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The Most Important Emotional Needs of a Man



BAKANG THE CYCLIST



'MY STORY IS A SPECIAL ONE...KOOLA



IKOF
Is Not Just An Artist

Unveiling

Queen Of HouseKwasa Slizer

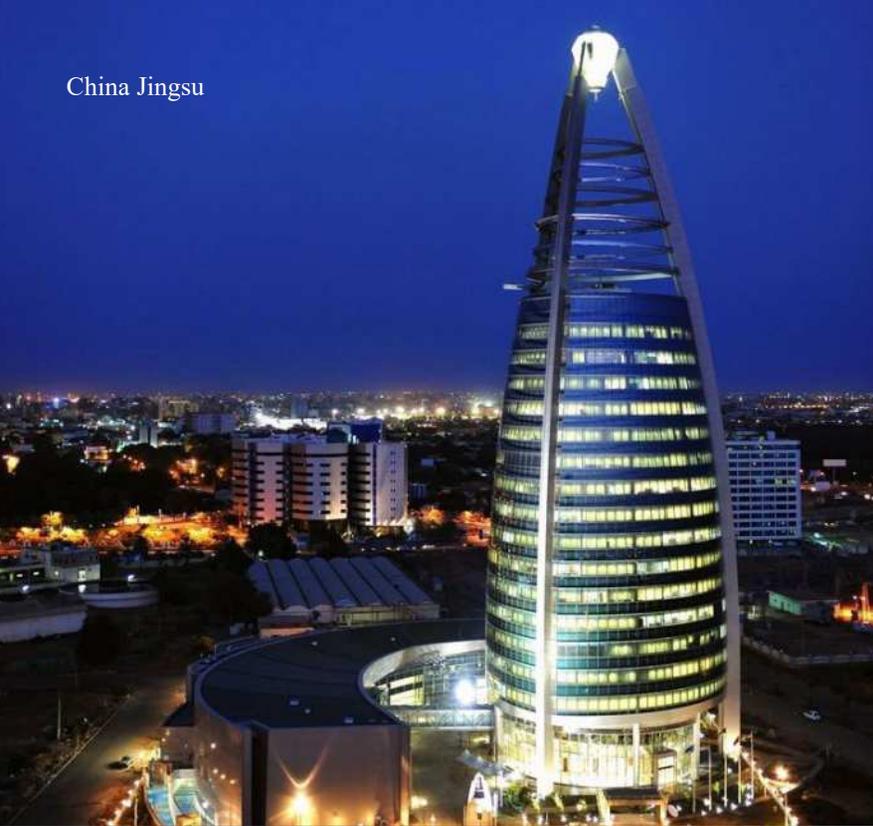


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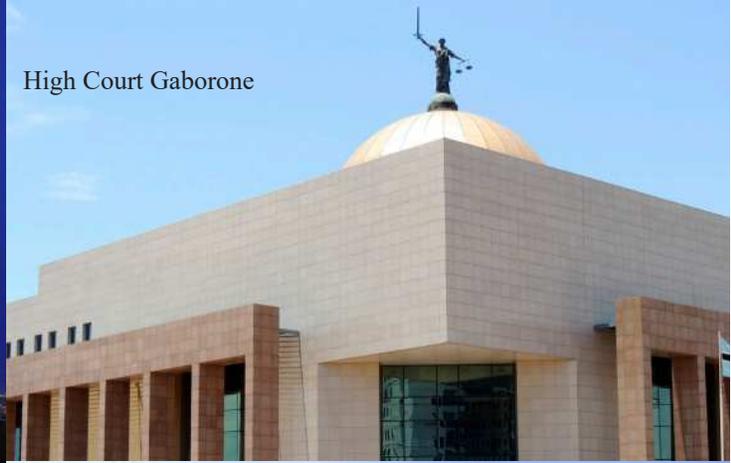
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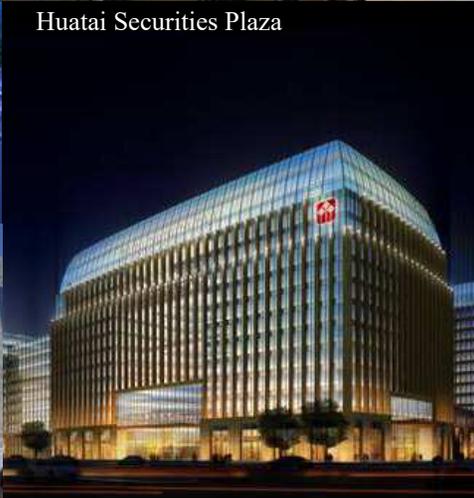
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@celeb_bw **Celebrity World**

It's a New Year and we are excited about bringing you more of what CW magazine has to offer. The issue you are holding in your hands has our interview with local kwaito-kwasa star – Slizer.

On the beauty page we have back-to-school hairstyles for girls that any parent can recreate, if you think it's too late for you, you are wrong. Take a look on this page and learn how to beautify your child's hair.



The A Team would like to hear from you this month, what would you like to read about on CW magazine? Who would you like to see featured in our pages? Let your opinion be heard on our Facebook page.

New Year should be a wonderful season for both children and adults to enjoy. There are still some amazing sales suitable for you out there to enjoy the life that you work so hard for.

Enjoy the New Year season with your loved ones and thank you for being part of Celebrity World Magazine.

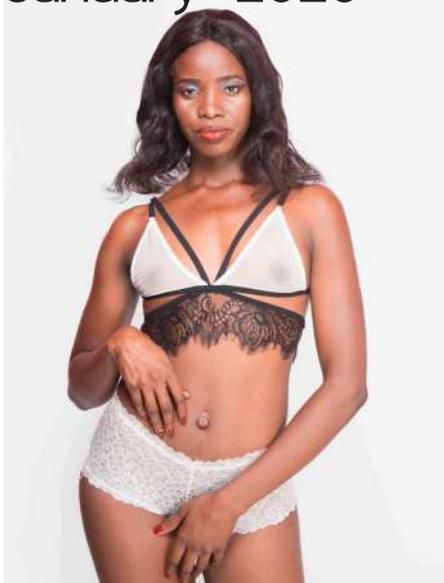
Be sure to check out this issue at the nearest Choppies Store, Square Mart and Fours Cash & Carry.

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Happy 2020!

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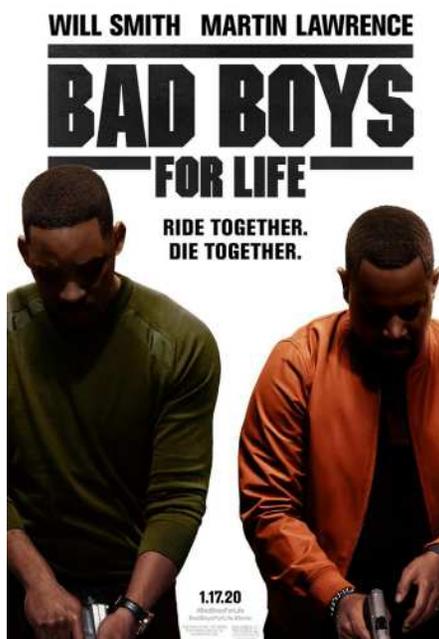
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CW List

FILM, TV, BOOKS & CULTURE

What To Watch

**Like a Boss****Release date:** January 10, 2020**Directed by:** Miguel Arteta**Produced by:** Peter Principato, Itay Reiss, Joel Zadak**Bad Boys for Life****Release date:** January 17, 2020**Directed by:** Bilall Fallah, Adil El Arbi**Produced by:** Will Smith, Jerry Bruckheimer

What To Listen to

**Selena Gomez****Album:** SG2**Release Date:** January 10, 2020**Louise****Album:** Heavy Love**Release Date:** January 17, 2020

What To Read

**A Heart So Fierce and Broken (Curse breakers #2)****Author:** Brigid Kemmerer**Release date:** January 7, 2020**Genre:** fantasy

The curse is finally broken, but Prince Rhen of Emberfall faces darker troubles still. Rumors circulate that he is not the true heir and that forbidden magic has been unleashed in Emberfall. Although Rhen has Harper by his side, his

guardsman Grey is missing, leaving more questions than answers. Rumored to be the heir, Grey has been on the run since he destroyed Lilith. He has no desire to challenge Rhen--until Karis Luran once again threatens to take Emberfall by force. Her own daughter Lia Mara sees the flaws in her mother's violent plan, but can she convince Grey to stand against Rhen, even for the good of Emberfall?

**All the Ways We Said Goodbye****Author:** Beatriz Williams, Lauren Willig, Karen White**Release date:** January 14, 2020**Genre:** Historical Fiction
France, 1914. As war breaks out, Aurelie becomes trapped on the wrong side of the front with her father, Comte Sigismund de Courcelles.

When the Germans move into their family's ancestral estate, using it as their headquarters, Aurelie discovers she knows the German Major's aide de camp, Maximilian Von Sternburg. She and the dashing young officer first met during Aurelie's debutante days in Paris. Despite their conflicting loyalties, Aurelie and Max's friendship soon deepens into love, but betrayal will shatter them both, driving Aurelie back to Paris and the Ritz—the home of her estranged American heiress mother, with unexpected consequences.

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MY STORY IS A SPECIAL ONE... KOOLA



Encounter Vincent Emile Matthys widely known as Koola, a hip hop and trap artist. He pursued his passion for music way back while he was still at high school. He mentioned that he was inspired by listening to some of the international artists, the likes of Lil Wayne, Pharrell Williams and Drake. He considers them as role models and would one day love to be mentored by them.

Koola scored a recording agreement with Bazamele Records while he was at high school. He collaborated with famous local artists like ATI and Rak.O. Besides being an artist, Koola is a top model. Since his humble beginnings, He stated that his story is a special one because he has been dropping singles annually since 2014. He believes that his music will stay relevant the whole time.

This year Koola will release a hit called "Serurubele". He will also release his first album in March, called added that he will be releasing "The things they won't tell you".

The album is highly anticipated by his fans, so much that he has even planned a tour for it. The young champ encourages people to look into themselves, know their gift because the answer is not out there, they should also write down their visions and ask God for strength.

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Dj Twazza Promises To Take Entertainment Industry To Another Level



Local Dj Twazza aka Tlhwaafalang Tebogo joined the music industry in 2012 after he got the inspiration from the late South Africa artist, Bojo Mujo and DJ Call Me who is currently a producer South Africa's artists.

Dj Twazza is currently working on his 13 tracks album titled "Testify" in which he features both local and international musicians. He spreads message through his songs by preaching gospel to the youth as a way of guiding them on what is good or bad.

He is a resident DJ at Duma FM and believes his album will give him more exposure and help his brand to grow. Dj Twazza mentioned that most of the upcoming artists should focus on building their brands because he believes that these days for an artist to be invited to a show s/he must belong to a big brand.

For him to have worked with international artists, he has so far realised that most of them are cooperative and are not selfish especially when you need help like features and vocals from them. He advises local artists to uplift each other as this will make the music industry more interesting.

He appreciates the support he received from his friends, family and companies. To him, working with big artists is a blessing and it is the reason he named his album "Testify" because it is an appreciation to those who have been there for him since he joined the industry.

For his part, Dj Twazza's Manager said "I have worked with DJ Twazza for a very long time; I understand his strengths and weaknesses. He is now a brother to me and I am happy to see him pursuing in his career."

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DJ Allan is committed to providing the highest quality entertainment experience to his clients and fans with memorable moments. He has played alongside DJ Christos, Prince kaybee, Heavy K, Da Capo, Sun El Musican, NaakMusiq, Ganyani and Busiswa.

Allan is a resident DJ at United Lounge in Gaborone. He mentioned that there is a huge transformation in Botswana entertainment industry; more upcoming artists rise up with very good concepts, this shows that indeed they move with time.

He advises renowned artists to support each and help uproot talent in young ones because blessings come in different forms. He also said they should not just sit back and expect miracles to happen to them; rather they have to know the greatest secret to receive blessings, which is through helping others who are in need.

"I urge all upcoming DJs to believe and trust in themselves. The sky is the limit, some things take time only if talent is there, the other thing is they should also involve God in everything they do because he provides to those who ask and humble before him," he said.

DJ Allan plans to venture into producing and signing of some upcoming DJ's for them to grow.

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I Know The Best Way To Rock You

He started out with the love for music at an early age. Following his passion for music, Govie Phakade Siziba aka Allan considers himself as an open kind of DJ who

plays every genre. DJ Allan became a professional DJ in 2011 and continued perfecting his craft by performing on different events.



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IKOF

Is Not Just An Artist

He always had passion for music, but things started officially in 2016 in an attempt to surprise his wife. IKOF released a song titled "Motho wa motho", which many people did not know it was his. The song brought positive opportunities to him as he got connected to different artists in Botswana and South Africa.

According to Issac "IKOF" Gofamodimo, working with other artists has helped him to create a strong brand image for his name. IKOF, who stays in United Kingdom (UK) came to Botswana in November to deliver his afro-pop music to Botswana. He went to local media houses to break the confusion about "Motho wa motho" song in order to prove that he is indeed the owner.

He advises upcoming artists to make collaborations with others so that they gain priceless suggestions from them as well as new connections with mentors, promoters or producers.

Besides being an artist, IKOF works as a Nurse in UK. He said, "When I joined the music industry, it was difficult to convince my wife. After seeing the progress, passion and response I received from the public she became my number one supporter."

IKOF was on a tour called "UK meets Botswana" in December 2019 where he involved some of the local upcoming artists. Same month on the 9th he released two singles "Moya and Follow". He said he believes that there is more talent hidden in them that needs to be uprooted, adding that all they need is exposure.



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Unveiling Queen Of HouseKwasa Slizer

She introduced and made her presence felt in music industry back in 2008 through her song titled 'O tswa kae'. Slizer is popularly known for her fashion sense of torn jeans which is now trending across the country. Her dancing moves are enthralling and the energy she puts in all her performances is to die for. The multi-talented Naledi Kaisara stage name "Slizer" shares her progress in music with us.

Slizer stated that she started music back during her school days in 1999. By then she was a backup singer and dancer to few local artists including the late Cisco B, Jeff Matheatau, Alfredo Mos and Dr Vom just to mention a few. In 2008, she went solo and released her first album 'O tswa kae' which stimulated her reign both locally and internationally. The house- kwasa star admitted that her first album really put her on the map as she was able to be recognized across borders. Slizer has performed on different music festivals, in Botswana and countries beyond. Of recent she released a new single track "A go nne worse worse" which was produced by Kusereki Makidi. The same day this single was released, the kwasa dance queen got an international call from South Africa's DJ Call me settling for a collaboration with her.

When asked what inspired her to shift from being a dancer to being an artist, Slizer said to be a full time artist has always been her dream. She said she was very sure that one day she will be a musician hence her dreams came true. The Bobonong star mentioned that music is her full time career which has helped her to achieve quite a lot of things. Through music she was able to improve the standard of living in her family; as well as provide for most of their needs and wants. Slizer said she is determined to build and grow her career. By far the queen of house- kwasa as her fans calls her, has scooped few awards in her music journey being Botswana Music Awards Union (BOMU) Best Female Award, Best Performing Group and also has a presidential award. She has established her own music record label and music outfit bio called "SLIZER CREATIONS". She revealed that she is one creative individual when it comes to clothes and she is willing to start her own fashion line in near future. She is blessed with two beautiful kids and

admitted that she is currently in a relationship with the football star Kabelo Seakanyeng. Answering how she balances music and family life Slizer pointed out that she has a very understanding family, who support her music career and hustles therefore they do not complain about family-time moments but rather pushes her into pursuing her music. She said even her kids understand the fact that most of times she will be at work. She has expressed gratitude to her mother who has supported her throughout her career.

Since Botswana is among countries that has a low rate of women in music industry, adding to that Slizer said "we need more women in this industry". she urged women in music to support others, are to be focused and do what makes them comfortable. her advice to those who are willing to follow her path is to be patient, believe in themselves and above all to trust God. She said music is a very long journey that comes with huge responsibilities and challenges hence need a persistent and strong individual.

She also expressed concern about young individuals who quit school to start music, she said education is the key to success that opens the door to everyone including musicians as they can be able to manage and or market music. "Music is a talent that no one can steal from you, I advise the young people to finish school rather than quitting" she highlighted. Slizer is among individuals in the community that appraised the spirit of giving and social responsibility. She is into charity organization where she helps the underprivileged and orphans. When asked to describe herself in three words she boldly said she is multi-talented, energetic and beautiful.



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ASAP Rocky denies he's bad in bed after alleged sex tape leak

ASAP Rocky, was leaked to Pornhub, and the social media criticism against the performing artist was swift, with many people trashing his skills in bed and accusing him of having a terrible "stroke." An alleged sex tape supposedly involving the rapper and a mystery woman has leaked online and according to folks who have seen it. After finding himself in serious legal difficulty following an assault in Sweden, ASAP Rocky responded with an impassioned defence he said he has a list of satisfied women who can attest to his skills in the bedroom.



Channing Tatum and Jessie J Break Up

Channing Tatum and singer Jessie J have split. The couple called it quits just over a year after they were first linked together in October 2018. The two were first seen together at a mini golf date last year, just months after Tatum split from ex-wife Jenna Dewan. Tatum, 39, and Jessie, 31, last stepped out publicly in October, when Jessie shared several shots of their outing. Adding that they parted ways as a couple but are still good friends.



Vampire Diaries star Ian Somerhalder confesses he lost his virginity at 13 to older woman

The 40-year-old, who is married to actress Nikki Reed said he lost his virginity to an older woman, who was 16 at the time and he was just 13 years old, after learning about sex from his older brother. The hunky actor, who played vampire Damon Salvatore in the hit show, has also opened up about his first sexual experience. He said: It was fun. When someone is 13 and you are a boy. Ian said he learned everything he needed to know about the ladies from his older brother.



The parents of 25-year-old dancer

Ahlmalik Williams revealed how the 61-year-old star told them of her love for their son and how she's planning a future with him when her Madame X tour ends next year. She is so much in love with him and that they didn't have anything to worry about as she was going to take care of him. The two are so head over heels Ahlmalik's thrilled mum Laurie, 55, even believes they could get married. Madonna went on and on about how much she cares about him.



Shiloh Jolie-Pitt, 13, Is Nearly As Tall As Mom Angelina On Pre-Christmas Shopping Trip

Shiloh Jolie-Pitt, 13, has grown up right. The middle child of Angelina Jolie and Brad Pitt was photographed out with her mom and sister, Zahara Jolie-Pitt, on Dec. 22. The trio did some shopping in Los Angeles, and were all smiles as they made their way to the shops. Shiloh towered over her older sister, and was almost as tall as her famous mom, who was wearing heels.

Shiloh looked cool and casual on the outing, rocking a pair of long black shorts, along with a gray sweatshirt and sneakers. Meanwhile, Angelina stunned in a white blouse and black skirt, which she paired with a light, black blazer and Zahara looked chic in her dark jeans and black sweater with shoulder cutouts. While Angelina is often photographed out and about with members of her and Brad's brood (they have six kids in total), Brad is much more private about his time spent with the children.



Aries

(March 21 - April 19)

Challenging aspects surround you this month concerning your personal goals and your loved one. Learning experience could come to you through mate or partner concerning future endeavors though a friend might be too close to this picture. Any obstacle could be worked out, providing you follow a middle of the road path to understanding.

Taurus

(April 20 - May 20)

The start of a conflicting month. Everything comes back in order on the 5th. You will be more active than usual, more innovative too. Hence it is certain; you will surprise your other half! You will be active this month with a strong rising desire. Keep your eye on your social circle, from the 14th, and let yourself be inspired. The wheel of life turns in the right direction for you dear. Act with level-headedness to take advantage of the best energies this month and the year ahead.

Gemini

(May 21 - June 20)

The month looks bright! You will have the answers, sometimes too much, stay vigilant, a good influx of Venus, until the 14th, to experience love in the fashion you like without headaches. Like the good Gemini that you are your

relationship is paramount. Things are moving in you and around you. It is undeniable, your mind can not control everything, understand everything.

Cancer

(June 21 - July 22)

You start a new page of your life's book with real prospects for positive change. It is sometimes difficult for you to accept that things move but when it is for the best; you have to let yourself be carried away. The monthly state of affairs is more favorable to the couple than to new encounters.

Leo

(July 23 - August 22)

Get ready to meet people. You aspire to love but not with anyone. Your dignified, proud nature leads, this month, to quality choices. Until the 14th, you communicate with ease and seduction. Your work and your health, at the heart of your priorities, will make your married life a little easier. Nonetheless, everything in you is passion and you know how to manage several things at the same time. Also, you will be able to show in a very concrete way your attachment to your partner.

Virgo

(August 23 - September 22)

Have fun, go out, and see people! It is not written in stone that you live only perennial stories! So change your usual, serious approach, and let yourself be carried into a daily full of surprises. Just be vigilant, you know how to do it, all that glitters is not gold. With a beautiful concentration of energies of earth and water, you are part of the lucky ones of the zodiac.

Libra

(September 23 - October 22)

If you have had relationship problems in the past, don't worry about them this year. There is a slim chance of turmoil in your relationship this year and a very high chance for harmony within your relationship. Don't settle for someone who you won't be happy with you in the long run. You will have an urge to work more than normal this year. You will also feel more inclined to work on your hobbies this year.

Scorpio

(October 23 - November 21)

Your love life will carry on in much of the same vein that it did last year.

There will be a slight change though, as 2020 is predicted to be a highly passionate year, even for the most novice lovers. Make sure to pay off all of your debts, and try to get money back from anyone who you have loaned money to in the past.

Sagittarius

(November 22 - December 21)

You are likely to look for a change of pace in your love life this year, whether you are single or not. If you are single, then it is a good time to begin looking for a new partner. You are likely to find love with someone new rather than with a friend or an ex. If you are working hard this year, then you are likely to get nearly everything you could want out of your career in 2020.

Capricorn

(December 22 - January 19)

Capricorn people are patient and can often be seen as perfectionists. They tend to be highly practical and ambitious people. This year in 2020 your love life is likely to be the center of your life. It is time to commit to your long-term relationships if you are already in one. Make sure that your partner knows what you need in a relationship, and make sure that you pay attention to what your partner needs as well.

Aquarius

(January 20 - February 18)

There may be some issue that you have been struggling with, and this year you will need to make a decision about it. There will be some changes in your life in 2020. New opportunities, people, and changes will come your way this year. You are likely to succeed and change in your work this year. You will need to work with your coworkers more this year.

Pisces

(February 19 - March 20)

Pisces, this year your relationships are bound to be better than they have in past years. Your social life will flourish in 2020. If you are already in a relationship, then things are about to get sweeter. It is time to begin taking care of yourself better. Start exercising and stop your bad habits. When it comes to your budget, it's better to think more logically than creatively. Do your best to avoid unnecessary purchases this year.

Back-to-School Hairstyles for Girls That Any Parent Can Recreate

Between hustling to make breakfast, convincing your kids to brush their teeth and everything else that comes with a busy morning before school, your kid's hairstyle often falls by the wayside. However, these hairstyles for girls can come together with even the tiniest bit of effort. After all, no one wants a boring 'do.



Double Dutch Braids

Nothing says "I'm ready for school!" quite like these adorable braids. Double Dutch Braids are also known as the reverse French braid. You can braid hair all the way down, or secure the style at the nape of the neck.



Side-Parted Low Pony

Keep it simple and sophisticated. All you need is a little lift in the front and a deep side part to make a style that will take her from class to soccer practice.



Bantu Knots

The style is both unique and chic. It looks pretty complicated, but you can make her feel like royalty.



Wrapped Pigtails

Take your pigtails to the next level with this super sleek pair.



Sparkly Clips

This no-fuss hairstyle is perfect for little ones who won't sit still for more than ten seconds.

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The Most Important Emotional Needs of a Man

Encouragement:

Men naturally have fragile egos. Behind the bravado a man displays in front of his woman, he may not have adequate confidence in a variety of things about himself, such as financial situation, educational level, intelligence, sense of style, sense of humor, career accomplishments, place in life, personality, sexual performance, and appearance. Every man hopes to find a woman who can make him feel safe enough to share his inner insecurities with. Although a man would not like to expose his weakness, he also knows very well that he cannot be strong all the time, and he also doesn't want to pretend to be supreme all the time; so he desires to have a woman who can love, accept and encourage him even if he is in the midst of his feelings of insecurity.

A sense of sexual connection:

In general, sex is widely associated with the emotional needs of a man. Why? A lot of men feel unloved or cheated in a long term relationship because they feel their women don't want to have sex with them often enough. In married life, generally men connect better through sex, yet women connect better through communication. Surely, this is not to say that men need to have sex every day; in order to feel sexually

connected, men not only connect through intercourse but also connect through various indicators of sexual access: a man may initiate sex just for the sake of seeing whether his woman is still sexually available to him. For example, some sexy gestures may be enough for him to have good enough senses of sexual connection, such as showing the willingness to kiss him deeply, embrace him, and romantically engage him.

Ego:

In married life, a consistently reinforced ego contributes to a man's emotional well being. He needs to feel that his woman needs him. In the present society, women have become more self-sufficient and independent than before. And to make a marriage last long, it is also not wrong for a woman to establish and maintain a proper sense of independence, because no men like a woman who is too clingy and needy. However, from the perspective of a married man, he still secretly wants her woman to lean on him for some help; after all, it is a man's instinct to help his woman – a man needs to feel that his woman can see him as someone responsible and capable; even if he knows well he is not all-powerful, he still desires his woman to view him as her hero who is ready to help her out anytime.

Respect:

All marital relationships involve issues of respect. Among all the emotional needs of a man, the most important one is respect. In a long term marriage, women desire more love than respect, but men desire more respect than love. And a husband secretly wants his wife to perceive him as able, competent, and worthy of respect. In fact, a lot of women also realize that their men need respect, but they just don't know how to make their men feel respected. Husbands are worthy of respect in many ways, here are some typical aspects:

- **Respect them as providers:**

In order to give good support to their families, they need to work hard to earn money, most husbands feel tremendous pressure to pay the bills and play the role of the breadwinner of their families, but they know it is their responsibility to do so. Even sometimes work has them crippled with anxiety, they still have to keep on working, especially when their income is not enough to provide for their families.

- **Respect them as problem solvers:**

Most husbands have an innate need to act as a problem-solver in front of their wives when their wives are encountering problems; in general, men also have stronger abilities to solve problems than women, particularly in physical abilities. And husbands always assume that their wives want advice and solutions from them when their wives run into problems, although sometimes what their wives want is just a little understanding and empathy.

- **Respect them as fathers and husbands:**

A woman's nagging is annoying for her man. Even it can increase antagonism between husband and wife. Nagging him often implies that a woman thinks his man fails to live up to her expectations. When a woman simply neglects to recognize a man's efforts toward something about her, probably he feels like his woman does not respect or trust him. On the other hand, the more a woman reminds her man of failure, the more depressed he feels about the marriage.

Happy New Year



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How to Improve Your Parenting Skills

Listen to What Your Kids Have to Say
Have you ever been so busy that you don't realize your kids are talking to you? Don't worry; it happens. When you are home put away distractions and this also means distracting thoughts. Then make it a priority to be on top of what your kids are hoping for, what they fear, and what they may feel anxious about. Never stop asking them questions no matter how many times they ignore you. When you show you care you show them, love.

It's your parental duty to teach your children the difference between right and wrong. Not only do you need to teach these lessons to your kids you need to follow these rules, too. This means that you may not always be right and will need to fess up. There will be times when you'll say no to your kids, and mean it. Then there will be other times when you've made a mistake and you'll change your mind. But when the punishment fits the crime you must stick to your guns.



Ask Ms. Mogomotsi

Studies have shown that women and girls are mostly abused in Botswana. Why?

Well this is so because;

1. Inferiority Complex: Most abusive men in a relationship have low self-esteem and self concept, and women in these relationships are more paid off than men, they become abusive due to jealousy, feeling worthless and bitterness. When certain women achieve more than their spouses, men who suffer Inferiority Complex will become either physically or

emotionally abusive as a way of gaining a sense of control and superiority in the relationship. This is because they have a deep sense of Inferiority seated inside of them and seeing their spouses prosper in any field increases it, hence they lash out.

2. Cultural Norms: In Botswana culture, men were given more privileges and seen as mere superior than women and children. But in this day and age where both sexes are treated equally, some men especially those in rural areas

feel threatened by this and still want to maintain the old, sexist views and whenever their women or children challenge their views, such men resort to abuse them in order to silence them as they feel a certain sense of entitlement.

3. Defense Mechanism: Cheating men who are ousted by their spouses become very abusive and pray over them so they do not leave them. They try to trap women and children over these toxic relationships by making them think they depend on the man.

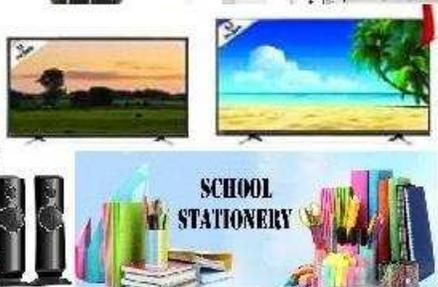





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Forrest Gump dies and goes to Heaven.

He is at the Pearly Gates, met by St. Peter himself.

However, the gates are closed and Forrest approaches the Gatekeeper.

St. Peter says, "Well, Forrest, it's certainly good to see you. We have heard a lot about you. I must tell you, though, that the place is filling up fast, and we've been administering an entrance examination for everyone. The test is short, but you have to pass it before you can get into Heaven."

Forrest responds, "It shor is good to be here , St. Peter, sir.

But nobody ever tolt me about any entrance exam.

Shor hope the test ain't too hard; life was a big enough test as it was."

St. Peter goes on, "Yes, I know, Forrest, but the test is only three questions:

First: What two days of the week begin with the letter T?

Second: How many seconds are there in a year?

Third: What is God's first name?"

Forrest leaves to think the questions

over.

He returns the next day and sees St. Peter who waves him up and says, "Now that you have had a chance to think the questions over, tell me your answers."

Forrest says, "Well, the first one -- which two days in the week begin with the letter "T"? Shucks, that one's easy. That'd be Today and Tomorrow."

The Saint's eyes open wide and he exclaims, "Forrest, that's not what I was thinking, but you do have a point, and I guess I didn't specify, so I'll give you credit for that answer.

How about the next one?" asks St. Peter.

"How many seconds in a year?"

"Now that one's harder," says Forrest, "but I thunk and thunk about that and I guess the only answer can be twelve."

Confounded, St. Peter says, "Twelve? Twelve!?"

Forrest, how in Heaven's name could you come up with twelve seconds in a year?"

Forrest says "Shucks, there's gotta be twelve: January 2nd, February 2nd, March 2nd.." "Hold it," interrupts St. Peter. "I see where you're going with this, and I see your point, though that wasn't quite what I had in mind.... but I'll have to give you credit for that one, too. Let's go on with the third and final question. Can you tell me God's first name?"

"Sure" Forrest replied, "its Andy."

Andy?!" exclaimed an exasperated and frustrated St. Peter. "Ok, I can understand how you came up with your answers to my first two questions, but just how in the world did you come up with the name Andy as the first name of God?"

"Shucks, that was the easiest one of all," Forrest replied.

"I learnt it from the song. . . . "ANDY WALKS WITH ME, ANDY TALKS WITH ME, ANDY TELLS ME I AM HIS OWN. . . ."

St. Peter opened the Pearly Gates and said: "Run Forrest, run."



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Interior Design Styles Explained



Scandinavian

Scandinavian furniture design often feels like a work of art, although it is simple and understated. There's functionality in the furniture along with some interesting lines, many of which have a sculptural influence. Other common characteristics include all-white colour palettes and the incorporation of natural elements like form-pressed wood, bright plastics, enameled aluminum, steel and wide plank flooring.

French Country

Warm, earthy colours are indicative of a French Country design style, as are worn and ornamental



wooden furnishing. The style has an overarching farmhouse inspiration. French Country design may include soft and warm tones of red, yellow or gold and natural materials like stone and brick. French Country design can include collections of ornate porcelain dishes and heavy linens & bed coverings.

Bohemian

Bohemian style reflects a carefree lifestyle with little rules, except to follow your heart's desire. Bohemian homes may include vintage furniture and light fixtures, globally inspired textiles and rugs, displays of collections, and items found in widely



varied sources including flea markets and during one's travels.

Coastal/Hamptons

Common features include light, airy colour palettes with cool neutral shades paired with blues and greens. Furnishings are often white or beige. The room can contain elements of wood and accessories are often inspired by the sea. Blue and white striped patterns for pillows, large windows, white plush sofas, and painted white wood are also common fixtures of the classic Coastal/Hampton style.



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Man of Steel



Starting a company is an exhilarating roller coaster of emotions but one can reach the destination with a company of great minded people and good connections. Featured here, is Mr Finae Jesero, a passion filled entrepreneur who grew up as someone who has always liked getting his hands dirty, and that is why he chose the kind of business he is doing right now.

Hard working as he is, Jesero did not let unemployment in our country stand between him and his dreams. He stated in his interview with us that, after completing his tertiary education he looked for some piece jobs which later opened doors for him. Jesero said while he was in his hustling days, he met a good Samaritan, Dr Wages Anifas - the owner of Eye Health Clinics who took him under his care. He regards Dr Wages as his mentor and sponsor because he left him with the warehouse he owned and told him to make a living out of it since he saw passion and hunger in his eyes.

According to Jesero, Matica Trading Pty Ltd started operating in March 2018. The business deals with steel work only and the order is specifically customized. It comprises of steel structures, elevated foundations, cattle rails, trails, sliding gates, etc. Jesero's work gives him sense of fulfillment, and he always ensures that he delivers the products to the customers well in time in order to satisfy them. His commitment and perseverance to delivery satisfying goods has led him to work with several people and big companies like Security Systems. Although Jesero faces some challenges like any other entrepreneurs, they do not pull him back as he always finds a way to tackle them.

He is grateful that he managed to employ other people as way of helping the government to curb the issue of youth unemployment. Jesero always makes sure that he gives his employees priority to do the job

because without them productivity becomes slow. He advises the youth not to wait to be spoon fed because life starts with oneself and whatever dreams they have should be put to reality.

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Creamy Avocado Egg Salad



Ingredients

1. 1 medium avocado pitted and peeled
2. 3 hard-boiled eggs peeled and chopped
3. 2 tablespoons Greek yogurt sour-cream or light mayonnaise will also work
4. 1 teaspoon fresh lemon or lime juice
5. 1 tablespoon minced cilantro parsley, dill or chives will also work
6. Salt and fresh pepper to taste

Instructions

- In Medium bowl, Add avocados and mash with a spoon until chunky. Add the remaining ingredients and mix with a spoon until creamy.
- Serve on whole-grain toast or enjoy with toasted pita chips.

Spice up the usual egg salad with the addition of avocado. Avocado makes a delicious and nutritious addition to egg salad and thanks to its naturally creamy texture, you can enjoy egg salad without the adding mayo!

If you haven't tried avocado egg salad then it's time you enjoy egg salad in a whole new way. A simple nutrition rich ingredient such as avocado with an addition of lemon, salt, pepper and your favorite herbs works wonders. It adds much-needed flavour and zest to the typical egg salad. Play around with the herbs and use parsley, dill or chives or use your personal favourite herbs and enjoy a wholesome flavour-packed dish.

Preparation Time: 10 minutes

Cook Time: 10 minutes

Servings: 2



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How to Make an Outdoor Movie Screen



Supplies Needed

- Hacksaw
- (3) 1-1/4-inch PVC pipe, 10-foot length each
- (2) 1-1/4-inch PVC pipe elbows
- (2) 1-1/4-inch PVC pipe T-joints
- Scissors
- 6x9-foot canvas drop cloth
- Adhesive hook-and-loop tape
- (2) U-channel posts
- Hammer

Step 1: Cut Pipes

Use a hacksaw to cut two 10-foot lengths of PVC pipe into two 7-foot and two 3-foot sections. Cut the remaining 10-foot PVC pipe in half; set aside.

Step 2: Assemble Frame

Attach a pipe elbow to each side of one 7-foot PVC pipe piece. Add a 5-foot pipe section to each elbow. Next, add a T-joint to each of the 5-foot sections.

Step 3: Finish Frame

Complete the frame by adding the other 7-foot piece to the T-joints. You should now have a square frame where the screen will attach. Next, add a 3-foot PVC pipe section to the bottom of each T-joint.

Step 4: Attach Screen to Frame

For the screen, use scissors to cut a drop cloth into a 6x7-foot rectangle. Before attaching, you may need to

steam or iron your cut drop cloth to remove wrinkles. Wrap one of the 6-foot sides around one 7-foot PVC pipe, with a few inches of overlap. We secured our screen with adhesive hook-and-loop tape; this way, you can break apart your movie screen for storage once the season ends. For a more permanent build, you could also sew the edges of your screen around the frame.

Step 5: Secure Screen into Ground

Drive U-channel posts into the ground 7 feet apart using a hammer. With a partner, lift up the screen and slide each 3-foot PVC piece onto U posts, twisting as needed to tighten.



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Signs of Eating Disorders in Children

Parents of children with eating disorders need allies in the fight against an eating disorder. They need to work with skilled professionals who can address the dietary, psychological and medical needs of their children. However, children do not often have the ability to express what they struggle with emotionally, so parents can watch out for the silent signs of an eating disorder. Shared here are the two signs of eating disorders in children:

- **Missing food in the home**

Eating disorders come in many different forms. Children with eating disorder may hide food in their rooms and secretly consume food when no one is around. Children with binge eating disorder usually eat unusually large amounts of food quickly. Because it is typically done alone, parents may not realize their kid's weight gain is a result of binging.



- **Avoidance of family meals**

Family meals encourage healthy eating habits in kids, but some children with eating disorders may do anything to avoid them. Look for a child insisting they ate with their friends, or refusing to eat in front of other family members. Previously enjoyed foods may be turned away or labeled unhealthy by children, or they may pick food apart at the dinner table, rather than actually eating it. Other red flags are excessive concern about the way in which foods are prepared e.g. fried vs. baked, or with butter vs. without.



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January Gardening To-Do List

Getting trees and shrubs dormant, pruned and ready for new growth is almost the only outdoor chore for cold climate gardeners. Whether you're staying warm indoors and gardening vicariously through books and catalogs or you're outside getting things in order, here are a few January gardening tips to help you get through winter.



- Review the photos you took of last season's garden (if you have some) and rework your garden design. Pay special attention to areas that need more color or structure.
- Check your stored bulbs and veggie seeds and discard any that are showing signs of rot. Mist them lightly if they seem to be drying out.
- Check outdoor plants for heaving. Mulch any plant crowns that have been pushed above ground.
- Recycle your Christmas tree as garden mulch.
- Check for any gardening shows in your area.
- Sharpen your tools.



- Be sure to check what seeds you already have.
- Check to see if your local garden centers have their seed racks up and ready to shop. They often trigger new ideas.
- Browse online for gardening inspiration, including social media platforms.

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Watch Out For This New Year' Marketing Tricks

Touching

You may see a fluffy blanket in the mall and suddenly feel like you just have to pick it up. Or what about that sleek, silver laptop? It turns out that's exactly what retailers want you to do. Shoppers can develop a sense of ownership before they even buy a product especially if they touch or hold it. If you touch it, you're likely to buy it.

Colours

During the months of December and January, it is a little difficult to avoid red and green colours. Take a look at the colour red: It creates a sense of urgency and is often targeted at impulse buyers. Blue and green, on the other hand, are calmer colours that attract careful, cautious customers. Next time visit the mall and see red

sales tag, take a step back and decide if you really need the item that caught your eye, or if you're about to make an impulse buy.

Music

Music affects people's heart rates and moods. Slow music makes people shop longer spending more time and more money. Upbeat music (which is often played during festive season sales) raises people's excitement and encourages them to spend their money. During the holidays, Christmas and New Year classics might make you more willing to spend your income on things you didn't actually plan to buy.

Smells

The part of brain that recognizes smells also handles emotions and memories. So, if a company can get people to

associate a positive scent with their products, sales go up. Stores are good at using scents to manipulate people's spending behavior especially at festive season. Take a deep breath and see if you can smell peppermint and Christmas tree balsam the next time you're in a store.



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Mogwe Taking Modern Art By Storm

We all love what we do. But admit it, there are days when we need a little push to lift the pen and get started. And sometimes, all it takes is an insightful quote to renew your love for art, spark your creativity, and get you painting again. Meet Goabaone Mogwe who stated that his inspiration for his art was reignited after listening to wise words that Steve Harvey spoke during his visit in Botswana last year. "Steve mentioned that there is lot of potential with BTV, it is literally a Gold mine and we do not know how to use

it and how it could produce a lot of content in Africa says Mogwe."

After receiving those powerful words, Mogwe gave the whole insight a thought and saw how he can tap into this opportunity. Looking at the fact that he is someone who has a good background on drawing; he came with an idea of enlarging his zone by venturing into animation since he likes animals. Goabaone is also a multi-talented gentleman who is a software developer, into branding and also a welder who restores and modifies classic cars.

Having not been away from drawing for some time, Goabaone mentioned that he had to re-train himself first by doing some portraits and also learn to draw faces without looking at the actual picture because his whole idea is to draw anime/cartoon characters from his head. Some of the successful portraits he did and is proud of was for our president His Excellency Dr. Eric Keabetswe Masisi. He told Celebrity World magazine that he believes in proving excellent services to his client and always avoid using other people's work to advertise as his.

According to Mogwe, digital art has a lot of potential in our country and he is currently working on his local anime because he feels that Africans are the only ones who can tell their stories and there is lot of content to tell in Africa. He also encourages other Batswana to the route he has taken of digital art because of its potential. He emphasized that art is not a medium where you correct things; if a person have a scar on the head do not try to correct, do exactly what you are supposed to do. He edges other artist to try something new, they should not be confined into what they already know, art is a skill and talent in which one can improved on it



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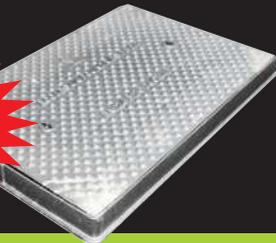
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10 scissors
10 bicycles
10 sec boat
10 sec superman
15 toe touches

5 push ups
5 triceps clips
10sec arm circles
15sec plank
15 ½ cobras

Rest day

10 sec sunbird
10sec shoulder stand
15sec plank
15high lunges

10 sit ups
10 leg cross
10 sec side plank
15 side twists
15 frog crunch
15 reverse crunch

15 lunges
15 leg raises
20 squats
30 jumping jacks

Rest day

10 bridges
10 crunches
15 sec plank
20 sit ups

kick boxing workout

Rest day

15 bicycles
15 scissors
15 sec boast
15 sec superman
20 toe touches

10 push ups
10 triceps clips
15 sec arm circles
20 sec plank

15 roll ups
15 leg cross
20 side plank
20 reverse crunch
20 sec wall sit

Zumba

15 sec shoulder stand
15 sec planks
20 high lunges

Rest day

20 lunges
20 leg raises
20 sec wall sit
25 squats
20 calf raises

15 bridges
15 crunches
25 sec planks
25 sit ups

20 bicycle
20 sec boat
20 scissors
20 sec superman
40 jumpings

25 sec plank
15 push ups
25 toe touches
15 triceps clips
20 sec arm circles

Rest day

20sec shoulder stand
15sec planks
20 high lunges

cardio workout

20 roll ups
20 criss cross
20 side twists

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30 sec wall sit

30 bridges
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The Lentswe-la-Oodi Weavers is a Swedish-initiated cooperative (1973) situated in Oodi village, approximately 20 kms north of Gaborone, on the Francistown Road. The weavers – mostly women who now fully own the cooperative – produce hand-woven wall hangings, tapestries, runners, napkins, cushion covers, jackets, and bedspreads, all designed by the weavers themselves. The wool is hand-woven and hand-dyed. Most designs depict rural scenes, animals or geometric patterns.

Established in 1973, the Oodi Project, which was originally known as Lentswe la Oodi Weavers was set up by Swedes, Ulla and Peder Gowenius, who taught the local people how to spin, dye and weave.

Oodi Weavers



It was initially set up to instill confidence in the local community to make them believe they could manage themselves and make a living. At the height of production, the cooperative commanded a great deal of respect, both locally and internationally with their hand-woven wall hangings, cushion covers and bedspreads that depicted scenes of village life.

Back then, they made jackets and handbags, cushion covers and bedspreads, table runners and napkins, depending on the demands of their market. Today, all they have in stock is their famous wall hangings. Forty years later, the women who started the project in 1973 spend a lot of time thinking back about the way it used to be. Source: net



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in Namibia where she believes her goals were achieved and ended up in Olympic Qualifications. Recently Lucara Mine sponsored her with a new bicycle.

She made history since she was the first under 23 Motswana lady to go for All Africa Games in Morocco to represent both her country and Africa. She is a Bachelor of Business Management student also under BNOC Scholarship; she also holds a coaching certificate which she believes will be valuable in her future career.

“There are lots of people who want to join this sport, the main problem is that it is expensive, parents cannot afford to buy their kids Bicycles and attire which makes everything difficult for them to pursue with it. Especially for those who are in areas where there are limited or no resources at all, in that case if you are interested you can communicate with Confederation about it”. She said.

She said they have different clubs around Botswana where they train young ones as a way of bringing more people to sports. Lastly, she urged Botswana Cycling Association to involve more women into cycling, more like Gobana’s programme “Life Cycle Coaching” which train young cyclist’s girls.

BAKANG THE CYCLIST

People engage in cycling for transport, recreation, exercise or sport. Bakang Matshidiso Ebudilwe, is a professional sport cyclist who believes cyclist in a well enhanced sport that needs a lot of support. Through cycling Bakang got a chance to travel around the world.

The Mahalapye native started cycling when she was at Ledumang Senior Secondary School in 2014. She said the team had fewer girls who later quit on the way but that did not stop her from doing what she is passionate about; she then joined “Tsela Riders

Club” based in Gaborone. Since then she has been winning National Champions.

The 23 year old added that cycling opened great opportunities for her. So far Bakang has won Junior title, 2015 she won National Champion on Road Bike, 2016 and 2017 she got both mountain and road bike, in 2018 she won Botswana National Olympic Scholarship in Swaziland for a whole year where she did several races. Early 2019 still under scholarship she went to Cape Town for training camp where they did all African continental championships





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