

Celebrity World

Botswana's Native Magazine

June 2022 P12

**A Battle of
Designers**

**A Tswana
Poetic
Rapper**

Why
Is Forgiveness
Important In A
Relationship?

**Natural
Hair Pain
Points**

**Planting
Spinach
In Winter**



SURREALIST ARTIST – ITUMELENG



6 1009 6011 4791 34

**Prevent Flu
with These
Tips**

**3 Easy Ways
To Clean and
Disinfect Sponges**

**Etched
Heart
Wineglasses**

**Balancing
Motherhood
and School**

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

Manhole Cover & Frame 450x600mm
P349.95

Basin/Stand Toilet Pan
P199.95 Each

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 Farthous Bhuiyan



Founder
Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

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

Disclaimer

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

 @celeb_bw  Celebrity World

 www.celebrityworld.co.bw

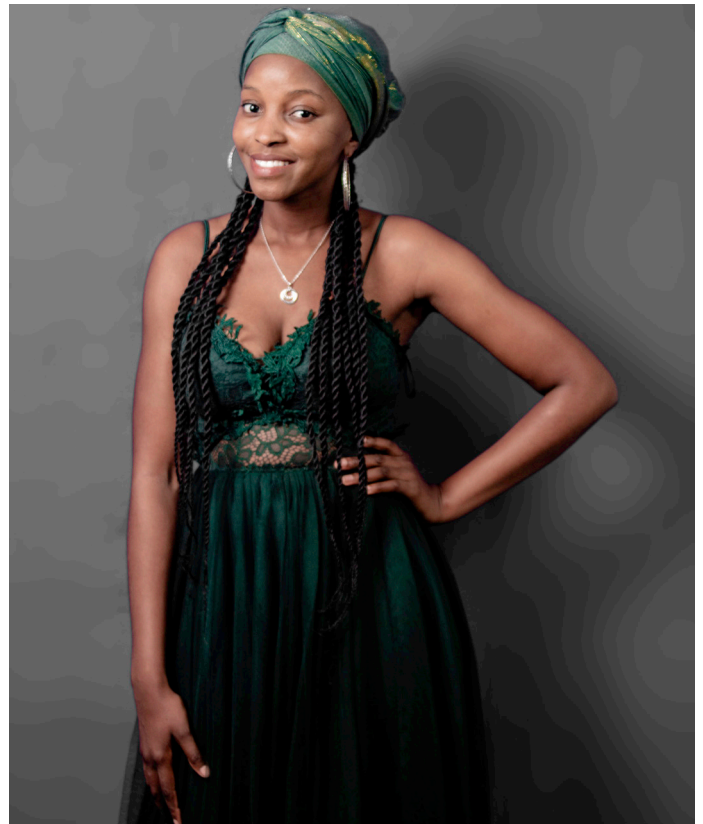
Hello CW readers

Welcome to our 61st issue. As usual, we are celebrating the month of June with you and we hope you stay healthy this winter season. The month of May was the month of holidays in Botswana and we hope you safely enjoyed them. We are now in winter month, the month that typically marks a new season in Botswana, winter! June is the 6th month of the year and it's one of the four months in a year which have 30 days. A month in which everyone has to keep warm. On this issue we have featured one of the local artists, Itumeleng Boitshwarelo who does Surrealism art wholeheartedly. Page through our magazine, read about him and get to know more about this young gifted artist. We appreciate the massive 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 winter season!!



Contents June 2022



- 6** A Battle of Designers
- 11** A Tswana Poetic Rapper
- 14** Why Is Forgiveness Important In A Relationship?
- 16** Chit Chat With "Gale The Desert Bird"
- 18** Events
- 21** Horoscopes
- 25** 3 Easy Ways To Clean and Disinfect Sponges
- 28** Common Cold
- 31** Planting Spinach In Winter Season
- 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

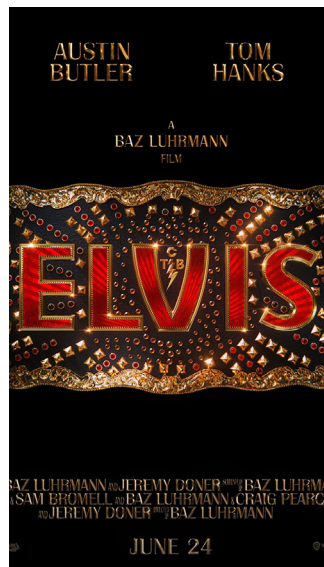
Stay inside or head outdoors, we've got plenty to keep you entertained



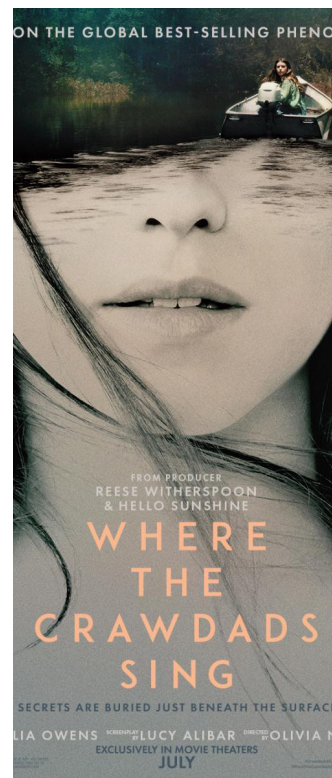
Jurassic World: Dominion
Genre: Action, Adventure, Sci-Fi
Release Date: June 10, 2022
Director: Colin Trevorrow
Starring: Sam Neill, Chris Pratt and Bryce Dallas Howard
 Dominion takes place four years after Isla Nublar has been destroyed. This fragile balance will reshape the future and determine whether human beings are to remain the apex predators on a planet they now share with history's most fearsome creatures.



Lightyear
Genre: Animation, Adventure and Action
Release Date: June 17, 2022
Director: Angus MacLane
Starring: Keke Palmer, Chris Evans and Dale Soules
 Buzz Lightyear embarks on an intergalactic adventure with a group of ambitious recruits and his robot companion.



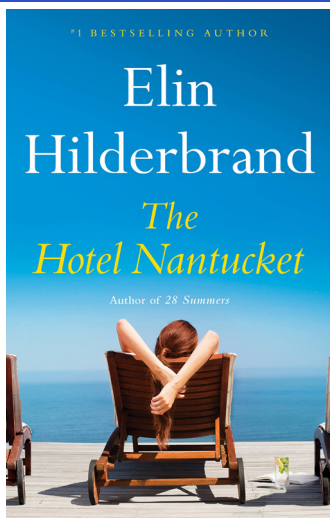
Untitled Elvis Presley Project
Genre: Drama, Music and Biography
Release Date: June 23, 2022
Director: Baz Luhrmann
Starring: Olivia DeJonge, Austin Butler and Tom Hanks
 Elvis Presley rises to fame in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.



Where the Crawdads Sing
Genre: Drama/Mystery
Release Date: July 15, 2022
Director: Olivia Newman
Starring: Harris Dickinson, Daisy Edgar and Garret Dillahunt
 A woman who raised herself in the marshes of the deep South becomes a suspect in the murder of a man she was once involved with.

What To Read

The Hotel Nantucket
Expected Date: 14 June 2022
Author: Elin Hilderbrand
Genre: Domestic Fiction
 After a breakup, Lizbet Keaton is excited for a fresh start at a newly remodeled Gilded Age hotel. Lizbet is desperate to please the billionaire owner and the popular Instagram influencer staying there this summer. With a charismatic staff with hidden pasts and the ghost of a former chambermaid haunting the halls, Lizbet has her work cut out for her as she tries to maintain the hotel's reputation and sort out her own love life.



Flying Solo
Expected Date: 14 June 2022
Author: Linda Holmes
Genres: Humorous Fiction, Domestic Fiction
 After her canceled wedding, Laurie Sassalyn returns to her Maine hometown to settle her great-aunt's estate. Digging through her house, Laurie is surprised to find an old love letter with a strange signoff and a gorgeous carved wooden duck. When the duck disappears under suspicious circumstances, Laurie dives into her great-aunt's secrets and discovers what it means to make a life for yourself.



<p>Annual Reports Magazines Posters Flyers etc</p> 	<p>Water labels, Scale labels, Medical labels etc</p> 	<p>Diaries, Pens, Caps, T Shirts, etc</p> 
<p>Offset Printing Label Printing Corporate Gifts</p>		



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



A BATTLE OF DESIGNERS

On the 6th of August 2022, the Founder of Modern Tswana Fashion Week Investments will be hosting yet another big event in the local fashion world. The Battle of Designers Show is set to bring all those that trust they have what it takes to be the next big thing in local fashion world to showcase just what they mean by that. The event will be held at Thapong Visual Arts, from 5pm to 11pm. The event has tickets ranging from P200 to P350. The P250 standard ticket comes with a free cocktail (alcoholic or non-alcoholic); the P200 student ticket includes a free beverage and the P350 VIP Ticket comes with a full meal and a beverage of choice.

Tell us about yourself and what you do basically.

My name is Nchidzi James Chikumo, owner and Founder of Modern Tswana Fashion Week Investments. Modern Tswana Fashion Week Investments was founded in 2017. It is

a business which is dedicated to organizing themed fashion events like fashion shows, fashion promotional activities and fashion promotional campaigns. We also host fashion modelling workshops, for both male and female aspiring fashion models. We have hosted more than 100 fashion models and designers at our fashion shows.

You have an upcoming fashion show, tell us more about it.

Battle of Designers will be our 9th fashion event since 2017. It will host a competition for designers who will compete by dressing fashion models on the runway. The designers will compete for cash prizes and other awesome vouchers. The Battle of Designers will also host an exhibition for the arts and other creative industries to showcase their products or services to our audience and over 10 000 social media followers.

Who will be showcasing within the event?

The event will target new and established fashion designers so as to intensify the competitive spirit within the completion. Also designers all over Botswana, both start-ups and established designers are welcome to join. We have designers like Sparkle Designs, Designs by Segal, ND Crochet, Connie Couture just to name a few.

How did they qualify to be part of the show?

There was no criteria to it, the show was open to established and upcoming designers but it had to be creative and committed designers in the fashion industry.

What are the designers going to benefit from this whole experience?

We intend to showcase Botswana's fashion design creativity to our audience through the outfits made by the designers and fashion

models. We intend to unlock the designer's next level creativity which they can use on their daily work after the event. The event is aimed at promoting the designers and fashion models to our audience, by so doing, the event should get the designers closer to their target market at the event and create a lasting relationship between the event and the event attendees.

Can you confidently say that the fashion and clothing industry of Botswana is a success story?

The fashion industry in Botswana has a long way to show growth and more creativity, which is why the Battle of Designers Competition is very important to the fashion industry of Botswana. The fashion industry is growing but at a very slow pace and the main reason may be that, material is imported and this makes it more expensive for most of Botswana designers. By so doing, it limits creativity and access to the latest clothing materials.

Do our designers breakthrough even beyond borders?

It does through the advantages of social media, the designers outfits can reach beyond our borders, but due to Covid-19 we can't travel to other countries but still reach there through social media technology.

How often do we have such events being held within this industry?

There are many various events like this one that are always held in the fashion industry, this one also has been happening for quite some time.

Is it a lucrative industry to be on?

It is a growing industry, so it is the right one to invest into.

As an organization, what do you aim to do within this industry?

Battle of Designers objective is to ensure that we develop and enhance designers' creativity through a competitive platform which will challenge them to be more creative and think outside the box.

What gives you a drive to invest in the fashion world?

My mother is a fashion designer by profession, so growing up I wanted to do something related to what she has passion for. So I spent my time following fashion models and fashion channels on TV, which is why I started Modern Tswana Fashion Week Investments.

Any last comment?

We encourage the local designers to apply to be registered to the Battle of Designers as it rewards the creativity of the best fashion designers and gives all partaking fashion designers/brands great exposure to the target market, which is usually not with their reach during normal business hours.



SURREALIST ARTIST – ITUMELENG

There is life in art. Art involves creativity, realism, skills and imagination which turns the imaginative feelings or expressions into reality to typically produce works to be appreciated by other people. A lot of Batswana have found love and life in art and featured here is one of the local artists, Itumeleng who does art whole heartedly.

Of all the things, why did you choose to do art?

True question is why not art, I honestly did not choose to have this gift but I was rather given it by God, so I believe this is a God given gift and I tend to not waste it. I'm addicted to art. I was born with this gift and I intend to keep it, to use it to my absolute full potential because this is something I clearly can't live without. I paint as I do to go slower and slower, sink deeper into the whole and never want this particular creative process to end. The way it reveals how little I know, how failing my vision for it, but realizing I'd done the best I could has always been the best part.

Share your background with us?

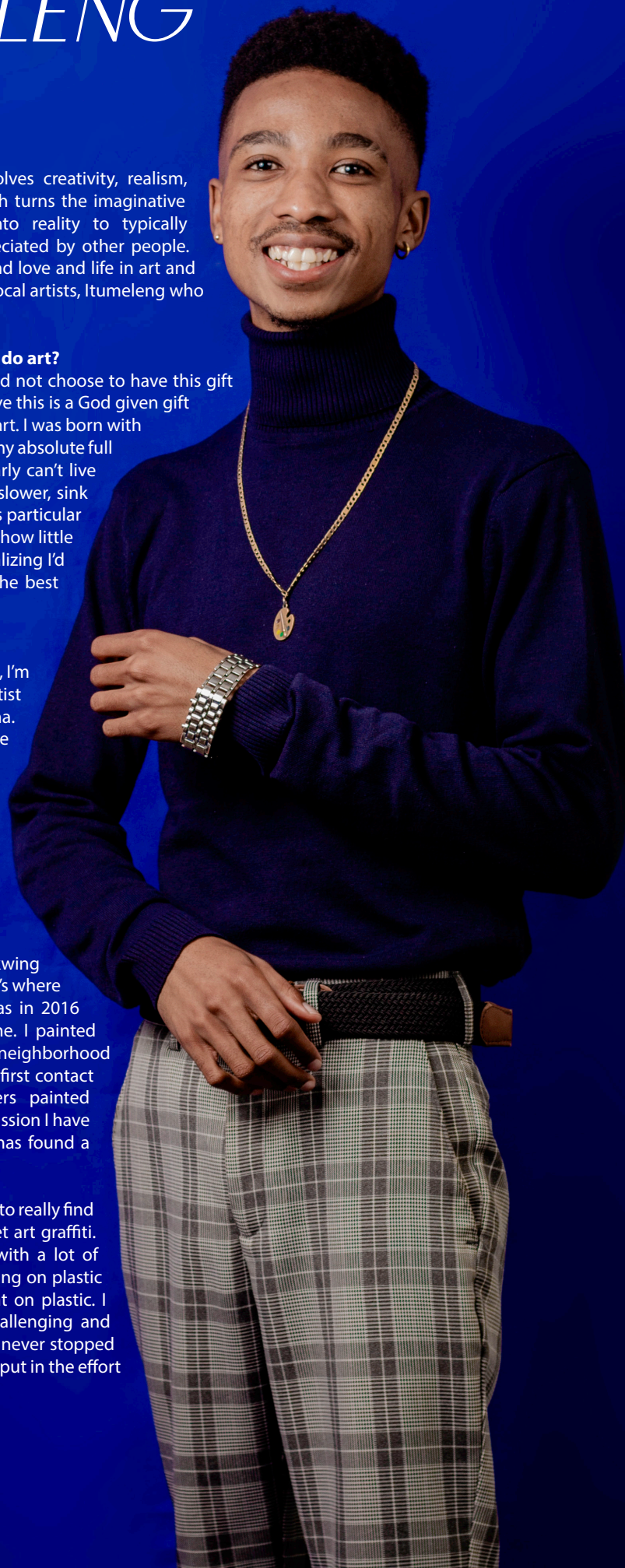
My name is Itumeleng Junior Boitshwarelo, I'm 24 years old and I'm a multi-talented artist living and working in Gaborone, Botswana. My large-scale creations continue to come alive through stories and inspiration that I portray into my art. My paintings, drawings, murals and digital works are simply surreal inspired by dreams and great role models like Akiane Kramarik, Kiptoe, Hula Sean Yoro and many more, also through movies, sculptors and rural areas.

I did my tertiary education at Limkokwing University of Creative Technology and that's where I ventured my skills into digital art. It was in 2016 when I used a spray-can for the first time. I painted some signatures and doodles on my neighborhood walls. But only in the mid-2019, I had my first contact with graffiti, while some graffiti writers painted outside my neighborhood (Ext- 14). The passion I have always shown for drawing and painting has found a new purpose.

2020 during the lockdown was when I had to really find a way of keeping the fire burning of street art graffiti. That was when I began to experiment with a lot of materials and I stumbled upon some writing on plastic which gave me an idea to try spray paint on plastic. I immediately fell so in love with how challenging and complicated it is to achieve such but that never stopped me from creating, therefore I continued to put in the effort to it every week.

What's integral to the work of an artist?

Passion and vision.



What role does the artist have in society?

Well, my role as an artist is to try remind the world that there are always new possibilities, new forms that beauty can take, new categories that haven't been imagined yet, so I just want to be like that right now. My role again as an artist is to keep creating and try to show dreamers that it's ok to surpass boundaries of our normal lives so we grow into our gifts, talents and strengths.

Explain what you do in 100 words.

I am a graffiti street artist, painter, digital artist and graphic designer. I do a lot of graphic design during the week and by night from work I'm a painter or digital artist, but mostly a painter. During the weekends I go out in the streets to create street art.

How has your practice change over time?

After I completed my secondary days of school, I ventured into trying out digital art/graphic design which happens to have contributed to my art in the most creative way. In my years of studying professional graphics it introduced a whole new world of art to me, like digital painting, digital illustrations, 3D art, 3D modeling, animation, motion graphics and a whole lot more. With all that being said, it opened my eyes in the craziest dramatic way of seeing the world.

What kind of art are you identified with?

Surrealism is the most type of art I'm identified with; this is the kind of art that sought to channel the unconscious as a means to unlock the power of imagination.

What work do you enjoy doing?

I really enjoy spray painting, learning new skills on the net and discovering new skills that I didn't know existed in me.

What's your strongest memory of your childhood?

Back at preschool when I discovered that being an artist is what I was going to be, I simply knew it right away when my teacher assigned the whole class to draw an apple and write the word apple. I failed to write apple but my drawing execution was the best from the rest of the class and it was at that moment when I knew it. At primary school my class teacher planted these words in me "art will forever favour you" and that was forever true until this day.

What themes do you pursue?

It depends really on where I'm getting the inspiration from, it may be nature theme based, nightmares themed, love, growth, life experiences and I visualize these in my own kind of way.

What's your scariest experience?

Going through more than 6 months not painting at all. That really messed me up.

What's your favourite art piece?

This other painting I did which I call "This age of scattered attention". This is a painting that





talks about the nature of growth, the qualities, rich experiences it comes with which really offered me a deeper understanding of myself through reassigning old fears and adapting to the uncomfortable process of personal growth. The painting offered a small sense of peace during a very difficult time for me and reminded me to trust in the feeling of progress, even if it can't be seen.

Describe a real-life situation that inspired you?

A story of a woman who had twins and lost them a few moments later. That inspired me to create a painting for her that helped her to heal. The crazy thing is that, I then took the painting further and putting it in a competition helped me to win. So not only did it help her but also brought peace to a lot of people.

What jobs have you done other than being an artist?

I have worked in South Africa with my mother selling shoes, clothes and opened

a food catering business (kota). I've also worked as a bar tender and cleaned yards for some extra bucks.

Any memorable responses do you have about your work?

I always tend to get that wow factor experience from people as soon as they set eyes on my work and I also tend to shock myself sometimes with the things I'm capable of doing.

How do you choose a theme?

It depends on where I get the inspiration from, it may be nature theme based, nightmares themed, love, growth, experiences in life and I visualize these in my own kind of way. Giving a behind-the-scenes look into what drives your art is an excellent way to begin building an emotional connection with your audience.

What inspires you?

"Being labeled crazy." A crystal clear vision of what I'm after to paint and being labeled

crazy, because being labeled crazy is the price of greatness. As a kid, I always wanted to be an artist then God gave me that opportunity to become one, little did I know that I was going to be a crazy one. But the reality is the world needs crazy, the world needs weird, the world needs surreal creators in it. This is where I stand every night after the world goes to sleep; this is where stories breathe life, where laughter helps out meds, music, love, beauty, and romance come into play. Until the world realizes that surrealism is the real golden ratio of art, my creations will always be around to remind them about foreign stars beyond magic. Normal creations died a long time ago. Stay weird and be surreal.

Contacts: 75350908

Email: ij.boitshwarelo@gmail.com

FB: Art I.J.B

Instagram: itumeleng_ijb

Twitter: itumeleng_ijb

Behance: itumelengijb

A Tswana Poetic Rapper



He is a Poetic rapper who hails from Thamaga and he is very passionate about his craft which he discovered through his dreams. He has been in the music industry since 2018 and worked along with the likes of Alil Boy and Davedogg. He is currently working on an 8 track album titled "Mmatla sa Gagwe".

Tell us about yourself

My name is Fredrick Bathusi Pheto, a 27 year old hip-hop artist. I hail from Thamaga. I am of course known to the music industry by the name Fredman.

Tell us about the discovery of your music

talent?

My music talent was discovered back in the day when I would just be seating through my thoughts and lyrics would just come to me. At times, lyrics and song ideas would just come through a dream when I was asleep and I would write them down the following morning. I ended up recording my first song that was titled 'Se sa Feleng' in which I featured Killar B and Tswaak T. the song was recorded at Vape Studio and I found my singing capability through it.

What inspires you when you make music?

You know talent is just talent. But most of what inspires me in making music is the troubles and the hardships I went through in life. I could not speak out but found therapy in voicing myself through music and also showcasing this beautiful talent of singing as well in the process.

How do you set yourself apart from other rappers with your singing?

I would say, I am different in the sense that my rapping is more of Tswana poetic and at times I do rap.

So which of your songs can you say was your trend setter?

For now, I can say there is really no a song that put me on the map as an artist since I am still an upcoming artist.

How has your reception been?

Batswana have been very receptive of me. They are very supportive and I am grateful for the love they have been showing because it encourages one to push on and do their best.

Is it easy being an artist in Botswana?

It is really not an easy thing as one would expect, especially when you are a new and upcoming artist within the music industry. This is mostly because of lack of support that the big guys in the industry fail to offer. One other thing is the jealousy that fellow artists have towards others.

What hinders you the most in this industry?

Sometimes the producers take too long to have the songs finished as per the given time and that is one big hindrance for some of us. I think the best way to tackle this is having my own studio and produce my own songs.

As a musician which achievements are you proud of?

I am honestly grateful and proud of all my songs, I think they are really good songs and having gotten to where I am today, I am also just proud of that as it is very encouraging.

What does the future hold for you?

There are many things I cannot get into detail with when it comes to my music journey. At the moment I am working on an album with Dark 9t Studio which has 8 tracks, it is called "Mmatla sa Gagwe".

The Chobe River



The Chobe River twists and turns through swamps of wide reed and papyrus beds, forming hidden lagoons, which sometimes fill with water lilies. Its south bank alternates from open flood plains dotted with pans to thick woodlands. Across the river from Botswana lies the Caprivi Strip and there the scene of grazing cattle contrasts sharply with the scenes of wild animals in the Chobe National Park.

Like the Okavango and Zambezi, the Chobe's course is affected by fault lines, which are extensions of East Africa's Great Rift Valley. These three mighty rivers carry more water than all other rivers in southern Africa.

The Chobe River runs along the northern border of Chobe National Park. It rises in the northern Angolan highlights, where it is called the Kwando, and travels enormous distances through Kalahari sands before reaching Botswana; here it becomes the Linyanti until it reaches Ngoma where it becomes the Chobe.

There is a close association between the Okavango, the Chobe and the Zambezi. The Okavango River is connected to the Chobe and Zambezi via the Selinda Spillway where high floods from the Okavango escape from the southern end of the Panhandle and flow into the Chobe. A current theory holds that

millions of years ago the Okvango, Chobe and Upper Zambezi flowed as one huge river across the middle Kalahari, joined the Limpopo River and emptied into the Indian Ocean. Earth movements stopped this flow and caused a damming back of the river and the formation of the Linyanti Swamps.

The Chobe River first flows directly south, but at Divei, the former capital of the Bayei people, it is caught by a rift, drops out onto a swamp and then turns north through Lake Liambezi, finally turning east and passing Kasane before joining the Zambezi at Kazungula. They flow briefly together before spilling over the deep cataract at Victoria Falls.



Veggieland

GREEN GROCERS TO THE NATION

Tel: 3974975/3974550 Fax:3939720

Tomato Lentil Soup

Prep Time: 10 mins
Cook Time: 50 mins

Ingredients

- 2 Tbsp olive oil
- 1 yellow onion
- 3 carrots
- 2 cloves garlic
- 1 russet potato
- 2 Tbsp tomato paste
- 1 cup brown lentils
- ½ tsp paprika
- ½ tsp dried basil
- ¼ tsp freshly cracked black pepper
- 4 cups vegetable broth
- 2 Tbsp soy sauce

Instructions

Dice the onion, mince the garlic, and slice the carrots. Add the onion, garlic, carrots, and olive oil to a large soup pot and fry over medium heat until the onions are soft. While the vegetables are cooking, peel and dice the potato into cubes. Add the tomato paste and continue to cook for 2-3 minutes. Add the cubed potato, stewed tomatoes, lentils, paprika, basil, pepper, and vegetable broth to the pot. Stir to combine. Cover with a lid and allow the soup to come up to a boil. Once boiling, turn the heat down to low and let the soup simmer for about 40 minutes or until the lentils are super tender and have begun to break down slightly, it will help thicken the soup.

Add the soy sauce to the soup, then give it a taste and adjust the salt if needed. Serve hot with crusty bread for dipping.



**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 Selassi Road, Industrial Area, Gaborone, Botswana
P.O. Box 603 Gaborone, Botswana

Why Is Forgiveness Important In A Relationship?



Forgiveness is such a key component to a healthy relationship. It is also one of the most important contributors to a healthy relationship. In most cases, couples who practice forgiveness are more likely to enjoy longer and more satisfying romantic relationships. Also, couples who practice unconditional forgiveness are more likely to enjoy longer lives.

It's important to accept that we all have separate minds and points of view. Each and every one of us is hurt, defended, flawed and inevitably going to make mistakes. Having this perspective doesn't mean we should sit back and withstand abuse. However, if we want to enjoy a lasting relationship with someone we value and choose to spend our lives with, we may want to grow our ability to forgive.

Couples who practice forgiveness drop the case rather than holding a grudge or harboring resentment. Forgiveness is very important because when practicing it, people are able to break a cycle that so many couples get into, where there is an ongoing, destructive back and forth, and no one really wins.



Call: 3938718/ 71724544
Plot No. 275, Mogoditshane next to Builders World
Opposit to Bdf Camp
Call: 76256788/ 73589959
G-West Branch, Haile Selassie Road infront of DCEC & BHC
ahmedsabbir87@yahoo.com

- TYRES
- MAG WHEELS
- FITTING
- ACCESSORIES
- SHOCKS
- ALIGNMENT
- BATTRIES
- CAR SERVICE



What is love?



We all have realized from the beginning that relationships require hard work and this is the basic starting point of things when you are in a relationship. It is actually your love story, not a magic and that's what makes it enchanted. When you are in a relationship, you must put in the all the effort and don't be surprised when it's not all smooth sailing. Put in mind that actions speak louder than words and do what is supposed to be done, so that at the end you reap the reward.

There are two vital things to know about fighting in relationships. Firstly, it is normal to fight. Secondly, when you fight in a relationship, you both lose. Let go of winning, of being right, of proving a point, and choose rather to focus on understanding and listening. Understanding each other's experience is more important than who is right or wrong.

In a long-term relationship, an easy trap to fall into is to take your partner for granted. Remind yourself what you admire about them. Don't push their boundaries; understand that they are an entirely separate and different individual to yourself. Give your partner the space and appreciation for what they bring to your life, and show respect by taking their wishes, values and ideas into consideration.

It's the little thing you do that matters. Anyone who has been in a long-term relationship can attest to the fact that the real bricks and mortar of living with someone and loving someone is actually about taking the rubbish out, making dinner, kissing, etc. Real romance doesn't only reside in grand gestures, but rather in loving every day. Do things that you are sure they will make your partner feel loved genuinely and meaningfully.

Your One Stop Spares Shop..

BEZZE BODY Motors

SPECIALIZED IN JAPAN & SINGAPORE MOTOR SPARES AND ACCESSORIES

NEW STOCK

BEST

**PRICE
QUALITY**

GURANTEED

**ENGINES, MECHANICAL & BODY PARTS GEAR BOXES
FOR ALL TYPE OF IMPORTED VEHICLES**

FEEL FREE TO VISIT OR CALL ONE OF OUR BRANCH



BUS RANK 76 777 429
RAIL PARK MALL ROAD 3191678

MOGODITSHANE 76 666 400
BEHIND NEW BUILDERS WORLD 3975930

BRODHURST 76 085 800
NEAR BOTSWANA ADVERTISER 3922692

Chit Chat With

“Gale The Desert Bird”

Her presence in music industry was felt back in 2013 with her single titled “Thobela Morena”. Celebrity World magazine had a chit chat with the vibrant and resilient gospel artist, “Gale The Desert Bird”.

Briefly tell us about yourself.

My names are Galefele Setabo and my stage name is “Gale The Desert Bird”. I was born in Kanye and I come from a strong Christian background. I was raised in Zion Christian Church mainly known as Z.C.C.

Why did you choose gospel genre?

I grew up in a strong Christian background and this had inspired me to be a gospel singer.

Tell us about your music journey?

I joined the music industry in 2013 when I released my first single called ‘Thobela Morena’. I released another album in 2014 titled ‘Ke setse ke tsofetse’. My latest album ‘Go rutwa ke Jehofa’ was released in 2020.

How would you describe your music and your song writing?

My music is classified as traditional gospel. I write my songs based on day to day lifestyle activities and current situations. I am a very observant person, usually I observe what is going on around the world and I create a music piece based on it. However, sometimes it can be based on dreams.

Which famous gospel musician would you like to collaborate with?

It is the legendary Winnie Mashaba. She is one good singer when it comes to traditional gospel music. I grew up listening to her songs, she is very creative and has a beautiful voice. She is an inspiration to many hence sharing a song with her would be a dream comes true.

If you would open a show for any artists, who would it be?

I believe in local talent. It will definitely be a line-up of local artists.

Apart from singing what other talent do you have?

I am a good dancer and I can dance all day long. I am a qualified Human Resource Officer. I am currently working as a Human Resource Officer at MOTOVAC.

How do you think the internet has impacted the music industry?

For me personally I would say it has played a huge role. I managed to sell my music, interact with my fans and other artists. I would say the internet has a vital role in music business.

Any advice to other gospel artists and fans?

Never lose hope, use your talents to build your future, to help others and motivate others.

Contacts: 74 268 563

Facebook: Gale Irene Setabo



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



The Official Launch of the BTTA

As Botswana stands as a world renowned tourism destination, it is sensible to have to have such an event as the Botswana Tourism and Travel Awards. The BTTA was indeed successfully launched and will take place on 18th of June and is set to be an annual event. The expectation is that the event be held each year at different tourist destinations throughout the country also as a way of promoting these tourist destinations and their uniqueness.

There are going to be different awards given to different categories. Among these are; Best Travel Company, Best Safari Company, Best Hotel, Best Camping Site, Best Youth in Tourism, Best Photographer Promoting Tourism, Best Media House Promoting Travel & Tourism, Minister's award among other categories.

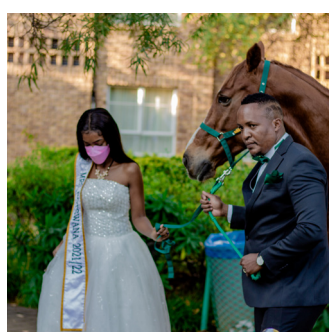
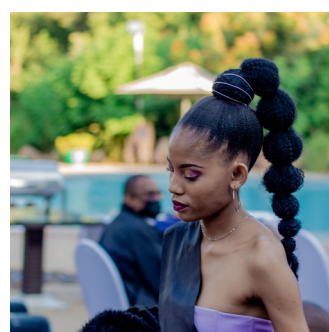
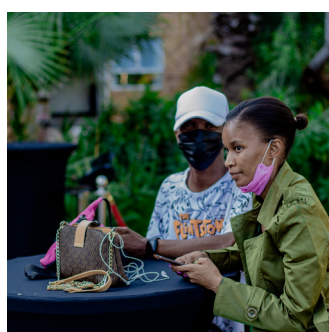
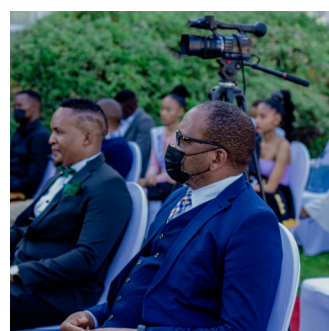


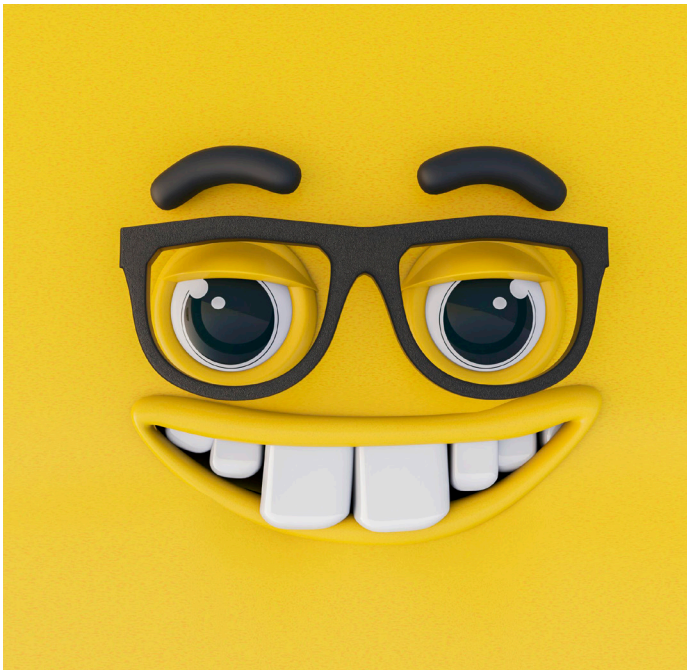


WHY GABS JULY?

This July end, the city of Gaborone will play host to the very much anticipated Gabs July derby. It is set to be a great one with horse races and even bike races as well as showcasing fashion with an exclusive winter line. There is also going to be performances by artists through this derby which is to be held this 30th July.

When asked why they called it the Gabs July, the director of Gabs July, Ben Wiseman Ben said, "the reason why is because there have been races all across the world like the Durban July, Lusaka July and New York July at one point so the organisers followed through with the style and put up the name as the place and day the event will be held just as much as it is for many sporting coats such as the French Open and the Melbourne Open. The point is that when these names are mentioned people understand the tune to them."





In a murder trial, the defense attorney was cross-examining the coroner; "Before you signed the death certificate, did you take the pulse, listen to the heart or check for breathing?"

"No."

"So, when you signed the death certificate, you weren't sure the man was dead, were you?"

"Well, the man's brain was in a jar on my desk, but I suppose he could have still been practicing law for a living."

A Chinese Doctor can't find a job in a Hospital in the US, so he opens his own clinic and puts a sign outside: 'GET TREATMENT FOR \$20 - IF NOT CURED GET

BACK \$100.'

An American lawyer thinks this is a great opportunity to earn \$100 and goes to the clinic.

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

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

Lawyer: "Ugh. This is kerosene."

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

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

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

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

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

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

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

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

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

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

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

Typical White Man

An Indian scouting party captures a cowboy from a bar and brings him back to their camp to meet the chief.

The chief says to the cowboy, "You are going to die. But we're sorry for you, so give your one wish a day for three days. At sundown third day, you die. What's your first wish?"

The cowboy says, "I want to see my horse." The Indians get his horse. The cowboy grabs the horse's ear and whispers something, and then slaps the horse on the back.

The horse takes off. Two hours later, the horse comes back with a naked blonde. She jumps off the horse and goes into the teepee with the cowboy.

The Indians look at each other, figuring, "Typical white man..."

only think one thing."

The second day, the chief says, "What wish today?" The cowboy says, "I want to see my horse again." The Indians bring him his horse. The cowboy leans over to the horse and whispers something in the horse's ear, then slaps it on the back.

Two hours later, the horse comes back with a naked redhead. She gets off and goes in the teepee with the cowboy. The Indians shake their heads, figuring, "Typical white man going to die tomorrow ... can only think one thing."

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

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

She steps into the elevator along with an attractive young man. "Are you going to the blood bank too?" she inquires.

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

A week later, they meet again in the same elevator. The guy asks: "Off to the blood bank again?" The blonde just shakes her head and says: "Mmm-Mmm"



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



Gemini
(May 21 - June 20)

You should always struggle to be a positive example to your children. Avoid family fights because they can make children feel very uncomfortable and unloved. This is the year in which you will finally get that leadership position that you have been hardly working for at your work place. This month your health will be perfect.

Cancer
(June 21 - July 22)

This is a positive month for all Cancerians because all their aspects of life will be on the right track. Ignore people who will tell you that you are not worthy, be yourself and live your life the way you are living it. Focus on things that bring light into your life. Never give up on trusting your spouse and you should start planning for the future if are living together because you will only create a perfect relationship if you spend plenty of time together.

Leo
(July 23 - August 22)

Learn to resolve your conflicts when they arise. Be generous to your family members because they are the closest people you

will always need their support in your life. Use part of your salary to help the less privileged in your village, especially those who have come to you for help. Try travelling if you are looking for freedom. Your life in general, is not meant to be lived in one place, so you should work hard to live a better life.

Virgo
(August 23 - September 22)

Your love for your partner should go beyond physical attraction this month. When starting a relationship, start by developing friendship, everything will follow after. When dating, date someone to make them your spouse and as time goes by in your dating life, you must seek to know where your partner comes from. After knowing all your weaknesses, and faults, it's better to look for a partner who will consider you as a completely amazing partner.

Libra
(September 23 - October 22)

This month is a big month for you, get a new life and a new beginning of opportunities. Life might have forced you into doing any job just for money, but still you have the ability to change this. You must work hard to find

a better job and live a better life and whatever career you get into, make sure that it makes you happy. You must travel a lot this year, because travelling will help you meet new people who are business wise so this will help you form new networks.

Scorpio
(October 23 - November 21)

This month is beautifully intense for you as you have a lot of challenges from your environment. Everyone seems to be interested on what you have. Only a good and endless communication channel is key to taking your relationship to another level. You need to be in good health this year for you to gain good wealth. Your current career should be making you happy, if not, work hard and look for another job.

Sagittarius
(November 22 - December 21)

This month predicts to you that having a soul mate is not only about sex and love, and tells you that you can still find love or a soulmate in a friendship too. First you have to build a relationship with someone, before you can commit yourself to the relationship. Then you can both choose to do things together that you both admire, this is another way of knowing each other.

Capricorn
(December 22 - January 19)

Travel far away from where you live to see wonders, and if you want to unwind, just know that the bush is the coolest and better place. Work hard for your goals. You need to be patient to acquire some things in life, so you must take time to work hard for your goals. The way your partner wears, is a true reflection of who you are. You will keep winning in life and this will be a reward from above because you are always helping other people.

Aquarius
(January 20 - February 18)

This month you must take your

partner on a date to one of the places s/he always dream of. Consider meditation as the best tool for relaxation. Be confident on who you are by keeping your head high. Focus on what you need and stay away from people who are full of negativity. Every moment you spend with your partner, should feel like the best moment in your life.

Pisces
(February 19 - March 20)

You should always appreciate your partners and tell them how much you love them. This month, nothing should stand on your way or even scare you from living your good life. You need to check your life style in regard to your health. If you have a business, this year you are going to have great profits in your businesses. If you are a married person, your marriage life will be filled with love, romance and passion.

Aries
(March 21 - April 19)

This month family matters will be of importance this month and you will face a lot of challenges with your career. Your health might take a toll on you if you are not careful. Your social life will be perfect, and for you to have a healthy relationship, you should respect your spouse's boundaries. Disconnect yourself from those people who bring you trouble. Never shy away from telling the truth to yourself and your workmates.

Taurus
(April 20 - May 20)

To achieve what you want in life, you must focus on your aspirations. Focus on what you do, and be strong. This year you will be financially ok. You do not see eye to eye with your partner. You will have to work harder, when it comes to your studies to achieve all your goals and aspirations. Your superiors at work will appreciate your leadership skills.



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,
G/West Industrial,
Gaborone



START YOUR OWN UNIQUE GAMING CAFE TODAY (PART 2)

On the last edition we did come up with an idea to start up your own café. We continue to over our pointers in this edition on how you could do that. We will talk about all the necessities and requirements to finally have money to make a gaming café that is definitely unlike any other.

The Hardware

According to Smart Launch, your cafe should be one-half personal computers and one-half gaming consoles, but you'll need at least 40 total stations to make the mix feasible. For personal computer systems, the hardware -- keyboard, monitor, screen and mouse -- should have a useful life of 24 to 36 months. A server computer is needed to control the customer computer stations, including the play time of the gamers. Antamedia, a business software provider, advises that you have high-end graphics cards and processors. Smart Launch says use 26-inch to 32-inch screens with your consoles.

The Games

Antamedia says software can become very costly especially when you need separate game licenses for 50 computers. License Key Management software can reduce the expenses of having to purchase a game license for each terminal. Specifically, the service makes the game available to a terminal user when it is not being used by another. Your customers can also play

source games distributed via the Internet to cyber or game cafes from various providers. For example, Smart Launch reports on a café owner who paid \$10 per terminal seat per month for games provided by Valve Software. Cafes such as The Hungry Gamer of San Marcos, Texas, and The Gamerz Funk of Taylorsville, Utah, allow gamers to bring their own discs to play on gaming consoles you could do that as well.

Other Products and Services

Supplement your console or terminal rental revenue with snacks, coffee, sodas or finger foods. If you plan to prepare food, you'll likely need a permit from your health department along with commercial-grade sinks and refrigerators. Your cafe can also earn more from computer or console repair and buying and selling of used games.



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





Natural Hair Pain Points

We all know that natural hair is very beautiful but let us be real here, it does come with challenges. If you are at the start of your natural hair journey be prepared to face the struggle, but do not worry because every problem has a solution.

Having natural hair that is healthy and long takes the use of the right hair care products, good hair care routine, patience and time. Some people think that having natural hair is simple because you do not have to relax it every few weeks but that couldn't be further from the truth. There is a lot more to natural hair than just styling.

The following are some of the natural hair struggles we all have to face from time to time:

Shrinkage: Shrinkage is both friend and foe. On the other hand, it is good because it shows that your hair is healthy. If you have shrinkage, it is a sign that your hair is not damaged by heat or chemical styling. Your curls ability to bounce back means it is in its healthy state. It may be difficult to accept shrinkage because no one wants their waist length hair to look as though it is just below the ear. The good news is that there are ways you can stretch your hair without having to even look at a flat iron. These ways include:

- Twist outs/braid outs
- African Threading

- Blow dry on low heat
- Banding method

Frizz Hair: Natural hair is prone to frizz, especially in heat and humidity. Frizz is one of the top complaints amongst naturals, no matter the hair type or length. Here are some of the tips that can help reduce frizz:

- Get those split ends in check
- Rinse hair with cold water
- Avoid using towel to dry hair(you can use an old T-shirt)
- Apply products to wet hair
- Limit the amount of heat used

Thinning: No matter your hair length or type, dry hair is one of the most common hair complaints. Here are some causes of hair dryness:

- **Chemical treatments** - Chemical processes like relaxing hair or colouring hair can leave your hair very brittle with an increased risk for breakage.
- **Heated styling-** Using heated styling tools such as strengtheners, blow dryers and curling tongs can zap the moisture out of your hair
- **Friction from pillows** - Cotton is super absorbent, so those fibres basically rob you all the moisture that you have been working on locking into your hair. It is advisable to wear satin bonnets at night.

Dry Itchy Scalp: Dry and itchy scalp is frustrating but if you suffering from dry and itchy scalp you don't have you don't have to panic. There is a solution to everything. Here are some of the causes of itchy scalp

- **Dandruff** - It is caused by many different things including stress and cold. Although poor hygiene does not cause dandruff, it can exacerbate it and make it visible.
- **Seborrheic dermatitis** - It can occur anywhere on the body causing the skin to itch and flake.

Tricks to treat itchy scalp include; - Clarifying your scalp and ACV treatment (Apple cider vinegar).

Tangles: A lot of naturals complain about knots and tangles. Here are some of the tips you can follow to avoid and get rid of tangles:

- You a detangling conditioner
- Spray your hair with water
- Work your hair in sections
- Use detangling brush

Remember to contact Fro'Niques today and shop your hair care products.

Contacts: 77044387 / 76624965

Website: www.froniques.com

Facebook: Fro'Niques

Instagram: Froniques



ETCHED HEART WINEGLASSES

A few simple steps are all it takes to turn basic stemware into heart-accented pieces you'll use for every romantic occasion.

Materials Needed:

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

Add Painter's Tape to Glass

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

Apply Stickers to Glass

Apply the heart stickers in a random pattern all over the glass (Step 1). Use big hearts and small

hearts to create any pattern you want (Step 2). Wherever you put a sticker, the glass will remain fully transparent and clear when finished.

Apply Etching Cream to Glass

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

Wash Off the Etching Cream

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

Remove the Stickers

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



We deal in all kinds of imported cars

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



3 Easy Ways To Clean and Disinfect Sponges

Bleach Your Sponges

Mix 3/4 cup of bleach in one gallon of water, and soak the sponge for five minutes. This will absolutely eliminate the germs in your sponges.

Microwave Your Sponges

In the microwave, saturate the sponge (use 1/4 cup of water for scrub sponges and 1/2 cup for cellulose); heat on High for one minute (scrub) or two minutes (cellulose). Keep an eye on it. Put a sponge into a regular dishwasher load, using the "heated dry" setting.

Wash Your Sponges In The Dishwasher

Put a sponge into a regular dishwasher load, using the "heated dry" setting. Put it where the utensils go to keep them from bouncing around. This method should get rid of at least 99% of germs.

Ways To Get A Clean Shower Curtain

- Make a paste of vinegar and salt and spread it on the mildewed area. Let dry for 1-2 hours and then clean it off with a damp cloth.

- Mix 2 tablespoons dishwashing liquid with 1 pint household bleach and spray the solution on the curtain. Any of these methods will clean your plastic shower curtain liner.

How To Clean Silver and Remove Tarnish

Start by filling a pot with water and add a scrunched up ball of aluminum foil. Let the water boil. Add about a tablespoon of baking soda. Once you add the baking soda, the water boils more heavily and expands, so there should be plenty of room for that to happen.

WARNING!!! Be very careful when dipping and removing the silver from the hot water. Use a pair of tongs to remove the silver from the hot water and place them in cool water immediately and let cool before handling.

Next, dip your silver pieces into the water, baking soda, foil mixture and allow sitting for about 30 seconds to a minute. Using tongs, remove the silverware from the boiling water and rinse in cool water.



Balancing Motherhood and School



School and motherhood are both substantial stages in a woman's life. However, juggling the two roles of being a full-time mother and student at the same time can be very demanding and challenging. Each role comes with a lot of pressure of either being a good student or a good mother. Schooling mothers face several challenges when it comes to balancing motherhood and school. Below are some of the challenges and coping mechanisms to rely on in order to cope in such a situation:

Challenges faced by schooling mothers

The most common challenge is the need to maintain and manage time for the two roles. This obviously result in stress and pressure. Sometimes you can be restless and you do not have time to study. Sometimes you are not in the mood for people. Other times you have an appointment to see the doctor you end up skipping lectures because que's are long at the clinic.

The other challenge is the time frame of maternity leave. More especially in most universities here in Botswana, students' mothers are only given two weeks leave days to get back to school. Leaving your

newly born baby at home with other people is a bit heartbreaking and you can't even concentrate at school. One other challenge is reduced social interaction. There is less or no time at all for social interactions. You always hooked, if you are not at school, you are at home spending time with your kid.

Coping Mechanism

Here are some helpful tips to balance your kids with your school work and remove the stress that comes with trying to do it all:

Make and set a schedule - Knowing what to do, at what time and day. This can help you eliminate stress. You can draft down your daily or weekly schedule. For instance, waking up at 4 in the morning to study and finish up school work until 6 and bathing the baby before you rush to school, this can be followed by dropping him at her nanny's house or day care center. However, note that the most important items should appear first on the list and they should be completed first.

Ask for Help - Asking for help can be hard, but it is one of the keys to balance. You may need help from a professor with coursework or from other family members to help with

the kids, asking for it is the first step and it may help you a lot with juggling parenting and schooling.

Take Study Breaks - Studying can be exhausting, and sometimes a little time away from the books can help restore your energy. Make sure that you use that time away to do fun things with your kids, like a quick game, a walk, cooking or baking cookies together.





PLANTING SPINACH IN WINTER SEASON

Spinach is a super hardy leafy green vegetable. Just like lettuce, spinach has similar cool season growing conditions and requirements. It is one of the vegetables that grow well when planted in winter season. When planting it, make sure that you space spinach 12 inches apart from each other. Plant it in a well-drained fertile soil. When planting it, remember that spinach tolerates full sun to light shade. You should prepare the soil a week before planting spinach. Remember that spinach requires 6 weeks from seeding to its harvest.

How to plant spinach

- Sow seeds 1/2 of an inch deep every 2 inches and cover with 1/2 inch of soil.
- Plant in rows 12 to 18 inches apart or sprinkle over a wide row or bed.
- Sow every couple of weeks during early spring for a continuous harvest.
- Water spinach to keep soil constantly moist.
- Use row covers to maintain cool soil and deter pests.
- When seedlings sprout to about 2 inches, thin them to 3-4 inches apart. You can eat the thinnings.
- Beyond thinning, no cultivation is necessary. Roots are shallow and easily damaged.
- Water regularly and mulch to retain moisture.



- When plants reach one-third of their growth, side-dress with a high-nitrogen fertilizer, as needed.

Harvesting

Harvest a few outer leaves from each plant (so that inner leaves can develop) when leaves reach desired size, or harvest the entire plant, cutting the stem at the base. Don't wait too long to harvest or wait for larger leaves.

How to store spinach

Fresh spinach leaves are good up to a week. Too much moisture hastens its demise. So store fresh spinach unwashed and don't wash until ready to use. Pat dry with a paper towel and put in a freezer bag with the towel to absorb moisture. Spinach is perfect for freezing, it can also be stored in a freezer after slicing it and packaged in a plastic.



Common Cold

The common cold is a viral infection of your nose and throat (upper respiratory tract).

Causes of Common Cold

Although many types of viruses can cause a common cold, rhinoviruses are the most common cause. A cold virus enters your body through your mouth, eyes or nose. The virus can spread through droplets in the air when someone who is sick coughs, sneezes or talks.

Symptoms of Common Cold

- Stuffy, runny nose
- Scratchy, tickly throat
- Sneezing
- Watering eyes
- Low-grade fever
- Sore throat
- Mild hacking cough
- Achy muscles and bones
- Headache
- Mild fatigue

- Chills
- Watery discharge from nose that thickens and turns yellow or green.

Note this: When Symptoms Worsen Visit Clinic Or Hospital.

Risk Factors to Common Cold

- Age.** Infants and young children are at greatest risk of colds, especially if they spend time in child care settings.
- Weakened immune system.** Having a chronic illness or otherwise weakened immune system increases your risk. Time of year. Both children and adults are more likely to get colds in fall and winter, but you can get a cold anytime.
- Smoking.** You're more likely to catch a cold and to have more-severe colds if you smoke or are around secondhand smoke.
- Exposure.** If you're around crowds, such as at

school or on an airplane, you're likely to be exposed to viruses that cause colds.

Complications of Common Cold

- Acute ear infection (otitis media).** This occurs when bacteria or viruses enter the space behind the eardrum. Typical signs and symptoms include earaches or the return of a fever following a common cold.
- Asthma.** A cold can trigger wheezing, even if you don't have asthma. If you have asthma, a cold can make it worse.
- Acute sinusitis.** In adults or children, a common cold that doesn't resolve can lead to swelling and pain (inflammation) and infection of the sinuses.
- Other infections.** A common cold can lead to other infections, including strep throat, pneumonia, and croup or bronchiolitis in children.

High Court Gaborone



Congo-Brazzaville Airport



University of Botswana Indoor Sports Arena



Huatai Securities Plaza



CHINA JINGSU INTERNATIONAL BOTSWANA (PTY) LTD

28 Celebrity World Magazine <http://www.celebrityworld.co.bw/>

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



Prevent Flu with These Tips

It is on again! We have approached the coldest season of them all. As usual, cold, fever, sneezing and other respiratory illnesses will be in the rise this season. Take the right preventative approach and follow the following tips to keep everyone in your household healthier. After all prevention is better than cure.

Wear warm clothes

Wear warm clothes to keep yourself warm. It is important to put extra thought into what you are wearing and make sure you are adequately covered from head to toe. A scarf or knit mask to cover face and mouth, a layered top, knitted jersey or even boots will keep you away from colds.

Drink warm liquids

Warm water helps to wash germs and viruses out of your immune system and keeps the body hydrated. Warming up with a cup of hot tea does not only calms the soul, but when used to replace a sugary beverage can decrease calories and help you lose weight. Drink tea often to keep your antioxidant levels high throughout the day and keep warm.

Keep clean

Clean environment will help you fight viruses. Clean and fumigate your place more

often. Moreover, practice self-cleanliness like washing your hands thoroughly and frequently. Although flu is an airborne illness, it is often transmitted by shaking hands and touching frequently used surfaces. It is therefore advisable to reduce the risk and help keep others safe by washing away the flu virus.

Exercise more often

Winter days can be tempting, the colds and

chilled weather might force you to be curled up under the blankets all day. Refuse the temptation by engaging in routine exercise as a smart way to boost your immune system and improve your overall health. The immune system is the body's defense against influenza viruses and other illness-causing germs. Just do simple activities such as taking a jog or walk around the neighborhood. Repeating this every week can help keep you healthy.





FINANCIAL TIPS FOR EVERYONE

Always know where your money is going because otherwise it is all too easy to lose track of it. When you see where all of your money is going and how much of it is going to which things, you will be a lot less likely to spend money frivolously. Take the time to write down how much you spend and what you spend it on so you can keep track of your money and where it is going on a regular basis.

It is incredibly important that you take responsibility for your financial future. While there may be certain things that are out of your control, you will need to make sure that you do everything you can to keep your finances on track.

It is always a good idea to have an emergency fund just in case some importance expense arises that you need to pay for. Whether it is a car repair or something else that is absolutely crucial, you don't want to be stuck in a bad situation without any extra money. The better prepared you are for an emergency; the better your chances are going to be of coming through one smoothly and without any issues.

Make sure that you start saving for retirement right away. These days you simply cannot begin doing this soon enough. While you might think that you can wait a while before you really need to start saving for retirement, the truth is that you shouldn't.



What To Sow And Grow In winter

Winter is the time to start planning ahead if you want colourful blooms or you want to enjoy your garden or plenty of produce in your garden.

Here's what to plant in Winter:

Try growing these fruits this month:
Plant strawberries in an area where you haven't grown them for a while or so. Planting now will allow them to grow well. In the greenhouse



- Sow lettuce in modules to plant out later in winter.
- Sow parsley in seed trays for growing under glass throughout the month of June .
- Winter-hardy spring onions such as 'White Lisbon' should be direct sown now for crops next spring.
- Radishes are very quick to crop - continue to make more direct sowings this month.
- Make sowings of spring cabbage - they're a great crop to have when not much else is ready to eat.
- There's still time to make direct sowings of fast-maturing carrots.
- Make a last sowing of endive outdoors for use as salad leaves.
- Direct sow spinach 'Perpetual' now for autumn and winter cropping.

Plant outdoors

- Plant out cauliflowers early in the month of June for an autumn harvest.
- Plant out winter cabbages early in the month.
- Plant out kale for winter and spring cropping.

Flowers to sow and grow

Here are the flowers to sow and grow this winter season:

- Winter-flowering pansies can be sown now.
- Sow viola seeds to provide fresh colour in the spring.
- Sow hardy annual seeds like cornflowers now to provide earlier flowers next year.



GRANITE MASTER

Masters in Granites Works

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

Cell: 74444441
granitemaster@live.com



- 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





Another Expensive Waste, the Forbes under 30 Africa

This year Botswana had the honours of hosting the prestigious global summit that always sees entrepreneurs from all over the world gathering in one place and inspiring each other, the Forbes under 30 summit. This was the first ever time for this event to take place in Africa, and gracefully Botswana was in luck to be the first African country to play host to such. A really impressive achievement if at all it goes to the books as an achievement made.

But it of course did not turn out as expected at all. That was according to the many international delegates who had the honour of coming to the summit with high expectations. Many of these young attendants complained that they came expecting to have live changing entrepreneurship experiences but those expectations were shot lived. They unfortunately only had the joys of enjoying the tourist attraction that is Botswana. One delegate who said she came all the way from London complained that the seminar had nothing motivating to offer, and even some of the invited guests were just too old for an under 30 summit. She said she had expected to come and find inspiration from other young and more successful entrepreneurs. She went on to say she had only wasted her money coming to this event.

Although many international delegates did see this as a waste of time apart from a vacation, some local delegates actually thought of the experience to be a life

changing one for them. They said they got the opportunity to network with international business owners and that was door opening for them as they hardly would have had such opportunities. Of course these were the local delegates of which many were rumoured to have just been picked up without a formidable criteria. Word is the lot of these formally wouldn't have even qualified to be delegates to such an event in the first place. But it all did not go to waste, the young delegates enjoyed their stay in Botswana especially in Kasane, one of the best international tourism destinations. They even formed a singles group for themselves to enjoy. That's one thing they will always talk about if they are ever to talk about their stay in Botswana.

Another disappoint that cannot go unsaid is

how they poorly planned the performance for the concert that was held at the Main Mall on the first night. It was a good concert and official welcome by the president but they really had it bad when they slotted one of the country's biggest talents as the last performing artist, normally in an event that is solely just a music concert, it would have make sense to let her perform last, but she went on to perform to an almost empty audience and what was left around that time was the crew members and a few Batswana fans to the singer. She went on to give the best performance yet for the night but then she had no audience.

It was the first but it was a big waste. We can just say we learnt from it and hope to improve on it on the next time we play host to the event or any like it.





30-Day Arm Challenge

DAY 1

10 pushups, 10 triceps dip,
10 shoulder presses

DAY 2

10 back files, 10 bicep curls, 10 lateral raises

DAY 3

10 pullovers, 10 kickbacks, 10 front raises

DAY 4

10 standing rows, 10 hammer curls,
10 lying rear deltoid raises

DAY 5 REST DAY

DAY 6

11 pushups, 11 triceps dips,
11 shoulder presses

DAY 7

11 back files, 11 bicep curls, 11 lateral raises

DAY 8

11 pullovers, 11 kickbacks, 11 front raises

DAY 9

11 standing rows, 11 hammer curls,
11 lying rear deltoid raises

DAY 10 REST DAY

DAY 11

12 pushups, 12 tricep dips,
12 shoulder presses

DAY 12

12 back flies, 12 bicep curls, 12 lateral raises

DAY 13

12 pullovers, 12 kickbacks, 12 front raises

DAY 14

12 standing rows, 12 hammer curls,
12 lying rear deltoid raises

DAY 15 REST DAY

DAY 16

13 pushups, 13 tricep dips,
13 shoulder presses

DAY 17

13 back flies, 13 bicep curls, 13 lateral raises

DAY 18

13 pullovers, 13 kickbacks, 13 front raises

DAY 19

13 standing rows, 13 hammer curls,
13 lying rear deltoid raises

DAY 20 REST DAY

DAY 21

14 pushups, 14 tricep dips,
14 shoulder presses

DAY 22

14 back flies, 14 bicep curls, 14 lateral raises

DAY 23

14 pullovers, 14 kickbacks, 14 front raises

DAY 24

14 standing rows, 14 hammer curls,
14 lying rear deltoid raises

DAY 25 REST DAY

DAY 26

15 pushups, 15 tricep dips,
15 shoulder presses

DAY 27

15 back flies, 15 bicep curls, 15 lateral raises

DAY 28

15 pullovers, 15 kickbacks, 15 front raises

DAY 29

15 standing rows, 15 hammer curls,
15 lying rear deltoid raises

DAY 30

flex it out!!

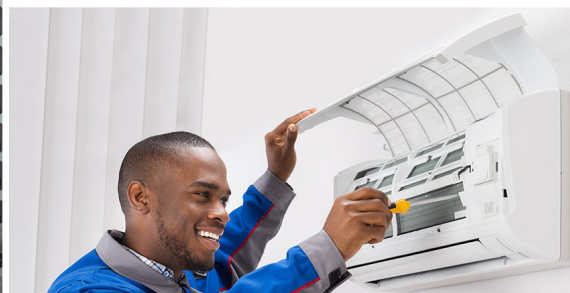
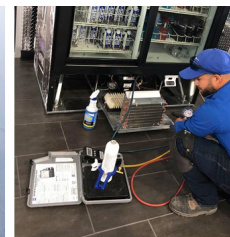
Autovee (PTY) LTD
TIA *Climatech Airconditioning*
Mechanical | Electrical Contactors & Supplies

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



As Botswana's football keeps growing, it has through the years seen many big teams grow and others being shattered and fading away from the premiere league limelight. One team that has for sure been glimmering within the spotlights has been the Security Systems XI Football Club.

The team stands secured safely within the on-going Premiere League top 5 and are seemly hungry to up their game. They also are successfully through to the quarter finals as well in the current on-going Orange FA cup as well. The team was even just as good and noteworthy when they managed to make it to the finals of the Mascom Charity Cup earlier this year. Theirs is a journey to look into indeed. They are seemingly a thread that is undeniably recognisable towards the known big boys in the local football.

It has surely been a good year's start for the Alarm boys, they went on to take down the Matebele boys to secure a sport in the Finals of the Charity Cup, of which unfortunately they couldn't win against Orapa United. But being in the finals was just as much an important achievement for the team. The team which is positioned in a safe sport as well in the premier league do continue to have a season that is not at all bad and that has been notable with their game against the biggest team in local football, Township Rollers. In a space of three days at two games against these giants, they have been coming out as the stars and talk of both games.



It was very impressive for them to secure a spot for themselves into the quarter finals by knocking out from the Orange FA cup league Popa with their 2:1 win and it was even more impressive when they did score again and have a good game to against the team in the premiere league. Their journey especially the Orange FA cup one is definitely one to look out for. All eyes were surely on them the following weekend again as they faced off against Extension Gunners to secure a spot in the semi-finals. After a successful and very impressive game which saw them unfortunately conceding a penalty goal in the first minutes of the first half of the game, the boy played well but could not make

their comeback. However, they went on to get their comeback and equalizing goal also in the very first minutes of the game. They continued to play a good game and in the last minutes took the lead with another deserved goal.

Speaking to the media after that game which saw his team moving over to the semi-finals, the Security System coach said that the game against such a team as Extension Gunners was expected to be a difficult game. He acknowledged that the game was a difficult one and he said he was truly grateful to have gotten the win.

Mochudi Centre Chiefs have officially launched a sponsored partnership quite recently with Botswana's top tuition institution, CRACKIT Tuition. The sponsorship by CRACKIT which amounts to P200 000 comes through as a way of helping the once so ever glorious team to complete the ongoing Diamond league.

Addressing the media through his acceptance speech, Mr Mothulatshipi, the club chairman stated that the sponsorship comes at a time when the club is in need for financial support. He said that he trusted without a doubt that the sponsorship will be motivating towards the technical team and the players heading into the last four games of the season.

The CRACKIT team also said that they were fully willing to be sponsoring the team as it is big team that used to have glorious days and needs support to also grow into what it used to be. The team's club members also did encourage for such support to be given to the local football at large, encouraging other big organisations to learn from CRACKIT and offer all the help to economize the football industry.

CrackIt Tuition Partners With Mochudi Centre Chiefs





+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 | SHAKAWA: 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