Ceeppity December 2021 P12 Botswana's Native Magazine

Man Of Many Aptitudes - Kairo

Another **Gopel Music** Legend In The Making

**Hyper Realistic Drawing With Art By B Motshidisi** 

> Ways Sex Is Different when it's with Someone **You Love**



Do Satin Pillowcases And Bonnets Really **Benefit Your Skin** And Hair?

How To Boost Your Savings Backyard

**Exclusive Fountain** Designs For Your

The World's **Fastest Land** ı Animal



Business Hours: Monday to Friday 8am to 5pm, Saturday, Sunday & Holiday 8am to 1pm Unit Price Includes VAT, Offer Valid Till Stock Last Company may withdraw any item or whole, promotion without any Notice before its expiry Picture may vary from actual items in store

GUMARE TEL 6874463

MOSHUPA TEL 5490119 LETLHAKANE TEL 2976373

PHAKALANE TEL 3181512 MAUN TEL 6860007

SHAKAWE TEL 6875156 MOCHUDI TEL 5739577

TSABONG TEL 6540645 MOLEPOLOLE TEL 5960999

LOBATSE TEL 5300105

### <u>The A Team</u>

Editor Godiraone Ramanoko

Writers: Kabelo Leon Mbaya

Graphic Designer: Amuchilani Rara

Photographer: AndreMotlatsi

Cover Story Credits: Wardrobe: Self Make up:Self Hairstyle: Self

General Manager Pinky Aysha Siddiky

Executive Marketing Officer Amirul Hoque Bhuiyan

Managing Director N.md Estaq Farthous Bhuiyan



**Founder** Didarul Islam Bhuiyan (Babu)



Contact us @HEAD OFFICE: Plot 14385 First floor of double storey building, New Lobatse Road Gaborone West Industrial Cell: 77606907 Tell: 3937886 Email:celebrityworldbw@gmail.com

#### Disclaimer

All rights reserved. Copying of articles from this magazine without permission is not allowed. No part of this publication may be reproduced without permission from the publisher. Any information in this magazine about local artists or entrepreneurs is not necessarily shared by CW magazine staff.



@celeb\_bw f Celebrity World

www.celebrityworld.co.bw



Let us also be encouraged to get vaccinated folks. There is so much happening but its best to enjoy it all having gotten the vaccine, it is a little safer that way, remember that vaccine is not a cure. Happy Festive season everyone, we love you at Celebrity World and we appreciate you so much, we exist because of you and finally we wish you all a Merry and Blissful Christmas.

# **Contents December 2021**





- Man Of Many Aptitudes Kairo
- Hyper Realistic Drawing With Art By B Motshidisi
- Another Gopel Music Legend In The Making 8

#### **10** Cover Story

- **13** Spaces
- **14** Interview with the founder of Mor Events & Decor
- **18** The World's Fastest Land Animal
- **21** Horoscopes
- 23 Do Satin Pillowcases And Bonnets Really Benefit Your Skin And Hair?
- 28 Ways Sex Is Different when it's with Someone You Love
- 31 Exclusive Fountain Designs For Your Backyard
- 32 Fitness
- 34 Sports

Priyanka Investments (PTY) LTD T/A iture We Make Top Quality Furniture

From budget to the highest quality, you won't feel the springs on our mattresses as they are very comfortable. From 2 years and ever guaranteed you will get one side soft and the other side hard according to your preference sleep.

Visit our shop and view our top dass furniture



Wake Up Well With RPR Beds

Palapye Branch River View Mall Shop No. 13 77667992/76798813







Sleep Well With RPR Beds

#### Gaborone Branch

Plot No. 1250 Unit 2 G West industrial Gaborone (Next to Tyre Services). 74572090/75596651

#### Mahalapye Branch Main Mall +267 76761068/ 74347797

# Celebrity World

FILM, TV, BOOKS & MUSIC Stay inside or head outdoors, we've got plenty to keep you entertained



Spider-Man: Far From Home

With Spider-Man's identity now revealed, our friendly neighborhood web-slinger is unmasked and no longer able to separate his normal life as Peter Parker from the high stakes of being a superhero.

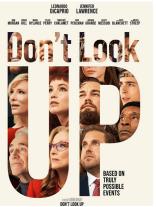
Release date: December 17, 2021 (USA)

Director: Jon Watts

Music by: Michael Giacchino **Produced by:** Kevin Feige; Amy Pascal

**Based on:** Spider-Man; by: Stan Lee; Steve Ditko

### What To Read



**Don't Look Up** 2021 Comedy/Disaster 2h 25m

Two low-level astronomers must go on a giant media tour to warn mankind of an approaching comet that will destroy planet Earth.

Release date: December 10, 2021 (USA)

Director: Adam McKay

**Cast:**Leonardo DiCaprio (Randall Mindy) Timothée Chalamet (Quentin) Jennifer Lawrence (Dr. Kate Dibiasky) Ariana Grande (Riley Bina)



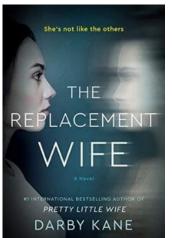
Nightmare Alley 2021 Crime/Thriller 2h 19m A corrupt con-man teams up with a female psychiatrist to trick

with a female psychiatrist to trick people into giving them money. Release date: December 17, 2021 (USA)

**Director:** Guillermo del Toro **Cast:** Bradley Cooper (Stanton 'Stan' Carlisle) Rooney Mara (Molly) Cate Blanchett (Lilith Ritter) Willem Dafoe (Clem Hoately)



The Matrix Resurrections 2021 Sci-fi/Action 2h 28m Plagued by strange memories, Neo's life takes an unexpected turn when he finds himself back inside the Matrix. Release date: December 22, 2021 Director: Lana Wachowski Music by: Johnny Klimek; Tom Tykwer Based on: Characters; by the Wachowskis Cast Keanu Reeves (Neo) Priyanka Chopra Carrie-Anne Moss (Trinity) Yahya Abdul-Mateen II (Morpheus)



#### The Replacement Wife DARBY KANE

Elisa Wright is convinced her brother-in-law is a murder. Not only did Josh's wife die, but his fiancee disappeared. Now Josh is dating again, and Elisa suspects the worst. As Elisa gets to know the new girlfriend and digs into the past, she can't tell if her panic attacks and mysterious illness are signs of a breakdown, or warnings that she's getting too close to the truth.

Publication Date: 28 December 2021

masterprint

## A MANDA GORMAN POEMS CALLUS WHATWE CARRY

#### Call Us What We Carry AMANDA GORMAN

In 2021, Amanda Gorman became the youngest presidential inaugural poet in US history when she read her poem, "The Hill We Climb," at President Biden's inauguration. In her expanded collection, Amanda Gorman becomes a new voice in American poetry.

Publication Date: 7 December 2021



### Offset Printing

Water labels, Scale labels, Medical labels etc

#### Label Printing

Corporate Gifts

Diaries, Pens, Caps, T Shirts, etc

GABORONE : Tel: 390 1955 LOBATSE : Tel: 533 0882 www.masterprint.biz

# Man Of Many Aptitudes - Kairo

e's a man of many talents, a singer, ballroom dancer and a model. He started dancing when he was a little boy and he was always the best dancer at school and outside. He started singing in 2017, after that he took a big step to join the Botswana singing competition "Mystar" in 2019 where he was a top 7 finalist.

Meet the zealous Kairo Afrika, formally known as Katlego Kairo Moikabinyana who mostly loves soul RnB and jazz genres. His vocals allow him to sing any type of genre. Kairo enjoys doing live performances and being on stage there doing what he loves with a powerful live band is everything for him. Just like other local artists and business people, covid-19 has been destructive and hindered public gatherings, so there were no gigs for artists. That led Kairo to venture into selling plant trees and flowers to make money. Babysitting toddlers and offering tuitions is one other thing that he had to start due to covid.

> Kairo describes himself as a dancer, but during the day he's a model and at night he's an artist. He said this is easy for him because all those fall on the entertainment industry. Since he's a dancer and a fashionista, this automatically made him a model.

He believes in talent and he's purely talented when it comes to singing. He said that he used to have a doubtful mind and lacked confidence in his voice but people responded positively and courageously, hence helping him realize that he has a powerful voice. "Talent speaks its own language money and fame are just a bonus. The advice I would give aspiring musicians is to never give up on their dreams. I'm an upcoming artist myself and I'm not yet perfect but giving up is the last thing in my mind," he said.

Kairo has so far performed in line with famous local artists like Amantle Brown, Hanc, Vee and others. He has been recognized by other local artists like Maxy, Thabang, Shanti Lo and Sereetsi & the Natives, just to mention a few. Currently he does Karaoke and live performance sessions at House of Khumali every Thursday and he considers this as an achievement.

His motto: Dreams are just dreams until action is taken!

Hakim Electrical Services (PTY)Ltd

+267 3114151 Fax: +267 3114152

Electrical Engineer, Power Saving, Technologist, Retail & Distribution, Contractor, Consultant, AutoCAD, Eletrical & ISO 901 Trainer

!! We are moving to new location!!

Northern Fixture

John F Marshal Hakim Ele

Seabelo

House

Old Hakim Elc.

BMG

#### hakim.eletrical2@gmail.com P O Box 2059 Gaborone Facebook.com/Hakim Electrica



+267 71712731

Plot 14447, Unit 03, G/west Industrial, Gaborone

#### Arts and Culture



# Hyper Realistic Drawing With Art By B Motshidisi

His real name is Boineelo Motshidisi. He formed a facebook page called Art by B Motshidisi to represent him on Social media. The 22 year old Motswana artist does hyper realistic portrait drawing, which he chose to do last year after he realized that there is life in it and he could clearly make money out of it.

Motshidisi mainly draws people that he likes and admire such as one of his favorite rappers, Veezo View and other public figures like Rea Kopi, Kagiso Sento, Chadwick Boseman and not forgetting Drake and also the acclaimed African American author James Baldwin. His intention is to draw more local public figures like Daniel Kenosi and Duma Boko. He chose to do art because he has always had a passion for it and it's something that he always finds it easy to do even though some people may find it hard to draw a human face with its proportion.

According to Motshidisi, as a young boy his family and other people were always astonished by his drawings. They always told him that his drawings were good and as such, when he went to junior school he decided to do Art as an optional subject. "I did this because I wanted to polish the skill that people were always talking about. I then did Art at senior school. After I passed it with grade B, I decided to do something more challenging and I was given Bachelor's in Professional Design at Limkokwing University of Creative Technology."

His art is hyperrealism, this is because every portrait he makes, he always aims for it to be the replica of the original image hence the name hype realistic portrait. He said hyperrealism is not an easy study because it requires a lot of pressure from you as an artist although the results are always great.

Talking on the uniqueness of his artworks he replied, "I consider myself a creative genius, as such when it comes to abstract painting which I also do, I am inspired by my surroundings when I create my paintings. When it comes to hyperrealism, I am inspired by other artists that create hype-realistic portraits."

Motshidisi had his first exhibition in 2019. He described it as a chill session, where he was given a chance to showcase his artworks alongside other artists at the event. One of the challenges he has faced is people who would tell him to create a drawing for them and when it's done they don't want to pay. To prevent this he said he works with a 50% deposit as collateral.

"Apart from Art, I'm a graphic designer. I have chosen to be an artist as a profession and as such, I want to see myself doing international exhibitions and showing my art overseas like the great Wilson Ngoni," he said.

The best art piece that sold him best and defines him is the drawing of 'Drake' because it's a very detailed drawing and Drake is his favourite rapper. Motshididi said that he loves the drawing so much and it is also jaw dropping to a lot of people as most cannot believe it's a drawing.

Facebook Page: Art by B Motshidisi Instagram: Artbybmotshidisi #77948350





### Tel: 3974975/3974550 Fax:3939720



# ANOTHER GOPEL MUSIC LEGEND IN THE MAKING

he is yet another upcoming star in the gospel industry. Hailing from the North at Dukwi, she has come a long way loving to

honour God through worship. At her church she has been in the Praise and Worship Team for five years now. Lesego Elijah, known affectionately on the stages as Lessy Elijah is a firm believer in praising God and she has always been a singer but she finally went official in 2020 when she also released her first album, "Modimo a o Bakwe". The album has been a great success for her and so has been her gospel music career.

#### Who is Lessy Elijah?

Lesego Elijah is a vocalist, songwriter and gospel musician known as Lessy Elijah in the creative industry. She is a humble, God fearing woman of virtue who worked with different artists in Botswana. Singing has always been her passion from her early stage till date and she has always been a habitual listener and singer of gospel music. Though she has been singing for many years, Lessy Elijah released her first official 8 tracks album titled "Modimo a o Bakwe" on 11 November 2020, which was recorded at KK music studios by Kuseri Kumakili. It is still on the top charts of BW radio waves. Her music is derived from the wondrous works of God and his unchanging grace. So she describes her music as inspirational, praising, thanksgiving and encouraging

### You are a gospel singer, can you describe your music.

My music is the contemporary kind.

### What led you to a path of gospel?

I decided to serve God for the rest of my life with my gift (singing) and I always have this in my mind that "praises is what God can't give to himself" though all lies by his grace (Modimo a bakwe). God has a hand in what I do today; doing gospel music is God's choice for me. It's important that we realize that God created us for a purpose and it is very important for everyone to find that purpose and fulfill it.

#### As a gospel artist can you say the local gospel music is doing well or does it have more to offer yet?

Yes, I don't have concerns but rather I am excited about how far we have come and what is ahead. Gospel music is a form of entertainment and local gospel artists are doing more than enough because their songs inspire with the right message. It is properly showcased in every available platform to reach as many people as possible, it encourages and inspires people to move in the right direction. I believe that local artists' music has the right content to make an impact in the lives of both the young and old people globally.

### Are there any limits to being in the gospel music industry?

No limits! God is a way maker that you find yourself living a life of purpose for Him and you will be successful. However, putting your life in God's hand doesn't mean you should not be diligent; improve yourself and seek to become the best at what you do. Quality and excellence are important ingredients for success, and they are products of diligence.

As an artist what are your aims towards the industry that you want to have as your contributions for its progress? I am planning to have an annual gospel show.

## Now let's talk about your album, how has its reception been?

Recording my first album was very interesting for me because it was the first time I was stepping into the studio to record. I had a lot to learn, the feeling was a bitter -sweet kind of experience. Sweet that I was beginning to live my dream, bitter because the route wasn't so friendly for me and it was very hard. The response to the album was overwhelming for me, sales were good as Digital stores are helping me and people are responding very well and they are downloading the music so things are really shaping up. Local radio stations are also playing my music and I got the opportunity to minister twice on BTV on a program called "Lentswe", this was a blessing to me. The album gave me the exposure I needed.

## Which of your songs is the most loved?

It is the song called 'Intshwarele'.

Why do you think it is the most liked song of all your songs? Heartfelt lyrics are felt in the heart; this refers to the fact that they are moving and resonate with the listener. It is an emotional song, and it can move an entire audience. I can say this song is a forgiveness prayer song which a lot of people connect with. I once received a call from a fan telling me that this song gave him the strength during a certain time in his life. It's been said in the scriptures that when we confess our sins, truly repent and ask for God's forgiveness, we are forgiven. We are cleansed. Just as God forgives us of our sins and the many ways in which we wrong others, God commands us to forgive one another.

## Have you done any collaboration with other gospel artists?

Yes, I have worked with Lucia Dotty, Kuseri Kumakile, and Casper the GOLDEN VOICE. Internationally, I was featured by Prof Muric from Zimbabwe on a single song tittled Nyasha dze denga (God's Grace) and more are willing to work with me.

#### Which international artist do you aspire to work with? Bucy Radebe

### Are you currently working on anything?

I am currently working on a single song to be released soon.





#### Sharps is a 100% citizen owned company

## **BUILDING AND CIVIL SERVICES -ELECTRICAL INSTALLATIONS AND MAINTENANCE**

Telephone Number: +267 3912324 Telefax Number: +267 3959275 E-mail address: alfredc@sharps.co.bw Head Office located at Plot No. 1235 Haile Selassi Road, Industrial Area, Gaborone, Botswana P.O. Box 603Gaborone, Botswana

# THE MAN WHO BOOMBED AIRWAVES AMID COVID

As has been the way things were globally due to the Covid-19 outbreak, with many facing the lot especially artists, somehow for a few it came as a blessing in disguise. It has actually been exactly that for our very own DJ, DJ KSB. A 29 years old gentleman hailing from Tlokweng, KSB has been in the industry since 2013 and has had so many fine opportunities since then but it is last year when many came to know of him and he has since become a household name.

Born Kealeboga Sedumedi he went on to rebrand himself with the artistic name DJ KSB for Kealeboga Sound Basics as he was a DJ working mostly on the sound part of music. He became the DJ he is now basically from learning to DJ on YouTube and would go on to do studio tests. In 2015 DJ KSB went on to become a resident DJ for Gabz FM which came to be his first big break since he became a professional artist. He would later on go to work with RB2 followed by Duma FM and later on at the BTV show Flava Dome where he was a Co-Resident DJ in the local biggest music TV show. But there is one thing we hardly know about the DJ, he was a dancer before he shifted to being a DJ with a group that even participated in the My African Dream show called Jika Jiva. For him Djaying was just a hobby turned into a career and it carried him all the way to South Africa where he even worked under Lingas Entertainment but unfortunately things didn't work out eventually.

Talking on his inspiration when it comes to making new music he says that his inspiration comes from the vibes he gets from dance music producers as he started off as a dancer. The dance producers that inspire him the most are those that make music that speaks to the soul like gospel and love song producers as well. They help him in knowing how and where to start once he gets into the studio. If you listen to his songs you would also hear that they have bit of likeness to the music of the likes of Bujo Mujo and that is because they are also an inspiration to his sound as well. He fused his sound to that of them but to create something a little different and unique and indeed he managed to master exactly that. It is a fusion that Batswana, a people that love to dance can relate to.

His renounced song, the very song many have come to know him by, Phendula became a successful hit and not only so, it was made amid a very difficult time as such of the Covid-19. As though being lucky was not enough, the DJ says that he made the song not aiming for any big achievements but was rather experimenting with his sound as he wanted to try an amapiano kind of sound. He went on to talk to a South African friend, Juizee and suggested to him that they try it out, at that the time the trending new wave, Amapiano Gospel. They wanted to try something in that line as they also felt such was the time to talk to God with everyone locked down and people going through a challenging time. They made the song and well indeed it was a godly favoured one as it hit waves all over Botswana and even in Southern Africa as well as they related with the song. The song's production was just simple as he had Juizee make the vocals and send them over and he then worked on the song finished it without having to head over to South Africa to be together for the hit's production.

A few months after they also went on to make yet another hit, Umuntu. Although it was a slightly different sound from Phendula it still went on to be as good and as groovy as Phendula. Umuntu was a production made by fusing the commonly known Limpopo sound with the amapiano vibe as well to bring about something groovy and it worked out really great and the song has gone to break radio charts and remaining a hit for quite some time. However through making these hits it has not been easy for the artist, especially with how things are for artists in Botswana. The artist nevertheless remains patient and focused and he says that he has to be careful not to be deceived by anything. He remains hopeful in seeing himself and the guys he work with who are his team having grown one day and being able to change lives in the creative industry.

One thing that he is very grateful for as a musician coming from Botswana is to have been able to work with and worked along big Artists especially in South Africa like Master KG, Dr Malinga and Makhadzi just to name a few. He has had such privileges that many artists also long for as these give one international opportunities. His Music as well gets quite plenty of airplay back in South Africa which has seen him getting many bookings over there. He has also had bookings not only in South Africa but also in other Southern African countries like Mozambigue, Namibia and more which are not easy things to experience as a Motswana artist and this has even seen many assuming him to be South African. He also has been recognized locally and even won an award from the recent BOMUs for best dance which was a big achievement for him and his team. The ambitious DJ says that one thing he wishes to do will be to change the game for Botswana music. He went on to state



that local artists yet have no knowledge as to the importance of PR, which he and his team are working to grow as a company. He wants to also influence that kind of change with other artists. His wish is to see his company influencing change from Models, photographers, DJs and others. He says as artists they need to sell themselves the right way and people should know that there is money to be made from being PR representatives as well who sell them as artists. As an artist a fellow artist who inspires him is none other than Master KG whose growth has shown how much it is people to see one's dreams become true. The two have been close for a long time and even when he was still building up the career he has to this day they would talk and he would tell him that he was going to be big one day and he indeed got to be a sensational artist which DJ KSB has come to salute. KSB says that he told him as well that he will make it and when his song Phendula was doing well he called and even when he won the award recently he called to remind him that he knew that he too was going to go big. He says that inspires him to also work hard.

Even though he seems to be usually in association with international artists, he as well has worked with many of the local known artists. He worked under his label with Mansize, DJ Skizzo, Flexiville and Scavenger just to name a few. He further said that he wishes to work with Charma Gal as he thinks they would both make a great Collabo and Han C as well. He currently is in works also with DJ Guyvos on a song that will be dropping anytime soon. He will be working with Makhadzi and Master Kg again soon next year and not only just them as he expects to work with a lot of artists next year.

Being an artist is not is not easy especially when it comes to one's work getting the appreciation it deserves and this is exactly the case for the artist as many people usually want to give out less money than his work is worth among events and performances. This has seen him developing the norm of doing things for himself like planning his own events and all. This is one thing he feels



needs to stop given that Botswana music has come to showcase so much growth and the quality has improved through the years. He says that the singing, the dancing, video production and everything else is at a point where its internationally competitive and even the promoters too are doing a really good job as well in their area.

The local music according to him is unique and different and that positions the local industry somewhere that is unique in the international platforms. This helps us as a country to identify ourselves as having our own style and being true and original with our music. As he wrapped up the artist gave an advice for upcoming artists that they should always remain patience and focused so as to make it to the finish line. He also advised that we stay safe during these times and get vaccinated.



Distributors of Household, Kitchenware, Plastic Ware, Electrical and Electronics, Solar Light Products, Stationary, Party Products and Toys etc Tel: 3117361 Fax: 3117362 Cell: 76668754 Email: romainvestments@outlook.com

## Berry Heart and YTV in Action









#### The 2nd Anual Botswana Business Date Global Program











# INTERVIEW WITH THE FOUNDER OF MOR EVENTS & DECOR

Kobamelo Moeti from Borolong village who currently finished her Bachelor of Science Honors Degree in Mobile and Web Technologies at Botswana Accountancy College this year, started business at the age of 19.

She currently ventured into events and decorations. The young lady of 22 years compares this business with art because it requires a certain level of creativity and passion in designing and planning. According to her, the motive behind her business is to make ends meet for her family and save money to pursue her master's degree. It is also her wish to help and motivate other young entrepreneurs that can make it in the same industry.

She started her business three months ago after getting to know about it from a friend and grew passion for it. She said that she also watches YouTube videos to learn more on how to go about it and with the little money that she had saved while she was a student she managed to buy a few materials and eventually as everything fell into place she got 50% of the materials needed.

Talking about how the business is doing, she said that "The business is doing well in the market, we are always fully booked during weekends. Through practicing good customer care, service delivery and advertising, the business runs with no fail." According to Kobamelo, what makes Mor Events & Decor different from other competitors is that her company is not after making millions of profits but all they want is to build a huge audience and deliver the best services to their clients. Their greatest achievement so far is all the materials they managed to gather and the audience they built in three months of the birth of the business.

To her, the most difficult thing about this business is transport because she doesn't own a car at the moment, so transportation of materials to their client's venue is always a problem.

The fact that she wants to grow this business even more keeps her going every day and she doesn't see herself giving up until it reaches the point where God has planned out. "I see Mor Events & Decor signing big contracts with big companies in the near future. I see us opening branches in other places like Francistown," she added.



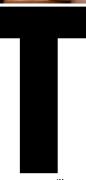








# How To Boost Your Savings



ry these strategies to raise up your savings before the year comes to an end. The year 2021 is ending, you may have started it off with high hopes on the savings front. Maybe you decided that this

is the year you'll reach P100 000 in your account, but as we know, life has its way of thwarting our savings plans and if you're behind at this stage of the year, you may face a possibility of not meeting your goals. Ito a close. Here are a few ways to pull that off, even with the year being almost over. In actual fact, it's not too late to grow your savings account balance before the year comes to an end. Even with the year being almost over, here are a few ways to help you pull that off;

#### Get yourself a side hustle

Before end of the year, the right side hustle could make you significantly richer. Many local businesses need more hands on deck to handle holiday orders and returns at this time of the year. Boost your savings balance nicely by picking up weekend and evening shifts. If you sign up to drive for a ride-hailing company, you could potentially make a few thousands.

#### Do a major inventory sell-off

Chances are, you have plenty of items at home you no longer need or can afford to part with. Your kitchen may be loaded with tools and gadgets you use once a year, you may have video games in your collection that you haven't played in ages, or your closet may be filled with clothes or accessories that are no longer your taste. Selling off those items could score you a nice pile of cash -- enough to meet your savings goal by year-end.

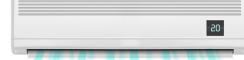
#### Bank your bonus cash

You may be eligible for a bonus through your employer as a thank you for your great performance on the job. That year-end payday could make it possible to meet your savings goals at the last minute.



Sevice Repair, Sales of Air Conditioners- Refrigirators- Industrial

#### Authorised Repair Center for Sefalana & Shoppers- Across Botswana for Refridgeration Units



Plot No. 21928/3, Broadhurst Industrial, Gaborone P.O Box 81424, Gaborone Tel: 3133144, Fax: 3133143, Email: climatechair@gmail.com



# Allergies

Spring time is a wonderful and magical season to be in, it is that time of the year with plants looking so beautifully green, the air smelling so sweet from the scent of blooming flowers, aaah! So wonderful. Unfortunately that is not the case with a whole lot of people, this time comes with seasonal allergies for them, they start to get itchy and develop rushes and all.

Allergies are your body's reaction to a normally harmless substance such as pollen, molds, animal dander, latex, certain foods and insect stings. Allergy symptoms range from mild – rash or hives, itchiness, runny nose, watery/red eyes – to life-threatening. Treatments include antihistamines, decongestants, nasal steroids, asthma medicines and immunotherapy.

#### What is an allergic reaction?

An "allergic reaction" is the way your body responds to the allergen. A chain of events occur that result in an allergic reaction. If you are prone to allergies, the first time you're exposed to a specific allergen (such as pollen), your body responds by producing allergic (IgE) antibodies. The job of these antibodies is to find the allergens and help remove them from your system. As a result, a chemical called histamine is released and causes symptoms of allergies.

## Types of allergies and how are they treated?

You can be allergic to a wide variety of substances – including pollen, animal dander, mold and dust mites.

#### Pollen

Seasonal allergic rhinitis, or hay fever, is an allergic response to pollen. It causes inflammation and swelling of the lining of your nose and of the protective tissue of your eyes (conjunctiva). Symptoms include sneezing, congestion (feeling stuffy), and itchy, watery eyes, nose and mouth. Treatment options include over-the-counter and prescription oral antihistamines, anti-leukotrienes, nasal steroids, nasal antihistamines, and nasal cromolyn. In some people, allergic asthma symptoms (wheezing, shortness of breath, coughing, and/ or chest tightness) can be caused by exposure to pollen. Your symptoms can be reduced by avoiding pollen. Stay indoors when pollen counts are high, close your windows, and use air conditioning. Ask your healthcare provider about immunotherapy ("allergy shots") to treat pollen allergy.

#### **Dust mites**

Dust mites are tiny organisms that live in dust and in the fibers of household objects, such as pillows, mattresses, carpet, and upholstery. Dust mites grow in warm, humid areas. The symptoms of dust mite allergy are similar to those of pollen allergy. To help manage dust mite allergies, try using dust mite encasements (airtight plastic/polyurethane covers) over pillows, mattresses, and box springs. Also, remove carpet, or vacuum frequently with a high-efficiency filter vacuum cleaner. Treatment may include medications to control your nasal/eye and chest symptoms. Immunotherapy may be recommended if your symptoms are not adequately controlled with avoidance methods and medications.

#### Molds

Molds are tiny fungi with spores that float in the air like pollen. Mold is a common trigger for allergies. Mold can be found indoors in damp areas, such as the basement, kitchen, or bathroom, as well as outdoors in grass, leaf piles, hay, and mulch or under mushrooms. Mold spores reach a peak during hot, humid weather. Treatment may include medications to control your nasal/ eye and chest symptoms. Immunotherapy may be recommended if your symptoms are not adequately controlled with avoidance and medications.

#### **Animal Dander**

Allergic reactions can be caused by the proteins secreted by sweat glands in an animal's skin, which are shed in dander, and by the proteins in an animal's saliva. Avoidance measures don't work as well as simply removing the pet from your home. However, because many people are reluctant to do this, second-best measures include keeping your pet out of your bedroom, using air cleaners with HEPA filtration and washing your pet (cat or dog) frequently. Treatment may include medications to control your nasal/eye and chest symptoms. Immunotherapy may be recommended if your symptoms are not adequately controlled with avoidance methods and medications.



# Where your money buys more



HAWKERS cash&carry	HAWKERS CASH&CARRY	HAWKERS CASH&CARRY	HAWKERS CASH&CARRY
Gaborone	Kanye	Molepolole	Lobatse
+267 3500 198	+267 5441 422	+267 73 371 000	<b>, +</b> 267 5333 289

Tourism

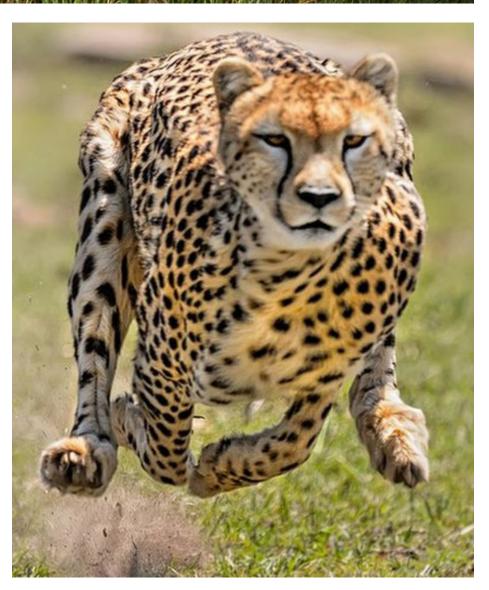
# The World's Fastest Land Animal

A Cheetah is a large cat native to Africa and Central Iran. It is the fastest land animal, estimated to be capable of running at 80 to 128 km/h with the fastest reliably recorded speeds being 93 and 98 km/h, and as such has several adaptations for speed, including a light build, long thin legs and a long tail.

Botswana hosts the world's largest population of cheetahs, with an estimated population of approximately 1,700 individuals. This accounts for approximately 25% of the world's remaining wild cheetahs. Due to Botswana's location in the center of Southern Africa, this population is also crucial to facilitate connectivity between other regional populations.

The cheetah is the fastest land animal and the only cat that hunts by pure speed. Roughly the same size as a leopard, it differs in its slimmer build, smaller head and round, solid spots. It also has a distinctive black 'tear' line beneath each eye. Found largely in open grasslands, its slim, elegant form is today an increasingly rare sight. A cheetah typically hunts small to medium-sized antelope, including impala, springbok and gazelles.

The downside of the cheetah's specialization is a reduced resilience: this predator quickly surrenders its prey to other predators, and its silver-maned cubs, born in the open, are vulnerable to attack from hyenas and lions. If you were a tourist whose main anticipation was to see these unique creatures then the Chobe National park, The Moremi Game Reserve and the Makgadikgadi Pans National Park would be your best areas to visit.



#### **Typical White Man**

An Indian scouting party captures a cowboy from a bar and brings him back to their camp to meet the chief. The chief says to the cowboy, "You are going to die. But we're sorry for you, so give your one wish a day for three days. At sundown third day, you die. What's your first wish?"

The cowboy says, "I want to see my horse." The Indians get his horse. The cowboy grabs the horse's ear and whispers something, and then slaps the horse on the back. The horse takes off. Two hours later, the horse comes back with a naked blonde. She jumps off the horse and goes into the teepee with the cowboy.

The Indians look at each other, figuring, and "Typical white man... only think one thing."

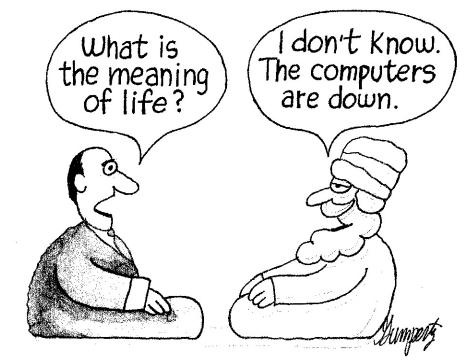
The second day, the chief says, "What wish today?" The cowboy says, "I want to see my horse again." The Indians bring him his horse. The cowboy leans over to the horse and whispers something in the horse's ear, then slaps it on the back. Two hours later, the horse comes back with a naked redhead. She gets off and goes in the teepee with the cowboy. The Indians shake their heads, figuring, "Typical white man going to die tomorrow ... can only think one thing."

The last day comes, and the chief says, "This last wish, white man. What do you want?" The cowboy says, "I want to see my horse again." The Indians bring him his horse. The cowboy grabs the horse by both ears, twists them hard and yells, "Read my lips you idiot! POSSE, damn it! P-O-S-S-E!"

### A blonde goes to a blood bank to earn a little money to pay the bills...

She steps into the elevator along with an attractive young man.

"Are you going to the blood bank too?" she inquires.



"No" he replies: "I go to the sperm bank, because I get four times the cash as I get for a pint of blood".

A week later, they meet again in the same elevator. The guy asks: "Off to the blood bank again?"

The blonde just shakes her head and says:" Mmm-Mmm"

A Chinese Doctor can't find a job in a Hospital in the US, so he opens his own clinic and puts a sign outside: 'GET TREATMENT FOR \$20 - IF NOT CURED GET BACK \$100.' An American lawyer thinks this is a great opportunity to earn \$100 and goes to the clinic.

Lawyer: "I have lost my sense of taste."

Chinese: "Nurse, bring medicine from box No. 22 and put 3 drops in patient's mouth." Lawyer: "Ugh. This is kerosene."

Chinese: "Congrats, your sense of taste is restored. Give me \$20."

The annoyed lawyer goes back after a few days to recover his money.

Lawyer: "I have lost my memory. I cannot remember anything."

Chinese: "Nurse, bring medicine from box no. 22 and put 3 drops in his mouth."

Lawyer (annoyed): "This is kerosene. You gave this to me last time for restoring my taste."

Chinese: "Congrats. You got your memory back. Give me \$20."

The fuming lawyer pays him, and then comes back a week later determined to get back \$100.

Lawyer: "My eyesight has become very weak I can't see at all."

Chinese: "Well, I don't have any medicine for that, so take this \$100."

Lawyer (staring at the note): "But this is \$20, not \$100!!"

Chinese: "Congrats, your eyesight is restored. Give me \$20"





# **Starting A Poultry Farm Enterprise**

For this edition, on a small affordable business start-up, we are looking into how you can start up a commercial poultry farm. Poultry and poultry products are very essential to many people in Botswana at a retail scale and an individual scale. However when you choose your chain of supply you will still make a good and profitable business out of it. When getting into the poultry business, you could either choose breeding layers, or meat poultry or you could just focus on both. Either way the end results if business is done well are a good profit that could see you growing the business.

#### **Starting Up**

Now when starting up a commercialised poultry farm you will need a few things and you can always make quotations on how to get them at very affordable prices. Here are essentials that are needed to start-up:

#### 1.The Place

You need a suitable place for starting up your farm. This has to be a place where you will have access to water and electricity, we advise that for this one you go for the solar energy as it is more cheap but also environmentally friendly.

#### 2.Building Materials

Once the place has been located and ready, you can begin building that poultry farm and you will need: - Fences, Iron sheets, Metal poles or wooden poles, Concrete and Cement.

#### 3.Poultry Equipment

After building up the construction, you have to bring in the equipment, these should include: Egg colour trays at Bwp 30 Pigeon Through at Bwp 35

Feeder 6kg at Bwp 110 Feeder 12kg at Bwp 140

#### Drinker 11 at Bwp 25 Drinker 2.5L at Bwp 35

Nutri-Layers Mash (50kg) Bwp 270.00 among others, these are the things you will need when starting up.

#### 4.The Poultry

Once you are set and all ready for your breeding you need to buy the layers and the broilers chicks from companies which sell them. It takes a few weeks for both types to be product ready and available for sale and then you can begin your mass selling and profit making.





Call. 70230700/ 73309939	
G-West Branch, Haile Selassie Road infront of DCEC & BHC	
ahmedsabbir87@yahoo.com	

TYRES	MAG WHEELS	
FITTING	ACCESSORIES	
SHOCKS	ALIGNMENT	
BATTRIES	CAR SERVICE	



#### Sagittarius

(November 22 - December 21) If possible, find a space where you can be isolated. Working with others will most likely just distract you. You are likely to receive a big bonus this year and otherwise have stable finances. The Sagittarius zodiac will be interested in new love relationships. Your job will be stable and provide you with a regular income. This is a month to be enjoyed with your loved ones. You might even be ready to get pregnant.

#### Capricorn

(December 22 - January 19) You will act as a natural leader and you are likely to feel more confident and charismatic. You are likely to feel more secretive than normal. The Capricorn person will have progressive time in December 2021. You will be your boss and do not need others support to fulfill your dreams. You can also divert your aggression towards exercise and

fitness. Financial prosperity too

#### Aquarius

is on the cards.

#### (January 20 - February 18)

The Aquarius native in December 2021 can have an excellent month provided they are able to have balance. Romance and marriage might face some conflicts. But professionally, you will have a favorable period. This is a good time to start a new business.

#### Pisces

(February 19 - March 20) The 2021 December forecasts predict that though there will be challenges in your life, you will come out a winner. Money flow will be good for the Pisces sun sign and career prospects will improve. You are mature enough to take your own decisions without any outside help. Aries

#### (March 21 - April 19)

The December 2021 monthly horoscope predicts that the Aries person will be spiritual and intellectual in the coming month. Life with your spouse will be harmonious. Singles will attract love by their charm till the last week. You will be aggressive when it comes to your investments. Love life will be interesting with great Aries compatibility. Career growth will be fantastic.

#### Taurus

**GRANITE MASTER** 

(April 20 - May 20) Married life will undergo major transformations with the birth of a child. Singles will succeed in getting into happy relationships. The Taurus sun sign will be rewarded for their hard work in December 2021. Salary hikes, promotions, new jobs, new business can all be expected by the bulls this month. Marital conflicts will be resolved with no taste of bitterness.

#### Gemini

#### (May 21 - June 20)

Your relationships are likely to become deeper than usual this year. Pay attention to your partner to improve the intimacy of your romantic and sexual relationship. The Gemini native will have a prosperous December 2021. You will be blessed with abundance, prosperity and wealth. Your health can be used with the help of these natural herbal remedies. Overall, this will be a busy month for the Twins.

#### Cancer

#### (June 21 - July 22)

If you have been having problems in your romantic relationships, then these problems will likely be resolved in 2021. The Cancer people need to be very cautious this month. There will be some confusion regarding important decisions that you need to make. Keep a cool mind and you will soon find the answers.

#### Leo

(July 23 - August 22) Your finances will have highs and lows throughout the year.

Tel/Fax:393-1582 Plot 22110,Gwest Industrial

This planet makes it much easier to get along with your coworkers and other work-related social interactions. The Leo zodiac sign will be more interested in their own psychological wellbeing in December 2021. You will be innovative and creative in all your ventures. The lions will need to cut down on their need

to be independent this month and rely on support of family

Horoscopes

#### Virgo

and friends.

(August 23 - September 22)

Your partner is likely to rely on you more than usual this year. Do the best you can, but do not let your partner take advantage of you. The Virgo person will do better to work in a team. This month is better spent with your family rather than trying some new business venture. You will be sexually active and make an excellent partner.

#### Libra

#### (September 23 - October 22)

You will find it harder to save money than usual. Try to reduce your spending on nonessential items to keep your finances healthy. Depending on what sign you are in a relationship with, this could help to improve your relationship. The Libra star sign will struggle to avoid chaos in their lives. You will want to do multiple things at the same time which might leave you angry and short tempered. Plan your days in advance and proceed with a positive mind.

#### Scorpio

(October 23 - November 21) The Scorpio person will be in demand in December 2021. Be it your job or your love life, you need not go behind what you desire. You will get it right in your hands. Your intuition will work overtime and help you make some extra money. But you need to definitely take care of your health.

> Cell: 74444441 granitemaster@live.com









Many of us fight a perpetual battle with tight, chapped, even cracked lips. No one likes their lips to feel dry and flaky. Here's why our lips are extra sensitive to drying out — and making out — and how you can keep your lips kissably soft.

#### Why Your Lips Can Get Dry

Our lips don't have oil or sweat glands special cells that regulate warmth, hydration, and moisture — like other areas of our body. So unfortunately, our lips are much more prone to drying out.

Also, our sensitive smackers are thin-skinned, literally, compared to other parts of our body. For example, the protective outer skin layer on our face consists of up to 16 layers of cells. But on our pouters? Just 3 to 5 layers. This also explains why our lips are often naturally pretty in pink. The topmost skin layer is so thin that we can see the bloodfilled capillaries beneath.

#### How to Make Your Lips Soft and Sensuous

So you want to make your lips kissably soft? Good call. Even if you're just blowing air kisses to yourself in the mirror, taking good care of your lips will help you feel more comfortable and healthy. Here's how:

#### 1. Exfoliate

Before you hydrate your lips, you should remove any dead skin from the surface. Here are a few easy and economical ways to exfoliate:

 Wet a soft toothbrush with a little warm water (and optional, moisturizing oil, such as coconut oil), and very gently brush your lips until they feel smooth and soft.

- Create a sweet mix of sugar and water. Rub this mixture on your lips until they feel soft and you can gently scrub off the dead, dry skin.
- Wet a soft washcloth with warm water and gently exfoliate your lips.

#### 2. Find the Best Lip Balm

Licking your lips only dries them out. To truly help chapped pouts, you need back-up: a lip balm that both restores your skin's moisture and keeps it locked in. The key is to look at the ingredients list to ensure that your chosen brand is up to the challenge — some balms just do one or the other.

#### **Lip-Balm Basics**

First, restore moisture: Choose a lip moisturizer that is rich with "emollients" and/ or "humectants" to hydrate and soften your dry lips.

- Humectants are ingredients that attract water. On your skin, humectants attract H2O from the deeper layers of your skin (the dermis) to the surface layers (epidermis). Some popular humectants in moisturizing lip balms include: glycerin, aloe vera, honey etc
  - Emollients are ingredients that help maintain the soft, smooth, and pliable appearance of skin by filling in the crevices between the cells (the corneocytes) in the outer layer of our skin. These oils are readily absorbed below our skin's surface to improve skin smoothness and soothe dry lips. Emollients in lip balm include: shea butter, coconut oil, almond oil, jojoba oil.

Then, lock moisture in: Now that you've restored the moisture in your lips, you need a special ingredient to keep your lips soft for as long as possible. Protect that pout!

Occlusives are ingredients that form a protective barrier between your tender smoochers and the harsh, dry world. Just remember, you need to hydrate your lips first before you seal the deal. While these materials protect your lips, they don't treat dryness. So it's important that your lip balm also contains hydrating ingredients or that you apply a separate hydrating moisturizer first. Occlusives in lip balms might include: petroleum, beeswax, mineral oil etc.



# Do Satin Pillowcases And Bonnets Really Benefit Your Skin And Hair?



Did you know that sleeping on a satin pillowcase can keep your skin looking youthful for longer? The soft and silky sensation isn't just for comfortable sleep but has a range of other benefits too for skin and hair. One of the most beneficial things to do to maintain the health of your hair is to cover it at night, that's why we recommend silk or satin.

If you think of changing your bedding and want something that's good for your hair and skin, satin is the best choice. Get yourself Fro'Niques satin pillowcases and bonnets and you will never look back. Take a look at some of these satin pillowcases and bonnets benefits for your hair and skin.

### BENEFITS OF SATIN PILLOWCASES AND BONNETS

1. Satin pillowcases prevent wrinkles,

keeps your skin smoother and soft.

- 2. Keep skin hydrated.
- Keep your hair healthy When you cover your hair with satin it retains moisture, this prevents split ends which happen when your hair dries out. Avoid moisture absorbing fabrics like cotton.
- Prevents breakage Other fabrics like cotton are moisture absorbing and can cause friction when our curls rub against them. This leads to breakage which we do not want, we want our hair to grow not break off.
- 5. Our hair styles remain neater for the longest time, satin is a smooth fabric that helps keep hair neat and in place.
- 6. Satin not only smoothes out your hair, significantly reducing frizziness and static.
- 7. Prevention of hair loss due to prevention of dryness.

- 8. No-Headache hair. No need to sleep with your hair in a ponytail. The cap keeps your hair pulled back and doesn't cause the headaches you get from tight ponytails and buns.
- Ready to go hair- Sleeping on a satin can help retain your hair style. No need to wake up super early to have enough time to straighten, curl or un-kink your hair.
- Fewer tangles If your hair is fine, dry, or prone to tangling, the silkiness of satin pillowcase means no more waking up looking like a matted yorkie.
- Fewer skin creases The slippery surface results in fewer creases on our face. Those pillow lines usually diminish after you get up.
- 12. Satin pillowcases can help acne- Less friction from your pillowcase results in less irritation.

#### Welcome Store

Commecial hardware, Baby shop,Book shop, Furniture shop,Household shop,Electronics/Electrical shop,Cosmetics shop And Specialised Motor Dealer

(Mochudi main mall) Opposite Jb Sports Private Bag 54 Mochudi Cell 71497040





Models From Madam Queen Modeling Agency: Bonolo And Keneilwe Make Up Artist And Stylist: Queen Kolobe Of Madam Queen Modeling Agency Dressed By : Fashion World Station

ummer



Hot Girl

# Karabo Millennium Mogale

Aged 21 I enjoy doing a lot of things especially on my spare time. But mostly doing make up and nails, anything that deals with beauty because I wanna be one



Facebook name:lesego gabriel Bayi Instagram : the\_predatorxt\_bw

82

ROUKES

eseg

# Ways Sex Is Different when it's with Someone You Love

Shared here are just a few ways sex with someone you love differs from casual stuff.

#### They know what you like

When you've had sex more than a few times, they tend to develop a real sense of the very specific things that get you off. They'll kiss your neck with exactly the right pressure, grab your bum, and do all the other things you always used to wish people would do without having to be directed to do so. It's great.

#### They know the stuff you don't like, too

Unlike a casual hookup, someone you love will not waste time fumbling around with a technique that's worked on other people but does nothing for you. They've tried it, you loved them enough to say you hated it, and they won't try it again.

#### They manage to keep it surprising

Even though you've been doing it for a while, it's not predictable. They're always coming up with new ways to make you feel good and discovering little parts to touch that you didn't know would feel so incredible.

You actually find yourself caring more about their pleasure than your own Getting them off gets you off.

But they won't be offended if you'd rather just go to sleep immediately after coming. No awkward cuddling afterwards just because you feel like you should.

If you want to roll over and sleep, fine.

If you want to watch TV, that's all good

They're even cool with getting you a cup of tea. And that may be the sexiest thing of all.

## COOL MASTER

#### • AIR CONDITIONING • REFRIGERATION • EQUIPMENTS • SUPPLY • REPAIR AND MAINTENANCE

#### COLDROOMS







Telefax: (+267) 3916212 (+267) 71603746 / 71539520 Email: sri\_coolmaster@yahoo.com

BLOCK 3 INDUSTRIAL MABELEAPODI ROAD PLOT NO: 20726 UNIT 6 GABORONE, BOTSWANA



# **SIGNS OF A TOXIC PARENT**

More than the provide their children with a happy and healthy upbringing, but it's unfortunate that some parents go beyond the occasional mistake and veer into the harmful category. There are numerous behaviors that can cause so much mental and emotional damage to a child that ends up affecting them even after they have grown up. The following situations are some of the signs of a toxic parent:

### They Cause You to Justify Terrible Behavior

Did you grow up believing that your parent was physically or emotionally abusive to you because you deserved it? If so, you may still be justifying the terrible behavior of others at your own expense. Toxic parents can twist any situation to suit their needs, and this leaves children with two choices: accept that their parent is wrong or internalize all of the blame. In most cases, children, even those who are adults now, choose the latter option.

#### **They Are Overly Critical**

Everyone's parents criticize from time to time. Without this component, we might

never learn how to do numerous things properly, such as everyday chores like washing laundry. A toxic parent takes this to extremes by being overly critical about everything their child does. Parents can make the mistake of believing that they do this to make sure their children avoid making costly mistakes. Unfortunately, what this behavior really does is causing the child to develop a harsh inner critic that can be borderline crippling during adulthood.

#### They Make Toxic "Jokes" About You

All parents occasionally pick on their children, but when the so-called jokes become commonplace, this can be a huge problem. You do not need to accept this type of behavior just because your parent has always joked about something such as your height or weight. Ultimately, this is an undermining tactic that can make you feel very badly about yourself. If a parent has a legitimate concern to address with their child, they should be honest and non-critical, as opposed to making mean jokes.

### They Fail To Provide You with Affirmation and Security

Some people believe that showing tough

love is an important way to ensure that their children are able to take care of themselves in the future. If you were the recipient of this approach on a regular basis, you might even believe that this has had a positive impact on your life. However, if you practically fall apart now because of any perceived failure or rejection, then this most likely stems from a parent's toxic refusal to provide you with the right amount of security and affirmation while you were young. Tough love might work sometimes, but it cannot be the only approach a parent takes if they want their child to become a well-rounded adult.

#### **They Demand Your Attention**

Toxic parents often turn their children into their own parental substitutes by demanding their attention at all times. This can be seen as bonding between the parent and child, but it is really a parasitic relationship that requires too much of the child's time and energy when they should be focused on learning other skills. Although it may be difficult at times, a well-rounded parent will allow their children enough space to grow and be kids without demanding constant interaction to suit their own needs.





Physical Address: Plot 20635, Block 3, New Broadhurst Industrial, Gaborone, Botswana Tel: +267 3185296 Fax: +267 3164449 Post Address: P.O.Box 202124, Gaborone E-mail: cjibots@gmail.com



Huatai Securities Plaza



## **DIY FLORAL LETTER**

This adorable project will take you an hour from start to finish.

#### Things you need:

Flowers, hot glue gun, sharpies, scissors and a sheet of cardboard.

#### Step 1:

Find a variety of flowers that you like, and that look good together. As shown in the pictures flowers are stuck with pinks, white, cream, and a hint of light green. Also get a few different sizes; adding different sized flowers into your arrangement makes a huge difference. Just pluck the flowers right off their stems, and remove all the leaves and clip off any extra wires.

#### Step 2:

Draw a letter onto a piece of cardboard, cut it out. OR you could purchase letters at a craft store.



#### Step 3:

Place your flowers and gluing! Here the larger flowers are placed first, then filled in the rest of the space with smaller ones.

#### Step 4:

This is the fun part, deciding where to put your letter. You can hang your flower on the wall or wherever you want; it looks adorable in a darling gold frame as shown in the picture.







# Exclusive Fountain Designs For Your Backyard



**Solar-On-Demand Outdoor Fountain** This fountain can be switched on or off with the touch of a button. It also runs on solar power: one full day of sun equals six hours of battery life.

#### Watering Can Fountain

This cool-looking fountain made from recycled watering cans and a wash bin is the perfect addition to a country garden.

#### Wooden Barrel Water Fountain

Perfect for your patio or backyard, this wooden fountain comes lined with plastic so that it can withstand any moisture or mold buildup.







#### We Offer:

Cellphones & Accessories, Cellphone Repairs, Tv's & Home Theaters, Electrical & Electronics Home Appliances, Household Items, Cooking & Glassware, Bedding Sets, Stationery, Babby Products & Toys

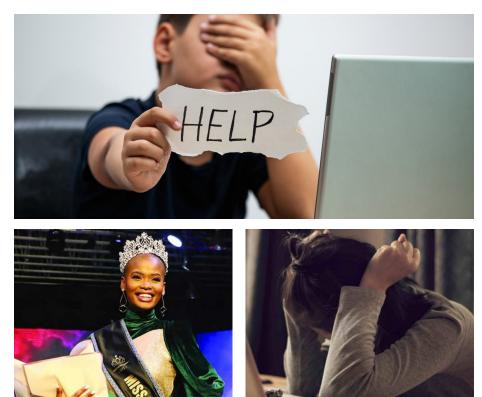


Shop 1: Plot 10032, Glick Total Filling Station, Broadhust Industrial, Call: 76640055 Shop 2: Maru-a-Pula Choppies Complex, Call: 71750088 Shop 3: Akasi Hardware Maruapula Complex

#### Gossip

Batswana have always been recommended for being peaceful and very friendly people throughout the years globally and have also always toped analysis charts in Africa as peaceful and friendly people whose nation is worth a visit. But even though that might be the case recent years especially in social media have seen Batswana alwavs forging attacks that could shutter a person confidence and self-esteem. They have never been ones to shy away on body slamming and throwing jabs at whosoever might be in the spotlight at the moment. Some time back they did the same when they threw jabs at one local celebrated celebrity, Sadi and not only her but even many others like Amantle Brown and even Vee Mampeezy on his English speaking. They have also recently been head on against BJB as well on his looks and even making challenges to that. To show just how fearless they are they have even done so with the First Lady of the country on many occasions and guite recently on her birthday. It is quite a common thing that there is even a term to it "facebook violense" every time there is someone being dissed or attacked.

Of recent, the norm caught up with the international eyes when they took to social media yet again to fire up offensive comments that were body shaming the representative of Sweden, Miss Sweden at the Miss World competitions in Puerto Rico. This incident had the country in the spotlight and even had a possibility to jeopardise the country's own representative, Miss Botswana Palesa Molefe. Such incidents always have an impact on how the country



## Are Batswana Cyber Bullies?

is viewed especially at world platforms were issues of gender and others are quite sensitive and may go on in the view of being highly offensive. It also had the potential of affecting the country's representative as she may feel all eyes being on her in a judgemental way. This raises the question to whether issues that are considered sensitive are addressed and whether if there is enough education on such and also if we as Batswana know how to differentiate between things that can be seen as bullying and those that are not. It seems we are not woke yet.



# **EXERCISES THAT INCREASE BREAST SIZE**



#### **Arm Circles**

- 1. Extend your arms out to the side at shoulder level.
- 2. Slowly make small circles backward for one minute.
- 3. Now make small circles forwards for one minute.
- 4. Then pulse your arms up and down, using a small range of motion, for one minute.
- 5. Repeat one or two times with a break in between.

You can add small weights to this exercise to make it more advanced.

#### **Arm Presses**

Sit or stand with your hands extended in front of your chest with your palms together.

- 1. Open your arms until they're behind your back and make a back bend.
- 2. Bring your arms back together.
- 3. Do this for one minute. Use weights or a resistance band to make it more difficult.

#### **Prayer Pose**

- 1. Keep your arms extended and press your palms together for 30 seconds.
- 2. Bend your elbows at 90 degrees and press your palms in toward each other in front of your chest in prayer pose for 10 seconds and release.
- 3. Repeat this 15 times.

#### **Horizontal Chest Press**

- 1. Extend your arms in front of your body and bend them at a 90-degree angle.
- 2. Open your arms as wide as they will go and bring them together again. Do this for one minute.

Rest at the end of all of these exercises, and repeat at least once more.

#### **Chest Press Extensions**

 Hold a dumbbell in each hand and bring your hands up so they are in line with your shoulders, keeping your elbows bent.

- 2. Slowly straighten your arms and extend in front of you. You may wish to extend one arm at a time.
- 3. Then bring your hand back to your shoulders and slowly lower your wrists down.
- Keep your elbows in at your body, and make the movement slow and controlled.
- 5. Do three sets of 12.

#### **Modified Pushups**

- 1. Lie on the ground and put your palms on the outside of your chest.
- 2. Push your body all the way up until your

arms are almost straight, but keep a slight bend in your elbows.

- Slowly lower your body back down using controlled resistance. Keep your elbows in at your sides.
- 4. Do three sets of 12.

#### Wall Presses

- . Stand in front of a wall and press your palms flat against it at the same height as your chest.
- 2. Slowly and with control move forward until your head nearly touches the wall.
- 3. Return to the original position.
- 4. Repeat 10 to 15 times.



# NGAKA DETHRONES MOTHIBEDI

n the night of 29th October, Moabi Ngaka went to show that he was not a force to be reckoned

with when he went on to snatch away tittle from the defendant of the WBF tittle, Mothibi.

Mothibi won the title last year in a battle that came to be the greatest fight of his life which he fought against Babui. However he too had it snatched away from him from a contender who as well was head on and full on looking to be the king on the throne. The battle between the two boxers was not the only impressive battle that saw the stage at G.I.C.C on that night. There were other battles from various boxers within the Southern African region.





# BRIGGS & ASSOCIATES

## For Life Water Purifier Sachets

Cell: 72687719/ 71888806 Unit 1 plot 68312 phakalane industrial tracy@briggsnassociates.co.bw

For Life

HILP FUR

# M HOME WITH US

OUTDOOR & AGRICULTURAL PRODUCTS.

ABORONE BUILDING SUPPLIES (PTY) LTD. T/A

Build

HARDWARE,

## WHY CHOOSE US?

-Quality materials at affordable prices. -Varierty of products to suit your project. -Delivery of materials to your door.

### **OUR SERVICES**

-We offer free estimation -We deliver nationwide

-Cash Account Facility to safeguard your project

786

В

Ε

SUPPLIERS OF

## **OUR PRODUCTS**

**CONTACT US** 



# FOURS CASH&CARRY SHOP ONLINE www.foursonline.co.bw



# Sms () +267 76094433

## V PLACE ORDER V PICK UP IN STORE

