

Celebrity World

Botswana's Native Magazine

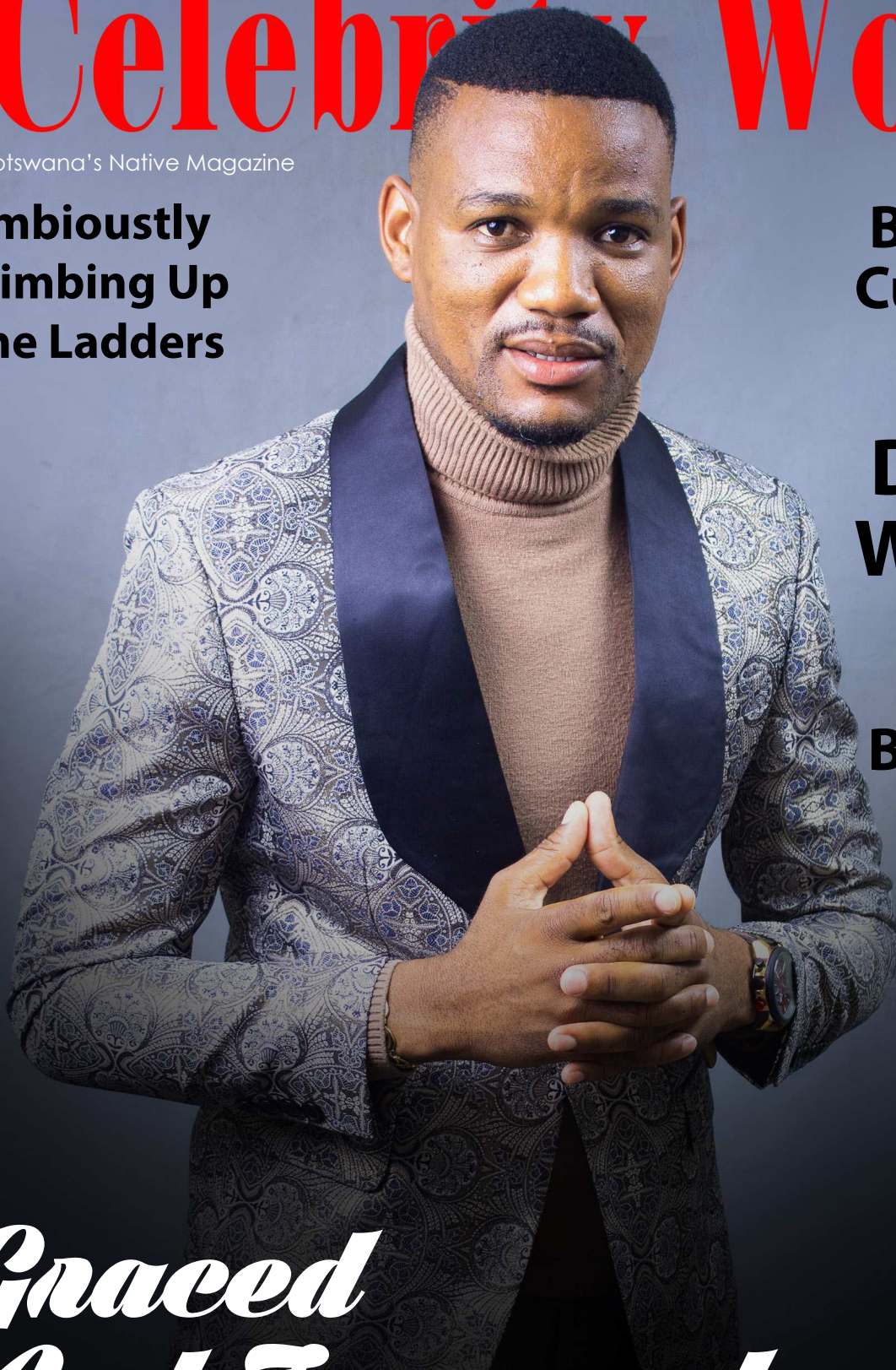
January 2021 P12

**Ambiously
Climbing Up
The Ladders**

**Botswana's
Culture and
Tradition**

**Dancing
With The
Snakes**

**Botswana's
Diamond
Sisters**



Graced And Favoured For Success



**Turmeric And
Coconut Oil Healing
Face Mask
By Kefilwe Matake**

**Ways to Know
It's Time to
Break Up**

**Exclusive Fountain
Designs For Your
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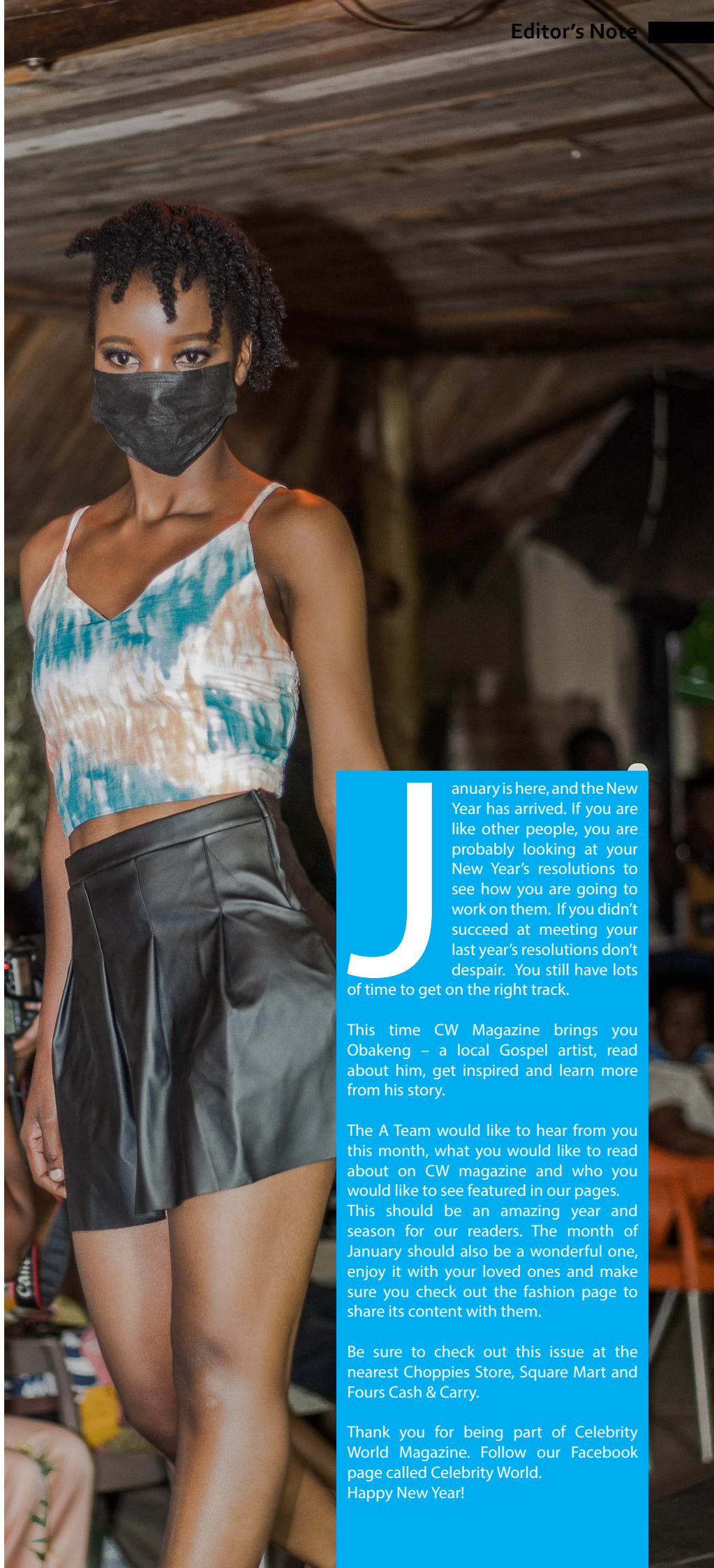
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January is here, and the New Year has arrived. If you are like other people, you are probably looking at your New Year's resolutions to see how you are going to work on them. If you didn't succeed at meeting your last year's resolutions don't despair. You still have lots of time to get on the right track.

This time CW Magazine brings you Obakeng – a local Gospel artist, read about him, get inspired and learn more from his story.

The A Team would like to hear from you this month, what you would like to read about on CW magazine and who you would like to see featured in our pages. This should be an amazing year and season for our readers. The month of January should also be a wonderful one, enjoy it with your loved ones and make sure you check out the fashion page to share its content with them.

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. Happy New Year!

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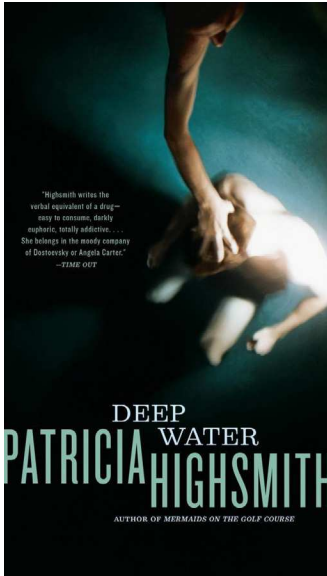
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Celebrity World *List*

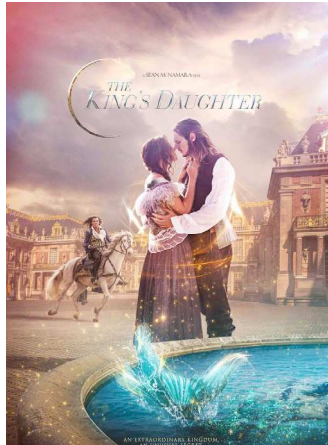
FILM, TV, BOOKS & MUSIC

Stay inside or head outdoors, we've got plenty to keep you entertained



Deep Water

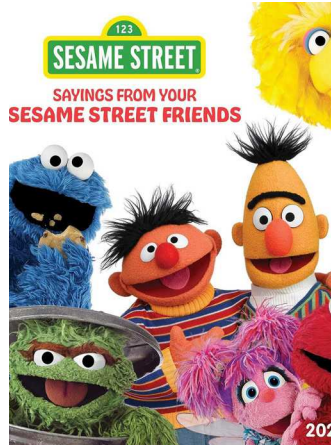
A well-to-do husband who allows his wife to have affairs in order to avoid a divorce becomes a prime suspect in the disappearance of her lovers.
Release Date: January 14, 2022
Director: Adrian Lyne
Starring: Ben Affleck
Genre: Mystery



The King's Daughter

King Louis XIV's quest for immortality leads him to capture and steal a mermaid's life force, a move that is further complicated by his illegitimate daughter's discovery of the creature.

Genre: Action-Adventure Fantasy Film
Release Date: January 21, 2022
Directed By: Sean McNamara
Starring: Pierce Brosnan, William Hurt and Benjamin Walker



Sesame Street

Directed by: Jonathan Krisel
 Starring: Anne Hathaway, Bo Burnham, Chance the Rapper
 Music by: John Powell; Hans Zimmer
 Release Date: January 14, 2022
 Sesame Street is an upcoming 2022 musical comedy adventure family film based on the long-running PBS and HBO Max children's television series of the same name. It stars Anne Hathaway along with the original cast of Sesame Street Muppets.



Orphan: First Kill

Unhinged woman Leena Klammer orchestrates a brilliant escape from an Estonian insane asylum and travels to America by stealing the identity of the missing daughter of a wealthy family. However, Leena's new life as "Esther" comes with an unexpected wrinkle and pits her against a mother who will do anything to protect her family at any cost.

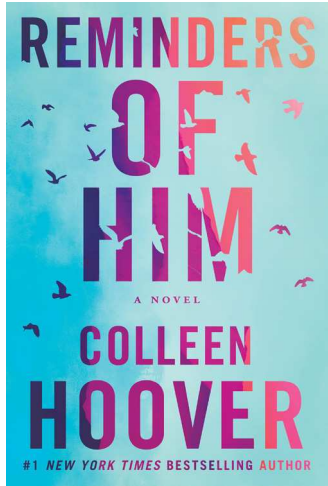
Release Date: January 28, 2022
Genres: Crime · Drama · Horror · Mystery · Thriller
Director: William Brent Bell
Starring: Isabelle Fuhrman and Julia Stiles

What To Read

REMINDERS OF HIM

Expected On: January 18, 2022
Author: Colleen Hoover

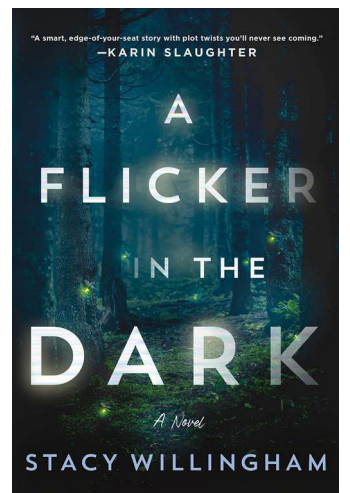
A troubled young mother years for a shot at redemption in this heartbreaking yet hopeful story. After serving five years in prison for a tragic mistake, Kenna Rowan returns to the town where it all went wrong, hoping to reunite with her four-year-old daughter...



A FLICKER IN THE DARK

Author: Stacy Willingham
Publication Date: January 11, 2022

A masterfully done, lyrical thriller, certain to be the launch of an amazing career. A Flicker in the Dark is eerily compelling to the very last page. When Chloe Davis was twelve, six teenage girls went missing in her small Louisiana town. By the end of the summer, Chloe's father had been arrested as a serial killer and promptly put in prison...



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Ambiously Climbing Up The Ladders

He is a young but very ambitious artist aged 19 years and hails from Mmadinare. He currently resides in Gaborone where he has been building up a very promising music career. He started the business the moment he finished his form five and has so far released three singles which have all been doing exceptionally well and hitting the waves. He had a talk with us recently.

Who is Kaey Maxx?

Kaey Maxx is a rapper from Mmadinare but now based in Gaborone. He's a hip-hop and RnB artist who specializes in making feel good music, music that can put a smile on your face.

What is the inspiration of this name?

My real names are Kagiso Monna so I just took the Kaey from Kagiso and the Maxx from Monna, instead of Mann I used Maxx. I chose Maxx because everything I do I keep it at a maximum, I never do things without putting all my effort no matter what it is. Is music something you grew up with?

I would say I grew up with music because it has been my passion since way back. I used to be a dancer as well. From primary school I was just a fan of listening to music, 2016 I started making one.

Why do music, and why specifically that genre?

I'm somebody who likes expressing my feelings on a paper. I used to be more into drawing happy people and as time went by I started feeling like it wasn't really enough and people didn't really get me. So then I started jotting down a few bars here and there until I managed to come up with a solid verse containing all my feelings. I didn't just wake up and choose Hip Hop, somebody made me love the genre while I was drawing listening to him.

As a hip hop and RNB artist, who has been your inspiration in even making your music?

South Africa's very own, Nasty C, has and will always be my inspiration. I learnt a lot from

just listening to him.

You are young and an upcoming artist, are do you deal with handling this music business?

It's not really easy being an upcoming artist because most of the times doors are slammed on my face. Even though I face that, nothing is stopping from following my plan. Whenever I feel like giving up I think about why I started this and when it comes to the real business I keep it very professional. As long as you know what you're doing and why you're doing that, it won't be too much to handle.

So is your music reaching out to where you want it to?

My music might not be in everyone's ears but the little that I've managed to reach so far I really appreciate it and it shows that very soon it's going to reach its final destination.

Introspecting your work where is now, is there a way you maybe would have done things better or are you pleased with your work?

Ever since I got into the industry, I archived a lot with only three songs. My first song playing on radio, my second one on newspapers and my third one in magazines is something I should really be grateful about. So I won't hesitate to say yes I'm pleased with my work. It might not be enough but it's something I should smile about.

Have you collaborated with any renowned local artists?

9. I have already worked with a few local artists in Botswana. The likes of Courtney Maroba, KOR, Crust E and right now I'm working on a hit song with TSS.

Whom would you like to collaborate with?

I would like to collaborate with Nasty C, Sal Angel, CYC JOUZY, ATI, Go Hard clothing bw, Mpho Sebina, FME DJs, Costa Titch and many more creatives.

As an artist, what gives you inspiration when making your music?

When I make music, I look at what I'm doing and why I'm doing that. That inspires me to go harder on what I'm working on as it acts as a reminder and guidance. Most of the inspiration comes from my heart.

Tell me more about your achievements you stand proud of.

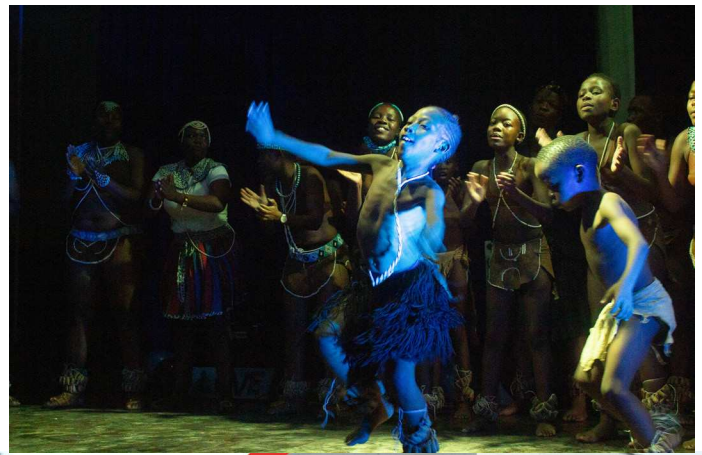
I managed to archive a lot with just a few songs and a lot of hard work. I got featured on YARONA FM by Dj Sway, my work got recognized by Fella-The-Beat, Flyboi Que and Yung Amaze DG, I got featured on a song from USA and SA, got the opportunity to be interviewed by Mmegi, The Midweek Sun and AFRICA'S VERY OWN MAGAZINE, also got a feature on SA HIP HOP and BOTSWANA HIP HOP LANGUAGE Facebook pages. The list goes on its endless.

Botswana's Culture and Tradition

As we step into the first month of the year 2022, there is no better way than celebrating Botswana's culture and tradition which is a thing of beauty in the lives of Batswana. We are in the millennium years and we still pride ourselves with a Setswana saying, 'Ngwao Boswa', which translates to 'our culture our heritage'. The culture of Botswana has dominated that of other groups. It is prominent in the Setswana language, traditional music, local food & dance, traditional attire, rituals and other ceremonies. Music is one aspect of culture, which has perhaps survived the onslaught of western influences in Botswana.

Setswana traditional music is heard almost everywhere you go, in malls, public transport, homes and entertainment places. In Botswana traditional music, dance and singing are a vital part of everyday life activities and modern-day ceremonies such as weddings and others.

Botswana is well known as a country with rich and interesting clothing traditions although today's traditional Tswana outfit is a mix of Western-style. As displayed in the pictures here, kids wore clothes that differ from adults' and they often didn't use clothes at all, boys used a small flap of skin in front and nothing else. Girls usually wore 'makgabe' and added ornaments to their outfits. Men wore a loin-skin called "tshoga" whereas women wore leather skirts and leather top to cover their breasts and obviously put ornaments like necklaces and bracelets to match their costumes provided that they played an important role in their life lives. Clothes made from animal skins often showed the class, gender or position of people in the society.



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performing arts while having bunch of fun along the way. We also noticed so many kids have talent in dance but they lack in certain aspects of dance so our goal is to provide a nurturing environment for beginners through pre- professional dancers inspiring passion of dance by developing their dancing skills that can be utilized in new and exciting ways.

As the young founders of a dance studio with youngster kids working with you, do you have a management board or team that helps you run it?

Yes, we have a dance studio manager named Lebogang Matheakgomo (mother to the founders). She does few roles to keep our dance academy on track such as setting up classes, processing new registration requests, in charge of scheduling instructors for the various classes and other duties.

Are you the ones that offer the dance lessons?

No, we have coaches named Coach Seo and Coach Aquino they are both pre-professional female dancers. They are our leaders and mentors, they also choreograph unique routines and teach them to dance team members, observing our performance and providing suggestions for improvement.

As young and busy personalities, how do you balance modelling and dancing with school as well?

Since they are all important aspects of our lives, sometimes when you're pulled in both directions, it can be tough to balance them. But we try to stay well-balanced, stay on top of all our school work and still get to dance or model by getting organized, prioritize looking at the schedule and go easy on ourselves.

You are young but hardworking kids, what milestones are you trying to reach and achieve?

Finding a path in life that will lead us to build a legacy that

BOTSWANA'S DIAMOND SISTERS

Katlego and Kimberly are not your typical teen sisters, they are much more, they are just a resemblance of how it is like to be a very hard working person in life determined to achieve all their dreams. These two sisters are one of the most hardworking and unlimited little teens this country has come to know of, they even have their own label dance studio, they are just that good. They do so much that it's hard to keep up with.

Tell me more about KatKim?

KatKim Delight Dance is a fun and friendly dance academy situated in Gaborone. It was founded on the 5th of September 2020. The name KatKim is a combination of the founder's names named Katlego (kat) aged 12 and Kimberley (Kim) aged 9 whom are sisters. To join KatKim Delight Dance Academy you register with P150 which include a free t-shirt and pay P300 monthly. Its target

group is 4 years to 18 years old. It offers different kinds of dance which are contemporary, hip hop, afro pop and jazz.

What inspired its foundation?

We once joined Global Dance Supreme which inspired us to start this foundation to help kids and youngsters in Botswana grow and be able to be part of such events representing Botswana. To help them gain more confidence through



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will make ourselves and our people proud. By embracing our nation's culture through our talent and being well known internationally for our hard work.

Who do you both look up to that gives you inspiration?

For dance we are both inspired by Nia Sioux Frazier who was in reality show called Dance Moms. We look up to Nia because of her signature death drops, her stage presence, her determination to win, her bubbly personality, her friendship with all her team members, her flexibility, and her eagerness to learn new things. For modelling and pageantry, we are inspired by Mpule Kwelagobe the first black African woman to win Miss Universe Botswana 1999. We look up to her because of the goodwill she has done, for being an intelligent and sophisticated woman, for her beauty qualities which inspired us to archive those qualities that will make our nation proud.

Is it not challenging doing what you guys do?

Sometimes it is challenging especially keeping up with our talent. Talent never vanishes but holding on talent also needs continuous practice. If you reach an advanced level and stop practicing, you might find yourself back to being a beginner. These challenges also include finding the right inspiration, being persistent and dealing with too many limitations.

And how do you tackle those challenges?

Most importantly we tackle those challenges through our prayers to be able to keep on practicing and believe that our talent has no limits. We try by all means to be strong, set some kind of punishments for ourselves if we did not meet the deadline we have already set to be in control.

Are parents to the kids you also work with supportive of you and their kids in all you do enough?

I believe that the parents to the kids are fully supportive in terms of dropping their kids off a little early before class time which helps them focus more in dance classes. They are also prepared in making sure their kids come with the right attire for dance classes or performances. They listen to the management feedback and try not to overreact to comments like their kids missing steps. But the problem we face sometimes is late payments for dance classes which is not enough.

As kids what is it that you seek to inspire on other kids like you?

We want to inspire other kids to gain self-confidence by instilling a sense of hard work to them because that will help them be passionate about their talent. Also inspire them to trust their talent and never give up on their dreams to be one of the greatest artists in the world.

You both have achieved so much personally, how does it feel to archive such and even at a young age?

It feels great and gives us a common goal and purpose to archive greater things.

Both of you are very much into modelling, in that areas what is each of you desires to see having archived?

We both desire to be crowned Miss Universe or be part of Elite which is one of the most famous international modeling agency. Also to groom upcoming modelers who are inspired by our achievements.

Have you had any music video features as dancers?

We have been featured in two music videos so far which is a song named "Zenade" by an



artist called Zenade and a song named "Fa go le monate" by an artist called Rhyme Killa.

As dancers, who out there can you say is your favorite dancer?

It is Nia Sioux Frazier!

Any word of advice to fans out?

You have to be given what's needed by nature and what's needed is to bring something new also never give up and keep dreaming because you will never know what the Lord has in mind for your future.



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Graced And Favoured For Success



Botswana's gospel industry continues to grow day by day and with its growth we come to see the emergence of many gospel musicians who are with no doubt game-changers within the gospel world of Botswana. There are many countless stars doing great and Obakeng Sengwaketse definitely is one of them and he is our star feature in this edition. Hailing from Kanye and having grown in the Ngwaketse village, he is a fond music lover and believer and that is just how the star came to be a traditional gospel sensation that he is today.

Obakeng has been in the gospel music industry for the past 12 years and managed to have his big break and build a notable career that is inspirational to other gospel talents like him. The 38 year old singer says his talent came to a discovery way back during school days where they used to have music lessons. He says that his teacher would always encourage him to sing and telling him he would one day be a recording artist and he stands today grateful for the encouragement the teacher used to offer him. He would later on go and venture into the gospel music. The reason why he chose a path of gospel was because of the fact that he had a Christian upbringing and so it was inevitable. He went for that type of music genre because of those within the very industry that he looked up to that inspired him. He said he has only done this genre and it is like a medicine to him as it brings him healing and a sense of serenity.

When he went on to talk about his career as a gospel artist he said that the career was really something he just loves and will go a long way with and he doesn't see himself quitting or doing anything else aside from it. He says he does not regret a single moment of what he does. All throughout the career he has had to experience a lot but whatever that came his way he only took it as a lesson and

learning curve, all the good and all the bad combined they have been nothing to him but lessons meant to help him grow and groom himself as a better artist. This is one of the reasons why he has managed to come so far and be able to accomplish all that he has accomplished as an artist.

Speaking of accomplishment, the artist has had indeed God's hand of favour upon him through his music. He has had quite notable achievements in his career with no doubt more of them coming along in the long run as he has a long journey ahead. He has had the opportunity of winning some music awards which he says he stands very proud of as they mean a lot to him. He said that they show him that there is something positive that he is doing as a musician and also as a person. One other thing he says he considers as a great achievement is being able to make an impact into the world like having to sing for children at the disadvantaged organisation and schools, just to be able to bring them joy was a great achievement to him. The humble singer has won many awards and very recently got to win the BOMUs as well as the best gospel artist of the year 2021. He has also won the Best Traditional Gospel Album award in 2012 and 2017 just to mention a few and has been nominated in quite a lot of awards as well.

The artist has had a good career and opportunities that a lot of gospel artists dream of. He has had to perform with and along many acclaimed African gospel legends like the late Sfiso Ncwane, the late Lundi Tyamara, Zaza and quite recently at the December show along Benjamin Dube and Lebo Sekgobela just to name a few. As a man like any other he does have dreams and desires and his are to see himself working on some projects with Dumo Mkokstad, Thinah Zungu and the great Bucy Radebe. He says he loves their works and he has faith that at some point he will work with either of these renowned artists.

"I have long liked Lundi Tyamara when I started and there is a wonderful gospel artist in South Africa that I look up to by the name Dumo Mkokstad and locally I just love Tshepo Lesole," said Obakeng when he was talking about fellow artists that he admires and also looks up to. He says the likes of Tshepo Lesole are some artists that have really broke boundaries and make some really inspiring music that puts local gospel music on the maps. He also said he would not forget one other artist who is a good and very wonderful friend of his in the gospel world, Godfrey Mahlangu who is a great leader indeed.

The artist went on to admit that although the local industry is experiencing growth, the growth is not as fast as it should be. Unlike other gospel industries in other countries its growth is a bit slower. He said that things like the fact that artists in Botswana are not united and working together or encouraging each other is one reason why the industry



is taking a long time and is very slow in its growth and development. He says such are things that make the industry grow and move on so slowly. "We are killed by not coming together in one accord," he said. The artist said that Batswana as an audience are very supportive and would not be put on blame for how they as artists are doing. He said they are the ones killing themselves some with their egos and all.

He went on to appreciate the local support he has from Batswana. He said that his fans inspire him as an artist. He is even more grateful for the support that he receives and already has outside the country in South Africa, Namibia and other countries. Having a fan base not just within your parameter but also out there is just the stuff dreams for an artist and that really inspires him and motivates him to push on and work on harder as an individual and for the satisfaction of the fans. His fans love his music and enjoy it. But of course there are favourites and the most songs that people listen to are 'Seteng Sediba' and 'Kreste yo Galalelang' among his music. 'Seteng Sediba' is actually the one song that made us come to know about him as an artist. But of course so are most of his songs.

The star says being an artist has not been easy though. He has had to face so much but such is being an artist, there are always challenges and hardships. Now he learnt that regardless of all those one needs to keep going and trusting God. He has had so many achievements and those are the other things that help him keep going as they remind him of what it is all worth. He also says that he believes that one can overcome all challenges through a life of prayer. The artist says he will keep working hard to achieve more as he believes that he has yet more to accomplish and do in this industry. Apart from music, the star is a brand ambassador for PJ Clothing and is the owner of OS Clothing label and of TopDog Construction PTY Ltd.

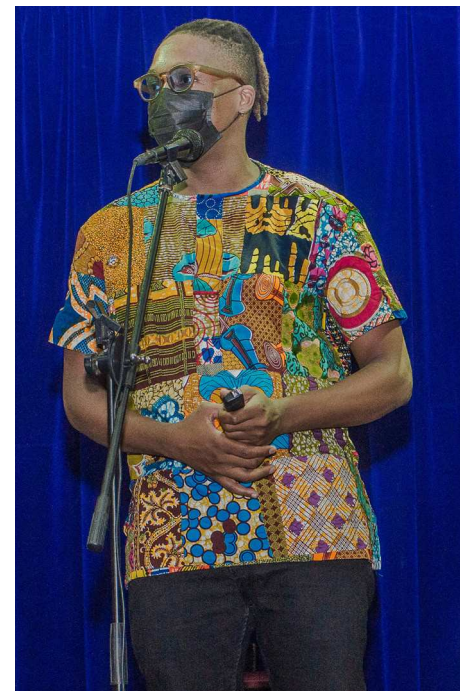



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The show was brought by Cherryapple, sponsored by music in Africa locally supported by 03, produced by Kealeboga Mosekiemang and Cindy Sean Sibanda, it was at little theater museum and it featured 100 percent local artists mostly who play live sound, the likes of folk lore band, Mafitlhakgosi, Sebage Rabantheng and the well-known Mc Mdu da party. Cherryapple is a film and event production female owned company that supports local talent and managed to work on the music and lights proposal for music in Africa and the project was selected to be amongst the other African projects selected to showcase.





Shopping Guide For Kids

If you are shopping with children, always remember that children have limits. You should be alert to their needs, check if they are tired, hungry, overexcited by the noise and confusion, or simply in need of fresh air. Remember that children are naturally curious and this is how they learn about the world around them. If they want to examine an attractive item, please don't scold them. Instead, help them to hold the item safely, or let them know that it can be viewed without being touched. If an item can't be purchased, it can always be helpful to share the child's eagerness and interest in it.

When shopping with an infant, it will be far easier if the trip is made after they are rested and have been fed. Babies and small children can become thirsty in the dry air of the shopping malls, therefore you have to be sure that you take frequent nursing or juice breaks. We all know that babies are always happier when carried. A carrier worn by the parent provides more comfort and emotional

security than a stroller or grocery cart. When you go shopping with toddlers, remember that toddlers can begin to be included in shopping decisions.

Every child enjoys and appreciates being able to make some of the product choices themselves in the shop. Being surrounded by a crowd of adults can be intimidating to small children, especially when stores are busy. Using a backpack can be one way of bringing toddlers up to where they are more contented. It can also prevent the common, frightening experience of losing a toddler in a crowd.

As for shopping with older children, this can be a great help in shopping especially if approached in an essence of fun and thankfulness. The child can help to locate the item particularly if the parent brings along pictures of food from the grocery advertisements. In a situation where by

themselves, this can help shorten the trip by finding items alone, returning occasionally to put items into the shopping cart.

It is advisable to go shopping in the morning or early afternoon on weekdays to avoid the crowds. When we can avoid the stress of crowded stores and long check-out lines, we can have more energy and creativity for responding to our children's needs.

Another challenging thing is the check-out lanes at the shops, which always have colorful, tempting candy and gum packages. They can be a real challenge to children, especially as they are encountered at the end of shopping, when both parents and children are most hungry and exhausted. If there is no local store with such a check-out, you might suggest this feature to a store manager and promise to be a regular customer if this option is made available.

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Age-By-Age Guide to Feeding Your Toddler



Use this guide to find out what and how much to feed your child from months 12 to 36. Don't worry if your child eats more or less than the amounts suggested, they're meant as general guidelines. Your child may actually seem to eat less than before, and that's perfectly normal at this stage.

Age: 12 to 24 months

Developmental milestones

- Can use a spoon (though proficiency will take a while!)

What to feed

- Whole milk
- Other dairy products (soft pasteurized cheese, full-fat yogurt and cottage cheese)
- Iron-fortified cereals (oats, barley, wheat, mixed cereals)
- Other grains (whole wheat bread, pasta, rice)
- Fruits (melon, papaya, apricot, grapefruit)
- Vegetables (broccoli and cauliflower "trees," cooked until soft)
- Protein (eggs, beans, thinly spread peanut butter, small pieces of meat, poultry, or boneless fish)
- Juice (100 percent juice, citrus and non-citrus)
- Honey

Feeding timeline: Your child's development
How much per day

- 1 to 1 1/2 cups milk, or 1 cup yogurt,

- cheese
- 3 ounces grains, at least half whole grains
- 1 cup fruit (fresh, frozen, or canned. Cut fresh fruits into very small pieces.)
- 100 percent fruit juice
- 1 cup vegetables (a variety cut in small pieces and cooked well)
- one slice of sandwich meat, about 1/3 of a chicken breast, 1/4 can of tuna, 1/4 cup cooked dry beans, or one egg

Feeding tips

- You shouldn't give a young child eggs, fish, or peanut products because the child might develop a food allergy. Talk to your child's doctor if you have a family history of food allergies.
- Choking is still a danger.

3 essential tips for feeding toddlers

Age: 24 to 36 months

Developmental milestones

- Self-feeding
- Eagerness to make own food choices

What to feed

- Low-fat milk
- Other dairy products (diced or grated cheese, low-fat yogurt, cottage cheese, pudding)
- Iron-fortified cereals (oats, barley, wheat, mixed cereals)
- Other grains (whole wheat bread and crackers, bagel pieces, pretzels, ready-to-eat cereal, pasta, rice)

- Fruits (sliced fresh or canned)
- Dried fruit, soaked until soft to prevent choking
- Vegetables (a variety cut in small pieces and cooked well)
- Protein (eggs, beans, thinly spread peanut butter, small pieces of meat, poultry, boneless fish, or tofu)
- Combo foods like macaroni and cheese, casseroles
- 100 percent fruit and vegetable juices

How much per day

- 1 to 1 1/2 cups milk, or 1 cup yogurt
- 1 cup fruit (fresh, frozen, canned, or dried. Cut fresh fruits into very small pieces.)
- 100 percent fruit juice
- 1 cup vegetables (a variety cut in small pieces and cooked well)
- protein 1/4 cup cooked dry beans or peas, one egg

Feeding tips

- You shouldn't give a young child eggs, fish, or peanut products because the child might develop a food allergy.
- At this age, children can have strong opinions about food. Let your child have a say in what to eat, while you provide the balance, boundaries, and encouragement to make healthy choices.
- Choking is still a danger.



GIRLY NATURES HER TALENT IN HER TENDER AGE

There are many people born with talent but usually have to wait for a whole of time to make use of as they always feel too young to invest into it and nurture it and even economise it. They would want to wait until they are a certain age to make a career out of it, well that has not been the case with little Girly. A young 14 year old girl who hails from Thamaga and has been a gospel singer since she was 11 years old. The young star had a talk on her being an artist with Celebrity World recently.

For how long have you been in music?

I have been in music since I was 11 years old but I started singing at church Sunday school when I was 6 years of age.

What kind of genre do you work along and why?

Gospel music because I grew up in a Christian family

You are a very young artist, how is that like for you?

Being a young artist is quite interesting and a great experience as I am learning from well-established artists every day.

What led you to venture in this career of music?

I was inspired by South African Gospel artists such as Rebecca Malope and Benjamin Dube.

As a singer, what inspires you when you write your music?

I am inspired by the word of God to write my songs and I take most of my songs from the bible.

So how do you balance your music life and your school life?

I do music during weekends and during the week I concentrate on doing school work.

Is it easy for you young as you are to make your way through the music industry?

It is not easy, there are a lot of challenges there and there especially on the side of finances.

As an artist, upcoming and growing, what are your aspirations?

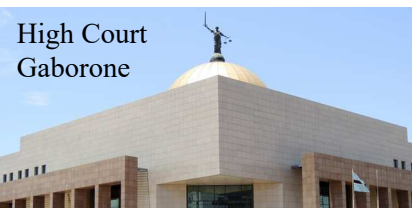
I wish to have more albums and videos. I really want to see growth in my music career.

Which artists do you desire to work with?

Here in Botswana I desire to work with Pastor Molf and Rebecca Malope in SA.

Where do you dream to see yourself performing at?

I dream myself to be performing in South Africa.



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DANCING WITH THE SNAKES



Mozambique Spitting Cobra

From the Cape to Cairo, earth's most venomous and eerily beautiful serpents can be found throughout Africa. Some of Earth's most poisonous snakes can be found in Botswana. Like many of the apex predators their existence is not meant to be a threat to humans as they play an important role in the ecosystem keeping the populations of numerous species in check. We examine some of Botswana's deadliest serpents.

Mozambique Spitting Cobra *Naja mossambica*

This is the most common cobra in the savannah. Though its venom is fatal to humans the snake will avoid humans as it does not consider humans as prey and knows that an encounter with a human would waste its venom. The Mozambique Spitting Cobra feeds on other snakes, frogs, toads, eggs, birds, small mammals and the occasional insect. This snake is considered one of Africa's most dangerous. This spitting cobra can accurately spit its venom at a distance between 2 and 3 meters. The snake's venom contains postsynaptic neurotoxin and cytotoxin, which can destroy local tissue and cause blindness if aimed at the eyes. Before it spits the snake rears its body, though it may also spit depending on the circumstances.

Black Mamba Dendroaspis polylepis

African legends exaggerate the abilities of these snakes to supernatural proportions. The black mamba is nervous, quick and incredibly vicious if threatened. An example of one of the myths relating to a black mamba is that it can swallow part of its tail to become a loop and roll down a hill at the base of which it will then straighten itself out and attack with a furious pace. The mamba's body is matt grayish-brown with a light underbelly. Its name derives from the black color of its mouth and this can be clearly seen when it is threatened. The black mamba is venomous and contains both neurotoxins and cardio toxins, which will affect the nervous system and the heart. This snake dwells in termite mounds, moist savannah, lowland forests and granite hillocks.



African Rock Python Python Sebae

Like all python's the African Rock Python does not produce any venom and kills its prey through constriction. This snake is Africa's largest snakes and one of the six largest snakes in the world. Though it rarely kills humans the African rock python is widely feared. The African rock python feeds on a variety of prey from birds to small mammals and the larger the prey the longer the digestion period, which can take months. Particularly large python are able to swallow a crocodile whole. The African rock python can reach six meters so if you have a fear of snakes (ophidiophobia) then you want to be very far away from this snake.



Puff Adder Bitis arietans

The puff adder is a venomous viper that's found throughout Africa. The puff adder is venomous and its fangs are long t deliver a painful bite.

This snake has remained unchanged for millions of years. It's called a puff adder because this snake hisses and inflates itself when threatened. Snakes often feel threatened when the detections of vibrations through the sensors on their bellies are at a certain threshold. The puff adder like most snakes feeds on rodents and without these snakes we would be overrun with mice and rats. Apex predators like the Puff Adder remain unchanged for millions of years because evolutionarily speaking they are perfect in their role.



f Prekki Prakaash Hari



Starting Up A Successful Social Media Consultancy

As we try to find ways in which we can start up our businesses, let's not forget to try online business ideas. If there is one thing the Covid-19 taught us is that we are better off with digitalising everything. In fact we are living in the digital era, everything these days involves being online, and businesses have also taken to that norm. Almost every company and business has a social media platform. Now having those, requires having to manage them and doing so in the right ways. This is where the business idea for this edition comes in play, being a social media consultant.

What Is A Social Media Consultant?

A social media consultant is an individual who specializes in social media strategy and planning. Companies and clients often contract their services to develop and improve a company's social media presence through marketing techniques and strategic practices. In addition to helping companies locate areas for growth, they also help companies set goals for social media campaigns.

What does a social media consultant do?

Social media consultants work to enhance a company's brand management, customer engagement and organizational communications. Their role includes being

a content integrator, navigator, trendsetter and analyst and having the skill set to fulfil each of these responsibilities.

Social media consultant job duties can include:

- Mapping out a social media strategy.
- Developing and posting content like graphics, videos and articles to social media channels and websites.
- Overseeing social media communities, communicating with customers and answering questions.
- Collaborating with sales and marketing staff to keep a consistent brand message across various platforms.
- Remaining knowledgeable about what client competitors are doing and strategies they are using.
- Recommending improvements and new ideas to an organization's management.

Skills required

Creativity: In order to develop new content, social media consultants generate new ideas and approaches in order to reach a company's goals.

Data analysis: When looking to see how effective a social media campaign or action is, social media consultants review data, such as the amount of user engagement, and turn

it into actionable information.

Communication: To effectively convey their messages online, social media consultants create excellent copywriting to attract and hold a reader's attention.

Project management: Since social media consultants balance multiple projects at a time, they use organization and management skills to complete their work efficiently.

Search engine optimization: To help drive traffic to client pages, social media consultants use search engine optimization (SEO).

Conversion rate optimization: When looking to get an audience to perform a particular action for a company, social media consultants use conversion rate optimization to increase the amount of users who take action.

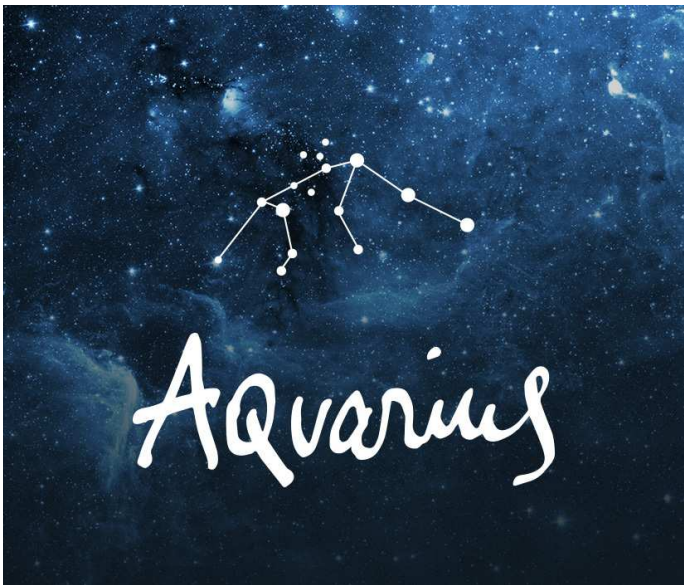
Once you are certain you have those particular skills or have attained them however way you can, like tutorials or coaching then will you be ready to embark in a career and business as a social media consultant.



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Aquarius

(January 20 - February 18)

Do not start your dream project now. Through introspection and exercising your mind, you may feel more relaxed and less ordinary. Women may have a joyous time this year. Your love signs are shining brightly over you, and you may go through the most fabulous moments this year. You value your privacy a lot. The stars are on your side, do not let things go erratic because you have not put in enough effort.

Pisces

(February 19 - March 20)

You are a good listener. You even have the hidden talent of knowing there's something wrong before someone even thinks about telling you. Children and other family members may rely on you more for a solution to their problems. This year is going to treat you well and help you make career progress. Academically this year has some promising news and you might need a lot of encouragement and motivation to drive you.

Aries

(March 21 - April 19)

Always effective, but sometimes excessive! Your energy comes

back and you have to face the facts, you take a lot of initiatives. This helps you to conclude quickly and well, everything you do. Among all trusted friends around you, there are many who are willing to go to the fire for you. If problems are not solved honestly and straightforwardly in the relationship during this period, they can later come to the surface and cause a disaster.

Taurus

(April 20 - May 20)

You say what you think and you think what you say. This is the best way to set the record straight, you who tend to forget it! You do not give up, but you have a hard time relaxing. Your career will bloom and you will find favorable outcomes at the workplace. You can see multiple sources of income coming up.

Gemini

(May 21 - June 20)

This year various planetary movements will help you accumulate wealth and money. The last quarter of 2022 will be particularly favorable for your children. Health issues like joint pain, cold, stomach ailments will be your forte between February & April. Job seekers will find

their desired job opportunity. However, students appearing for competitive exams will have to wait longer to gain success.

Cancer

(June 21 - July 22)

There will be several problems in front of you but your confidence level will also be high, which will help you get rid of the problems easily. Your natural creativity is expressed, as well as a certain spontaneity that you no longer fear to show. This time is so beautiful for the Cancer natives that they can even consider getting married if they look to take their relationship to the next level.

Leo

(July 23 - August 22)

Leos this year may focus more on action than on planning and executing. There could be some health problems so take care. The results of your actions would be as per the efforts that you put. The year is about balance and making the right choice. You may have to juggle between work and home. Leos love a good luxurious life, and they love spending on items that they love.

Virgo

(August 23 - September 22)

The year may have many ups and downs for Virgo native. The month looks rather significant and this is on several levels. Do not hesitate to step out of your comfort zone to provoke proposals, which will prove much more exciting than what you thought, at first glance. Some of your dreams now seem possible and more accessible than ever.

Libra

(September 23 - October 22)

Do not hesitate to step out of your comfort zone to provoke proposals, which will prove much more exciting than what

you thought. The year 2022 may be progressive and supportive in many ways. Experimentation is a quality that may make you stand out in the crowd. Try to do meditation. Starting your morning with meditation helps set a great tone for the entire day.

Scorpio

(October 23 - November 21)

You could save some money if you follow a financial plan and can use up for the unexpected expenses that arise. You are advised not to overestimate your abilities as it may lead you to make some blunders. Married folks may miss their beloved partners. Children may depend more on you for their problems. Consult with your family before making any decisions.

Sagittarius

(November 22 - December 21)

Marriage is possible for those who have been engaged with each other for a long time. The year 2022 may also be good in terms of property and wealth. Your time is slowly going to improve your destiny and fate in the days to come. Try to curb spending for the first half of the year. You are likely to receive some of the shares of property that might belong to your ancestors.

Capricorn

(December 22 - January 19)

You may get to enjoy all the beauty around you. Capricorn women may have a favourable year, both at the workplace and at home. Being wise and active is very much important in your approach. If you are not used to being confident, it is possible that being confident may look rude to you. This month of January can be fruitful in terms of material: employment, placement, reordering or perspective.



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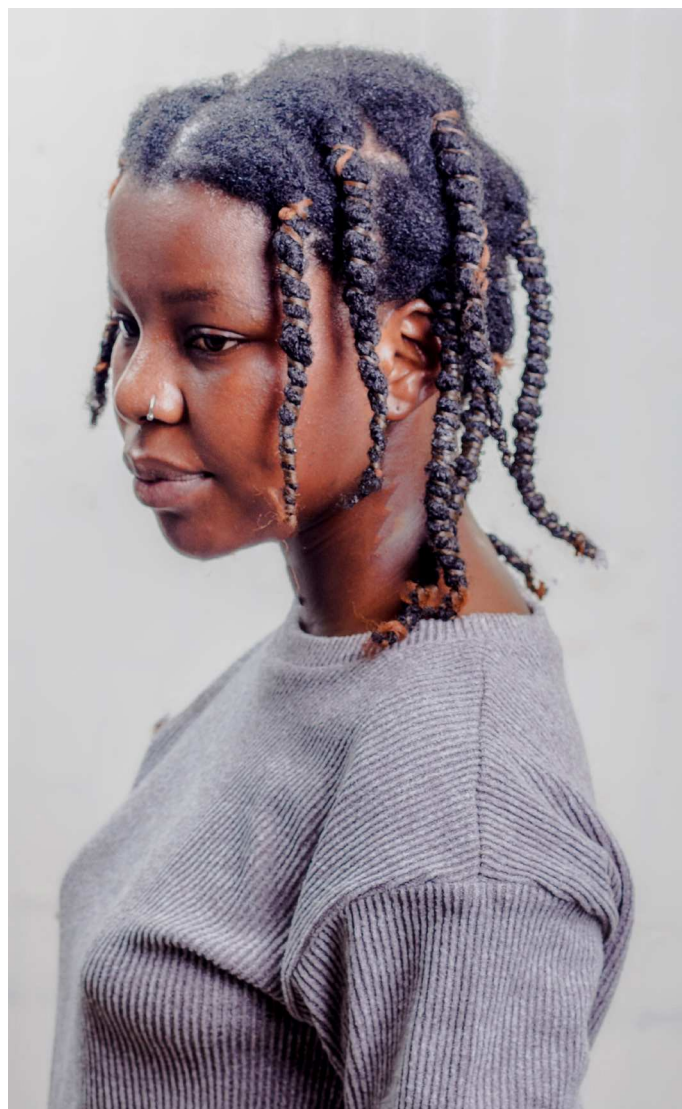
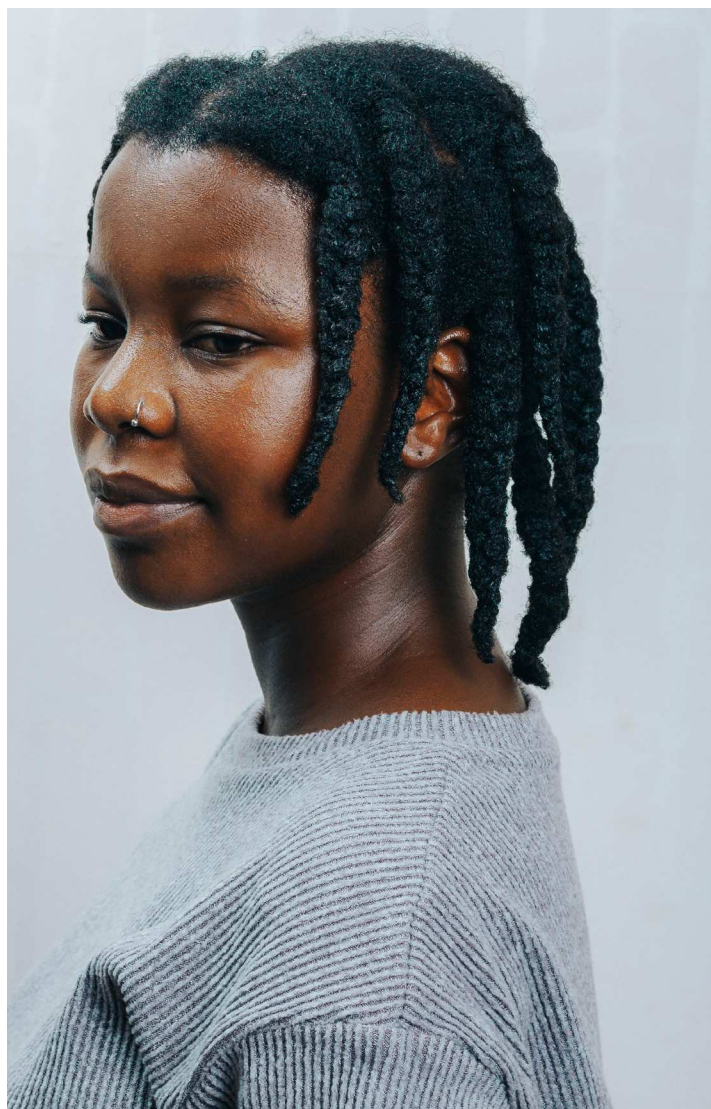


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HEATLESS WAYS OF STRETCHING NATURAL HAIR

By Fro'Niques



Heat damage is a condition that results when strands of hair are exposed to instant extreme heat leading to moisture content loss and this may lead to permanent change in structure. Heat damage results from various sources such as heat styling appliances (blow driers, curling irons etc). This is why it is a must to introduce heatless methods of stretching your hair on your routine

Natural hair tangles easily and is more prone to breakage than any other hair type. That is why one of the best ways to preserve it from breakage is to keep it stretched.

Stretching natural hair helps reduce the risk of it tangling up and also makes it easier to manage.

Here are four heatless ways of stretching natural hair

1. African Threading- this method requires the use of smooth thread to wrap around sections of hair from the roots to the tip. The

more sections you wrap, the more your hair will stretch.

2. Braiding- putting your hair in braids to stretch out the strands while air drying. You can braid your hair while damp for faster drying time

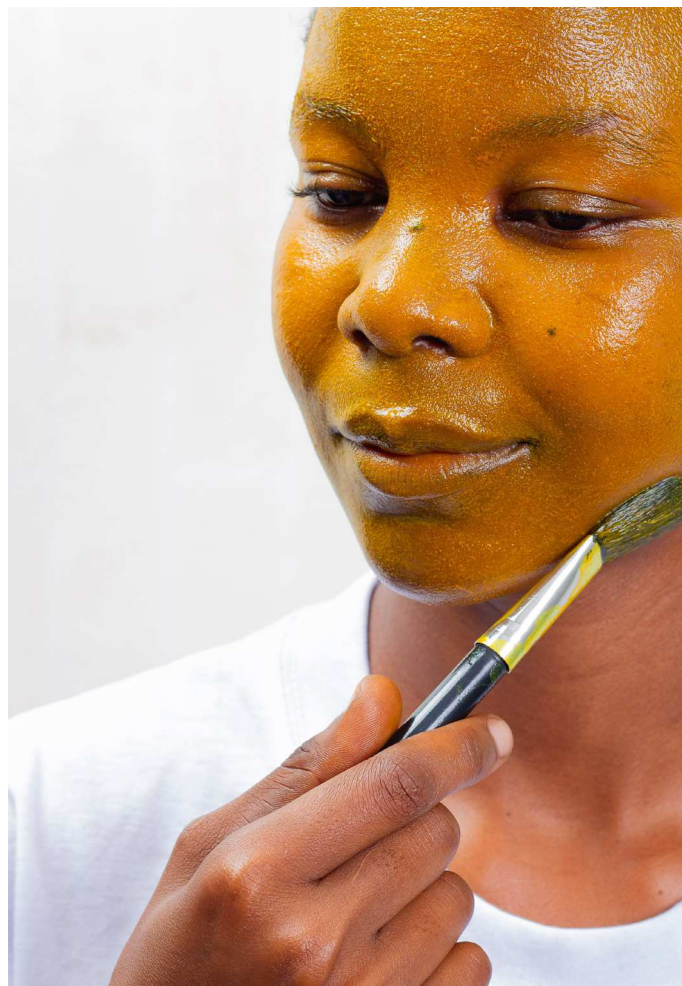
3. Banding- This method is similar to African threading. Banding utilizes elastic bands (seamless) to stretch the hair. Like African threading, you wrap bands around sections of hair from roots to tip.

4. Rollers/Rod setting- Using rollers and flexi rods or any other type of hair rollers to stretch the hair out, while simultaneously creating elongated curls. Hair must be rolled around and pinned to remove the roller set curl for a more stretched look.

Note: work on freshly shampooed (using Fro'Niques nourishing shampoo bar) and conditioner hair that is damp (not wet)

Work in sections, gently detangle each section and apply Fro'Niques curling custard





TURMERIC AND COCONUT OIL HEALING FACE MASK

By Kefilwe Matake

Note: This may not work for all skin types. Turmeric is the golden spice of India and a kitchen staple. Apart from giving curry its signature yellow colour, turmeric has been used in beauty treatments since ancient times; even today it is used in homes to improve skin health and texture. Today we'll learn turmeric-based beauty treatments to get that special glow.

Both turmeric and coconut oil have anti-fungal properties. Coconut oil is also a great moisturiser.

This DIY natural face mask recipe is designed to treat breakouts and irritated skin – plus with only two gorgeous ingredients, this is all I have with me, but you can use as many

ingredients as possible like, Lemon juice, honey etc:
Turmeric
Coconut oil

- it takes all of two minutes two whip up and get glowing.

Instructions

1. Grab a small bowl and mix the ingredients together, gently making a paste.
2. Apply to your face (bare and clean!) and leave for 15-20 minutes. Make sure to focus on any problem areas.
3. Rinse off with a warm dampened facecloth and feel the glow!
4. Use 2-3 times a week for the best results.



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The two of you differ on important aspects of life - If you have significantly different perspectives on social issues, religion, politics, parenting, environmentalism, and use of finances, it's best to find a partner whose convictions align more closely with your own.

Your partner is holding too tightly to the past - Take note if the other person often talks about his ex, or is held back by old friends. Thriving relationships live in the present and plan for the future.

Your communication is strained or superficial - If you and your partner struggle to have open, heartfelt communication, the relationship will surely suffer.

You can't resolve conflicts - In solid relationships, two people learn to manage their conflicts thoroughly and efficiently so that harmony prevails most of the time. Relationships fall apart when conflicts don't get resolved.

Questions keep popping up in your head - It's natural and healthy to evaluate a relationship at critical steps, but don't ignore those nagging concerns that are trying to tell you something.

Your interests don't concern each other - If you have five or six major interests, it's a good idea to find someone who shares two or three of them. The more hobbies and activities you both enjoy, the stronger your relationship will be.

You don't feel free to be yourself - No relationship is going to reach its potential unless both partners are authentic. You will feel stifled and suffocated if you cannot consistently express your true self.

You don't feel 100 percent supported - If you notice that the person you're with shows little regard for your ambitions and consistently displays a me-first attitude, you're probably in the presence of someone more selfish than selfless.

You notice wandering eyes - It's natural to admire attractive people, but if you or your partner frequently "check out" others, it may be because you feel something significant is lacking in your current relationship.

Ways to Know It's Time to Break Up

The road to a fulfilling, enduring relationship is almost always littered with a few attempts that turned out to be unfulfilling. That's what dating is all about, finding out if two people have the qualities and compatibility to sustain a relationship over the long haul. Sometimes you know for sure when it's time to break up. But other times you're not so sure. Should you hang in there and give it a chance? Or should you move on so that you don't squander precious time and energy? Here are some of the indicators that, yes, it's time to move on and seek better prospects:

You've lost that loving feeling way too soon - If you don't feel consistent sparks and fireworks while dating, it's a sure sign that the chemistry isn't there.

Mistrust has crept in - Trust is the glue

that holds couples together. If you have legitimate reason to doubt your partner's trustworthiness, you can be sure that more trouble is coming.

You wonder about your partner's emotional health - If your partner is very self-absorbed, paranoid, overly defensive, easily angered, or anything else that indicates an emotional health deficit, it's best to move on.

The people closest to you express concern - If several people sound the alarm about your relationship, it's wise to at least take it seriously.

You've realized the two of you have missions in life that don't mesh - Sometimes two good people simply have goals and ambitions that don't complement each other's.

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Back To School Supplies List



Each year the school gives you a detailed back to school supplies list for what your kids need to bring into school. Your kids take all those supplies to school and then come how to do their homework, or work on a school assigned project, and need many of the same items they took to school. Try to buy both the stuff on the school supply list, plus the stuff we'll need to use at home for their at home school activities.

Pencils (number 2), plus pencil sharpener
Erasers - either or both pencil top erasers or pink erasers
Crayons
Colored pencils
Markers - both thick and thin
Pens (with either blue or black ink) (for older students)
Glue sticks and/or white glue
Tape dispenser, plus rolls of tape
Stapler, plus staples
Paper clips, binder clips and rubber bands
Safety scissors
Colored paper (or construction paper)
Notebook paper (wide ruled or college ruled)
Ruler (also if your child needs a protractor for school they'll need another at home)
Calculator (for middle school aged children need one with trig functions)
Bag pack
Raincoat
Water bottle

5 practical ways to prepare your child for primary school

1. Talk about school

Talk about going to school in a positive way, drive past the school when you can and point out what fun things at school

like the playground. This will help them feel confident and hopefully less anxious on their first day.

2. Get reading and get counting

If you're not reading to your child nightly already then now is a great time to get started. Your child will be bringing home school readers before you know it, and if reading with you is already a habit then it's one less thing you need to worry about.

Play card games like alphabet bingo, write letters in sand at the beach and count different colored cars on road trips. Integrate learning the fundamentals of literacy and numeracy while you're on holiday by making it fun. If your child can recognize and write their name it will help them find it on their books, work and lockers or tubs.

3. Talk about how to treat others and how you should be treated

Focus on praising your child for sharing, speaking nicely to others and tidying up. Discuss how it makes people feel when they are treated well. Try role-playing situations in a playground when children are playing cooperatively and when children aren't. Encourage your child to think about what they would do in a situation where someone isn't treating them well. How can they firmly ask the person to stop and how should they seek help?

4. Get health checks done and address any issues

Get health checks done on your child's vision, hearing and anything else you may have concerns over. If they're at kindergarten or daycare, chat to their teachers/carers about

anything specific relating to your child and the transition to school.

5. Practice a loose, school-like schedule.

You don't need to do this for long, but in the last week of the school holidays, start getting children up at the same time they need to get up to go to school. Don't stop there though, get them dressed and going. Give snacks, lunch and containers that are the same that you will give them at school. Let them learn to zip and unzip their lunchbox and open and close their containers

Lastly, try to relax. Find the positives in your own experiences of schooling that you can share with your child. They'll love hearing about what you loved at school and hopefully, it will have them excited to experience and learn new things too on this next step of their childhood and educational journey!





How to Make an Outdoor Movie Screen

Supplies Needed

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

Step 1: Cut Pipes

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

Step 2: Assemble Frame

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

Step 3: Finish Frame

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

Step 4: Attach Screen to Frame

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

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

Step 5: Secure Screen into Ground

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

The Most Common Gardening Mistakes

Mistake 1: Choosing flowers in full bloom

Solution: Don't be seduced by pots with abundant flowers. Instead, look for healthy foliage and plump buds. Let the plants peak in the ground at your home, rather than in pots at the nursery.

Mistake 2: Buying insufficient amounts of a single variety

Solution: Taking home only one or two pots of a particular specimen is a surefire way to make your garden look hodgepodge. Depending on the size of the pot and the type of plant, she suggests buying at least three containers (though six or more of a species is preferred) for a unified, well-designed look.

Mistake 3: Purchasing unhealthy or diseased plants

Solution: Leaves can tell you a lot about the health of the plant. Avoid picking specimens with brown, yellow, or wilted leaves, which could signify poor health (left) or neglect. Also inspect the foliage for insect damage like aphids (little green bugs), scale (translucent bumps or blisters), and spider mites.

Mistake 4: Failing to determine a color scheme

Solution: All colors can be beautiful, but not all colors can be beautiful together. When you're shopping for plants, don't think of each one separately; instead, consider the plant as part of an ensemble cast. Gardens look best with a specified colour scheme.



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Kanye West Wants Kim Back

Kim Kardashian and Kanye West, now legally known as Ye, were one of the world's most famous couples, yet after seven years of marriage, it all came to an end as Kim filed for divorce this February. However, it seems that Ye is staying optimistic despite Kim hanging out with Pete Davidson rather closely as it seems he wants his ex-wife back.

During the rapper's performance of "Runaway" at his Free Larry Hoover concert earlier this week, Ye added a verse, stating, "I need you to run right back to me, more specifically Kimberly." The event, which was live-streamed on Amazon Prime on Thursday from the Los Angeles Memorial Coliseum, was in aid of raising awareness about prison reform, notably Larry Hoover's case, who is currently serving six life sentences for committing murder and co-founding Chicago's Gangster Disciples gang.

Despite their recent separation, it seems the divorce has been amicable, as Kim has praised Ye for everything he did for her in terms of "introducing" her to the world of high fashion, and of course, giving her four children. Let's see what's on the cards for their potential reconciliation.
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Relying on crunches alone to trim your waistline is about as useful as wishing for a flatter stomach. To get results, you need to train your core to stabilize your whole body, explains Mike Robertson, co-owner of Indianapolis Fitness and Sports Training.

Exercise 1 Reverse Wood Chop

Squat, holding a medicine ball next to your right hip (a). Keep your arms straight and raise the ball up and across your body until you're standing and the ball is above your left shoulder (b). Lower back to start. That's one rep.

Exercise 2 Single Arm Lunge

Hold a dumbbell and raise your right arm, keeping your elbow close to your ear (a). Step forward with your left foot, lowering until your thigh is parallel to the floor (b). Push off your left foot to stand. That's one rep.

Exercise 3 T-Stabilizer

Get into a pushup position (a). Shift your weight to your left hand and rotate your body, raising your right arm into the air so that your arms and torso form a T (b). Hold for one or two seconds, then return to start. That's one rep.

Exercise 4 Single-Arm Bent-Over Row

Hold a dumbbell in your right hand, bend your knees, and lean forward from your hips (a). Brace your abs and pull the weight up to chest height without rotating your torso (b). Return to start. That's one rep.





Sergio Aguero Has Retired From Football

Sergio Aguero suffered chest pains and dizziness during Barcelona's 1-1 draw with Alaves in October, the striker was ruled out for three months after cardiac tests, but later on decided to retire. Aguero joined Barca in the summer of 2021 from Manchester City, where he stands as the club's record goal scorer. His announcement to retire really left many emotional, including his former coach Pep Guardiola.

The Argentinian striker announced his retirement from football at the age of 33 due to a heart condition. The striker was taken to hospital for cardiac tests, after which he was ruled out for three months. However, Aguero did not make his return to the field before announcing on the 15th of December at the Nou Camp that his playing career has ended. An emotional Aguero said: "This conference is to communicate that I have decided to stop playing football. It is a very difficult

moment. The decision I have made I have taken for my health that is the main reason, because of the problem that I had a month-and-a-half ago. I was in good hands of the medical staff who have done their best and have told me the best thing would be to stop playing.

So I made that decision about a week ago and I want to tell everyone I did everything possible to have hope, but there wasn't very much."

Posting on Twitter, Aguero added: "Retiring under these circumstances is difficult, but life comes first - I've known that from the start." City manager Pep Guardiola was one of several representatives from Aguero's former clubs to attend Wednesday's press conference, while the club also paid tribute to their former striker on social media.



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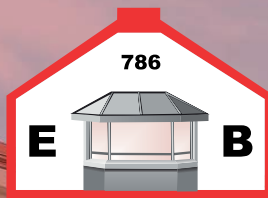


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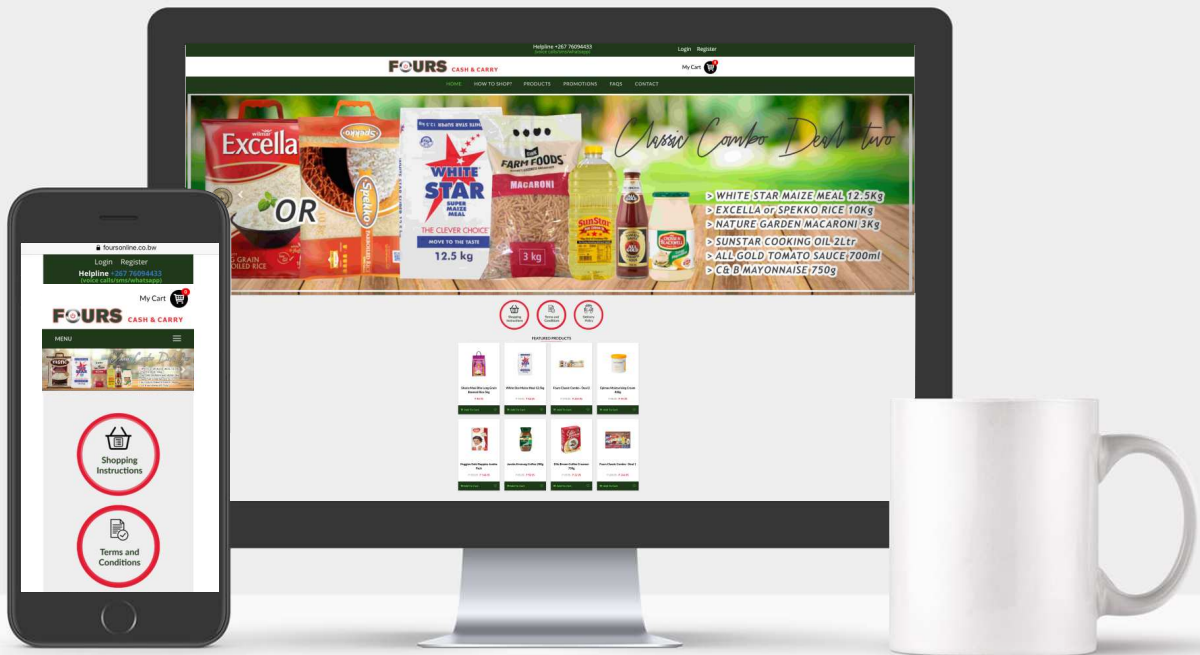


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