

Celebrity World

Botswana's Native Magazine

May 2022 P12

**Vibe With
Easy Wear**

**Hardcore
Rapper,
Smokie**

**The
Versatile
Genevieve**

**Melodious
Peace
Quarshie**



The Journey Of
The Legendary Afro Jazz Song Bird
Trinity Mpho



6 1009 6011 479134

Roasted
Beef
Tongue

Three Advantages
and Disadvantages
of Cohabitation

Start Your Own
Unique Gaming
Café Today

Caring For House
Plants Through
out Winter

ARCHEIN HARDWARE

Prices Valid for Lobatse, Moshupa, Moelopolole, Mochudi and Phakalane Stores Only

Spruce Gloss 5L
White/ Cream/ Black/ Blue
219.95

Capitol PVA White 20L
259.95

Capitol PVA 20L Cream/ Peach
259.95

Thinner 5L
99.95

Crack Filler 2Kg
29.95

Roller & Tray Set
24.95

6/8/10 Panel Meranti Door
899.95

6/8/10 Panel Meranti Door
289.95

6/8/10 Panel Meranti Door
289.95

6/8/10 Panel Meranti Door
269.95

Hardboard Door
159.95

Single Sidelight Meranti Frame
549.95

Double Sidelight Meranti Frame
699.95

Skirting 70mm 3.6m
79.95

Comice 76mm 3.6m
79.95

Cooper Pipe 5.5M 15mm P119.95
Cooper Pipe 5.5M 22mm P199.95

Galvanised Pipe 5.8M 15mm P89.95
Galvanised Pipe 5.8M 20mm P129.95

Kitchen Sink
Single Bowl 900mm P249.95
Double Bowl 1.2m P349.95
Double Bowl 1.5m 499.95

Pillar/Bib Tap
P89.95

Basin/Stand Toilet Pan
P199.95 Each

Manhole Cover & Frame 450x600mm
P349.95

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

GUMARE TEL 6874463	LETLHAKANE TEL 2976373	MAUN TEL 6860007	MOCHUDI TEL 5739577	MOLEPOLOLE TEL 5960999
MOSHUPA TEL 5490119	PHAKALANE TEL 3181512	SHAKAWE TEL 6875156	TSABONG TEL 6540645	LOBATSE TEL 5300105

The A Team

Editor

Godiraone Ramanoko

Writers:

Kabelo Leon Mbaya
Tshepiso Medupe

Graphic Designer:

Amuchilani Rara

Photographer:

AndreMotlatsi

Cover Story Credits:

Wardrobe: Self
Make up: Self
Hairstyle: Self

General Manager

Pinky Aysha Siddiky

Executive Marketing Officer

Amirul Hoque Bhuiyan

Managing Director

N.md Estaq Farhous Bhuiyan



Founder
Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

Plot 14385 First floor of double storey
building, New Lobatse Road
Gaborone West Industrial

Cell: 77606907

Tell: 3937886

Email:celebrityworldbw@gmail.com

Disclaimer

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

 @celeb_bw  Celebrity World

 www.celebrityworld.co.bw



CW readers, we bring you a new edition for a new month of May 2022. This time around on the cover we have an iconic afro jazz, songwriter, composer, recording artist, entertainer and a performer, Mr Moletlanyi Trinity Mphoeng who is affectionately known as Trinity Mpho.

Take your time and familiarize yourself with him by reading his inspiring story. Probably you will pick up some ideas from his story, which will actually help you bring out the ones you already have. As usual, we have featured other local artists like the versatile Renevieve who became the lady of many talents at a tender age. Also, find an interesting story of the melodious Peace Quarshie, and local entrepreneurs by the brand name - Easy Wear. This is our 60th issue and as we always say, we couldn't have done this alone and we appreciate the immense support that we continue to receive from our readers.

Check out this issue on our website at www.celebrityworld.co.bw. Thank you for being part of Celebrity World Magazine and follow our facebook page called Celebrity World and on twitter @celeb_bw. Happy Month of May!!

Contents May 2022



6 Vibe With Easy Wear

7 Hardcore Rapper, Smokie

8 The Journey Of The Legendary Afro Jazz Song
Bird-Trinity Mpho

14 The Versatile Genevieve

18 Events

21 Horoscopes

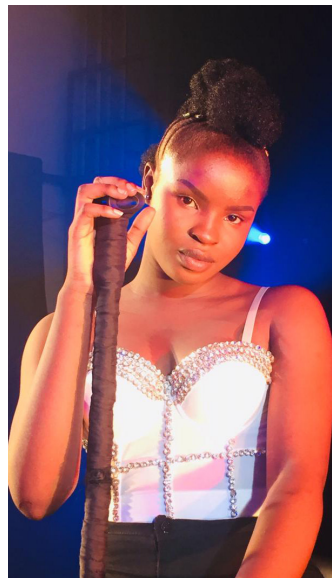
25 Fashion

28 Start Your Own Unique Gaming Café Today

31 Caring For House Plants Through out Winter

32 Fitness

34 Sports



Sleep Well With RPR Beds

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

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

Visit our shop and view our top class furniture



Wake Up Well With RPR Beds

Gaborone Branch

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

Mahalapye Branch

Main Mall
+267 76761068/ 74347797

Palapye Branch

River View Mall Shop No. 13
77667992/ 76798813

Celebrity World *List*

FILM, TV, BOOKS & MUSIC

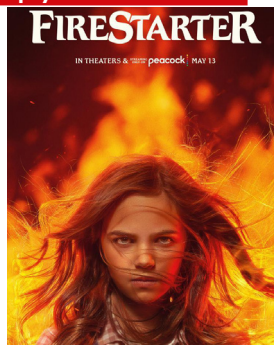
Stay inside or head outdoors, we've got plenty to keep you entertained



Doctor Strange in the Multiverse of Madness
Genre: Action, Adventure, Fantasy
Release Date: May 4, 2022
Director: Sam Raimi
Starring: Benedict Cumberbatch, Rachel McAdams and Elizabeth Olsen
 "Doctor Strange in the Multiverse of Madness," the MCU unlocks the Multiverse and pushes its boundaries further than ever before. Journey into the unknown with Doctor Strange, who, with the help of mystical allies both old and new, traverses the mind-bending and dangerous alternate realities of the Multiverse to confront a mysterious new adversary.



Top Gun: Maverick
Genre: Action, drama
Release Date: May 27, 2022
Director: Joseph Kosinski
Starring: Tom Cruise, Jennifer Connelly and Miles Teller
 After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.

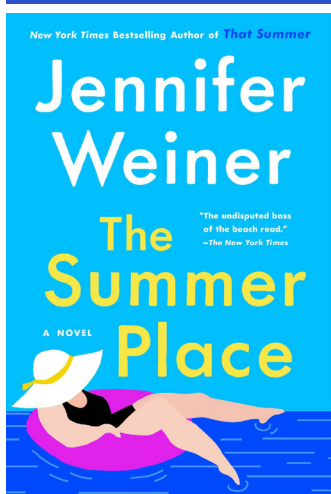


Firestarter
Genre: Horror/Thriller
Release Date: May 13, 2022
Director: Keith Thomas
Starring: Zac Efron, Gloria Reuben and Kurtwood Smith
 A couple desperately try to hide their daughter, Charlie, from a shadowy federal agency that wants to harness her unprecedented gift for turning fire into a weapon of mass destruction. Her father taught her how to defuse her power, but as Charlie turns 11, the fire becomes harder and harder to control. When a mysterious operative finally finds the family, he tries to seize Charlie once and for all -- but she has other plans.

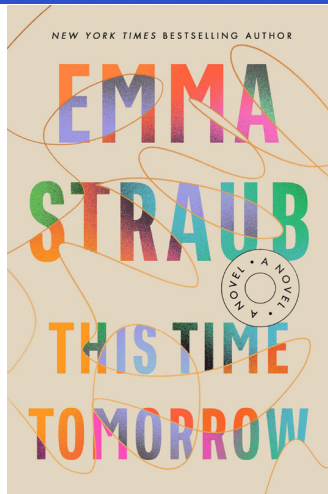


The Bob's Burgers Movie
Genre: Comedy/Musical
Release Date: May 27, 2022
Directors: Loren Bouchard, Bernard Derriman
Starring: H. Jon Benjamin, Kristen Schaal and Dan Mintz
 A ruptured water main creates an enormous sinkhole right in front of Bob's Burgers, blocking the entrance indefinitely and ruining the Belchers' plans for a successful summer. While Bob and Linda struggle to keep the business afloat, the kids try to solve a mystery that could save their family's restaurant. As the dangers mount, these underdogs help each other find hope as they try to get back behind the counter.

What To Read



The Summer Place
Author: Jennifer Weiner
Publication Date: May 10, 2022
Genre: Friction
 When her twenty-two-year-old stepdaughter announces her engagement to her pandemic boyfriend, Sarah Danhauser is shocked. But the wheels are in motion... Sarah might be worried, but Veronica is thrilled to be bringing the family together one last time before putting the big house on the market.



This Time Tomorrow
Author: Emma Straub
Publication Date: May 17, 2022
Genre: Fiction
 On the eve of her 40th birthday, Alice's life isn't terrible. She likes her job, even if it isn't exactly the one she expected. She's happy with her apartment, her romantic status, her independence, and she adores her lifelong best friend. But her father is ailing, and it feels to her as if something is missing. When she wakes up the next morning she finds herself back in 1996, reliving her 16th birthday. But it isn't just her adolescent body that shocks her.....

Annual Reports
 Magazines
 Posters
 Flyers
 etc



Water labels, Scale labels, Medical labels etc



Diaries, Pens, Caps, T Shirts, etc

Offset Printing

Label Printing

Corporate Gifts



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

Vibe With Easy Wear



Nowadays many Batswana own different clothing brands. Featured on this page, we have a local brand owned by three gentlemen from Kang; Christopher Moilwa, Taolo Tlhokwane and Lawrence Pheny Motawana. The brand started in 2019 and to them, it came as a self-motivation, perseverance and the love they have for fashion.

Easy Wear specializes in tracksuits, masks, t-shirts, jackets, sportswear and others for both males and females. The store operates at Kang, but the

production is done in Gaborone. One of their aims is to encourage people to be fearless and follow their dreams. The brand focuses on empowering and inspiring people to pursue their ambitions.

According to Christopher, Easy Wear outfits are cotton made; they are comfortable and easy to wear. "We all know business becomes successful if the vision is mutual, same as every clothing brand becomes successful because we are passionate about what we do. We hope to go international," Christopher said. He further said support is there in Botswana and market-wise, their brand appears in some local artist's music videos hence people can see it.

To him, there is growth in business as compared to last year. The company has donated to Kang community since the world is hit by Covid-19 pandemic. "There is always hope despite this pandemic, the entire world is affected and we all know it but everything will get back to normal," added Christopher.

They have so far sponsored Mr and Mrs Gaborone youth, Miss Personality in the previous year and local artists. This year they have sponsored Charles Hill tournaments which was held on the 2nd of April.

Whatsapp: 72670766/74270564 **Facebook:** Easy Wear Clothing
Email: pmotawana4@gmail.com **Instagram:** moilwachristopherew
Instagram: Lawrence_MLawra_White



HARDCORE RAPPER, SMOKIE

Godfrey Omphile, musically known as Smokie DF is a Kanye native who has been doing music rounds up for quite some time now in the rap world as an underground had-core rapper. He had the opportunity to have a chat with us about his music:

You are an artist, how long have you been in this industry?

I have more than 20 years in this game though I was doing underground street music.

What kind of music do you do?

Hard-core hip-hop music.

What was the inspiration for your choice of music?

My inspiration for this music came through my love for poetry and as you know poetry is very entertaining with rhyming words, I'm inspired by west coast American artists like Krs 1, Cypress Hill, 2pac and others. That is where I started being more into rap.

How many albums in your work portfolio

do you currently have?

Right now I'm working on my second album with massive 11 tracks titled 'The last commandment'.

Which of your songs sold you best?

There is one song called (Re gatela pele) in English it translates to 'we stepping forward with music'. The song did very well in the music scenes, its trending video on social media was fantastic.

Why was it the one that sold you up?

Definitely because I wrote it in Setswana language and featured two home boys of which one of them is doing traditional music with those vibes. It makes the song sounds very nice, as for the other he raps in Setswana with those poetry words.

Being a musician is sometimes challenging, how do you deal with those challenges?

On my new album, I have a track called 'Challenging life'. I believe there are so many challenges in the music industry like

sponsors of which you cannot do anything without financials, first you need to pay the studio, promotions travelling to network with other artists so in these challenges you need to focus and don't listen to naysayers.

What is it that sets you apart?

I don't just rely on music only, I'm a business man and I have my own clothing brand (Filla Fella catching feelings) that is doing very well and I'm happy that a lot of people are admiring it.

Do you have anything you are currently working on?

Right now I'm working on marketing and interviews of the album and my clothing brand.

What about bookings and upcoming performances?

I have so many bookings but I'm working on preparations of my launch, so I don't take some bookings unless after my launch.

As an artist what do you stand proud to have achieved?

I'm very proud of my work and my supporters that they always push me ahead to prosper.

What do you aspire to achieve in future?

I wish to see my dreams come true like to grow bigger and pick others who'd like to be in the game and by having a music academy here in our country more especially for orphans.





THE JOURNEY OF THE LEGENDARY AFRO JAZZ SONG BIRD -TRINITY MPHO

By Ossie Miah Lekgetho

Meet the iconic afro jazz, songwriter, composer, recording artist, entertainer and a performer, Mr. Moletlanyi Trinity Mphoeng, affectionately known as Trinity Mpho from Bobonong. One may say he is a methodical person, he is not just a genius when it comes to singing jazz. He is also proficient at using his melodious and soulful voice to move the hearts of his listeners. In 2012 he arrived in Canada as a world Afro beat musician. Trinity's unconcealed energy during his shows propels audiences to their feet to joyfully dance to the aisles. His first CD "Theohang" was released to critical acclaim and then his following album "African Sunset" quickly becoming favorite crossing genres from Afro jazz, World to Pop with 8 awards nominations both in Africa and North America. He also collaborated with the Lesotho Afro Jazz Legend, Tshepo Tshola. Then the following year he swapped up the 2016 Botswana Best Afro-Jazz Album and World Music Artist of the Year 2015 award winner for the African Entertainment Awards in Canada. He is a true legend indeed.

Trinity is not just exceptional in the entertainment industry, before he joined this industry he was an HR profession, he also spent 7 years acquiring a B.A in Economics and a Diploma in Statistics credentials from the University of Botswana. This legend further went overseas to study at Hama University, School of Business to obtain his 1 year graduate Certificate in HR.

What Inspired You To Become An Afro Jazz Singer?

I grew up listening to gospel music, I basically grew up in church as I started going to church from the age of 4 and then at the age of 7 I joined the praise and worship team, that's where I started developing the love for music. So right there I got inspired by what music is to the community, what music is to those that might be universally affected out there and as I grew up I did realize that music is a healing tool and is also a tool that addresses

many issues from diverse problems. From church, I did realize that through my praise and worship people would actually heal and be comforted through the healing songs I sang and from that time to now I am 40 right now and I developed love for this particular artistic office I am in.

Who Inspired Your Music Journey?

When I came to the city, I met up with an old friend of mine Joel, he's leading a church now, but before that he was a presenter at Mokaragana. The time we met, he was doing gospel music, and he also believed in my potential and because of his enthusiasm and passion for music it motivated me and cultivated my passion for music. He further pushed me as he believed in my talent and he inspired me vocally. The funny story is that we went to University of Botswana at the same year and I started off by backing him up, then went on to back up Tshepho Lesole and many more gospel artists. I was also in a group called Jam in Christ, with the late Tebby, Bonnie Fisher with many more gospel singers. Then a Jazz musical lady called Nono approached me, I started being a backup singer for her, then I went on to a lady called Puna Gabasiane as a backup singer to a whole lot of talented singers. So Nono inspired me to become a jazz artist.

How Do you Describe The Music That You Typically Create?

Most of my music is infused with culture, so what I basically do is I infused my Bobirwa roots with the modern cultural music. My music is also highly spiritual and deep so I describe it as deep afro beat or ancestral afro beat. For My songs, you have to be in the realm, if you have followed the likes of Shanti-Lo we have the same feel in music and I have also featured him.

How Was Your Journey In Canada As An Afro Jazz Musician?

There are always challenges but with determination and with one not forgetting what he wants by setting his eyes on the price regardless of the challenges, you will get what you came for. I know it's not easy as you're in an unfamiliar environment as you don't have your relatives there and your friends. The first year I got there, it was hard. But I did not give up as I pushed myself beyond my limits and eventually I got recognized by a record label there and a promotions company. That was because they could pick originality and talent as what I was doing was different. As Batswana we have unique cultures and a lot of people wanted to understand our roots and that was the beginning of Trinity in North America. With that, doors began to open as I was hired in almost all the African events all over North America.

Tell Us About Your Nomination, How Many Times Did You Get Nominated?

There are awards called African Entertainment Awards (AEA), these awards



are held in America, USA and Canada and they are highly competitive as they cover the whole of African continent in North America. Because I was now based under Canada, I was to fall under the local icons. So I was nominated the music artist of the year, I must say it was a highly competitive category. There were also artists from Nigeria and looking at the population, I would never expect to get the award. I was humbled as this meant people actually appreciated my work not only in Botswana but as Africans because they voted for me.

I also received an Award of Excellence for contributing towards the African culture, following the best Male Award from Kilimanjaro FM in Canada. Kilimanjaro FM covers a wide spectrum of African music, so I won 3 out of 5 nominations. The other nominations were for the independent music awards, Black Canadian awards and these ones were highly competitive but I didn't make it, nonetheless I'm glad I got nominated.

What Strengths Do You Have That Make You A Great Artist?

I have a unique special understanding of music, I have a different kind of approach of my art. If you were to go onto my social media platforms, I am very particular about the way I dress, how I look on stage and about my brand as well and that sets me apart from other brands. I am my biggest motivator and on its own it's a strength.

What Is It About Music That Makes You This Passionate?

The impact its doing to people's life, as in deed its providing change, through music, there are a number of social responsibility projects I'm working with, but recently I am working on a project called Man in Jazz country tour, against Gender based Violence. I partnered with Botswana Gender Based Violence at the Ministry, the first launch was on the 30th of April 2022 and we will be trying to speak to men on how to fight this social ill that we are facing as a country.

Which Instrument Is Your Favourite To Play And Why?

My voice, because the voice is a powerful instrument, and because I don't like to use instruments as my music is infused with my culture. "Sebirwa ke dilo tsa sedimo," so we use drums. I like the guitar, the lead guitar that sounds like a singing lady.

Who Would You Like To Collaborate With In The Near Future?

Fatoumata Diawara, Simphiwa Dana, Siphokazi and locally I covered with almost everyone I wanted to. So I want to collaborate with the DJ so that we infuse jazz with amapiano and I wanted a collabo with Tshepo Tshola, unfortunately he passed before we could collaborate again. Fortunately we made a song together before he passed and I was the first Motswana to collaborate with



him in a song called "Dintwa" it was a song about what was happening in Africa as there were bombings and kidnappings. The song is in my latest album called African Sunset. In the album too, I have featured Shanti Lo, Galeletsang, Gabriel Mawande, Oscar Chamba and many more.

Which Qualities Do You Think A Great Musician Should Have?

Most definitely humility, as musicians we turn to get over our heads, forget that we are made by people and followers. Respect your work and don't forget to be humble. Your

face is your office and the way you behave affects your brands. Also, there's originality don't fake it but be yourself, just because Trinity has a deep voice it doesn't mean you should also do a deep voice or else you will lose your uniqueness.

Fan Fact: I'm a radio personality, I read the news at Kilimanjaro FM in Canada for 2 years and I also worked for the local government in Botswana, I spent 9 years at university, I'm a good cook, I used to own a restaurant in Mogoditshane too, before I got into music.

THE VERSATILE GENEVIEVE

M eet Rerang Genevieve Kgwaneng with the stage name Renevieve from Tonota. At only 23 years, she turned out to be a young lady of many talents as she is a singer, songwriter, a content creator and a self-taught makeup artist. Renevieve is also a graduate of Awil College where she studied Motion Picture and specialized in Film Production.

Her music journey started in 2020, when she used music as her coping mechanism. She has a friend called Thabang, who shared with her a couple of beats to use for her YouTube channel. "There was one beat that stood out for me and I wrote my first song which in actual fact is my first single, it is called 'Stupid love' and it was produced by PJay," she said.

That was the beginning of a new journey for her as she then progressed to release another song called 'Wanting You' in the same year. Later in 2021 she released 'Your love' which was highly received by the public and became the most played song on local radio stations. It was followed by 'Drip' in which he was featuring King Tux. She specialises in RnB/Pop music. However, she had started off with RnB, which has always been his passion. When writing her songs, Renevieve said she is usually inspired by the state of emotion she'd be in by that time and she believes that it's one thing that brings out the most in an individual.

When asked about her biggest inspiration, she mentioned 'Shekhihah' as her biggest inspiration and her composition of lyrics and overall brand speaks volumes in terms of artistic content. In future Renevieve says she would like to mix RnB and pop music but still spark pop culture to flow within because she believes that pop music resonates well with her voice especially if it has a sub-genre of dance. This ideal musician wishes to collaborate with the likes of Kali Mija and ATI. Renevieve is currently planning on doing an extended play or an EP by the end of this year. She is all about women empowerment and right now she would like to mentor the young ladies where she can by offering a helping hand in both music and make up world.

Contact details
Facebook: Renevieve
Instagram: the_renevieve
WhatsApp: 74808313



Aha Hills



Aha Hills lie straddling the Botswana/Namibia border, about 50 kms northwest of Gcwihaba, and are visible from it. The Aha Hills are mostly rough and jagged, having been split by weathering into numerous faults and fractures. They cover an area of approximately 245 sq. kms, mostly in Botswana.

The hills consist of very weathered dolomite marble and limestone, so the ground's surface is made up of jiggered little rocks and stones. You'll need stout shoes or boots to walk around these parts.

Although easily accessible from the Namibian side, these low, rounded hills are one of the most remote and seldom-visited destinations in Botswana which gives them a certain appeal. You can pretty much camp wherever you want to but if you're near a village ask permission from the headman. Within the Aha Hills there are two dolomite sinkholes known by the local people as Waxhu, which means 'house of god'. These can only be climbed down to by using specialist climbing/caving equipment.



Roasted Beef Tongue

Preparation: 15 min

Cooking: 60 min

Total: 75 min

Servings: 3

Ingredients

- beef tongue - about 24.5 (700 g)
- onions - 1 head, large
- vinegar - 1 cup
- tomatoes - 17.5 (500 g) peeled
- cinnamon - 1/2 tsp
- cloves - 1/2 tsp crushed
- parsley - 1/2 bunch
- tarragon - 1 pinch
- salt
- black pepper
- oil - 4 tablespoons

Steps

1. Put the veal tongue to boil with the vinegar and spices. You can also use a pressure cooker.
2. Take the ready tongue out, peel and cut it into pieces.
3. Heat the oil in a pan and fry the onions.
4. Add the chopped and peeled tomatoes, season with salt, black pepper, and a little tarragon to taste.
5. Boil the sauce until slightly thickened.
6. In a greased pot, put the tongue, pour on the sauce, place the lid and bake it in a preheated moderate oven for about 1 hour.



**SHARPS
CONSTRUCTION**

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

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

Telephone Number: +267 3912324
Telefax Number: +267 3959275
E-mail address: alfredc@sharps.co.bw

Head Office located at Plot No. 1235
Haile Selassie Road, Industrial Area, Gaborone, Botswana
P.O. Box 603 Gaborone, Botswana



Three Advantages and Disadvantages of Cohabitation

Living together might make you fall in love even more with your partner because you may discover that they are more attractive than you first met them. Are you willing to move in with your partner soon? If so, browse through these 3 advantages and disadvantages of cohabitation for a guide.

Advantages

Get to know your partner well

You start first by getting to know each other's strengths and weaknesses as this gives the couple a clear picture of who they are actually dating. This is the time where a person's true colours come out over time and it is when you are able to discover the truth about their character and their life choices. It also helps them to know how to tackle those weaknesses well in time before getting married.

Shared expenses

You can save money by sharing expenses. You can both contribute a set amount to spend in your home monthly. If your partner pays rent or mortgage bills, the other partner in the other hand can take care of other

expenses like electricity and food.

Shared household chores

They say two heads are better than one. Division of household chores helps one to reduce the burden of caring all household chores alone. In this case, cohabitation gives a couple the opportunity to share household chores. The couple can make a schedule on what to do and when to do it thus make work easier in the house. You may find that their actions as a result of sharing household chores actually brings out the best results.

Disadvantages

Some traits may push your partner away

In actual fact, cohabitation does not need a permanent relationship, and you'd find out that the time children are born or involved in a relationship, cohabitation disappears. That's one disadvantage of cohabitation. Another thing that a lot of people ignore is that cohabitation doesn't create a long term commitment and most of the time, these kind of relationships are short term ones. As much as you are in a good relationship, it's good to know your partner's weakness but again it can be a bad thing. Some traits may

push him or her away as you may not always agree on everything which may always lead to frequent arguments.

Less fulfilling sex life

Couples who cohabit have less fulfilling sexual lives. Even for those who do not cheat on their partners, they may sometimes consider their cohabitating choice to be wrong and may possibly long for casual hook-up relationships. In reality, when you cohabit, partners tend to behave like just ordinary friends or siblings because they do not miss each other like they used to do before they started cohabiting.

Less or limited value

Cohabitation becomes less value when it's in a stage where by children are involved and partners choose to live separate ways then the court prioritises what it considers to be in the best interest of the child over everything else. This happens in a case where the children biologically belongs to the cohabitating couple. One partner may fail to tolerate the other partner's social circle like friends and family members. In this manner, your relationship is considered of less value.



Call: 3938718/ 71724544

Plot No. 275, Mogoditshane next to Builders World
Opposit to Bdf Camp

Call: 76256788/ 73589959

G-West Branch, Haile Selassie Road in front of DCEC & BHC
ahmedsabbir87@yahoo.com

- TYRES
- FITTING
- SHOCKS
- BATTRIES

- MAG WHEELS
- ACCESSORIES
- ALIGNMENT
- CAR SERVICE





UNDERSTANDING DATE RAPE

Date rape is the most common and hidden crime, with so many cases and stereotypes surrounding the issue. Celebrity World magazine team find it important to help people understand the concept of date rape, how it happens and how it can be avoided.

What Is Date Rape

In simple terms Date rape also known as acquaintance rape is committed by someone known by the victim more especially in social engagements. It can be over dinner date, over drinks at an entertainment place or school. It can happen to anyone and anywhere. Just like any rape, date rape is also a violence act, however, in most cases victims fail to report it as they blame themselves for the act. Sometimes they feel like they had led or done something to lead the other person on. Those who reports the violence are however getting critics from the society since they get blamed for everything.

How It Happens

In most cases it happens at entertainment places such as bars, clubs and liquor store. The perpetrator will make sure that his or her target gets drunk. In that case it will be easier to have sexual intercourse with them. Some even go to an extent of adding drugs in their targets' drinks. The victim may pass out or have memory loss, in this case she or he cannot fight back. It can also happen where someone buys you gifts, takes you out and demands sexual favours in return. If the ideal targets say no, the perpetrator will use force.

How It Can Be Avoided

- Meet in public places. Do not allow first dates at private places or remote places rather try meet ups in public places.
- Stay in touch with family and friends,

let your loved ones know your whereabouts all the time so that they can come find you if they cannot get in touch with you.

- Do not accept open drinks and also watch your drinks all the time. If you go to the rest rooms rather carry your drinks with you and do not trust anyone

with your drinks.

- Defend yourself against any uncomfortable touches or chats. Do not do anything that you feel uncomfortable with learn to say no.
- Do not hesitate to report to the police if you feel you had been raped by your acquaintance.





how I developed my interest in music.

Who is your inspiration?

I have a list of people that actually inspire me, they are both from gospel and my other favourite music genres. There's Kim Walker, Summer Walker, Beyoncé and Chloe Bailey to just name a few.

Who is your biggest supporter in the music office?

Most definitely my mom, she got me a music teacher when I was a child so I could work on my singing voice and during My Star competitions she would pick me every time. Every weekend she would come and support me by watching me perform, she also helped me join the competition. I really love and appreciate her whole heartily.

How did you balance school work with the My Star competitions?

From the first three months, it was a roller coaster. It wasn't easy as every weekend I had to be ready for the competition, meaning that I had to prepare during the week and also study, I guess you can imagine the pressure. But as you go you adapt with the situation and end up being good at it.

Who is your favourite Judge at My Star?

I would respectfully say Motswafere because he was very supportive, not just by helping me reach my full potential and choosing songs as he assisted me. He would also lend me something to perform in especially if I didn't have anything to wear, how thoughtful right?

Melodious Peace Quarshie

By Ossie Miah Lekgetho

Former My Star top 5 contestant, RnB and pop singer, Ms. Peace Quarshie, and university student that is sanctified with an angelic voice grew up in church, singing and listening to gospel at her parent's church with the support from her mom. This gem was enrolled in singing lessons with the help of her mom so that she could clean up her vocals into a more soothing and angelic voice. She was later blessed with the honor to join one of the biggest music competitions in Botswana, My Star, where she stole the hearts of Batswana. The beautiful song bird sang herself to top 5 where her journey came to an end on the television show. Regardless of the competition keeping this song bird up her feet, she was able to multitask the competition with her school work. This song bird continuous to receive support from her beloved followers on social media where she uploads her music covers.

She loves to sing at church as she loves helping people as she possibly can. By singing at church in the praise and worship team, she enjoys praising and worshipping God, but from a young age she had a huge place in her heart for animals hence her mother advised her to study animal related courses.

Get To Know The Song Bird

"I am half Motswana and Ghanaian. I am an artist who is trying to get out there and reveal all the hard work I have been putting for quite a while," Peace.

What kind of singer would you classify yourself as?

RnB, Pop and slightly soul music too because I love slow jams as most of my singing originated or developed from gospel music, as I grew up singing gospel and that's also



Veggieland

GREEN GROCERS TO THE NATION

Tel: 3974975/3974550 Fax:3939720





HAWKERS

CASH & CARRY

Where your money buys more



HAWKERS
CASH & CARRY

Gaborone

+267 3500 198

HAWKERS
CASH & CARRY

Kanye

+267 5441 422

HAWKERS
CASH & CARRY

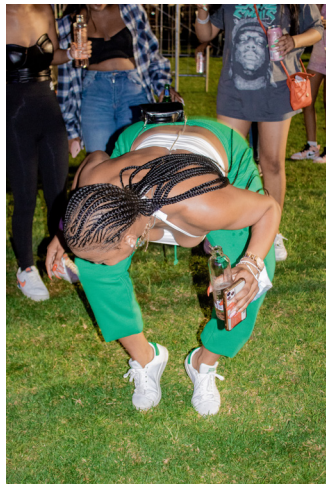
Molepolole

+267 73 371 000

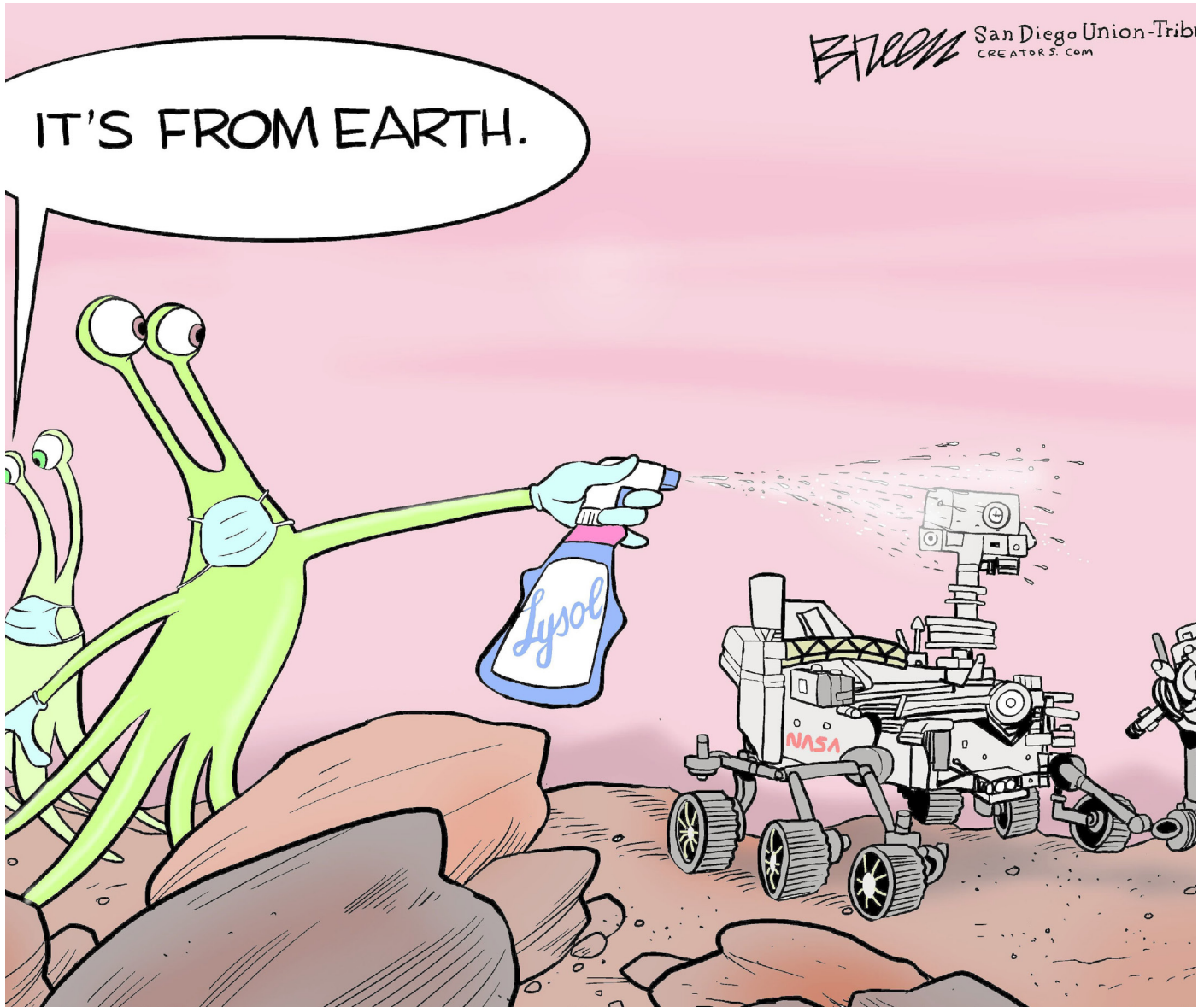
HAWKERS
CASH & CARRY

Lobatse

+267 5333 289







My mother and I were having a mother-daughter talk about the qualities to look for in a husband. She stressed that husband and wife should be as much alike as possible in interests and backgrounds. I brought up the point that opposites often attract. "Diane," she said emphatically, "just being man and woman is opposite enough."

Every night, Harry goes out drinking. And every night, his wife, Louise, yells at him. One day, one of Louise's friends suggests that she try a different tack. "Welcome him home with a kiss and some loving words," she says. "He might change his ways." That night, Harry stumbles back home as usual. But instead of berating him, Louise helps him into an easy chair, puts his feet up on the ottoman, removes his shoes,

and gently massages his neck. "It's late," she whispers. "I think we should go upstairs to bed now, don't you?" "Might as well," says Harry. "I'll get in trouble if I go home."

My boss and I took a job applicant to lunch, where we tried, with little success, to get him to open up about his experience and qualifications. Frustrated, my boss set his salad aside and proposed a specific and complex situation to the young man, then asked, "What would you do?" The applicant hesitated, then, looking my boss straight in the eye, said, "Are you going to eat all those tomatoes?" The topic for my third-grade class was genetics. Smiling broadly, I pointed to my dimples and asked, "What trait do you think I passed on to my children?"

One student called out, "Wrinkles!" When a family friend passed away, my granddaughter took

her three-year-old son to visit the widow. As they approached the front door, she whispered to the boy, "Make sure to tell her how sorry you are." He whispered back, "Why? I didn't kill him!"

As the hostess at the casino buffet showed me to my table, I asked her to keep an eye out for my husband, who would be joining me momentarily. I started to describe him: "He has gray hair, wears glasses, and has a potbelly ..." She stopped me there. "Honey," she said, "today is senior day. They all look like that." We were at a red light when a car pulled up, its music blasting. "He'll be deaf before he's 25," I said. "It won't help us," my wife replied. "He'll only turn it up."

After my husband and I had a huge argument, we ended up not talking to each other for days. Finally, on the third day, he asked where one of his shirts was. "Oh," I said, "now you're speaking to me." He looked confused. "What

are you talking about?" "Haven't you noticed I haven't spoken to you for three days?" I challenged. "No," he said. "I just thought we were getting along."

One evening my husband's golfing buddy drove his secretary home after she had imbibed a little too much at an office reception. Although this was an innocent gesture, he decided not to mention it to his wife, who tended to get jealous easily. Later that night my husband's friend and his wife were driving to a restaurant. Suddenly he looked down and spotted a high-heel shoe half hidden under the passenger seat. Not wanting to be conspicuous, he waited until his wife was looking out her window before he scooped up the shoe and tossed it out of the car. With a sigh of relief, he pulled into the restaurant parking lot. That's when he noticed his wife squirming around in her seat. "Honey," she asked, "have you seen my other shoe?"

**Taurus****(April 20 - May 20)**

From the 16th of this month, a pleasant surprise awaits you, your love take on a new aspect. It's time for you to make future plans, talk about your dreams and get started now! Trust destiny, everything will be fine. There is going to be change in your life, as long as you work hard for it. The commitments are strong, the feelings are sincere. Before making some decisions, take the time to think. This month all the conditions are met for the success of your projects. Do not make hasty decisions, let situations change while keeping your hopes.

Gemini**(May 21 - June 20)**

Towards the 18th to guarantee you a quiet future, it may well be that you have to settle a material situation related to your relationship. You formalize, it's a beautiful proof of commitment. Your partner could not dream better. Your ambitions grow, you are serene. You do not have to complain, loves are going well, and nothing interferes during the month. You have planned to surprise the person of your heart, the moment is opportune. Relationships are constructive; you can start making plans for the future.

Cancer**(June 21 - July 22)**

Put yourself for some seconds in your loved ones' place, instead of judging their behavior. Your relationship may become complicated because, every time you decide to take power. On the financial side, if you need to make a major expense, do not do it on a whim because you know very well that it does not work for you. This month,

things can be more complicated for you to manage. The quality of your relationship improves significantly.

Leo**(July 23 - August 22)**

You are full of good intentions; continue like this, you are on the right path! It's been a long time since you have been happy. You need to focus on your relationship life this month, give your partner attention when s/he needs you. This year you should expect a new member in your family, you should celebrate it before s/he arrives. In short, this is the month for you to fall pregnant. Financially, you will be blessed this year, you will be promoted at your work place this month.

Virgo**(August 23 - September 22)**

You could not ask for anything better, everything is fine for you. Your relationship is going well, your future plans are well established because you are on the right route with no obstacles, and therefore you do not have to fear anything. You trust yourself more than anyone else, nothing can demoralize you because you are driven by wind of uniqueness. There are passionate impulses, beautiful promises and projects. Your family has to feel your presence and kindness this month, so give them your attention from the beginning of the month until the end of the month.

Libra**(September 23 - October 22)**

Your actions bear fruit. Before the end of the month you will see a nice evolution. Your privacy fills you. In your relationship, your partner chooses to move at your own pace; you are set

on the same pace, and it suits you perfectly. Make long-term plans, commit, move in or even get engaged or wed. Yet, if you're single, you could be deeply focused on finding someone who will stand at your side. This is a destined moment to embrace union, sharing and sensuality. On a financial note, this month could bring you a surge of cash, whether in the form of investments, assets or gifts.

Scorpio**(October 23 - November 21)**

You'll surely be busy soon because by mid-month, the full moon on May 16 will instead encourage you to take a breather before jumping back headfirst into everything. Toward the end of the month, expect a major focus on partnerships and relationships. If for some reason you are to separate with your partner, this month is meant to shift you towards someone even better so dance into a whirlwind month. Toward the end of month, a solar eclipse in your intimacy sector arrives on May 30, blasting open a doorway for you to grow closer than ever before with someone significant.

Sagittarius**(November 22 - December 21)**

First and foremost, the new moon on May 1 energizes your employment sector, likely bringing more responsibilities, projects or clients across your desk. Mid-month on May 16, a full moon will highlight your sense of true happiness, possibly making a lifelong dream come true. Spend time celebrating with friends and feel the praise that surrounds you. So far you've had a significant focus on domestic and family matters, and that trend will surely continue in the month to come. But get ready for the chance to spice it up with plenty of passion, sex and romance if you're ready to shake it up.

Capricorn**(December 22 - January 19)**

If you have children already, you may notice one of them makes you especially proud or you may conceive if looking to have children. You're going to be a master strategist. Your ideas will get you far now and you'll have the power to impress or

persuade anyone you wish. Your attention comes roaring back to your professional life as a full moon thunders on May 16. Your achievement, new job, award, recognition or promotion could now be at hand depending on how hard you've worked in the past six months. Prepare for your heart to ignite toward the end of the month.

Aquarius**(January 20 - February 18)**

A destined moment around true love, fertility, hobbies, passion or creativity could make you shout to the Heavens! You'll be navigating many other factors this month, too, as early as the new moon arrives on May 1. The new moon will highlight your financial sector, opening a doorway for you to make more money, a new job, side hustle may present itself, but be sure to keep your eyes peeled. Embrace everything the month of May has to offer, a full moon in your assets and investments sector arrives this mid-month, bringing a turning point about big money.

Pisces**(February 19 - March 20)**

A gorgeous month lies ahead of you. Step into the limelight and accept the applause. Consult with an accountant or advisor who may be able to guide you to pots of gold. Inspire your mind to dream up major new ideas that you'd like to broadcast to the world, perhaps in the form of a writing, speaking, podcasting or advertising endeavor. Fate has promised you more sweetness and pleasure, so if single, put yourself out there, or if attached, make time for your intimate life. Focus more on travelling now and in the years to come, enjoy the call of adventure.

Aries**(March 21 - April 19)**

Sometimes you are so limited that it becomes unbearable for your partner, instead of fueling tensions, your spouse tries to calm the situation, and it works pretty well. On the 11th of May, you will feel much better! If your projects suddenly get support from influential people, take your chance to fly and go for it! Beautiful affinities are born in the month of May. Do not take into account setbacks, seeing things positively remains the key to a beautiful fulfillment.



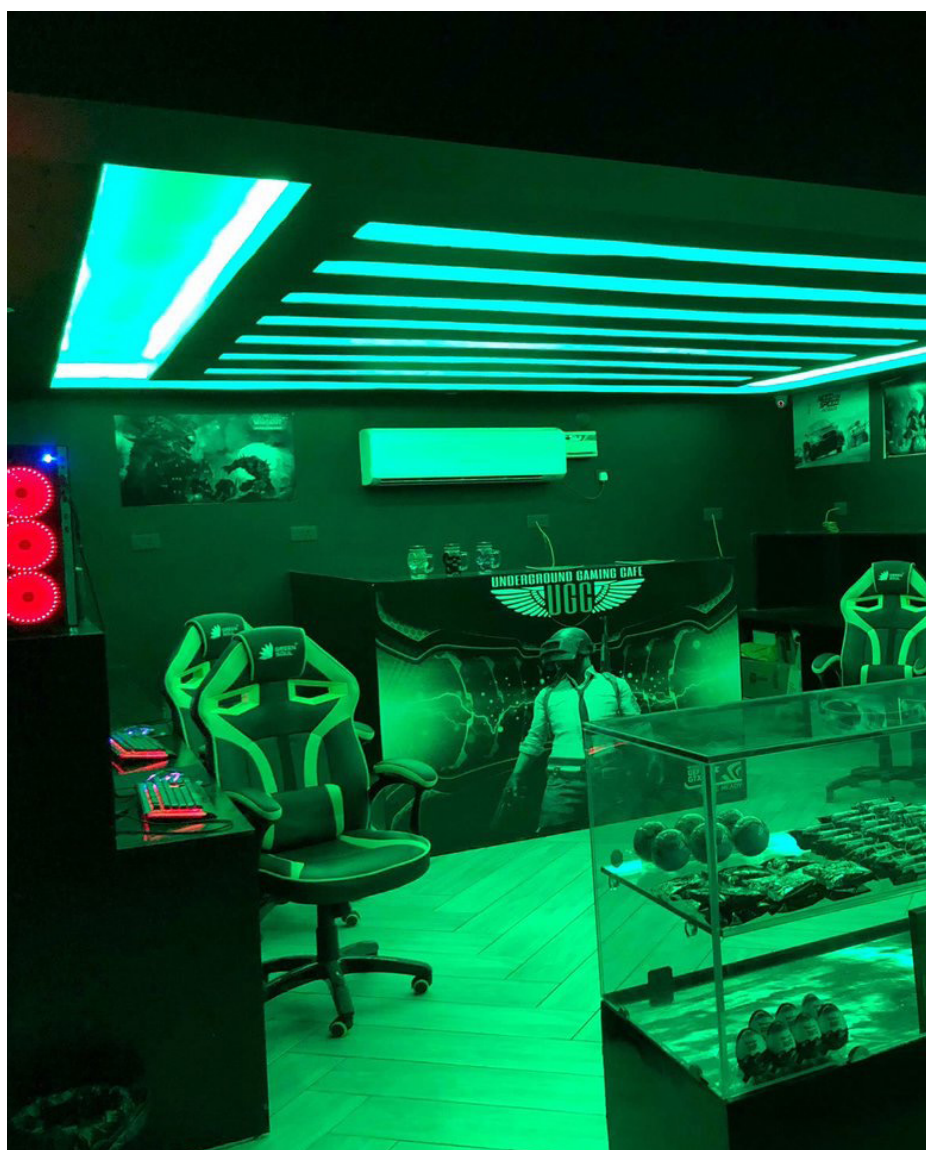
Start Your Own Unique Gaming Café Today

For this edition our suggestion for a business start-up is a gaming café. We are however well aware of the existence on many various gaming shops and cafes already in the business and that means you would be entering the industry to be rather unique so as to have better revenue within the already available competition.

Our idea is for you to have a gaming café that is mostly Tswana based, that is, it will be having indigenous gaming experience with some native games to choose from. The good thing about this is that some of these are already being or have been developed into applications to be enjoyed digitally, but it would still be a great experience to play them indigenously as well. That means you will not only be inviting game lovers, you will also invite the ones that used to enjoy playing traditional games like mmele.

You can even host competitions for both traditional and new media games and these can be monthly competitions or whichever way to keep activity within your café. Another idea is having an annual grand competition that brings in the best of the best to hold the grand tittle of best gamer and this can even bring in sponsors and partners within the tech world to that very big event! It is a good way to enter the gaming industry, given that there is hardly ever any if not at all such a tournament yet in Botswana. This would be one way to explore the industry once you are established as a café.

(Do Look Out For The Next Edition As We Will Be Detailing On How You Can Start Your Gaming Café)



Tips For Transitioning To Natural Hair

By Fro'Niques



Want to go natural without doing the Big Chop?

Transitioning to natural hair is a very simple process of growing out your natural texture before cutting the processed or damaged hair. Here are a few tips that will make your transitioning journey easy and fun:

1. Find your go-to transitioning style

The goal is to blend two different textures of hair into one. Try styles like Bantu knots, twist or braids. These stretched styles will help make your two different textures have a unified curl pattern as well as promote growth.

2. Detangle when hair is wet

It is important to detangle when your hair is wet and slippery with conditioner (Fro'Niques Detangling leave in conditioner) using a wide-toothed comb or your fingers. Start at the ends and work your way to the roots. This process takes patience, so only attempt this when you have the time to be gentle with your hair because rushing can lead to frustration and breakage.

3. Keep your scalp clean

Remember to cleanse your scalp anywhere from every two days to every two weeks. Hair grows well in a clean scalp. Use Fro'Niques Nourishing Shampoo Bar to achieve a clean and nourished scalp.

4. Keep your hair moisturized

Dry hair breaks. Nothing beats water when it comes to moisturizing hair, but water alone cannot moisturise hair you can also add Fro'Niques moisturizing natural hair products (Fro'Niques Hair Butter and Hair Growth Oil) on top to seal it in.

5. Wind down your heat usage

Avoid heat at all costs like blow dryer or flat iron, instead try air drying and doing heatless stretching methods like African threading, twists and braids.

Fro'Niques Social Media Handles:

Website: www.froniques.com

Facebook: Fro'Niques

Instagram: Froniques

Welcome Store

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

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





DIY Floral Soap Pops

Things you need:

Melt and pour clear soap
Flower petals
Ice lolly mould
Pop sticks
Essential Oils
Pink food coloring
Retractable knife

Step one:

Cut the soap into small chunks. Estimate how much you need by placing the small pieces into the moulds. You can always add more later though. Place in a microwave safe bowl and melt on a high heat for around 30-45 seconds at a time. Stir the soap in between heating's.

Step two:

Once the soap is completely melted, drop in 10-15 drops of the essential oil and about a teaspoon of pink food coloring. Mix both of these in well.

Step three:

Place your lolly mould onto a

plate just in case it falls over. Sprinkle in the flower petals. Don't push them down to fill the mould, let the petals sit loosely on top of each other.

Step four:

By this point the soap should be starting to harden around the edge. This means it has cooled enough to keep most of the pigment in the flower petals. Pour the soap into the mould. If you need to you can stop, add more petals and continue to pour. After a few minutes the soap will start to set. Push the lollipop stick into the middle.

Step five:

Leave the soap to set for around 6 hours minimum. If you're unsure if they have set leave overnight to be certain. Carefully push the knife in between the soap and the mould. You should see the air begin to separate them. Squeeze the sides of the mould together to

encourage the air to the bottom of the mould. Repeat this step on the other side and pull on the lollipop stick to remove the soap from the mould. Don't worry of the knife has created a dent in the soap. You can rub it out with some water.

Step six:

Cut the edge of the soap neatly around the stick and your soap pop is ready. Wrap up in cellophane and ribbon and label to make sure the recipient knows it's not edible. There's nothing romantic about eating soap!



How to Get Rid of Flies in the House



Flies are unavoidable irritation in most homes, especially during the warmer parts of the year. However, there are steps you can take to minimize the presence of flies in your house. If you've already removed any garbage that might be attracting your flies but they are still pestering you, you can get rid of flies in the house with some steps that are easy:

Garlic Cloves

Garlic cloves give us a pleasant aromatic but flies can't stand in front of the scent of cloves. Mix them with lemon to create a super-powered repellent.

Method 1:

Cut a lemon in half.
Poke 6-12 garlic cloves into each lemon half so that the bud ends stick out.
Leave them on a plate in the middle of the table during outdoor meals to repel flies.
Note: You can poke your garlic cloves into apples instead of lemons.

Method 2:

Wrap cloves in cheesecloth or a muslin sack.
Tie or rubber band the top.
Hang the sack in the fly-infested area.

Lavender Oil

Most people know lavender oil for its calming scent, but it is also commonly used to protect clothing from moths. It also repels black flies, fleas, greenflies, black beetles, and white flies, and it protects against bites from mosquitoes and other insects.

Process:

Pour ½ to 1 cup of lavender oil in a bowl.

Dip a sponge or cloth into the oil. Place the cloth or sponge in a container and cover it with the lid.

Leave it for 24 hours.

Remove the lid and place the container in a fly-infested area.

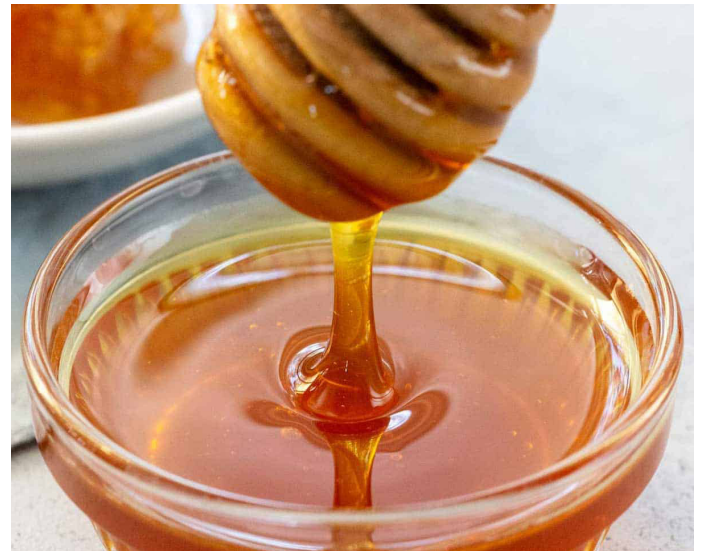
Re-soak the cloth or sponge as needed.

Cover and store when not in use. Be aware that undiluted lavender oil can cause allergic reactions

Using Sugar-Water fly trap:

To make your Sugar-Water fly trap, all you need is a wide-mouthed jar, some sugar water, and a paper cone.

First of all, pour the sugar syrup in the jar and then cut a 1 cm diameter hole at the apex of the cone. Now, place the cone in the jar upside down, so that it should



not touch the liquid.

Now, as the jar contains sweet liquid so flies will be attracted to it and will go down through the cone into the jar. Once inside, they won't be able to fly up through the hole to come out again.

The Honey Trap

Honey is notoriously good for trapping flies with its sweet aroma and sticky consistency and if you don't have honey to hand then jam can work equally as well. The best way to make a honey trap is to:

Get a large plastic bottle and cut it in half.

Fill the bottom half with a mixture of honey (or jam) and water around an inch or two.

Turn the top half upside down and place it into the bottom half of the bottle creating a funnel. This will make it easy for the flies to enter but difficult for them to escape.

Place the bottle outside your window or door, or alternatively, in the house where flies are most common.



Mental Health In Children

Mental health fights in children can be problematic when it comes to identifying it for more than one reason. This can be so because some children are determined to hide the struggles that they may be dealing with as they grow up and they end up suffering in silence. In addition, in addition, other children, particularly younger children may not have the language to express their mental health challenges.

On the other side, among the biggest mental health challenges other concerns include depression, anxiety and suicidal. In most cases they start from loneliness to poor self-esteem and frustration or even difficulties that may be created by undiagnosed learning disorders. It is therefore important as a parent to play your role by making an effort to encourage healthy behaviours and open conversations about mental health struggles.

Included here are some ways that parents can apply to encourage good mental health habits at any stage of life for any child:

Explain Mental Health to your Child

Discussions about mental health must always take place at the level of your child's understanding. Discussions about mental health in toddlers can focus on broad emotions that children understand and are able to articulate.

While a young child may not be able to explain how they feel, they may at least be able to say that they are "nervous". By asking open-ended questions and giving them time to express an answer, you can have an insightful discussion about mental health while also giving them the language skills that they need to express themselves.

On the other hand, older children will have a better understanding of various mental health issues. The important thing is to avoid

language and judgments that stigmatize these mental health challenges and to offer positive assertion of your child's experiences. Signs of Good Mental Health in Children

Mental health challenges can manifest in different ways in your child, signs of positive mental health don't always cancel out the possibility of an underlying issue.

However, the positive signs of a child's mental health could help you rule out certain mental health struggles. Some of these signs include:

Goals Setting - If you're worried about depressive behavior in child, setting goals can be a sign that your child is forward-thinking and ambitious.

Plan Making - From social events to extracurricular, as long as the daily calendar isn't too packed, this will help your child with socialization, and other interactions that can foster his or her mental wellness.



We deal in all kinds of imported cars

Plot #11561, Molepolole Road, Mogoditshane, Gaborone
Cell: 77 184 976



HOW TO GROW POTATOES

Farming can be a difficult task and producing food to feed the society is one factor that can motivate or drive a person every day. Currently in Botswana there is shortage of potatoes and the demand for it is very high although potatoes are just substantial plants that are easy to plant and harvest whether at home in a backyard garden or at a farm. Another good thing about potatoes is that they also produce a plentiful harvest as compared to other plants and they are able to accept any planting circumstance.

Potatoes need 1" of water per week, loose but fertile soil and good full sun. They can be grown in pots, containers, and a sack or in a raised bed. When deciding to plant potatoes, remember that the planting directions are the same. Shared on this page, are the steps for planting and harvesting potatoes at home for your own consumption:

Pick Seed Potatoes

When choosing potato seed, you start with organic, certified disease-free seed potatoes obtained from a farm shop or even from a gardening catalog. Choose not to plant grocery store potatoes that is the ones that have been treated because they are totally not suitable for planting. If it happens that you buy from a farm shop its advisable to select tubers, which have already grown, or else, pre-sprout them by basically laying them out on your kitchen counter as they grow faster and can be harvested a few weeks earlier.

Try to separate potato eyes

Remember that only small, golf ball-sized potatoes should be planted whole. Large roots should be cut into pieces, so that each

segment has two or three "eyes". The reason for cutting the potatoes is that if there are many eyes on a large potato they will create a packed, multi-stemmed plant, with each stem competing for food and moisture, and in the end, bearing only small potatoes.

Treat the cut potato pieces

Next, 'treat' the cut pieces. You can choose to set them out in the sun, or place them on a table or kitchen counter in a warm, mildly lit room for about three to five days. This step allows the potato cuts to become hard, take into consideration that hardened seed potatoes will help prevent rot.

How to plant seed potatoes

Plant seed potato segments cut-side down in a 6-inch-deep hole or trench. Space each segment 12-inches apart on all sides.

Amongst each segment, sprinkle 2 tablespoons of a low-nitrogen, high-phosphorous fertilizer. Then cover both potatoes and fertilizer with 2-inches of soil, and water the soil well and leave them to grow, keep on slightly watering them weekly.

Mount around the stems

Because new potatoes form on lateral stems above the seed potato, it's necessary to 'hill' the vines. When the green sprouts achieve about 8 inches in height, bury all their top 4 inches with soil, chopped straw, or shredded leaves. Hill again when potato plants grow another 8 inches. The more you hill, the more productive your harvest is likely to be. You must stop hilling when the vines flower. It is essential to keep potato tubers covered with soil or mulch because they need to live in darkness. If not, they are likely to turn green

because they'll be exposed to light and it's a fact that a green potato can cause sickness if consumed.

How long do the potatoes take to grow?

At ten weeks, small new potatoes can be ready, however, full sized potatoes will take about 80-100 days to reach maturity. Two weeks after the vines have flowered, you can reach into the soil and retrieve a few baby potatoes. Otherwise, wait until the vines die back because dead vines are a sign that the tubers have reached their maturity. You can now reach into the soil with your hands and pull up the tubers.

When potatoes are grown for storage, you must store them in a dry cool place because potatoes require a cool place to store well.





mass, and muscle burns more calories than fat does.

2. **Try cardio** - Cardiovascular exercise, or cardio, gets the heart pumping. It also burns calories, helping reduce body fat and tone muscles. E.g., walking, running, biking and swimming. Moving more can also strengthen the muscles and elevate the mood. E.g., walking or cycling instead of driving or taking public transit, taking the stairs instead of the elevator, taking regular stretching breaks when sitting for long periods etc.
3. **Develop a workout** - Exercise can lead to weight loss throughout the body, including around the belly. It is not possible to reduce fat in certain areas only. This means that targeted exercises such as crunches and sit-ups will not necessarily burn abdominal fat better than other exercises.
4. **Choose healthful fats** - Some dietary fat is necessary in a healthful diet, but not all fat sources are equally beneficial. Saturated fats and trans fats can harm the heart, increasing the risk of heart disease and stroke. They can also lead to weight gain and are closely linked with the development of visceral fat. Consuming healthful fats instead can help reduce overall body fat and have a range of benefits. Healthful high fat foods include avocados, chia seeds, eggs etc.
5. **Eat more fruits and vegetables** - Fruits and vegetables can provide complex carbohydrates, which are a healthful, low calorie alternative to refined carbohydrates.
6. **Eliminate sugary drinks** - Taking in excess sugar seems to be a main driver of weight gain, especially in the abdominal area. Instead make yourself weight loss smoothies at home using fruits and veggies around in your garden or around the house.

EFFECTIVE TIPS TO REDUCE BELLY FAT

with Kefilwe Matake

Stomach fat is mostly caused by poor diet, lack of exercise, and short or low-quality sleep. A healthy diet and active lifestyle can help people lose excess belly fat and lower the risk of problems associated with it.

Belly fat is more than a nuisance that makes your clothes feel tight. It's seriously harmful. Belly fat can put you at risk of several health issues from diabetes to cardiac diseases.

The only way to deal with this kind of fat is leading a healthy lifestyle including balanced diet and physical exercise.

Study shows that men tend to struggle with belly fat more than women but as the latter hit menopause, they are at a greater risk of expanding their waistline considering the

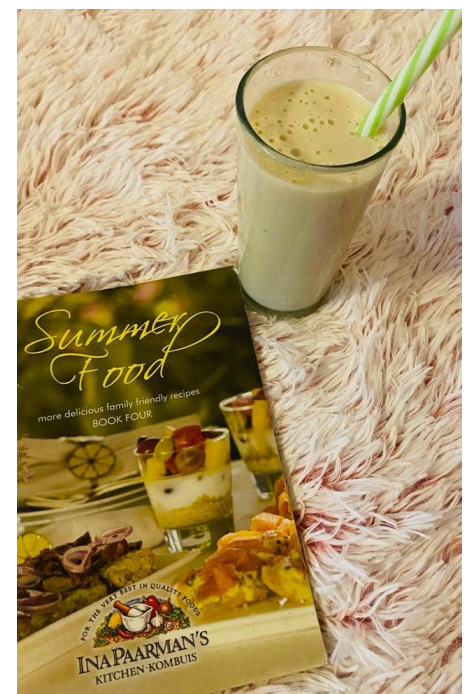
body fat redistributes during this time.

If you were not paying attention to the perils of belly fat so far, now is the time to do that and follow these easy tips to cut that visceral fat from your abdomen to lead a healthy life.

NB: Losing belly fat is not an easy job, first you must be intentional about it, make a routine and follow it consistently ~ Kefilwe Matake

Now let us look at the tips we can adopt to reduce our belly fat or maintain our flat tummy:

1. **Try strength training** - Strength training can reduce body weight because it focuses on building muscle





What you need

2 tbsp of cayenne pepper
Half cup of warm olive oil
1 tbsp of grated ginger root

What to do

To reduce inflammation, mix 2 tbsp of cayenne pepper with half cup of warm olive oil and 1 tbsp of grated ginger root. Apply the ointment to the affected knee two times a day for about 15-20 minutes. Then rinse it with warm water. People with weak knees usually have a low level of magnesium in their bodies. Epsom salt is one of the substances that are rich in magnesium and can relieve pain, it supports calcium absorption and reduces pain. Take a short bath with Epsom salt for 20 minutes at least twice a week. Try a simple balance exercise by standing on one leg while trying to keep your body straight at the same time. Switch legs every time you start losing your balance because this simple exercise helps straighten your knee joint and prevents pain.

Straightening exercises to relieve knee pain

Wall slide - repeat 5-10 times

Bent-leg raises- hold for 30 seconds, 4 reps on each leg

Hamstring curl – 3 steps, 12 reps on each leg

Knee matching – repeat this for about a minute

How to Get Rid of Knee Pain at Home



Hakim Electrical Services (PTY)Ltd

The Electrical Specialist

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



+267 3114151 Fax: +267 3114152 +267 71712731



hakim.electrical2@gmail.com
P O Box 2059 Gaborone
Facebook.com/Hakim Electrical



Plot 14447, Unit 03,
GWest Industrial,
Gaborone

MEDICAL INVOICE



THINGS YOU MAY FORGET TO BUDGET FOR

Yearly Fees

Are you forgetting to budget for your yearly fees? This includes fees such as annual credit card fees, annual memberships like hobby clubs, gyms and subscriptions such as newspapers, magazines and subscriptions.

Extra Taxes

Do you have a side hustle? If you make enough, you may need to pay tax on that income. Don't forget that you also have to pay taxes on things like money that you gained from gambling and on interest from certificates of deposit and savings accounts.

Special Activities

Do you enjoy going to see a play once a year or do you like to do fun activities with your kids on weekends? Even if the amount you spend on these types of things varies, it's advisable to budget for special activities that typically happen during the year.

Medical Expenses

Although insurance can cover your medical expenses, remember that not everything is likely to be covered under your insurance plan. And don't forget about your yearly deductible! Set aside money so that you can cover your deductible and some extra

medical expenses without worry.

Extra School Expenses

Even if your kids go to private school, you still likely encounter some extra school expenses that are beyond the usual back-to-school costs. Make sure that you are not forgetting to budget for other things like, trips, special school uniforms, and other special things like fundraisers.

Extra Holiday Expenses

During holidays, gifts are not the only expenses that you will encounter, don't forget about holiday food and travel costs.



We Offer:

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

AKASI HOLDINGS

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



Caring For House Plants Through out Winter

Plants can sometimes have a tough time to survive the winter. Fortunately, there's a lot you can do to help your house plants make it through the winter in the best of health. Here's what to keep in mind:

Cut Down on Water

Almost all house plants go into hibernation mode over the winter, which means they don't need much water. If you keep watering them at summer rates, they could rot. Start with watering only lightly, and when in doubt check to see if the soil is moist about an inch below the surface.

Avoid or Dilute Fertilizer

Similar to water, you don't need to over fertilize your house plants in winter. If your plants are healthy, skip fertilizing altogether. If you think they need some fertilizer, dilute it by at least 50 percent before applying, preferably in the fall to care for winter indoor plants.

Don't Repot Until Spring, if Possible

Repotting is very tough on plants, and they will need all their strength in winter. So, hold off on repotting window plants until spring.

Remember to Clean the Leaves

In winter, homes tend to be closed up and more dust is often spread through the air. Dusty leaves are bad news, as they encourage disease and prevent house plants from absorbing sunlight. Lightly brush dust off the leaves of your plants every month, it's the best way of taking care of indoor plants. Build an Indoor Window Box for Maximum Sunlight

If you want to create a collection of useful herbs or uplifting flowers for winter, create your own window box to display them and give them plenty of light. Choose hardy species, and you can move the window box outside in the spring.

Wash and Trim Plants before Bringing Them In

It's common to bring beloved potted plants in for the winter, but they need your attention first. Wash the plants gently and trim them up before bringing them inside.

Watch Out for Pests

Winter pests are problematic for window plants. If they find your plants, they can easily

spread throughout the house and do a lot of damage. Keep house plants clean, watch for pests like mites, and if you spot a problem, isolate the plant and treat it immediately.

Add Extra Water for Vacations

If you are going on vacation for a while (two weeks or more), give your house plants an extra soaking so that they will stay healthy.

Avoid Too Much Heat

While many home owners worry about plants freezing in winter, not everyone remembers to be careful of the heat. Avoid putting plants by heaters or fireplaces where they may dry out and use a plant stand instead in order to know how to care for houseplants.



GRANITE MASTER

Masters in Granites Works



- Granite prices have never been lower
- Huge Selection of Special colors
- Professional installation in 3-6days
- Removal of Existing counters offered
- Visit us today for a free estimate

Tel/Fax:393-1582
Plot 22083,Gwest Industrial

Cell: 74444441
granitemaster@live.com



A Disorganised Organisation, Miss Botswana Organisation



One thing that our Miss Botswana, Palesa Molefe did is she brought us together as a nation. Pre her participation in the Miss World she went on with all the support anyone would ever ask for. On the second and finals she still had all the support. The lot were awake in the middle of the night just so as to support the queen as she flew Botswana's flag high, but drama broke. It long did break before her final competitions and all because of her gowns. The dresses had at most of the competitions been the day as many complained that the local designers who were in charge of her clothing were not doing a good job.

Post that, and to the day she was supposed to compete for the finals she came up to compete in another contestant's wardrobe

much to the dismay of Botswana. They would go on to state that they had a "wardrobe malfunction", a very silly explanation if one would ask. The Miss World pageantry is an international event, an event forth which when planning you obviously should anticipate anything happening hence be ready especially with back up dresses and all so there was really no room for "wardrobe malfunctions" had they been an organised and world class ready organisation.

To head up the mess post her arrival, no media or official welcoming was made for our queen after she went to represent her country as she only got welcomed by her family alone. According to her, she had flight issues and so the time planned for her arrival she could not meet hence to official welcome.

But it still begs the questions, could they not have made other arrangements to make sure that she is welcomed well by the nation and share it with the media rather than keep quiet about it and have the Miss Botswana arrive as she did? This just shows a lack of any form of organisation and harmony among the queen and the organisation she is with.

Palesa would later after everyone had even quieted down on the matter call for the press conference forth with she seemed to have come by herself with one of the members of the organisation and in an unofficial Mazda Demio. She seemed to have answers to all the questions but each was never reason enough. The Miss Botswana Organisation is just an organisation that is yet to figure out its direction.

Autovee (PTY) LTD
 T/A *Climatech Airconditioning*
 Mechanical | Electrical Contactors & Supplies

Service Repair, Sales of
 Air Conditioners- Refrigerators- Industrial

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



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



Summer Bodies Are Made In Winter



Tips to Maintain Your Summer Body

Winter season is back yet again and that's where summer bodies are either maintained or made. Coach Jozi from Jozi Fitness in Gabane shares with us the ideal exercises that will help you to maintain your summer body.

These exercises can be perfectly done indoors or outdoors. They can also be done with or without training equipment.

Jumping Jacks

This exercise is great way of staying in shape as it targets the whole day. The best way to do it is to stay in your all time position, make sure your legs are in straight position. Your hands should be on your thighs. As you jump spread your legs wider and slightly bed to avoid injuries. Lift your hands overhead as you clap. You can do sets of 10 to 20 sets of 2 depending on your level of training.

Jogging

One of the great and simplest activity that burns few calories and strengthens muscles even more good for the knees and lower

back. You can start by walking and increase your pace later but it all depends on your level of training.

Squats

It is a form of exercise that usually targets areas like glutes, quadriceps and hamstrings. Place your feet and shoulder width apart. Bend your knees and lower your glutes down, you can go as down as you can. Repeat again, you can do 10 to 20 sets of 2.

Aerobics

Yet another remedy for weight loss and weight maintenance, not only that it also reduces the risk of high blood pressure, diabetes and stroke. Aerobics are mostly done accompanied by fast music. It involves swinging of arms, kicking of legs and dancing around.

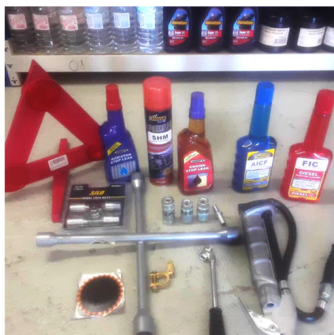
Sit-ups

This is the most common exercise for abs. Sit-up shepl burn and tone belly fats. It also reduces lower back pains as it strengthens the core thus help abdominal muscles.



Contacts Details
 Phone: 75 913 497
 App: 75 913 497
 Facebook: Jozi Knights

Delta Distributors



Our number plates are SABS approved and abide by Botswana traffic laws.



The Indian Embassy Holds Table tennis Tournament

The Indian embassy recently held tournaments in partnership with the Botswana Table Tennis Association as a way of celebrating 76 years of independence.

The tournaments were held on the 23rd of April at BUAN in Sebele. The embassy was not only be holding this tournament but it is a bigger partnership with which the embassy seeks to play its part in empowering the nation of Botswana especially in terms of education. Giving his speech, the Indian Ambassador, Dr Rajesh Ranjan announced that the embassy has always offered scholarships to Batswana both long term and short term ones. He said that with this partnership they will continue to empower young table tennis players by offering them scholarships in courses like IT and other practical ones.

Applauding such a relationship, the Chief Executive Officer for the Botswana National Olympics Committee Botho Bayendi, said that the tournament and partnership marks a further extension of the relationship between the two countries. She also showed gratitude for the embassy's efforts to empower young Batswana.



High Court Gaborone



Congo-Brazzaville Airport



University of Botswana Indoor Sports Arena



Huatai Securities Plaza



CHINA JINGSU INTERNATIONAL BOTSWANA (PTY) LTD

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



+267 73 911 974



+267 72 995 995



+267 76 196 766

BUILD YOUR DREAM HOME WITH US!!!



WHY CHOOSE US?

- We can beat any quote.
- Cash Account Facility.
- Free delivery upto 30kms.
- We deliver nationwide.

OUR PRODUCTS

- Doors & Locks
 - Roofing & Timber
 - Paints & Brushes
 - Plumbing & Sanitaryware
 - Taps & Pipes
 - Cement & Adhesives
 - Fencing & Gumpoles
 - Electrical & Lightfittings
 - Tiles & Mosaics
- AND MANY MORE !!!**

WHERE TO FIND US?



GWEST STORE



MOGODITSHANE STORE



TLOKWENG STORE



MOLEPOLOLE STORE



PALAPYE STORE



SEROWE STORE

GABORONE BUILDING SUPPLIES (PTY) LTD. T/A

786



BUILD MADE EEZZE

ALL ROADS LEAD TO

FOURS

CASH & CARRY

SHOP ONLINE

www.foursonline.co.bw



www.fours.co.bw



Fours Cash & Carry

FRESHLY BAKED

OVEN FRESH
HOT DOG ROLLS 6's



P99⁹⁵

OVEN FRESH
BURGER BUNS 6's



P99⁹⁵

OUR MEAT RANGE



RUSSIAN
RANGE PLAIN
OR CHILL 2Kg

P85⁹⁵



RUSSIAN
RANGE PLAIN
OR CHILL 1Kg

P46⁹⁵

OUR MEAT RANGE



SAUSAGE -400g
- CHICKEN
- WORS
- CHAKALAKA

P18⁹⁵

OUR MEAT RANGE



BURGER - 4's
- CHICKEN
- BEEF

P47⁹⁵

BUDGET COMBO

WHITE STAR MAIZE MEAL 1x5Kg | TASTIC LONG GRAIN PARBOILED RICE 1x2Kg 1x500g | SUNBLEST MACARONI OR SPAGHETTI 1x500g | ALL GOLD TOMATO SAUCE 1x700ml | C&B MAYONNAISE 1x750g | RHODES BAKED BEANS 1x410g



P99⁹⁵

Classic Combo Deal



> TASTIC RICE 10Kg
> WHITE STAR MAIZE MEAL 12.5Kg
> PASTA KING FUSILLI 2kg

> D'LITE OR SUNSTAR COOKING OIL 2Ltr
> ALL GOLD TOMATO SAUCE 700ml
> CROSSE & BLACKWELL MAYONNAISE 750g

#JUST FOR **P269⁹⁵** ONLY

Combo Super Deal



> SPEKKIO RICE 10Kg
> WHITE STAR MAIZE MEAL 12.5Kg
> PASTA KING FUSILLI 2kg

> D'LITE OR SUNSTAR COOKING OIL 2Ltr
> ALL GOLD TOMATO SAUCE 700ml
> CROSSE & BLACKWELL MAYONNAISE 750g

#JUST FOR **P254⁹⁵** ONLY

GABORONE: New Lobatse Road Plot 14385. Phone: 3164 281 Fax: 3164 693 Email:gwest@fours.co.bw | GABORONE: Old Lobatse Road Lot 4802 Phone: 3180 410 Fax: 3180 411 Email: oldlobatse@fours.co.bw

GABORONE: New Lobatse Road Industrial Plot 14399 Phone: +267 3910209 Fax: +267 3916563 | MOGODITSHANE: Mogo Mall Unit 4&5 Phone: 3113 845 Fax: 311 846 Email: mogoditshane@fours.co.bw |

LOBATSE: Thema 1 Plot 472 Phone: 5332 088 Fax: 5339 003 Email:lobatse@fours.co.bw | SELEBI PHIKWE: Industrial Site Plot 11271 Unit 4 Phone: 2600 700 Fax: 2600 400 Email: phikwe@fours.co.bw |

FRANCISTOWN: Light Industrial Site Plot 248 Phone: 2412828 Fax: 2412626 Email: francistown@fours.co.bw | FRANCISTOWN: Somerset Industrial Plot 49655 Phone: 2408 533 Fax: 2408 544 Email:francistown@fours.co.bw |

PALAPYE: Riverview Mall Plot 8717 Shop No.24 Phone: 4920 448 Fax: 4920 457 Email:palapye@fours.co.bw | GHANZI: Bosele ward Plot 4&9 Phone: 6511 900 Fax: 6511 901 Email:ghanzi@fours.co.bw |

MAUN: Old Moremi Road Lot 292 Phone: 6861 377 Fax: 6863 840 Email:maun@fours.co.bw | MAUN-BOSEJA: Boseja Industrial Plot 115 & 116 Phone: 6801 685 Fax: 6801 575 Email:admin.boseja@fours.co.bw |

BOBONONG: Plot1963/5153 Bakgomong Mall | Phone: +267 2622642 | fax: +267 2622628 | Email: bobonong@fours.co.bw | SHAKAWE: Plot 3181 Phone: +267 6872025 Fax: +267 6872075 Email: shakawe@fours.co.bw

WHILE STOCK LAST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. ALL PICTURES ARE FOR ILLUSTRATION PURPOSES ONLY. ALL PRICES ARE IN PULA, VAT INCLUSIVE. E & O.E