

Celebrity World

Botswana's Native Magazine

February 2020 P12

**My Craft,
My Pride**

**A Good
DJ Knows**

All Things Grow with *Love*

**Budgeting
Tips for Your
Daily Life**

**Handmade Leather Shoes
by Merapelo**

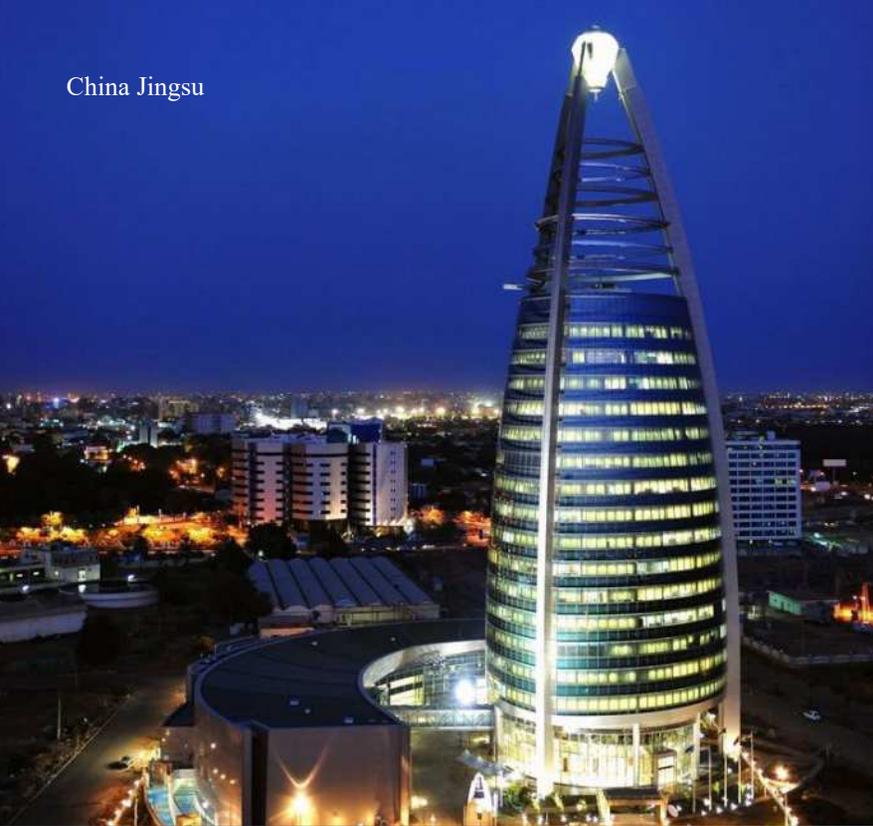
**The Talented
Una Sell**



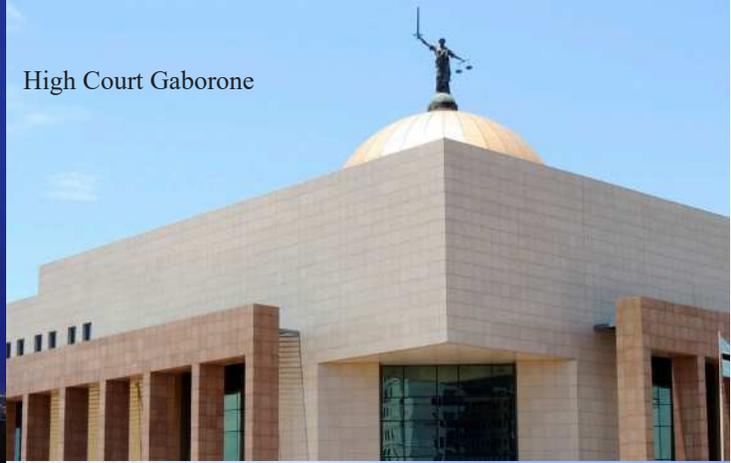
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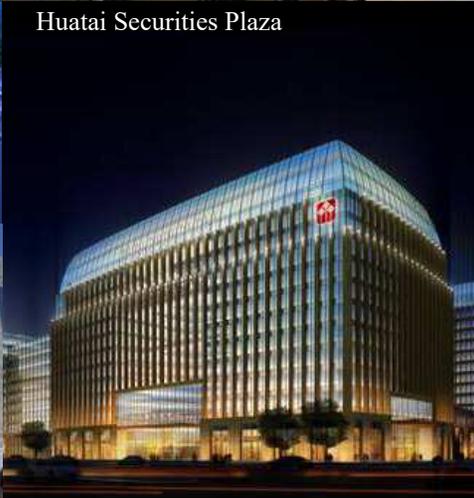
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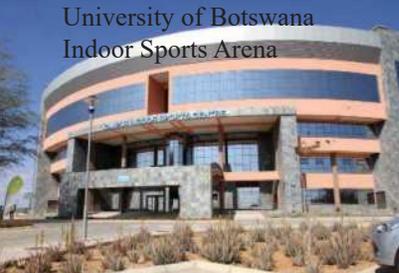
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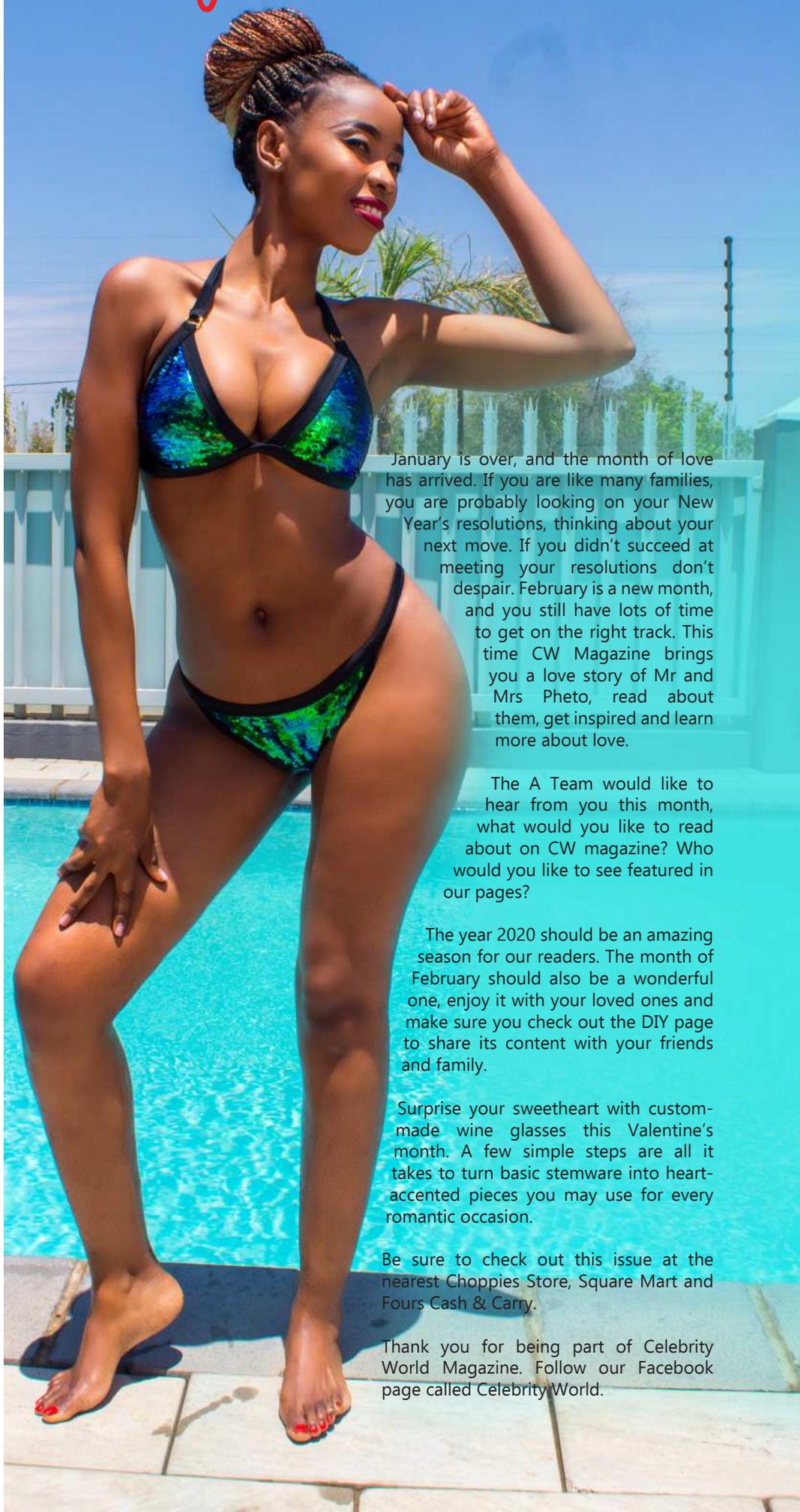
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Happy Valentines Month!



January is over, and the month of love has arrived. If you are like many families, you are probably looking on your New Year's resolutions, thinking about your next move. If you didn't succeed at meeting your resolutions don't despair. February is a new month, and you still have lots of time to get on the right track. This time CW Magazine brings you a love story of Mr and Mrs Pheto, read about them, get inspired and learn more about love.

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?

The year 2020 should be an amazing season for our readers. The month of February should also be a wonderful one, enjoy it with your loved ones and make sure you check out the DIY page to share its content with your friends and family.

Surprise your sweetheart with custom-made wine glasses this Valentine's month. A few simple steps are all it takes to turn basic stemware into heart-accented pieces you may use for every romantic occasion.

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

Thank you for being part of Celebrity World Magazine. Follow our Facebook page called Celebrity World.

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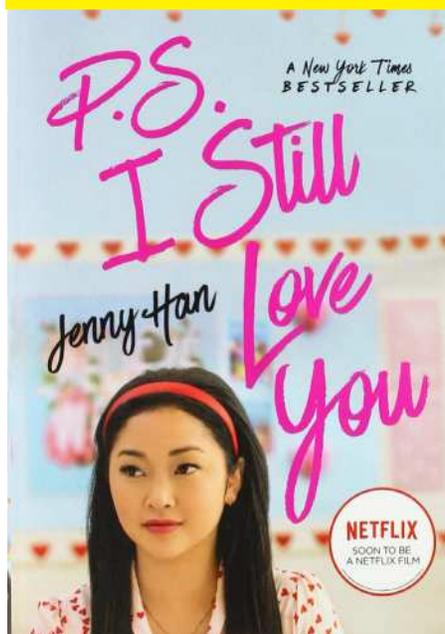
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CW List

FILM, TV, BOOKS & CULTURE

What To Watch



To All the Boys: P.S. I Still Love You
Release date: February 12, 2020
Directed by: Michael Fimognari
Produced by: Matthew Kaplan; Dougie Cash

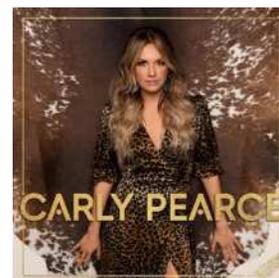
What To Listen to



Oh Wonder
Album: No One Else Can Wear Your Crown
Release Date: February 7, 2020

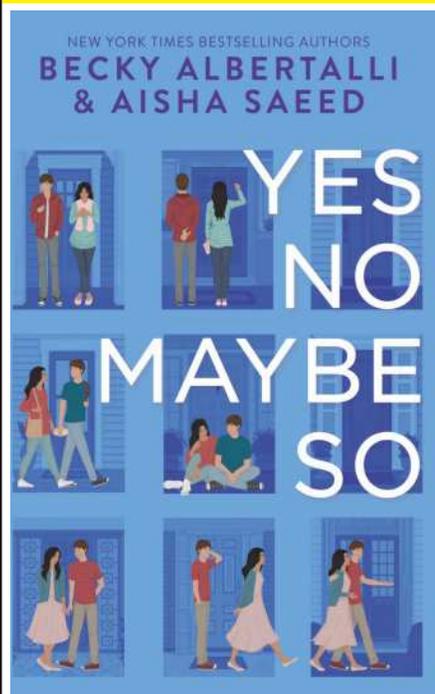


Fantasy Island
Release date: February 14, 2020
Directed by: Jeff Wadlow
Produced by: Jason Blum; Marc Toberoff



Carly Pearce
Album: Carly Pearce
Release Date: February 14, 2020

What To Read



Yes No Maybe So
Author: Becky Albertalli, Aisha Saeed
Release date: February 4, 2020
Genre: contemporary & young adult
 Jamie Goldberg is cool with volunteering for his local state senate candidate as long as he's behind the scenes. When it comes to speaking to strangers (or, let's face it, speaking at all to almost anyone), Jamie's a choke artist. There's no way he'd ever knock on doors to ask people for their votes...until he meets Maya.



Miss You Love You Hate You Bye
Author: Abby Sher
Release date: February 18th 2020
Genre: contemporary
 Zoe and Hank (short for Hannah) have been inseparable since they met in elementary school. The leader of the pack, Zoe is effortlessly popular while Hank hides comfortably in her shadow. But when Zoe's parents unexpectedly divorce, Zoe's perfect facade starts cracking little by little. Sinking under the weight of

her broken family, Zoe develops an eating disorder. Now she must rely on Hank for help.



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The Talented Una Sell

Botswana folklore artist, Unami Selelo prides herself with Botswana traditions by writing Setswana lyrics. The rhythms of her music are enthused by the Botswana culture. The talented Serowe native was an actress on Tselakgopo drama group before she became an artist.

Una Sell, as she is commonly known introduced herself in the music industry with her single titled "Ikgabetse" in 2017 which made it to Flavor Dome, newspapers and radio stations to reach Batswana at large. Her 12-track debut album, titled "Mpuru o Haretswe" was released in September 2018. She built a special place in the hearts and minds of Batswana after she released her third single called "Ke Mang" in 2019.

The "Ke mang" hit maker, has great and stylish skills for her songs and stage performances. She believes that her songs have an impact in people's lives since most of them are about life related issues.

Gifted with great choreography and vocals, Una sell has become one of the recognized local artists in Botswana in a short time. According to her, most of local artists lack exposition and marketing strategies in order to succeed, she therefore urges them to work hard to be recognized abroad as this will make the industry more interesting.

Una also mentioned that the passion and talent she has for art is what keeps her going regardless of the challenges she experiences in the music industry because she has faith that they will pay her off.

Make-up:
 Gomotsegang Martha Bino Mugibelo

Fashion designer
 : Albertinah Lira Ntwaagae



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A Good DJ Knows...

The Mathangwane native Dj Choklat is all about entertainment, passion and focus. The gentleman whose journey kick started 10 years back and ever since then he never looked back .

Dj Choklat narrated that he discovered his passion while he was still a young boy. His mother used to work in a bar restaurant, so whenever he comes back from school he would go spend the rest of the day with her and it happened that there were sound machines bought at the place. Choklat became interested in them and that's when he realized it is where his passion lies.

He is a versatile Dj, who also has passion for film production and everything to do with camera. During the interview he shared with us that his goals has always been to be a big time Dj, not just here in Botswana but also internationally. One of his aims is to put effort in his work so that he can achieve good results. He also wants to empower other people by hiring them to cover his events on his busy days. When asked about the interesting part of his line of work, DJ Choklat highlighted that, "Being a DJ is a self-driven job and I do it fluently with all my heart despite the challenges that might come up."



Facebook page: Lachocolata-Dj Choklat, Nzipo Entertainment Production

When talking about some of his accomplishments Dj Choklat stated that he has achieved quite a lot of things. For example, he has grown from 1 speaker to about 10 big speakers, a complete set up that he has always dreamt of. This also involves the release of his 2 singles called "Thad" featuring Kele one of the songs that got him recognition because he released it with a video and it had lot of

airplay on BTV in 2012. Then another one called "Listen to my heart" featuring Kay in 2015 where he also got the opportunity to compete in several occasions. The one achievement that he still holds dear was during the president's competitions where he went to the finals and got lot of recognition in 2015, and he got position 2.

As someone who is very creative, Dj Choky

says he delivers his stuff to people in different ways, he has video mixes that he uploads on Facebook, with the intention to sensitize people to see the things and the energy that he portrays, even if it is new people can relate to it much easier, and he emphasizes that videos are important, one can make a song and people do not love it, but the moment they see it on video, it can change their mentality.

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We understand that you are a Radio Presenter at Gabz FM, how did you end up being a presenter?

I did not study radio presenting, infact I studied Management Information System in Australia and upon coming home I couldn't get a job. I was doing odd jobs, worked at the internet café, as a model, waitress and acted. For me radio was a spiritual thing, I have just read a book called "The Secret" which talked about writing vision boards, I wrote myself offer letter for a job and there I met someone who is now my best friend. She talked to me about the importance of aligning myself with God's word and I took her advice, I prayed hard, later on I got a call from Robin asking me if I want to work in a radio station. For me it was God opening doors.

Kindly take us through your journey in the industry

My journey on radio was interesting; I started off at Duma FM doing a Drive Time show for three months. Even though I did not know what I was doing, for me it was all God ordained and ever since I got into a radio I really had to step up my faith in God. After three months I got re-assigned to a mid-morning show called "Cookie Jar" and I did it for five years until April 2015 when I was fired. For me, that time was an important one because I had to move back home to Ramotswa where I had time to recollect myself and discover who I am. During that time I also did my other side jobs. I later on worked with Gabz FM as part time presenter then got formally hired in 2017 where I worked as weekend presenter. I am presenting Business Hour show on Wednesday evenings.

How would you describe yourself?

A village girl, church chick who is easy going and relaxed, I am very grounded and proud of who I am and where I come from. As a reserved person, I find it very funny because when I get on radio I have another personality that comes out. I love fitness, everything about health; I am also a qualified masseuse and currently massaging athletics in preparation for Tokyo 2020. The other thing I do is yoga, baking and I love to serve other people

The Face Behind Gabz FM Business Hour Show



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and it is the reason I love radio because I see it as a platform to serve, educate and assist people.

What does your work entail?

I present business hour, only on air once a week; I am the producer of the show and in charge of getting sponsorship. I do most of things because the line of work I am doing needs a lot of research and going around gathering information.

What challenges do you face when doing your job?

The media industry in Botswana is not really growing and that is one of the biggest challenges because we do not have most of the resources.

Apart from being a radio presenter what else are you doing?

Professional MC, I call myself Mistress of ceremony, I am the Brand Ambassador of Builders Warehouse and I do a lot of gardening.

Share your motivational message to upcoming Radio/TV presenters

Think clearly of what you want to do and when you are on radio, you have the platform, networks and connections so use them wisely for yourself, maximize that platform to do the things that are really important to you, because at the end of the day it will pay you back. The other thing they have to know is that, radio presenting has a lot of work, do not just get in there and be one of those who want to flash and flash. It is a platform that you can actually use to change people's lives, think about how it will benefit other people not just yourself.

Quote

I will be persistent until I get consistent. I believe life belongs to those who consistently learn, grow and better themselves.



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**All Things
Grow with *Love***

Marriage is one of the greatest blessings in life, and choosing your spouse is one of the most important decisions you will ever make. Though finding the person you want to spend your life with isn't always easy; knowing that you can rely on them no matter what, grow together, and spend every day with the person you love the most makes the journey worthwhile. We are privileged this month to have a wonderful couple in our issue, who came to share with us their beautiful journey of love and marriage.

Like the scripture says in "Psalm 127:1 unless the Lord builds the house those who build it labor in vain. Unless the Lord watches over the city the watchman stays awake in vain." This beautiful couple is a living testimony that abiding by God's word and making him the center of everything has rewards. Meet Mr

Phempheretlhe Pheto & his gorgeous wife Mrs Figar Pheto, who have been married for 20 years and going towards their 21years this year. They are blessed with three wonderful children, two boys and a girl.

The power couple stated that their marriage is rooted in God and strongly believes that the grace of God was the one that kept them for those years till now and have faith that it will continue to carry them. When asked what is it that have kept them for the past 20 years besides God's grace; Mr Pheto elaborated to us that understanding that marriage is like building a house, when you are busy building it can have cracks and you manage to fix those. In other words marriage is like a project for life, one has to get into it knowing it will have challenges and other things but as time goes on those things can be resolved and it takes one to have a prepared mindset. Having said all that, he stated that faithfulness and communication are some of the things that have kept them.



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Mrs Figar Pheto said the biggest thing that her husband ever did was choosing her, she considers it as an honor. She is also grateful for the sacrifices that he made. When questioned about the importance of respecting men in marriage, Mrs Pheto commented that respect is one of the crucial aspects in marriage because men love to be respected. They always want to feel important since they have a lot of ego which can be crashed by what the other person says sometimes.

She further stressed that even when there are some arguments, the words that women use are very important. Women should not open their mouths and say the first word that comes out. The other thing that she encourages women to do, is that they should not disappear into marriage and agree to everything. "Do voice out your opinion with respectful words. Because that is what I've have been doing for 20 years, when I have some grievances, I voice them out with right words," she added.

The couple emphasized that premarital counselling is the key for couples as it prepares them for the journey ahead. Couples should be open to each other about everything so that when they get into marriage everything flows. When talking about their profession, the Pheto's specified that it does not interfere with how they live at home, they have set their priority straight and have stressed that it is essential for family to have time management strategies. They also mentioned that they are business oriented.

Mr Pheto gave his word of advice to married couples and those who are yet to get married. He said "Marriage is all about efforts, sometimes the challenges we might face are just a test from God to see if you are fit to continue with your marriage or get into one. It is also a process of self-discovery." He continued to say that "Every time we should be determined, we should not get into marriage to stay for few years because sometimes some people get married with the intentions of not staying which leads to many divorces rather than honoring the vows that they said."

"To those yet to get married ensure that before you get into marriage everything is clear, you understand what you are getting into when you are already in, communicate a lot, when there is a misunderstanding, be faithful, respectful and play your part as a woman. You must also pray remember that God created marriage and brought forth the manual for a man to love a woman so that she can respect and submit under the head. Just like when you buy a car, it comes with the manual," concluded Mrs Pheto.



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Aquarius

(January 20 - February 18)

Your way of thinking could be erratic this month as innumerable thoughts and ideas will be coming to your mind and could be changing several times going on different directions. Sources of inspiration and genius could be received by you subconsciously. Responsibilities that don't belong to you could be thrown at you and they should be resolved at the workplace. Mate or partner will back you on this issue.

Pisces

(February 19 - March 20)

Your shared sources of income are part of this picture, as activity in this area is increasing in a very favorable way. Illusion about your responsibilities with personal sources of income seems to be bothersome. A spark of creativity could alleviate these worries, bringing extra income throughout your work.

Aries

(March 21 - April 19)

This month you might receive unexpected news concerning a friend that you have not heard from for a long time. You are in perfect communion with your life partner. Nothing from outside your world has the power to disturb your peace and harmony. There is a big concentration of activity in the area of your highest hopes and wishes, especially after the 15th. You could see many of them come to reality.

Taurus

(April 20 - May 20)

The workload at the place of employment seems to continue in a very busy mode, and this presents a great deal of restrictions to you. These are, however, restrictions that are self imposed, re-adjustment on this should be called for as this situation could bring you lots of feelings of instability.

Gemini

(May 21 - June 20)

There could, though, be negotiations you could come to a meeting of minds and a satisfactory conclusion, but you have to stop thinking one thing today and another one tomorrow. You will be having many different changes in your way of thinking connected to your place of employment, as many changes have been occurring that might not be completely to your liking.

Cancer

(June 21 - July 22)

Spouse or partner might not see things the way you do as lack of understanding is present, an explanation could be necessary. The lesson should be learned well and do not let worries override your way of thinking as you are very clear in your understanding in this matter. Your goal responsibilities could show progress this month.

Leo

(July 23 - August 22)

The spotlight this January is on your area of marriage and partnerships. Friendly harmony between you and your mate should be present in spite of some disagreement concerning your home

surroundings. This could be resolved with friendly and loving communication, as long as you do not let any worry upset you as things could be worked out easily. News concerning your work performance could reach you, but this will not be of any major consequence.

Virgo

(August 23 - September 22)

You will be concentrating on your work for most of this month. Surprising news connected to this area will be received by you but this is connected to something that has been in the making for some time. Any source of speculation or money venture will have to be negotiated aggressively by you so you can get the best deal for yourself, and many questions could be asked as lack of understanding of issues could be present.

Libra

(September 23 - October 22)

Entertainment and social activities could be on the agenda this January 2020 for you, as pleasurable times could be coming to you in a very surprising manner. Monetary expenses should be taken into consideration as the cost could be more than you can chew. Misunderstanding with mate or partner could be present, do not allow repressed anger to blow things out of proportion.

Scorpio

(October 23 - November 21)

Changes at your home front could be very marked this month, though loving times with mate will give you some sense of balance. Lots of back and forth communication connected to your line of work could be present, and differences of opinion could result in bottled up anger in you. Avoid frustration that could be reflected at your home in a negative way.

Sagittarius

(November 22 - December 21)

Contact with siblings or close relatives could be on the agenda for you this month as unexpected news could be reaching you connected to changes that could be mildly beneficial to you but better on the long run. Asserting yourself in a matter connected to shared resources could be necessary as someone could be playing with your feelings.

Capricorn

(December 22 - January 19)

Your career seems to have been taking off in the right direction but uncertainty is bothering you in regards to money and a compensation matter. Cooperation will be necessary as certain items seem to be held back bringing a lack of understanding. Your intuition is very much on target, follow your hunches.



EVERYTHING

You Need to Know about Micro shading Your Brows

Those seeking fuller brows are likely familiar with microblading, the semi-permanent tattoo technique used to create the illusion of more lush, natural-looking brows. But unlike microblading, in which strokes are tattooed along the brow line to mimic the look of hairs, microshading may be even more discreet although the process is nearly identical.

THE TREATMENT

Unlike microblading, microshading does not tattoo full strokes along the brow line, but rather small points to "shade" in sparse areas. Instead of creating the illusion of individual hairs, microshading fills in the entire brow with light pigmentation through the use of a fine tipped needle.

THE RESULTS

The results will not appear to be individual eyebrow hairs, but rather shading that more closely resembles penciling or powdering your brows with makeup. Brows will appear extra bold following the appointment, but the colour will soften approximately 30 percent over the following 14 days.

Depending on your skin type, the results can last between one to one and a half years. (Oily skin types may need a touchup sooner than drier skin types.)

THE UP KEEP

Clean up unruly hairs by tweezing or threading, but not waxing because waxing tends to remove skin cells, and can make the brow color fade faster.



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How To Forget Love

Do Not Stay In Contact With Your Ex

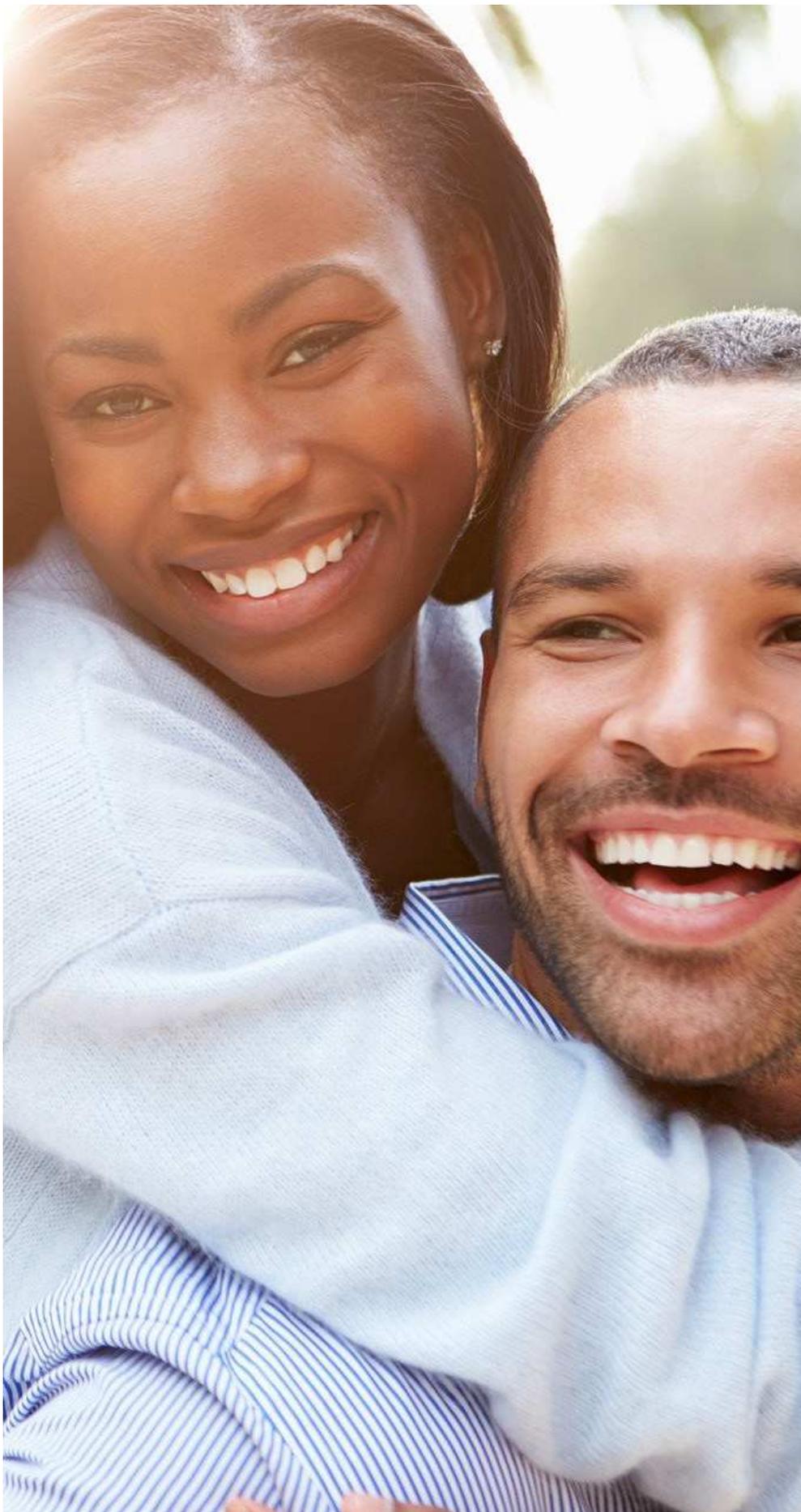
While there are numerous ways to forget someone that you loved, there is none more effective than not getting in touch with them at all, in any fashion whatsoever. Out of sight or out of mind. In fact staying friends with someone you once loved, but now have to be apart from, is a horrible idea. It is the most elaborate form of torture that humanity has ever conceived for itself. There is no fall back option here. That would be regression. Hope should look forward in life, not backward therefore you should save your emotional energy for the future as it's going to be worth it.

Don't Make The Mistake Of Hating Them

There is no need to hate the one you want to get out of your life. This is just another form of emotional centrism that puts the person at the base of your focus in life. The point of this whole exercise is to forget them, not give them unnecessary importance in your life. The route to healing is to shift your focus of attention to something else in your life. You must realize that everything has its own time and place, and in the time and place you were, you might have been happy. No relationship is without its positives, and you don't have to convince yourself that you only had negativity in your life. You just have to realize that you must look forward.

Do Not Get Into A Rebound

The automatic tendency of a hurt human being is to try and immediately fill in the emotional and physical void left by an ex with another person. This is perfectly natural, but also at the same time one of the greatest self-destructive behavioural patterns that he have ever conceived. Emotional instability is not the best platform from which to seek out new relationships and interactions. This is often a recipe for disaster of the direst proportions. Any progress that you might have made towards healing yourself will be flushed right down a very dirty men's toilet, and you would only be setting up roadblocks for your own future emotional advancement. You can never replace somebody with someone else, you don't deserve that, and more importantly other people don't deserve that. It's a horrible thing to do to another person, and you know it. The only stability and fulfillment that you can truly find will be found within yourself. Give yourself time to heal, and move on.



The Unstoppable Duo: Rocking Stars

It is said whatever you call it becomes reality this is evident to Rocking Stars group as they have been rocking the music world in Botswana for sometime now. The group comprises of young vibrant and energetic duo Palagabedi "Jimmy Jimaro " Mphoyakgosi from Mahalapye and Oarabile "Thono" Nkwate from Bobonong.

The duo used to be Charmagal's dancers from 2009 to 2016. In 2016 they parted ways with Charmagal to start their own music group. "We realized that we have potential and experience that's when we decided to regroup and establish our own group specialising in House Kwasa."

They highlighted that they are awesome at what they are doing and giving it all when they are on stage hence they chose the name Rocking Stars. Working as a group is quite a complicated process in most cases as their decision making might vary, however this is not the case with Rocking Stars. The duo revealed that they have lot of things in common, and they are always on the same page about what they are doing which makes them even stronger.

Their first album "Analogue to Digital" was released in February 2016, and was highly welcomed by fans around the country. In 2017 they popped a single titled "Kakana- Kaka" followed by another single "Tshikidi-Tshikidi" on 2019. They are currently working on a six track album with their producer Kuseri Kumakili of K.K productions. The album will be released sometime this year. So far Rocking Stars has collaborated with Motlha and Slizer and they are willing to collaborate with many other artists in future. They had performed in various parties, shows and launches around the country. The biggest highlight of their performances was at Tyte's album launch in 2019 at the Big Five Lodge because the response from

the crowd was outstanding. They were privileged to share stage with Franco, Tumza and Tyte just to name the few.

They are currently focusing only on music as their career and they are in charge of all activities concerning their music. The other interesting thing about the duo is that they are writing their own songs and help other artists with song writing. Messages of their songs are picked from life situations in general. Communication is a vital aspect of keeping fans closer hence the rocking stars use Facebook as a medium to keep their fans up to date. They have also expressed gratitude to their fans for the love and support. They advise aspiring artists to never give up as music is a very challenging industry.

Ever since they joined music industry they have been financially challenged when it comes to distributing and marketing their music, however this did not stop them from pursuing their passion.

Facebook: Rocking Stars Productions BW
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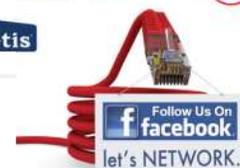


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Discipline Mistakes Divorced Parents Often Make



Refusing to Work as a Team

Sometimes, parents grow stubborn when it comes to working together as a team to address problems. But refusing to talk to a therapist because you didn't pick that person, or not attending a school meeting because you think your ex will blame you, isn't helpful.

Be open to working with your former partner and any other professionals involved to address behavior problems. At the very least, be willing to listen to concerns and be open to suggestions.

Even if you don't see those particular behavior problems, or you think the other parent is at fault, listening is the best place to start. Once you show you are open to hearing about the issues, you can start working on solving the problem.

Using Your Child to Convey Messages

Saying, "Tell Dad not to let your little brother play with your tablet," or "Tell Mommy you can't eat so many sweets because it's bad for your teeth," puts your child in the middle and that's a horrible place for a child to be.

If you want to communicate something to the other parent, do it yourself directly. Don't ever ask your child to convey messages back and forth.

Don't make your child responsible for telling the other parent how to do his job. Your child needs to know that his job is to be a kid and the adults are in charge.

Not Being Honest about a Child's Behavior

Sometimes, a parent will insist, "He always acts great at my house. I don't know why he acts out at your house." But insisting your child is a perfect angel when he's in your care won't do anyone any favours.

Don't collude with your child in an effort to paint him in a more favourable light, either. Sometimes parents will say, "We won't tell Mom that you got in trouble at school, OK?" Agreeing to keep secrets about his behavior sends an unhealthy message.

Talk openly with your ex about the behavior you're seeing and the steps you are taking to address it. Open communication can be the first step to addressing the problem.

Seekers Column

I am a 25 year old Motswana woman, now staying in Namibia. I am looking for a mature loving and caring man. I am short in height, not fat but with average body. I love being indoors and watching television, the right person can kindly reply on this page. Thank you.

Hi there! I am a 28-year-old woman looking for a man aged 45-58. He must be single and never married. I am a beautiful fun loving person, ready to settle down and have family.

I am looking for a sugar mummy, whether married or not you are welcome. I am just a sweet loving handsome man desperately looking for a smart sugar mummy in Gaborone.

I have two kids who I love so much and my two nieces who I dare them so much. I live with these four kids. I am therefore looking for a man who is ready to settle down and help me raise these kids. I like going out with friends sometimes, I am a loving and caring person. I am a short lady with a thick body, but a beautiful one. In a relationship I want someone who loves, respects other partner and who loves children. Kindly reply here with your number or email addresses.

I am looking for a handsome coloured man who is ready to settle down. He must be working in a bank. He must be a responsible man who can look after his family. The said man must be aged 40-45. Please reply here with your picture and

email address.

I am seeking for a Christian partner to marry. I am a 22 year old man and I have been looking for a perfect lifetime partner to marry in Botswana. I hope this time I will find one. My partner must be a Motswana woman aged 22, whether working or not, she is still welcome. Reply on the next issue with your email or number.

I have always been wondering what the meaning of love is. I therefore want to experience it with a single lady from any part of Botswana. I am a 43 year old man from Maitengwe looking for a single lady to love. The ideal lady should be staying in Gaborone. She must be aged 25 to 30.






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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 is good to be here, St. Peter, sir. But nobody ever told me about any entrance exam. I hope the test ain't too hard."

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 think and think 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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VALENTINE'S DAY

Decorating Ideas for Your Modern Home

Valentine's Day isn't everyone's favorite day, with its expensive roses, cheap boxes of chocolate and oversized teddy bears that leave many rolling their eyes. Opinions and relationship statuses aside, this day does give us a fun opportunity to add a pop of colour and a dose of love to your homes. Shared in this page are some ways to quickly and easily achieve modern Valentine's Day decorating.

Cozy Furnishings

Valentine's Day doesn't have to be a formal affair why not ring in the day by snuggling up with your sweetheart on the couch, comfortably wrapped in blush-hued pillows and soft blankets?



Heart Collection

A modern art print is nice for February, but you'll want to keep it up long after.



Circle Cut Garland

Keep your décor simple, and you can use it throughout the seasons.



Heart Gallery Wall

The gallery wall trend gets even more love when swapped out with a variety of hearts.



Floral Arrangements

Hosting for Valentine's Day? Consider a centerpiece that's low enough for guests to interact with each other.



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She said immediately after finishing her studies in November 2019 at Shoe Design and Technology School in Johannesburg, she came back to Botswana and started her own business. The business which is a month old is already booming and promising and this motivates her to keep striving. "The feedback from Batswana is impressive because I receive calls and messages everyday from individuals and Boutiques," she said.

This creative go-getter constructs shoes from start to end, including cutting out patterns and sewing pieces together. She designs shoes for kids and adults in different designs; they include fashionable and school shoes. Merapelo buys materials from Durban in South Africa, they comprise of glue, laces and other special resources needed for the course of her work.

She is not only qualified to design shoes, she is also the founder of a facebook page called '50 ways of making money in Botswana' and the Director of Crackit School in Mogoditshane. Merapelo advises Batswana to support each other and welcomes any Motswana who wants to invest in her business as she believes that this will help the business to expand.



Handmade Leather Shoes by Merapelo

It takes incredible knowledge, patience and dedication to make fashionable, long-lasting shoes that fit a foot comfortably. Merapelo Manuhwa came up with shoe making business to fulfil the passion, love and skill she has for it. Her intension was also to help fill the gap of self manufacturing businesses in Botswana. Her aim is to open a unique shoe factory

and help curb unemployment rate in Botswana by employing more local youth. She believes that her dream can bring immense change to the lives of Batswana. Merapelo's business operates in Gaborone at Broadhurst Industrial, Mafulo house next to prisons headquarters. The talented and energetic entrepreneur has so far employed five locals.

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Magic Cake



Ingredients

For cake-

125 g dark chocolate
 1/3 cup butter
 3 egg
 1/2 cup sugar
 1/3 cup all- purpose Flour
 2 tbsp coco powder
 Pinch of salt

For flan-

4 egg
 1 cup milk
 1/4 cup condensed milk
 1/3 sugar
 1 tsp vanilla extract

For caramel-

5 tsp sugar
 2 tsp water

Method:

Step 1- Combine 5 tsp of sugar and 2 tsp of water in a pan, cook in medium heat, melt the sugar till golden in colour, pour the caramel in the mold.

Step 2- melt 1/2 cup butter in microwave; add 125 g of dark chocolate. Mix until completely dissolved. Then break in the 3 egg, add 1/2 cup sugar, and beat then add the egg with the chocolate and mix well. Add 1/3 cup all-purpose flour, 2 tbsp of coco powder and then beat the ingredients till combined. Pour the mixture into the mold.

Step 3 - break 4 eggs, add sugar 1/2 cup, 1 cup milk, 1/4 cup condensed milk, and mix well. Pour the mixture into the mold slowing the fall with spatula (plastic / rubber spoon).

Preheat the oven to 374 F, put the pan in water bath, water should be hot and should cover half of the mold. Bake for 1 hour. Reserve until completely cold.



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Apply Stickers to Glass

Apply the heart stickers in a random pattern all over the glass (Step 1). Use big hearts and small hearts to create any pattern you want (Step 2). Wherever you put a sticker, the glass will remain fully transparent and clear when finished.



Apply Etching Cream to Glass

Pour out a small amount of the etching cream onto a paper plate. Paint on the etching cream in a thick layer all over the glass (Step 1). Make sure to cover the whole glass and the stickers (Step 2). The thicker the layer, the better. Let sit for 15 minutes.

Wash Off the Etching Cream

Wash off the etching cream under room-temperature water by using a sponge.

Remove the Stickers

Peel off all the heart stickers (Step 1). You'll start to see how the hearts are clear and the rest of the glass is frosted (Step 2). Once all the stickers are off, dry your glass and drink up (Step 3).

Etched Heart Wineglasses

Surprise your sweetheart with a home-cooked meal and custom-made wineglasses this Valentine's Day. A few simple steps are all it takes to turn basic stemware into heart-accented pieces you'll use for every romantic occasion.

Materials Needed:

- Basic wineglasses
- Heart stickers in a variety of sizes
- 1-inch wide painter's tape
- Etching cream
- Foam brush
- Paper plate
- Sponge
- Sink with room-temperature water



Add Painter's Tape to Glass

Use painter's tape to cover the top few inches of the glass stem (Step 1). Apply small pieces of painter's tape to the inside of the glass (Step 2). Line up the tape with the rim of the glass (Step 3).



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Abdominal Pain In Children Under Age 12

Most of the time, it is not caused by a serious medical problem. But sometimes abdominal pain can be a sign of something serious. Learn when you should seek medical care right away for your child with abdominal pain.

Considerations

When your child complains of abdominal pain, see if they can describe it to you. Here are different kinds of pain:

Generalized pain or pain over more than half of the belly, your child can have this kind of pain when they have a stomach virus, indigestion, gas, or when they become constipated.

Cramp-like pain is likely to be due to gas and bloating. It is often followed by diarrhea. It is usually not serious.

Colicky pain is pain that comes in waves, usually starts and ends suddenly, and is often severe.

Localized pain is pain in only one area of the belly. Your child may be having problems with their appendix, gallbladder, a hernia (twisted bowel), ovary, testicles, or stomach (ulcers).

If you have an infant or toddler, your child depends on you seeing that they are in pain. Suspect abdominal pain if your child is:

- More fussy than usual
- Drawing their legs up toward the belly
- Eating poorly



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How to Grow Roses from Dry Seed

When you grow roses from seed, you are essentially developing new varieties of roses. If the rose fruit called a hip was produced by bee pollination, you don't know what varieties were crossed to get the seeds. Rose breeders hybridize chosen varieties and select for particular traits in resultant seedlings. However, each seedling will be a surprise. Rose seeds have to be collected in the fall, cleaned, and cold-treated before they are planted. Even though the cleaned seeds may look dry, they are not dry inside. If rose seeds are allowed to sit around in the open air and dry up completely, they will not grow.

Flower Preparation

Rely on honeybees, bumblebees and native bees to pollinate rose flowers. Alternatively, pollinate rose flowers selectively. Choose favourite varieties you admire for colour, form, fragrance, disease resistance or other traits.

Choose the pod or female flower that will produce the seed pod. Remove the petals. Identify the fringe of yellow pollen-producing structures called stamens that surround the central style. Cut the stamens off with small scissors so they will not accidentally pollinate that flower and so that the pollen will be available for planned pollination of other flowers.

Put the stamens in a small, clean vial such as a film canister or a washed prescription vial. Label the vial with the rose's name using a permanent marking pen, and store it, uncovered, in a cool dry place away from direct sunlight. Keep the vial upright so as pollen matures and becomes light and fluffy, it will remain in the vial.

Select the pollen parent flower. Remove the petals and harvest the stamens the male flower part that has the pollen as in the previous two steps. Check the stamens immediately to see if they are producing fluffy, mature, yellow pollen. If so, proceed

to pollination. If not, look at stamens in the vials daily. Use them for pollination when mature pollen is coming loose from the stamens

Planting

Plant seeds about 1/4 inch below the soil surface. Water thoroughly. Make labels with the name of the cross on them for each pot. Put pots where they receive bright indirect light all day. Keep the soil moist but not soggy. Watch for germination. First, two seed leaves will emerge, and then true leaves. When the seedlings have three to four true leaves, transplant each to a 4-inch pot.

Put seedlings in larger pots as roots fill smaller container sizes. Evaluate the seedling as it grows, not only for flower color and form but also for branching, bush size and disease resistance. Discard plants with weak or unhealthy growth or with unattractive flowers. Prepare to wait one or two years to see the first flower.

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Budgeting Tips for Your Daily Life

Budget to zero before the month begins.

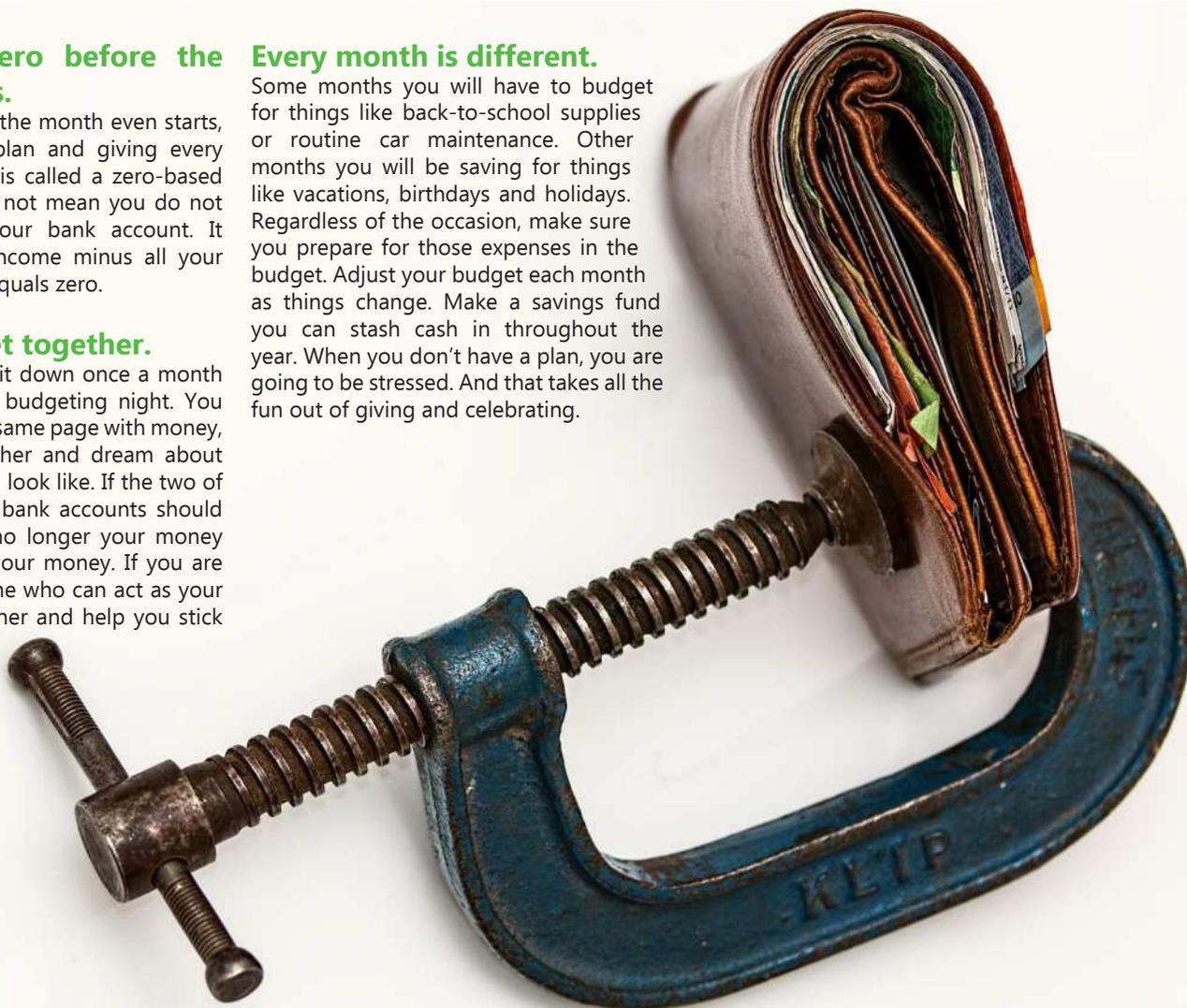
This means before the month even starts, you're making a plan and giving every coin a name. This is called a zero-based budget. That does not mean you do not have money in your bank account. It just means your income minus all your expenses (outgo) equals zero.

Do the budget together.

If you're married, sit down once a month and have a family budgeting night. You need to get on the same page with money, so set goals together and dream about what the future will look like. If the two of you are one, your bank accounts should be one too. It is no longer your money or my money it is our money. If you are single, find someone who can act as your accountability partner and help you stick to your goals.

Every month is different.

Some months you will have to budget for things like back-to-school supplies or routine car maintenance. Other months you will be saving for things like vacations, birthdays and holidays. Regardless of the occasion, make sure you prepare for those expenses in the budget. Adjust your budget each month as things change. Make a savings fund you can stash cash in throughout the year. When you don't have a plan, you are going to be stressed. And that takes all the fun out of giving and celebrating.



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My Craft, My Pride



Posty's crafts' journey started as a hobby in 2016 where the products were made as family gifts. After a lot of encouragement from relatives and friends, the hobby was turned into a registered business in 2017. The business operates in Mogoditshane at Goo Khunou ward. It deals with quite a number of crafts which comprises of home decorating ornaments and accessories. Leteisi and African print materials are used to obtain beautiful end products as leteisi has always been a part of Botswana culture and tradition.

The creative Mpho Motsamai was inspired by her late grandmother, who used to make beautiful patchwork blankets and

bags. As a little girl she would watch her as she did the work and the interest developed as she sorely loved the crafts. At first, Mpho's main intentions were to specialize on ornaments and to utilize recycled materials. She made products such as wall watches with used plastic spoons, vases out of mayonnaise bottles and wine bottles. However as times went on, she added accessories and customized products. The change immediately impressed most of her customers as they developed more interest on the products. Mpho makes unique crafts with a touch of both culture and modernization and she is willing to persist with her business because it is less competitive.

As we all know, challenges are there for every business person to pass through in their daily lives. Mpho stated that her current challenge is lack of resources like

an electric sewing machine since she uses a manual domestic one that needs to be fixed frequently. Another challenge is that she has to travel to South Africa to buy the materials but this is financially and time consuming. In addition some local Chinese shops sell products almost similar to hers and since their prices are always lower than hers, it is a challenge.

The innovative and self challenged Mpho prides herself with giving her customers priority when it comes to service. She said, "I am customer centric, I listen and consider feedback from all my customers.....My products evolve as fashion evolves too."

In order to make her products reach out new customers, she uses modern technology advertising platforms such as Facebook and WhatsApp.



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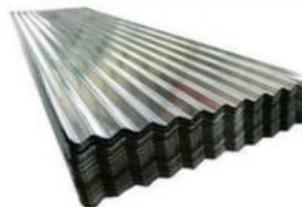
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10 Weight Loss Tips

1. Eat a high-protein breakfast. Eating a high-protein breakfast reduces cravings and calorie intake throughout the day.
2. Avoid sugary drinks and fruit juice. These are the most fattening things you can put into your body, and avoiding them can help you lose weight.
3. Drink water a half hour before meals. Drinking water a half hour before meals increases weight loss.
4. Choose weight loss-friendly foods. Certain foods are very useful for losing fat.
5. Eat soluble fiber. Soluble fibers may reduce fat, especially in the belly area.
6. Drink coffee or tea. If you are a coffee or tea drinker, then drink as much as you want as the caffeine in them can boost your metabolism.
7. Eat mostly whole, unprocessed foods. Base most of your diet on whole foods. They are healthier, more filling and much less likely to cause overeating.
8. Eat your food slowly. Fast eaters gain more weight over time. Eating slowly makes you feel more full and boosts weight-reducing hormones.
9. Weigh yourself every day. Studies show that people who weigh themselves every day are much more likely to lose weight and keep it off for a long time.
10. Get a good night's sleep, every night. Poor sleep is one of the strongest risk factors for weight gain, so taking care of your sleep is important.



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About Son Of The Soil

'Son of the Soil' cultural event started in January 2005 in the village of Tlokweng. It was conceived and organized by a group of then youthful individuals known as Bana ba Mmala to relive, learn and enjoy Botswana culture. 'Son of The Soil' encourages all attending to participate in the day's activities and be part of an exciting cultural re-awakening.

The objectives of Bana ba Mmala Trust are:

- To continuously find innovative ways of engaging the youth and larger community around issues of culture in a bid to preserve and learn about our culture.
- To present well researched facts about the people of Botswana and their culture in a format that will appeal to the youth and Batswana at large.
- To foster a sense of national pride and cultural identity.
- To leverage on cultural values and pride in order to assist the youth deal with the behavioural challenges of a modern and global world.

Bana ba Mmala is a not-for-profit organization and all the proceeds from the fundraising activities, including from Son of the Soil cultural festival, are used for cultural research. In this regard, Bana ba Mmala has funded research and packaging of Botswana culture into chewable chunks. Some of the research they have funded was the documenting of Setswana games (including modern ones), the documentation of old Setswana poetry, the packaging of tribal histories into three paragraph versions, the documentation of the Setswana attire and lastly the packaging of Botswana dances. They have also used any extra money that they generate as donation to a cause that they select each year.



SON OF THE SOIL 2020

QUESTIONS AND ANSWERS

Q: When and where will SOTS 2020 be held?
A: Son of the Soil (SOTS) 2020 will be held on the 29th February 2020 at Staywell Gardens in the Rasesa Area.

Q: What does the theme "Kwa Re Go Yang – Re Belegwe" (Where We are Headed – Being Cradled) mean?
A: The overarching theme for SOTS in the period 2015 to 2024 events is "kwa re go yang" which is meant to show that culture will be one of the pillars of development; as we strongly believe that development must be anchored on a strong cultural identity. The sub-theme for the 2020 event ("Re Belegwe") is meant to celebrate women's contribution and leadership contribution to our lives. Meaning, a mother can be the one carrying you on their back, or a leader as well can be thought of as carrying the aspirations of those led on their back. So the sub-theme aims to celebrate a nurturing type of leadership as we go into a globally-connected future. A type of leadership that comes naturally to women.

Q: How much are the tickets for the event and where can they be found?
A: The SOTS 2020 tickets can be found at <https://botswana.nutickets.co.bw/SOTS2020> and selected Liquarama Stores. The tickets sell for P250.00 for adults, P200.00 for students with a valid student ID and P100.00 for children under 12.

Q: What does the SOTS ticket entitle me to?
A: The ticket qualifies you entry at the SOTS main event, entry at the Metswaisong event, and entry at the Kitsong Workshop with prior registration.

Q: Will there be food sold at the event?
A: Yes there will be food sold at the event throughout the day. There is also complimentary breakfast for those that come early. The traditional brew is also complimentary at the event.

Q: Can I bring my own drinks to the event?
A: Yes, drinks are allowed at SOTS, but they must be taken in traditional type drinking cup (e.g. a phafana). To ensure a traditional feel to the event, coolers and non-traditional drink containers should be kept in the vehicle until after 1600 hrs.

Q: What if I do not have a car my own, or do not wish to drive to the event?
A: There will be independent partners transporting patrons between designated points in Gaborone and the event. Arrangements for such transport will be made directly with the partners.

Q: Is the traditional dress code for the event strict?
A: Yes, jeans are strictly not allowed at the event. All traditional dress types (African, Asian or Western) are allowed at the event. Earth coloured pants are allowed at the event, especially for men.

Q: What if I wish to provide a service at the event or sell merchandise at the event?
A: Performers and service providers may send their enquiries to the email address below. Additionally there will be a Request for Proposal (RFP) for main caterers at the event. Please look out for this in our online platforms.

Q: Will my car and other property be secure at SOTS?
A: There is always security at the event and around the car park to ensure the SOTS patrons can enjoy the event in peace.

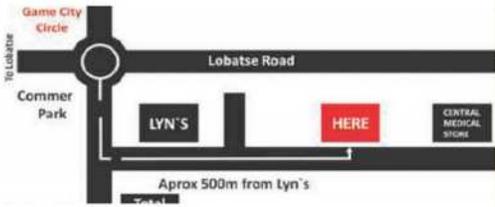
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Junior Miss Botswana Winner 2019-2020

Under 11

Queen: Janice Metsi
 1st princess: Michelle Katso
 2nd princess: Catherine Masa Phuthego

Under 15

Queen: Anke Ellendale Nkwe

1st princess: Keneilwe Tebagao
 2nd princess: Amantle Precious Seiphemelo

Organizers

Queen Kolobe of Madam Queen Modeling Agency and Super Model Inc.

Mission

To raise awareness for charity to build self-esteem, confidence, kindness and groom role models at a tender age. The pageant is hosted every year.

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