

Celebrity World

Botswana's Native Magazine

February 2023 P12

**Get To Know
The Dream
Catcher – DJ
Boza**

**The Rising
Artiste –
Koketso
Leririma**

**The
Importance
of Honesty in
a Relationship**

**Budgeting
Tips for
Your Daily
Life**

**The beauty
of Central
Kalahari
Game
Reserve**

**New Author
Exhumes
Her Talent**

Turn Up The Volume With Magloo Amafesto BW

Popular Interior
Design Styles For
You To Choose
From

Benefits of mixing
Vaseline and
Haarlemensis

How to Be a
good Parent

Best Gift Guide
for Valentine's
Day



6 009601 479134

ARCHEIN HARDWARE

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



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



Capitol PVA
White 20L
259.95



Thinner 5L
99.95



Crack Filler 2Kg
29.95

Roller & Tray Set
24.95



899.95
6/8/10 Panel Meranti Door



289.95
6/8/10 Panel Meranti Door



289.95
6/8/10 Panel Meranti Door



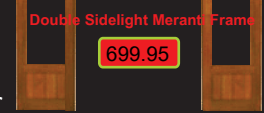
269.95
6/8/10 Panel Meranti Door



159.95
Hardboard Door




549.95
Single Sidelight Meranti Frame



699.95
Double Sidelight Meranti Frame



79.95
Skirting 70mm 3.6m



79.95
Comice 76mm 3.6m



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



P89.95
Pillar/Bib Tap



P349.95
Manhole Cover & Frame 450x600mm



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

SHAKAWA
TEL 6875156

TSABONG
TEL 6540645

LOBATSE
TEL 5300105

The A Team

Editor

Godiraone Ramanoko

Writers

Tshepiso Medupe

Graphic Designer

Amuchilani Rara

Photographer

Mr Habib

Cover Story Credits

Kabelo Eric
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 & CEO

Didarul Islam Bhuiyan (Babu)



Contact us

@HEAD OFFICE:

Plot 14385 First floor of double storey building, New Lobatse Road Gaborone West Industrial
Cell: 77606907
Toll: 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

The month of February has arrived. You are probably looking back at your New Year's resolutions to see how you are doing, right? If you didn't succeed at meeting your resolutions don't be hopeless. This is a new month, it's the month of love and you still have lots of time to get on the right track. This time we bring you on the cover, Queen of Disco read about her and get inspired.

The A Team would like to hear from you this month, what you would like to read about on CW magazine and who would you like to see featured in our pages? The year 2023 should be an amazing one for everyone. The month of February should also be a delightful one, enjoy it with your loved ones. Surprise your loved ones with Valentine gifts this month.

Be sure to check out this issue at the nearest Choppies Store, Square Mart and Fours Cash & Carry.

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 February!



Contents January 2023



6 Get To Know The Dream Catcher – DJ Boza

11 The Rising Artiste – Koketso Leririma

13 Lemon-Glazed Raspberry Coffee Cake

14 Vanilla Cupcake

15 The Importance of Honesty in a Relationship

21 Horoscopes

24 Whitney Houston

28 Budgeting Tips for Your Daily Life

31 Planting Plum Trees

32 Shopping Guide

34 Transit



Gaborone West Industrial
Kamushongo
Plot. 1447 267 Gaborone
Cell: (+267) 71 822 215



Your Reliable Car Service Center and Spare Shop

Celebrity World *List*

FILM, TV, BOOKS & MUSIC

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



Knock At The Cabin

Genre: Mystery

Release Date: February 3, 2023

Director: M. Night Shyamalan

Stars: Rupert Grint, Dave Bautista and Jonathan Groff

While vacationing, a girl and her parents are taken hostage by armed strangers who demand that the family make a choice to avert the apocalypse.



The Amazing Maurice

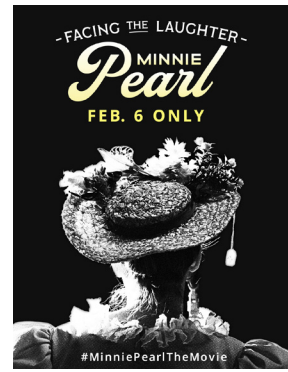
Genre: Animation

Release Date: February 3, 2023

Director: Toby Genkel, Florian Westermann

Stars: David Thewlis, Emilia Clarke and Hugh Laurie

Maurice is a streetwise ginger cat who comes up with a money-making scam by befriending a group of self-taught talking rats. When Maurice and the rodents reach the stricken town of Bad Blintz, they meet a bookworm called Malicia and their little con soon goes down the drain. Based on Terry Pratchett's 2001 novel, which itself is a twist on the classic Pied Piper of Hamelin story.



Facing the Laughter: Minnie Pearl

Genre: Documentary

Release Date: February 6, 2023

Director: Barbara J. Hall

Stars: Barbi Benton, Paul Reubens and Reba McEntire

"Facing the Laughter: Minnie Pearl" is a full-length documentary about the life and work of Sarah Cannon, aka Minnie Pearl. Sarah was a serious, educated woman who had once dreamed of becoming a Shakespearean actress, but she found fame playing a simple country girl who often made herself the butt of her jokes. Instantly identifiable - even in silhouette - by her straw hat with a price tag dangling from its brim, Minnie Pearl became an icon of country music radio, stage and TV. When she greeted audiences, they enthusiastically echoed her signature "Howdee" in a happy roar. While Sarah and Minnie were two sides of a coin, they share a legacy of compassion, empowerment and humor.

What To Read

Someone Else's Shoes

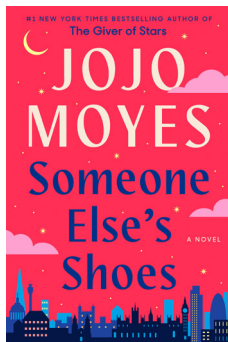
Author: Jojo Moyes

Genre: Fiction

Expected on:

February 2, 2023

Nisha Cantor lives a glamorous and wealthy lifestyle and is determined to keep up with that lifestyle even after her husband announces he is filing for divorce. Sam Kemp is at a low point in her life when she accidentally takes Nisha's bag from the gym. The fabulous Louboutins within makes her realize that something has to change.



Varina Palladino's Jersey Italian Love Story

Author: Terri-Lynne DeFino

Genre: Family Drama

Expected on:

February 14, 2023

Varina Paladino has a loud Jersey Italian family. Much to her 92-year-old mother's dismay, she is not interested in dating. Silvia, with the help of her granddaughter, concocts a plan to find Varina a husband. But, the three men of the family are each planning their own life changes and this will throw off the whole plan.



The House of Eve

Author: Sadeqa Johnson

Genre: Historical Fiction

Expected on:

February 7, 2023

From the award-winning author of Yellow Wife, a daring, beautiful and redemptive novel that explores what it means to be a woman and a mother, and how much one is willing to sacrifice to achieve her greatest goal.



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



Get To Know The Dream Catcher – DJ Boza

He is Ikanyeng Ncube born in Mahalapye popularly known as DJ Boza Da Ultimixer. He's an older brother to two siblings, a sister and a younger brother who seems to be following in his footsteps as a DJ.

His journey as a DJ:

Yoh! From a young age, I think when I was 10 years old I had my first Walkman. I then used to dub music from RB1 and RB2 and I would play it to my friends.

Back then Christmas was the best holiday and family would come together to celebrate the year. That's where my first DJ gigs started. We had a five JVC disc changer that I would always be called to operate and select music. When I was 18 years old I moved to South Africa to peruse a Degree in Marketing. That is where my passion and career fully began. I hosted many events, the freshets ball, the students' nights and a club called stones in Futherbrook, Ruimsig in Gauteng near our campus Monash University.

I then became a resident DJ for a club called Impress near Krugersdorp still in South Africa. I went and played in different venues such as Capello when it was still in South Africa, news cafe in North Riding near the Coca Cola dome in North gate mall, South Africa. A few traces in Soweto and Diepsloot, this is where I got a lot of love and appreciation and the money was also good.

In South Africa, I had the privilege of hosting DJ Fresh, Euphonik, DJ Kent, T.H.A.B.O, Kast, Nadia Nakai, just to name a few. I came to Botswana in 2012 and that's when I approached T.H.A.B.O and he got me a mix slot on his show at RB2 FM. I remember I was mixing at 5.30 a.m. imagine!

I didn't last on TH's show and he suggested me to Gaona Dintwe also known as Gaona Tlhasana to many. We would do the Urban mixes every Friday at 1130am. Now this was a prime time slot which came with a lot of listenership and benefits. I then got my first ever big event in Botswana where I shared a stage with Zahara (remember she was the biggest artist by then) in Francistown in 2012.

In 2015 I released a song called Skima Boza which featured Terrence Mutusa and was

produced by Dr Phoenix. The following year we started a group called Crowd Capella which was a trio. We then released Thando Lwakho, Hamba Nami ft DJ Chabo, and worked on few projects with DJ Cairo from SA as Crowd Cappella. Two years later parted ways with Rb2 and focused on personal businesses.

I am a self-taught DJ, so I learn everything as I go. I research and ask people in the industry. In short, I am a manager to DJ Boza, I take bookings for DJ Boza, and I go looking for bookings for DJ Boza. I do quotes, knock on doors for sponsorships for myself. Basically before I go on stage to play, I have already prepared myself for the audience.

A lot of people don't believe that, I am a loner. A lot of times I like to be alone. I like my own space and as long as the music is playing I am ok.

In everything you do believe in yourself. Look at me, I went around asking people to reach me but no one would take me. I am proud to be a self-taught DJ. This industry is not easy, respect people, respect your fellow musicians and do not be afraid to pick up the phone and call the person you want to work

with. These days it's easier than it was back then. Our contact information is everywhere. Do not be afraid to move out of the village is the village is not working for you.

As a DJ, I also contributed to helping the community in such a way that in 2016, I had the privilege of working with a close friend of mine and my big brother DJ Colastraw of Colastraw Records. We had an Edutainment campaign for all 32 senior schools around Botswana. We were teaching students to stay away from Drugs and showing them that you can be a DJ without drugs or substance abuse. We worked also with La Timmy and DJ Gouveiya on the campaign which was well received all around the schools we went to. I would very much love to do this again.

Besides being a DJ I am a Graphic Designer, I am an Event Management Planner, I am a Plumber, I am Farmer, I am a School Bus Driver, am kidding I just own a school bus. I also do and run Boza's Kitchen. In short, I am a business minded person. Whatever that can put food on the table I will do. I am one person that believes in empowering so I have employees in different projects and businesses I do.



Being a DJ has changed my life in a way that, music has helped me a lot. I have travelled and still continue to travel because of music. I have played in Zimbabwe Harare as well as Bulawayo and Plumtree. I have been to places in Botswana I would have never been to if it was not for music. I have created so many friends in the industry, some of which have become like family and I am well known now because of music and I will forever be grateful for that. Showing up on time to events, playing good music and working hard makes a good DJ.

What makes me different from other DJs is that I am the most versatile DJ in Botswana. I introduced ultimix style in Botswana if I didn't have introduced it, I made it fashionable. I am not jealous of other DJ's, I would dance to any DJ on stage if he makes mistakes I advise him on how to do better next time. I believe I am still learning so I am always willing to listen. This is what makes me different. I am willing to collaborate with any DJ I have already worked with Cairo from South Africa. I want to appreciate a few people in the music industry who have always been there for me if I didn't mention you here please forgive me: Dj Colastraw, Dj Collaps, Dj Cheng , Dj Chabo, Dj Khenzo, Phouboy, Ricky lamar, Flazer, Chef Gustos, Names, Dr Phoenixx, Terrence Mutusa, Unanimous 1, Mr Yummy, Dj Shabbo, Evi Julius, Tman Nation finest, THABO, Gouveiya, Gaona Dintwe, Yungmulla....The list goes on tota. I appreciate each and every one of you.



The amazing Mrs Gloria Sebolao Thakadu who is affectionately known as Magloo Amafesto BW in the entertainment industry exhibits the power of a woman through her music career. Without doubt, it's a fact that nowadays women continue to be driven especially in the entertainment industry and Magloo Amafesto BW is one of them and remains the best female disco musician since in the 1990's.

Kindly share a little bit of your background and history with the readers and devoted followers of Celebrity World Magazine.

I'am Gloria Lorato Thakadu, known as Magloo Amafesto from Kumakwane. I' am a married woman and a mother. I have a handsome boy and two beautiful girls, am

also a grandmother to little Aurora.

When did you join the music industry and how many albums have you released?

I joined the music industry in 1998 as a dancer at DMD group at Mogoditshane, I went through the groups like the late Lebatsho in 2001 and Dr Vom in 2003. From there I took a break and during this break I realized that music is part of me and that is the way I express myself that led to realizing my own album in 2010 genre afro music called Tsamaya and the second one released in 2013 called Blackmampatile as a house kwasa genre. Both albums did not do well but that did not stop me from loving and dreaming of music. However I took a 6 year break which I used to brainstorm and compose songs. In February 2019 I released

a single called loving you by PMM studio and the very same year I released another album called Foromane which was a disco genre and it made me popular. During the Covid pandemic time, I released a single called Corona and another single collaboration Gender Based Violence song with Ponka called Lentswe la mosadi. In December 2020, I released Didumakae ya goroga, which is still a disco album which also put me in the high place in the music industry. I have 5 albums in total and my new album is called Bua sengwe.

Tell us about you being a disco queen and why did you choose this type of music?

Being a mother of disco teaches me how to work with others and that I should lead by example. I chose this type of music because

it was male dominated and I wanted and still want to show people that everyone can do this type of music.

Share with us about you being a pantsola, your style of dressing and others.

Clean fantastic is what I am, humble, respect and settles for quality.

You have always been a disco musician and we recall you as one of the musicians who have grown disco music in Botswana since the late 90s. How has your career progressed?

My first 2 albums: afro music and house kwasa did not bear fruits for me, however since I released the disco genre my career grew from 10 to 100 percent. I am proud to share that my career is progressively and will continue growing as I gain a lot of followers each day.

You recently dropped a new album in November 2022 tell us in detail about it.

Bua sengwe album has 6 tracks, kena le modisa song with a touch of gospel, Bojosi, Tsaya kgato as an HIV debut song, My love, Seromamowa sa Botswana which is a song that recognizes the national radio which is a measure that takes my music to the world lastly, Bua sengwe is a song that advocates for people who cohabit and never show interest of taking the relationship to another level.

What is in the pipeline for you at the moment?

To release a new album, shoot videos and organize gigs or to be the best artist country wide.

What's the most challenging aspect of your career?

Being a growing artist is a challenge on its own as they are rarely and hardly recognized, if not ever being given government gigs, lack of support that demoralizes and not having gigs which leads to financial strain.

How do you differentiate yourself from other artists in Botswana?

I do things in a unique way and I make sure I deliver the best all the time, paying attention to the latest trends and everything that affects our everyday life.

How would you measure growth of the entertainment industry in Botswana?

It is growing with massive volumes as each day with mushrooming of new artists.

A lot is told about you, what is it that people don't know about you?

People doubts and they don't believe that I am my own composer, I write and sing my own songs.



As a family woman, a mother and a musician how do you balance your time to handle all these?

Family time becomes family time every day of my life and music time is taken as a job time. I do music, clock off and go continue my wifely and motherly duties not making any of the title suffer as my family, children and my lovely husband are my biggest supporters.

Just to inspire the upcoming disco musicians, what does it take to get where you are?

Driven by passion and also fueled by passion, giving up is not an option rather continue striving no matter the obstacles and you shall soar higher like eagles and you have to be you.

Is there anything exciting about your 2023 plans?

Absolutely my new album!

What have been your biggest challenges so far so?

Finances, having supporters and not gigs makes it difficult for me to deliver hard copies to people who do not have smart phones and social media accounts as those are the cheapest modes.

How did you manage to overcome those challenges?

I'm still trying and will always try to overcome my financial problems in my career.

One of the trending issue in Botswana is Gender Based Violence. What's your view on it?

I devoted my time to gender based violence issues and consider myself one of the activists as I totally disagree with that kind of behavior. I also released a song in collaboration with Ponka called Lentswe la mosadi which is a song that is against GBV.

Do you think education is still considered valuable in today's socio-economical life of influencers?

Education is very important.

Do you think the government is doing its best to help entertainment industry during this hard time?

Not at all, it's only considered well established and popular artists.

As an artist, what project have you done that benefitted the community so far?

Volunteering with the community as finances are still challenging.

Facebook page: Magloo amafesto Bw

Email: magloobw@gmail.com

WhatsApp: 71691321

Bookings: +267 71691321/+267 73262084





The Rising Artiste – Koketso Leririma

Here is a young talented Motswana man, Koketso Leririma who hails from Molepolole, Botswana. He is an actor and his first act was marked by drama scenes at junior school where he was casted for school dramas and debates. He's a quite outspoken person. His main inspiration for television drama was his upbringing which influenced him to further pursue his acting after he discovered that indeed he is a gem. His first big step into acting was in the year 2020 when he featured on Makgabaneng Film production series called Senthaga the nest.

Artistry still remain one of the successful local talent, what can you say about this?

I beg to differ, we still lacking behind as a nation when it comes to the Arts industry despite the efforts portrayed by local artists. There isn't much platforms to showcase talent.

Tell us about the growth of creativity in

Botswana.

I believe that Botswana's inhabitants have been less supportive of artists throughout the years, and this has led to the devaluation of their crafts, which has caused other young creatives to quit out and look for alternative employment.

Tell us also about your greatest highlight since you started your acting career.

The most memorable moment was when Makgabaneng cast me in the television play Senthaga the-nest, which would air on Botswana television (BTV). Thanks to Senthaga, I had the opportunity to interact with everyone in the film industry, including the producers, actors, camera operators, and also script writers. Their professionalism gave me hope for the future of the industry and inspired me to work harder at everything I do, especially the films I'm involved in. Senthaga was my greatest accomplishment because I could relate to and feel the role I

was given. Therefore, Senthaga the-nest was my favorite part.

Are there any challenges that you have encountered since you started acting, how did this affect you?

Less family support because they didn't believe in me, where I occasionally could ask for money for transportation so that I could try my luck at auditions, but it didn't happen because my parents didn't give me money for transportation, and it once caused me to experience depression where I began to believe that I was useless and that no one believed in me. I felt it since I passed up several significant chances and auditions.

What role does your talent have in peoples' lives?

Considering that I began pursuing my acting career at a very young age without any acting training, I'd say that I have already inspired many young actors as well as those

who are older than me. I would like to attend school and learn the elements of acting, as well as Stage Theater, in the future.

Share with us any accolades you have won so far?

So far none, but it's just a matter of time.

Kindly share with us a snippet about your milestone.

I have had the privilege of working with Makgabaneng on a production called "Sentlhaga The Nest", Botswood "Botshelo jo" and Khumo Studios".

Are there any collaborations you have with other artists?

I have not collaborated with any artist as of yet, but I'd love to work with Mr Maxwell Ditchi a Motswana gentleman who has made a name for himself in a South African television drama, Muvhango.

What keeps you going despite the challenges you face?

My love and passion for acting that would be the first, I also dream myself working with big production companies such as The Fergusons Films.

How has your acting career improved since you started it?

My acting career improved when I began working with various film productions and professional actors, such as Maxwell Ditch, an actor on Generations and Muvhango, I was able to learn more about acting and all aspects of filmmaking from him. This, combined with my future work on more films and dramas, helped me to advance my acting career and serve as an inspiration to other aspiring actors.

What advice do you have for people who want to be where you are?

There is always light at the end of the tunnel, no matter what, do not give up on your dreams, regardless of how difficult it may be, and make time to work on perfecting your craft, research and train now and then, treat it like a profession while waiting for a breakthrough.

Is there anyone you'd like to acknowledge the support they gave you to be this far?

Nomsa Seitshiro, a big sister of mine in the creative industry, she holds a good profile in acting. I met her on social media, Facebook precisely and shared with her my dreams of appearing on big screens like her one day. I remember my very first audition, she was the one who helped me prepare because I was clueless of what goes on in an audio room, and gladly I had my first breakthrough that day. Even to this day she supports and mentors me whenever I need help, I really appreciate her.





- 1 cup granulated sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 cup sour cream
- 1 1/2 cups fresh raspberries

Glaze:

- 3/4 cup confectioners' sugar
- 2 tablespoons lemon juice plus 1 teaspoon finely grated lemon zest

Directions:

Put the flour, brown sugar, cinnamon and salt in a small bowl and stir to combine. Add the butter and mix thoroughly with your fingers or a fork until all of the butter has been evenly distributed and incorporated into the flour. Form into small to medium clumps with your fingers.

For the cake:

Preheat the oven to 350 degrees F. Butter an 8-inch square cake pan.

Whisk together the flour, baking powder, baking soda and salt in a small bowl.

Beat together the butter and granulated sugar in a large bowl with an electric mixer on medium-high speed until light and fluffy, about 3 minutes. Add the eggs 1 at a time, beating well after each addition. Beat in the vanilla. Reduce the speed to low and add the flour mixture in 3 batches, alternating with the sour cream, beginning and ending with the flour, beating until just incorporated.

Spoon half of the cake batter (it will be very thick) into the prepared pan and smooth with an offset spatula. Sprinkle the raspberries on top. Spoon the remaining cake batter on top and smooth the top. Sprinkle on the crumb topping.

Bake until the cake and topping are golden brown and a toothpick inserted into the center of the cake comes out clean, about 1 hour. Let cool in the pan 20 minutes, then invert onto a plate; invert back onto a rack to cool completely.

For the glaze:

When the cake is cool, whisk together the confectioners' sugar and lemon juice and zest in a medium bowl until smooth. Drizzle the glaze over the cake and let set.

Lemon-Glazed Raspberry Coffee Cake

Total: 1 hr 50 min

Ingredients:

Crumb Topping:

- 3/4 cup all-purpose flour
- 2/3 cup packed light brown sugar
- 1 teaspoon ground cinnamon
- Pinch of fine salt
- 5 tablespoons unsalted butter, at room

temperature

Cake:

- 1 stick (8 tablespoons) unsalted butter, at room temperature, plus more, for the pan
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine salt



We deal in all kinds of imported cars

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

New Author Exhumes Her Talent

She's a newly published poetry book author. Tsala Abigail Sealetsa is a 27 year old who has passion for writing poetry. She is also an entrepreneur and a graduate with Bachelor of Business Administration in Occupational Health and Safety.

She has demonstrated a history of leadership abilities and that's what makes her unique. The best words to describe Tsala would be: a go getter, versatile, easy going and artist.

Tsala first fell in love with arts more especially writing in high school but sadly did not have the confidence to show off her skills. In 2020 she broke out of her shell and wrote her first anthology of poetry which has now turned her into a published author which is indeed a dream come true.

If there is anyone Tsala looks up to in the writing industry, is her granddad who she grew up and found as a Setswana poet for the longest time who has been featured in Botswana radio stations for his talent.

Her first book, Thought of Life was written because the collection is her experiences as she was going through the darkest phase of her life. The aim of the book is to motivate people who are going through the most but don't really know where to turn to.



The Importance of Honesty in a Relationship



Relationships are built on trust which can only exist if there is honesty as the driving force. In a valuable relationship one wants to be able to trust their heart, feelings and thoughts to their significant partner.

This is essential to avoid having insecurities and fears of been cheated on. No normal human being would appreciate being lied to or deceived. Lies and manipulative tactics cause the victim to lose faith and trust in the other party.

To build a healthy and lengthy relationship be consistent with what you say, meaning you should say what you mean and mean what you say. Your word should be your bond, fulfill your promises. A rule of thumb is that never commit yourself to anything you cannot practically achieve.

An open communication from both parties should be a policy that is prioritized in the relationship. Feeling, thoughts, worries, concerns and desires should be shared. This will make honesty to be easily practiced by both parties. Additionally avoid judging each other for the things you say. If you judge each other and easily take offence of what's been said then you are creating a blockage where in future someone will hold back on expressing truly how they feel.

When trust has been broken both parties have the responsibility to heal the situation. The victim needs to heal from the hurt and reflect if they could have contributed towards the broken trust while the perpetrator should apologize and introspect on why they caused the broken trust and correct their ways. However it is important to note that healing is a process, it should not be rushed. It is important to know that once trust is broken it's harder to rebuild it.



Whitney Houston

She began singing in church as a child. While still in high school, she sang and modeled for fashion magazines. Her debut album, *Whitney Houston* (1985), yielded three number one singles in the United States: "Greatest Love of All," which became her signature; "Saving All My Love for You"; and "How Will I Know." *Whitney* (1987) delivered four more number ones and earned Houston a Grammy Award (for the single "I Wanna Dance with Somebody").

In 1992 Houston married singer Bobby Brown and made her motion-picture debut in *The Bodyguard*; the film featured her rendition of Dolly Parton's "I Will Always Love You," which stayed at number one for 14 weeks. The film's soundtrack dominated the Grammys the following year, with Houston winning the awards for album of the year, record of the year, and best female pop vocal performance. In the mid-1990s she continued acting, in films such as *Waiting to Exhale* (1995) and *The Preacher's Wife* (1996), and the soundtrack

of each film generated hit singles for her.

In 1998 Houston released *My Love Is Your Love*, which did not sell as well as previous efforts but was praised by the critics and earned her another Grammy Award. In 2001 she signed a new multialbum contract with Arista for \$100 million, but personal difficulties soon overshadowed her recording career. Houston's tumultuous relationship with Brown (the couple divorced in 2007) provided fodder for the tabloids, as did her acknowledged drug use and financial issues. Her 2002 album, *Just Whitney*, was a personal response to her detractors, but its sales were disappointing compared with earlier efforts. Other than a lackluster holiday album, *One Wish* (2003), Houston spent subsequent years in a state of virtual retirement.

In February 2009 she began a comeback effort with a four-song set at Clive Davis's annual pre-Grammy Awards gala. The performance was greeted



warmly, and in June Houston announced that an album of new material would be available later that year. *I Look to You* was released in August to positive reviews, and standout songs included the up-tempo "Million Dollar Bill" (penned by Alicia Keys) and the title track, a slow-building ballad written by R. Kelly. In February 2012 Houston died in a bathtub at a Beverly

Hills hotel shortly before Davis's pre-Grammy party. A coroner's report released in March stated that the cause of death was accidental drowning, with heart disease and cocaine use listed as contributing factors. Houston posthumously appeared in the musical film *Sparkle* (2012), which she had coproduced. She was inducted into the Rock and Roll Hall of Fame in 2020.



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



Veggieland



GREEN GROCERS TO THE NATION

Tel: 3974975 / 3974550 Fax: 3939720

The beauty of Central Kalahari Game Reserve



Nothing prepares you for the immensity of this reserve, nor its wild, mysterious beauty. There is the immediate impression of unending space, and having the entire reserve to yourself.

Waist-high golden grasses seem to stretch interminably, punctuated by dwarfed trees and scrub bushes. Wide and empty pans appear as vast white stretches of saucer-flat earth, meeting a soft, blue-white sky. At night the stars utterly dominate the land; their brilliance and immediacy are totally arresting.

The Central Kalahari game Reserve (CKGR) is the largest, most remotely situated reserve in Southern Africa, and the second largest wildlife reserve in the world, encompassing 52 800 sq. kms.

During and shortly after good summer rains, the flat grasslands of the reserve's northern reaches teem with wildlife, which gather at

the best grazing areas. These include large herds of springbok and gemsbok, as well as wildebeest, hartebeest, eland and giraffe.

At other times of the year, when the animals are more sparsely distributed, the experience of travelling through truly untouched wilderness, of seemingly unending dimensions, is the draw.

The landscape is dominated by silver terminalia sand veldt, Kalahari sand acacias, and Kalahari apple leaf, interspersed with grasslands, and dotted with occasional sand dunes, pans and shallow fossil river valleys. CKGR is unique in that it was originally established (in 1961) with the intention of serving as a place of sanctuary for the San, in the heart of the Kalahari (and Botswana), where they could live their traditional hunter/gatherer way of life, without intrusion, or influence, from the outside world.

The reserve was closed for about 30 years, until in the 1980s and 1990s, both self-drive and organized tours were allowed in, albeit

in small, tightly controlled numbers.

The Botswana government has initiated plans to develop tourism away from the Okavango and Chobe areas, and has allocated concessions for lodge construction, both at the peripheries of and inside the reserve, allowing for fly-in tourists.

The northern deception valley is one of the highlights, principally because of the dense concentrations of herbivores its sweet grasses attract during and after the rainy season (and of course the accompanying predators). It is also the most travelled area of the reserve, with a number of public campsites, and proximity to the eastern Matswere Gate. The other two gates are completely at the other side of the reserve, at Xade and Tsau, where public campsites are also available.

Other worthwhile areas to drive are Sunday and Leopard Pans, north of Deception Valley, Passarge Valley, and, further south, Piper's Pan.



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.eletrical2@gmail.com
P O Box 2059 Gaborone
Facebook.com/Hakim Electrical



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

Popular Interior Design Styles For You To Choose From

Learn a bit about each of the styles and how they differ from one another.





Aquarius

(January 20 - February 18)

People born under this sign, are mostly open-minded. They also have extraordinary intellectual capabilities. They succumb often to depressions without any reason and then they become hesitant and due to bad decision they can lose good opportunities. In a marriage, they are faithful and reliable partners. Aquarians don't like to work hard, but they are successful because of their persistence and support of their friends.

Pisces

(February 19 - March 20)

People born under this sign are loved by their parents. They have high ambitions and well developed sense of justice. As they have very good fantasy they live mostly in their dream world. They can't control their feelings. These people are usually misunderstood and unappreciated. The problems of their friends become their own worries. In marriage, they are not easily satisfied and so they're not reliable.

Aries

(March 21 - April 19)

You will look very friendly and sympathetic in this month and you will have time to think about everything. You will have no problem while adjusting to surroundings, because you will be elastic and adaptable. Support from the people around you will be very enjoyable. When stressed, you will use sarcasm as a defense mechanism.

Taurus

(April 20 - May 20)

You will be successful in establishing new relationships. You will find a true friend or even a soul-mate. You are a materialistic person who try to find serviceability in everything.

However, you're a very sensitive person. People born in this month usually get married very unexpectedly. Most of the time they need to rely on their close friends and to have stable family background.

Gemini

(May 21 - June 20)

You definitely shouldn't overlook problems with your backs, rather go see a neurologist or therapist. It is good to step aside or admit defeat. Gemini are very interested in learning new things, that's why they seem to have general knowledge even if most of it is superficial. They suffer a lot from loneliness. They are very tolerant.

Cancer

(June 21 - July 22)

Cancer people are reserved, moody and have responsive character. You can't count on their fidelity because they care and sometimes become affectionate with people who are sympathetic to them. They feel very good in their family circle. They're not enthusiastic employees because they have inclination to comfort.

Leo

(July 23 - August 22)

They love money because it gives them freedom and independence. They are successful in their lives. Their good, but also bad qualities influence their behaviour in relationships. They are often creators of plans which are great, but sometimes unrealizable. They long for good social position which relates to their love for fortune.

Virgo

(August 23 - September 22)

You radiate positive energy that is why today should be the right one to dating. Unnecessary confrontations would get you into problems. Avoid complex situation whether at work or at home as well as your love-life. Be more social, you may get to make new friends or even meet your soul mate. In relationships, they show a lot of interest in other people and they try to discover all their secrets, but they do it just from curiosity.

Libra

(September 23 - October 22)

You shouldn't start any complicated thing in the evening. Honesty and sense of responsibility are typical to people born under Libra. They're not able to resist troubles so they need partner who will stand by them. Libra is good for all employments where they can work with people. Librans are ambitious and little bit egoistic people who can easily feel offended.

Scorpio

(October 23 - November 21)

You are tuned on the same mood with your colleagues and that is why team work will be very productive. Scorpios are very empathetic and understanding. In a career, they are usually scientists, doctors, writers or artists. They are can become very insensitive sometimes. Most of the time, these people always know what they want and they are very sure about their behaviour.

Sagittarius

(November 22 - December 21)

Visit some workshop. If you are afraid of being alone take a good friend with you. Your colleague is maybe cheeky, but don't let her upset you, so that there is no uncomfortable atmosphere at the workplace. People born under this sign enjoy delicious food, drinking, nature and they are good sportsmen. They are able to decide quickly and give exact instructions to other people. They're not afraid of danger, they are self-confident, ambitious and they have sense of physical performance.

Capricorn

(December 22 - January 19)

Capricorns are practical, reserved, meticulous, persistent and serious. They know very well that there is no success without hard work and effort. They don't know generosity because they judge everything from their own point of view. As for career, they think that success and power are related only to diligence and so they are always earned by right. Disappointment of marriage and a lot of hostile disagreements are reasons of later bitterness.

Short Jokes To Make You Laugh

Why do we tell actors to "break a leg?"
-Because every play has a cast.
Helvetica and Times New Roman walk into a bar
-"Get out of here!" shouts the bartender. "We don't serve your type."
Yesterday I saw a guy spill all his Scrabble letters on the road.
-I asked him, "What's the word on the street?"
How many times can you subtract 10 from 100?
-Once. The next time you would be subtracting 10 from 90.
Knock! Knock!
-Q: Who's there?
A: Control Freak.
Q: Con...
A: Okay, now you say, "Control Freak who?"
A woman in labour suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!"
-"Don't worry," said the doctor. "Those are just contractions."
A bear walks into a bar and says, "Give me a whiskey... and a cola."
-"Why the big pause?" asks the bartender. The bear shrugged. "I'm not sure. I was born with them."
Did you hear about the actor who fell through the floorboards?
-He was just going through a stage.
A man tells his doctor, "Doc, help me. I'm addicted to Twitter!"
-The doctor replies, "Sorry, I don't follow you..."
What's the difference between a cat and a comma?
-A cat has claws at the end of paws; A comma is a pause at the end of a clause.
What did the 0 say to the 8?
-Nice belt!
I waited all night to see where the sun would rise...
-...And then it dawned on me.

AWARDS.

Did you know?

Angela Evelyn Bassett is an American actress. Known for her work in film and television since the late 1980s. At the age of 64, she still looks flawless. Angela Bassett is now a 2x Golden Globe award winner. She recently received best actress in a supporting role in any motion picture for 'Black Panther: Wakanda Forever' and she is the first marvel actor to win a Golden Globe. She dedicates her award to Chadwick Boseman after she wins the Golden Globe for Best Performance by an Actress.



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



Benefits of mixing Vaseline and Haarlemensis

Most of young people develop facial pimples which causes the face to have dark spots. Did you know? There is always a solution that a lot of people will never tell you. This time we share with you a secret combination of Vaseline and Haarlemensis that you didn't know about.

People are not only using expensive creams to get the glow they need. They mix Vaseline with Haarlemensis, this combination has been practiced for ages but it's something very uncommon. It works wonders to remove dark spots and helps the skin to stay fresh at all times. Most people know Haarlemensis as a treat for babies but as an adult, you can also use it to keep your skin younger and fresh.

How it's done:

Mix Haarlemensis with Vaseline pour the whole bottle inside a 100ml Vaseline. Mix together and apply this on your skin every day after bath. Trust me your face will start giving you positive results within weeks. The combo works wonders especially when it comes to removing dark spots from your face.

What are the advantages of mixing vaseline with haarlemensis?

- Removes dark spots on face, inner thighs
- Clears acne



We Offer:

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

Land of Uganda



Uganda, country in east-central Africa. About the size of Great Britain, Uganda is populated by dozens of ethnic groups. The English language and Christianity help unite these diverse peoples, who come together in the cosmopolitan capital of Kampala, a verdant city whose plan includes dozens of small parks and public gardens and a scenic promenade along the shore of Lake Victoria, Africa's largest freshwater lake. The Swahili language unites the country with its East African neighbours Kenya and Tanzania.

Uganda obtained formal independence on October 9, 1962. Its borders, drawn in an artificial and arbitrary manner in the late 19th century, encompassed two essentially different types of societies: the relatively centralized Bantu kingdoms of the south and the more decentralized Nilotic and Sudanic peoples to the north. The country's sad record of political conflict, coupled with environmental problems and the ravages of a countrywide AIDS epidemic, hindered progress and growth for many years. Yet, even so, at the beginning of the 21st century a popularly elected civilian government ruled Uganda, which had attained political stability, had set an example for tackling the AIDS crisis that threatened to overwhelm the continent, and enjoyed one of the fastest-growing economies in Africa.

Uganda is bordered by South Sudan to the north, Kenya to the east, Tanzania and Rwanda to the south, and the Democratic Republic of the Congo to the west. The capital city, Kampala, is built around seven hills not far from the shores of Lake Victoria, which forms part of the frontier with Kenya and Tanzania.

Most of Uganda is situated on a plateau, a large expanse that drops gently from about 5,000 feet (1,500 metres) in the south to approximately 3,000 feet (900 metres) in the north. The limits of Uganda's plateau region are marked by mountains and valleys.

The soils, in general, are fertile (and primarily lateritic), and those in the region of Lake Victoria are among the most productive in the world. Interspersed with these are the waterlogged clays characteristic of the northwest and of the western shores of Lake Victoria.

Vegetation is heaviest in the south and typically becomes wooded savanna (grassy parkland) in central and northern Uganda. Where conditions are less favourable, dry acacia woodland, dotted with the occasional candelabra (tropical African shrubs or trees with huge spreading heads of foliage) and euphorbia (plants often resembling cacti and containing a milky juice) and interspersed with grassland, occurs in the south. Similar

components are found in the vegetation of the Rift Valley floors.

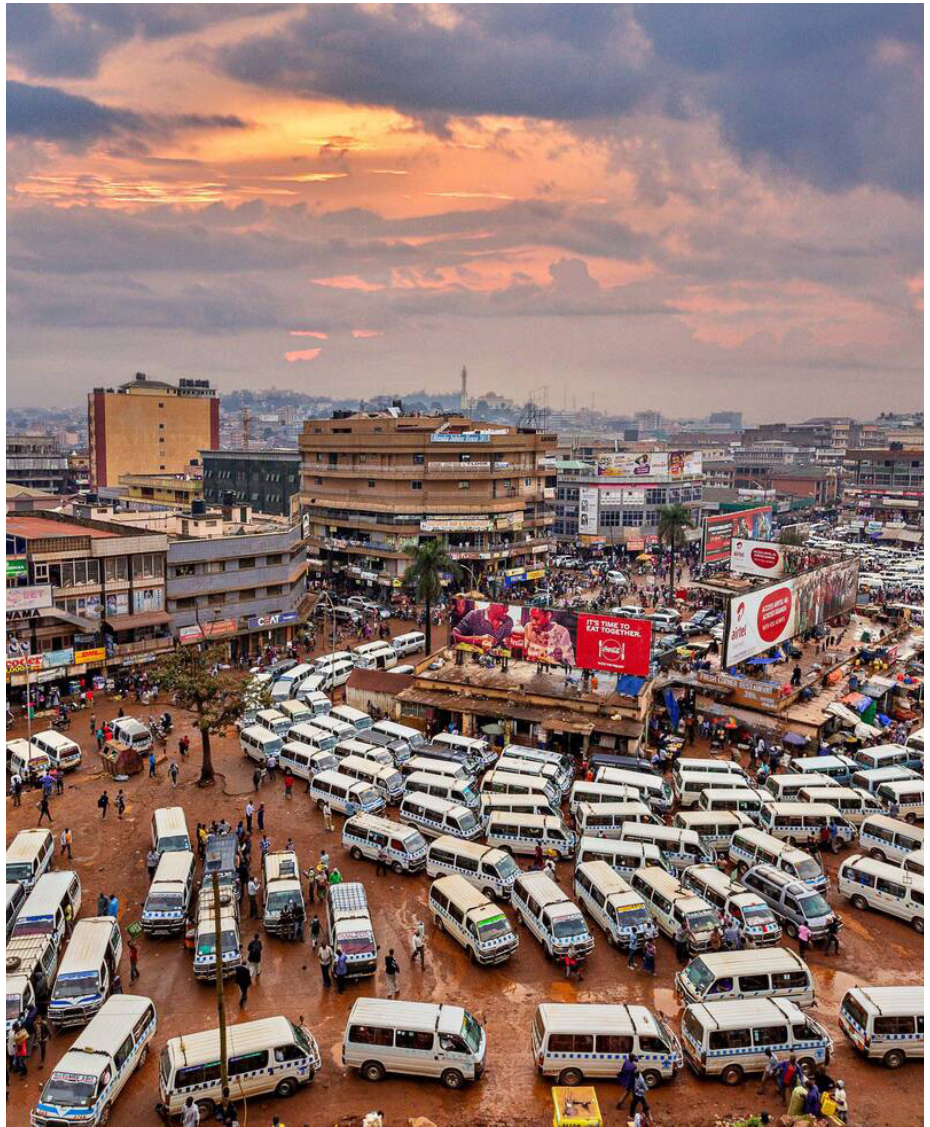
Although Uganda is inhabited by a large variety of ethnic groups, a division is usually made between the "Nilotic North" and the "Bantu South." Bantu speakers form the largest portion of Uganda's population. Of these, the Ganda remain the largest single ethnic group, constituting roughly one-sixth of the total national population. Other Bantu speakers are the Soga, Gwere, Gisu, Nyole, Samia, Toro, Nyoro, Kiga, Nyankole, Amba, and Konjo. A sizable population of Rwanda (Banyarwanda) speakers, who had fled Rwanda in the late 1960s and early '70s, also lived in Uganda until the mid-1990s.

There are at least 32 languages spoken in Uganda, but English and Swahili—both official languages—and Ganda are the most commonly used. English is the language of education and of government, and, although only a fraction of the populace speaks English well, access to high office, prestige, and economic and political power is almost impossible without an adequate command of that language. Swahili was chosen as another official national language because of its potential for facilitating regional integration, although Ugandans' command of Swahili falls substantially below that of Tanzania, Kenya, and even eastern Democratic Republic of the Congo.

In addition, Swahili is unpopular with a large proportion of Ugandans who consider it the language of past dictators and armies.

Uganda's religious heritage is tripartite: indigenous religions, Islam, and Christianity. About four-fifths of the population is Christian, primarily divided between Roman Catholics and Protestants (mostly Anglicans but also including Pentecostals, Seventh-day Adventists, Baptists, and Presbyterians). About one-eighth of the population is Muslim. Most of the remainder practice traditional religions. As in other parts of Africa, Islam and Christianity have been combined with indigenous religions to form various syncretic religious trends.

The Ugandan population has grown rapidly since independence, when it was approximately seven million, to now total more than three times that number. Like many other African countries, the population is predominantly young, with roughly half under 15 years of age and more than one-fourth between the ages of 15 and 29. Uganda's birth rate is about twice that of the world average, and the death rate is also higher than the world average. Life expectancy in Uganda, while higher than or similar to that of most neighbouring countries, is below the world average. The economy is basically agricultural, and it occupies some four-fifths of the working population. Uganda's moderate climate is especially congenial to the production of both livestock and crops.



Uganda's reserves include copper, tungsten, cobalt, columbite-tantalite, gold, phosphate, iron ore, and limestone. Gold, cobalt, and columbite-tantalite are mined. Gold is an important export, but it is complicated by the fact that gold has been smuggled into Uganda from the Democratic Republic of the Congo. Exploration for petroleum, which had long showed geological potential, particularly under Lakes Albert and Edward, proceeded slowly until 2006, when oil was struck. Significant quantities of petroleum were discovered in the Lake Albertine rift basin in 2008 and 2009.

Only about half of the population has access to medical facilities, though since 1986 an internationally funded program has been under way to improve health-care infrastructure, training, and supplies. There are more than 100 hospitals; slightly more than one-half are government-operated. In addition, numerous health centres provide medical care throughout the country. Primary education begins at six years of age and continues for seven years. Secondary education begins at 13 years of age and consists of a four-year segment followed by a two-year segment.



How to Be a good Parent

On this issue, we share with you the latest intellectual about raising joyful and strong kids in this page of Parenting. CW have gathered the advice below that will have a reflective effect on your whole family:

Love your children equally

Say "I love you" whenever you feel it. You simply cannot spoil a child with too many mushy words of affection and too many smooches.

Explain to your kids why values are important

The simple answer: When you're kind, generous, honest, and respectful, you make the people around you feel good. More important, you feel good about yourself.

Keep in mind what grandmothers always say

Children are not yours; they are only lent to you for a time. In those fleeting years, do your best to help them grow up to be good people.

Set Smart Limits

Don't try to fix everything

Give young kids a chance to find their own solutions. When you lovingly acknowledge a child's minor frustrations without immediately rushing in to save

her, you teach her self-reliance and resilience.

Remember that discipline is not punishment

Enforcing limits is really about teaching kids how to behave in the world and helping them to become competent, caring, and in control.

Take charge

Children crave limits which help them understand and manage an often confusing world. Show your love by setting boundaries so that your kids can explore and discover their passions safely.

Create Your Own Quality Time

Read books together every day

Get started when he's a newborn; babies love listening to the sound of their parents' voices. Cuddling up with your child and a book is a great bonding experience that will set him up for a lifetime of reading.

Encourage daddy time

The greatest untapped resource available for improving the lives of our children is time with Dad. Kids with engaged fathers do better in school, and generally cope better with whatever life throws at them.

Play with your children

Let them choose the activity, and

don't worry about rules. Just go with the flow and have fun. That's the name of the game.

Be a Good Role Model

Live a little greener

Show your kids how easy it is to care for the environment. Waste less, recycle, reuse, and conserve each day.

Respect parenting differences. Support your spouse's basic approach to raising kids, unless it's way out of line. Criticizing or arguing with your partner will do more harm to your marriage and your child's sense of security than if you accept standards that are different from your own.

Be the role model your children deserve

Kids learn by watching their parents. Modeling appropriate, respectful, good behavior works much better than telling them what to do.

Know the Best Ways to Praise

Cheer the good stuff

When you notice your child doing something helpful or nice, let him know how you feel. It's a great way to reinforce good behavior so he's more likely to keep doing it.

Give appropriate praise

Instead of simply saying, "You're

great," try to be specific about what your child did to deserve the positive feedback.

Gossip about your kids

Fact: What we overhear is far more potent than what we are told directly. Make praise more effective by letting your child "catch" you whispering a compliment about him to Grandma or Dad.

Trust Yourself

Don't accept disrespect from your child

Never allow her to be rude or say hurtful things to you or anyone else. If she does, tell her firmly that you will not tolerate any form of disrespect.

Trust your mommy gut

No one knows your child better than you so follow your instincts when it comes to his health and well-being.

Raise Appreciative Kids

Don't raise a spoiled kid

Keep this thought in mind: Every child is a treasure, but no child is the center of the universe. Teach him accordingly.

Show your child how to become a responsible citizen

Find ways to help others all year. Kids gain a sense of self-worth by volunteering in the community.



How To Clean Your Taps & Keep Them Sparkling

Taps are the most commonly used part of both kitchens and bathrooms. And while none of us have the time or energy to keep them in top shape on a daily basis, sometimes it becomes too unsightly to ignore. And when the cleaning bug does bite, have you thought about how to clean taps? Let's start by finding out how dirt accumulates on these fixtures, before we can identify home remedies for the same.

If your taps are looking unsightly, it could be due to these primary reasons:

Limescale accumulation: Over the course of time, lime scale, a hard, chalky deposit of calcium carbonate, accumulates in the filters of taps, causing the flow of water to slow down.

Dirt on the knob: Being the most commonly touched part of the tap, the knob gathers dirt, which needs to be cleaned up.

Hard water stains on the tap: Deposits of calcium and magnesium in tap water can leave brownish stains on the tap. Grime at tap joint with sink: An inconvenient spot that's hard to clean, which is constantly in a moist environment.

How to clean taps at home

Lemon

If the water pressure in your faucet has reduced significantly, chances are that limescale is causing the obstruction. So how to clean such taps? Simply place half a lemon over the calcified area.

Let the lemon stay in place over the limescale buildup for a few

hours. The acid in the lemon dissolves the limescale. Then you can simply scrub away the loosened buildup with an old toothbrush or scrub pad. You can also apply lemon juice on a scrub pad and use it to remove hard water stains on taps.

Vinegar

If you're struggling with a limescale buildup around your taps, make a solution of equal quantities of white vinegar and warm water. Dip a cloth into the mixture and use it to clean up your taps. In case of a stubborn buildup of limescale, you can wrap a cloth dipped in the vinegar solution and leave it for an hour before washing it clean. Following this, dry the fixture to prevent it from rusting.

Moreover, if your tap has started looking dull, bring back the luster by cleaning it up with

vinegar and a soft cloth. And if you can't look at the tap joint because of all the grime, use an old toothbrush and some vinegar to have it sparkling clean!

Dish soap

If your taps have started looking old and worn, it could be a simple case of stains accumulated over consistent usage. Simply use a cloth dipped in a solution of dish soap and warm water to clean up the mess. You can also buff the tap with a dry cloth till it sparkles, after that!

Baking soda

Have a bad stain on the knob or body of the tap that you're unable to remove? Pour some baking soda and a little bit of water, and scrub away at the stain with a toothbrush. You'll watch the stain disappear in seconds.

DUNLOP EXPRESS

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

BATTERIES

MAG WHEELS

ACCESSORIES

ALIGNMENT

CAR SERVICE



Budgeting Tips for Your Daily Life



Budget to zero before the month begins
This means before the month even starts, you're making a plan and giving every coin a name. This is called a zero-based budget. That does not mean you do not have money in your bank account. It just means your income minus all your expenses equals zero.

Do the budget together

If you're married, sit down once a month and have a family budgeting night. You need to get on the same page with money, so set goals together and dream about what the future will look like. If the two of you are one, your bank accounts should be one too. It is no longer your money or my money it is our money. If you are single, find someone who can act as your accountability partner and help you stick to your goals.

Every month is different

Some months you will have to budget for things like back-to-school supplies or routine

car maintenance. Other months you will be saving for things like vacations, birthdays and holidays. Regardless of the occasion, make sure you prepare for those expenses in the budget. Adjust your budget each month as things change. Make a savings fund you can stash cash in throughout the year. When you don't have a plan, you are going to be stressed.

Watch Out For This New Year' Marketing Tricks

Touching

You may see a fluffy blanket in the mall and suddenly feel like you just have to pick it up. Or what about that sleek, silver laptop? It turns out that's exactly what retailers want you to do. Shoppers can develop a sense of ownership before they even buy a product especially if they touch or hold it. If you touch it, you're likely to buy it.

Colours

During the months of December and January, it is a little difficult to avoid red and green colours. Take a look at the colour red: It creates a sense of urgency and is often targeted at impulse buyers. Blue and green, on the other hand, are calmer colours that attract careful, cautious customers. Next time visit the mall and see red sales tag, take a step back and decide if you really need the item that caught your eye, or if you're about to make an impulse buy.

Music

Music affects people's heart rates and moods. Slow music makes people shop longer spending more time and more money. Upbeat music raises people's excitement and encourages them to spend their money. During the holidays, Christmas and New Year classics might make you more willing to spend your income on things you didn't actually plan to buy.



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





Chickenpox

Chickenpox is an infection caused by the varicella-zoster virus. It causes an itchy rash with small, fluid-filled blisters. Chickenpox is highly contagious to people who haven't had the disease or been vaccinated against it. Today, a vaccine is available that protects

children against chickenpox.

Chickenpox infection is caused by the varicella-zoster virus. It can spread through direct contact with the rash. It can also spread when a person with the chickenpox coughs or sneezes and you inhale the air droplets.

Symptoms

The itchy blister rash caused by chickenpox infection appears 10 to 21 days after exposure to the virus and usually lasts about five to 10 days. Other signs and symptoms,

which may appear one to two days before the rash, include: Fever, loss of appetite, headache and tiredness and a general feeling of being unwell.

Once the chickenpox rash appears, it goes through three phases: Raised pink or red bumps (papules), which break out over several days; Small fluid-filled blisters, which form in about one day and then break and leak; Crusts and scabs, which cover the broken blisters and take several more days to heal.

If your child has chickenpox, consult your doctor. He or she usually can diagnose chickenpox by examining the rash and considering other symptoms. Your doctor can also prescribe medications to lessen the severity of chickenpox and treat

complications, if necessary.

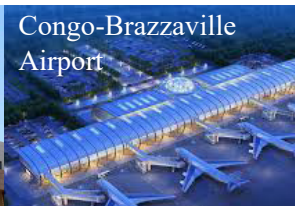
Chickenpox is normally a mild disease. But it can be serious and can lead to complications including: Bacterial infections of the skin, soft tissues, bones, joints or bloodstream, dehydration, pneumonia, inflammation of the brain, toxic shock syndrome and death.

People who are at higher risk of chickenpox complications include: Newborns and infants whose mothers never had chickenpox or the vaccine, adolescents and adults, pregnant women who haven't had chickenpox, people who smoke, people whose immune systems are weakened by medication, such as chemotherapy, or by a disease, such as cancer or HIV, and people who are taking steroid medications for another disease or condition, such as asthma.

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: cjibots@gmail.com

Sussex Crosses

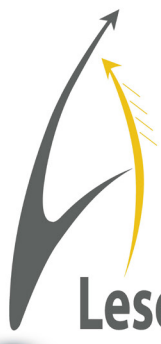


Sussex hens can lay between 200-250 light brown eggs per year. That is around 4 eggs per week per hen! They usually begin laying at around eight months old, which is later than other breeds.

Sussex chickens reach maturity a bit faster than birds of similar breeds. It generally only needs to be about 20 weeks or so to be ready to lay eggs and generally produce a decent-sized carcass for the dinner table at this time, too, if you decide to raise them for meat.

Sussex chickens are good for producing meat and/or eggs. One of the best of the dual purpose chickens, a good all-around farm fowl. They lay large eggs that are cream to light brown in colour. Hens lay some 180-200 tinted eggs per year; some layer strains may give up to 250.

Life span of a Sussex is about eight years. The Sussex have everything: they are great layers of tinted or light brown eggs and they lay right through the coldest weather. They are dual purpose birds, though: fat-bodied and not prone to flying when mature, so they are easily fenced.



Leseding Interiors

- ✓ Aluminium Shop Fronts
- ✓ Aluminium Cladding
- ✓ Sliding Doors & Windows
- ✓ Exclusive Joinery Works
- ✓ Partitioning & Ceiling
- ✓ Patio & Skylight

Architecture Redefined



Tel: (+267) 3182662 Fax: (+267) 3182846
E-mail: lesedinginteriors@mega.bw/



Planting Plum Trees

Ever thought about growing plums? It's important to choose a type of plum that will work with your location. There are three major categories of plum trees: European, Japanese, and American hybrids.

Plums are a type of stone fruit, which also includes peaches, nectarines, apricots, and cherries.

The right time to plant plum trees is in late winter or early spring while the trees are dormant. Plums should only be planted in a prime location which has the following features:

- Plant plum trees in a loamy, well-drained soil.
- Choose a planting location that receives full sun 6 to 8 hours of direct sunlight at the very least.
- Avoid planting in low areas where frost may settle,

because it can damage blooms and result in sub-par fruiting.

How to Plant a Plum Tree

Space standard-size trees 20 to 25 feet apart. Set bare-root trees atop a small mound of soil in the center of the planting hole, and spread the roots down and away without unduly bending them. When planting grafted trees, it's important to keep the graft union 1 to 2 inches above the soil line. Dig a hole that's a few inches deeper and wider than the spread of the roots. Water the tree thoroughly at the time of planting; this helps the soil to settle around the roots. Keep the tree well-watered for the first few weeks after planting. Be sure to water the young trees heavily every week during the first growing season to help promote growth. Then, water regularly. Do not fertilize young fruit trees until they have set a crop.



Best Gift Guide for Valentine's Day



Scavenger Box

Want an adventure you can both share on Valentine's Day? Scavenger Box comes filled with different hints, clues, and activities that you can customize for your loved one.

Custom Couple Portrait

Get water-color portraits. These watercolor-style portraits include a spot to record your anniversary and where you met.

Birthstone Necklace

Put both of your birthstones together in this necklace or add more family members.

Personalized Boyfriend or Girlfriend Definition Coffee Mug

Get him or her a personalized mug with a description of your partner and make their heart swell with joy every time they sip from it.

Eternity Preserved Roses

This box of preserved roses can be customized with scents, messages, box accents, and more. The roses are guaranteed to last at least one year, which means 365 days of her appreciating your thoughtfulness.

For More Information
(+267) 77804100

Shop 27, Airport
Junction Mall, Gaborone



SAMSUNG



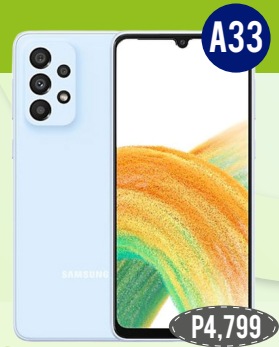
- 6.3inch
- Front 5MP | Rear 48MP
- 5000mAh
- 6GB Ram | 64GB Rom



- 6.6inch
- Front 8MP | Rear 50MP
- 5000mAh
- 4GB Ram | 64GB Rom
4/6GB Ram | 128GB Rom



- 6.6inch
- Front 8MP | Rear 50MP
- 5000mAh
- 4GB Ram | 64GB Rom
8GB Ram | 128GB Rom



- 6.4inch
- Front 13MP | Rear 48MP
- 5000mAh
- 8GB Ram | 128GB Rom

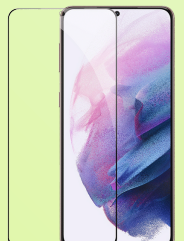


- 6.5inch
- Front 32MP | Rear 64MP
- 5000mAh
- 8GB Ram | 128GB Rom



- 6.7inch
- Front 32MP | Rear 108MP
- 5000mAh
- 8GB Ram | 128GB Rom
8GB Ram | 256GB Rom

BUY ANY OF THIS AND GET A
FREE GLASS





How to Do the Perfect Kettlebell Swing

That cannonball-with-a-handle weight you've seen around the gym is a kettlebell, not a kettleball. The preeminent kettlebell exercise the two-handed swing has been known to leave gym-goers of all ages and ability levels scratching their heads. You hold the 'bell with your hands, and yes, your hands are at the ends of your arms. But when it comes to properly swinging the kettlebell, what you're really using is your legs. When performed correctly, kettlebell swings build total-body strength, power, and balance, while improving cardiovascular stamina, all with one piece of equipment.

As it turns out, dancing the and swinging a kettlebell have a lot in common. They share a coaching cue that makes every movement possible: It's all in the hips.

When it comes to the kettlebell swing, the hip action we're referring to is a hinging motion. You know, like a hinge on a door. Think of your legs as the wall, solid and immovable. Your hips act as the hinge, enabling movement, and the torso is the door, traveling through a range of motion dictated by both the wall (your legs) and hinge (your hips). The swing begins to take shape when the kettlebell is added into the mix.

How to Swing It Russian Style

The Setup:

Stand over the kettlebell with feet hip-width apart, chest up, shoulders back and down. The 'bell should be in line with the middle of feet. Choose a kettlebell that allows you to swing with perfect technique while still challenging you. Consider starting and practicing with a kettlebell much lighter than what you'll eventually use to work out so you can practice your form. Squatting down, grip the kettlebell with palms facing you and thumbs wrapped loosely around the handle.

The Swing:

1. Stand tall, still gripping the 'bell. Keep arms long and loose while squeezing shoulders blades together and engaging your core. Soften knees, shift bodyweight into heels, and lower butt back and down toward the wall behind you.

2. Driving through heels, explode through hips to send weight swinging upward from quads. Aim for chest height, with arms extended. Achieving this finish position requires you to snap your hips through, contracting your core while squeezing glutes.

3. As the kettlebell begins to descend, let the weight do the work as you ready your body for the next rep. Shift weight back into heels while hinging at the hips and loading both the hamstrings and glutes. Receive the weight, allowing the kettlebell to ride back between legs.

4. As it makes the transition from backward to forward, drive through the heels and hips to repeat.

Avoid Common Swing Mistakes

Like most things, there's a right way and a wrong way to use a kettlebell. Paying close attention to a proper swing will ensure a successful, not to mention injury-free workout. Don't make these common mistakes.

Bending knees too much

It's called a kettlebell swing, not a kettlebell squat. With that in mind, always drive and explode from the legs and hips. Dropping to a squat turns it into an up-and-down movement rather than an explosive thrust.

Leaning back

If your back hurts, something is out of whack. Chances are you're not bracing your core as you swing. Start and finish the swing by loading, firing, and hinging at the hips. Be sure to keep core tight throughout so you don't strain your lower back.

Swinging too low

You're not aiming to scrape the bell across the floor. In fact, the bell should tap you in the butt if you're doing it right. Don't let the weight pull your hands between your knees. If it looks casual, you're not doing it right.





2023 Audi RS6 AVANT 807

Audi endows the RS6 Avant with a twin-turbocharged 4.0-liter V-8, which generates 591 horsepower and 590 pound-feet of torque. The power plant combines with a 48-volt hybrid system that's found on other Audi products, such as the A8 luxury sedan and the Q8 crossover. The RS6 Avant feeds its standard Quattro all-wheel drive through an eight-speed automatic transmission. The combination helped rocket our 5031-pound test car to 60 mph in 3.1 seconds and complete the quarter-mile in 11.5 ticks at 120 mph. But those numbers don't accurately demonstrate the wagon's glorious ability to increase the heart rates and tingle the ear drums with its breakneck acceleration and soundtrack. Rolling on a set of 22-inch wheels with summer performance rubber and buoyed by a sport-tuned air suspension with adaptive dampers, our Tango Red RS6 Avant test car was able to deliver a relaxed or rollicking ride depending on the selected drive mode.

The RS6 Avant is expected to earn 15 mpg in the city and 22 mpg on the highway, which is in line with what the E63 S and Panamera Turbo S Sport Turismo manage. Once we can run the RS6 Avant on our 75-mph highway fuel-economy route, which is part of our extensive testing regimen, we can evaluate its real-world mpg.

Inside, the RS6 Avant showcases a sophisticated design and cutting-edge technology. The driver faces a 12.3-inch digital gauge cluster, and the dashboard features a pair of large touchscreens between the front passengers. The rest of the cabin



is covered in leather and accentuated with racy materials. The RS6 Avant has a roster of upscale standard features, including heated and ventilated front seats, four-zone climate control, a panoramic sunroof, and wireless phone charging. Buyers can order a head-up display, massaging front seats, richer leather, and heated rear seats for more coin.

A 10.1-inch touchscreen handles the

infotainment system. It supports standard features such as Apple CarPlay, Android Auto, a Bang & Olufsen stereo, built-in navigation, and a Wi-Fi hotspot. Below the upper display is an 8.6-inch touchscreen that contains settings for the climate controls as well as other vehicle functions. While both screens have large icons that are easy to spot and use, they can be distracting to the driver, especially the lower one.

+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



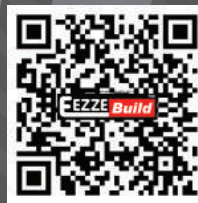
MOGODITSHANE
STORE



TLOKWENG
STORE



MOLEPOLOLE
STORE



PALAPYE
STORE



SEROWE
STORE

GABORONE BUILDING SUPPLIES (PTY) LTD. T/A

786



BUILD MADE EEZZE

ALL ROADS LEAD TO

F**OURS** **CASH & CARRY** **BOTSWANA**

GABORONE:

New Lobatse Road Plot 14385.

Phone: 3164 281

Fax: 3164 693

GABORONE:

Old Lobatse Road Lot 4802

Phone: 3180 410

Fax: 3180 411

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

LOBATSE:

Thema 1 Plot 472

Phone: 5332 088

Fax: 5339 003

SELEBI PHIKWE:

Industrial Site Plot 11271 Unit 4

Phone: 2600 700

Fax: 2600 400

SHAKAWE:

Plot 3181

Phone: +267 6872025

Fax: +267 6872075

Fours Distribution Centre Plot 880 Unit 1 G.I.C.P
Gaborone, Botswana

Phone: +267 392 2612 Fax: 392 2651



www.fours.co.bw



Fours Cash & Carry

FRANCISTOWN:

Light Industrial Site Plot 248

Phone: 2412828

Fax: 2412626

FRANCISTOWN:

Somerset Industrial Plot 49655

Phone: 2408 533

Fax: 2408 544

PALAPYE:

Riverview Mall Plot 8717 Shop No.24

Phone: 4920 448

Fax: 4920 457

GHANZI:

Bosele ward Plot 4&9

Phone: 6511 900

Fax: 6511 901

MAUN:

Old Moremi Road Lot 292

Phone: 6861 377

Fax: 6863 840

MAUN-BOSEJA:

Boseja Industrial Plot 115 & 116

Phone: 6801 685

Fax: 6801 575

BOBONONG:

Plot1963/5153 Bakgomong Mall

Phone: +267 2622642

Fax: +267 2622628

**NOW SHOP
ONLINE**



www.foursonline.co.bw