

# Celebrity World

Botswana's Native Magazine

January 2023 P12

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Musician -  
Cutbone Blaq**

**Make Quick  
Cash This  
Festive  
Holidays**

**How To  
Become A  
Marketing  
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# The Man of International Platforms



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### Editor

Godiraone Ramanoko

### Writers

Tshepiso Medupe

### Graphic Designer

Amuchilani Rara

### Photographer

Mr Habib

### Cover Story Credits

Kabelo Eric

Wardrobe: Self

Make up: Self

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### General Manager

Pinky Aysha Siddiky

### Executive Marketing Officer

Amirul Hoque Bhuiyan

### Managing Director

N.md Estaq Farthous Bhuiyan



### Founder & CEO

Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

Plot 14385 First floor of double storey building, New Lobatse Road Gaborone West Industrial

Gaborone West Industrial

Cell: 77606907

Tell: 3937886

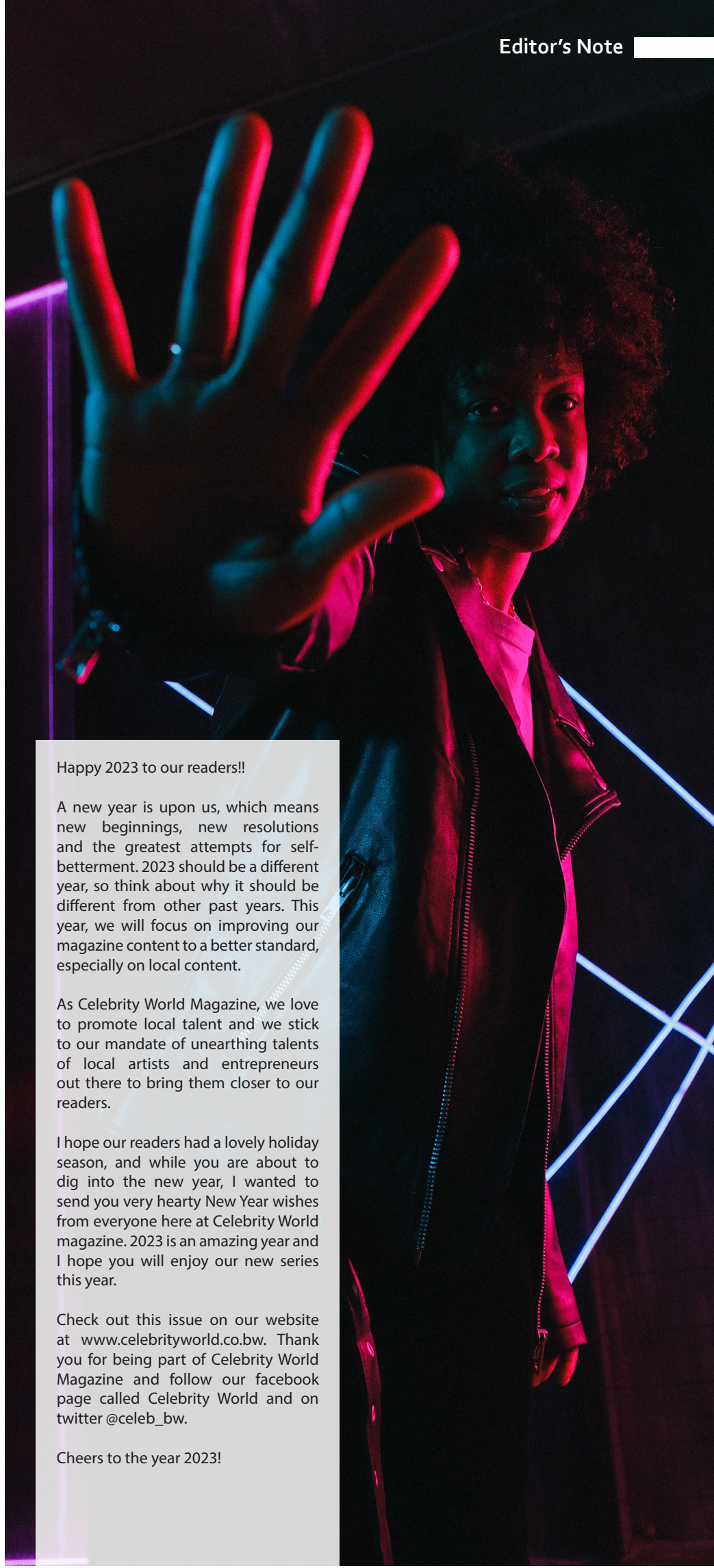
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Happy 2023 to our readers!!

A new year is upon us, which means new beginnings, new resolutions and the greatest attempts for self-betterment. 2023 should be a different year, so think about why it should be different from other past years. This year, we will focus on improving our magazine content to a better standard, especially on local content.

As Celebrity World Magazine, we love to promote local talent and we stick to our mandate of unearthing talents of local artists and entrepreneurs out there to bring them closer to our readers.

I hope our readers had a lovely holiday season, and while you are about to dig into the new year, I wanted to send you very hearty New Year wishes from everyone here at Celebrity World magazine. 2023 is an amazing year and I hope you will enjoy our new series this year.

Check out this issue on our website at [www.celebrityworld.co.bw](http://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.

Cheers to the year 2023!



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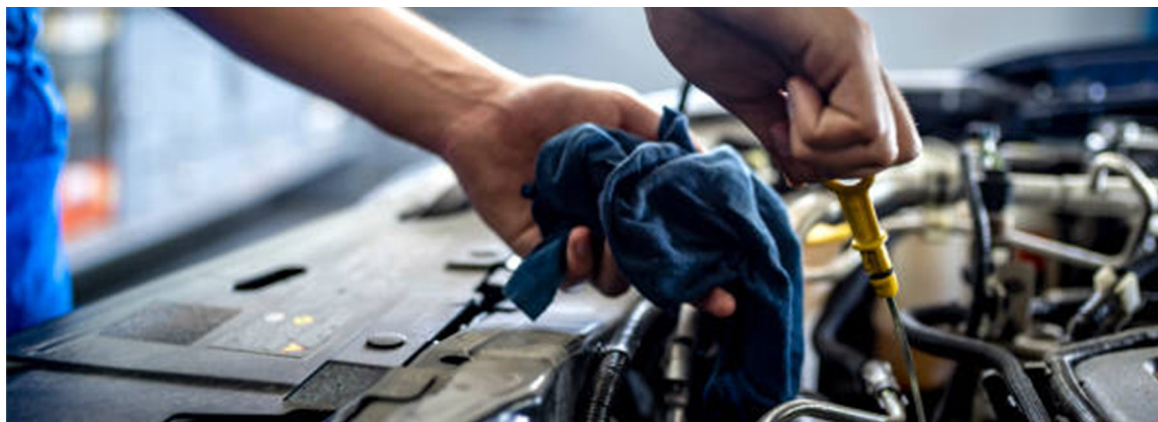
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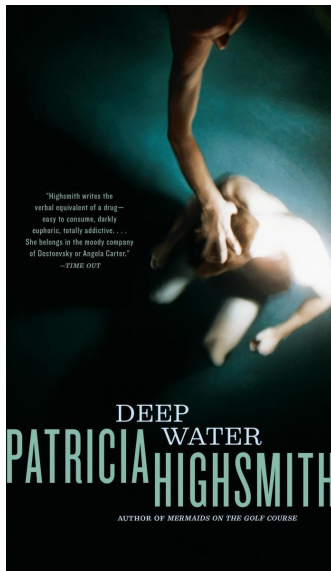
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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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



**Deep Water**  
**Release Date:** January 14, 2022  
**Director:** Adrian Lyne  
**Starring:** Ben Affleck  
**Genre:** Mystery  
 A well-to-do husband who allows his wife to have affairs in order to avoid a divorce becomes a prime suspect in the disappearance of her lovers.



**The King's Daughter**  
**Genre:** Action-Adventure Fantasy Film  
**Release Date:** January 21, 2022  
**Directed By:** Sean McNamara  
**Starring:** Pierce Brosnan, William Hurt and Benjamin Walker  
 King Louis XIV's quest for immortality leads him to capture and steal a mermaid's life force, a move that is further complicated by his illegitimate daughter's discovery of the creature.

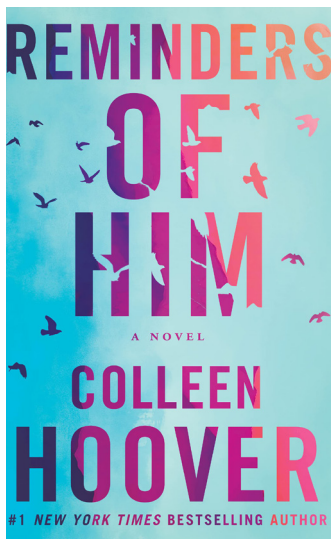


**Orphan: First Kill**  
**Release Date:** January 28, 2022  
**Genres:** Crime · Drama · Horror · Mystery · Thriller  
**Director:** William Brent Bell  
**Starring:** Isabelle Fuhrman and Julia Stiles  
 Unhinged woman Leena Klammer orchestrates a brilliant escape from an Estonian insane asylum and travels to America by stealing the identity of the missing daughter of a wealthy family. However, Leena's new life as "Esther" comes with an unexpected wrinkle and pits her against a mother who will do anything to protect her family at any cost.



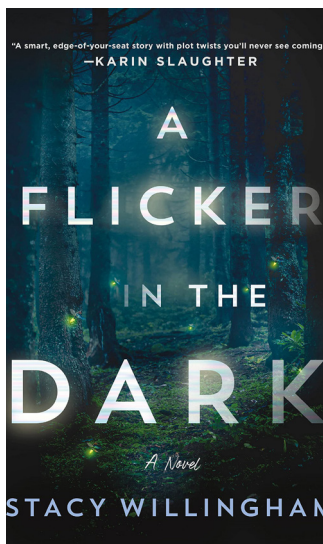
**Sesame Street**  
**Directed by:** Jonathan Krisel  
**Starring:** Anne Hathaway, Bo Burnham, Chance the Rapper  
**Music by:** John Powell; Hans Zimmer  
**Release Date:** January 14, 2022  
 Sesame Street is an upcoming 2022 musical comedy adventure family film based on the long-running PBS and HBO Max children's television series of the same name. It stars Anne Hathaway along with the original cast of Sesame Street Muppets.

### What To Read



**REMINDEERS OF HIM**  
**Expected On:** January 18, 2022  
**Author:** Colleen Hoover

A troubled young mother yearns for a shot at redemption in this heartbreaking yet hopeful story. After serving five years in prison for a tragic mistake, Kenna Rowan returns to the town where it all went wrong, hoping to reunite with her four-year-old daughter...



**A FLICKER IN THE DARK**  
**Author:** Stacy Willingham  
**Publication Date:** January 11, 2022

A masterfully done, lyrical thriller, certain to be the launch of an amazing career. A Flicker in the Dark is eerily compelling to the very last page. When Chloe Davis was twelve, six teenage girls went missing in her small Louisiana town. By the end of the summer, Chloe's father had been arrested as a serial killer and promptly put in prison...

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# FLASHKID

**A** young vibrant youth who is a visionary and an exemplary leader for this generation. As a Motswana artist, dj and promoter who's been actively in the game for 5 years and counting he grinds in the streets of Botswana. Growing up listening to the hits by the late Motswako king DramaBoi and South African multi award winning superstar Cassper Nyovest. This month, CW sat down with the young, shy and energetic artist for a quick chat with Flash Kid.

## Hi, can you tell us who is Flash Kid?

Flash Kid is a young Motswana artist and promoter from Kanye in Mafhikana ward but my official names are Amantle Goitsemodimo. I am a young man who is an upcoming in the music scenes, although I may be a house hold name in Kanye and surrounding areas but I am yet to be known countrywide and internationally soon.

## When did you join the industry?

I have always been a music fanatic when growing up listening to the likes of the late DramaBoi, Cassper Nyovest just to mention a

few but it was in 2017 after I finished my form 5 where it really dawned on me to start to be really active in the game.

## The type of music you do?

I am a very versatile guy when it comes to this conversation as I take it to heart, I do any music but mostly I do specialize in Motswako and Hip Hop.

## What gives you the inspiration to write your music?

As a young upcoming artist it is hard for us to make it in the industry. A lot of young people are struggling in the streets and "mo kasi" and that motivates me to grind harder. In short what inspires me most in my music is to give someone out there hope and also encourage them at the same time to work hard and not give up on their dreams or passion and that one day when they work on them it will pay.

## As an upcoming artist, how has it been since you debuted in the industry?

Well, I wouldn't say it was and it is easy, every journey has its hardships and like any other upcoming artist I did go through those challenges until I came to be where I am right now. Believe me now when I say I am going through some of those challenges as I try to navigate my way through it all but on the plus side you get to meet new people, new friends, collaborators and get to know more about the business.

## Anyone who inspires you?

To be honest, I am mostly inspired by the late DramaBoi, the music that he released was so inspirational and it hit hard to the soul, so his way of handling himself and the way his music was being done was on another level as for international inspiration I would say it's Mr. Fill Up (Cassper Nyovest) because basically his life is a story together with his delivery on the mic. Some way I want to believe that his fill up event was why I become a promoter.

## How is the reception on your offers?

The reception in Kanye is very well from the fans and my fellow artists and promoters. Now I am working on expanding my team so I can explore and grow outside Kanye like earlier this year I did the launch party for my latest single "Elevate" which is doing well having done some performances on Flavor dome on Btv, Pula Power and even got some air plays on some of the local radios.

## Any collaboration?

I have done a lot of collaborations with local artists here in Kanye and outside with the likes of Tinnerman, Pj Architect, Blaq Kong, Rosemedic Beats, Lefredo and more. As I am currently working on my album which is produced by Rosemedic Beats from South Africa under his record label Rosemedic Beats Productions, I would like to work with local acts like Dintle on the track and Black Rose. I am also open for collaborations with anyone, they can get all my details on my





socials.

**As an upcoming artist, what do you want to achieve?**

Well, it not about the money or fame is about spreading the message so what I want to achieve is to see my message taken and my music inspiring a lot of people from all walks of life that goes to my event promotion works which I am already through my partnership with other Kanye lads like NfexaneBantu, Dogg's Bite, Dj Scorpion and more to come up with an event concept called "The Weekend Pull-up Entertainment" which held its first event dubbed "The Boyfriend Jean Weekend Pull-up" on April 30th at Kanye's Warm Hands hotel. With upcoming events like "My Kicks On Flick Weekend Pull-up" which will be in Jwaneng and Season 2 of "The Boyfriend Jean Weekend Pull-up" still coming next year. More of projects that aim to achieve my goal and inspire others will be rolled out this year.

**Any Last words?**

My last words to everyone out there is keep on pushing and don't give up, it may not work out for you but keep on pushing until you make it. I am what I am now because of never giving up and from those failures I learned a lesson that I am using now as my weapon and shield.

**For Bookings:** +267 76 699 539

**Facebook:** Flash Kid

Music available @ sound cloud



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# The Man of International Platforms

**B**eing a gospel artist especially in Botswana has proved to be a job of so many limitations. It takes a lot of hard work to breakthrough to international platforms. But Kabelo Eric has had nothing but grace and favour that have seen him succeeding into platforms overseas that are nothing short of a dream for many of his colleagues.

The artist has had many great moments in his career indeed. His love and passion for humanity saw him getting humanitarian awards more than once. In his very early youthful days of his career he even earned a seat in the UNESCO Botswana Youth Forum committee from 2013. The artist has a decorated career which has seen him working along other local greats like Joel Keitumele and Lister Boleseng. We got to talk to him after his recent trip to the United States.

**For someone who may not know you, who is Kabelo Eric?**

Fully maned Kabelo Eric Kgaodi is an international winning minister of the gospel of Christ Jesus. He has word at length from 2007 to date as a composer, motivational speaker, musician and inspirational continuity role model to thousands of youth in the nation of Botswana.

**You are one of the country's well off gospel artists, what's been the one thing that saw you to that?**

I am a firm believer in God. I really don't think I'm well off gospel artist, rather i am graced with talent and gifts to share with the world through my music and books.

**What can you personally say limits gospel music in this country?**

I have learned that in life, not only in music industry, to every greatness ever achieved there are inevitable detours, challenges along the way. It coils down to how one handles such and actually use them to thrive in their own creative space. Having said that, although Botswana gospel music been going through rocky path in terms of sufficient support and upliftment, I see nothing limiting gospel music creatives cementing themselves in the global music space, putting in the work and thrive to excel.

**How can they be tackled to better the industry?**

As I said, it coils down to how one handles





such and actually use them to thrive in their own creative space.

**What about the one thing unique about it?**

Botswana Gospel music industry is a success story. Looking at how far we have come as a whole industry, the growth, evolution, and the steady improvement we're witnessing is really impeccable.

**You recently travelled to the US, do share more about your trip.**

I was selected by Gospel Choice Music Awards based in Atlanta, Georgia as an international act on their biggest gospel music event dubbed "Indie Rock Gospel Artist Showcase". I also had an opportunity to network with few US gospel artists who graced the event, industry players. I performed in 4 churches around New York. Sold cds, books, created new audience and market for my music and books. I had 2 interviews with Africa-USA radio station and podcast interview on Shining with S.E. Walebotsa streaming live from California. A new door to Ireland has been opened and 2023 can only be amazing.

**This wouldn't be the first time you travelled abroad through your career, how have you come about creating these networks that see you travelling overseas?**

I am a go getter. I don't wait for chances and opportunities given to me but I fully go all out to look for them. I also create networks and build opportunities from those, to help me thrive and push my creativity. I am also a fast learner and embraced with grace to manifest the beauty of creativity given to me.

**You are nominated for the Gospel Choice Awards, what is the criteria for that nomination?**

Awards are next year June and i believe in God for nominations.

**What did or does that mean for you as an artist?**

I was only 1 African artist invited for the Indie Rock Gospel Artists Showcase event. I felt proud to not only represent my country, but the whole continent of Africa.

**Share more about the experience you had at the event.**

I had an amazing experience and realised that my music does fit well with the Americans. My distinct voice and taste has space in their industry. I have also partnered with USA based media partner for a mega gospel concert happening in 2023, Botswana. The show will feature 5 Botswana artists, 1 RSA and 1 USA.

**What do you think could be done locally in line with whatever you learnt there?**

Botswana Gospel music is a success story. To hear one local group mentioned by CEO/ Founder of Africa-USA Radio station of how they meticulously do their job especially with musical directorship was really





humbling. Perfect Harmonies music Director Spiro was mentioned in one of my interviews. That on its own brought complete bliss on my face that indeed there is something right we are doing here at home.

**What can you say differentiates local gospel and the American gospel?**

Well, I guess the difference between BW and American gospel will be the audience and their support, distinct talent and gifts amongst the artists. I see that with the amazing growth we have experienced, the traditional and Botswana contemporary gospel music fits well in the global gospel music space, originality and authentic key.

**What other international nominations have you had recently ?**

Well in 2016 I was nominated for the KORA Africa Awards for best male artist, in 2011 got nominated for Africa Gospel Awards in UK for best Male Gospel Artist and was the winner of the International Best Religious Song in Africa in 2011.

**What nominations have you been recognised for?**

Locally, I have managed to win the Best Performing Arts Award during the 2008 Botswana National Youth Awards. I also got nominated for the Best Male Gospel Artist award during the 2011 BOMU awards.

**Still on that note, what are the achievements that as a gospel artist you stand proud of?**

Well I am certainly proud for the following achievements:

-The Afroteinment Museke Online Africa Music Awards-Best Religious Song in Africa, 2011.

-3 of my songs from my 2nd album chosen to form compilation CD of Africa Gospel Music Awards stars for raising funds for the Benovalent Charity fund,2011.

-Nominated for KORA Africa Music Awards-best Male Gospel artist in Africa, 2016.

-Invited as International Star Act to perform at Gospel Music Choice Awards, USA, 2022.

**Are you in a place you can say you are happy with or you have yet to see your greatest dreams and ambitions being fulfilled?**

I am grateful for my progress thus far and still dreaming for bigger stages of impact with my creativity.

**Any last words?**

Be fierce, zealous and intentional about your dreams. Put in the work and believe in God for great dividends.







# How To Become A Marketing Guru In A Short Time

## **Don't Sell Logic, Sell Emotion**

Push emotional triggers of the customers when making a sale or marketing your product as the customer does not buy, because of logic but emotional sentimental.

## **You**

Making a sale or marketing is all about the customer's needs and wants, a good strategy focuses only on the customer and centers on it.

## **Free**

Nobody can resist a freebie, making a campaign with some free trials and a lot of freebies the campaign will pay off.

## **Quality**

A quality product will attract a lot of customers. Most of the customers will go for quality goods and leave lesser products.

## **Secret**

Everyone wants to be let on a

secret, so having a campaign with a secretive approach will put your customers on edge as they are curious of the product and this will generate them to wait for the product eagerly.

## **Fomo**

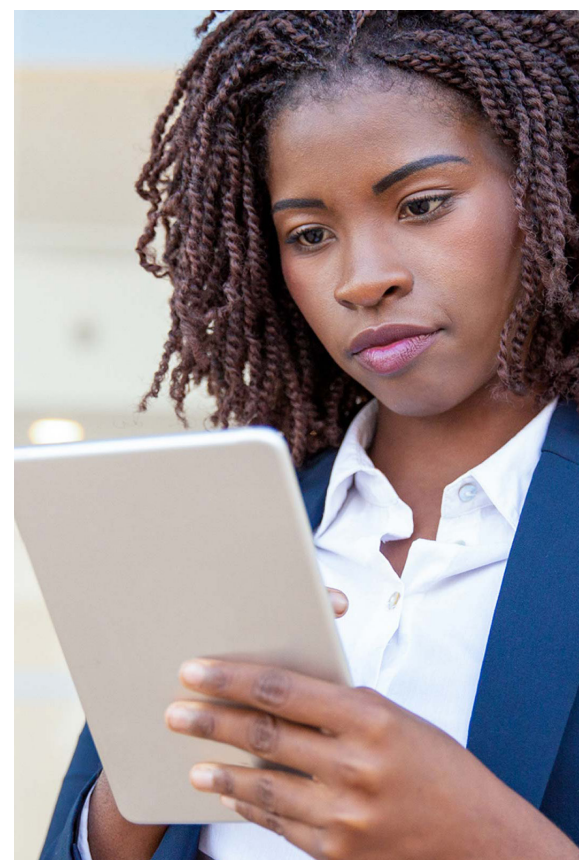
People have fear of missing out, customers do not want to miss out on anything, having a limited special will attract them in large numbers as they do not want to miss out.

## **Risk Free**

A risk free and safe product is what everyone needs and want at all time. Creating a campaign with that in mind will work wonders to the customer.

## **Instant**

An instant product that produces result right away will attract customers as they want value for their money.





# The Influence of Christianity

Religion has always been an essential part of human life. It has influenced how individuals, families and societies as a whole view life. Religion is a system of symbols (creed, code, cults) by means of which people orient themselves in the world with reference to both ordinary and extraordinary powers, meanings, and values. Societal moral standards, values and norms are directly a reflection of particular aspects of religion; this is to say there are religious meanings attached to them.

The arrival of Christianity in Botswana did not shift Botswana that much from their culture. Christianity is a religion which has its roots in believing in Jesus Christ. The life of this man has had a significant impact in the lives of Botswana. Giving and helping the needy, peaceful co-existing, foundation of strong family system are some of the principles of this religion. "Blessed is the hand that gives" is a well known phrase among Botswana which has built the nation over the years. It has influenced majority of Botswana who have been won over by this religion to have the spirit of helping the less privileged and marginalized members of the society. The government systems and policies of national interest and citizen development have been significantly influenced by this religious value. One of the vision 2016 pillars was that by 2016 Botswana were to be a compassionate, just and caring nation. This pillar was influenced by the pillar in the Christian ethics of giving, caring for one another just as Christ loves us.

Christianity has played a pivotal role in reducing practices such as human sacrifices, infanticide, and infidelity. Before its arrival infants and virgin girls were killed or offered as sacrifices which were believed to bring about solutions either to a family or society. It was a common practice to kill children as offering to solve issues like droughts and famine. However the teaching that the death of Jesus was a last sacrifice to bring a solution to life problems brought that to an end. Teachings about his life has changed the mindset of Botswana to believe that praying to the almighty can help bring solutions to life problems, thus abandoning the killing of people.





# Vanilla Cupcake

## Ingredients

1 1/4 cups all-purpose flour  
 1 1/4 tsp baking powder  
 1/2 tsp salt  
 1/2 cup unsalted butter softened  
 3/4 cup sugar  
 2 large eggs room temperature  
 2 tsp pure vanilla extract  
 1/2 cup buttermilk

## Instructions:

- Preheat the oven to 350°F and line a cupcake/muffin pan with cupcake liners.
- In a medium bowl, whisk together 1 1/4 cups flour, 1 1/4 tsp baking powder, and 1/2 tsp salt. Set flour mix aside.
- In the bowl of an electric mixer, beat butter and sugar on medium-high speed 5 minutes until thick and fluffy, scraping down the bowl as needed.
- Add eggs one at a time, beating well with each addition then scrape down the bowl. Add 2 tsp vanilla and beat to combine.
- Reduce mixer speed to medium and add the flour mixture in thirds alternating with the buttermilk, mixing to incorporate with each addition.
- Scrape down the bowl as needed and beat until just combined and smooth. Divide the batter evenly into a 12-count lined muffin or cupcake pan, filling 2/3 full.
- Bake for 20-23 minutes at 350 °F, or until a toothpick inserted in the center comes out clean. Let them cool in the pan for 5 minutes, then transfer to a wire rack and cool to room temperature before frosting.



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## The Humble Musician - Cutbone BlaQ

**M**odiredi Kgoglaetsile aka CutBone is a young talented musician who was born on December 13th 1998 in Gaborone. CutBone attended his academic years in Kumakwane for primary and secondary schools, then proceeded to Moeding College to attend his senior school.

CutBone developed a strong interest for music while he was still at primary school. He discovered that he had a special talent in creating hip-hop music and therefore became inspired and motivated to pursue his dreams. His music and lyrics are driven by the everyday struggle and situation at home. CutBone released his first ever music single titled "Phandla" featuring T-Jay Da Rhuller in 2016 which was recorded at Dream Makers Productions. He has also worked with other established & developing artists as Amanandos (JDe Superstar, Flazer, Zwai Dollar) | JT SpecialBOY & HonestBeatz from BlackMail Entertainment.

He was invited to perform alongside BlackMail Entertainment at the massive Tlatsa Lebala event hosted by Kast, one

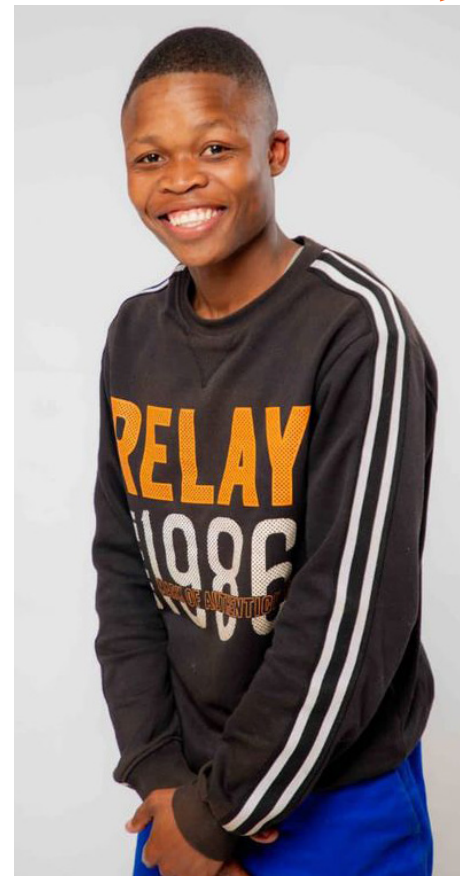
of our legendary hip-hop pioneers in Botswana. It was a career progressive move for more room of motivation and inspiration. CutBone has also been grateful for the first time his music played on main stream radio. He has also appeared on Hot Basement, the fastest growing music platform prepared by Blac Network at Mowana Pictures.

His mission is to raise the Botswana flag high and to reach greater levels at international platform's while working with other creatives. CutBone's vision is to reveal his talent to the people, he wants his voice to be heard so as to change the world with his music.

There is very less support for hip-hop music in Botswana from both the people and investors. There is always a financial barrier that causes difficulties in delivering quality music and entertainment.

Although he has achieved climbing a big stage and releasing a music single on radio, in his own words, CutBone says "I haven't accomplished any, but I think as time goes on I will".

**For Bookings:** Cut-Bone BlaQ /+267 72956635





# Keeping The Relationship Spark Alive While Apart



Anyone who has been in a long-distance relationship knows the struggles of being miles away from their other half. Longing for your partner's attention, support and his or her presence can take its toll in the relationship. If you are struggling to keep the spark alive in your long distance relationship do not worry, Celebrity World team got you. In this article we had outlined tips on how to make a long distance relationship alive.

## **Keep Communication Alive**

When you and your partner are not in the same city, country or continent keeping communication alive is essential. Communication can be done in different forms be it voice messages, voice calls, video calls, emails and letters. The two of you can make a communication schedule even in your busy schedule. Moreover keep your significant one up to date about your daily activities this will keep you even more connected.

## **Send Surprise Gifts**

Gifts are everyone's best friend. Let your partner know that you are thinking about them on special days like their birthday, Valentine's Day and holidays by sending them gifts. It might sound old school but it does help to keep the spark alive. Gift ideas depend on the day you are celebrating you can send flowers and cards on Valentine's Day, or cakes on their birthday. There is no need to panic about the courier expenses, nowadays online buying platforms has made things much easier you can order a cake in Gaborone while you are in Francistown.

## **Online Games**

Share online games that enables you to challenge each other online such as words games, Pooker and snooker. This will keep you much closer than ever. It does not matter where you are in the world, as you are immersed in that moment battling with or against your partner, a feeling that comes

over you, it feels as if you are sitting right next to each other.

## **Keep Your Intimacy or Sexual Sparks Flying**

The fact that you cannot be physically intimate together, does not mean you have to reserve every ounce of pleasure. Do not be afraid to talk about intimacy with your partner. Not only is sex a biological aspect, but it is also an emotional one. Keep the flames burning by sending each other texts, filled with sexual innuendos and provocative descriptions.

## **Arrange For a Virtual Date**

Plan virtual date once in a while, if you think you cannot meet anytime soon. You can both eat your favorite meals and drinks. Go to your favorite places and wear your favorite clothes. Make it memorable and funny. This will keep you and your partner connected.



# New 2023 Audi A8



The big Audi is just as roomy and comfortable as rivals such as the BMW 7-series and the Mercedes-Benz S-class inside, and a host of high-tech features makes staying connected during travel easy. Extensive sound deadening measures ensure the A8's cabin is whisper-quiet, drowning out even the sound of the turbocharged V-6 engine. This makes the A8 a relaxing place to reflect as your driver shuttles you to your next board meeting.

**Highs** - hushed interior, plenty of high-tech features, handling is more playful than expected.

**Lows** - doesn't look as grandiose as some rivals, v-6 engine provides only adequate power, and the s8 is more entertaining.

**Verdict** - The A8 doesn't have the flash of most other high-dollar luxury cars, but for those who value subtlety it offers a lot of appeal.

The A8 comes with a turbocharged V-6 rated at 335 horsepower which is augmented by a 48-volt hybrid system. An eight-speed automatic transmission and all-wheel drive are standard. The A8 we tested sprinted from zero to 60 mph in 5.3 seconds. Among six-cylinder executive sedans, that puts the A8 a few tenths off the rapid pace the Mercedes-Benz S500. The Audi's engine is smooth, but there's no fanfare to its power delivery, and sound-deadening measures are so extensive that it's practically inaudible with the windows up. The A8 offers a very Audi-like blend of athleticism and ride comfort. An adjustable air suspension and driver-adjustable adaptive dampers are standard. With this setup, the Audi A8 isolates you from road irregularities but can still hammer down a back road when the mood strikes.



Impressive passenger space is an A8 hallmark, and its long wheelbase ensures that rear-seat passengers are well accommodated. Five-passenger seating is standard, but an optional four-passenger seating package deletes the rear center seat and provides a pair of power-adjustable rear seats with heating, ventilation, and massage as well as a heated foot-massage function and a pair of individual entertainment tablets (while

reducing power adjustments for the front passenger seat to make room for all that). Fine materials are in abundance, and you can order up extended leather and a small forest's worth of wood inlays. But much like the A8's exterior, the interior ambience is sober and not as lavish as that of the Mercedes S-class. Trunk capacity is modest for a big luxury sedan at just 13 cubic feet.







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# Game City, Chill Step in Pics

By: Swervo Visuals



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# ITIC Botswana Tourism Investment Summit 2023

**Date:** Jan 26, 2023 - Jan 28, 2023

**Time:** 08:30 am - 6:30 pm

**Location:** Gaborone  
About this Event

It will be the B2B Tourism Investment summit and exhibition bringing together international leaders and project developers in the tourism, travel and hospitality sectors and connects them with investors. The Summit will provide a platform to drive international awareness and investment in the Republic of Botswana and act as a catalyst for growth. It will attract private equity firms, investment banks, institutional investors, fund managers and influencers, who have the power to channel capital and to raise funds to invest in sustainable tourism projects. It will host approximately 300 - 400 tourism and financial services stakeholders from local and international: CEOs, the business elite in the tourism and financial services sectors with the capacity to invest in the development of sustainable tourism in Botswana.

Our mission is to provoke a new thinking and explore new opportunities and financial mechanisms for sustainable investments in travel and tourism to be held in Gaborone, Botswana.

As the Summit will provide an unprecedented opportunity to showcase the whole Botswana tourism industry and its achievements during the last 56 years on an international scene.

The High-ticket Sales Business Accelerator Workshop

**Date:** Jan 23, 2023 - Jan 27, 2023

**Time:** 8:00 pm - 9:00 pm

**Location:** Online

This workshop is for female entrepreneurs and coaches who:

- Have reached the burnt-out stage and are about to give up on their dream business
- Are generating leads but cannot convert them into sales
- Are tired of being in the hamster wheel and earning little income from their

low-ticket offers

- Are earning from inconsistent revenue streams even after investing their endless hours which they could spend with their family and friends
- Have signed-up to various expensive coaching programs but received poor results and want to put an end to their main problem of not generating 5-6K per month
- Who want to grow and scale their business so that it is an inspiration to many other women all over the world
- Are wasting loads of time and money on platforms and software which deliver unsatisfactory results
- Require guidance and support in contacting prospects and leads to speed up and close deals
- Want to focus on creating valuable content for a high market niche audience rather than chasing people over endless discovery calls free guides and different Facebook group promotions

## High-Performance Teamwork: How to Empower and Inspire Your Team to Peak Performance

**Date:** Thu Jan 12, 2023

**Time:** 5:00 pm to 8:00 pm

**Location:** Online

If you want to succeed at building a high-functioning team, this training will give you the strategies, mindset, and tools you need to get started on this path. If you already have an established team, then you will learn how to take your team's performance to the next level and how to create an enjoyable environment for your team.



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# Best Interior Design Styles To Inspire You

This month find out how to make your house look exquisite with inspiration from these pictures. Take a look at them, be inspired and learn about how to warm your home and choose the best look you would want your house to be like!







**Capricorn**

(January 20 - February 18)  
Being well rounded will greatly improve your efforts at achieving your goals. Keep dark foreboding thoughts at bay and don't even think revenge without recalling the rule of thumb. The sudden meeting of someone from your past can improve your chances of success.

**Aquarius**

(January 20 - February 18)  
Always carry a scarf or shawl to protect you from cold. Your area of faith and spiritual awakening is activated with Jupiter now in Libra. Visit unfamiliar places of worship where you can get a better understanding of the practices of others. There will be many unexpected opportunities to add to your income.

**Pisces**

(February 19 - March 20)  
A question of credibility may arise. Try not to be too impatient or argumentative when this occurs. A renewed stability comforts you as February approaches. New friends and contacts come your way this month. A healthy relationship is more powerful in improving your health than any other thing right now.

**Aries**

(March 21 - April 19)  
This year you will get many

things accomplished now. You look and feel your best and others take you seriously. Invite others to join you there to celebrate your new beginnings. Love affairs that have an ethereal quality can begin now. You may be surprised at the turn of events.

**Taurus**

(April 20 - May 20)  
Don't fall back on old bad habits that are destructive to your image. Relationships become much more settled now and you find yourself using a more disciplined approach to your communications. Give others what they want whole heartily for it will only return to you triple fold.

**Gemini**

(May 21 - June 20)  
Your freedom and love of adventure characterizes your choice of profession. Experiment with many new kinds of jobs or technology. You can speak with loved ones in dreams or through a mediums' assistance. You may find yourself solving problems of debts owed to you and come out of it amicably.

**Cancer**

(June 21 - July 22)  
Allow your companion to make suggestion and listen to their advice. Keep in mind that there will be many opportunities to increase your income now. A

sudden opportunity arises that allows you to travel by water or Oceanside village.

**Leo**

(July 23 - August 22)  
Powerful attractions and or habits may push you over the edge. Keep promises regarding diet and exercise and don't let past misunderstanding cause you to sway from goals. It becomes very apparent how stress and employment conditions affect your psyche and physical health.

**Virgo**

(August 23 - September 22)  
You feel recharged and energized ready to start many new projects. Home issues need to be addressed again. You may decide to start a family of your own now. You may be required to express your authority at work. Take a chance and ask for something you've always wanted. You may be pleasantly surprised.

**Libra**

(September 23 - October 22)  
Children can become a source of real love and pride bringing the desire to start a family if you don't already have one. There's a creative ability that surfaces that can have its advantages as well.

**Scorpio**

(October 23 - November 21)  
Thoughts are on financial planning. Be versatile and creative in applying your job skills and watch earning abilities improve. You'll be known for your clever repertoire. Send original greeting card or email to friends and enemies. A reward or recognition can come to you now making you very proud.

**Sagittarius**

(November 22 - December 21)  
Friends come to your rescue and set you straight about future plans. Find yourself new and exciting ways of expressing yourself without becoming argumentative. Visits to sibling or neighbor can be quite satisfying now. You may find yourself completing a writing project that provides you with additional income.

Short Jokes To Make You Laugh

Why do we tell actors to "break a leg?"  
-Because every play has a cast.  
Helvetica and Times New Roman walk into a bar  
-"Get out of here!" shouts the bartender. "We don't serve your type."  
Yesterday I saw a guy spill all his Scrabble letters on the road.  
-I asked him, "What's the word on the street?"  
How many times can you subtract 10 from 100?  
-Once. The next time you would be subtracting 10 from 90.  
Knock! Knock!  
-Q: Who's there?  
A: Control Freak.  
Q: Con...  
A: Okay, now you say, "Control Freak who?"  
A woman in labour suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!"  
-"Don't worry," said the doctor. "Those are just contractions."  
A bear walks into a bar and says, "Give me a whiskey... and a cola."  
-"Why the big pause?" asks the bartender. The bear shrugged. "I'm not sure. I was born with them."  
Did you hear about the actor who fell through the floorboards?  
-He was just going through a stage.  
A man tells his doctor, "Doc, help me. I'm addicted to Twitter!"  
-The doctor replies, "Sorry, I don't follow you..."  
What's the difference between a cat and a comma?  
-A cat has claws at the end of paws; A comma is a pause at the end of a clause.  
What did the 0 say to the 8?  
-Nice belt!  
I waited all night to see where the sun would rise...  
-...And then it dawned on me.





# The Beauty Of Okavango Delta

The Okavango Delta in Botswana is a very large, swampy inland delta formed where the Okavango River reaches a tectonic trough in the central part of the endorheic basin of the Kalahari. All the water reaching the Delta is ultimately evaporated and transpired, and does not flow into any sea or ocean. The scale and magnificence of the Okavango Delta helped it secure a position as one of the Seven Natural Wonders of Africa.

The Okavango is produced by seasonal flooding. The flood peaks between June and August, during Botswana's dry winter months, when the delta swells to three times its permanent size, attracting animals from kilometers around and creating one of Africa's greatest concentrations of wildlife.

The Delta's profuse greenery is not the result of a wet climate; rather, it is an oasis in an arid country. The average annual rainfall is 450mm (approximately one third that of its Angolan catchment area) and most of it falls between December and March in the form of heavy afternoon thunderstorms.

The Okavango delta is both a permanent and seasonal home to a wide variety of wildlife which is now a popular tourist attraction. It is also a home to 71 fish species. Papyrus and reed rafts make up a large part of the Okavango's vegetation. During the flood season they float well above the sandy river bed with roots dangling free in the water. This gap between bed and roots is utilized as shelter by crocodiles. The plants of the Delta play an important role in providing cohesion for the sand.





**Ingredients:** Yogurt and Lemon juice

**How to do it**

Take a tbsp fresh, plain yogurt in a bowl and mix it with a tbsp of freshly squeezed lemon juice. Massage the resultant mixture on to the underarm skin in gentle, circular motions for 5-8 minutes. Keep it on the skin for another 10-15 minutes and wash off with plain water. Repeat every alternate day.

Lack of cleansing and dead skin cells build up can make our underarm look dark. Yogurt is a source of lactic acid, which exfoliates the skin and removes the dead skin cells and lighten the hyper pigmentation of the underarms skin. Melanin build up is also responsible for darkening the skin of our underarms.

Lactic acid also has the ability to reduce melanin production. It has the ability to inhibit tyrosinase enzyme, which influences melanin production. Thus yogurt helps to whiten dark underarms.

Also yogurt contains good amount of B vitamins. It has vitamin B2 in it. Yogurt has antioxidant benefits, which help lightening the dark underarms. It boosts healthy cell growth and thus helping to get clean and clear skin. Also vitamin B5 in yogurt helps to lighten hyper pigmentation on the skin.

Along with these, vitamin B12 in yogurt also plays a vital role in lightening skin discoloration of our underarms. Furthermore, the anti-bacterial properties of yogurt prevent bacterial infections on underarms and keep the area free of unpleasant odors.

## Whiten Dark Underarms with Lemon and Yogurt



## Whiten Dark Underarms with Lemon and Coconut Oil



**Ingredients:** Lemon juice and Coconut oil

**How to do it**

Extract juice from a medium sized lemon and combine it with a tbsp of coconut oil. Apply the mixture on the dark armpits and gently massage for few minutes. Keep it on the skin for another 40 minutes and after that, rinse off with plain water. Repeat this remedy to whiten dark underarms with lemon and coconut oil every night before going to bed.

The skin on our underarm often looks dark due to extreme dryness. Coconut oil is a wonderful remedy to treat skin dryness. It comes with moisturizing benefits and helps to heal the skin with regular use, thus removing the darkness and patchiness of the skin. Coconut oil contains lauric acid, which has anti-bacterial benefits. It helps in preventing bacterial infection in underarms and also keeps the area odor free. Coconut oil comes with anti-oxidant properties, which also helps to lighten the dark underarm area. It is a great source of vitamin E, which is known for anti-pigmentation benefits. Vitamin E lightens the hyper pigmentation of the skin on our underarms and helps to get even toned skin.





# Bob Marley

**R**obert Nesta Marley, Jamaican singer-songwriter whose thoughtful ongoing distillation of early ska, rock steady, and reggae musical forms blossomed in the 1970s into an electrifying rock-influenced hybrid that made him an international superstar.

Marley, whose parents were Norval Sinclair Marley, a white rural overseer, and the former Cedella Malcolm, the Black daughter of a local custos would forever remain the unique product of parallel worlds. His poetic worldview was shaped by the countryside, his music by the tough West Kingston ghetto streets. Marley's maternal grandfather was not just a prosperous farmer but also a bush doctor adept at the mysticism-steeped herbal healing that guaranteed respect in Jamaica's remote hill country. As a child, Marley was known for his shy aloofness, his startling stare, and his penchant for palm reading. Virtually kidnapped by his absentee father (who had been disinherited by his

own prominent family for marrying a Black woman), the preadolescent Marley was taken to live with an elderly woman in Kingston until a family friend rediscovered the boy by chance and returned him to Nine Miles.

By his early teens Marley was back in West Kingston, living in a government-subsidized tenement in Trench Town, a desperately poor slum often compared to an open sewer. In the early 1960s, while a schoolboy serving an apprenticeship as a welder, Marley was exposed to the languid jazz-infected shuffle-beat rhythms of ska, a Jamaican amalgam of American rhythm and blues and native mento strains then catching on commercially. Marley was a fan of Fats Domino, the Moonglows, and pop singer Ricky Nelson, but, when his big chance came in 1961 to record with producer Leslie Kong, he cut "Judge Not," a peppy ballad he had written based on rural maxims learned from his grandfather. Among his other early tracks was "One Cup of Coffee," issued in 1963 in England on Chris Blackwell's Anglo-Jamaican Island Records label.

Marley also formed a vocal group in Trench Town with friends who would later be known as Peter Tosh and Bunny Wailer. The trio, which named itself the Wailers received vocal coaching by noted singer Joe Higgs. Later they were joined by vocalist Junior Braithwaite and backup singers Beverly Kelso and Cherry Green.

In December 1963 the Wailers entered Coxsone Dodd's Studio One facilities to cut "Simmer Down," a song by Marley that he had used to win a talent contest in Kingston.

The Wailers did well in Jamaica during the mid-1960s with their ska records, even during Marley's sojourn to Delaware in 1966 to visit his relocated mother and find temporary work. Reggae material created in 1969–71 with producer Lee Perry increased the contemporary stature of the Wailers. It also earned the charismatic Marley superstar status.

Making music that transcended all its stylistic roots, Marley fashioned an impassioned body of work that was sui generis.



# The Kingdom Of Morocco



Destination Morocco, a Nations Online country profile of the Arab kingdom in the western part of the Maghreb in North Africa, officially known as the Kingdom of Morocco. The country borders the Atlantic Ocean in the west, the Mediterranean Sea in the north; it shares maritime borders with Portugal and Spain. Morocco borders Algeria in the east and Western Sahara in the south. The non-self-governing territory, claimed by Morocco, borders Mauritania in the Moroccan-controlled part of Western Sahara. Morocco has a land border with Spain at the Spanish exclaves of Ceuta and Melilla, the two populated Spanish territories on the African mainland.

The kingdom covers an area of 446,550 km<sup>2</sup> (excluding Western Sahara); compared, it is slightly smaller than Sweden or somewhat larger than California. The country has a population of 36.3 million (in 2021); the capital city is Rabat, the largest city is Casablanca. Spoken languages are Arabic (official), several Berber dialects (Amazigh) and French.

Morocco's long struggle for independence from France ended in 1956. The internationalized city of Tangier was turned over to the new country that same year. Morocco virtually annexed Western Sahara during the late 1970s, but the final resolution on the territory's status remains unresolved.

Gradual political reforms in the 1990s resulted in the establishment of a bicameral legislature in 1997. Morocco is a member state of the League of Arab States.

Morocco is ruled in a framework of an Islamic parliamentary constitutional hereditary monarchy. Chief of state is the king. The king is both, the political and spiritual leader, the "Commander of the Faithful;" he presides over the Council of Ministers and appoints various members of government. As a result of pressure for reforms triggered by the Arab Spring in 2010, the king signed a new constitution that expanded the powers of parliament and the prime minister but left the king with broad powers over all branches of government. The king has the power to dissolve the parliament, arrange new elections and rule by decree.

Head of government is the prime minister. The parliament of Morocco is the bicameral legislature located in Rabat. The two chambers are the House of Representatives and the House of Councilors (upper house). The power of the parliament is very limited but has been reinforced somewhat by reforms of the constitution in 1992.

Morocco's rich culture is a mixture of Arab, Berber, European and African influences. Morocco's economy is based on the export of raw materials, such as agricultural products, cement, fertilizers, leather and textiles. With a share of nearly 8% of the GDP, the tourism sector is a very important economic sector. The country's business model is considered to be a reasonably liberal economy driven by supply and demand. Since 1993, Morocco has begun to privatize previously state-owned sectors of the economy.





# How To Raise Teenagers



CW magazine has compiled a list of tips on how to parent a teenager with as few conflicts as possible. Read them, try them and you'll understand what we are trying to say.

### Get to know their friends

Relationships are among the many things that your teen is exploring at that age. Adolescence is the age where they build meaningful friendships that can last a lifetime. Your little girl or boy may also get attracted to the members of the opposite sex during this time, and explore romantic relationships.

### Be a friend

To a teen, you should be a parent and a friend. Your teenager wants to be heard and understood, not judged. And to be able to do that, act like a friend. Listen to them, support them, have fun together and respect each other.

### Sex, lies and alcohol

Some of the most delicate issues that you need to deal with teenagers are sex, alcohol and drugs. Of course, most kids dread discussing these topics with their parents. They'd rather talk about it with their friends or a confidante at school. And to avoid talking about them with you, they might develop another bad habit: lying. Sex, drugs and alcohol can easily tempt a vulnerable teen.

### Choose your battles wisely

With a teen, almost every conversation becomes an argument. So you need to be the adult and pick your battles wisely. Figure out the things for which you want to say 'no' and those which you should just let go.

### Talk to the kid

If you are having a conversation with your teen and manage to get more than just a "yes", "no" or a sigh, well done! A lot of times what seems like a decent chat with the teen can turn into a crazy argument at any moment. Such conversations are normal, as long they are not an everyday affair. Listen to what the teen has to say. They are growing individuals with an opinion of their own.



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# Cleaning The Toilet Using Coke

Do you really know that it's possible to clean a toilet using Coca-Cola drink? While the concentrations of the essential cleaning ingredients are low, they can still do the job with enough time. Some people say doing that is an inexpensive, readily available, and safe alternative to commercial solutions using harsh chemicals.

The acids in Coca-Cola drink, coupled with the long sitting time, slowly works to lift stubborn stains and build up, which will then be flushed down during the clean-up process. If you hate cleaning toilets, and would rather not touch the toilet bowl, then this cleaning hack is for you.

However, Coca-Cola was not meant to clean. Coke is acidic at a pH of 3.4, so it can corrode metals despite being able to remove tarnish.

Here are the steps to clean a toilet with Coke:

- Warm the Coca-Cola in the microwave. Make sure not to boil. Take note that you will have to place the soda in a microwave-safe container first. Alternatively, you can place the cola in a pot and allow it to simmer over a stove.
- Coat the entire toilet bowl with Coke. Pour the Coke starting from under the rim, and let it pool to the bottom.
- Leave the Coke for 2 hours, or overnight for best results. Do not use the toilet during this time.
- Use a toilet brush to scrub away at the loosened grime beneath the rim, and around the bottom.\*
- Flush the toilet until cola is completely gone, or until water is clear.
- Repeat as needed until scale buildup is gone.



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# Make Quick Cash This Festive Holidays

It is on again and festive mood has been activated. It turns out that festive holidays demand more from our pockets, expenses for holidays, food for family gatherings, new clothes for the kids and transportation fees. It is important to make extra cash to help you through this festive holidays. Below are the few tips that will help you to make quick cash this festive season.

### Baby Sitting Services

One of the easiest ways to make extra holiday cash is to provide Baby Sitting Services. With kids on vacation, parents attending holiday parties, and secret shopping trips being executed, there are more than enough opportunities for you to cash in on this in-

demand service this holiday season.

### Bake Christmas Treats

From fruit cakes to gingerbread cookies, baked goods are always a hit during Christmas time. It can also be a great gift idea. Turn your love of baking into a business. All you need is an oven, a few ingredients and creative packaging.

### Take Photographs

If you have a talent for photography, you can use it to make money this holiday season. Promote your services online or within your neighbourhood. Some clients might be interested in having family photos taken and using them as holiday cards.

### Offer holiday deep cleaning

Is your own house completely spotless down to the baseboards? Maybe you don't have time or inclination to run a full-time cleaning business. But you could still leverage your cleaning skills to make a few extra bucks this holiday season.

### Freelancing

Businesses and individuals are consistently looking for professional services for small or one-time projects over the holidays. That could be logo design, computer repairs, house/office repairs, copywriting, marketing, e-commerce, etc. A strong resume, targeted LinkedIn profile, and solid portfolio will help you find, or even create, those opportunities.



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# What Is Strep Throat?

Strep throat is an infection caused by a certain type of bacteria. Strep bacteria causes almost a third of all sore throats.

**Causes**

The cause of strep throat is bacteria known as Streptococcus pyogenes, also known as group A streptococcus. Streptococcal bacteria are highly contagious. They can spread through airborne droplets when someone with the infection coughs or sneezes, or through shared food or drinks. You can also pick up the bacteria from a doorknob or other surface and transfer them to your nose, mouth or eyes.

**Symptoms**

Throat pain that usually comes on quickly, painful swallowing, red and swollen tonsils, sometimes with white patches or streaks of pus, tiny red spots on the area at the back of the roof of the mouth (soft or hard palate), swollen, tender lymph nodes in your neck, fever, headache, rash, nausea or vomiting, especially in younger children and Body aches.

It's possible for your child to have many of these signs and symptoms but not have strep throat. The cause of these signs and symptoms could be a viral infection or some

other illness.

**When to see a doctor**

Call your doctor if your child has any of these signs and symptoms:

- A sore throat accompanied by tender, swollen lymph glands
- A sore throat that lasts longer than 48 hours
- A fever
- A sore throat accompanied by a rash
- Problems breathing or swallowing

If strep has been diagnosed, a lack of improvement after taking antibiotics for 48 hours

**Complications**

Although strep throat isn't dangerous, it can lead to serious complications. Antibiotic treatment reduces the risk.

**Spread of infection**

Strep bacteria may spread, causing infection in:

- Tonsils, sinuses, skin, blood and middle ear



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# How To Plant Red Onion

Growing red onions is as easy as any other type of onion. Red onion bulbs mature until they're ready to harvest. Most gardeners plant onion sets the second year that small red onion bulbs to hasten the maturation and harvest of the onions.

With regards to white vs. red onions, there's no difference when growing red onions as opposed to growing onions in general. There is a difference in flavor with white onions milder than red and having a shorter storage life than red onions. Both types of onion come in a multitude of varieties with varying planting times, thus different harvesting times.

To get onions off to a good start, mix an organic or time-release fertilizer into the soil prior to planting. Make sure the fertilizer is beneath the planting furrow. Mix a 2 inch (5 cm.) layer of compost into the soil before adding the fertilizer. All onions need plenty of sun and well-draining soil with a pH between 6.0 and 6.8. Set the onion bulbs 1 to 2 inches (2.5-5 cm.) deep so the roots are well covered but the neck isn't set too deeply. Space the plants 6 inches (15 cm.) apart in furrows 12

inches (31 cm.) apart. Water the onions until they are wet, but not drenched.

Onion roots are shallow, so they need a consistent supply of water, which will also garner sweeter onions. You can lay a light layer of grass clippings or other fine mulch around the onions, but be sure to keep it away from the onion tops which need full access to the sun.

## Harvesting Red Onions

You can pull onions after a few weeks if you just want to use them as scallions, but for full sized onions, you must be patient and let them mature. Onions are ready to harvest when the bulbs are large and the green tops begin to yellow and fall over. Stop watering the onion when around ten percent of the tops begin to fall over. You can now harvest the onions or leave them in the ground to be stored and used as needed.

To harvest the onions, dig the onions up and shake off the loose soil. Lay them out to cure with the tops still attached, in a warm, airy place. Keep the onions dry with good air circulation so they don't rot. As the onions

cure, the roots shrivel and the necks dry out. Allow the onions to cure for seven to ten days and then either braid the tops for storage or remove the tops and roots with pruning shears. Store the cured onions in a cool, dry place.







## How To Use Pesticides Safely In The Garden

Pesticides are chemicals of plant, animal or artificial origin, that are manufactured to kill or resist pests, insects, weeds, plant disease organisms, and other kinds of animal and plant life that threaten man's health and food. Pesticides are divided into several groups based on the organisms they are designed to control. These groups are: Herbicides, rodenticides, fungicides and acaricides.

### Are Pesticides Dangerous?

All pesticides are intended to repel or kill pests, and because of that, pesticides are poisons, including organic and natural formulations. If not handled and applied properly, many pesticides used in the home or garden can injure people and animals. Most pesticide poisoning is caused by careless use, improper storage or ignorance by the user.

Environmental contamination is a threat from misuse of pesticides. Improper use or careless disposal of pesticides can result

in soil and water contamination. Most pesticides today decompose or break down rapidly.

### How To Store Pesticides

- Store pesticides and pesticide equipment in a locked cabinet or room.
- Store pesticides in their original containers.
- Never store pesticides with or near food, animal feed, medicines or cleaning supplies.
- Cleanliness
- Wear protective clothing as specified in the label directions when mixing or applying pesticides to guard against splashes, spills and skin contact. The minimum of protective clothing should be shoes, socks, trousers and long-sleeve shirt. Use unlined rubber gloves when mixing or handling concentrates. Rinse them well with water before removing.
- Never smoke, eat or drink while handling a pesticide. After finishing the

work, wash exposed skin surfaces with soap and water.

- If pesticide spray mix is spilled on clothing, remove it immediately and wash the exposed skin with soap and water. Launder the clothing separately from the family laundry before wearing it again. If pesticide from the container is spilled on clothing, immediately remove clothing and bathe with soap. Dispose of the clothing.
- Avoid inhaling sprays, dusts or vapors. If it does get inhaled, move away from the application area and get fresh air.
- If pesticide gets into eyes, follow emergency directions on the label, flush the eyes with water for 10 minutes to 15 minutes and get medical attention.
- If some pesticide is accidentally swallowed or the applicator becomes ill during or shortly after pesticide use, call a physician or get to the hospital immediately and take the pesticide label.



# Choosing Hiking Boots

**F**inding a good pair of hiking boots is a little more involved than other shoe you need to find a rugged pair that suits the terrain and your feet, so you can log the miles without a lot of wear and tear on your toes.

you're choosing hiking boots, they should fit comfortably, but shouldn't feel uncomfortable. Be especially mindful if your toes feel tight or seem like they're up against the edge of the boot, as that rubbing and tightness could become a literal pain during a long hike.

When you're choosing hiking boots, don't go by word of mouth. One of the biggest mistakes you can make when choosing new hiking boots is to assume that a boot that someone else loves will therefore be the perfect boot for you. When

Everyone's feet are so different. Whether it's length, width, or shape, no one has feet just like you. It's so important to make sure you get a boot that fits your unique feet and not just pick one because your best friend recommends it. Start by



shopping in person with an expert who can help you choose the perfect pair of hiking boots for you.

good fit may feel a little stiffer than street shoes. These kind of boots are intended to provide your feet with more support on uneven ground, often carrying additional weight like backpacks, and typically over longer distances. The boots may be stiffer under your feet and a bit more rigid around your ankles, thus providing more support during hiking and backpacking adventures.

When you're trying out hiking boots, make sure that you're wearing the type of socks you'll wear when you're on the trail that way you'll make sure that they both work well together. Hiking boots will fit differently than your street shoes so a

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# Things to Do Before and After a Workout

**T**he 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 and after a workout, you'll know exactly how to pinch your routine in order to influence your progress and results.

**Get enough 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 and hydrate**  
Drinking your water is crucial to

health, but it plays a very critical role in a fitness routine. When you're sweating it out, you need to make sure that 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.

**Wear the right clothes and footwear for every workout**  
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 you're actually a little uncomfortable.

**Do lively warm-ups**  
Skipping your warm-up is a definite no-no. The warm-up is meant to give your body the opportunity to raise your body temperature, increase range of motion, and prepare yourself for what you're about to do.



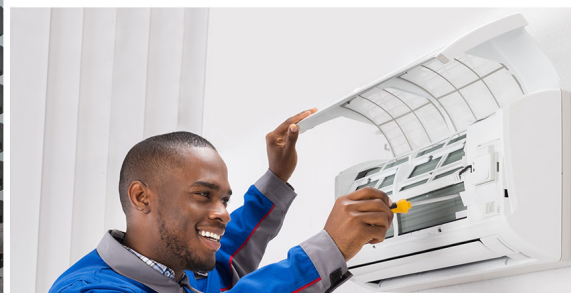
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## Morocco's National Football Team Makes World Cup History

The World Cup in Doha has without a doubt been one of the most dramatic and surprise packaged world cups in all of the world cup history. We have seen a lot that was far from expectation leaving even the best of football analysts as startled as everyone else. Among those was the biggest surprise that came from the Moroccan team.

The Team made history for their country and all of Africa when they reached the semi-finals, becoming the first African, Arab and Berber nation to do so at a World Cup. The team put on a sterling performance which saw them knocking off football giants, Portugal. This win saw one of the greatest players of all time, Cristiano Ronaldo and his other major league team-mates having to pack their bags and leaving after they were knocked out at the quarter finals level. The 1:0 win by Morocco meant that they were the first African team to go through to the Semi-Finals.

However the team was to face yet another giant ahead, they were up against the reigning World Cup champions, France. It was not an easy task and the team gave it their all but were finally defeated by a 2:0 loss. Despite their loss, the team was given some pat on their backs not only by Africans, but by the whole world for the show they put up and the surprise they brought to this World Cup. Even the France Striker and the only other Top Goal scorer beside Lionel Messi, whom they both equally shared 5 goals each



in a pursuit for the Golden Booth at the semi-finals level, Kylian Mbappe applauded the team's performance on social media.

Even when they went on to be knocked out at the semi-finals, Morocco's sterling World

Cup performance that has been historic for all Africa had them win over FIFA's Heart. Because of the show they put up, the country has been awarded by FIFA the opportunity of hosting the next World Cup in 2025.





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