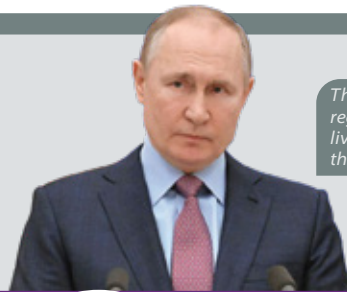


AUTISM DEMYSTIFIED

Children with autism do grow up to become adults with autism that will need to be integrated into everyday life.

PAGE 1



The on-going war has devastated regions of Ukraine, claimed countless lives and has significantly disrupted the global economy.

PAGE 2

The Dow Academy
Re Diteemane



DIAMOND TIMES



Edition 6, March - April 2022 | Written by The Dow Academy Students

Re Diteemane



The Dow Academy
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The TDA Tech Series® program is an effort to provide students with knowledge and a glimpse of professions and their requirements.

Continued on **Page 1**



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THE DOW ACADEMY TDA TECH SERIES® PROGRAMS

BY HILDA TADYANEHONDO



The Dow Academy (TDA) provides a multiple pathways basic education service from Preschool to Form 5. Upon completion of Primary School, the learners sit for the PSLE and upon completion of Form 5 the learners sit for the IGCSE.

At TDA we believe in the transformative power of accessible quality education. We are busy evolving our school to create innovative learning experiences and spaces for our learners and teachers through what we call **The Dow Academy Difference**.

An integral part of **The Dow Academy**

Difference is the TDA Tech Series®. The TDA Tech Series® is the platform TDA created in August 2020 and is aimed at delivering students technical and technological skills through innovative partnerships.

The TDA Tech Series® programs are facilitated by professionals in the field of the particular program, who are called TDA Tech Series® Fellows. The TDA Tech Series® programs are currently running at both the TDA Primary and TDA Secondary campuses from 1400 hrs to 1530 hrs, overseen by the TDA Tech Series® Coordinator – Mr. Eddy Mihigo.

The TDA Tech Series® program is an effort to provide students with knowledge and a glimpse of professions and their requirements. The TDA Tech Series® programs are aimed at delivering an experience of the profession to the student on a scholar level. As one of our TDA values is #Community, all TDA Tech Series® programs are open to both TDA and non-TDA students.

There are a variety of 16 TDA Tech Series® programs that have been introduced at TDA. The diversified TDA Tech Series® programs include Computer Coding, Rebuild a Desktop, Tele-Radio, Robotics, Newspaper and Journalism and The TDA Media Club.

The Dow Academy is a community school, and as such we believe in not only Growing

Problem Solvers within our school, but the community at large. The TDA Tech Series® holiday programs to be introduced during Term 1 holidays (from April 19 to April 29 2022) will give the community a chance to acquire these technical and technological skills as well. The programs offered include a HACKATHON, and The Rebuild a Machine Program.

TDA has achieved many accomplishments through the TDA Tech Series®. For example, The TDA monthly released newspaper, The TDA DIAMOND TIMES is produced through the Newspaper and Journalism TDA Tech Series® program. The Newspaper is written and produced by students of The Dow Academy, working under the tutelage of TDA Tech Series® Fellow Ms. Ruth Kedikilwe, and in collaboration with various external contributors and TDA's internal graphics department.

In the Rebuild a Laptop program, students learn skills such as repairing a laptop and all the pieces within the laptop. At the end of the program, all the students in the program earn their very own laptop to take home, to continue practicing and maturing their skills.

TDA has produced a movie through a TDA Tech Series® program. The TDA Media Club, in partnership with Ian P Universal, has produced two movies. The TDA Media Club

students scripted and acted in the first and second editions of the movie, The Sword of Mochudi. Both movies premiered at The New Capitol Cinemas at Acacia Mall, in Phakalane, giving the students a chance to see themselves on the big screen.

Furthermore, The TDA Tech Series® allows the students opportunities to take tours in the professional environments relating to the program. Recently, our media club students took a tour of Botswood studios in Rasesa, while our TDA Diamond Times students toured The Weekend Post production house, as well The UB Horizon and The UB Radio Station.

The TDA Tech Series® programs are giving students an opportunity to bridge the gap between the professional world and their scholar lifestyle, which seemed inaccessible before. It is also a platform for students to have the courage to unlock their dreams and have the courage to believe, to pursue and conquer them.

To find out how you can be part of The TDA Tech Series®, either as a TDA Tech Series® Fellow, or as a parent/guardian registering their child, please send an email to tdatechseries@thedowacademy.org, or contact TDA at +267 572 9204 for more information.

AUTISM DEMYSTIFIED

BY KUTLWANO SEELETSO



What is Autism? Autism is a neurodevelopmental disorder that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them.

The first signs of autism usually appear as developmental delays before the age of 3. There is no cure for autism but access to an early intervention program can make a difference to a child's development.

The prevalence of autism is reported to be increasing globally. The most recent estimates indicate that autism affects 1 in every 88 people with autism. What causes Autism? There is no known cause of autism, however, Autism is no-one's fault. It is not a parent fault that their child has been born with autism. It is NOT a psychological or emotional disorder. It is NOT the result of bad parenting and children with autism do

NOT choose to misbehave. Misbehaviours are often reactions to the environment and are expressions of the difficulties people with autism experience.

Autism is found in every country, every ethnic group, and every socio-economic class. It is diagnosed four times as often in boys than in girls, and Children who are diagnosed with autism need medical intervention as soon as possible. Autism is a lifelong condition. Possible Signs of Autism are grouped into 3 major groups of symptoms being;

1. Communication Red Flags such as atypical speech, delayed or absent, Loss of any language or social skills at any age, and Non-response when name is called.

2. Behaviour Red Flags include Unusual habits such as rocking, hand flapping, spinning of objects and more. Other signs may include oversensitivity to certain textures, sounds or lights, and the dislike of being touched, hugged or cuddled.

3. Social Red Flags such as playing alone, not making attempts to get parent's attention, not following or looking when someone is pointing at something, Rarely making eye contact when interacting with people, not pointing to show things he or she is interested in, being more interested in looking at objects than at people's faces, a Lack of interest in toys, or playing with them in an unusual way (e.g. lining up, spinning, opening / closing parts rather than using the toy as a whole), a preoccupation with unusual interests such as light

switches, doors, fans, wheels, as well as having trouble in understanding other people's feeling / talking about their own feelings. Note that a child should have at least some or all from the three groups above for a positive diagnosis.

If you discover that your loved one has autism you should immediately seek the support that is available to you. This support can come from health professionals and other health professionals such as psychologists, occupational therapists and speech and language therapists. Support can also come from family, friends, other parents/guardians who have children with autism and from autism support groups.

Please contact Autism Botswana for any other information needed on support groups and steps to take if you notice the signs described above.

Having a child with autism can be very challenging as it affects the whole family. Every parent has dreams, aspirations and a plan for their children. A positive autism diagnosis dismisses everything. It feels like losing a child. It takes work, therapy and acceptance to move on and accept the new reality but most importantly to embrace it.

Every individual with autism is different from the next which also means they need different types of therapies in different quantities. Any specific therapy may require anything from 2 months to a lifetime of the individual. This makes therapies very expensive and also time consuming. There

are various types of therapies available in Botswana, however the biggest challenge faced is the one of high cost, as most people cannot afford to pay cash. Government services are also available, which is a great initiative on the side of our government. The problem is that there aren't enough sessions provided in relation to Autism. It is important to not put a blanket requirement on all disabilities because they are all unique in their needs.

World Autism day is commemorated on the 2nd April of every year. In 2022, the theme was "Inclusion in the workplace: Challenges and opportunities in a post pandemic world 2022". The commemoration was held outside Gaborone in Ranaka village, as Autism affects people throughout the country and it is important for everyone, both in the cities and in villages, to know that they are not alone.

It is important to remember that autism does not end after secondary school. Children with autism do grow up to become adults with autism that will need to be integrated into everyday life. They need to work and live as much of a normal life as possible. The work environment needs to know what autism is and how to work with individuals living with autism.

For more information about Autism, please contact Autism Botswana at:

The Administrator Unit 5, 1st Floor, Clover House Plot 1277, Old Lobatse Road Gaborone, Botswana +267 73389408 autismbotswanainfo@gmail.com

BENEFITS OF VOLUNTEERING AT YOUR CHILD'S SCHOOL

BY C. CHIRUMBWE



Life seems so busy these days as if it is a contest for who is the busiest. There is never enough time to juggle between our jobs, caring for our children and household responsibilities.

Being a volunteer at your child's school has many benefits not only for the child but for parents as well. It should be on your "To do" list. Some of us are asking ourselves where do I get the time, but if you are wondering "why volunteer?" and you might want to try it here are some of the few benefits:

Volunteering makes a difference in your child's education.

Children whose parents are actively involved in their schools do better. Various studies have shown that children whose parent/s make better grades and their test

performance is good. They are also more likely to behave well and to enjoy a long life of learning with their parent/s support. The more parent/s participate the more successful their children will be.

Volunteering allows you to spend more time with your child.

Children spend a lot of time in school and the things they talk about are mostly school related. Being a volunteer affords the opportunity to share in school-related experiences. It creates something common ground to talk about. It also allows you to see your child in a different environment putting the skills you have imparted on them into action.

It allows you to know your child's teacher and other staff at school

Your child's teacher and the other staff have a tremendous impact on your child, not only academically but socially and emotionally as well. They are your teammates in parenting so volunteering affords a chance to work closely with your teammates.

It helps create a community.

Community is one of **The Dow Academy values**. It takes a village to raise a child. Being a volunteer at school affords the opportunity to connect with other parents and to create a circle of friends based on the common goal. Over time these friends will grow to know and love your child. Do not underestimate the power of a community in raising a child.

Volunteering makes schools better.

So much is demanded from the school with limited financial resources, any volunteer can bridge the gap at no additional cost. Taking the burden off the teacher, administration and staff allowing them to do their best.

It allows you to use your strength.

If you are good at sports why not volunteer and showcase your talent which will be appreciated.

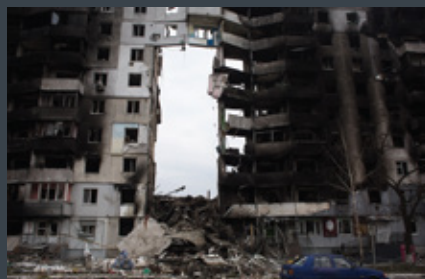
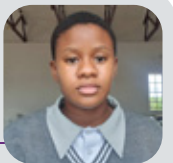
It is good for your health.

You are not stressed about your child at school.

Are you still wondering why you volunteer, if not for anything but just to spend time with your child.

IMPACT OF RUSSIAN/UKRAINE WAR ON BOTSWANA

BY PALESA MOSOTHWANE



On the 24th of February 2022, tragedy struck the nation of Ukraine after a large-scale military attack was initiated by Russia. The on-going war has devastated regions of Ukraine, claimed countless lives and has significantly disrupted the global economy.

This unrest between Russia, a key supplier of oil, natural gas, minerals and wheat, and Ukraine, also a key exporter of wheat and oilseeds (dw.com) has indeed exacerbated inflation all around the globe as the conflict is tampering with the market forces of

demand and supply.

Botswana are also experiencing the plight of sudden price increases in basic commodities such as bread and cooking oil just to name a few as local milling companies such as Bolux Group have made adjustments to the prices of their existing range of goods. Botswana Millers Association (BMA) chairman, Christo Ellis expressed that the milling industry is under great pressure due to international grain prices that are incredibly high as the war has hindered supply chains. Wheat

prices have increased by 40% since the invasion of Ukraine by Russia, and maize products by 21%. On top of this, oil prices have increased from US\$78 per barrel beginning of January 2022 to US\$111 per barrel beginning of March 2022. All of this is egregious for already financially distressed consumers (BoluxGroup.co.bw). From the professional view of Ms. V. Chingwe (TDA teacher of commercial subjects), "because our country relies greatly on importing, it does not come as a shock that inflation has increased." She concluded

by adding, "it is better to invest in assets for now than to keep money and if an individual decides to keep money, it would be better to do so in other currencies such as the US dollar or the British Pound.

As long as these two superpowers are at war, low and middle income countries will continue to suffer leaving consumers to bear the brunt of incessantly increasing prices.

EDITOR'S NOTE

THE FUTURE IS NOW @TDA



Dear Diamonds,

It is widely perceived that as long as children are clean fed and clothed, they have little or nothing more to worry about. This prehistoric notion could not be further from the truth and carries just as much weight as children should not be seen but heard.

The belief may have sufficed decades ago, but dynamics have changed and the playing field is a little more complex. Therefore, growing up in the 21st century is a little more challenging than it was when the coolest gadget to own was a Walkman.

Whilst social media is a welcome development and has done wonders in connecting people to the world, without proper care, monitoring and protection, the youth today find themselves at the mercy of sex predators, scammers and cyber bullies. Though most applications carry an age restriction, the young ones find their way around them just so they can fit in and not be left behind with the hype. Having all the information literally at your fingertips can be deemed a good thing, if it lands on someone who is not mentally ready to process or handle it the results can be detrimental. This is why an open line of communication between parents and their children needs to exist. The child should be able to share with a parent any weird message they may be getting from social media as this could save a possible rape, abduction and the now rife human trafficking.

Mutual respect, communication and self-discipline are all key in maintaining the safety and sanctity of our children.

Keep shining.

See you next Month!

Editor: Ruth Kedikilwe

BEAUTY STANDARDS

BY PALESA MOSOTHWANE



Who created them? Why were they created? Everyone at some point in their life has been a victim of this cruel and divisive system which is unrealistic yet inadvertently idolized.

Beauty standards supposedly show an obvious delineation between who and what is deemed as attractive and who is not. Consequently, this has given rise to a plethora of self-perception issues in populations both young and geriatric. These essentially dictate how the countenance of different people should be. This entails body weight, complexion and an overall physical appearance. Beauty standards exalt particular builds and physical characteristics. This on its own gives away a sense of counter-activity which then

extends to much deeper and internalizes discrimination. This all begins in homes where children are given derogatory names because of their relatively darker skin or "too skinny" or "too chubby" bodies. Belittling nicknames that are thrown at children may end up having detrimental (psychological) effects on them such as self-hate and a poor image of self. Children grow up to be insecure and dissatisfied about their bodies even though this would have been projected on to them by externalities. People who were shamed for the size of their bodies may resort to unhealthy ways of losing or gaining weight. Two of these include anorexia; an eating disorder

characterized by self-starvation due to an irrational fear of gaining weight. Secondly, bulimia; a chronic eating disorder characterized by extreme overeating followed by self-induced vomiting. Perhaps the most challenging thing about these standards is that they are ever changing and morphing into an even bigger, monstrous phenomenon. No one could possibly keep up with them and be content with themselves. Beauty standards are horribly damaging to everyone. People need to be more considerate and critical of their own thoughts and opinions about other people's appearances.

TRANSPORT AVAILABLE IN 2022



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IMPORT BAN OF VEGETABLES IN BOTSWANA

BY TSHEPO WETSHOOTSI



"The lack of vegetables is making Botswana suffer more than anticipated."

At the beginning of 2022 the Government of Botswana instituted a ban on the importation of certain vegetables with the aim of encouraging retailers to procure them from local farmers, and to force these local farmers to meet the national demand for vegetables like tomatoes, potatoes, cabbages, carrots, beetroots and green peppers.

Statistics shows that Botswana has been spending more than P100 million annually on importing vegetables, and last year by September 2021 the country had spent P 240 million on importation of the same.

The total ban was a welcome development for local farmers as they said the supermarkets were not willing to buy their vegetables which demoralised them, the move therefore gives these local farmers the chance to prove to the citizens of Botswana that they are also capable of providing the country with vegetables.

However, not all farmers are happy with this. In an interview with TDA Diamond Times, Mosidi Mokaeya revealed that they are overwhelmed by the surge in demand for their produce. "As much as I enjoy the fact that now the government is relying on me to supply tomatoes to my country, I am facing the problem of meeting

the demand as now people want more vegetables resulting in rising prices", said Mokaeya.

It is not only farmers who are unhappy about the ban of vegetables in Botswana. Retailers who sell these vegetables are also displeased. According to the Branch Manager of Sefalana Pilane, Mr Moses Wetshootsi "we have lost market shares in terms of sales as we were and are still affected by the loss of retail customers. He continued, "We are also facing retrenchments due to the company not doing quite well as the economy of the country is collapsing due to the COVID-19 pandemic", said Wetshootsi.



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SAYING NO TO DRUGS – THE ANTI-DRUGS CAMPAIGN

BY TSHEPO WETSHOOTSI



For decades there has been a persistent fight against substance abuse. The fight to get the youth off harmful narcotics is about as old as the hills and has recently taken a turn for the worst. However, every problem has a solution and stakeholders are working relentlessly to get people off drugs and live a clean drug free life.

In an interview with TDA Diamond Times, Tumelo affectionately known as Tutsana tells his story of how he has transformed from being a drug abusing junkie to a clean advocate for his very own anti-drug campaign. "When I was still a drug addict, I used alcohol, cigarettes, marijuana, cocaine and prescription medication", said Tumelo.

Getting clean was not an easy journey for Tumelo as he had to go to jail for a year to realize that drug abuse is not good at all. "While I quit drugs after I returned from prison,

I went back to cigarettes and alcohol and my life went down the drain again. Around 2009 though, I decided to stop sorely to start developing my life", said Tumelo.

After coming clean, Tumelo experienced a gradual change starting with his physical appearance. He started taking better care of himself, and his relationships including those with his family also improved. From the experience Tumelo had, he believes the youth are tempted by their traumas to use drugs. He believes they do this to mask up the problems they are facing. "I lost a lot of things; I lost my father when I was doing form 5, my girlfriend in 2009 and when I went to court after an attempted murder. This then made me turn to drugs to hide the pain I was feeling", said Tumelo.

Tumelo's experiences led him to kick off his nationwide initiative, the Anti-Drug Campaign, which he started in order to help curb drug abuse in Botswana. The motto of the initiative is "Drug free is the new cool". They deal with prevention by creating awareness campaigns on the dangers of using drugs. The initiative also visits schools in order to teach students about the dangers of drug abuse. Recently, the campaign held a walk in Gaborone with the aim to teach people about problems faced by alcohol abusers and to create strategies that can help drug abusers not to damage themselves further.

This campaign has reached great heights, as it has helped reduce drug and alcohol abuse countrywide, as well as helping with providing

counselling for mental issues such as depression.

In another interview with TDA Diamond Times regarding the Anti-Drug Campaigns, Wadzha from the Botswana Substance Abuse Network, (BOSASNET), a Non-Governmental Organization explained that their core business is helping people who have problems with the use of substances such as cigarettes, alcohol, cocaine, glue, marijuana, as well as making sure that they quit using drugs. Not only does this organization help drug users, but also their family members through counseling.

Wadzha further indicated that one thing they realized about drug abuse is that the youth use these substances for energy boosting. "It is not always the case that the youth use drugs to mask their issues, sometimes it is the influence they get or receive from the society they are living in".

Drug abuse has a great impact on one's life especially during the human development phase. In most cases, this prevents one from making proper decisions and choices in life, as time goes by and body organs sometimes suffer irreparable damage.

BOSASNET has programs like counselling, education (awareness on drug abuse) that aim to educate, inform, warn and advise people on how to take care of themselves where drugs are concerned.



The Dow Academy
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TDA TELE-RADIO
Re Diteemane



DARK CHILD



MS. TOY



SWAVY



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1200HRS - 1400HRS**








INTERNATIONAL WOMEN'S DAY

BY M. SIMANKO

It is a day which was recognized worldwide in 1975 though it historically traces back as far as 1907. In Setswana we say "Mosadi ke thari ya setshaba, go ruta mosadi ke go ruta setshaba". It is a connotation of being pregnant.

The immemorial role of women in nation building cannot be denied. It is a time to celebrate women's achievements and highlight the key steps to be taken to advance the plight of women and the pursuit of gender equality.

On the world stage, the role of women is to secure peace and social progress even though human rights and gender equality are two contentious issues which are still being debated today. We pay homage to all women who put their lives and reputations on the line to fight for the rights of women. The celebration of this day is a reflection on the progress made on women's rights and gender equality.

The theme for this year is #BREAKTHEBIAS. This day is commemorated in the midst of a pandemic which has brought uncertainties and challenges which will affect us and the generations yet unborn.

In Botswana, we salute women who have made strides in the social, economic and political sectors of our society. However, it is in the political sector where the Batswana women have to break this stereotype that "Ga nke di etelelwa ke manamagadi pele" and have a woman president, a

commander-in-chief of the security forces. Women we have to support our women-folk to realize the dream of gender equality.

Today's challenges affect women more than men, which is a reason for women all around the world to support one another to achieve global peace where the world comes to a common agreement to destroy all weapons of mass destruction. If you look closely women and children are the ones most affected by conflicts which result in the use of force. These conflicts affect women economically as their source of income or food supply is affected. They become refugees as they flee from conflict infested areas.

The climate change has affected women more than men as most women head majority of households which are dependent on subsistence farming as a source of food supply.

The theme #BREAKTHEBIAS is appropriate to societies where male dominance seems to be a right. To achieve this let us empower the girl child alongside the boy child at our homes and instill in our children. These are the slogans which amplify the theme #BREAKTHEBIAS

Imagine a gender equal world.

A world free of bias, stereotypes, discrimination

A world that is diverse, equitable, inclusive

A world where difference is valued and

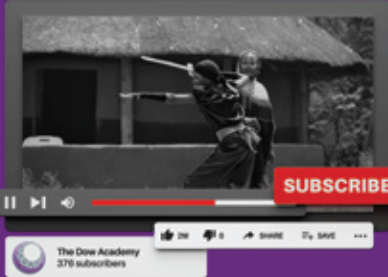
celebrate

Together we can forge women's equality collectively we can all #BREAKTHEBIAS

This can only be possible if we start from our homes as it says that charity begins at home even in Setswana we say 'le ojwa le sa le metsi.' This means if you guide, teach, and nurture a child to follow a right path at a young age he or she will not depart from it. Our children will grow up having buried the bias associated with gender inequality. When addressing the world on 8 March UN Secretary General said

"Achieving gender equality and empowering women and girl child is the unfinished business of our time and the greatest human challenge"

Every child comes from a home which means if the foundation of a home is solid what we strive to achieve will eventually be realized. The focus on women doesn't begin and end on 08 March. It should be a continuous reflection in our daily life at home, place of work, in malls, any mode of transport system. Let's cross our arms to show solidarity.





A FRESH START

A fresh start,
Is it to mend the heart?
Or to be broken apart?

I place myself in this new place,
Like a whirlwind,
I erase myself,
And become a new face.

In this new place,
I turn my story upside down
And scar myself throughout the process,
But without a doubt I know that,
Life is meant for progress.

In this new place,
I become who I'm not,
In dept of living in a knot,
Untangled I cannot,
Through sorrow I revive.

A place seen as silent as night,
Where I enjoy my endless fight,
As I attack my cornered fright,
And try to rise above my sight,
Can I afford to lose my pride?

I roam around an endless parade,
A continuous game of charade,
Their eyes bewitched by an untrue figure.
With innocence comes respect,
Love, care, compassion,
The ultimate trigger.

But can they tell what they don't see?
Can they love what they don't understand?
They come and go,
Like rain and winter's snow,
Bestowed with privilege,
Like pain on a widow's soul.
But what am I to doubt?

As I find my place,
In this new space,
Should I enjoy it as a gift?
And ultimate treasure?
Should I enjoy and surrender to this fresh start?

A fresh start,
Is it to mend the heart?
Or to be broken apart?

BY BALI-MOLA MEKGWE



Bali-Mola Mekgwe is 14 years old and doing Form 4 at The Dow Academy.

Writing poems is one of the most important things in her life and a way of expressing herself along with art and music. She plans on studying medicine in the future and becoming a Cardiothoracic Surgeon.





To The One Struggling

It probably feels like
The world has turned a blind eye to your misery
That life is giving you only lemons
And you don't even know how to make lemonade

Being told to move on
And actually moving on are not the same thing
Reality and sage advice seldom travel in the same
car
We all know some days are brighter than others
But we don't understand why

There is a struggle to understanding your beauty
And there is a beauty to understanding your struggle
I hope one day when you look back to this day
You will smile and think of the depth of your growth

The truth is a smile is a luxury
When you are fighting battles you shouldn't be
Happiness is a backseat passenger
Who refuses to talk to anyone

Your best bet is to believe
Someday you will have the courage to smile
And joy in your eye

In the midst of all your battles
Take a deep breath and remember
Somewhere in this twisted world
There is someone who loves you, wholeheartedly
For all that you are
And all that you aren't.

Remember that,
That love is nothing
Compared to the love you can give you!

BY REBAONE RAMONYADIWA



Rebaone Ramonyadiwa is a creative writer, and a poet.

Her poetry focuses mostly on psychosocial issues with poems talking on abuse, and mental illness. She has performed at open mic sessions in Gaborone, including The Perfect Noice Open Mic Sessions. She has also performed at other events such as the Gaborone Pride digital event held in 2020 and the Boitekanelo College Wellness Day held in 2022. Her recent achievement includes being one of the winners of the FNBB Literary Arts Writers Competition in 2020.

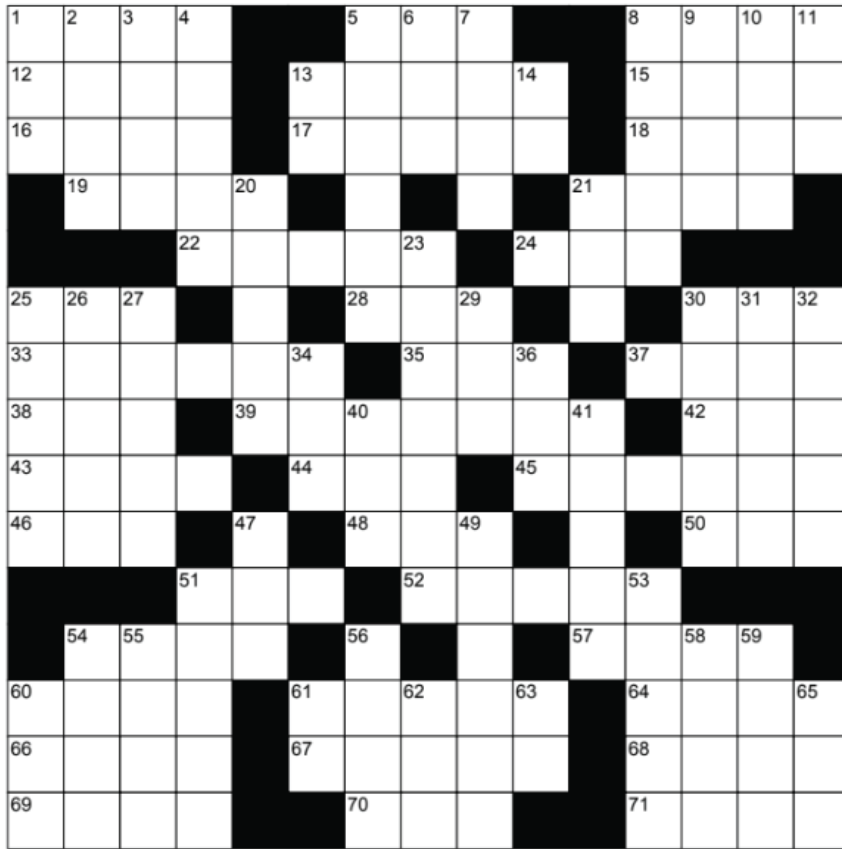
Rabaone has written a poetry anthology that was released in November 2020 titled 'Anatomy of Emotions'. The book delves into the ups and downs of mental health and certain societal issues such as rape.

**A copy of the book is P150
Contact: 75093693 for more information**

**T.G.I.F.
THANK GOD
IT'S FRIDAY**

With Eddy Mihigo





1	4	2		9				5
7			4				8	9
8		5					2	4
2					4	8		
	3				1	2	6	
	8			7	2	9	4	1
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	2	8			9	4	1	
	7	9	1		8	5	3	

MARCH

BUS	ADHOC	CANTO
ANT	CRAWL	VOID
DRY	HELLO	LINED
MILDEW	USDA	
EPEE	TENDS	NOTE
NEST	PEASE	NAG
EARLY	FOLIO	
BASSOS	DARRYL	
BIRTH	AUDIT	
OLE	BASKS	EATS
GLAD	OGLE	GROW
UTAH	DEARIE	
HIPPO	ADIEU	ALA
ACRES	SOBER	NET
SEEDS	TEMPO	TRY

BY EVELYN JOBY JIMMY AND EVELYN JOHNSON

ACROSS

- 1 Father
- 5 And so forth
- 8 Hairless
- 12 Twofold
- 13 Sailboat need
- 15 Onto
- 16 Narrow opening
- 17 Award
- 18 One of Columbus' ships
- 19 Group of nations
- 21 Hang-up
- 22 Hesitated
- 24 Man
- 25 Imitate
- 28 Track
- 30 Group admirer
- 33 Cloth hat that is fastened with ribbons
- 35 Distress call
- 37 Dog food brand
- 38 Roberto's yes
- 39 Leaf garland
- 42 Sphere
- 43 Frosted
- 44 Snatch
- 45 Pet name

DOWN

- 46 Dolls
- 48 Boom
- 50 Every
- 51 Wooden club
- 52 Connection
- 54 Make a sweater
- 57 Foster
- 60 Lager
- 61 Headquarters of British India
- 64 Brand of sandwich cookie
- 66 Institution (abbr.)
- 67 Trotted
- 68 U.S. Air Force
- 69 All
- 70 West northwest
- 71 Lemony

DOWN

- 1 Advertisements
- 2 Plant buds that begin to grow underground
- 3 Money for prisoners release
- 4 Singing parts
- 5 Spring holiday
- 6 Facial twitch
- 7 Chowder ingredient
- 8 Animal with long ears, a short tail, and soft fur
- 9 Capital of Western Samoa
- 10 Not short
- 11 Deoxyribonucleic acid (abbr.)
- 13 Scale note after fa
- 14 Jr.'s Dad
- 20 Leader
- 21 Take to court
- 23 Ashcan
- 25 End
- 26 Crippling disease
- 27 Foe
- 29 Also
- 30 Regional vegetation
- 31 Fourth month of the year

- 32 Type of peace prize
- 34 Decade
- 36 Sward
- 40 Gloomy
- 41 Birthmark
- 47 Tiger
- 49 He made you an aunt
- 51 Act or fact of being born
- 53 Start to grow
- 54 Beano
- 55 Structure used by a bird to lay eggs and rear young
- 56 Cry like a cat
- 58 __ Minor (Little Dipper)
- 59 Parent
- 60 Baby eating apparel
- 61 Deciliter
- 62 Licensed practical nurse
- 63 Ego's partner
- 65 Often poetically

UNDERSTANDING COMPREHENSIVE SEXUALITY EDUCATION

BY RUTH KEDIKILWE



Comprehensive Sexuality Education (CSE) is not teaching school going children how to have sex, according to the United Nations Educational, Scientific and Cultural Organization, UNESCO's International Technical Guidance on Sexuality Education, "Comprehensive sexuality education is a curriculum-based process of teaching and learning about the cognitive, emotional, physical and social aspects of sexuality." However with Botswana being a conservative nation, issues around sex and sexuality have been considered a taboo, immoral and never to be discussed by children with their elders, hence the reluctance to mainstream CSE into the Botswana school curriculum from primary to senior secondary school. Despite the inherent need for CSE, Botswana has not yet adequately incorporated it in school curricula. As the 2015 UNESCO

assessment of CSE revealed; CSE is not integrated in teacher training (pre-service) but is offered in in-service training of teachers. Furthermore, critical topics such as relationships, human development, sexuality and sexual behaviours, Sexual and reproductive health were missing in the school curriculum rendering it inadequate to meet the CSE standards.

During an interview, Programme Specialist (Youth) Kefilwe Koogotsitse from the United Nations Population Fund (UNFPA) explained that, "Botswana has a national CSE for out-of-school youth manual which was developed in 2018, what remains to be done is creating partnerships with civil society organisations to implement it and ensure that all young people are reached with CSE at community level."

Thatayaone Gabositwe of the Sexual Reproductive Health and Rights (SRHR) African Trust is of the notion that Botswana is yet to make the transition from teaching life skills to CSE as it is only through CSE that children will learn the complexities of sexuality. Gabositwe further emphasised that for CSE to be properly implemented the teachers must be extensively trained for them to unlearn prejudices surrounding sexuality brought about by our socialisation as Botswana. He commended the Ministry of Health and Wellness for their active participation regarding meeting the conditions of the ESA commitment and encouraged other government departments to get on board.

With children as young as ten year olds falling pregnant it is a clear indication that the sexual

activity debut age is disturbingly low, Desmond Lunga, team leader of Men and Boys for Gender Equality blames the notion that if children are not taught about something they will do it. Lunga states that they support the implementation of CSE primarily because with the multiple sources of information it is only right for the youth to get properly packaged age appropriate information through the education system. He believes CSE could also mould the attitudes of men in the future seeing as schools are the breeding places for gang rapes colloquially known as 'streamline' therefore through CSE they will understand better issues of consent.

The benefits of CSE include the Improvement of young people's knowledge and attitudes related to SRH behaviours, a delay initiation of sexual intercourse, reduced number of sexual partners and frequency of sexual activity, increase use of condoms and contraception and contributes to gender equitable attitudes and confidence and self-identity. It also increases communication with parents and their children on sexuality, rights awareness and self-efficacy. As it is in Botswana, according to Koogotsitse, "Implementation of CSE for in and out of school youth has not reached all adolescents and young people in Botswana. Few teachers have been trained, therefore the majority of schools are not offering CSE to learners. Indicators on SRH and HIV have stagnated."

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Lebo



Hilda



Boago

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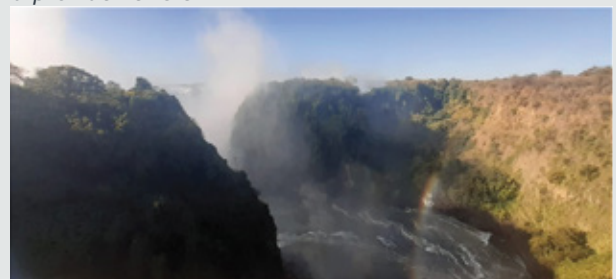
BY RUTH KEDIKILWE



Traversing the Majestic Chobe River, the beautiful Zambezi River, the enchanting Victoria Falls and the newly built magnanimous Kazungula Bridge during a week-long tour of the KAZA (Kavango Zambezi Transfontier Conservation Area) region is definitely worth the half a dozen nostril pokes of the mandatory Covid 19 PCR test required before crossing any international borders. The KAZA region lies in the Kavango and Zambezi river basins where Angola, Botswana, Namibia, Zambia and Zimbabwe converge. All countries required a presentation of valid PCR tests at all points of entry and for Botswana they were followed by a mandatory rapid test. When Covid 19 struck industries fell to their knees and one of the hardest hit was the tourism industry because the containment of the disease imposed movement restrictions that confined people to their homes rendering the closure of borders, airports and operators suffered enormous losses resulting in pay cuts, staff downsizing or complete shutdown of operations. However 2 years later under the most stringent of rules tourists find themselves up and about doing what they do best whilst resuscitating an industry that was almost rendered extinct by this dreadful disease. Of course they have had to be more creative when packaging and selling their destinations and have had to take into consideration numerous factors including the fact that there has been a significant decline in disposable income of travelers due to the global recession in the different restrictions

and protocols put in place by countries to curb the spread of Covid 19. According to Jillian Blackbeard, CEO of Africa's Eden a Regional Marketing Tourism Organization, Covid 19 hit when the tourism industry was experiencing a peak following the 2011 economic downturn and many businesses were further developing and expanding their businesses. Blackbeard pointed out that even Zimbabwe which had suffered from other socio economic challenges was looking forward to a year of prosperity. Covid 19 affected the KAZA tourism sector which supports approximately 2 million people through direct employment in both the tourism and non-tourism sectors such as conservation, community development and healthcare. "At this time and for many years in the past the tourism industry marketed themselves to a set key of source markets mainly in Europe and North America through a network of strong tour operators based on those markets," said Blackbeard. However as Covid ravaged the region businesses were forced to change their strategies and shift to marketing to predominantly regional and domestic guests, "As recovery starts, new ways of booking African holidays has become more popular thus improving pricing to suit both the business and the customer," Blackbeard said. Senior Commercial Manager at Travelstart Online Travel Operator Linda Balme explained that as agents their primary objective was to keep customers informed and provide flexible

options during these ever changing times. Most hoteliers and airlines have had to negotiate with customers to provide options for delaying travel as opposed to cancellations which are abundant during this Covid 19 era to retain revenue to keep operations going. Balme stated that pricing is another aspect that they have had to revisit to maximize the utilization to at least 70% capacity when emerging from the global travel bans imposed by Covid 19. "Prices were fluctuating at first before they stabilized to levels that were far below anything we have seen in many years," said Balme. The travel industry has also had to diversify their packages to meet requirements of people in different income streams as a means of increasing revenue. Blackbeard alluded to the fact that tourism was halted by Covid 19 and therefore, "Regional marketing organisations such as Africa's Eden were able gain traction quicker because the industry was looking for innovative ways of operation taking into consideration the importance of collective marketing and the utilization of modern technology." Proper adherence to the Covid 19 protocols of testing, wearing a mask, sanitizing and maintaining a physical distance are standard international practices still being followed even when on vacation, regardless of the country.



CHUBBITO CELEBRATES 10 YEARS OF NECESSARY NOIZE

BY STAFF WRITER



It has been a decade since the release of Botswana's hip hop top tier artist Chubbity (formerly known as Chub Heightz) debut Necessary Noise. He is embarking on an appearance and performance tour around the city, and TDA DIAMOND TIMES caught up with him to discuss the achievement.

Q: For those who don't know. Who is Chub Heightz/ Chubbity?

A: Chub is a real down to earth guy from Lobatse - Bandleng. I'm an Educator in my academic professional life and a creative, and extreme lover of the arts at Heart.

Q: Why the switch from Chub Heightz to Chubbity?

A: The switch was motivated by the shift I made in my career with regards to the music I was making at the time. I had always been told that I give off 2 different musical personas. The first was the American Rap style persona that came through my music as Chub Heightz. Then there was another side that had a more township/Street Kwaito side to me. And this was the side that people felt reflected the Lobatse side of me. Lobatse is popularly known for its Kwaito and Pantsola background as a result of the South African influence. But that's a whole other history lesson that I'll get into when I'm on Oprah next week (laughs). So basically that shift I took to making a fusion of my American Rap music

and the Kwaito township sound is what brought about the name change. And I chose the name Chubbity because it was always there as an alias and it wasn't too far from my original stage name Chub Heightz.

Q: Looking at your career, would you say you have achieved everything you had set out to do?

A: No. I can definitely say I haven't achieved everything I had set out to accomplish.

Q: It's been 10 years of Necessary Noise. How are you celebrating the album?

A: I've decided that I'm going to push to do as many appearances and performances as possible. The performances will purely be themed around Necessary Noise. These performances are basically leading up to 1 final Show towards the end of the year. Apart from that I have a few ideas I'd like to explore that I think my fans would really appreciate. I just can't say much now because I don't want to jinx anything yet.

Q: Has the album aged in the way you wanted to? What else are you planning for it?

A: I actually believe it has aged well. I listen to it once or twice every year and I love how a lot of the subject matter still resonates with me today.

Q: Are you still signed to Markedmen? If not, who owns the rights to the album?

A: Yes I'm still signed to Markedmen Records as an artist. The rights to the album are jointly owned by me and Markedmen Records.

Q: You recently released Bandleng King, a solid album with little promotion, how was that experience?

A: I appreciate that stamp of dopeness. The experience wasn't the most pleasant particularly because the album had been ready for a while by the time I released it. So my heart and mind weren't exactly where they were when I made it. So trying to remember what it felt like making some of the Music was hard to recreate.

Q: What does the future hold for Chubbity? Any plans for a tell all book?

A: I have been toying with different ideas of things to venture into that could be an extension of my brand, writing a book being 1 of them but im just not sure if a "tell all" would be the type of book I'd write. But hey, never say never right?

In terms of the future, performing this album has woken something in me. Whatever it is I'm liking it because for the 1st time in years I'm writing music again. So I can confidently say I will be releasing music some day. I can't give an exact date because I'm still enjoying finding my way back.

Q: What advice do you have for a young person looking to get into the music Industry?

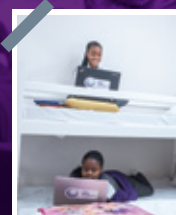
A:

1. Talent is never enough.
2. This game will take a lot from you emotionally, spiritually and most of all financially. So be 3. prepared to give a lot especially financially.
3. Be real with yourself about your bottom line. Always ask yourself how you are going to make money with every move that you make.
4. Ask questions everytime you are unsure about something. Never be afraid of sounding stupid when you ask about something you are unsure about. Ask until you actually get it.
5. Try by all means to pay upfront for everything you need and always keep receipts.
6. Plan your career from where you want it to end and work backwards.

Q: How do people get a hold of you
A: For inquiries you can contact me on 71217442/ 72381322. Or email me on chubbookings@gmail.com

Otherwise follow me on my social media handles: Chubbity BandlengKing of (Facebook) Chubbity267 on (Instagram and Twitter)

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DENZEL SEETSO NOMINATED FOR SPORTSMAN OF THE YEAR

BY RUTH KEDIKILWE



Well on his way to make it big on the world stage The Dow Academy's very own professional tennis player, Denzel Seetso has been nominated for this year's sportsman of the year at the 41st Botswana Sports Awards.

At just the tender age of 16 Denzel, who attends The Dow Academy School in Mochudi under a special programme specially designed for his tennis schedule, has managed to turn what started as an afternoon activity into an illustrious career under the tutelage of Coach Phenyo Matong who has also been nominated

for coach of the year. He has been training for 7 years now, which resulted in him rising to being number 1 in African at Under 14 level, as well as being selected for The International Tennis Federation European and American Tours. In 2021, he won the African Doubles Championship.

The Botswana Sports Awards are the brain-child of the Botswana National Sports Councils and have been established to reward athletes who have excelled in local, regional and international sporting competitions from various codes. They are an annual event and this year they will be holding the 41st instalment. The awards are scheduled to be held on May 7th at Baisago Convention Centre.

Denzel Seetso began playing tennis a little over a decade ago and has been training with Tru Tennis under Coach Phenyo Matong, who has also been nominated for an award, for the past 6 years. According to his coach, Denzel is very hardworking. He suffered an injury in 2020 which he has been recuperating from. He however still managed to take part in Senior The Davis Cup in 2021, as well as win Junior Sportsman of the year in 2022.

None of these accolades come easy as Denzel has had to put in hours of training, sacrificing the 'fun' stuff his peers get to do and always

having to juggle between his school work and tennis requires a certain amount of self-control and discipline.

We wish Denzel and his coach all the best at the awards and hope they bring them home.



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