

Celeb World

Botswana's Native Magazine

July 2022 P12

**For The
Love of Chilies;**
*Samjay's Smoking
Hot Sauce*

**The Rise of
Sunday
Soccer
Clubs**

**A Rare
Gem In The
Making**

Ways
That Show
It's Time To
Break Up

**The BTTA
Driven To
Empower
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The Risk Taker Comedian



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Thomas Morobane
(Bra Tom)

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@celeb_bw **Celebrity World**

www.celebrityworld.co.bw

Greetings to you readers! Winter is not yet over, once again we dedicate this issue to winter season as we still celebrate its radiance. As typical, page through, share it with your friends and

families for more support. The month of July is the month of long weekends and in Botswana, every year we celebrate a one-day holiday on the 1st of July and the third Friday in July is another holiday called President's day. Grab yourself a copy of our magazine and have a good read during the holidays. This month on the cover we have featured the number one comedian, Mr Xolo Black who happens to be loved by Batswana. Grab yourself a copy and read more about him and possibly 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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Celebrity World *List*

FILM, TV, BOOKS & MUSIC

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



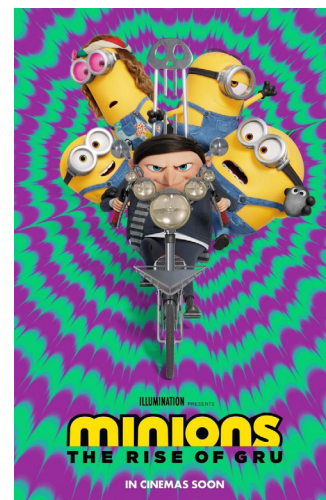
Thor: Love and Thunder
Genre: Comedy, adventure and action
Release Date: July 8, 2022
Director: Taika Waititi
Starring: Natalie Portman, Christian Bale and Taika Waititi
 Thor's retirement is interrupted by a galactic killer known as Gorr the God Butcher, who seeks the extinction of the gods. To combat the threat, Thor enlists the help of King Valkyrie, Korg and ex-girlfriend Jane Foster, who - to Thor's surprise - inexplicably wields his magical hammer, Mjolnir, as the Mighty Thor.



Nope (2022)
Genre: Sci-Fi, Horror
Release Date: July 22, 2022
Director: Jordan Peele
Starring: Steven Yeun, Daniel Kaluuya, Keke Palmer
 The residents of a lonely gulch in inland California bear witness to an uncanny and chilling discovery.



Beast
Genre: Adventure, Drama, and Horror
Release Date: August 19, 2022
Director: Baltasar Kormákur
Starring: Idris Elba
 A father and his two teenage daughters find themselves hunted by a massive rogue lion intent on proving that the Savanna has but one apex predator.



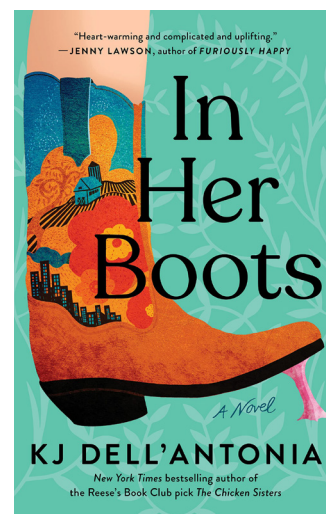
Minions: The Rise of Gru
Genre: Comedy/Animation
Release Date: July 1, 2022
Director: Kyle Balda
Starring: Pierre Coffin, Taraji P. Henson and Steve Carell
 A fanboy of a supervillain super group known as the Vicious 6, Gru hatches a plan to become evil enough to join them. Luckily, he gets some mayhem-making back-up from his loyal followers, the Minions. Together, Kevin, Stuart, Bob, and Otto - a new Minion sporting braces and a desperate need to please - deploy their skills as they and Gru build their first lair, experiment with their first weapons, and pull off their first missions.

What To Read

The Summer of Christmas
Author: Juliet Giglio and Keith Goglio
Expected date: July 5, 2022
Genre: Romance
 Ivy Green is back in her hometown, in the summer, filming a Christmas movie based on her high school sweet heart. Nick is not thrilled to see his ex but, with movie stars in town and the magic of Christmas, will these two rekindle their relationship or have they both moved on?



In her Boots by KJ Dell'antonia
Author: KJ Dell'Antonia
Expected date: July 5, 2022
Genre: Fiction
 Rhett Smith has just turned 40 and has a successful book (written under a pseudonym). Unfortunately, she has also just need a long term relationship and is called home for a family emergency. Now, Rhett must figure out a way to save her family farm and prove to herself and her mother that she can be independent.



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Called To Act-Thomas Morobane (Bra Tom)

By Leungo Mokgwathi

When talking fourth Industrial Revolution, it is impossible not to mention technology, innovation and most importantly creativity. There hasn't been a better time to rely on our brilliant minds than now. For this issue, we sat down with the creative, multifaceted storyteller Bra Tom who is using his brilliant mind and God given talents to write, direct and act out stories that impact lives. We talk about his journey as a creative as well as the ups and downs of the industry. We also give you a picture of Bra Tom beyond the art and brand.

Describe Bra Tom?

Bra Tom is a born actor, versatile artist or creative who writes, produces and directs in the field of stage and screen acting. I'm basically a storyteller.

What is it that most people know you for?

Most people who know Bra Tom, have seen me acting alongside my comedian friends on Facebook and YouTube skits. I also direct in schools, although that kind of stopped due to Covid.

Can you mention some of the people you have previously worked with?

I have worked with individuals the likes of

Maatla Ephraim Basha, Jack Bohloko and El Kay Media just to mention a few.

When or how did you realize your love and interest for storytelling?

It was after I watched two movies: The Nigerian movie Blood Sisters and South Africa's Sarafina. Through the two, I realized the power of movies. That's the kind of content black people need to see.

I also realized my capabilities in 2012 during my first play. I mesmerized the audience and that is actually the day I would say I was born!

Was family supportive of you going after this dream?

Hell no, no, no.no, no! They were wondering why I was calling poverty because in Botswana there is literally no industry.

What would you say has been the highlight of your career thus far?

The highlight of my career, I'd say was acting in a movie titled Chief in 2016 and doing ads for reputable organizations the likes of KFC, Botswana Post and Saint Louis.

Anyone you would like to work with, either local or international?

I would like to work with local corner for a movie production that I believe will be the best thing to ever come out of Botswana. I have a script, I would like to work with Local corner and Cyc Jouzy as well as Benstar the cinematographer.

Internationally I'd love to work with Black Brain. I love Mandla and he's my role model. Ofentse Mwase as well. And most importantly, Tyler Perry. I love the guy so much, infact, his movies are my style.

What are some of your most memorable moments or experiences?

Going home ko Bokalaka to bury my maternal grandmother who passed on due to Covid and the whole family was telling me about my videos. It was in that moment that I realized that, yeah indeed art is powerful.

What are you currently working on?

A movie titled G-Wawa's Mexican girls, and a series titled Dare to Dream. I hope BTV and NowTV will buy the content,

How can you best describe Botswana's film industry?

Non-existent? 50 years behind? We are a country without a single telenovela. That is

how left behind we are.

What are some of the challenges faced by this industry?

For the fact that the industry is non-existent or not at a level of feeding artists, there are ridiculous and insulting offers. Mainly because there are con artists and people who are not even born for this thing and do not understand the work and investment we put into our work.

Bottom line of the challenge is that the wrong people are on the seats. That is the biggest challenge.

As African countries we are not at a level of understanding the creative industry and the fact that this is actually a full time job and full time career.

Finally, we do not know how to collaborate, but we need each other. There is a lot of jealousy, there is a lack of love in the black nation.

How do you think we can grow our local film industry?

By simply removing all the con artists, all the people who are on TV but no one watches their content. If the right people are given a platform and a chance to do it, say the best crew and cast, then we can actually have great productions.

Acting is not a joke, its spiritual. It is a calling and I wish the industry was led by those who have been called instead of those who were given favors by their friends and family.

What fuels you?

The next generation! It makes me so sad how women have turned into drunkards and men are women beaters. Our social ills are just on a high and I would like to teach through acting and storytelling

What is the ultimate dream?

To have a commercial channel.

Mention three interesting things about you

I am straightforward

I am very passionate-everything I do, I do with love or I don't do it at all

I am a greater writer and director than I am an actor And (bonus one), I am scared of dogs

Give us a picture of your typical weekend.

Most Saturdays are dedicated to Mogote Speaking Masterclasses and in the evenings we usually go out for theatre shows or a movie. I'm an indoor person, I don't like maitiiso, I prefer chilled vibes.

What is your favorite meal?

I love pork ribs. Just a plate full of pork ribs, yeah, that's my go to meal any day!

Besides acting what other talents do you possess?

When I speak, people listen. That's a skill I have.



The Risk Taker Comedian

Xolo Black is a name rings the bells when spoken of today in Botswana's comedy industry. The comedian has become a household name indeed and as we feature him this second time, his fame and popularity for sure has more than doubled. Comedy in Botswana is honestly without a doubt no joke. It is the biggest industry in the creatives if not among the biggest but it is hardly given the seriousness it deserves, a concern that really should be looked into.

Although it is a difficult industry to invest into, it still does not stop many who are gifted with the power of giving us laughter and pursue these talents and investing their all to it. Xolo Black stands to be among the very people who have put their all to this industry of laughter. He actually has pulled some very risky stunts that surprisingly did pay up, although it got him criticized. He however does the job. The one biggest stunt that had the whole nation's attention was one that he published an announcement about his death, even some newspapers went on to publish his passing. This stunt was met by many critics but it surely did give him the exposure and since then he only brought us rich comedy skits that are so original and funny.

"Everything changed, I really believe in myself to a point where I made sure I don't stay quite in the game. There has been progress ever since we last charted and I will forever keep trying to achieve my goals," said the comedian when he was talking about how things have come up for him since we last featured him. He said he has learnt a lot coming all the way to where he is now further stating that walking this particular path was not easy as when he falls sometimes but always has to get up and keep going. He really achieved so much however, his marketing approach strategy has worked him wonders and he has had an opportunity to get good marketing jobs and contracts. Xolo also said that in 2021 it was not as it is now for him where the numbers in his Facebook page are just rolling in and the outreach is quite great.



The comedian, who said he was very satisfied by how he has grown said that as a comedian what made him rather outstanding and unlike the rest of the others was his unique way of comedy. He said that there was a reality to the way he did his comedy which makes it unique and that always give his comedy skits a message towards them. The comedian also stands apart from others for his humility. A humble man who always remains willing to learn, gets guidance from the local Icon in comedy, Joel Keitumele. If you were to look closer or pay attention to his skits you could see that resemblance of the comic Ntsoro in most of Xolo's videos.

Although the comedian is at a good pace in growth and also having struck many advertising deals, he has not achieved plenty of the things he is so very ambitious about. He is yet to make television deals, one thing he desires and has since been up on his feet to try and achieve. He has 4 projects that he shot last year and this year as well and he has been at the television stations to submit the shows and have them aired for Tv but he has not really been able to get any of the shows being broadcast as of yet. He still remains hopeful nonetheless that he shall one day get a call from TV to have him submit one of his shows. He remains working on doing what he loves.

Xolo says to him Comedy is something that he loves, which is why he continues to be hopeful and pushing on even when he gets his work being side lined by the TVs. The comedian believes that comedy heals as it gives out laughter and laughing and being joyful heals. The comedian who grew up as an orphan without both parents found remedy among comedy and it saved him from the worst of scenarios that could have been. Now he also uses comedy as a way of bringing a little light to the dark times that many out there face every time because he believes it makes some difference to have a laugh when one is going through some gloomy days.

In most of his comedy sketches the actor lately has been in some collaboration of sorts with the same actors. When asked about his relationship with those actors and if they helped him come up with the storylines and concepts, he responded that all the story ideas were his. The still a rather one man crew as he comes up with scripts and even does the shooting and editing for himself. This does not however mean he does not teach some to assist him, he does have those he may teach especially with camera work. He said that he usually teaches someone who may hold the camera on how to place and position it. The actors come in for the acting part and they have always done an amazing job in their acting.



Even though he makes sensational work as a comedian, in social media it does not really pay up when it comes to finance. He may be having quite the social media engagements and audiences but that really does not mean money in Botswana. There are only just scammers out there and even the companies add to the problem by also using comedians for Ads and then giving them a hard time with payments. What makes it worse is the fact that there are many comedians just as talented and unique in their own content as he is and that makes a pretty stiff competition for advertising job opportunities if they ever come out. As tough as it is Xolo is quite confident in his work which he says it has been better for him although it was during the lockdown and when the Covid-19 had more strict regulations about it.

The comedian further cried to the government to do better in helping the arts as there is quite a lot of talent rooted in the country. He stated that Botswana cannot mostly help however way they may want to help the talented youth in Botswana especially that they are not able financially to offer any aid but the government can do so. He says he might be late when he will try to do anything as is tradition. The government does have a tradition of embracing the talented once they have made it and stands beside them and shine with them even though he never was nowhere to be seen during their struggles which they do have big time, the struggles!

He has always stated the faith he has in slapstick comedy which he says is the future especially for him. He says it is his kind of comedy besides doing vines as the vines are a strategy for getting more fans. The comedian who has a believe that comedians can host stand up shows that can sell out even a stadium says he is at a point where he is now mastering slapstick comedy and has submitted some few projects at Upic TV and Now TV. For this kind of comedy, you need to know how to use gyschers, facial expressions and energy on what you do. It is quite a complex kind of comedy.

The slapstick star is currently working on a slapstick TV project which he hopes to submit to Zambezi TV.



A Rare Gem In The Making



From the thoroughfares of Tlokweng, past the dusty roads of Rasesa to the flashing lights of Francistown, and back to the capital of Bakgatla ba ga Kgafela, Mochudi, the Nkwane family never knew that one day their daughter will grace television screens, be a fashionista and also become one of the delegates for the first time ever coverage of Forbes 30 under 30 magazine in Gaborone.

Share your background with us

Gofaone Nkwane was born in Princess Marina hospital, Gaborone, grew up in Tlokweng, moved to Rasesa to stay with her grandmother. I however then moved to Francistown to stay with my parents, as fate would have it, in 2010 I then relocated back to Gaborone after landing a gig at the age of ten years old to present the Mantlwaneng show which aired on BTV.

In terms of schooling, I attended St Mary's English medium school, moved to Mochudi and attended Raserura school which is now the Dow Academy school. Yet still due to I landing the Mantlwaneng gig I moved back to Gaborone and attended Newton international school. As nomadic as I was becoming, I attended Setlalekgosi junior secondary school. My senior years of schooling, I attended Rainbow English medium to do my form four and five before finally enrolling at AFDA Botswana/AWIL college to do my Bachelor of Motion Picture Medium in Live Performance.

Why did you choose to do arts?

To be honest, it's not like I knew that I would be on television or the entertainment industry, books just bored me while growing up, and the more my mother tried for me to read, the more I just disliked it.

I was that one kid who loved watching television a lot then I would mimic whatever I saw on tv, outside with my friends. When I was a kid, I would watch the now Mrs. Marang Selolwane on Mantlwaneng, her and Tigele, and I was mesmerized by them and like I said, mimic whatever they did on television. Mrs Selolwane would invite me to some acting show, places like Thapong visual arts, and that's how the love for arts grew. I remember writing a motivational letter to one university in LA, USA, as to why I want to do arts, and I said I am a walking television set, I reenact what I saw on TV.

How did you get the Mantlwaneng gig?

Well, a friend of mine urged me to go together to audition, we did and unfortunately, she got rejected and I was chosen.

Tell us about your acting profession

My mother, God bless her, did a meeting with Marang Selolwane, when I was still doing form five to say, my daughter wants to pursue arts, please help her, so that is how the nurturing for acting begun.

I did not know what to do while growing up, but I knew for one that I enjoyed music, watching films and fashion. However, I did not know that you could go to school to become an actress let alone having a degree for it. My mother is modern if I may say, she understands that kids no longer want to go for polarized collar jobs. so, I asked my mother if its possible to do acting as a career and she said yes, so that's how I ended up choosing it.

After completing my senior school at Rainbow, I took a gap year unintentionally, the idea was to go study abroad. What

happened was I got accepted to study at American Academy of Dramatic Arts in Los Angeles, unfortunately I could not go due to financial constraints. As if the Gods were mocking me, I got accepted to study at AFDA in cape town, but then due to financial; constraint I could not go. So, at the end I decided to enroll at AFDA Botswana/ AWIL college. My first film I acted on is called Sure ka Rafiwa in connection with Sky Girls BW, then I was into The star, a crime film kind of thing, was only on MTV Shuga down south Botswana.

I am also hosting a radio show at Yarona FM called poplar opinion with Fox Phatsimo, a sport show, so it is not only acting which I am doing.

Television presenting, particularly presenting the My star show and the prestigious Miss Botswana, tell us about that

So, with My Star, my mother, my strong believer in me, showed me an advert of it and told me to audition, and I did, and I was chosen to be a presenter after auditioning.

In July 2021, I was miserable, no jobs nor gigs, one of the organizers at one of the local radio stations spotted me and encouraged me to audition for the part, as they were looking for a fresh face for their pageant presenters. Being a Presenter for miss Botswana show was a no joke thing, and I had to work hard to prove that I can really do this.

How did you juggle between family time, college time, acting and television presenting?

One thing I did, was to give everything to God, the first things I did was to talk to producers, that, guys I am a full-time student,

Feature

therefore it was all about scheduling well and managing everything wisely.

How did you become a fashionista?

It's insane, watching television opened me to various things in terms of fashion, and I really wanted to do a fashion blog. Since I did a lot of binge shopping on clothes, so during the covid era, lockdowns, I took all of my clothes, took pictures wearing them, outfits, so I provided an entertainment to those at home through posting, so I got a lot of following. I ended up putting a lot of energy into it, I recently did a fashion course on styling and image making, so I am a certified stylist.

Recently you were nominated for Forbes 30 under 30 magazine delegate, tell us about that;

It is a funny story actually, I received a call from the Ministry of Youth, and they said I have been nominated to be a delegate and at that time I didn't even know what a delegate was. My parents were thrilled, and my dad wanted to go with me to the seminar. Everything just happened quickly for me, it was really hard to believe that I was a nominee, for such a prestigious event. So, the main aspect of Forbes seminar was about networking, sharing and developing ideas between local delegates and ones from abroad. I met smart people, even local nominated delegates.

The experience of Forbes for me is that I realised that the delegates from abroad for them was a culture shock. They learnt that there is a lot of farming, entertainment industry, manufacturing but the big question was where are the tech-people, people in technology. In one of the talks, was the difference in the economic sector, so what we use to bring in revenue is different from what they use to generate income. I believe that there is need for people to be taught about such seminars like Forbes magazine, because there was a lot of trolling about nominees. Most people don't really understand that the arts or entertainment industry can become a career for many and great business ventures.

What is your message to the young people out there?

Put your focus on where you excel, I was poor on mathematics, but good on arts, so I placed my focus on where I am good at, and this are the fruits of it all.



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Creamy Ox-Liver Pasta

By Keotshephile Chepete

I love experimenting with pasta dishes I get to create, which I acknowledge is a great privilege. I get to explore ingredients, understand them and their relationships, and bring forth a new life to them. I can have pasta dishes in any form - dry, saucy and creamy. All I can say is they are my absolute favourite.

Ingredients

250g macaroni 1 or 2 trays fresh ox livers 4 tbsp. cooking oil 1 medium onion (diced) 2/3 mixed robot peppers (diced) 1 tbsp. ground paprika 1 tbsp. bbq spice 1 tbsp. rajah mild Salt to taste Cream of mushroom soup 1cup milk 1 tbsp. turmeric Chopped fresh/dry parsley for garnish

Steps of preparations

Cook pasta by boiling it in salted water for 10 to 15 minutes.

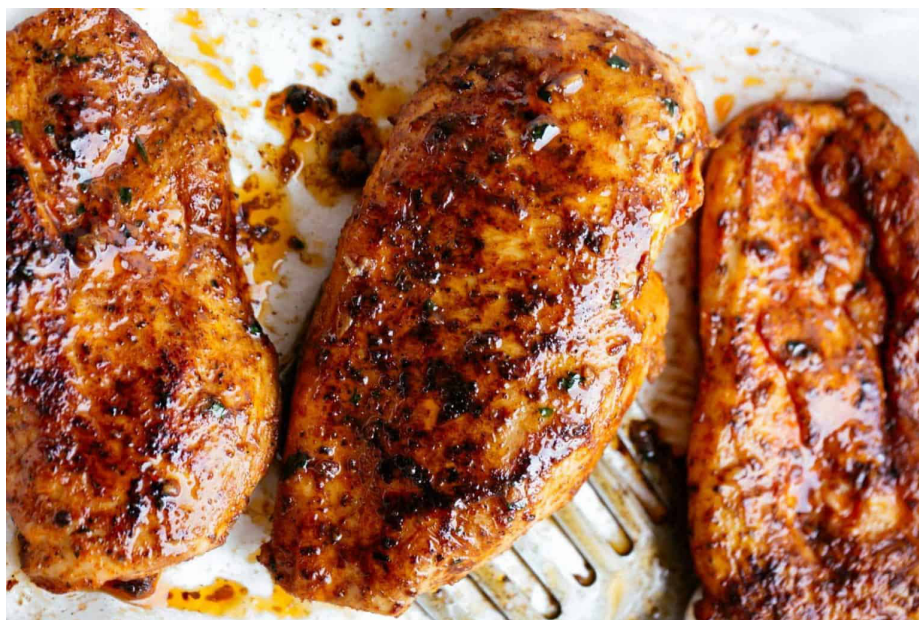
Add 1/2 teaspoon turmeric for colour, few drops of oil.

When pasta is done strain water and set it aside to cool.

Season your chicken livers with salt & all spices.

Heat oil in separate pan and fry your liver until soft and brownish.

Add onions and fry until soft, then add your peppers, continue cooking until peppers are soft as well (avoid overcooking peppers so they don't lose colour).



Add cream of mushroom powder soup and milk while stirring continuously until soup has lightly thickened.

Add pasta together with cooked liver and mix well cooking at low heat until pasta heats through as well.

Dish and garnish with chopped parsley (dry or fresh) or powder parmesan cheese or diced robot peppers.

When it comes to dressing the pasta so it becomes creamy, one can add mayonnaise,

cheese, salad dressings like (Honey and mustard, Italian, sweet chili and yoghurt and herb). This creamy ox liver pasta takes less than 30 minutes to cook! Perfect for when you are craving something a little more scrumptious for dinner.

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two good people simply have goals and ambitions that don't complement each other's.

The two of you differ on important aspects of life - If you have significantly different perspectives on social issues, religion, politics, parenting, environmentalism, and use of finances, it's best to find a partner whose convictions align more closely with your own.

Your communication is strained or superficial - If you and your partner struggle to have open, heartfelt communication, the relationship will surely suffer.

You can't resolve conflicts - In solid relationships, two people learn to manage their conflicts thoroughly and efficiently so that harmony prevails most of the time. Relationships fall apart when conflicts don't get resolved.

Your interests don't concern each other - If you have five or six major interests, it's a good idea to find someone who shares two or three of them. The more hobbies and activities you both enjoy, the stronger your relationship will be.

You don't feel free to be yourself - No relationship is going to reach its potential unless both partners are authentic. You will feel stifled and suffocated if you cannot consistently express your true self.

You don't feel 100 percent supported - If you notice that the person you're with shows little regard for your ambitions and consistently displays a me-first attitude, you're probably in the presence of someone more selfish than selfless.

You notice wandering eyes - It's natural to admire attractive people, but if you or your partner frequently "check out" others, it may be because you feel something significant is lacking in your current relationship.

Ways That Show It's Time To Break Up

The path to an enjoyable, long-term relationship is virtually always spoiled with a few attempts that turned out to be unrewarding. That's what dating is all about, finding out if two people have the qualities and compatibility to sustain a relationship over the long tow. At times you know for sure when it's time to break up, but sometimes you are not so sure and you would ask yourself if you should hang in there and give it another chance? Or should you move on so that you don't waste your precious time and energy? Here are some of the pointers that, guides you on whether it's time to move on and seek better visions:

Your partner is holding too tightly to the past - Take note if the other person often talks about his ex, or is held back by old friends. Flourishing relationships live in the present and plan for the future.

Questions keep popping up in your head - It's natural and healthy to evaluate a relationship at critical steps, but don't ignore those nagging concerns that are trying to tell you something.

You've lost that loving feeling way too soon - If you don't feel consistent sparks and fireworks while dating, it's a sure sign that the chemistry isn't there.

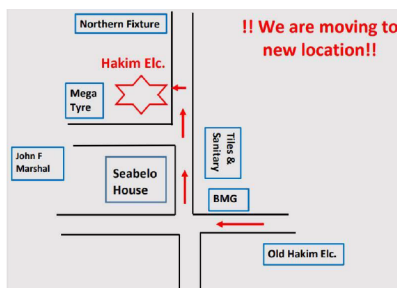
The people closest to you express concern - If several

people sound the alarm about your relationship, it's wise to at least take it seriously.

Mistrust has crept in - Trust is the glue that holds couples together. If you have legitimate reason to doubt your partner's trustworthiness, you can be sure that more trouble is coming.

You wonder about your partner's emotional health - If your partner is very self-absorbed, paranoid, overly defensive, easily angered, or anything else that indicates an emotional health deficit, it's best to move on.

You've realized the two of you have missions in life that don't mesh - Sometimes



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Is The Storm Over For R. Kelly?

The American singer Robert Sylvester Kelly, who is affectionately known in the music industry as R. Kelly was sentenced to 30 years in prison in federal prison for sex charges. His sentence was delivered on the 29th of June 2022. The Chicago native currently faces separate criminal charges in three other cases. The 55 year old R&B artist was convicted of sex trafficking crimes which he committed over three decades in the music industry.

The King of RnB who began having sex with a 15 year old girl thirty one years ago was signed to his first major record label

and that time he was in his mid-20s. His accusations mounted over the decades as they grew increasingly and split into public view at the same time. His trial exposed harrowing and systematic torment directed by the musician and the day of his sentencing literally marked his downfall.

In the 1990s and 2000s, R. Kelly was one of the best popular American musicians. He messed up with his life when crafted his image as a sex symbol and exploited young girls who were also his fans ambitious musicians to fulfil his sexual desires.



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and why that particular genre?

Just like any creative, no one likes to box themselves in, but there is just something about that RnB-soul mood, it's soothing, relaxing and healing too. I deeply connect to it.

You have a show, which hosts artists from various arts, how did the show come by?

Yes, Music and Coffee with Goth Rose, one evening I was having a cup of Cappuccino at Perfekt Roast Kofi with friends, just thought it would be nice to end the evening with an artist playing an acoustic, pairs well with the Cappuccino, call it Music and Coffee with Goth Rose, didn't start right away, then one day went for it.

Did you start it all by yourself or do you have partners in it?

I have supporting and collaborative partners.

Do you think the show has any kind of impact?

Yes, a strong impact, apart from a great evening experience of live performances and coffee, it's a good way to destress and have fun, the show also supports the SME's in the Diamond Square through people attraction, a great platform for local artists to share their art and creative expression. Giving power back to local creatives.

And who was or is the show's target audience?

If you enjoy good music and poetry, a bit of fashion and a warm beverage, coffee, tea, and then you are more than welcome.

Are there any challenges you face in organising this show?

Yes, as expected, weather, time, artists scouting, some are unexpected or sometimes things do not go as planned.

How do you go by tackling the challenges?

Brainstormed-adjust and adapt, plus I am working with a great team, whom I am grateful to.

Does it have funders or sponsors or you do it all from your pockets?

All from our pockets, for now, beginning stages, great potential.

Are you in search of funders?

Sponsorship is highly welcome and appreciated.

And do you plan on having the show grow or it is okay as it is?

There is always room for improvement and growth, always challenging ourselves.

Any last words?

Tomorrow is not promised. Live it up. And one way to live it up is to attend a Music and Coffee with Goth Rose session, next one on the 9th July, Diamond Square, 4pm-7pm, ticket P50 + Free Cappuccino. Theme: Campchair & Fleece. If you are not there, you'll hear about it.

An entrepreneurial Artist

Goth Rose is a young artist who is business minded with her arts, she juggles so much as a singer, song writer and even an organizer. The young lady has her eye for greatness and has already even started her own show that brings in artists all creatives to showcase their arts and she does that from her own pockets, that's quite a sacrifice for what one cherishes but it also is quite an investment indeed. We recently had a chat;

So who is Goth Rose?

Goth Rose is a jack off all trades, acquiring other trades, recording artist, song-writer, creative director and event organizer.

How long have you been in this industry?

Creative wise, since 2017, entrepreneurially still learning, new beginnings

What inspired you to get into all that?

I just found myself involved, I guess I might say it happened naturally, alignment.

As a singer when was your talent for singing and writing discovered?

In Junior school, I liked humming and singing to myself, one day a classmate told me I had a nice voice, gave me the confidence to go out there, same for writing music. In junior school, I used to write raps, at some point I believed I could be a rapper, went by the name F.A.B .

In writing music or coming up with content, what inspires you?

Life. Hats happening around me, to me, in me, to others. My opinions, observations and imagination too.

Tell me about the kind of genre you do



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For The Love of Chilies; *Samjay's Smoking Hot Sauce*

There is more to life than just living and doing the same routine of awakening up and going to work and knocking off at around 1600 hours. For most people, a desirable office job and guaranteed pay is what they want. Samantha Jay, a 30 year old lady who hails from the north eastern part of Botswana, Nswazi village which is 86 km from the city of Francistown left a collar job and took a risk and used her own savings to start a business. As time went on, she took a youth fund to grow the business in chili sauce making. This is a woman whom after falling in love with consuming chilies, decided to blend in the market and produce her own locally made chili sauce, branded Samjay's Smoking Hot Sauce.

Who is Samantha?

I am a lady from Nswazi, with a son, I'm a business owner of Samjay's smoking hot sauce which is based in partial, Gaborone. When it comes to cooking, I have a long history of being a kitchen busy woman. I long developed a passion for

cooking, and so I decided to endeavor on it and pursue it as a career.

What led you to the path of entrepreneurship?

Well, to be honest I never really at first went to school for making sauce. It just started with my love for chilies, I love chilies a lot so I was once working and there was this other lady that brought chilies at work, so after tasting it I decided that I could do this, but better. I said to myself, why not try making chili sauce and sell it. I indulged a chef to take me through the whole process, it is more like teaching or training me how to prepare chili sauce, making up pastries and the whole training took up to six months. I realized that after trying out all chili sauces available in stores, I decided to make something, produced locally which gives a homely touch to the consumers.

How did the business start?

After undergoing the training, I started preparing chili sauces and give it to family, friends and people in the neighborhood to

taste and take their feedback. Sometimes I would just be in the mall with a table there, with mince-meat and sauces, just for people to taste, free of charge of course. This was all a market research for me, to see how receptive the public would be to my sauce.

What was their response?

It was really amazing, and people started to tell me that I should be serious and do this on a commercial basis, take the samples to the National Food Technology Research Centre (NFTRC, NAFTEC) and even sell to shops because they really loved my sauce. When I was still sampling my products, I met a man who owns a restaurant in block 3, who loved my product and asked me to supply his shop with it. He would buy in bulk, (a case). So the reception of my product by consumers was good.

Tell us about the registration of the product at NFTRC?

I only did the nutrition facts data, unfortunately they didn't have the shelf life machine, the

date of expiry kind of thing or best before branding. Thus now becomes difficult to sell it in retail shops without having a shelf life branded to it. So this is a hurdle to my product, but I have now taken a sample to South Africa so they can do the shelf life to the product.

What is your target market?

I mostly go for restaurants, catering companies, street vendor's food outlets and individuals. Nonetheless, I can still put a table in a mall and sell my products there. Restaurants do order in large quantities and sometimes even ask me to do marinating sauce for them.

The product is in Gaborone, Lethakane, Werda and Francistown, so it's availability in the country is vast. Word of mouth helps my business, through friends and people I know, the product managed to reach South Africa and even the United States of America. One lady whom I know, bought it from me and took it to the U.S to sell there. An American lady is also here in Botswana and wants

to return home with two cases (boxes) of my product.

What is the secret recipe?

Frankly speaking, I wanted to give it a homely taste, not too bitter nor sweet, so I use normal home ingredients like your garlic, fresh tomatoes, onions and peppers. My main ingredients are garlic and red Thai chili and an addition of spices.

Any organizations that approached you?

I am in a process with Botswana Investment and Trade Centre (BITC), so they could add a 'proudly Botswana' label to the product.

How is the turnover, is the business profitable?

I officially started earning profits from April 2022. I started doing mass production, cooking and preparing sauces, then end of April that is when I started selling. So the profits are heartwarming, they are there. I produced 500 bottles only, but the main target is to produce 500 bottles for each flavor.

Any employees?

I only have one employee, who helps with branding and preparing of the product.

How is the competition with already existing products?

It is there, but the advantage I have is the relationship that I have with my clients, the loyalty to the product, and I have a provision for those who want personalized sauces, in either ingredients or flavor.

What is your inspiration?

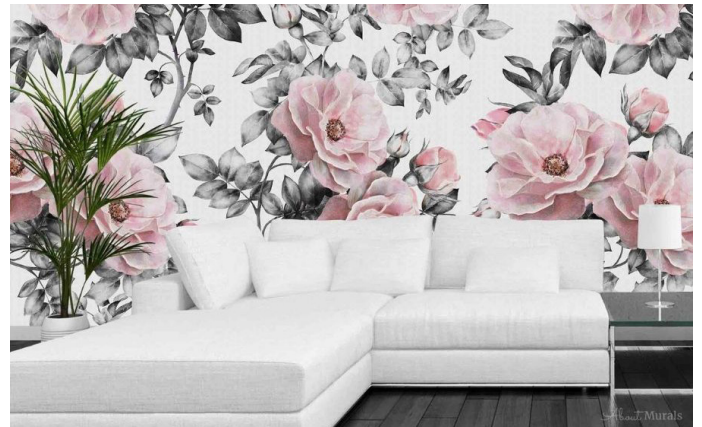
I want to see my product in every restaurant and food outlet in Africa and abroad.

Any last message to upcoming entrepreneurs and existing ones?

If you really want something, go for it, take risks, you might fail at first, it's okay, fail big, again and again, but failure is what would boost you to go forward and eventually you would end up winning and making it in whatever you do.



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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

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.

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!?



Victoria Falls - Smoke That Thunders

Victoria Falls has been one of my dream destinations for many years and witnessing it first time dropped my jaws instantly. It is even more beautiful and breath-taking than I'd ever imagined! It is one of the largest waterfalls in the world, lies in the Southern Africa, between Zambia and Zimbabwe; the falls are fed by the Zambezi River. This is locally known as "Mosi-oa-Tunya" which means "The Smoke That Thunders."

While it is neither the highest nor the widest waterfall in the world, Victoria Falls is classified as the largest based on its combined width of 1,708 metres and height of 108 metres, resulting in the world's largest sheet of falling water. Victoria Falls is roughly twice the height of North America's Niagara

Falls and well over twice the width of its Horseshoe Falls.

David Livingstone, born in Scotland arrived in Africa in 1840. He was a missionary and a physician. In 1855 he set off down the Zambezi to find for himself "The Smoke That Thunders" which the local tribesmen called "Mosi-oa-tunya". Livingstone named the falls in honour of his monarch Queen Victoria.

The months of June and July are probably the best time to view the falls. The water levels are still high enough to showcase the splendour of the falls, but the amount of water is less creating less spray and more visibility of the falls.

In 1989, the Victoria Falls became a world heritage site, meaning it belongs to all

the people of the world, irrespective of the territory on which the different world heritage sites are located.

During the rainy season and high water, Victoria Falls can be a challenge to capture with a camera because of the mist in the air. It is important to have rain gear and something to protect your camera.

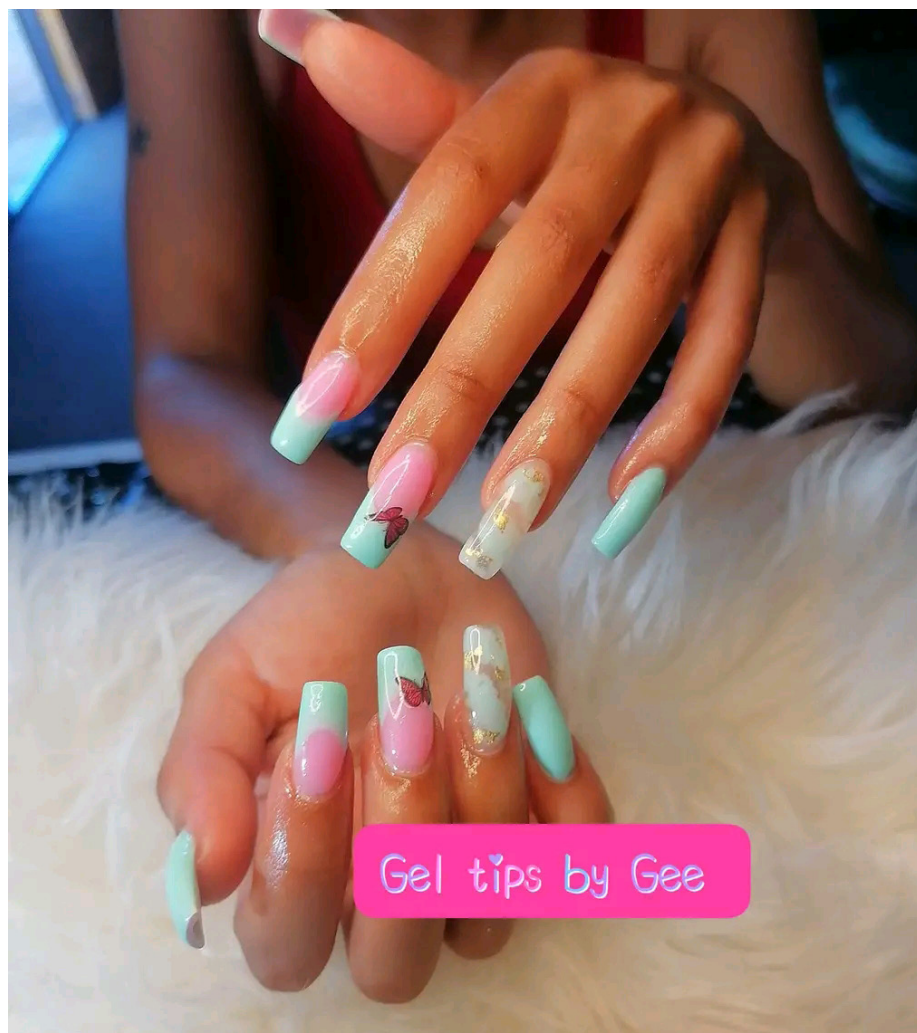
The high water levels create a greater amount of mist in the air. This increases the probabilities that you will be able to capture rainbow images around the falls. More than likely you will want to use a polarizing filter which will help with cutting the reflecting light from the sun and mist in the air and more saturated look. When you visit Southern Africa don't miss to visit the biggest curtain of falling water in the world.

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Nail art is a delightful way to have some fun and express yourself. The nail industry has evolved with time. From delightful designs made easy by extensions to different nail shapes, gemstones and gels.

This month we are joined by the local self-made nail technician Miss Gorata Gabuthuse Selema to showcase the best gel tips and overlays one can choose from. She has worked with various celebrities, models and beauty queens across the country and has trained so many nail technicians in beauty industry.

Gorata said she started being a nail technician back in 2016. Apart from nails she also specializes in installation of eye lashes which is also the new modern trend in the beauty industry.

Butterfly nail designs

Butterfly nails are a trend that is here to stay. This butterfly design allows you to go crazy with nail art decorations, nail stamps, and accessories. This design features small butterfly stickers on gel. The delicate red butterflies will perfectly match the feminine pink shade. Blend this with creamy white touches and turquoise green shades to give it life.

Short gel tips

It is not all of us who can manage long nails, keep your nail game short yet stunning with these designs. This design is flirty and fun, making it a must-try. This is one of the best cute short nails for all those wanting to perfect their nail art services. Use a clear medium slate grey and blend with brown rhinestones to give a sparkling outcome.

Simple and unique pastel nude

Keep it simple and unique. Break out your pastel nude nail polish and get to painting. Pastel nude is suitable color for all occasions and all nail shapes. It is the new trend colour. Whichever way you decide to do it, these nails make a true statement anywhere you go. Do not forget to add a clear nail polish on top, just to add that shine.

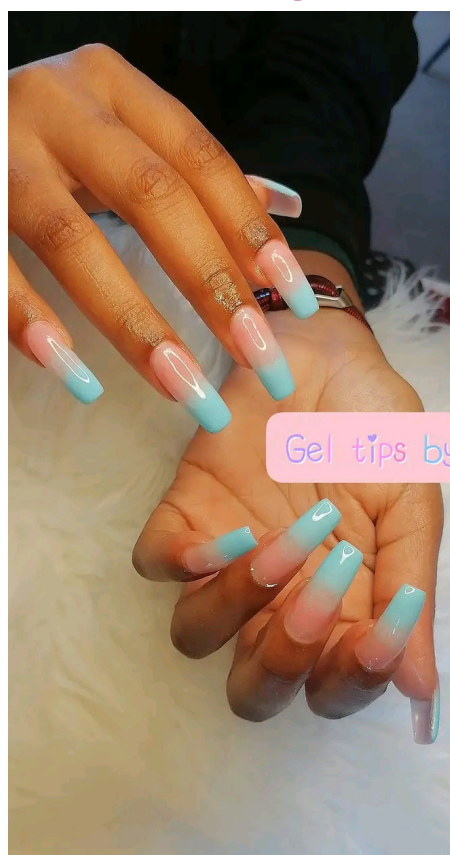
Play with colours

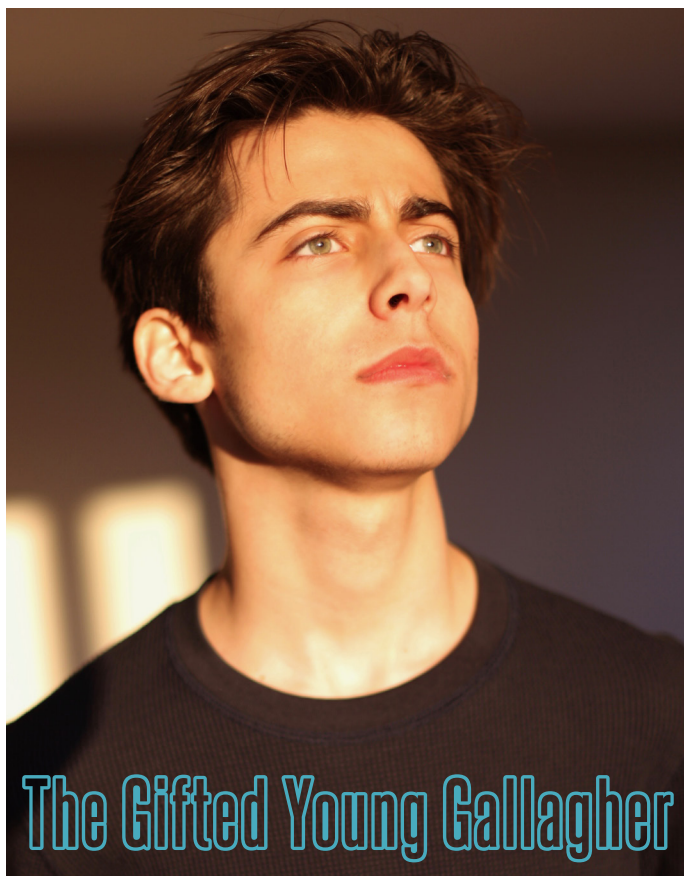
Do not be afraid to play with colours in each nail. Choose the perfect combination like mint or aqua green shades against pastel pink. This is the perfect combination for a soft and refreshing look. It is perfect for attending a special occasion or conducting business at work. Add gold glitters to give it some sparkling effect.

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Stunning Nail Ideas by GEE





On this edition we are taking our eyes on a young but quite the legendary actor, Aidan Gallagher. He is a young actor yes, but it is his amazing work as an actor that befits him into the books of legends. At his age he has portrayed some very impressive acting skills. His most celebrated role yet, the role he plays in the Umbrella Academy has seen him showing just how good he is especially at that age. Aidan embodies the role on the character, number 5 in a way never seen before. It is easy for an actor to play a child character, but Aidan Gallagher plays an older character, and he does so very mutually as though he was indeed an adult and that is what just impressive of this young actor. The star has done

wonders and there is yet more to be expected from this young actor after his role in the Netflix studded show.

Gallagher was born September 18, 2003 and he is an American actor. His first major role was portraying one of the quadruplets, Nicky Harper, in the Nickelodeon comedy television series Nicky, Ricky, Dicky & Dawn. He has played in other different roles in movies like Jacked Up and You & Me. The young actor seems to have a glimmering future ahead. This comes ahead the fact that most actors from Nickelodeon or even Disney hardly have it easy beyond their roles in these kids' heavyweight film companies. The roles they play in those are not easy to transition from but the way Gallagher did it at quite a young age is very impressive indeed.



Charma Gal to host Kgosi ya Mosadi concert

The Sekuta-Sekuta hit maker, who is affectionately known as Charma Gal is set to host her upcoming event called Kgosi ya Mosadi concert with Koffi Olomide. The event which is expected to pull the crowd will be held on the 29th of October 2022 in Gaborone at the national stadium.

Magadeline Lesolobe, best known by her stage name Charma Gal, is a Botswana singer-songwriter. She is one of the founding members of the music group called Culture Spears which was founded in 2005. She left the group to form her own group, called Eke Ntolo. Charma Gal has collaborated with various artists both locally and internationally.



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The BTTA Driven To Empower the Arts

Ever since the Covid-19 pandemic broke, it left many financially shuttered and the visual arts too were not spared from all that. They mostly have not had an easy recovery from the after-effects of this pandemic.

In a bid to try help the visual artists to recover, Thapong Visual Arts Centre got into a partnership with the Botswana Tourism and Travel Awards team to hold some competitions that had artists competing with their crafts. The competition saw the third prize winner walking away with P2500 while the second prize was awarded P5000 and the first prize being P10 000. There was also a bidding for each of the art crafts by all the artists who participated in the competitions.



A LITTLE ADORABLE QUEEN



On the 17th of June, young and massively talented Kimberly Matheakgomo arrived to a warm welcome home from the International pageantry for young models worldwide she participated unto in Thailand. The Little Miss Idol saw many countries everywhere bringing in their little princesses to compete.

Our very own Kimberly came out of the competitions having won two titles, the dancing category and also as the Little Miss Junior Idol World winner. It surely was a dream indeed and she got to be welcomed by the city mayor and the media with friend and family as well like the queen she really is. The adorable princess was then paraded through the city and it truly was a worthy sight, she surely is a greatness in the making.



Tips To Help Your Baby Sleep Better

It's no secret that sleep is important for babies. Other than the obvious benefit of having a well-rested baby, sleep also allows for proper brain development and supports baby's physical growth by helping him gain weight and grow. Sleep also helps support a healthy, happy baby and increases the chance for good general health and emotional stability in later life.

Darkened room

We as adults find it much easier to go to sleep and stay asleep when we're in a dark room, and babies are no different. Melatonin, the sleep hormone, is released when we sleep in the dark as it makes us drowsy and helps us to have better quality sleep.

Swaddle

Almost every 'baby expert' in the world recommends swaddling as a key to getting

a newborn baby to sleep, and most attribute it to helping them to sleep for longer as well. Swaddling replicates the tight, secure space of the womb that helps babies feel safe.

Eating

Swaddling replicates the tight, secure space of the womb that helps babies feel safe. A hungry baby isn't going to sleep well. They might have trouble going to sleep, or wake before they're ready, so make sure that you are following some guidelines around recommended milk and food intake at each age to ensure that they are getting enough.

Wind pain

If you have a baby who struggles to release wind and is in pain, then they are going to have trouble going to sleep, and staying asleep too. There are plenty of winding techniques and potions available to help your baby.

Room temperature

Baby's room being too cold or too hot can cause sleep-time wake-ups. Make sure your baby's room is between 16°C and 20°C, with the ideal being 18°C. Dress your baby appropriately for their sleep time with more layers in winter and less layers in summer. You can tell if your baby is too hot by putting your fingers down the back of her neck, or between her skin and clothes. If she feels hot and clammy you might need to relieve her of a layer or two.

General sleep guidelines

Creating nap and night-time routines are really helpful ways for your baby to pick up on cues that it's almost sleep time. It is helpful to know a general guideline as to how much sleep is to be expected at every age. This will help you know how much sleep your baby should be aiming for and avoid your baby getting overtired.



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How To Make Crochet Slippers

Start by single crochet 6 stitches in the magic ring. Work rounds 1 to 5 in single stitch through the back loop keeping in mind the following increases:

Round 1: increase 1 in each stitch. You will have a total of 12 stitches. To give it a personal touch, work the stitch through the back loop, and so a set of lines will form around the edge of the slipper.

Round 2: * single crochet 1 through the back loop, increase 1 through the back loop*. Repeat from * to * until the end

of the round. You will have a total of 18 stitches.

Rounds 3 and 4: single crochet all stitches through the back loop. Round 5: single crochet 1 through the back loop, increase 1. Single crochet the remaining stitches through the back loop.

Step 2: Round 6 and the remaining even rounds: *single crochet 1, double crochet 1*. Repeat from * to * until the end of the round.

Round 7 and the remaining odd rounds: *double crochet 1 on the single crochet of the last row,

single crochet 1 on the double crochet of the last round*. Repeat from * to * until the end of the round.

Step 3: Rows 17 to 28: this is the heel, so single crochet only 15 stitches, reserving 4 unworked stitches. Chain 1 extra, turn your work.

To be able to work the part of the leg you need to close the heel you just crocheted. Without cutting the strand, fold in half the heel and join the wrong side with a slip stitch. You can also cut

the strand and seam the wrong side of the heel. Cut the strand and finish. The shape you will get here is like a shoe.

Step 4: Row 29: slip stitch 1 on the first stitch you left unworked on row 17, single crochet 1. Double crochet 1, single crochet 1, double crochet 1. *Pick 9 stitches on the first side by slip stitch 1, single crochet 1*. Pick 1 stitch where the seam is and repeat from * to * until the end of the row. You will have a total of 23 picked up stitches. Now your slippers are finished.



Tips For Scholars To Make Money Quickly

You will find all the best ways to make money quickly in your spare time whilst at the university. This month CW magazine shares with you some tips on how to make money as a university student:

Online surveys

An increasingly popular way for students to make money is to fill out online surveys in their spare time. Research companies are always recruiting new members to answer surveys and test new products.

Start your own website

You need a website because it is another way to make money while you sleep. Starting a website costs hardly anything and can even be done by an older person. It only takes a bit of plugging on social media to get your first visitors, and there are other ways to monetize your website.

Become a delivery driver or motor rider

Do you have a bicycle, motorbike or car?

Do you have a smartphone? That's all you need in order to make some extra money by delivering food to people whenever you've got some extra time. They allow you total flexibility to work when you want, delivering food from restaurants to the customers' door. You can make a lot of money in an hour.

Marketing

If you have a good presence on social media, you can start bringing in money immediately by promoting all sorts of companies or products online. You will make a very nice commission especially when someone buys using your link. To take it a step further, set up a website or a Facebook page and invite all your friends to join it and post your offers on there.

Part-time work

A part-time work is the better first choice that is opted for by most students who are looking to supplement their studies. It provides a pretty stable flow of income and can enable you to gain valuable work experience. But, depending on where you live, jobs are not

always easy to find. So it's better for you to check local classifieds, student job search or your university careers service for vacancies.

Sell your notes to other students

If you don't mind sharing your notes with other students it is a great way to generate a little extra cash. There are sites out there that you can upload your notes to, along with your price, and then when another student downloads them you get paid.

Temporary work

Possibly you enjoy writing, or managing other people's Facebook pages or doing a little bit of graphic design in your spare time. There might be so many freelance jobs out there that require simple skills that you have but someone else might not have. The best thing about freelancing is that you can work for clients where you are and around the world with just an internet connection from home, to your own hours whilst developing valuable skills.

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Asthma

Asthma is a long-term disease of the lungs. It causes your airways to get inflamed and narrow, and it makes it hard to breathe. Asthma can also be classified by whether it is allergic or non-allergic: Allergic asthma is triggered by exposure to an allergen, such as pollen or pet dander. Non-allergic asthma is triggered by factors such as stress, illness, extreme weather, irritants in the air, and some medications.

Asthma Attack

Bronchospasm: The muscles around the airways constrict (tighten). When they tighten, it makes your airways narrow. Air cannot flow freely through constricted airways.

Inflammation: The lining of your airways becomes swollen. Swollen airways don't let as much air in or out of your lungs.

Mucus production: During the attack, your body creates more mucus. This thick mucus clogs airways.

Symptoms of Asthma

Shortness of breath
Chest tightness or pain
Wheezing when exhaling, which is a common sign of asthma in children
Trouble sleeping caused by shortness of breath, coughing or wheezing
Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu

Complications of Asthma

Constant fatigue
Pneumonia

Increased mucus production
Thickening and narrowing of bronchial tubes which can become permanent leading to respiratory failure.
Respiratory failure
Severe chest pain

Risk Factors of Asthma

Having a blood relative with asthma, such as a parent or sibling.

Having another allergic condition, such as atopic dermatitis, which causes red, itchy skin or hay fever which causes a runny nose, congestion and itchy eyes.

Being overweight
Being a smoker
Exposure to secondhand smoke
Exposure to exhaust fumes or other types of pollution
Exposure to occupational triggers, such as chemicals used in farming, hairdressing and manufacturing.

Herbal Remedies for Asthma

Green crystal massage oil
Ginger and garlic tea
Thyme tea
Oregano tea
Turmeric tea



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Cotton Planting



One may wonder if really there is the production of seed cotton of Botswana because we always talk about crops that we are used to, such crops include vegetables which are consumed in our everyday lives. This time we focus on the production of cotton, you can do it yourself, even at the back of your garden.

Things to know about cotton:

- A cotton plant has a single, ascending main stem that bears a leaf at each node and usually has one branch.
- Cotton leaves are large, palmately lobed, and they are covered with multicellular stellate hairs.
- A cotton plant has a single, ascending main stem that bears a leaf at each node.

- When it's time for pollination, it normally occurs in the early afternoon.
- Essentially, cotton is a tropical crop that prefers favourable weather conditions that doesn't drop below 25 degrees and temperatures below 20 degrees slow the growth of cotton plant. The cotton plant performs best in deep highly fertile sandy soil. It shouldn't be planted under soil pH value below 5.5.

When planting cotton, remember that the importance of the purpose of primary cultivations is to ventilate the seedbed. It is also to develop capacity of irrigation and to include huge amounts of plant deposit into the soil. The soil water status should be low for a well-organized cultivation. The soil that you are planting in doesn't have to be too wet or too dry especially when it's being

cultivated because this may result in the breakdown of the soil structure.

Cotton is planted directly in a prepared soil when temperature and rainfall are suitable. When planting cotton, the soil temperature has to be at least 18, 3 °C. Usually, seeds should be sown at a depth of 0, 25 cm with 3 to 6 seeds sown in each hole.

Cotton can be harvested by handpicking or harvested mechanically. Harvesting of cotton normally begins at six months after its planting. Cotton is picked as soon as the boll opens and if it is left in the field for a longer period of time, it may drop out or become damaged by wind or even rain. It is always necessary to pick dry cotton that is free from debris. Handpicking of cotton is considerably clean as compared to mechanical one.



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Planting Strawberries At Home

Strawberries are one of the easiest fruit to grow. They are very satisfying because their taste is far tastier than what you will ever find in a shop. The sugar in strawberries changes to starch after they're picked. The best thing about strawberries is that they're very easy to grow in almost all climates and soils. We shared with you on this page, information about growing strawberries in the home garden.

You must choose your planting site accordingly because strawberry plants require 6-10 hours a day of direct sunlight. Strawberries plants are tolerant of different types of soil, even though they prefer loamy soil that drains well. Preferably, begin working in old manure a couple months before you do the planting. If you have clay soil, usually mix it with more of compost, and rake the soil into raised banks to improve soil drainage.

It is best to grow strawberries in half-barrels or large containers filled with compost-enriched potting soil, especially the soil in your area is naturally alkaline.

Make sure that the planting site is well-drained. Remember that raised beds are particularly good for strawberry plants.

To have a successful strawberry planting, practice crop rotation. Unless you plan to amend your soil every year, do not plant in a site that recently had strawberries, tomatoes or even peppers.

Strawberries are sprawling plants, so it is important to provide adequate space for sprawling. You must set plants out at least 18 inches apart to leave room for runners and leave 4 feet between rows. Make planting holes deep and wide enough to accommodate the entire root system without bending it. Make sure that you don't plant them too deep. The roots should be covered. The leaves, flowers, and fruit must be exposed to light and fresh air. To settle their roots into the soil, water plants well at the time of planting. It is also possible to grow strawberries from last year's runners.

Winter Care of Strawberries

Strawberry plants are perennial and they are certainly cold hardy plants that will survive mildly freezing temperatures and if your area has mild winters, little care for them is needed. In regions where the temperature

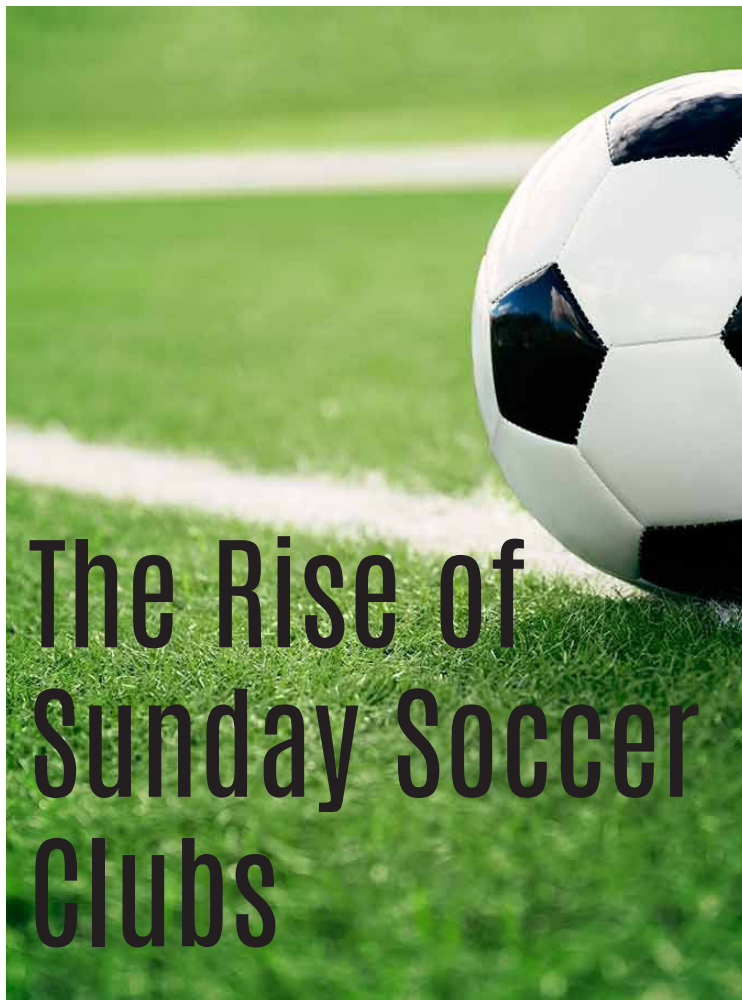
regularly drops into the low twenties, strawberries will be in their dormant stage so it's best to provide some winter protection to them: When the growing season is over, cut foliage down and this can be done when air temperature reach -6°C.

Mulch plants about 4 inches deep with straw, pine needles, or other organic material. More insulating mulch should be added in colder regions and natural precipitation should appropriately maintain sufficient soil moisture.

Harvesting

Strawberries fruits are usually ready for harvesting in 4-6 weeks after blossoming. Harvest only fully red berries, and pick them every three days. Cut by the stem; do not pull the berry, or else you could damage the plant.





The Rise of Sunday Soccer Clubs

Sunday is a day for 'chilling' and spending time with family, having a family 'seven colours' lunch after a church service. However of recent, the city of Gaborone has been graced with a lot of mushrooming of Sunday soccer social clubs.

From the onset of professionalization in the late 19th century, football clubs have always been social as well as sporting and financial institutions. Considerable academic study has reflected on the history and cultures of football and the social relations built around the game and its clubs as well as its finances and economics. Historian Richard Holt has argued that football clubs are historically one of the principal agents through which collective social identities are created and reinforced. He suggests that football clubs enabled communities to 'know themselves', and in doing so help signify what differentiates one town, city, region, county, or nation from another.

However, the city of Gaborone has not being left out in the rise of social football clubs. After Covid-19 hit the country, many developed ways of re-uniting again and build intrapersonal skills again and mingle, and what possible way was that than football.

The assessments of football clubs as businesses, especially within the regulation of the game, focus almost exclusively on their financial performance. Assessments of football clubs as businesses, especially within the regulation of the game, focus almost exclusively on their financial performance.

One such football club is Ga inoswa social club, the reason why I handpicked this club is that when one goes their social media page, they are close to what premier league teams are doing in terms of structure and management. They have a committee which consist of treasure, public relation officer, a legal advisor just to name a few.

Nonetheless, this uprising has made many people throng the venues

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Get Better Results with a right Workout

When it comes to your fitness routine, the time you spend sweating it out in the gym tends to get all the credit but it shouldn't. If you know what to do before a workout and what to do after a workout, you'll know exactly how to tweak your routine in order to impact your progress and results.

Prioritize getting enough good quality sleep. Being well-rested not only energizes you through every burpee or sprint, but it also keeps your hunger hormones in check, so you're not undoing your efforts in the gym by overeating the rest of the day.

Hydrate, hydrate, hydrate.

You already know that drinking your H₂O is crucial to overall health, but it plays an especially important role in a fitness routine. When you're sweating it out, you need to make sure your body is properly hydrated since you're losing water.

Grab a snack.

If you're really not feeling a pre-workout snack, there's no need to force food down ahead of time, but don't ignore your body if you feel like you need some fuel. If there's no food in, there's no energy out,

Make sure that you're wearing the right

clothes and footwear

Being able to move, jump, run, stretch, and get into certain positions and poses is about more than just your athletic prowess or your mobility and flexibility. It's also about having the right gear for the job. There's nothing worse than arriving at the gym or setting out the door only to discover that you're actually a little uncomfortable.

Work in a dynamic warm-up

You shouldn't skip your warm-up exercises. It's a definite no-no even if your workout is only 15 minutes long. The warm-up exercise is meant to give you to prepare yourself for what you're about to do.

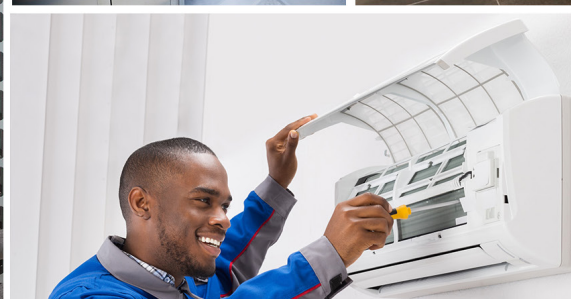
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A GRAND FINALE INDEED!



The Orange FA Cup season 3 was quite a dramatic football league and as it had its final game on a Saturday of the 18th of June we

surely were looking forward to it and indeed it was a great local football weekend. We had seen great performances from all teams

big and small, they played really great and defied many expectations and anticipations during this prestigious league.

The finals were a battle of the reds, with Gaborone United looking to prove just how much of the local football giants they are and with Security Systems also in a bid to prove that they too are giants in the making. The game kicked off at 1600 hours at the national stadium. There were also performances to top the excitement of these finals game as local artists like Charma gal and FME Djs were performing during the finals. Charma gal performed during halftime while the FME Djs also gave a sterling performance at the end of the awards ceremony that was held after the game.

It was a really great game which saw Gaborone United proving just how much of local football giants they are with a 2:1 win against Security Systems. As for the Alarm boy, although they lost the championship, they did however play a brilliant game. The team has great ball possession and great a passing accuracy that was just very amazing to watch, it is a hats off for their performance. However at the end of the day it was the Money machine who walked away with the tittle adding on to their many other titles and proving that indeed they are the money machine!

HOLY BOYS CELEBRATE OVER LUNCHEON



The Assistant Minister of Education and Skills Development who is also the Member of Parliament for Mmopane-Letsweletau; Nnaniki Makwinja recently commended the Holy Boys for conquering the season which led to their promotion into the Premiere League.

Speaking on Friday at a luncheon she held

for the HolyBoys upon their request for Seswaa and Papa, the minister hilghted that; " The sweat of the brow has finally paid off. Congratulations team!"

Adding that Holy Ghost is a noble and great name likened to the Holy Spirit thus the HolyBoys would have never went wrong with the presence of the Holy Spirit by their

side.

Makwinja encouraged the team not only to compete with the elite teams, but to benchmark as well, and to ultimately grab the prestigious cup. In the same vein, there has been talks about the team having already secured sponsorship for next seasons kit to be revealed in due time.



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