

# TDA DIAMOND HELPS OTHERS SHINE IN THE COMMUNITY

*BY RETHABILE NDLOVU, KUNGO THEBE & JASMINE LESEJANE* 

## 26-03-21

Form Five student at The Dow Academy Fikile Modise is zealous about making the world a better place for all, especially those that are less privileged.

# MY QUARANTINE EXPERIENCE

It was on February 23, 2021, when my grandmother received a call that my aunt was not feeling well. She rushed to my aunt's place where she found her laying weak on the floor.

They called a taxi to take her to the clinic where she started having complications with breathing.

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# MEETING AUBREY LUTE

On March 1, 2021, The Dow Academy Newspaper Production and Journalism Skills team went on an excursion to one of Botswana's fascinating newsroom, The Weekend Post, which is under the editorship of Aubrey Lute.

The motive behind the tour was for us to know and learn how the newsroom operates.

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# WE VISITED THE VOICE NEWSROOM

Our expedition to The Voice newspaper offices will remain one of the most memorable ever.

As **TDA Diamond Times** team, we had been excited about the trip and when it finally happened, it was like a dream come true. Upon arrival, we met the ecstatic Emang Bokhutlo, who is the Editor-in-Chief of The Voice.

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Edition 1, April 2021 | Written by The Dow Academy Students

Academy

# **TDA DIAMOND** HELPS OTHERS SHINE IN THE COMMUNIT



BY RETHABILE NDLOVU, KUNGO THEBE & JASMINE LESEJANE

26-03-21

Re Diteemane



# THE EDITOR'S LETTER

I am delighted to introduce to you The Dow Academy Diamond Times, a newspaper proudly produced by students at The Dow Academy in Mochudi, Botswana. A total of 10 students who are doing Form One through Form Four Form Four succeeded in their applications for Newspaper Production and Journalism program earlier this year and they are not only the pioneers but also masterminds behind this newspaper.

This monthly publication covers all the newspaper beats, namely; News, Health, Business, Entertainment and Lifestyle, Motoring, Sports, and International. The whole purpose is to catch them young! For me, I only came across Journalism at the University of Botswana because it is a rare occurrence for a secondary school to offer Journalism. We are thrilled at the TDA to cater to students that are considering Journalism as a future career.

The beauty of Journalism is that it opens one to a world of endless opportunities. Journalists are there to sensitize, to influence, to draw attention to and to record the journey of a nation. They educate and inform,

they protect and connect, all through the power of the pen.

Our students here are ready to shake not just Mochudi and Botswana, but to penetrate the international market as well. Most important, we teach them ETHICS OF JOURNALISM. The truth is, not every writer is a journalist, and it is the application of media ethics that will set our crop of journalists apart from the rest.

We would like to respectively and specially thank *The Voice* and *The Weekend Post* editors, Ms. Emang Bokhutlo and Mr. Aubrey Lute and their staff for welcoming our Diamonds to their newsrooms before we embarked on our first edition beginning of March. They now have a feel of the media industry, and they oozed out-of-this-world confidence when they were producing the TDA Diamond Times.

We hope you will enjoy our first newspaper. Our next edition comes out in June.

#ReDiteemane

## **About The Editor**

Yvonne Mooka is a multi-award winning journalist from Botswana who joined The BBC after a decade with The Botswana Guardian and The Midweek Sun newspapers. She is also the founder of Yvonne Media International.

Contact: yvonnequeen2003@gmail.com



Modise travelled to Mathubudukwane on March 19, 2021, where she donated toiletry, a microwave and a sum of P500.00 to Madikwe Primary School.

For Modise, seeing fellow human beings struggle does not give peace. "One day local individuals came knocking on our door at home and asked for food, blankets and other household necessities? she tells TDA Diamond Times newspaper. This, she explains, touched her heart and inspired her to get a part-time iob.

She made invoices and





Fikile Modise lives to put a smile on other people's faces

measured potholes for

the Canton Hub Logistics. Modise mentions that she will

organization called Go

Modise states that she

was further inspired by the realization that she

was privileged to go to a

something that other children do not have as

their parents cannot afford it.

In her attempt to help

community. "My grandfather works at

her community, she was

not affected by Covid-19

as much as others in her

be working for an

upcoming charity

private school,

Ouest.

Madikwe. I'm so pleased to say that his colleagues contributed P5.00 each to help the children," she says.

In response, Deputy Head of TDA Secondary School, Phillip Fergus, says he was moved by the gesture. "Never in my 40 years of teaching have I ever come across such wonders," he says.

TDA Chief Executive Officer of The Dow Academy, Cheshe Dow, says Modise's noble act showed the belief in goodness of people.



# MEET OUR DEPUTY SCHOOL HEAD





An educationalist at heart, Phillip Fergus comes across as an optimistic and hardworking leader. His number one goal is to make The Dow Academy (TDA) one of the best schools in the world.

A great believer in life-long learning, Fergus has always been passionate about education. He was born and raised in Birmingham, England. He says that his parents, who were subsistence farmers, always encouraged him to work hard. "I'm not from the most flamboyant of backgrounds but I'm indebted to my parents for always believing in me," he says.

Fergus has a Certificate in Education, Diploma in Education for qualified teachers, Bachelor of Science Degree and a National Professional Qualification for Headship. He has extensively worked in various schools, among them Aimley Middle school in Yorkshire, Swaneng senior secondary school in Serowe, Tswaragana community junior secondary school in Maun and now TDA.

Fergus has a big vision for The Dow Academy. "By having the correct policies in the school and hiring the right people, with some effort from the students, we can make the school an international school producing the best talent," states Fergus.

With plans of improving infrastructure, enhancing student experience, building up a curriculum that branches into a world of possibilities for students, he is keen on the school reaching its full potential in the next five years and putting together other projects beyond. He has faith in the students, and believes they can only excel if they work hard. "My inspiration comes from seeing students do extraordinary things," he says, adding that he goes all out when students do the same. Fergus oozes so much confidence and self-assertiveness. "Nothing phases me," he said with a smile on his face.

His observation is that the education system in Botswana is doing its best for the students by looking outside the country to get inspiration and piloting multiple pathways.

In addition, he says the system offers students clear paths from primary all the way to tertiary, thus insuring that the economy has the required skilled-workforce needed to ensure a prosperous future, with a firm faith in Botswana vision.

#### #ReDiteemane



Phillip Fergus believes so much in TDA students

## **More About Fergus**

- > His favourite dish is seswaa.
- His hobbies are 3D printing, reading and motorcycling.
- He recently finished reading a biography book called Patrick Van Rensbyg by Keith Shillington and is reading selected short stories by Herbert George Wells.
- ► He has been married to Irene Fergus and they have three children.

# TDA STUDENTS JOIN INTERNATIONAL CAMPAIGN

BY TSHEPO WETSHOOTSILE 23-03-21

Form Five students Hilda Tadyanehondo and Thato Taunyane are part of an international campaign called 'WHAT IF'-which looks at how the youth can change the curriculum to best suit everyone.

After applying mid-last year, the two were accepted by organisers of the campaign, Jessica Spencer and Zineb Mhoeyi. The two organisers were in collaboration with the ZOOM institution, which consisted of 50 to 100 participants.

In an interview with **TDA Diamond Times** newspaper, Taunyane could not hide his joy. "We had fun learning and interacting with different people across the world," he said. For Tadyanehondo, despite having fun in the campaign, she shared on difficulties she faced. "I remember having

## OUR STUDENT LEADERS

BY LELENTLE MOKARAGA 30-03-21



The dust has now settled. The Dow Academy students have chosen their leaders. A total of 19 students have been selected as prefects on March 16, 2021.

In an interview with **TDA Diamond Times** newspaper, some of the new leaders state what they aim to achieve.

### OSIAME RAMPETE, FORM ONE

The 13 year-old young man plans on making the educational environment fun and uplifting. "I am a responsible boy, hardworking and super-intelligent. I also do well in my studies," he says.

THEO NGIDI, FORM TWO network problems when I first joined, which distracted me from attending the campaign on ZOOM," she said, adding however that she managed to finally catch up with the rest of the other young people.

Through the campaign, they said they got to network with other young people around the world and learned how to be problem-solvers. They also said it was an opportunity to socialize. "I learned a lot on financial issues which will benefit me when it comes to money matters," said Tadyanehondo.

Topics discussed include among others, Racism, How Covid-19 has affected the world, Finances and social ills in general. Candidates were also invited to Southern African



Development Community (SADC)-related meetings. They are still part of the campaign. "I learned a lot on financial issues which will benefit me when it comes to money matters," said Taunyane, adding that they were also educated on being problem-solvers. The campaign is still on hold due to Covid-19 pandemic.

All said and done, Tadyanehondo and Taunyane are excited about the campaign and the difference it will make in their lives.

The application and registration link: https://docs.google.com/forms/d/1mFMwgy9PrgFtabNZtZt7uP-0SBzWGjSzfN\_89heg/edit

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TDA students have voted their prefects, tasked with serving their fellow students

He states that he wanted to become a prefect because he wanted to learn more about responsibility. "This is not my first experience. I plan to drive the future of The Dow Academy, and this is something that excites me. I'm a leader," says the 15-year-old student.

### BOREMO THEBE, FORM THREE

She describes herself as the voiceless of the voiceless." socialize and I listen to people. One of the changes I want to make is to instill a sense of self-discipline among fellow students," she states.

#### LEFIKA SEANE, FORM FOUR

She is self-assertive and believes that she has what it takes to lead her peers well. "I'm a brave, young girl. I look forward to this new role and I know that I will deliver," she says. She is 16 years-old.

### TLOTLO MONGUDI, FORM FIVE

He sees himself as a friendly and easy to get along with type of person. The 17-year-old student says he wants to advise the school management on matters of Continuous Assessments and the syllabus. "I also aim at encouraging fellow students to be well-mannered," he says, adding that he would like to be a school headboy.

## MEETING AUBREY LUTE

BY TSHEPO WETSHOOTSILE 15-03-21

On March 1, 2021, The Dow Academy Newspaper Production and Journalism Skills team went on an excursion to one of Botswana's fascinating newsroom, The Weekend Post, which is under the editorship of Aubrey Lute.

The motive behind the tour was for us to know and learn how the newsroom operates.

Lute serves as the Managing Editor and also shareholder. Two other shareholders are Tryphinah Dongwana-Kenalemang, who is also the Managing





Aubrey Lute encouraged TDA Diamond Times crew to be avid readers

Director and Dlamini Kwapa, Advertising Manager. The newspaper publishes mostly investigative stories such as corruption, nepotism, misuse of public funds, behind-the-news, and heavy court cases, hence Lute described it as 'mainstream.' It also covers breaking news, politics, business, sport, tourism and hospitality, lifestyle and entertainment.

The University of Botswana Media Studies graduate, who has worked as The Botswana Gazette editor before his time at The Weekend Post, also took The TDA Diamond Times team from one department to the other showing us his fascinating institution. We got to see various departments such as editorial, advertising, accounting and design.

The Weekend Post-INSIGHTFUL has also been featured as the best design and content newspaper in Botswana before. It is also their high online presence that makes them a newspaper of choice among readers.

Lute encouraged us to be avid readers if we are to make it in the world of Journalism. He told us that reading rewards with knowledge, a feature required for one to be a successful journalism.

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## THE VOICE: SPEAKS FOR ITSELF BY KUNGO THEBE 22-03-21

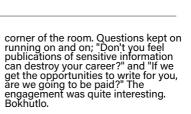
Our expedition to The Voice newspaper offices will remain one of the most memorable ever.

As **TDA Diamond Times** team, we had been excited about the trip and when it finally happened, it was like a dream come true. Upon arrival, we met the ecstatic Emang Bokhutlo, who is the Editor-in-Chief of The Voice.

Bokhutlo was more than happy to see us as she formally introduced her colleagues and explained how tense it can be in the newsroom.

Bokhutlo stood with great pride and joy leaving no stone unturned during our one-hour visit. It was an hour long, filled with laughter and debates.

"Why is The Voice known as a sensational paper?" asked TDA Diamond. In a blink of an eye, it turned into a heated argument that soon ended up in giggles from every



We also got to meet other staff members who joyfully and patiently shared their experiences with us. The likes of Sharon Mathala and Daniel China did not shun away from responding to our questions, regardless of how uncomfortable the questions were. It was eye-opening to hear about the media industry from the journalists. Other department leaders also cheerfully told us about how they operate.

The slogan 'Speaks for itself' says it all.

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MARKETING AND DESIGN Arnold Nagafela



## **FROM THE BOARD CHAIR'S DESK**

### Dear TDA Teemane,

Thirteen years is a long time. That is how long it takes for The Dow Academy (TDA) to give you, Dear Diamond, 'basic education' By the time you graduate from TDA Secondary School, you will be about 18 years old and you will have spent most of those years with us. Many people will have come into, and left your life, but TDA will have been a constant. It will be one place that you would have spent most of your waking hours. You are a member of the TDA Community.

I have committed to contributing, as a columnist, to your newspaper, TDA Diamond Times and I thought perhaps this first contribution should answer a question you may have, being 'why should we trust you with thirteen years of our lives?'

Let me offer the following reasons to answer this question.

My first job ever was as a teacher, when at 19, as I waited for my high school results, I was engaged to teach Geography at Molefi Secondary School. My parents were mighty proud to have a working daughter and at first I was mighty scared at the thought of moving from student to teacher.

I was 28 years old when I was elected at a Kgotla meeting in Mochudi to join the Board of Bakgatle Community Junior Secondary School. The model of "community junior secondary school" was new at the time and I was the youngest person serving on the Bakgatle CJSS Board.

I served on the Board of Legae English



Medium School for a couple of years.

I co-founded Baobab English Medium School. I took a year off my legal practice to supervise the establishment of the school. This entailed dealing with regulatory matters.

I have served as a visiting professor and/or speaker, at various universities, amongst them, University of Cincinnati, Harvard and Columbia University.

I have co-founded various organisations that had research, education and training as part of their mandates.

I served as the Minister of Education and Skills Development and later the Ministry of Basic Education for a total of just over three years.

I am published author. I write in English and I have been translated to French, Dutch, German and currently being translated to Chinese, Japanese and Italian.

Thank you for being part of this optimistic community.

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## Profile

# A MOMENT WITH **CHESHE DOW**

500 students to be admitted next year. TDA will also boast

will also boast exciting curricular activities such as music and athletics. Dow envisions TDA as a school of excellence where the

and we can achieve so if our students keep on pushing and working hard," she says.

hard," she says. TDA produced six students with an impressive 48 points during the last International General Certificate Secondary Education results, something Dow says should be celebrated as it was tough for everyone including the learners, due to Covid-19. The six students are David Mpete, Demi Marks, Gaosilwe Mangope, Kgosietsile Ntsowe, Thobo Kentshitswe and Anesu Musopelo. On choosing Phillip Fergus as the deputy school-head, Dow describes him as a very

describes him as a very

BY LEKGOTLA MAPHORISA

24-03-21

Chief Executive Officer of the Dow Academy Cheshe Dow is a breath of fresh air.

Very bubbly and full of energy, she tells **TDA Diamond Times** newspaper that she has always been intrigued to work in an area with children and always wanted a hand in their development development.

She is quite youthful and it is her wide and contagious smile that marks her presence before she opens her mouth. She is very intentional about what she stands for regard to the school. "My job here is reimagining education and to grow problem-solvers, with the courage and creativity to tackle questions yet to be asked and the sense of community necessary to answer them sustainably," she says.

One of her short-term plans for the school is to build a daycare centre which will take children between the ages of one and four. She also has a strategy of turning the secondary school into a boarding facility which will take students from every corner of the world, citing at least

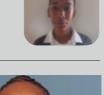
## OUR **INSPIRATIONAL** NATASHA DOW

BY KUNGO THEBE & RETHABILE NDLOVU 02-04-21

> where students can explore and express who they want to be. She looks up to her mother, grandparents, siblings and her in-laws for inspiration. "They push me to be the best I can be, and for that I'm grateful," she savs.

> Dow is an outspoken, Dow is an outspoken, outgoing person who is willing to learn about other people. She is vibrant and all these aspects drive her idea and belief in freedom of oversesion and and belief in freedom of expression and being true to oneself. "My main aspiration is to get The Dow Academy name out there and make it a household name across the country and the country and internationally," she savs.

Dow is a firm believer in freedom. She likes trying out new things,





firm leader with the best interests of the learners at heart.

As we wrap up the interview, she affirmed herself. "I'll definitely keep doing my best for the school and achieve the goals I have set for myself."

Dow has worked and led in the legal, compliance and operational risk management of financial services at both operational and board advisory level. She has also served in the rough diamond-trading sector based in Gaborone and London, supporting the European and US markets. She is also an artist and a writer.

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# **EXTRAORDINARY** LEADERSHIP

BY RETHABILE NDLOVU & KUNGO THEBE 02-04-21



Doru Aldea believes that great education can empower people to have a financially-secure future.

He is the Chief Information Officer at The Dow Academy. Born and raised in Romania, Aldea moved to the United States with his family at the age of 11. He tells **TDA Diamond Times** that his parents relocated him and his sibling to the US to have a better future.

Thus, sees his parents as his driving force. "They will always be my role models. They sacrificed a comfortable life in Romania and chose to go to a foreign land to build something for me and my sibling," he says.

Aldea is well-rounded and varied, with a background in International Business and Information Technology. He is focused and determined to make TDA a school of excellence.

"I believe that a school should provide education that will help grow problem-solvers and critical-thinkers," he states with a serious look.

Away from his hectic work schedule,



Aldea enjoys playing sports, video-gaming and travelling the world. He loves meeting new people and eating different kinds of food.

As we conclude the interview, he As we conclude the interview, he mentions three pillars that drive his goal: Determination; which is all about not giving up; Adaptability; where he solves problems that are not in his field of expertise and lastly, being Interdependent; where one acknowledges that they can never work alone to accomplish excellence.

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Excellence is the standard for Aldea



Natasha Dow is a free spirit. She wants students to be themselves.

The Dow Academy Officer Natasha Dow is a unique individual. Not only does she have a contagious and radiant smile, but she is also a free-spirit.

In an interview with TDA Diamond Times, she says that she wants to create a safe space



having moved to the United States to get her Bachelor's Degree at Butler University, Dow majored in Psychology and attempted multiple other things other thinas.

"I was always encouraged to try new things, go out there and explore," she says with her famous wide smile. This, she says, is a culture she would love to implement at TDA, giving students a chance to find out who they are they are.

"I think not everyone is destined to get a college degree and it isn't needed in order to be successful," states Dow. Dow loves travelling and seeing new things, this clearly feeds passion for exploration.

# IS THE EDUCATION SYSTEM DOING ENOUGH





The government of Botswana provides free education to citizens and non-citizens of the nation from as early as primary school to tertiary. Botswana has a literacy rate of 87.7 percent, which must be commended.

However, there is need to also tackle the issue of social ills among learners in the country. From alcohol and drug abuse, teenage pregnancies, delinquency, among others, young people need a voice in the education system to cater to them. This will help them as they become young adults.

Some of the challenges that students go through include social pressures, mental illness, demotivation and cultural conditioning. Being part of a dynamic world means the measure of success is constantly rising and indirectly influences people to attach their achievements to age. Thus, young people often feel pressurized to 'have it all figured out' by a certain age.

Furthermore, the stress of not having established a business or coming with a groundbreaking invention within a certain time period can contribute to the culmination of existing mental disorders such as anxiety and inferiority complex.

Student demotivation can be caused by the mere fact that pupils are restricted in terms of extra-curricular activities and are often forced into doing certain subjects due to limited choices offered by the curriculum.

Other reasons for this problem can include poor infrastructure and

facilities on school campus and the scarcity of learning materials. Such issues frustrate learners as the environment becomes non-conducive for learning.

There also comes a point where juveniles become more inquisitive about their surroundings and matters within their proximity, but are limited to boundaries because of cultural conditioning. Conversations about gender specific roles, sexuality and oppression by patriarchy are condemned, as such concepts continue to be shielded by culture. This hostility results in narrow-mindedness in learners as they are taught to believe only in what they are told, and they must be heard.

It would be of great importance that there is a shift in how knowledge is imparted with students, starting with how the education system implements teaching techniques in ensuring that there is inclusivity and feedback from students. Classes should be a platform for constructive conversations that not only go beyond what is on the teaching scheme, but prod at important conversations that deemed uncomfortable.

There is an urgent need for a holistic dialogue around the education system. For young people to escape being victims of social ills in the community, there must be stakeholder workshops and the youth must be the leading voices.

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# FOR THE LOVE OF COUNSELLING

### BY KUNGO THEBE 25-03-21



Irene Fergus is passionate about counselling

Head of Counselling department at The Dow Academy, Irene Fergus, is zealous about mental-health.

She says that her passion is to help teenagers with their problems. "Counselling really means a lot to me," she says proudly.

Fergus has an interesting background that sums up her role as a counsellor. She has worked in the United Kingdom in Birmingham worked in the United Kingdom in Birmingham in a hospital where she dealt with several clients and patients. "One story that really kept me going with this career was that of a boy who was used by his uncle to sell drugs. The uncle wanted a fast life and had so many issues. I came into the picture and I assisted them, and the boy successfully completed his university with no distractions," she recalls.

She further explains how she has a loving attitude towards mental-challenged patients.

Currently, she is undertaking a program called Pastoral Series 1 at TDA. The reason behind it, she says, is to assist children mentally-affected by Covid-19, school examinations, drugs and relationships.

# I BELIEVE THERE IS MORE TO YOUNG PEOPLE.

competition, "My History teacher Mrs Loveness Mutongoreya informed me on the competition and encouraged me to participate. At first I felt scared and a little bit intimidated because it was a global competition and I felt pressured because I

pressured because I wanted to raise waves in the community," he says.

The international event

Ine international event required young people and students globally to think of innovative ideas to help the youth stay busy and further their education and skill-set during the Covid-19 pandemic, when many countries were under

countries were under

Munatsi thought it was a great way to assist others. "I feel it's important to live our best lives despite the destructive presence of the invisible enemy called Covid-19,"

Munatsi states. His idea

Munatsi states. His idea was to develop a website that lets young people showcase their talents, explore new things and share their gifts with the world via video footages. "I believe there is more to the youth,"Munatsi says with a confident look.

Participating in this competition meant a lot to him as he confidently

lockdown.

BY RETHABILE NDLOVU 18-03-21



James Munatsi is a star.

TDA Form Four student, James Junior Munatsi, opened a window of opportunity and proved that no matter who you are, you can further your horizon and reach for the stars.

It broke out and quickly spread like wildfire. Representing The Dow Academy was Munatsi, who was a Form These who was a Form Three at the time.

In July 2020, a competition known as 'The Own Academy Outbreak' was set up and news of it broke out and guickly spread like wildfire.

In an interview with TDA Diamond Times, Munatsi elaborates more on how he first heard about the

# COMPUTER PROGRAM WITH EDDY MIHIGO



a Laptop.

Under the program, students learn how to

disassemble and reassemble computers. One of his students Kgosi Morwaagole said he was thrilled by the whole avpariance

whole experience.

We learned how to

dismantle a computer, look in the inside of it,

BY LEKGOTLA MAPHORISA 29-03-21

clean desktops and inspect what we had found in it. It's very interesting," said the Form Five student. The Dow Academy Diamond Times recently had a chat with one of the TDA Tech Series instructors Eddy Mihigo and his students about their interesting program called Rebuild

Another student, Tambirae Dikupa who is doing Form One, said she learned how to diagnose if a computer has problems. "The whole experience was fun. I can even start a part-time job of fix other peoples' computer," she said.

The class had also started a new topic; Networking, where they were taught to use a



said that it cleared his personal doubts, unlocked his creativity and showed him a world of endless possibilities. "It furthered my horizons," he says.

He gained confidence in He gained confidence in the end as he was ranked 15th place in the competition's Top 20 innovative thinkers. "I was shocked. I honestly needed time to digest what had happened, I was happy and excited at the same time," Munatsi happily explains. explains.

Even though he did not win, Munatsi expresses relief and enthusiasm, mentioning the people who stood by him, one of them being fellow The Dow Academy teacher Mrs Mutongoreya and former Form Five sturdents bis close students, his close friends Thobo Kentshitswe and Musheke Simakando.

"I was told to be able to take risks and think beyond my fears. I'm forever grateful for those who supported me," Munatsi states.

If he were to do it again, Munatsi says he would definitely join the competition and work even harder.

#ReDiteemane

wired network using intranet cables.

Mihigo said he had a great time with all the students. "Their level of interest amazed me. I had no problems with them and they worked efficiently," he stated.

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If you have any peer pressure, bullying, harassment or any problems at The Dow Academy, please report it to a teacher or Mr. Fergus immediately. TDA has also started Mental Health Coaching sessions. Mental Health Coaching is about helping our students to grow and learn, how to find and to protect their peace, how to acknowledge their stresses and how to find and develop strategies to help them recover from the challenges which are a part of life. The Mental Health Coach, Mrs. I. Fergus, is a trained counsellor with significant experience both in Botswana and in the UK supporting mental health. She is also a great resource for any student who wants to discuss their peer pressure challenges. challenges

# **TDA HEALTH**



It all started on February 19, 2021, when I woke up and felt as if I was coming down with a terrible flu. I had chest pains but managed to go to work.

By the next morning, my condition had worsened. I had a headache, fever, the back of my neck was sore, the chest pains had become worse, and with these, a disturbing cough. I took some pain killers in an attempt to combat the situation and decided to sleep.

Each time I stood up I was assailed by some dizzy spells. Telling myself it was just a terrible flu was how I managed to keep my sanity and with the aid of some painkillers and lemon tea, I hoped to get better.

When I woke up two days after my initial self-diagnosis feeling weak and still in a lot of pain, I decided to call my doctor who advised me to go and get tested for Covid-19. When the results came back positive, it was as if my whole world had come crushing down around me. Since my husband had driven me to the hospital, he too was tested and his results came positive.

During the ten days of quarantine, in addition to the doctor's prescription, I drank a boiled mixture of garlic, ginger

and lemon. Steaming with Vicks three times a day also helped. In addition to this, I ate lots of fruits, drank lots of water and exercised when I could. While these are not official World Health Organisation (WHO) prescribed remedies, they helped my symptoms symptoms.

Some of the bad experiences included the persistent dizziness, the funny taste of water and the cough, which seemed to never end. My worst experience was on day five, when I nearly had a blackout nearly had a blackout.

I was extremely tired.

There was never a quarantine day that I slept peacefully. Each night I would wake up with a dry throat and I had to take lemon tea for some relief. By the ninth day, I was still coughing, and on the tenth day, I went for a re-test even though I was still feeling very weak. The result was negative and I thought all was now well. Little did I know that I was going to suffer from post-viral fatigue. This was more frustrating than the Covid-19 symptoms. Now I am much better but I would like to confess that this was the most terrifying and stressful time of my life.

#ReDiteemane

The Centres for Disease and Prevention (CDC) says that a person should seek emergency medical attention if they are showing any of the following signs:

- Difficulty in breathing
   Persistent pressure or pain in the chest
   Inability to stay awake
   Bluish face or lips
   New confusion

#### Is home treatment effective?

The CDC defines a mild illness as having "any of the various signs and symptoms of COVID-19 such as fever, cough, sore throat, malaise, headache, muscle pain, without shortness of breath, dyspnoea, or abnormal chest imaging."

They also state that a person can treat a mild illness at home. People should also monitor their symptoms and keep a doctor updated. A doctor can instruct a person when to go to the emergency room and what specific home treatments might work best for them

# **MY QUARANTINE EXPERIENCE**

BY ANGELA NJOROGE

03-03-21

The doctor advised her to test for Covid-19 since she was showing the symptoms. After a few minutes, her results came and she was found positive Mar first found positive. Her first contact was my grandmother who fed her and bathed her.

Whilst they were figuring out how my aunt got the virus, my grandmother got tested and her results came negative and she was told to come for a re test ofter 10 days re-test after 10 days. The tenth day arrived and she went to the clinic only to find out she was positive.

My family was my grandmother's contacts and we all got tested. Everyone tested negative except my little sister who is only three months-old. From March 19, 2021, we were told to go on guranting vith my little sister for 14 days. Life became difficult. I started becoming uncomfortable around her because I never thought that as young as she is, she could catch the virus. Every time I carried her, I made sure I wore wearing a mask and have sanitised my hands.



We stopped kissing her and minimized the time we played with her. I also struggled to do my school work because she was grumpy and crying most of the time. A day felt like a whole vear.

It was such a tragic event to have been through and I hope my family will never encounter such a horrible scene. I would not wish this experience on anyone, not even my worst enemy.

#ReDiteemane

# HOW TO BOOST YOUR **IMMUNE SYSTEM**



How can you improve your immune system? On the whole, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and back your immuno. stock is to possible to intervent in this system? What if you improve your diet? Take certain vitamins or herbal preparations? Make other lifestyle changes in the hope of producing a near-perfect immune response?

The idea of boosting your immunity is enticing, but the ability to do so has proved elusive for several reasons.

The immune system is precisely that — a system, not a single entity. To function well, it requires balance and harmony. There is still much that researchers don't know about the intricacies and interconnectedness of the immune response. For now, there are no scientifically proven direct links between lifestyle and enhanced immune function. immune function.

But that does not mean the effects of lifestyle on the immune system are not intriguing and should not be studied. Researchers are exploring the effects of diet, exercise, age, psychological stress, and other factors on the immune response, both in animals and in humans.

In the meantime, general healthy-living strategies make sense since they likely help immune function and they come with other proven health benefits.

# Healthy Ways To Strengthen Your Immune System

Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system working properly. Every part of your body, including your immune system, functions better when protected from puricemental accounts and balatored

environmental assaults and bolstered by healthy-living strategies such as these:

- Do not smoke
  Eat a diet high in fruits and

- Exercise regularly.
  Maintain a healthy weight.
  If you drink alcohol, drink only in a dealthy weight. moderation.
- moderation. Get adequate sleep. Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly. Try to minimize stress. Keep current with all recommended vaccines. Vaccines prime your immune system to fight
- prime your immune system to fight off infections before they take hold in your body.

# Exercise: Good Or Bad For Immunity?

Regular exercise is one of the pillars of healthy living. It improves cardiovascular health, lowers blood pressure, helps control body weight, and protects against a variety of diseases. But does it help to boost your immune system naturally and keep it healthy? Just like a healthy diet, exercise can contribute to general good health and therefore to a healthy immune system.

# ENTERTAINMENT & LIFESTYLE



WE WILL ALWAYS REMEMBER SASA KLASS

BY TSHEPO WETSHOOTSILE 15-03-21



Hip-Hop Female MC, Sarona 'Sasa Klass' Motlhagodi who fiercely called herself 'Mrs Hip-Hop' and 'First Lady of Hip Hop' will never be forgotten.

Sasa Klass was like no other. She loved Hip-Hop deeply and she treated her craft with utmost diligence. She died on March 5, 2021, in a R44 helicopter crash at Xumabee Game Ranch. Popular for her hit 'Mmamongwato', Sasa Klass was actually a well-rounded musician who featured with other others such as Scar, Baxon, Ozi F Teddy, Samantha Mogwe, DJ Latimmy, among many others.

The daughter of Minister of Nationality Immigration and Gender Affairs and also member of Parliament for Gaborone Bonnington North, Anna Mokgethi, Sasa's death has not only affected her family and friends, but also the whole nation.

She called her legion of fans 'Klassmates' and she always had fun moments with them on her Facebook page. She loved them and they loved her too. Not only was Sasa Klass a gorgeous rapper, but she was also a comedian and an actress. She appeared in a TV show called Pillars, and has presented alongside South Africa's popular Phat Joe in a stint called Highly Inappropriate.She also made a mark in the rib-cracking industry by collaborating with the likes of Motsetserepa, Mojamaica and Troy April.

We will always remember Sasa Klass for her electrifying stage performances, especially with the talented Baxon and her stunning fashion sense. She also served as a source of inspiration as she said during media interviews that she started rapping at the age of 14. She was not intimidated by anyone in the male-dominated industry because she believed in herself. She taught us that it is ok to dream and pursue your dreams.

Our tears might dry but her memories can never fade. Deep condolences to minister Mokgethi and the Motlhagodi families and may they find comfort in God.

# MAY SARONA'S SOUL REST IN ETERNAL PEACE.

#ReDiteemane



# RAPPER CHIEFBABY

BY RYAN MOILWA 16-03-21



Hip Hop is Chiefbaby's thing

While he was still trying to figure out what his passion is, other than his studies, Form Three student at The Dow Academy, Kgosi Letsholo, discovered that he could actually rap.

Letsholo, known by the name 'Çhiefbaby' in the Hip Hop music genre, was introduced to music

## **DMX:** FIVE FUN FACTS ABOUT THE LATE RAPPER



Jersey and, after a police raid of his New Jersey home, the rapper was hit

with animal cruelty,

weapons, and drug

possession charges.

Then, in 2013, he was pulled over in Los

Angeles and ended up getting arrested after

police found marijuana

in his possession. That

was his third arrest that year, according to the LA

Times. He was also in

Westchester bankruptcy

court that year, listing a

Mount Kisco address.

The bankruptcy filing

was rejected and, in

2014, the house went into foreclosure, and

He once did naked laps

Also in 2013, celebrity

news site TMZ posted

surveillance camera video of DMX stark

DMX blamed his

inside a hotel.

then-wife, Tashera Simmons,

# He described himself as a violent youth.

Born Earl Simmons, DMX was a violent youth, according to his autobiography. Escaping an abusive home, he lived on the street and in group homes. The moniker "DMX" is short for his full stage name, "Dark Man X."

### He had his share of legal problems.

Even after making a name for himself, the rapper has been in and out of court. In 1998, DMX's manager was shot in the foot in New



at the age of 13 by his uncle Letso, who is also a well-known artist and a producer. The young rapper says he found rapping more fascinating.

"I started rapping during one of those moments in life when I was still exploring my hidden talents. I wanted to see what I was really gifted at. I fell in love with rapping and have never looked back since," says 14 year-old Chiefbaby with a smile. Earlier this year, Chiefbaby opened his EP by releasing a song titled 'Lost hommies', which talks about how he lost his closest friend earlier last year. An EP is a compilation of songs often created for promotional use and covers the middle



ground between a single and a full-length album. The song can be found on SoundCloud.

Chiefbaby states that he looks up to many artists, citing South African artist Emtee as his number one source inspiration. But he says he made his grand entrance in the music scene because of his father's belief in him. "I would like thank him for all the support he has given me. He has even bought me studio equipment as a way of motivating me and for that, I'm really grateful," he savs.

He says he has met various local artists including the likes of Dramaboi, Baxon and the late Sasa Klass which really inspired

continued on page 10 🕨

naked running laps inside a hotel. Although, he was not arrested for it.

# He did not always rap so seriously.

DMX's sophomore album, *Flesh of My Flesh, Blood of My Blood* debuted at the top spot on hip hop charts, as did his two successive albums. He once covered the theme song of the 1980s television show

-*Reading Rainbow*, and rapped *Rudolph the Red Nosed Reindeer* during a visit to a radio station.

## He admired being a pastor.

Though he told Bulgarian news platform -**359HipHop** that he's "spiritual" as opposed to religious, DMX also said he wants to lead a congregation. "I will not be a priest. I will be a pastor. I'm already a deacon. I will be a pastor," he said. In 2012, DMX said during an interview conducted while in prison — that he hoped to soon give his first sermon in a church setting. "That's gonna be like incredible for me and I hope it'll be incredible for the congregation of that church," he said. "I hope I'm able to reach somebody you know and touch somebody and bring them closer to the Lord?

He had also stated that he would like to release a gospel album.

### SOURCE: EELIVE

# **THE SWORD OF MOCHUDI CONTINUES TO SOAR**

Film part of Kweli Tv series Selected for Golden Short Film Festival in Italy Film director Venganai speaks

# Creativity at its best

## BY JASMINE LESEJANE 25-03-21

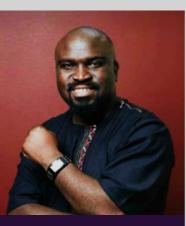
Kweli TV is showcasing Sword of Mochudi on their series, Come Up, a platform which displays short films of promising black student filmamkers. Kweli TV is an American movie and show streaming service.

The film was created by a group of talented standard six students at The Dow Academy (TDA) during Term three, under the direction of Ian P. Venganai of Ian P. Universal. It was inspired by the story of Lowe and Matsieng, two giant brothers, who according to the Setswana myth, lived in the belly of the earth. The brothers agreed that Matsieng would go to the surface of the earth and explore what was above. He never returned to the belly of the earth. The Sword of Mochudi imagines the last royal member of the Matsieng line, a princess who must guard a sword that has been passed down when the rocks were soft.

In an interview with TDA Diamond Times newspaper, Ian Venganai, said the whole idea started with a basic greetings between between him and the Chief Executive Officer of the school Cheshe Dow last year. The duo then came up with introducing TDA Media Club in the school with Venganai as the instructor.

The ten students of TDA Media Club were each asked to come forth with an idea of a story they would like to bring to life. One of the actors, Palesa Motshabi, who ended up being casted as Princess Matsieng, proposed an idea of 'a princess with powers and a sword.'

Male lead Marshall Dzikiti, a Physical Education teacher at TDA Primary School, was one of the teachers who volunteered to help out with the Media Club when the school's directors asked for the teachers to support the Media Club. "In the beginning we were just supervising the children, but later on, I



Ian P. Venganai

was offered the role of the young king warrior, Princess Matsieng's father," he says, adding that having to teach students acting for school concerts helped him cope with the acting.

For his part, Vanganai has always been interested in media and entertainment since the age of six. He describes his childhood as mostly him being glued to a TV screen, which later sparked into his interest in film industry.

His original dream was becoming an actor. However, he says he was not so gifted at acting, which led to him trying out something else within the industry,

which was directing and production. "The journey to where I am at the moment began with me having to pay my own college fees to prove to my family that I was serious about joining the entertainment industry, something they could not see as a career," he says.

#ReDiteemane

### The Sword of Mochudi has been:

#### Viewed by:

- New Capitol Cinema at a private event in Botswana.
  TDA staff and students.
  UPICtv Botswana.

- DSTV Zambia Zambia.

- Golden Short Film Festival Italy.
  Toronto Film Festival Canada.
  Accra International Film Festival Ghana.
  London International Film Festival Canada
- Kweli.tv United States of America.
  TDA YouTube Channel Worldwide.

Received written press coverage by:

- Botswana Daily News Botswana Botswana Guardian Botswana
- The Standard Zimbabwe
- Mt.Kenya Times Kenya

The Sword Of Mochudi has been selected for the Golden Short Film Festival in Italy with Palesa Motshabi (Princess Matsieng) being selected for the Golden Actress award, Dzikiti (young king warrior) and Molibi Maphanyane (the warlord) for the Golden Actors.

And Venganai nominated for Best Editor. You can view The Sword of Mochudi on The Dow Academy's YouTube page.

#ReDiteemane



Talents

him to keep doing music.

Chiefbaby sees himself performing in front of multitudes in the next five years and he hopes that he will be able to earn something from his recently discovered talent. The young

artist is planning on releasing multiple songs on his EP and hopes he will receive the support he needs from Batswana.

#ReDiteemane

## TDA FORM FOUR STUDENTS RELEASE HITS

BY ORATILE MABOSHE 23-03-21



Oratile Matlapeng





# **TDA BUSINESS**



What is an essential budget item? A gym membership? Your mortgage? One of the biggest mistakes you can make when budgeting is failing to separate the things you need from the things you want. Setting priorities is the first step in coming up with a spending plan. Recognizing which expenses are essential and which ones are negotiable gives you a place to start.

#### **Review non-negotiable expenses** first

At the top of your spending plan, list the expenses you absolutely must pay. For example, you need a place to live, so you have to pay your mortgage or rent each month. Utilities such as heat and electricity, basic phone service and insurance are other non-negotiable expenses. Food is in there, too. Include any personal or student loans in this category as well.

Analyze negotiable expenses

retirement. #ReDiteemane

Non-essential expenses are items you

Music or TV streaming services are a

few examples. Restaurant meals and pricey vacations are others. If you

need more cash to pay for essentials,

expenses can make a big difference in your cash flow.

areas like these are good places to

What can you live without? Take a

hard look at where your money goes

each month. Do you really need five

upgraded services may be nice, cutting back on some of them can free

up money to pay down credit cards or

add to your savings. By curbing your

more money for future goals, such as

spending on extras, you will have

a new car, a first home and your

look. Paring down nonessential

What can you live without?

streaming services? While the

want but don't necessarily need.

The Dow Academy continues to produce not only brilliant students academically, but also talented young people.

Three Form Four students, Oratile Matlapeng, Kevin Adam and Botho Ramaabya, have released their own music. Earlier this year, Adam and Matlapeng released their song called 'Ride or Die.' It was recorded in November 2020. In a

brief interview with this publication, the duo could not hide their joy.

"This song talks about how everybody out there has someone who is worth it all," said Matlapeng. Adam says that it is dedicated to people that stick by others during the good and the bad, adding that it encourages loyalty. It is available on SoundCloud.

Ramaabya has five hits

# THE **IMPORTANCE** OF SAVING MONEY

We save, basically, because we cannot predict the future. Saving money can help you become financially secure and provide a safety net in case of an emergency.

#### Here are a few reasons why we save:

- Emergency cushion -This could be any number of things: a new roof for your house, out-of-pocket medical expenses, or sudden loss of income. You will need money set aside for these emergencies to avoid going into debt to pay for your necessities.
- Retirement If you intend to retire someday, you will probably need savings and/or investments to take the place of the income you'll no longer get from your job.
- Average Life Expectancy - With more advances in medicine and public health, people are now living longer and needing more money to get by.
- Volatility of Social Security – Social Security was never intended to be the primary source of income and should be treated as a supplement to income.
- Education The costs for private and public

SOURCES: INCHARGE DEBT SOLUTIONS AND THE FEDERAL TRADE COMMISSION

education are rising every year and it's getting tougher to meet these demands.

Without money put away in savings and/or investments, you open yourself up to other risks as well. For example, not having enough money to pay for emergency dental care may force you into taking a loan that your savings might otherwise have covered.

### How much can you potentially save?

It's important that you develop a budget using your net income as it reflects your take home pay after taxes and dedications. A common mistake people make is developing a budget off of their gross income. It's a mistake because you're budgeting money you never possessed. Remember your potential savings is the difference between your net income and your expenses.

When developing a saving plan ask yourself these questions:

 Are there any variable expenses that you can reduce or eliminate? Is there anything you spend money on that you could eliminate and apply towards saving?

### Tips for saving money:

under her tiny belt, namely,'Ole,' 'Afro,' 'Dhala,'' Top Monate' and

'Ba Nhurdile'. She says she was inspired by her

friends who told her that she has a good voice. "In

addition to having

media pages.

#ReDiteemane

self-confidence, l'also

depended on my good that I can do it," she says, adding that her music is on her social

 Save windfall income Any unexpected money such as income tax return money.
Collect loose change and deposit it in the bank – Use a piggy bank and deposit its contents when its full. Try frugality Purchase cheaper off brand items and save money. • Break a habit – Try doing one less thing you expensive venture a week and apply that money to your savings.
Save lunch money -According to a study by Forbes Magazine, Americans on average spend \$1000 annually on going out to lunch. Bring your lunch to work and invest that \$1000 in yourself.Have a "buy nothing week." Compare costs of major items before purchasing anything Do your due diligence, shop around before making major

purchases. Use coupons -Coupons are a great way to reduce living expenses.

# **TDA SPORTS**

## NBA SAYS INJURY RATE DOWN SLIGHTLY FROM NORMAL

Despite injuries to several marquee players, the NBA says the rate league-wide has decreased this season.

The NBA said Thursday that the rate of players needing to miss games because of injuries is down from last season, and within the normal range for what the league has seen over the last five seasons.

League data shows the player injury rate this season is down about 6 percent, even though several marquee players — including LeBron James, Anthony Davis, Kevin Durant, Joel Embiid, James Harden and most recently Jamal Murray — have dealt with injuries in recent weeks.

Murray tore the ACL in his left knee this week. The standout Denver guard will be out for the rest of this season and quite possibly a significant portion of next season.

"Injuries are incredibly unfortunate," said NBA senior vice president David Weiss, who helps oversee all the health and safety efforts for the league. "We hate to see them. They've always been a part of the game, and how we're seeing them this year is not that different from how we've seen them in recent seasons: lower than some, higher than others."

Murray's injury raised the question of how this year's schedule — with teams playing 3.6 games per week, up 5 percent from last year — could have increased the risk factor for players. The NBA data doesn't support the notion of blaming the schedule, which this year compressed 72 games into 146 days, as opposed to the usual 82 games into 177 days. The schedule further tightened for many teams because of corona virus-related issues and rescheduling.

"You can see the fatigue on our players," Denver coach Michael Malone said this week. "You can see it on their bodies, in their body language."

The Nuggets were at the end of a five-games-in-seven-days stretch when Murray got hurt. Murray did not play in the first four games because of soreness in his right knee, not the one he injured late in Monday's game at Golden State. That game was Murray's first in eight days.

Murray suffered the fourth known ACL tear in the NBA this season, the others happening to Brooklyn's Spencer Dinwiddle, Washington's Thomas Bryant and Orlando's Markelle Fultz. Dinwiddie got hurt in the Nets' third game of the season, Fultz in Orlando's eighth and Bryant in the Wizards' 10th.

The four ACL tears this season matches the average from the last 10 years, the NBA said, based on the data it keeps.



"Too many players getting hurt with this shortened season ... need to not do this one again," Josh Hart of the New Orleans Pelicans tweeted early Tuesday. Hart has been sidelined after surgery to repair a damaged thumb ligament.

The NBA and the National Basketball Players Association worked together on the parameters for this season's schedule, which includes not just fewer games but also fewer flights and fewer one-game road trips. There have been some major drawbacks schedule-wise because of the health and safety rules put in place to get through a pandemic season, including many instances of players getting to a hotel at 2 a.m. or later and having to wake up by 9 a.m. to get a COVID-19 test.

Many teams have abandoned game-day morning shootarounds in favor of more rest, and practice time has been extremely limited.

"There are some quirks and some differences," said Evan Wasch, the NBA's executive vice president overseeing basketball strategy and analytics. "Some slight increases in density relative to the past few years, but nothing that's out of line with our history and nothing that we thought was particularly concerning from a health and safety standpoint."

It's impossible to know how much fatigue played a role in the NBA's injuries this season; some would say it does, some would say it's luck of the draw. James was sidelined by a high ankle sprain that happened when he collided with Atlanta's Solomon Hill. Dinwiddie, Bryant and Fultz were all hurt very early in the year. Charlotte's LaMelo Ball and Golden State's James Wiseman both may have seen their rookie seasons end after getting hurt in hard falls that led to acute injuries.

And — with a month remaining in the regular season — there are still 43 players in the league who have missed no more than one game this season, almost double the number of players who did last season. There are also some teams that saw their first-half schedules decimated by coronavirus issues that are now playing catch-up, like San Antonio, which entered Thursday tied with Memphis for the most games left this season, at 19.

"It's tough," Spurs forward Rudy Gay said. "It's been a tough season, not just for me, but for everybody. It's been a lot of traveling, a lot of moving, a lot of games, a lot of consecutive games. I'm not going to sit here and complain because nobody else is. Nobody else cares. We want to push through and get as many wins as we can the rest of the season."

SOURCE: NBA NEWS

## POTENTIAL CRAWFORD CONQUEST ADDS NEW LAYER TO **PAC -**MAYWEATHER DEBATE

They will both be in the

Hall of Fame. They will

without the other in an

adjoining sentence. But

there is no A-side when

rarely be mentioned

that does not mean

Mayweather Jr. and

comparing Floyd

Manny Pacquiao.

Freddie Roach's

notwithstanding.

To these eyes, both

before and after May 2015, it is always Pretty

because of a schooling

administered 2,173 days

Boy/Money over Pac

Man. And not just

ago in the Nevada

Rather, when the

resumes and their

check marks in his

contexts are lined up

alongside one another,

Mayweather has more

column. His armload of

titles is a bit less broad

than Pacquiao's, but the

sheer dominance of his

performances against

high-end opposition at

similar weights from 130 to 154 pounds trumps

the quantitative

advantages of his

For example, while

Pacquiao had the more

celebrated scalps at 130,

Mayweather dominated

a two-time champion to

championship (Genaro

Hernandez) and ended

streak (Angel Manfredy)

subsequent one-sided

title defenses. Had he

prolonged period he'd

likely be listed as one of

its top all-time champs.

Similar to 130, the case

Pacquiao was dominant

in blowing out a tailor-made David Diaz,

commodity in Jose Luis

Castillo before padding

one-sided wins. He gets the nod with clear

the 135-pound resume

with two more

quantity over

for Mayweather at

lightweight is one of

mathematics. While

Mayweather initially

struggled and then handled a legitimate

and a 33-fight win streak

both a 23-fight win

(Diego Corrales) in

staved there for a

Filipino nemesis.

lighter-weight

capture his

desert.

assessment



comparable quality.

When it comes to welterweight, there is a good chance Pacquiao would have been the choice had a poll been taken at the height of the pre-Mayweather hype in 2011. His erratic results in subsequent fights, however – including an undeserved win (Juan Manuel Marquez III), a devastating KO loss (Marquez IV) and the Mayweather flop – elevated Floyd's pristine tenure (12-0, 3 KO, 5 title belts) to new heights.

Quality and quantity fall on the side of Mayweather at junior middle, too, where Miguel Cotto had won three straight fights and Oscar De La Hoya had scored a knockout win in his previous outing before fighting Mayweather. Those two bouts, plus the dissection of an unbeaten Canelo Alvarez (remember him?) in September 2013, represent more of a risk than Pacquiao ever took above 147.

Lastly, on common foes, it is true that Pacquiao's victories – particularly against De La Hoya and Ricky Hatton – were more viscerally violent than Mayweather's, the actual quality of common wins has significantly more to do with when they occurred and in which weight class.

Pacquiao gets full credit for beating the Englishman in his most natural division, but Mayweather had the tougher test in several other cases – including Oscar and Cotto at 154, and Shane Mosley at 147 coming off a Margarito win rather than after a loss to Floyd and a draw with Sergio Mora.

But that doesn't mean Manny's resume isn't gaining ground.

His win over Keith Thurman in 2019 (115-112 here) was a testament to career excellence and prolonged relevance, and sets him up for more meaningful activity on the far side of 40 than Mayweather – with Conor McGregor as his lone post-40 test thus far – has dared to publicly ponder.

And while reaching for Terence Crawford's top rung on the welterweight ladder shapes up as a disaster, it is no less commendable that pursuing greatness still seems as motivating to the part-time senator as it did when he was chasing flyweight and lightweight titles at ages 20 and 30, respectively.

Crawford is a consensus pick to become Pacquiao's next dance adversary, leading a field that also includes Mikey Garcia, Ryan Garcia, Errol Spence Jr. and McGregor.

A win against any of the ones not named McGregor would be a career enhancer. A reticent Mayweather is also down the list and was deemed a dead issue by mouthpiece Leonard Ellerbe.

That is either a blessing or a tragedy, depending on who is asked.

Chances are, too, that it is not the last any of us has heard about it. Of course, regardless of how it plays out, it would be no crime for a burned-out "Money," now nearly four years past a non-novice foe, to express zero interest in rejoining the Pacquiao fray at age 44.

He beat every man he faced, owes nothing to a sport he helped buoy during promotional cold wars and UFC explosions and has earned a celebratory ceremony a few years down the road in Canastota.

But with each hour that passes since his last victory – and with every midlife mountain his generational nemesis climbs in the meantime – the less there will be to separate their bodies of work for eternity.