de mer—which is found on only two islands—produces a fruit that is one of the largest and heaviest known and is valued by a number of Asian cultures for believed aphrodisiac, medicinal, mystic, and other properties. The Seychellois government closely monitors the quantity and status of the trees, and, although commerce is regulated to prevent overharvesting, poaching is a concern.

Wildlife includes a remarkably diverse array of marine life, including more than 900 identified species of fish; green sea turtles and giant tortoises also inhabit the islands. Endemic species include birds such as Seychelles bulbuls and cave-dwelling Seychelles swiftlets; several species of local tree frogs, snails, and wormlike caecilians; Seychelles wolf snakes and house snakes; tiger chameleons; and others. Endemic mammals are few; both fruit bats (*Pteropus seychellensis*) and Seychelles sheath-tailed bats (*Coleura seychellensis*) are endemic to the islands. Indian mynahs, barn owls, and

tenrecs (small shrewlike or hedgehoglike mammals introduced from Madagascar) are also found.

Ethnic groups, languages, and religion

The original French colonists on the previously uninhabited islands, along with their black slaves, were joined in the 19th century by deportees from France. Asians from China, India, and Malaya (Peninsular Malaysia) arrived later in smaller numbers. Widespread intermarriage has resulted in a population of mixed descent. Creole, also called Seselwa, is the mother tongue of most Seychellois. Under the constitution, Creole, English, and French are recognized as national languages. More than three-fourths of the population are Roman Catholics. There are also Anglicans, Christians of other denominations, Hindus, and Muslims.

Economy

Seychelles has a mixed developing economy that is heavily dependent upon the service sector in general and the tourism industry in particular. Despite continued visible trade deficits, the economy has experienced steady growth. The gross domestic product (GDP) is growing more rapidly than the population. The gross national income (GNI) per capita is significantly higher.



Get To Know A Bit about Bollywood Heavyweight, Akshay Kumar

Akshay Kumar, born Rajiv Hari Om Bhatia in 9th of September 1967 is an Indian-born naturalised Canadian actor and film producer who works in Hindi cinema. In over 30 years of acting, Kumar has appeared in some 100 films and has won several awards, including a National Film Award for Best Actor and two Filmfare Awards. Kumar is among the most prolific actors of Hindi cinema. Nearly half his films have been commercially successful.

The 53 year old began his career in 1991 with Saugandh. His first commercial success came with the action thriller Khiladi (1992), leading to the Khiladi film series. He romantic movies include Yeh Dillagi (1994), Dhadkan (2000), Andaaz (2003) and Namastey London (2007). He has played comedic roles in Hera Pheri (2000), Mujhse Shaadi Karogi (2004), Bhool Bhulaiyaa (2007) and Singh Is Kinng (2008). Kumar won Filmfare Awards

for Ajnabee (2001) and Garam Masala (2005). After receiving favorable reviews for Special 26 (2013), Baby (2015) and Airlift (2016), he won the National Film Award for best actor in the thriller Rustom (2016). The social films Toilet: Ek Prem Katha (2017) and Pad Man (2018) and the war film Kesari (2019) brought further notice, displaying themes of Indian nationalism.

Kumar has also worked as a stunt actor. In 2014, Kumar launched the TV reality show Dare 2 Dance. He owns the team Khalsa Warriors in the World Kabaddi League. As of 2015 and 2019, Kumar was on the Forbes list of highest paid entertainers in the world, ranking 52nd with earnings of \$48.5 million and the only Bollywood actor on the list. He is the first Hindi film actor whose films' domestic net lifetime collections crossed ₹20 billion (US\$341.31 million) by 2013, and ₹30 billion (US\$446.46 million) by 2016. In 2020, he



was ranked as the highest paid Bollywood actor by Forbes. He has received an honorary doctorate from the University of Windsor (2008) and the Padma Shri the fourth-highest Indian civil honor (2009).

Around the 2011 Canadian federal election, the Conservative government granted Canadian citizenship to Kumar by invoking a little-known law which

allowed circumventing the usual residency requirement for Canadian immigrants. According to a former Conservative Party minister, Tony Clement, the citizenship was awarded in return for Kumar's offer of putting his "star power to use to advance Canada-Indian relations and Canada's trade relations, commercial relations, in the movie sector, in the tourism sector".



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Juicy Baked Chicken Breasts

Need to make dinner tonight but have no ingredients in the house? Worry less, try this simple easy chicken recipe that only uses a few ingredients.

Ingredients:

- ¼ butter
- 1 tablespoon
- 4 skinless and boneless chicken breast halves
- Seasoning you can use any seasoning of your choice

Directions

Preheat oven to 350 degrees. Lightly butter a baking dish. Arrange chicken in the baking dish. Brush butter mixture onto the chicken until thoroughly coated, pouring any extra over the chicken. Bake in the preheated oven until no longer pink in the center and the juices run clear, about 30 to 45 minutes.

Allow it to cool and serve.

This meal can be accompanied by anything be it rice, green salads, or roasted potatoes.



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How to Spice-Up Your Love Life

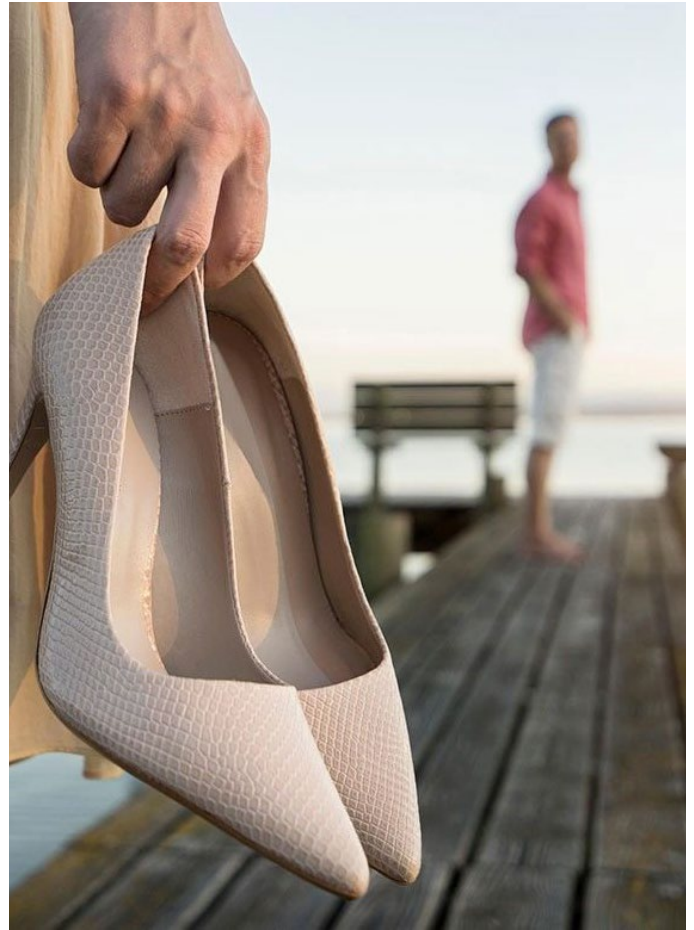
Love is a beautiful thing that has to be celebrated. As a couple, your relationship shouldn't be doomed because your partner is not blessed down there. To overcome the challenge of a small prick, it's vital that you become experimental with different positions and find the ones that typically work for you.

Also, keep in mind that pleasurable sex is not only limited to penetration, you can include sex toys to spice up things and even go an extra mile by embracing oral sex which will definitely see you sing like a canary. The beautiful thing about incorporating sex toys in your adult playtime is that they minimize the possibility of transmitting STD's provided they are not shared with friends.

Nonsexual romance is fueled mostly by communication between partners- with that said, be open and exercise honesty with your better half. Tell him what turns you on/off. In this way, your partner will know how to hold you and during the act, don't be afraid to appreciate the motions that take you to 'heaven'.

Unleash the tigress in you. Play dress ups and other styles. Remember that nothing beats sexy lingerie together with long stilettos because that will give the perception of longer legs. This simple act will go a long way in proving to your partner that you are all in it.

Lastly, be confident. Nothing beats confidence when it comes to good sex. Shy away from playing only in the dark and if he really loves you, he should be comfortable with those parts of your body that you deem imperfect.



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YOUNG MISS PERFECTIONIST

KHUMO OLORATO

She is a young woman of 21 years old and a virtuous Christian lady who has great passion for styling and interior design. On this issue we got to chat with stylist Khumo Olorato who is also a content creator as well.

Tell us about yourself in general.

Khumo is a 21 year old University of Botswana student. She is an ambitious young Christian lady with an entrepreneurial spirit and a deep passionate love for learning. She is also a digital content creator, wardrobe stylist and an interior design enthusiast. I have demonstrated a history of strong leadership abilities and my tenacity and resilience are what sets me apart. The pursuit of excellence, integrity and consistency are what you can always expect from me. Three words that describe Khumo are; goal oriented, resilient and fearless.

What is it that led to you becoming a content creator?

I think the reason why I became a content creator is because I love taking cute pictures, videos, and take time to edit them and post them. Eventually I noticed that people actually like them looking at the engagement rate so I really think that influenced me to become a content creator.

What about a stylist, how did you end up in that path?

Fashion has always been a passion of mine and a very important tool for me to express myself in any way without limitations. Again, my friends and family always complement me on my style sense to an extent that some would reach out to me to help them in getting the right outfit for a particular event and usually give them an understanding of colours and shades. Also I have worked with some of professional photographers where we get to do trial shoots to build my portfolio and build good relations with them that go a long way especially with referrals. So becoming one really matches with what I enjoy doing as it requires one to have an eye for detail, being organised and presentable. Being aware of the latest trends and also know how to accentuate a client. It is something I have always loved and enjoy doing because I know that image may not be everything but it speaks volumes about you as an individual that is why it is important to have a sense of style.

Who in the industry do you look up to?

Locally I look up to Tumie Nthutang and internationally I look up to my role model Kefilwe Mabote.

Why would you look up to them, in what way do they inspire you?

I honestly love hardworking business ladies, so I do look up to them because they are trailblazing and are versatile individuals who really are mastering the art of multitasking. They do inspire me again because they are invested to their respective craft.

As a content creator in BW what can you say are the limits to being one?

Becoming a content creator that will be successful needs one to have the necessary resources for content creation and in most cases there are no funds to get them. Also the support from Batswana is not satisfactory but I believe if one is really putting in the work and networking, they can make it in the industry. Companies are not really hiring content creators but here in Botswana there are a lot of creators that are doing an amazing job.

Feature

It has become common that when someone has a great following on social media they become identified as a content creator, why do you think that is?

That is true to a certain extent, reason being people often follow accounts that share high quality content and post very much often. Also because content creators job is to create educating and entertaining material that caters to a target audience's challenges and interests, they are creative and use images or posts that draw people's eyes. They post at the very least once a day or if possible even more if they have enough interesting content to share. So by posting frequently, followers can double, so if you take a close look at the most followed accounts across all social media platforms, you will notice that about them but not everyone who has a large following is a content creator.

What is it that differentiates a content creator from anyone with a huge following?

Content Creators are recognized for the high quality and creative content they produce. They script, produce, photograph, edit, and create innovative content. They do not necessarily have a large number of followers. Also the content of those with a great following may not be as elaborate as that of a content creator.

Who have you worked with who is a prominent stylist?

So far I have not worked with any prominent stylist rather I have worked with a few hardworking fashion designers like Yame T.

Creations, Edibles Brand and Tamsil Designs and Im keen to work with many stylists both locally and internationally.

Who do you aspire to work with one day as a stylist?

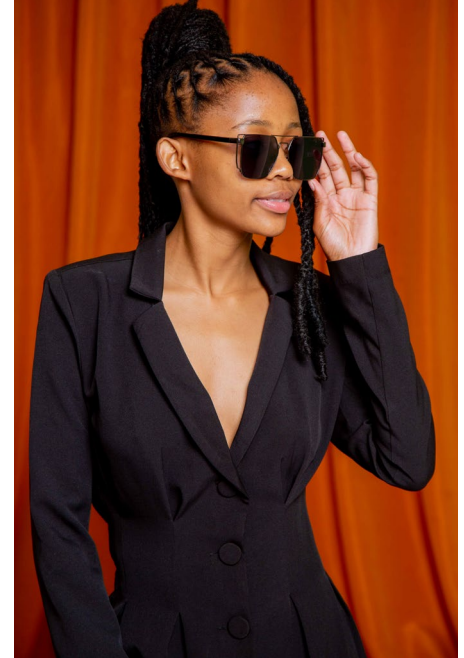
Locally it has to be Delayna Scott, Tumie Nthutang. Internationally I would love to work with Kentse Masilo, Kefilwe Mabote, Matthew Bolus and Tumelo Nkwe.

So as a young content creator and stylist what are your future ambitions?

As a young stylist and creator, my ambition remains the same; to be creative, to be modern and to stay one step ahead.

Can you say it is a good business to be both a content creator and a stylist?

Yes, generally it is a good business. This is because businesses/companies need online exposure, they need to build an online exposure but often do not have time to look into it simply because they do not see much need. So it is a content creator's duty to knock on their doors and make them understand why we need to invest in digital marketing especially social media marketing. This is an appeal to companies to hire content creators because that is what they specialise in and digital marketing is a key element in a cloud based trade atmosphere. Shows that as a content creator one can make some bucks out of it. With being a stylist it is important to decide which market segment you are going to serve for example designing your business to cater for top notch business women or high level executives to become



their personal stylist, one is more likely get paid lots and lots of money.

Tell me more about your relationship status and view

I am currently single and not searching. ADVICE: Love to the fullest, respect your partner and stay loyal and kind.

Any other additions

I would really appreciate it, if brands especially fashion designers reach out for collaborations as I am open for such.

Kindly follow me on Instagram @khumo_olorato

Twitter: @khumo_olorato

Facebook: @Khumo Olorato

Or email @benahraphuti@gmail.com

Upcoming Event



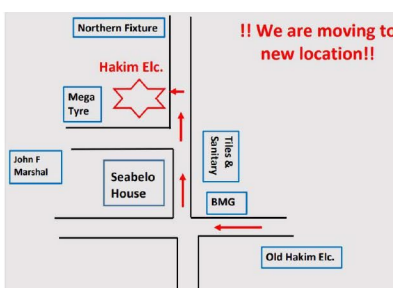
Date: Aug 17, 2022 - Aug 20, 2022

"Lore le ojwa le sale metsi"

An event meant to afford Schools/students to show case their input and understanding of Agric and food security. It is a grassroots development programme to develop future farmers and avid food manufacturers. Students will display their agric projects and engage in interactive Agric & food security sessions. Presentations, debates and many more.

Students will also have an opportunity to interact with leading industry players as well acquire more knowledge and experience. Industry players will have an opportunity to interact with our young people and have opportunity to understand their needs as far as agric and food security is concerned. They will have opportunity to support them in whatever way they might be lacking in.

More details will follow and contact 72266208/71990766 for any information.



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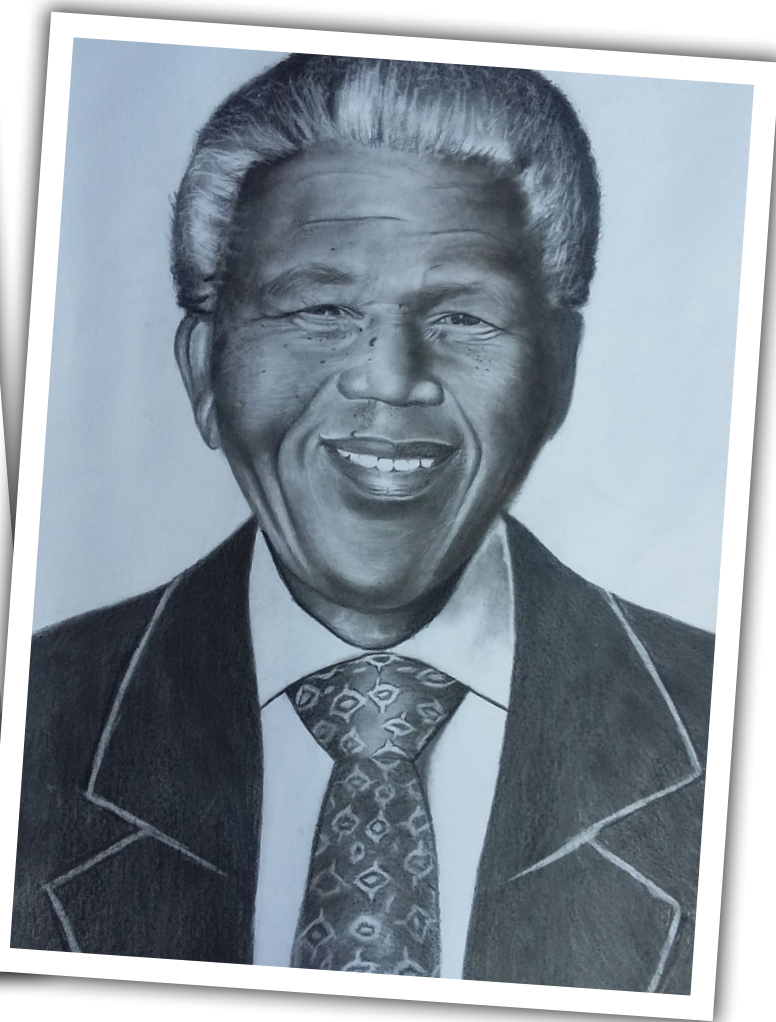
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Another International Artist On The Block, Thembinkosi

Featured here is another award winning international artist. His name is Thembinkosi Mabuza, he does fine Art which he started at the age of 12. This professional artist originates in Swaziland and he is one artist who is inspired by nature and the emotions. He does his work whole heartedly and is committed to help those who are under certain situations through the work of his hands. Thembinkosi loves his work because he says it defines his character and nature as an artist. To him, it takes patience and commitment to do Art because Art is a process on its own and it takes time to come up with a perfect piece of art. CW magazine caught up with the Eswatini man and this is what he had to say:

Tell us about your favourite medium.

My favorite medium is using raffle together with charcoal pencils as they produce bark details and for skin tone I use fine pencil.

Describe in details how Art is important to you and the society. What motivates you to be a creative?

I am a role model to the society as a person

who inspires many people around the world and I am impressed because this calls for more work most of the time. I am motivated by my followers who do fine art most of the time because I am encouraged by their comments and the recognition they give me as an artist. You find that they pay the amount of money that I need. The most important thing about my job is to keep me safe.

Where do you find inspiration?

As an artist who is passionate about fine art, am inspired by the people who put more effort in the entertainment industry. That is why I am focusing on fine art most of the time. The love and support from social media it's give me more power to do more.

Who is your artistic influencer?

I was inspired by Wandile Shlongonyane from Eswatini and Jono Dry from South Africa, there is so much inspiration in my life from them and I am learning the best life of artist.

How do you improve your Art skill?

I am learning each and every day. I am one artist that takes time to release a drawing as I find very important to produce the best and the competition I have in art gives me

an improvement as am expected to deliver the best. The social media also plays a major role in my improvement because of the comments I receive from my fans.

How does Art help you in your life?

I now have a lot of friends because of Art. Believe me, Art is the most powerful key that I use to communicate with celebrities in the world as I had done drawings for couple of artists, the like of Big Zulu, Qwabe Twins, DJ Tira to mention a few. I am making a living through Art and it's the most thing that made me who I am today.

What is the meaning of success to you as an artist?

I think success is a journey that needs one to work hard as they say, success goes hand in hand with hardworking. I think that is the fruits you get after working hard in whatever you are doing.

Describe the type of Art you're doing.

I do fine Art (pencil drawing), I do fan art drawing and I sometimes do painting. I use pencil and paper for drawing.

How has your Art style changed over time?

My work has been changing over and over

and this shows that it's improving through the hard work I put.

What is the aim of your work?

I want to be amongst the best in the world and to inspire many souls through Art and my integrity as an artist who is known for doing the best ever in my country.

Which Art trends inspire your current work?

My fan drawing for famous DJ Tira as it was the one which made me popular on social media. The DJ posted it on social media and it brought me more attention and clients. I am so proud of this Art piece.

How do other artists support you?

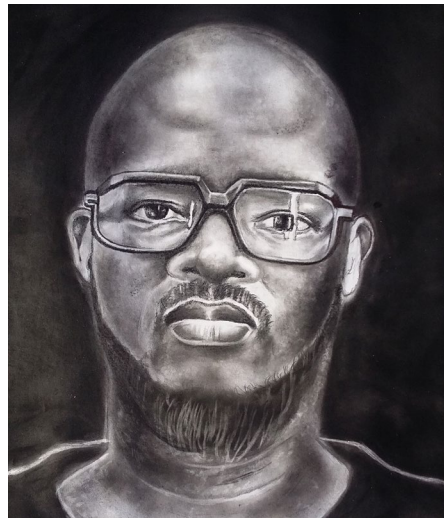
Some of the artists that I draw, pay and post my work on their social media pages and I am able to get more clients through that.

Besides Art, what else are you doing?

I am an upcoming model. Modeling is also art, so I love to present myself and dress in style.

Describe factors that influence the price of your work.

The quality of drawings I produce and the time I take to draw a picture, the output shows everything about the price. The type of material also add the value of the art I produce as an artist.



So far, how have you developed your Art career?

The time I take when doing my work shows how passionate I am with it. I develop and gain more experience when I do it more often. To be the best you have to give yourself time when drawing, as you draw you also learn new things about the work. I also research about my work almost every day because there is always something I have to learn and this helps me to come up with new ideas.

Do your other interests influence your Art career?

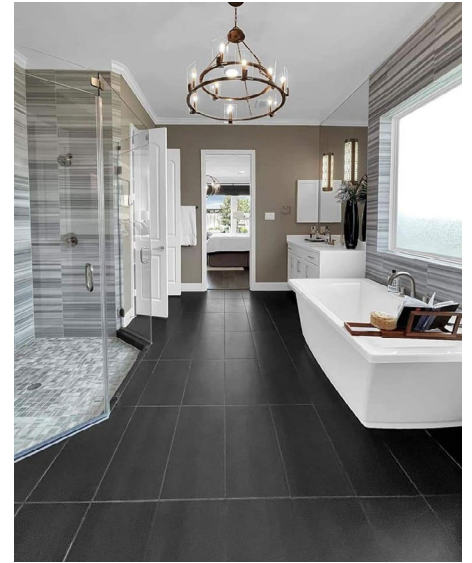
Social media is the one that influences my Art career, the comments and shares about my work do miracles for me. Arts and culture events usually play a major role in hosting us at exhibitions to showcase our work every year. Not to forget the MTN, which also play a major role in supporting our talents through the MTN SWAMA Awards.

How has Art changed your life since you started it?

Today I am able to support my family and earn a living through my work. I am also well connected to a lot of people, especially artists around the world. My Art has given me hope for a better future, and I can say that Art is power, it is the key that can take you to bigger places in life.



Eye-catching Black and white stylish home Interior



Choose black and white colours whenever you want to make your house look beautiful and attractive, to make it appealing to your visitors. Black and white paints are regarded as very cheap and affordable paints when you get in the shop, the same applies to black and white materials. These two colours are simple, plain but very attractive, so you better go for them!

2022 Jeep Cherokee In Pics

Every 2022 Cherokee comes standard with an 8.4-inch touchscreen and SiriusXM satellite radio, which replaces the previously standard 7.0-inch unit. The Latitude Lux model also adds new standard features that include a 7.0-inch gauge-cluster display, dual-zone automatic climate control, a 115-volt power outlet, and more.

With supportive seats and easy-to-use controls, the Cherokee's cabin is comfortable. Given that the Cherokee is larger on the outside than many of its competitors, it's expected to feel more spacious on the inside.





horoscope (mid-heaven sign) and this half will become more powerful after the 17th of July.

Scorpio

You might feel a little left out at this time. Yes, there are many aspects working with you this month including Venus asking you to harmoniously look at romance, yet the eclipses are slamming your sign. Professional goals will prevail over domestic matters and emotional factors for the Scorpio sun sign this month.

Sagittarius

You have a great time this month learning about yourself and your own courage. It's about embracing the heart of the lion, and you are really doing well. Happiness is feeding you this month, and expansion of creativity is overwhelming you this month. You have a lot of light heading your way, so celebrate this.

Capricorn

The planetary power is concentrated in the Northern sector of the horoscope this month. Presence of Venus and Jupiter in your career house will enhance your professional prospects. Family and psychological aspects of life are on the back seat for the Capricorn sun sign. There is a romantic energy working with you this month that you just cannot shake.

Aquarius

Career and outer ambitions will dominate over family and emotional matters for the Aquarians this month. However the house of family is also very active and you have to give equal importance for domestic affairs. The eclipses open up your mind to many new possibilities in your own life.

Pisces

The house of others is dominant this month. The interest of others will come first and you have to accomplish things through collaboration and cooperation. You cannot assert yourself over others and have to be flexible in your dealings with others. You should move on with situations and hope that things will be at your advantage in the end.

Aries

Aries, you are perfecting your ambition this month. There is a culmination of events really opening you up and allowing you to embrace a new you. A new journey in life begins this month. Career will take a back seat and the emphasis will be on domestic matters and emotional aspect of life for the Aries sun sign.

Taurus

Your soul's journey is quite deep at this time. Throw out any notions that you are not good enough or not enough for moving forward with your own romantic gestures, endeavors, and expanding journeys. Why do you allow yourself to be taken advantage of at times, especially in your life's work? It is time to surrender and see yourself as a true spiritual being.

Gemini

Do you hear a quiet orchestra playing in your own mind? Free yourself and lean towards any true possibilities that pull you forward. You are part of the group and designing a language that only you can decode. Allow yourself to contribute to your own path ahead, and let go of that which no longer serves you.

Cancer

This is a careful design for your nature and strong will. You might be involved in an artistic pursuit

or a romantic partnership that changes your perspectives on life. This month is dominated by the family and planetary aspects are beneficial for relationships. Family atmosphere is extremely pleasant for the Cancerians and expansion is likely with marriages and births.

Leo

Leo, you are connected to a greater source. Career takes on a spiritual level. You might find yourself in a social activity leading you towards your true life path and purpose. Leo July 2022 Horoscope foretells that the planetary power is located in the Eastern sector of the horoscope this month towards your ascendant sign.

Virgo

Mercury will be reversing this month in your sign. You might be traveling back and forth at this time. Listening to your intuition might be difficult for you this month, because there is a tremendous amount of self-doubt kicked up for you. You have a lot of healing work to do.

Libra

You might feel the need to completely stay in balance, yet every single time you get there, a new wave of energy or questions get in the way.

This month predicts that there is a planetary movement to the Southern sector of the

The best senior citizen joke ever

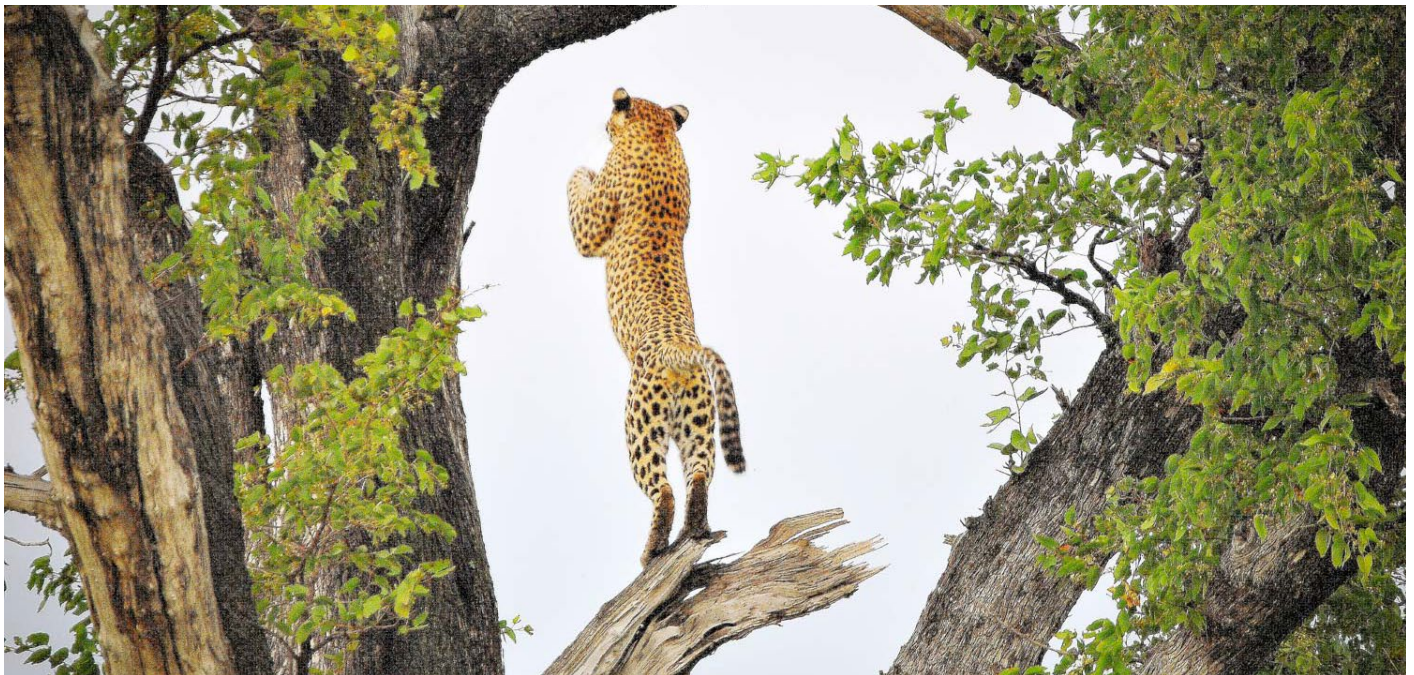
A little, silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a very difficult jigsaw puzzle, and I can't figure out how to get started." Her neighbor asks, "What is it supposed to be when it's finished?" The little lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help her with the puzzle. When he arrives, the old lady shows him the puzzle spread out all over the table. He studies the pieces for a moment, then looks at the box, then turns to her and says:

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." Then he takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then..." and he says this with a deep sigh... "Let's put all the Corn Flakes back in the box."

A guy walks in a bar and sees three pieces of meat hanging from a ceiling. The guy asks, "What's this about? The bartender replied well, if you can jump and slap the meat, you will get free drinks for the rest of the night, if you miss, you will pay for everyone drinks for the next hour. You want to do it? The guy replies, Nah the steaks are too high.

A rat swallowed a diamond and the owner of the diamond contracted a man to kill the rat. When the rat hunter arrived to kill the rat there were more than a thousand rats bunched up and one sitting by itself away from the pack. He spotted and killed the one sitting by itself and to the owner's surprise; it was the exact one that had swallowed the diamond. The amazed owner of the diamond asked: How did you know it was that rat? He responded: Very easy... When idiots get rich they don't mix with others!!?



Moremi Game Reserve

Moremi Game Reserve rests on the eastern side of the Okavango Delta and was named after Chief Moremi of the BaTswana tribe. Moremi was designated as a Game Reserve when it was created. This designation meant local people; the BaSara or Bushmen that lived there were allowed to stay in the reserve. Moremi Game Reserve covers much of the eastern side of the Okavango Delta and combines permanent water with drier areas, which create some startling and unexpected contrasts. Some prominent geographical features of the Reserve are Chiefs Island and the Moremi Tongue. In the Moremi Reserve one can experience excellent views of Savannah game as well as bird-watching on the lagoons. There are also thickly wooded areas, which are home to the Cape wild dog and leopard. To the northeast lies the Chobe National Park which borders the Moremi Game Reserve.

Moremi Game Reserve is a home to variety of bird species (from water birds to forest dwellers), and a vast array of other species of wildlife including Cape buffalo, Angolan giraffe, black rhinoceros, Southwest African lion, elephant, hippopotamus, zebra, South African cheetah, hyena, jackal, impala, and red lechwe.

The Reserve offers the opportunity to explore not only in 4x4's but on foot and by mokoro - a dug-out canoe, hewn from either ebony or sausage-tree, and poled by your personal guide. Although, today most of the mekoro (plural of mokoro), are made from fibreglass, thus helping to preserve the magnificent, and old, trees of the area.

Game viewing is at its peak from July to October, when seasonal pans dry up and the wildlife concentrates on the permanent water. From October until the start of the

rains in late November or early December, the weather can be extremely hot.

Botswana has been able to develop its tourism without the urgent need for revenues that face many other African countries. An eco-tourism policy of high yield, but low impact, has resulted in visitors being able to experience an Africa in its most natural and impressive condition. There are a number of lodges on the outskirts of the Reserve, whose guests visit on daily game drives.

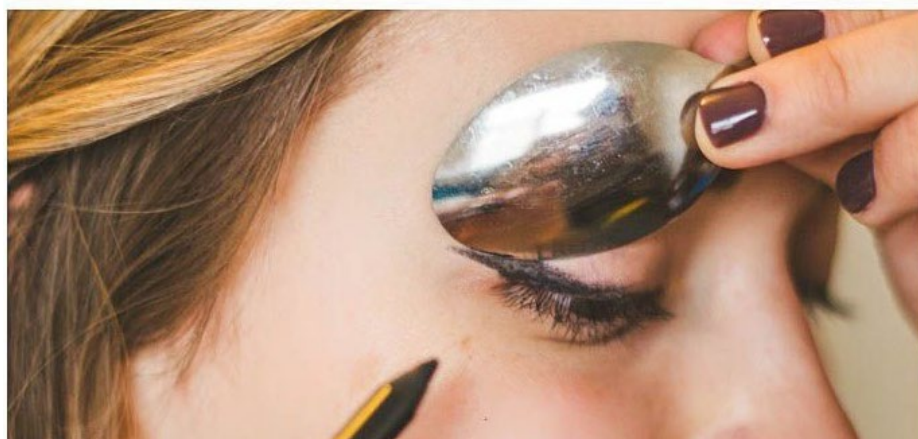


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Easier Makeup Tips For You

Melt your pencil liner to help it glide

Fact: Creamy makeup products blend better when they're warmed up. To do so, hold the tip of your liner under the flame of a lighter for a second or until it gets tacky, let it cool slightly, and then watch the consistency change right before your eyes.

Use white eyeliner to make your eyeshadow pop

To make a sheer or less pigmented eyeshadow appear more vibrant on your eyelid, blend a white eyeliner pencil over your entire eyelid first. Then, put your eyeshadow right on top. The dense coverage of the white liner will intensify any eyeshadow shade and make it pop.

Use a spoon as a stencil winged liner

If freehand drawing your cat eye just isn't going to happen for you, grab a spoon and use it as a stencil. Holding the stem of a spoon against the outer corner of your eye, use a liquid eyeliner to draw a straight line as the first step for your cat eye. Then, flip the spoon so it's hugging your eyelid, and use the rounded outer edge to create a perfectly curved winged effect.

Use a spoon as a mascara shield

Nothing is more annoying than making your

eyeshadow look perfect, and then swiping on mascara and ruining the whole thing with smudges. The fix? Hold a spoon so it's hugging your eyelid, and then apply your mascara like you normally would. As you sweep the mascara wand against your lashes and back of the spoon, the residue will coat the back of the utensil rather than your skin.

Apply eyelash glue with a bobby pin

If you always make a mess with eyelash glue and end up with clumpy-looking fake lashes, try this makeup tip: Use the tip of a clean bobby pin to carefully apply a few dots of glue to the lash band and disperse it evenly. Wait a few seconds or until the glue is tacky and then pop the lashes on.

Use a brush handle as a contour guide

Everyone's face is shaped differently, so where your BFF might be doing her contour may not be the best place for you to do yours. To tell where you should be dusting on your bronzer or contour powder, roll a pencil, pen, or makeup brush handle right below your cheekbone to find the right angle for your face. Once you've found the correct placement, dust some bronzer right below it with a contouring brush, then blend the color out to soften it.





The Track Handover



After they had successfully graded the busy Sebele area to make way for the much anticipated Gabs July Horse racing event, TKM Engineering and Civil Construction Company handed over the tracks to the Gabs July team ahead of the very prestigious event. TKM being one of the major sponsors had come forth to offer themselves into doing the job as part of their sponsorship for the event.

Upon reception of the track, the CEO of the Gabs July event, Mr Ben Wiseman Ben said that indeed the track met the acceptable international standards for horse racing tracks. Mr Ben who is a horse racing lifestyle lover and expert extended his gratitude and satisfaction with the tracks.



Veggieland

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The Kumnandi Ekhaya Musik Fest Set To Ignite Thamaga



On the 30th of September, renowned DJ and the hit maker of the banger 'Uthando' will bring the village of Thamaga to life with a first of its kind show to have ever been held in the village. The Kumnandi Ekhaya Musik Fest is set to become an annual show.

When asked why he chose that particular name for the show, the Thamaga native DJ who is currently based in South Africa, said there was a meaning of sorts behind the name. He said he chose the Zulu language because of the fact that it is a major language in South Africa where he currently stays and so it was more of an invite to them to his home town which is a great place, hence Kumnandi Ekhaya.

The show has a great amount of heavyweights in the line-up from both local and international acts. There is among those his close friends: Master KG, Makhadzi, Prince Benza and local star Vee Mampoozy just to name a few.

The event will cater for everyone including children as it will start at 10 AM so as to allow the youngsters as well to have fun and will go until 5:30 PM when now it will be time for adults to have their fun until the next day in the morning. Tickets to this prestigious event are selling from P50 for kids, P75 for two kids, P250 on the day of the event, P1000 for VIP and P1500 for VVIP which is limited to 100 people.



How to Keep Kids Warm in Winter



There are three main layers to consider when dressing kids for winter season: wicking, insulating, and weather protection.

Insulating layer: This middle layer includes sweaters, sweatshirts, vests, and pullovers. The purpose of this layer is to keep heat in and cold out, which is accomplished by trapping warm air between the fibers.

Weather protection layer: The exterior layer, generally a shell and pants, serves as your guard against the elements. It should repel water from snow and rain and block the wind.

Wicking layer: This is the layer worn next to the skin, usually consisting of long

underwear, heavy socks, and thermal tees and turtlenecks.

Look for a coat that is windproof to keep your kid stay warm. Wear them a weather appropriate jacket or jersey for winter. Dress your kids in layers. On top of normal clothes, add another layer like a light zip-up or fleece jacket to extra insulation. Kids should wear one more layers than adults. Buy the right footwear for them; cold feet can make even the most fun activities miserable. Look for a shoe that fits right and is also warm.

Always bring a hat and gloves for them because having a bare head and hands can cause kids to lose heat through exposed skin and constrict blood vessels. If your child is playing in the cold, make sure that their

gloves and beanies are windproof. You can also send your child out with hand warmers for immediate relief on cold days.

Don't overdo warm clothes on kids. Make sure you don't bundle your child up too much because overheating can lead to sweating and dehydration, which makes it tougher to regulate body temperature and stay warm.

Socks are so important to keeping your kid warm and dry. The important things to remember about socks: **1.** When it is cold, cotton socks are your enemy. **2.** Wool socks are the way to go, but they are hard to find for kids. **3.** Layering is a great idea, but not for socks because most kids don't like them.



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THE FILM INDUSTRY IN BOTSWANA IS CONSIDERED A CHARITY CASE BY GOVERNMENT

For generations, the Film and Television Industry has been one of the biggest industries in many parts of the world and that is because it is a huge industry that grosses millions if not billions of dollars and play a huge role in developments and economies of many countries. We have Hollywood that has made many millionaires and esteemed A-listers, we have Bollywood and even Nollywood that has seen Nigeria blossom and Africa's top entertainment nation and bringing out known names that have enough dough about themselves and who live lavish lives.

Unfortunately the same could not even

come close to being said of our motherland Botswana. The film industry here is one of the poorest and most struggling industries ever. This has come to be the case mostly because of the very mentality of many of Batswana throughout, to many becoming part of the film is just a hobby or part time thing one could venture in for enjoyment rather than making a career out of it. This believe is so deeply rooted that even our officials see that being the case. The way it has always been and still remains undermined is why we are where we are today. The government remains blinded to the one fact about the film industry, it is a billion pula industry and one of the industries that will go on for

generations being relevant with the times. Even though it may be a fact that the government, especially the youth ministry may be trying to play a part in helping out this industry with the little that they actually are doing. It is however saddening as to their very approach to that. To them helping out the actors or producers is like another one of their maboipelego cases and that approach is why we are exactly that, a mmaboipelego industry of film in comparison to other industries out there. Until the government comes to a realisation that this is a big industry worth every penny in investing unto, we shall always see the film being as poor and boring as it does so remain to this day. It is not that there is no talent, the talent is just so much in Botswana, and there are many fresh ideas that could see us not always turning to foreign content for entertainment.

Many producers have shared their outcries as well as to how very little they are expected to with when given shows and even the very little time they have. One good example is a tender that Now TV offered, of a 90 mins movie with a budget of just 150 thousand pula, that kind of budget is exactly why even the quality of the content will come out just so poor and uninteresting. While we hear of movie budgets amounting to as much as 5 million USD to work on a single movie we have such cases as these in our country were you are expected to work with nuts and then be expected to come up with good content. It's just unbelievable to say the least.

Until our government who is the one that is capable of supporting this industry financially, wakes up to a realisation that the film industry is worth millions even in investing upon, we will always have among the poorest contents ever.

How To Do Away With Rust Spots From Knives And Silverware With Lemon Juice

Even stainless steel silverware and cooking knives can start to show a few spots of rust here and there. This is especially common after your silverware (or heaven forbid your knives) go through the dishwasher a few times. It's not pretty, but there's an easy way to lift those rust stains off: a good soak in lemon juice.

Instructions

Pour some lemon juice into a tall glass, and then soak the knives in the lemon juice for a few minutes. The acid in the lemon juice should help to loosen up the rust, and make it easier to scrub away after you pull them out of the glass.





Finance tips that will help you to Prepare Your Emergency Fund

When it comes to your finances, you should always be prepared for the unexpected, and this is why you need an emergency fund. The best thing you can do for yourself is prepare for emergencies that require access to additional money.

Start Accumulating Funds for Your Emergency Fund

If you don't have an emergency fund set up yet, or you find it difficult to save money the key is to start small. Accumulating one month's worth of expenses will take some time, but if you set your immediate goals to be small and manageable you will have a better chance to reach them. The best way to get started would probably be through your bank.

Set up Your Emergency Fund Savings Account

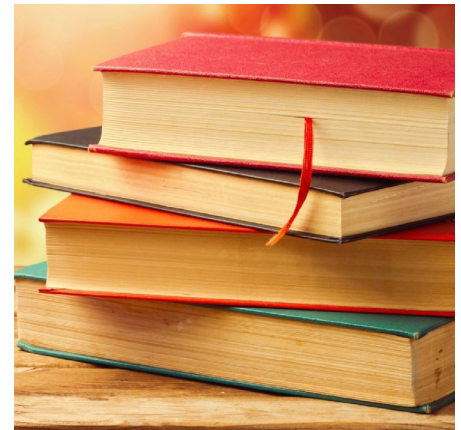
You want your emergency fund to be easily accessible at any time. You should start with a savings account because it is simple to use and generally does not cost anything. The convenience factor is what is important when getting started. As your account

grows you can find an account that earns reasonable interest so that your money is working for you.

By following these three steps, you'll be well on your way to being prepared for any situation that results in an unexpected financial loss.

Map Out Your Monthly Expenses

It's ideal to keep between three to six months of living expenses set aside in your emergency fund. This is the first step you need to consider when preparing your emergency fund. Be sure to consider both fixed and variable expenses when determining how much you need to set aside. The following are categories of some fixed and variable expenses you need to consider: housing expenses, insurance, taxes, debt repayments, healthcare, childcare, personal living expenses and transportation.



Find yourself a money partner

You must associate yourself with people who have the same traits like you. People who are business wise and know how to make money by hustling. This will help you all to pick up good habits from each other and this applies to your money too.



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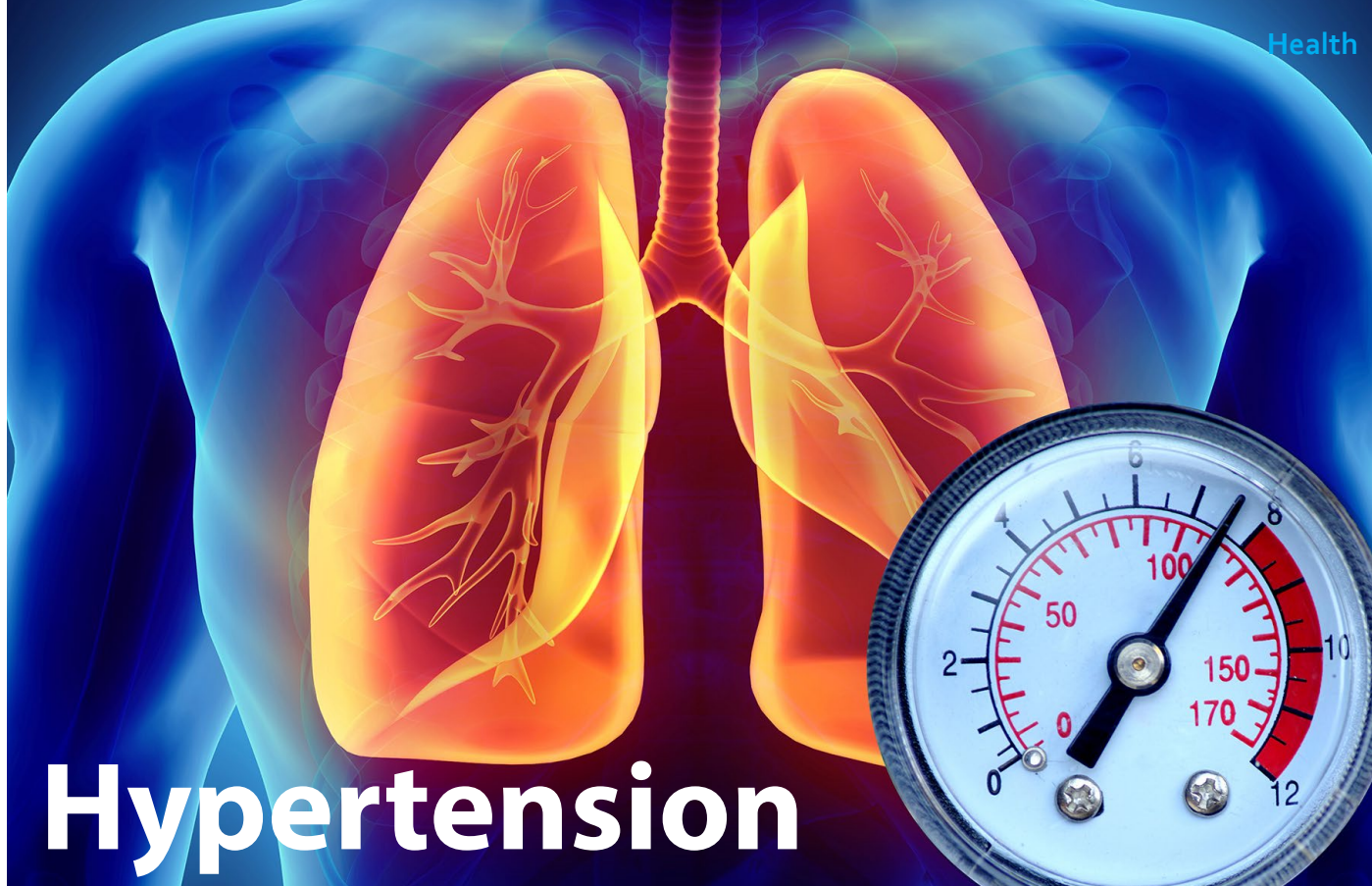


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Hypertension

Hypertension is blood pressure that is higher than normal. Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure.

Signs and Symptoms of High Blood Pressure

- Severe headaches
- Fatigue or confusion
- Vision problems
- Difficulty in breathing
- Irregular heartbeat
- Dizziness

Causes and Risk Factors of High Blood Pressure

- A diet high in salt, fat or cholesterol.
- Chronic conditions such as kidney and hormone problems, diabetes and high cholesterol.
- Family history, especially if your parents or other close relatives have high blood pressure.
- Lack of physical activity.
- Older age
- Being overweight or Obese
- Some birth control medicines and

- other medicines such as painkillers.
- Stress
- Tobacco use and drinking too much alcohol.

Prevention of High Blood Pressure

- Losing weight
- Reduce or stop smoking
- Reduce salt and fat intake
- Exercise
- Reduce alcohol consumption
- Learn Relaxation methods
- cut caffeine intake.

Food to Avoid

- Excess salt
- Deli meat
- Frozen pizza
- Pickles
- Canned soups
- Excess sugar
- Processed foods
- Excess oil or fats

Foods That Might Lower High Blood Pressure

- Leafy green vegetables. They have potassium which helps your kidneys

to get rid of more sodium through urine. This helps to reduce high blood pressure because excess sodium is one of the causes.

- Berries - - Berries especially blueberries, are rich in natural compounds called flavonoids.
- Salmon, Mackerel and Fish.
- Oatmeal e. t. c.

Complications of High Blood Pressure

- Stroke
- Heart failure
- Peripheral arterial disease.
- Aortic aneurysms.
- Kidney diseases and kidney failure
- Vascular dementia

Herbal or Natural Remedies for High Blood Pressure

- Cinnamon tea
- Guava leaf tea
- Leafy vegetable juices.
- Moringa leaf tea
- Mango leaf tea
- Garlic and hot water
- Aloe Vera juice
- Paw paw leaf tea



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The Most Common Gardening Mistakes

Choosing flowers in full bloom



Don't be attracted by pots with abundant flowers, instead look for healthy foliage and plump buds. Let the plants peak in the ground at your home, rather than in pots at the nursery.

Buying insufficient amounts of a single variety

Taking home only one or two pots of a particular specimen is a surefire way to make your garden look rich and collected. Depending on the size of the pot and the type of plant, buying at least three containers is preferred for a combined, well-designed look.

Purchasing unhealthy or diseased plants

Leaves can tell you a lot about the health of the plant. Avoid picking specimens with brown, yellow, or wilted leaves, which could signify poor health or neglect. Also inspect the foliage for insect damage like little green bugs, translucent bumps or blisters, and spider mites.

Failing to determine a color scheme

When you're shopping for plants, don't think of each one separately. Instead, consider the plant as part of an ensemble cast. Gardens look best with a specified color scheme. Pick one you like and stick to it!



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Feeding goats without access to free large expanse of grasses. You can consider hydroponic fodder growing, you can start fodder beds around your home and make sure to understand goat feeding so you can use alternative supplement feeding. Just note that you can raise goats for profit without large area of land. This is cheaper and profitable for goat farmers. Your large backyard is still fine for 10-20 goats only if you can secure them properly with good protection from rain and harsh weather conditions.

Start Goat Farming Business Today

Goat business is profitable. With some guidance and patience anyone will surely make a living from it. The market for goat is high and will continue to increase. Yet many young folks are not looking into this direction. Whether you desire to go into goat farming or simply rearing for personal purposes, we are willing to provide guidance. Or if you simply want to go into buying and selling of goats, which is very lucrative!

Decide what type of goat business you want to do

Goat business is a diversified business. Goats produce dairy and meat, aside the excreta and hair. Goats can also be breed to sell. As a business owner explore these different aspects of the business and make money. Decide on which areas you

want to focus your attention on. Identify the purpose of your goat farming business. These are no hard things and anyone can do it with a bit of commitment and guidance.

Basics

- Decide your area of interest. You can settle for goat meat production including live goats.
- Decide that you will run it as a business not for home consumption. Give a name to your business and after you have enough fund you may register it later. But you must have record books.
- You can do it as a full time or part time but you need to schedule your time to see the goat daily.
- Start small to gain experience at least for few months. You may start with

at least 10 goats of mixed breeds. If you start with more goats, there is a high chance of failure unless you choose to hire someone who is well experienced in goat farming.

- You need a large space for your goat farming. You can start by securing a portion of space at the back of your yard to put your goat in and as time goes on, you may increase the space as the number of goats also increases. Goats can be and has been raised successfully under individual management at home or at the farm for both commercial and personal use. So non access to grazing resources and large area of land should not discourage intending goat farmers.

If animals are kraaled but are not provided with a shelter they will be exposed to the weather and will not be able to choose a place that is more protected from rain or wind. Therefore, it is important that the kraal owner provides the necessary shelter and protection. In building such a structure it is important to consider the following aspects: A roof to protect from rain, sides to protect them from wind, and drainage to prevent the ground from being too muddy after rain.

Stocking in goat business

Don't start your goat business with one goat, get at least two goats. But if you have enough fund get at least ten goats. Goats are more likely to be uncooperative or try to escape if kept alone. So it is advisable to always keep at least two goats in the kraal and they have to be a male and female goats.



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How to Find the Perfect Throw Pillow



If you buy a pillow for the living room and it doesn't work there, you can always move it to a bedroom. And if you're indecisive, you can buy several pillow covers for a single insert and change them at will.

Patterned throw pillows are one of the simplest and least risky ways to change the feeling of a room. They can make a big impact, but are really easy to switch out.

For those who still feel anxious about adding pattern to a room, CW magazine offered a piece of advice: Start with repetitive, small-scale designs. From a distance, they just read as texture.

- Mixing different patterns? Choose a common color palette. A warm color palette might go from blush to tangerine. For a cool color palette, you might use blues and greens.
- For a layered look, play with size and proportion. Try combining small rectangular pillows with larger square ones.
- To make a statement, look for large-scale patterns. The eye is going to be drawn to those bolder, bigger patterns, and the smaller-scale patterns will recede.



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5 Days Workout for Ladies to Get Toned

Monday – Chest and Arms

Flat bench barbell press – 4 sets of 8 reps. Push ups – 4 sets of 10 reps, Cable crossovers – 3 sets of 15 reps, Incline dumbbell flies – 4 sets of 12 reps, Barbell biceps curls – 3 sets of 15 reps, Alternate arm hammer curls – 4 sets of 12 reps per arm, Triceps rope overhead extensions – 3 sets of 20 reps, Triceps dips – 3 sets of 15 reps, 10 minutes on the elliptical machine.

Tuesday – Shoulders and Back

Standing barbell military press – 4 sets of 10 reps, Dumbbell lateral raises – 4 sets of 15 reps, EZ bar upright rows – 3 sets of 15 reps,

Seated dumbbell shoulder press – 4 sets of 10 reps, Dumbbell shrugs – 4 sets of 10 reps, Close-grip lat pull downs – 4 sets of 12 reps, Dumbbell bent over rows – 4 sets of 12 reps per arm, T-Bar rows – 4 sets of 10 reps, 10 minutes on the stationary bike.

Wednesday – Cardio Circuit

10 burpees, 10 push ups, 15 crunches, 20 squat thrusts, 3 sets of 10 hanging leg raises, 3 x 1-minute rounds of plank, 20 minutes low intensity cardio on the treadmill.

Thursday – Strength day

Incline dumbbell press – 5 sets of 5 reps,

Flat bench barbell press – 5 sets of 5 reps, Deadlifts – 5 sets of 5 reps, Barbell clean and press – 5 sets of 5 reps, Barbell bent-over rows – 5 sets of 5 reps, Barbell snatch – 5 sets of 5 reps, 10 minutes on the stationary bike.

Friday – Legs

Barbell squats – 4 sets of 8 reps, Leg press machine – 3 sets of 12 reps, Leg extensions – 3 sets of 15 reps, Hamstring curls – 3 sets of 15 reps, Walking lunges – 4 sets of 10 reps per leg, Seated or standing calf raises – 4 sets of 20 reps per leg, 10 minutes on the elliptical machine.

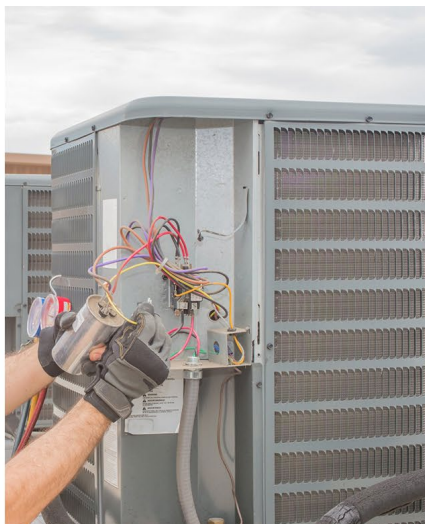
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The Mares Give A Sterling Performance On Their First Wafcon



The Botswana female football team has proven themselves at the just ended WAFCON on just how much of a great team they are should they be fully invested unto and given full professionalism they require.

It was their first ever WAFCON participation and they played all the way to the quarter finals of this big CAF tournament. On their very first game that they played against Burundi on the 4th of July, the Mares scooped

a 4: 2 win and not only won but opened up to their games in the tournament with quite a wonderful performance.

The team however would go to lose at their next fixture which they played against Multiple WAFCON winners and the highest WAFCON winners Nigeria. The team knows their opponent resonated to play a defensive game which however led them to losing by 3:0 against the Nigerians. They would go on to play with same kind of play against South Africa, and they held their end up until they

unfortunately conceded a goal in the very last minutes of the game and could not have enough time to have a comeback.

The ladies were able to qualify for the Quarter Finals where they still made a loss as well against Cameroon. The loss meant that they did not get a chance to qualify for the Women's World Cup. The team were given a warm welcome home as their losses were able to beat all the odds and above all they proved just how great they could be and already are.

Under 19 Cricket Team Prepares For The World Cup Qualifiers

The under 19 men team is preparing for the Division 2 ICC World Cup qualifiers which will be held in Nigeria from the 28th of September to the 9th of October 2022.

The team has been on camp for the past weeks preparing for the games which will be in Zimbabwe as preparation for the tournament. They will be going to Bulawayo on the 7th to the 15th to play 5 ODI games as part of their preparations.



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