

# Celebrity World

Botswana's Native Magazine

February 2022 P12

**Kali Mija :**  
the  
blooming  
musical  
flower

**The  
Remarkable  
And  
Friendly  
Meerkat**

**Skilled  
Artistic  
Hand  
of Lone**

**Stress  
Relief  
Tea**

*Double Up  
Goes International*

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Happy February, everyone! January is over, and the month of love has arrived. We want this issue to make you feel good and loved. Here is the shortest month of the year and we hope this New Year offers you all that is great in life. Undoubtedly you are looking back at your New Year's determinations to see how you are doing. If you didn't prosper at meeting your resolutions don't be hopeless. February is a new month, and this month's cover illustrates yet another of our gems whose wings are soaring over skies. It is our boy DoubleUp, who recently signed a deal with South African company, Ambitious Entertainment. Read about him, get inspired and learn more about him.

We would like to receive feedback about this issue from you this month, what would you like to read about on CW magazine? The year 2022 should be an astonishing season for you and the month of February should also be a delightful one, so enjoy it with your loved ones.

Check out this issue at the nearest Choppies Store, Square Mart and Fours Cash & Carry. We are also a website away for your convenience @ [www.celebrityworld.co.bw](http://www.celebrityworld.co.bw). Thank you for being part of Celebrity World Magazine. Follow our Facebook page called Celebrity World.  
Happy New Month!



# Contents January 2022



**6** Kali Mija :the blooming musical flower

**7** Skilled Artistic Hand of Lone

**8** “No competition” for Crankyard

**10** Cover Story

**13** Spaces

**14** Relationships

**18** The Remarkable And Friendly Meerkat

**21** Horoscopes

**23** Stress Relief Tea

**28** Ear Infections in Children

**31** Amazing Bronze Leaf House plants

**32** Fitness

**34** Sports



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# Celebrity World *List*

## FILM, TV, BOOKS & MUSIC

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### Moonfall

With mere weeks before impact and the world on the brink of annihilation, NASA executive and former astronaut Jo Fowler is convinced she has the key to saving...

**Genre:** Action

**Release Date:** February 4, 2022

**Directed by:** Roland Emmerich

**Starring:** Halle Berry, Patrick Wilson, John Bradley



### Marry Me

Pop superstar Kat Valdez (Jennifer Lopez) is about to get married before an audience of her loyal fans. However, seconds before the ceremony, she learns about her fiancé's cheating ways and has a meltdown on stage. In a moment of inspired insanity, Kat locks eyes with a total stranger in the crowd and marries him on the spot...

**Genre:** Romance

**Directed by:** Kat Coiro

**Release Date:** February 11, 2022

**Starring:** Jennifer Lopez



### Uncharted

The story is a prequel to the games, starring Holland as a younger Drake, showing us details of how he came to meet and befriend Sully.

**Genre:** Action

**Directed by:** Ruben Fleischer

**Release Date:** February 18, 2022

**Starring:** Tom Holland, Mark Wahlberg, Sophia Ali



### Studio 666

Legendary rock band Foo Fighters move into an Encino mansion steeped in grisly rock and roll history to record their much anticipated 10th album. Once in the house, Dave Grohl finds himself grappling with supernatural forces that threaten both the completion of the album and the lives of the band.

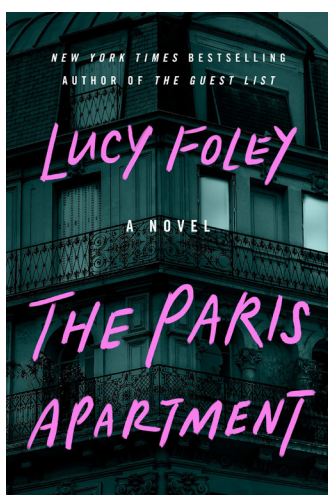
**Genre:** Horror

**Directed by:** BJ McDonnell

**Release Date:** February 25, 2022

**Starring:** Jenna Ortega, Will Forte, Leslie Grossman, Jeff Garlin, Whitney Cummings, Marti Matulis and Jason Trost.

## What To Read



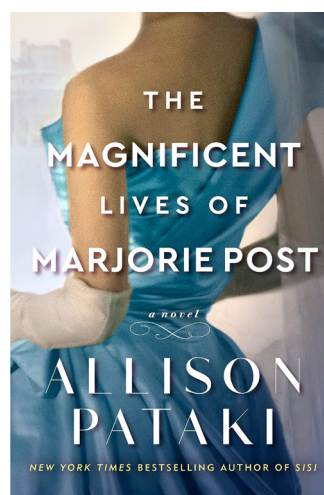
### The Paris Apartment

**Author:** Lucy Foley

**Publication date:** February 22, 2022

**Genre:** Thriller/Mystery

Jess needs a fresh start. She's broke and alone, and she's just left her job under less than ideal circumstances. Her half-brother Ben didn't sound thrilled when she asked if she could crash with him for a bit, but he didn't say no, and surely everything will look better from Paris....



### The Magnificent Lives of Marjorie Post

**Author:** Allison Pataki

**Publication date:** February 15, 2022

**Genre:** Historical Fiction, Biographical Fiction

Mrs. Post, the President and First Lady are here to see you. . . . So begins another average evening for Marjorie Merriweather Post. Presidents have come and gone, but she has hosted them all.

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## KALI MIJA :

# THE BLOOMING MUSICAL FLOWER

By:Katlego Setilo

**K**ali Mija is a full time University of Botswana student pursuing her Business management degree by day and a full time rising star -musician-by night. Writer and singer of radio rocking track "I'm the Boss" talks to Celebrity World magazine about her journey as a musician.

### **Who is Kali Mija?**

Kali is a young woman aged 23, born of Kenyan dad and Motswana mom with five siblings. She pursues Degree in Business Management at the University of Botswana all the while traveling cross boarders doing gigs as a performing artist.

### **What does Kali Mija mean?**

Kali is a family name, added for sentiment. Mija is a Swahili-Arabic word for flower and so I just merged the two and used that.

### **How long have you been in the music industry?**

Four years, since 2017/2018. I was 17 years old when I first started.

### **What got you into music?**

I had friends that could sing at primary school and I felt like I wasn't, so one school talent show I was coerced by a friend at high school for dancing. Two years later with a school music room practicing obsession and a friend that signed me up for a talent show without my permission the passion and dedication to make it work came.

### **Who has helped you in your music career?**

Lloyd BW, Lu Manther helped me with recording alongside Hippy, Hippy Bambino who worked on my cover art, chronicle deep, hypophonic, latique, Percy PJ and Roy Khumo among others.

### **When was your first record and release?**

My first recording was a single called Stardust but the first release was in 2017 by Lloyd BW and my first actual single was released early January of 2018.

### **What are the challenges you have faced ever since you started?**

We had scheduled collaborations with bigger local artists that didn't happen simply because they were looking for people who are already out there and popular instead of talent and because we weren't popular yet they dropped us on countless occasions. Beyond that just your general struggles of a complete novice of the industry can face.

### **What is the highlight of your career?**

When I had just released for the first time and I walked past a bar going home, I heard my song playing from there. I was so excited, I was so happy. I just couldn't believe it.

### **What advice do you have for promoters in Botswana about booking artists?**

In South Africa, the promoters there give artists chances regardless of clout or popularity but rather talent and

determination. Get variety for your shows and you can only do that by looking for talent and passion over popularity. Also pay artists on time, Yoh!

### **What advice do you have for younger upcoming artists?**

Pick people who want to work, people who believe in you and are not big headed. Do not get distracted, pick one thing you are interested in, proud to do, work hard with it and stick to it. Stop hip-hopping around. That will get you somewhere.

### **Since this is the February edition, does Kali Mija have any professional or personal plans for February 14th?**

Professionally not anything in particular but anything can be worked out through a collaboration and early release. Personally? Yikes. Mojolo is a pandemic so let's just say I am single.

### **Something fans don't know about you but it's a weird flex?**

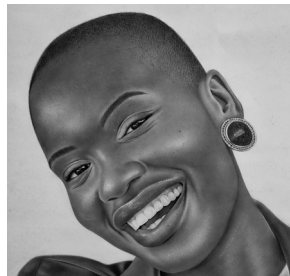
I speak 5 languages, fluently all out of hobby. And some from family relations.

### **Anything we have to look out for coming out soon?**

A track called Shake-Shake might be in the pipelines but again- nothing planned as such. It's just to watch out and keep an ear open.



# SKILLED ARTISTIC HAND OF LONE



**L**one Gaumakwe is a very self-effacing and determined young Motswana artist who creates human portraits using charcoal and graphite pencils. He has dreams of becoming one of the utmost fine artists in Botswana and out of the country. To him, Art is a way of communicating and expressing feelings depending on how he feels at that moment. It is also like a language, one that everybody understands, one that connects us and one that doesn't need rules or limits & doesn't even need words.

**L**one chose to communicate through drawings unlike other means such as writing, visuals, poetry and others. He realised his art skills when he was doing grade four. "The type of art that I do falls under a category of art called fine arts that is the art of drawing & it has changed my life in a way that now I am able to satisfy my needs & wants since I earn money out of it," he said. His art is inspired by other artists that he follows on social media platforms but so far he hasn't exhibited his work yet.

**A**ccording to Lone, he hasn't faced any challenges so far from his line of work apart from shortage of materials & critics from some of his age mates. He sees himself grown big in Art business in the near future with more skills. At the moment Lone is mainly focused on doing art, there is nothing else that he does. He keeps on going forward with art more even he believes that there is nothing in this world that he would be apart from being an artist.



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## “No competition” for Crankyard

**M**usic and entertainment is one of the most efficient ways to bring together people of different backgrounds and interests, beliefs and experiences. Sometimes it makes already existing bonds stronger and that is the case with this blood brother musical duo Crankyard.

Coming down from a large group in the beginning to just the two of them Ron and Kennedy James say although they are sad to have broken up from their initial group, they wouldn't have it any other way right now,

they are glad to be where they are and to have each other while doing it.

Talking to *Celebrity World* magazine, the older brother Ron James explained the meaning behind Crankyard Boys clan as “a name that came about during the era crank dance was most popular where they would have dozens of friends who would come to their yard to participate and showcase their talents”, which they tied to themselves making them popular for it, this making it their creative identity.

Ron describes their music as “human development based and spirit of beings”

which according to him, means they look forward to helping people become better versions of themselves and then go forth and better the society further explaining why they chose Crankyard as a stage name.

Being brothers from a family of 10, they eluded to how their positive family structure influenced their music, how they look at it and what they have to offer to their fans. They provide a flavour of genres in their music and their records show their main interest to be to please the people and give back. As they say “charity begins at home” for the Crankyard brothers it sure has, their love for appealing and validating positivity to their listeners came from having a very supportive family with a religious background that shaped their sound and outlook of music while giving them the creative freedom to express themselves as seen by their gospel and/or traditional offerings as dedications to their parents.

Kennedy James believes that your family, background and how you were raised growing up determines what you have to offer to fans as they believe they can impact others' lives in the way they package their sound.

This can be seen in their new upcoming song “no competition” which is centered on love and romance but delivers a significant message of unity and uplifting the spirit of their listeners and fans. The song being an inspired sound means that both brothers' personalities can shine through the music and they hope that this song will continue to carry the mandate of dissolving conflict and encouraging peace in romantic relationships between partners or lovers.

They say the inspiration behind “No competition” is their observation of many relationships breaking up and rising cases of Gender Based Violence and aim to have people listen to this song and realize that there are better romantic life decisions to make and that love prevails all as long as both partners are for each other and each other alone. They hope to encourage monogamy among couples and stability.

In regards to who they would like to see themselves work with Kennedy replied that their mission is to seek out good natured, talented artists who only want to better the community with their music and they don't look at the entertainment industry as a competition for who is more famous or popular therefore that is who they are looking to work with.

Currently the song is yet to be released but they gave guaranteed that this song will be in our grasps in the near future although undecidedly and they promise for it to be a consolation and reassuring track that the public should be on the lookout for.





## IT'S NEVER TOO EARLY TO BUILD A MUSIC CAREER

**F**elepina is an RnB singer, currently doing an amapiano song. She chose amapiano because of her love for dancing and good vibes. She embarked into singing at an early age of 8 after she got inspired by artists like Rihanna and Beyoncé. This little girl would go on to release her first single in 2020. Here is her recent Q&A with CW:

***Tell us about you and what you generally do?***

Generally I do my school work, go on social media and watch TV during my free time or when I'm bored I dance or write music.

***How old are you?***

I am 12 years, I was born in 2010 in Selebe Phikwe.

***Why have you chosen a music career at this age?***

I have chosen a music career because it is what I enjoy and what I am mostly good at. Are you involved in any music stuff at school?

At this moment of time I am not enrolled in anything music club or subject at School because we do not have music lessons.

***When did you venture in the life of music?***

I ventured into the life of music at a very young age, around 5 years old but I started recording music at 10 years old.

***What kind of music do you perform?***

I perform RnB and amapiano music.

***Is it easy to make your way up the industry at this age?***

No it is not easy because you need to keep up with a lot of things like school and your music which are very important to me and it's hard to focus on both at the same time.

***As a young artist what are things that limit you?***

My school work limits the amount of times I could write as many songs as I want and it also limits how much I go to the studio. It is really hard.

***How do you go about resolving them?***

I really don't know how I do it, I just go

with the flow but what I can say is I am not managing but I am trying.

***So what else do you aspire as a young girl with dreams?***

I would say I am inspired by Pabi Cooper as an amapiano artist and for RnB I would say Billie Eilish. They are just amazing and never disappoint, they always bring great food to the table and I want to be like them.

***So one day where do you see yourself as an artist?***

I see myself performing at big concerts and going outside Africa, being one of the most successful children in Botswana.

***Have you recorded any projects as of late?***

Yes, I do have some projects for music and modelling but I don't promise them to come out any time soon because of school.

***Whom do u aspire to work with in music?***

I aspire to work with Pabi Copper.

***Any projects u are currently working on?***

Yes, I am working on an amapiano song.

# DoubleUp

## Goes International

**D**oubleUp born "Kabelo Lucky Matome" is a talented, enthusiastic and humble hailing from Tobane village in the eastern part of Botswana about 20 km from the copper/nickel mining town of Selebi-Phikwe. The 27 year old Thukwile Mala hit maker was born into a family of two, which is him and his younger sister and he was raised by his mother most of his life whom he gets this talent from. He recently signed a deal with Ambitiouz Entertainment in South Africa and dropped another song called Nthapelele which is also worth an award. With his creative and crafty way of expressing his escapade in Setswana, indeed DoubleUp remains the best artist and there is a lot that needs to be heard from his voice as the artist is ready to make more hits.

**How did the deal in being signed by Ambitiouz Entertainment come out?**

I got scouted by the CEO of Ambitiouz Entertainment Mr Kgosi Mahumapelo through my first breakout single dubbed "Peke Peke". Then he came to Botswana to look for me and he made contact and everything, from there it was a smooth run.

**Which of your songs sold you best since you joined the music industry?**

The song which made a huge impact in my Music career is "Tontobeletsa".

**Tell us about the challenges you have come across since you became an artist.**

The most challenging thing about being an artist in Botswana is the unavailability of platforms to present your talent to the audience, especially when you come from outside Gaborone to come and pursue a career in the music industry. The other thing is that most influential artists in the country don't want to give talented upcoming or potential talent the space to shine, there is a lot of bad energy among creatives in the country which hinders the potential collaborative creativity.



***You have good music, what genre do you sing?***

Afro Pop fused with RnB.

***There was a post about you from one of your followers asking Batswana to give you support by booking you for events, tell us about it?***

The music business in Botswana does not go according to talent, it just depends on who you know. So the lesser your connections the lesser your bookings.

***Has the said post somehow helped you in terms of growth?***

Not really! My talent, hard work and God's grace got me this far.

***Your talent is finally recognized in a foreign country, how do you feel about it?***

I am genuinely excited about this new chapter in my life, it came unexpectedly and as a dream come true for me.

***Now, tell us what does the future hold for you?***

I honestly want my craft to do wonders in my life, for me to be able to create a platform for others to follow.

***What do you promise Batswana since you will be working in South Africa?***

I promise to simply do my best and fly the Botswana flag as high as possible.

***Your music is composed in Setswana language only, why did you choose to do it?***

I feel like to me to be able to relate more with people is for me to express myself in my native language.

***Are you planning to relocate to South Africa anytime soon?***

My career at the moment forces me to be closer to my service providers.

***What else do you want to share with us about you?***

I would like to ask Batswana to rally behind me, and I promise to bring the best out of me to represent the country in a fruitful manner. What's your opinion on the growth of music industry in Botswana compared to foreign? The growth of the Botswana music industry is well behind because for example, our country does not even have a zip code for us to be able to monetize our platforms to be able to make money through streams. So it says a lot about our mileage as a country in promoting our arts and crafts.

***What advice do you have for aspiring musicians who want to be like you?***

I would like to encourage any aspiring artist to really put in quality work into their craft and to always surround themselves with people who add value into their career because music is a business so the people around are the ones who can either break you or make you.

## Cover Story

**Are there any gigs lining up for you so far, both in Botswana and South Africa?**

Yes of course, I am a very big deal right now...so the demand is very high.

**Is there any local/international artist you are willing to work with on your album or to share the stage with?**

Locally it has to be the Talented Lerofu and A.T.I. but internationally it has to be Wave Ryder and Burna Boy.

**It is without a doubt that Botswana at the moment doesn't help to empower their talent as much as they should until they are discovered internationally, why that?**

I think the economy and Government does not recognize music as a revenue generating commodity, thus little attention and resources are paid to music as a whole.

**Do you think there could be more out of this industry than there already is had there less limits?**

Yes, the arts and crafts in Botswana could have a better impact in the lives of creatives and the economy if it was facilitated well both by the parastatals and government.

**What do you reckon to be done in changing the way talent is handled in Botswana?**

I reckon that more attention should be paid to the creative industry as a whole to enable creatives to be more productive thus yielding better results and creatives should invest quality services in their crafts for the outside world to take them seriously.



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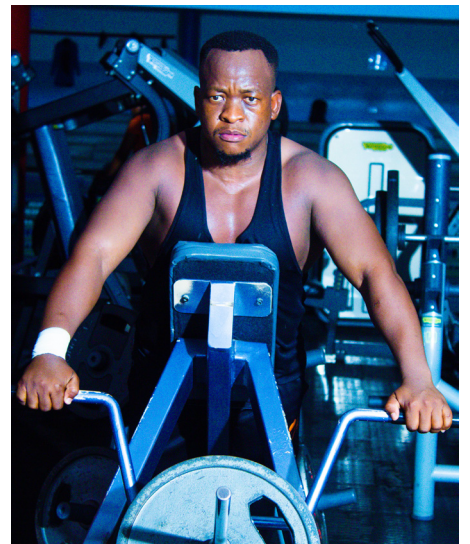
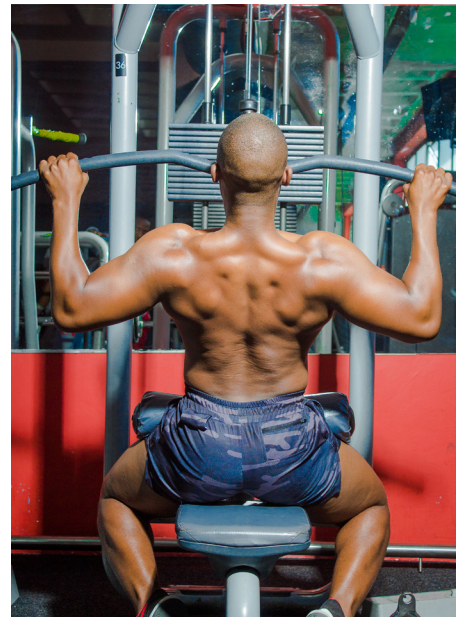
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# Relationship Advice for Men



It's always been a long-running joke that women are illogical and complicated. Love doesn't have to be complicated for men, especially if you know the tips and tricks to win over your lady love. If you take the following relationship advices then you'd never have to find yourself scratching your head again and wondering what went wrong.

### Stay sweet

You should remember that during the dating phase you were always sweet and affectionate and surely it is one of the main reasons your partner agreed to be in a relationship with you. If you don't stay sweet, usually you two become familiarized to each other's company over time, and ultimately the sweetness level decreases. So you don't have to let that happen. You must treat her well, kiss her when you go to bed and in the morning when you get off the bed. Hold her hand while you two walk down the streets because she takes all these to her heart every time.

### Be patient

This is a test of patience whenever you and your partner go. If it happens that she takes a couple of pictures of your food, post them on social media, and many other minor activities that eat up your quality time together. All you have to do is to learn to be patient, rather than be distressed with how she handles your time together, it's best to look at it as her way of celebrating pride and joy for having you as her man.

### It's the little things that matter

Every woman loves it when you remember the simplest details about her. To them, it shows that you're paying attention to their words and things that they do and it shows that you care about their happiness and capabilities. Ask her often about the little things she likes. Your girlfriend feels extra loved, especially if you can take her out for a coffee or lunch. The more caring you are, the happier she will feel.

### Let her make her own choice

Your girlfriend is not there to complete you but compliment you, it's what every man has to know. Your girlfriend is a person who deserves to be treated with respect, she is not a subordinate that's only there for exhibition. Make her feel special to you as her man and let her do her own thing. You are her number one admirer as her man, so if she chooses to join any competition you should always be there to support her on every step of the way.



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#### **Let her be part of your friends**

Remember that your girlfriend is your best friend, so you should treat her as part of your inner circle by introducing her to your social circle and give them time to interact and explore with each other. You are also her friend and your friends are a part of who you are to her. By including her in that, you're giving her a more permanent place in your life, which she will love for sure. This will legitimately seal your relationship and help your girlfriend get to know you through your friends.

#### **Indulge in sweet things**

Every woman loves romance. She may be strong and independent, but she can't resist being seduced with sweet things like chocolates and roses, even when there's no occasion you should take her out to a movie or to any place that she likes. Remember that

the little things matter, and these are the things she truly takes to heart.

#### **Keep her happy by making her laugh**

Make your woman to laugh every day and remind her that her happiness is your first priority. It's a fact that women would choose a guy who makes her happy than a fine-looking one. Affection through amusement is also a solid way to build your friendship with your love partner because this makes you two even closer together than before.

#### **Always surprise her**

Never hurts a relationship because this is especially important in long-term relationships. Love partners who have been together for years may have slipped into a droning routine with their love lives. Think out of the box and break from the same old habits. Being spontaneous gives your

relationship a new vibe of feeling. It's as if you're dating each other for the first time again, thus reigniting the strong passion of love you have for one another.

#### **Inform her about your decisions**

It is true that women love surprises and they shouldn't be kept in the dark when it comes to major issues at home. They hate it when men make decisions without their knowledge. They also don't want to be the one to clean up the mess done by their men without being informed about it beforehand. Talk to her about your plans, not just for your relationship but your aspirations as an individual. Tell her about your decisions and listen to her side as well. You may not come up with a decision you both agree on, but informing her about these makes her feel important and appreciated.



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## Simple Decorating Ideas to Make in your Room

### Add a cheery accent color

In this case, designer added a bright yellow throw and fresh flowers to flip an otherwise tame, blue-and-white color scheme on its head.

### Try a statement tablecloth

Before this red and white patterned tablecloth hit the table, this room was quite traditional, but with the designer it becomes an eclectic room with tons of personality.

### Turn your floors blue

You can imagine how simple this bedroom looked before it had a bright blue floor. The quick change by the designer allows the tub to take center stage and make us want to soak in there all day long.

### Try a patch of wallpaper

This bathroom is so small that the designer knew it would be too much to cover the entire room, but a small patch makes a statement and is much faster from start to finish.

### Hang a colorful curtain

For the entrance hall of this house, the designer opted for a curtain instead of a door. The deep yellow fabric pops against the regal blue wall colour and adds rich texture to the space.

### Move everything from the walls

Floating furniture away from the walls creates more intimate sitting. That means all you have to do is shift your furnishings a few inches away to totally transform the vibe in a room as seen in this home.







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These small, desert-adapted mammals, the meerkats are found throughout the Kalahari region, which covers much of Botswana. The Makgadikgadi Salt Pans are one of the top locations for seeing meerkats in Africa.

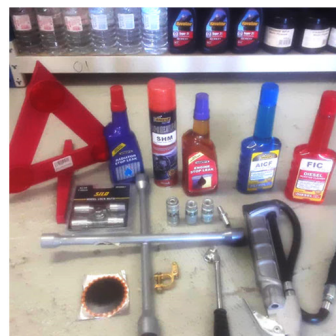
There are three subspecies of meerkats, and Botswana is home to just one, the Southern African, or slender-tailed meerkat, *Suricata*. Meerkats are fairly widespread across much of central and southern Botswana, around the Kalahari Desert. The rolling, vegetated sand dunes provide an ideal habitat for them, with hot, dry conditions and plenty of food. Arguably the best place to see meerkats in Botswana, or rather in Africa, is around the Makgadikgadi Pans in the Kalahari Desert. This vast complex of salt pans covers around 10,000km<sup>2</sup> and is home to numerous meerkat families – known as clans or mobs. The little animals, weighing about 650g are very fascinating creatures indeed.

# The Remarkable And Friendly Meerkat



Meerkats work together in numbers. A few will typically serve as lookouts, watching the skies for birds of prey, such as hawks and eagles that can snatch them from the ground. A sharp, shrill call is the signal for all to take cover. While a few individuals guard the group, the rest busy themselves foraging for the foods that make up their varied diet. Meerkats will eat insects, lizards, birds, and fruit. When hunting small game, they work together and communicate with purring sounds. Meerkats are good hunters and are sometimes tamed for use as rodent-catchers. These cute creatures are known to never shy away from people and in fact they would friendly embrace you and even climb over you as well. They really are a must see if you are an animal lover.

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# Sweetheart Cupcakes

Total: 1 hr 40 mins

Prep: 20 mins

Cook: 20 mins

## Ingredients

1 package white cake mix  
 1 ¼ cups water  
 ½ Cup vegetable oil  
 3 egg whites  
 8 drops red food coloring  
 2 drops raspberry candy oil

## Directions

### Step 1

Preheat an oven to 350 degrees F (175 degrees C). Line a standard muffin tin with paper cupcake liners.

### Step 2

Beat the cake mix, water, vegetable oil, and egg whites together on low speed for 30 seconds, then on medium for 2 minutes, until smooth. Fill cupcake liners 1/3 full with white batter; set aside.

### Step 3

Stir 4 drops of red food coloring into the remaining bowl of batter to make the batter pink. Stir in the raspberry oil. Pour 1/3 of pink batter into a resealable plastic bag and set aside.

### Step 4

Mix more food coloring into the remaining bowl of pink batter until it is an orange/red color and pour the batter into a resealable plastic bag. Cut a corner off the bag, stick the open tip into the center of each cup of white batter and squeeze in about two tablespoons of red batter.

### Step 5

Cut the corner off the bag with the pink batter, stick the open tip into the center of the red batter and squeeze about 1 tablespoon pink batter into each cup.

### Step 6

Bake the layered cupcakes in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes. Cool completely before frosting.





# A HOME PHOTOGRAPHY STUDIO

This one goes to those with photography skills or those that love photography. Photography is a very good business that can be turned into a part-time or fulltime job with good profit. When the business is going well, it is very possible to make thousands of Pula's in a week when one does photography. That is why for this edition we are introducing the home studio idea to those that do photography as a hobby or profession and working for companies or corporates.

## The Start-Up

It is not that expensive to start-up one's home studio as you already have the place for it. All you will need now would be the equipment.

### 1. Cameras

The first thing you will need when you want to start your home studio is to get one or two good but affordable camera if you do not have them. Some good photography camera that would help you can range from P4000-P6000 in cash. We

recommend such camera as the Cannon 700D or the 1300D or if you prefer Nikon, the D5200 or the D5300. They are good affordable cameras to buy for start-up.

### 2. Back drops

Another essential is the backdrops which are also needed for the studio. You can get two or three of those in different colours also at affordable prices. They are usually priced at about P1200 for those that are big enough for a home studio space.

### 3. Props

You will also need props for the studio like stools and chairs and mats as well. You can get those along with some balloons or some decorative props that you will use for different shooting occasions.

### 4. Lights

Another essential is the light for the studio and you can find some affordable lighting sets inclusive of things like soft boxes, triggers, Speedlight or studio lights and all can be at about P2000.

Once you have all these then you will be ready for your start-up. It is advisable that before you even get customers you may do some tri-outs or practising to enhance your photography and learn what best ways there are acquired to take good pictures within your studio. This will also be photos you use for your portfolio to market yourself. Also do remember to have your own social media pages for exposure and marketing once the business has begun.



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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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# HOW TO SLAY YOUR HAIR ON BUDGET THIS JANUARY

**What do you do when you are on a tight budget, but your hair needs care?**

January is a long and tight financial month that everyone complains about. Maintaining natural hair during this time of the year can be a bit challenging and stressful. Here are the top three ways to maintain your hair care on budget.

Hair care is expensive, even commodities such as shampoos and conditioners are expensive. Someone who has a tight budget can use these ways to save money.

**1. Stick with something cheap-** The most utilized option in this tight financial month is to stick with something cheap. Yes, cheap hair care products aren't the best, but they can get the job done and they will help you maintain your budget as you move along. Invest in shampoo and conditioner bars than liquid ones. Shampoo and conditioner bars last longer and can save you money and extra trips to the shops.

**2. Protective Styles-** Protective styles help maintain a budget. Protective styles can be worn for a longer period of time, and they need less maintenance. Protective styles like braids, crotchet and wigs are the best as they are versatile and effective. Braids are incredible as they do not require any styling, the most you will need is a light mousse and some oil for your scalp. However, having protective styles doesn't mean you should not wash your hair. It only helps you maintain your budget because you won't need to wash your hair more often.

**3. DIY-** Diy is one of the best ways to save money, have fun and take care of your hair. The ingredients are right in your kitchen, you can play around with what's in your fridge and cabinets without spending too much money. There are tons of diy available for you e,g Banana hair mask

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# Stress Relief Tea

It's that time of the year were everyone is busy trying to get their lives together. Kids going back to school and parents going back to work. Everything is all mixed up, it's either there's not enough money for everything or the whole going to work idea is all stressful. January is one of the Months in a year where people are going through a lot, maybe it's because it is the beginning of a new year, and everyone is still trying to wrap their heads around everything. In the course of such overwhelming times, self-care is so important.

During these times of uncertainty and overwhelm, the best support comes from an easy DIY stress relief tea. It is simple to make and tastes pleasant while calming stressed-out nerves.

A soothing, relaxing tea reminds us to slow down, to take a moment to breath. Feeling the warmth of a tasty tea is comforting, making us feel we are truly caring for our wellbeing. These are times that call for self-nurturing so that we are able to be fully present and be there for others.

Some of the most gentle and delicious herbs are exactly what help us to cope. While they are gentle, they are also truly effective at supporting and strengthening our nervous systems. They bring us back into balance so that we don't let stress get out of control and impact our health.

The herbs in this DIY stress relief tea are easy to find and very safe to use.



**Lemon Balm**  
Lemon balm is a favorite herb among herbalists for tension and exhaustion. It helps to soothe and quiet the nervous system. If you happen to have fresh lemon balm leaves you will love the refreshing lemony flavor. While the dried herb is not quite as flavorful, it is just as effective medicinally.

**Lemon Verbena**  
Lemon verbena has excellent lemon flavor even once dried and goes exceptionally well with lemon balm. It's similar in action in that it's a mild sedative to soothe nerves. Lemon verbena

helps to reduce stress, tension and anxiety.

**Chamomile**  
Chamomile feeds and strengthens the nervous system. It's often one of the first herbs we think of for relaxing nervous stress, anxiety and even insomnia. It is a mild sedative so it can be taken for long periods of time.

**Spearmint**  
Spearmint contains menthol which has a mild sedative effect. This helps to promote relaxation while reducing stress and anxiety. The delicious flavor of

spearmint blends well with the other herbs creating a tea you will look forward to sipping.

To Make the DIY Stress Relief Tea

- 1 ounce lemon balm
- 1 ounce lemon verbena
- 1 ounce chamomile
- ½ ounce spearmint

Mix the herbs together and store in an airtight container or plastic bag. To make the tea, place three cups of water in a pan and bring to a gentle simmer. Remove from the heat and add 2 Tablespoons of the herb mixture. Cover and let steep for ten minutes. Strain and drink throughout the day.

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# Ear Infections in Children

### What is an ear infection?

This is an inflammation of the middle ear, usually caused by bacteria, that occurs when fluid builds up behind the eardrum. Anyone can get an ear infection, but children get them more often than adults. Five out of six children will have at least one ear infection by their third birthday. In fact, ear infections are the most common reason parents bring their child to a doctor.

### Symptoms

- There are three main types of ear infections:
- Acute otitis media is the most common ear infection. Parts of the middle ear are infected and swollen and fluid is trapped behind the eardrum. This causes pain in the ear, commonly called an earache. Your child might also have a fever.

- Otitis media with effusion sometimes happens after an ear infection has run its course and fluid stays trapped behind the eardrum. A child with Otitis media with effusion may have no symptoms, but a doctor will be able to see the fluid behind the eardrum with a special instrument.
- Chronic otitis media with effusion happens when fluid remains in the middle ear for a long time or returns over and over again, even though there is no infection. Chronic otitis media with effusion makes it harder for children to fight new infections and also can affect their hearing.

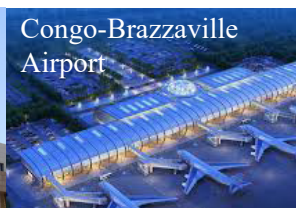
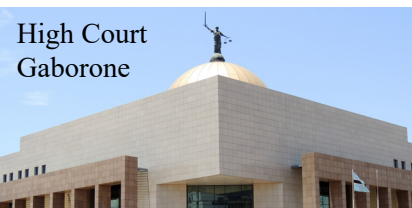
### Signs and Symptoms

- Tugging or pulling at the ear(s)
- Fussiness and crying
- Trouble sleeping

- Fever (especially in infants and younger children)
- Fluid draining from the ear
- Clumsiness or problems with balance
- Trouble hearing or responding to quiet sounds

### Cause

An ear infection usually is caused by bacteria and often begins after a child has a sore throat, cold, or other upper respiratory infection. If the upper respiratory infection is bacterial, these same bacteria may spread to the middle ear; if the upper respiratory infection is caused by a virus, such as a cold, bacteria may be drawn to the microbe friendly environment and move into the middle ear as a secondary infection. Because of the infection, fluid builds up behind the eardrum.



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# Tips To Help Your Baby Sleep Better

Sleeping is very important for babies, other than the obvious benefit of having a well-rested baby, sleeping allows proper brain development and supports baby's physical growth by helping them gain weight and grow fast. Shared here are a few tips to help your baby sleep better:

## Swaddle

Swaddling is a key to getting a newborn baby to sleep, and it helps them to sleep for longer as well. Swaddling replicates the tight, secure space of the womb that helps babies feel safe.

## Eating

A hungry baby isn't going to sleep well, they might have trouble going to sleep, or wake before they're ready, so make sure that you are following some guidelines around recommended milk and food intake at each age to ensure that they are getting enough of it.

## Darkened room

We find it much easier to go to sleep and stay asleep when we're in a dark room, and babies are no different. The sleep hormone, is released when we sleep in the dark as it makes us drowsy and helps us to have better quality sleep.

## Wind pain

If you have a baby who struggles to release wind and is in pain, then they are going to have trouble going to sleep, and staying

asleep too. There are plenty of winding techniques and potions available to help your baby.

## General sleep guidelines

Creating nap and night-time routines are really helpful ways for your baby to pick up on cues that it's almost sleep time. It is helpful to know a general guideline as to how much sleep is to be expected at every age. This will help you know how much sleep your baby should be aiming for and avoid your baby getting overtired.

## Room temperature

Baby's room being too cold or too hot can cause sleep-time wake-ups. Make sure your baby's room is between 16°C and 20°C, with the ideal being 18°C. Dress your baby appropriately for their sleep time with more layers in winter and less layers in summer. You can tell if your baby is too hot by putting your fingers down the back of her neck, or between her skin and clothes. If she feels hot and clammy you might need to relieve her of a layer or two.





# Ways to Improve Your Finances in February

Here are ways to improve your finances in February.

### Revisit Your New Year Resolutions

You've set your resolutions, now it's time to check in on your progress. Take tangible steps to accomplish some of your loftier year-long goals. If, for example, your resolution was to save up for a new home, have you set up automated transfers to help make it happen? Or if your resolution was non-financial, like eating healthier, is there a financially friendly way to achieve it?

### Boost Your Retirement Savings

Another financial resolution is boosting

retirement savings. Saving for retirement is one of the smartest financial moves in the book. If you've haven't started yet, there's no time like the present. The sooner you start, the more time your money will have to grow, which means more money for your future self. And the great thing is there are a variety of ways to do it. If you have already started saving, keep up the good work.

### Have A Money Chat With Your Partner

It's always a good idea to have regular money check-ins with your partner to ensure that you're on the same page. Presenting the topic of money isn't always easy, whether you're married, dating or engaged. Talking

about money can only strengthen your relationship and help you and your partner reach your goals together.

### Plan A Trip

There's nothing like the promise of a vacation to help get you through the winter boredoms. But while it may not be fully safe to travel just yet, you can start planning a post-pandemic trip. Whether you've got your eye on a sandy beach or a cross-country backpacking adventure, indulge in creating a loose journey while you add to your vacation fund now.

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# AMAZING BRONZE LEAF HOUSE PLANTS

Listed here are some unique Bronze Leaf Houseplants you could develop for a chic and unique look.

## 1. Twister Rex Begonia

This unique selection gives darkish inexperienced foliage textured in bronze, silver, and deep purple spots making it one the best-looking begonia.

## 2. Petra Croton

This stunning croton selection shows extensive giant foliage within the shades of bronze, yellow, inexperienced, and burgundy crimson. It thrives finest in a vivid location.

## 3. Golden Sedum

This engaging sedum selection options yellow-green foliage that turns into a stupendous red-bronze shade when uncovered to the solar.

## 4. Cryptyantus

Widespread for star-shaped leaves, this selection is expounded to terrestrial bromeliads. The foliage has bronze, brown, inexperienced, crimson, and pink hues.

## 5. Autumn Fern

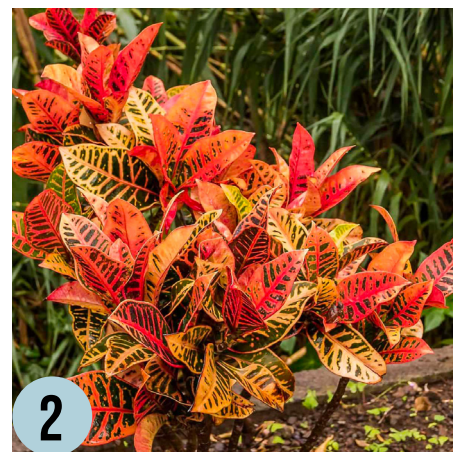
This standard fern gives shiny inexperienced fronds flushed in a bronze-orange hue as they develop which additionally offers it a typical seasonal identify.

## 6. Northern Lights Begonia

Northern lights show a stupendous bunch of tightly packed crinkled leaves that carry a light-weight sheen of bronze with different colours. It is likely one of the finest vegetation for espresso tables.



1



2



3



4



5



6



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# Botswana Continues To Blindly Give Away Its Unpolished Diamonds

It is without a doubt a fact that Botswana has among the most talented and creative guys in the business. But that being the undeniable fact, the industry is still going through a snail pace of growth and hardly could be an international competitor and dominate it. This truly is a sad situation and need to be looked into seriously.

We have seen so many local talents end up being successful abroad especially in South Africa. It continues to endorse our stars and grooms them and they do so well out there, it even begins to benefit them financially for sure. The truth is these artists or even South Africa could not even be put on the blame. So much talents have always been given a backside until they are out there getting the recognition they deserve. They knock door to door in vein here in their homeland.

It is also even noticeable that creativity gets ignored until it is first embraced out

there. A good example on that will be the famed William Last KRM. It was until he got to get international recognition that we began to fully embrace him and his talent, it is the reason why even to this day the South Africans tend to say he is theirs, that's because he always had support out there from the beginning.

While we were busy seeing an untalented silly comedian, they saw greatness in him. The same applies to the creative Ras Doko. Even now many in Botswana still cannot see just how creative and clever he is and what he does. His followers are mostly South Africans as well and though it is without a doubt that his big break is at the brink, he has come a long way being supported outside than he is locally. Some South African brands have started to recognise him and what he did for their brand and even came all the way baring merchandise way before his home could approach him and help empower him.

One thing that also goes unnoticed is that instead of other countries like South Africa, Botswana promoters, corporates and even the government would rather use or work with artist based on following and how big they are than how talented and how much potential they have. They continue to feed the mouthful rather than help polish the yet to be polished diamonds that remain struggling out there. We recently saw one of our own who has been undermined for so long and hardly got bookings to the prestigious shows that always have the same line up of artists, Double-Up being signed to Ambitious Records after his talent had been ignored for long in his home country. That is when all the attention turned to him and even us all as the media too.

We continue to lose our talents away out of ignorance and we will end up having no growth in local talent as they continue to go look for greener and well deserved pastures abroad.

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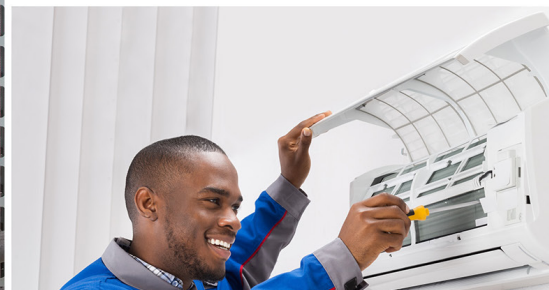
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## LEGS, BUMS AND TUMS HOME WORKOUT

### **Tone up, firm up and burn fat from your tummy, hips, thighs and bottom with these 10-minute legs, bums and tums (LBT) home workout.**

This LBT exercise routine counts towards your recommended weekly activity target for strength. Before you begin, warm up with a 6-minute warm-up. After your workout, cool down with a 5-minute stretch.

### **Squats: great for firm bums and thighs**

Do 2 sets of 15 to 24 repetitions. Stand with your feet shoulder-width apart and your hands down by your sides or stretched out in front for extra balance. Lower yourself by bending your knees until they are nearly at a right angle, with your thighs parallel to the floor. Tip: keep your back straight and don't let your knees extend over your toes.

### **Lunges: great for firm bums and thighs**

Do 1 set of 15 to 24 reps with each leg. Stand in a split stance, with your right leg forward and left leg back. Slowly bend the knees, lowering into a lunge until both legs are nearly at right angles. Keeping the weight on your heels, push back up to starting position. Tip: keep your back straight and don't let your knees extend over your toes.

### **Calf raises: great for shapely legs and calves**

Do 2 sets of 15 reps. Slowly move onto your toes, lifting your heels off the ground, and then slowly lower heels back down. Place your hands on a wall or chair for stability. Stand straight, but avoid locking your knees. Tip: for more of a challenge, do these calf raises away from the wall and with a weight in each hand, such as 2 water bottles.

### **Bridges: great for firm bums**

Do 2 sets of 15 to 20 reps. Lie on your back with your knees bent and heels close to your bottom. Your feet should be shoulder-width apart and flat on the floor. Raise your hips up to create a straight line from knees to shoulders. As you come up, tighten your abdominal and buttock muscles. Tip: don't let your knees point outwards.

### **Stomach crunches: great for strong abs**

Do 2 sets of 15 to 24 reps. Lie down on your back, knees bent and hands behind your ears. Keeping your lower back pressed into the floor, raise your shoulder blades no more than three inches off the floor and slowly lower down. Tip: don't tuck your neck into your chest as you rise and don't use your hands to pull your neck up.

### **Obliques: great for toning love handles**

Do 1 set of 12 to 24 reps on each side. Lie down on your back with your knees bent together, and feet off the floor. Place your right hand behind your right ear and extend the left arm out. Keeping your lower back pressed into the floor, lift your shoulder blades off the floor and curl your upper body diagonally across your chest towards your left knee and lower down.

### **Back raises: great for good posture**

Do 2 sets of 15 to 24 reps. Lie down on your chest and place your hands by your temples or extended out in front for more of a challenge. Keeping your legs together and feet on the ground, raise your shoulder off the floor no more than three inches and slowly lower down. Tip: keep a long neck and look down as you perform the exercise.



# GABORONE UNITED REMAINS UNDEFEATED



It has by far been a memorable Botswana Premiere League season. As the games head to the peak, it has been getting hotter and hotter and very exciting.

Although it's not like back in the old days pre-covid, Football enthusiasts have rather remained as hyped as always and do go for the games to support their teams. It

has been an exciting league but so much can be said about Gaborone United who stand at the top position within the league. The team has been playing very well in all its games and remain undefeated. The red nation continues to stand a gap away from its fellow competitors in the league fixtures and has made its fans very proud as they even make sure to attend its games in massive numbers.

Following the team is another local football giants of course, the blue train, Township Rollers making it a dubby led league. Right on the third position with only a point away by week 13, was surprisingly the Sua Flamingos making it indeed an extra-ordinary league. On 4 position by then was BDF XI and on fifth was the Police XI.

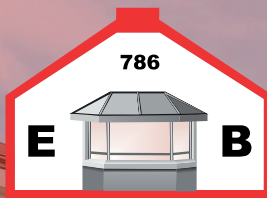
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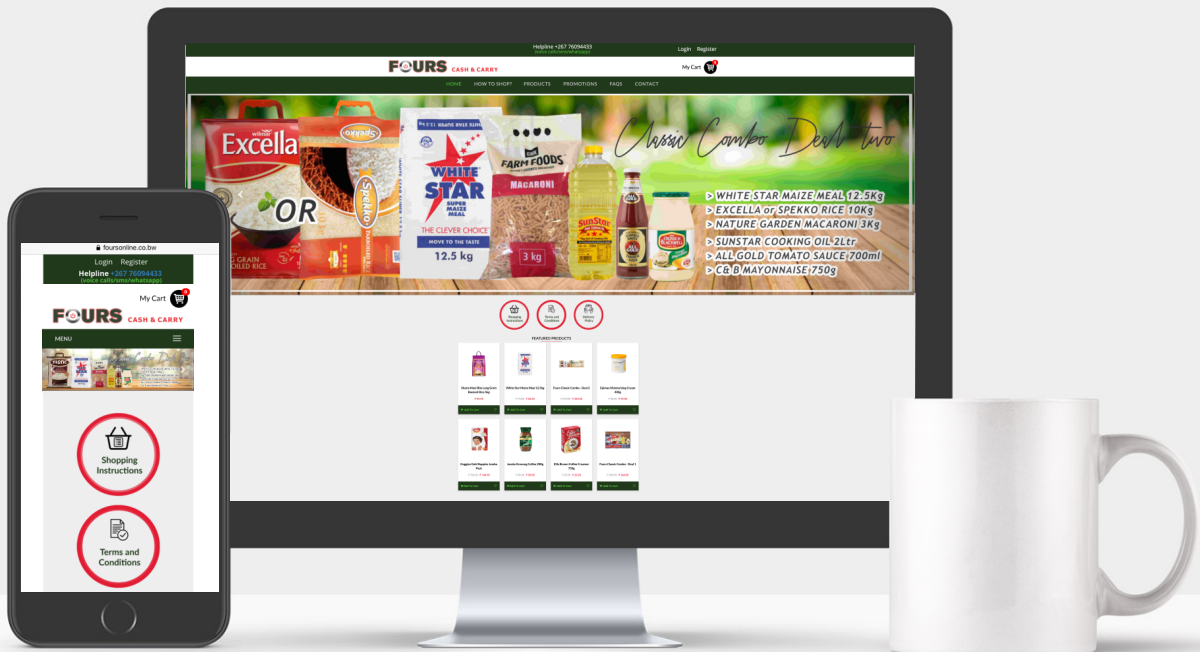


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