

CELEBRITY

Botswans Best Celebrity Magazine

November 2016-issue -001

WORLD

Can Vee Fill Up
Molapo Piazza



LA TIMMY
WEDS

WHO IS
LADY
RUTH
KHAMA?



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&
Beauty Tips

Festive Season
is Here



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celebrity world

on the cover

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“When you stop expecting people to be perfect, you can like them for who they are.”
– Donald Miller



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letter from the editor

WHAT IS A CELEBRITY

Everyone has their own idea of what a celebrity is? The term celebrity refers to the fame and public attention accorded by the media to individuals or groups. Celebrities influence our lives directly and subconsciously as they reflect our culture as humanity. Negativity is part of the modern DNA. As a culture we suffer from negativity bias; we prefer things to be bad rather than good and we do not award credit to where it is deserved. Celebrity World came in to play to acknowledge all the individuals that are raising the Botswana flag high and to acknowledge all the accomplishments that we as a nation of Botswana have reached in our 50 years of independence. We as Celebrity World will give our readers the insights into the lives of our local celebrities both on stage and off stage, let's take a wonderful journey together and explore what our country has in store for us!

PUBLIC POLL

Do you think the term celebrity applies to the local artist of Botswana? We have mixed emotions on our perception of what we consider celebrities and if the local artist are branded as celebrities in Botswana. The public poll is for the reader to interact and express their views about the magazine and its monthly contentes. Like the Celebrity World Magazine on Facebook and share with us your view on the mentioned statement above.



BRIDE AND PREJUDICE: The story behind Botswana's first leading lady.

Despite the description of the relationship by Julius Nyerere as a great love and a unified bond between Ruth and Seretse Khama it resulted in tribal division and political row involving Britain, South Africa and Southern Rhodesia. This would be the triumphant tale of hope, courage, true love and a woman choosing to defy the odds by choosing her heart over her family and nation. Ruth Williams Khama was a second of two children born on the 9th of December 1923. Ruth grew up in the second -East London suburb of Blackheath. She was a daughter of a former Indian Army captain then working in the tea trade. During the Second World War, she left Elton High School to join the Women Auxiliary Air Force. When the war ended, she became a confidential clerk with a Lloyd's underwriter. Her recreations were ice-skating, dancing, and jazz, horse riding and being an avid hockey player.

Seretse Khama, after a year at Balliol College, Oxford, was studying law at the Temple, and living in a hostel near Marble Arch. He met Ruth at a London Missionary Society dance. After a year's courting, they decided to marry and in September 1948, Seretse wrote to tell his uncle, Tshekedi Khama, acting regent of the Bamangwato tribe; he said later that he had not asked for his uncle's consent because he knew it would be refused due to the racial difference between himself and Ruth .



Tshekedi on the other hand tried to prevent the marriage. Tshekedi called a kgotla meeting at which 14 of 15 most important royal blood relatives opposed the marriage. Seretse and Ruth advanced their wedding date from October, and were married in a Register's office. Ruth was sacked from her job, and her father kicked her out of the house. Seretse returned alone to Bechuanaland. Ruth endured social discrimination while her husband had to go and convince his people to accept his wife. Seretse returned to London to continue his law studies and six months later, the colonial administration confirmed the rejection by the kgotla of Ruth as a

tribal Queen. Seretse now returned to Bechuanaland to face 4,000 people at a second kgotla meeting. Tshekedi addressed the meeting first: he said he would hand over the leadership to Seretse only if he does not bring Ruth along with him. He asked those who supported him to stand; only nine did so.





After Seretse himself had spoken, 43 people stood up to indicate their opposition to him. Sensing that opinion was moving in his favor, he then asked those who supported him to stand, and the whole meeting rose with shouts of “pula” (rain). This vote of approval gave Seretse and Ruth a new sense of relief and hope. Accepting his apology for not having consulted them, the Bangwato tribe endorsed him and his marriage at that historic 25th of June 1949 kgotla meeting. Ruth was now in Bechuanaland, and pregnant with her first child.

There was a furious regional reaction to claims of miscegenation. Sir Godfrey Huggins, then prime minister of Southern Rhodesia, told a cheering assembly that he had written to the high commissioner of Bechuanaland, Lesotho and Swaziland saying it would be a disaster if Seretse became chief of the Bamangwato.

The new South African Prime Minister D.F. Malan, who had led the National party to its first victory in 1948 specifically on an apartheid platform, urged the British government to oppose the marriage, which he described as “nauseating” and unethical. Philip Noel-Baker, the Labor government’s secretary of state for Commonwealth relations, invited Seretse to discuss the future administration of the tribe.

Both the Labor and Conservative parties behaved dishonorably towards Seretse to appease white racism, something that the former Labor Prime Minister Clement Attlee was later to admit. Seretse and Ruth were forcibly separated while she awaited the birth of their first child in a Foreign land with no glue of when would her husband return to her.

At least, however, Seretse had been allowed to go home in 1950 for the birth of his first child, after which he brought Ruth to England. She, in turn, was reconciled with her father.

In 1956, after the Bamangwato had cabled the Queen in London to ask for their chief, Seretse was finally allowed home. He promptly disclaimed the chieftainship, founded the Bechuanaland Democratic Party and won the 1965 elections, the road to Botswana’s independence in 1966. He served four terms as president, during which Ruth acted as his right hand with dignity and strength.

After Seretse’s death in 1980, she continued various charitable works - running women’s clubs, acting as president of the Botswana Red Cross, and being involved with the girl guides. She and Seretse had a daughter and three sons, one of whom, Ian, is now the President of Botswana serving two terms.

An early achievement was Seretse’s first community library, in which international volunteers joined the local tribe in the construction of the library. Subsequent efforts gave rise to the Seretse’s community center, now renamed in Lady Khama’s honor.

Lady Khama was a rare woman of strength, patience and persistence. She had a strong belief in spreading kindness and believed that each person has a special task of shaping the society for the better. She rose to every obstacle thrown at her and truly showed the rewards of faith and persistence.

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MOVIE REVIEWS



Almost Christmas

The comfortably upper-middle-class Meyers have recently lost their matriarch, as well as her prized box of recipes. Even as they gather for a family Christmas in their Alabama home, sadness tinges every exchange. But regardless, they show up with their luggage and half-buried tensions:

Hell or High Water

exas brothers--Toby (Chris Pine), and Tanner (Ben Foster), come together after years divided to rob branches of the bank threatening to foreclose on their family land. For them, the hold-ups are just part of a last-ditch scheme to take back a future that seemed to have been stolen from under them.

The Jungle Book

In this reimagining of the classic collection of stories by Rudyard Kipling, director Jon Favreau uses visually stunning CGI to create the community of animals surrounding Mowgli



Lattimy Ties the knot



In case you were thinking about hitting on this well known musician think again. He is already taken. If you don't mind a law suit, go ahead, don't say I didn't warn you.



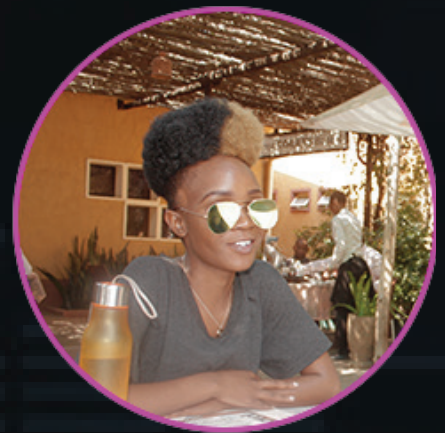
PARLIAMENT USHERS IN YOUNGEST MP

History books were opened yesterday (27/10/16) when Parliament of the Republic of Botswana welcomed the youngest female MP. Honourable Bogolo Kenewendo took oath of allegiance together with Honourable Mephato Reetile in a historic day. 29 year old Kenewendo is an economist, media commentator and policy analyst. She has been working as a trade economist in the ministry of trade and industry in Ghana and was previously employed as an economic consultant at Econsult Botswana.

She holds an MSc in International Economics from the University of Sussex in the UK and was a recipient of a Chevening Scholarship in 2012. She completed her BA in Economics at the University of Botswana. Reatile has been a specially nominated councillor and chairperson of Southern District Council. He is also former MP for Jwaneng-Mabutsane



Whats the story behind Amntle Browns Golden hair style ?



The golden girl of BW afro pop Amantle Brown has definitely carved a niche for herself in the local music industry but what's with the same hair-do home girl. Amantle has been rocking the same hairdo since her performance at the BNSC Sports awards and that was like donkey months ago. Ahh no the hairstyle is now tired home girl. Either your loose that hairdo or your stylist cum hairdresser.

BERRY HEART RELEASES A NEW ALBUM



Gossip



AKA addressed the question of whether he will ever work with Cassper, by suggesting that any collaboration between the pair would need to be organic. 'Things have to be organic. I just found that as I grow older I just don't have it in my heart. You know that type of stuff takes a lot of energy. I'm not saying that we have to be best buddies but who knows, man? Never say never', he said. So, there's a chance AKA will also kiss and make up with Cassper.

South African rappers, AKA and Anatii seem to have settled their highly publicised beef which made headlines for months in 2015.

The pair were once the best of buds, but their relationship went sour late last year after AKA accused Anatii of trying to charge him R80,000 (over N1m) for a beat.

What followed was a petty spat between the two, with Anatii not only threatening legal action against AKA but also blurring his face out of artwork for the pair's collaboration, 'The Saga'

READ:

Anatii blurs AKA out of 'The Saga' artwork

But as we all know, time is a healer. And in the months that have followed their falling-out, the pair seem to have grown up. Speaking on SA's Metro FM on Thursday, AKA suggested that he had settled his beef with Anatii and revealed that he had even visited the artist in his studio. 'The other day I actually visited Anatii in his studio. Two days ago. And we had a well-documented rift', he said.

Now, about his arch-rival Cassper Nyovest.



Besides cutting his ponytail, these are 5 reasons we are so loving Cassper Nyovest's new look

While he was prepping on filling up the 40,000-capacity Orlando stadium, South African rapper Cassper Nyovest was also working on changing his whole look. And after successfully entertaining almost 40,000 South Africans, it's only right he gives us something to drool over.

READ: 40,000 fans, AKA reconciliation and how Cassper Nyovest has proven to be Africa's biggest rapper

He has cut his signature ponytail PIC

Now this is not to say he didn't keep his beard before, but if you really keep up with Cassper – then you must have noticed the rapper has a whole new touch to those beards. He now has a whole new (cleaner) persona.



Bare boob debate sparks Boity's anger



It seems Ntsiki Mazwai isn't the only celeb who locked horns with Prophet Musa Zondi, who criticised Andiswa Luthuli for baring her breasts in a sheer top.

"Was she meant to ask for your Almighty Patriarchal permission to do and wear whatever the f**k she wants?!!" Boity Thulo fumed in response to Zondi's tweet, which sparked one of many debates on Twitter about a woman's right to bare her breasts in public.

Some shared Zondi's disapproval, labelling her a wayward "church girl", while others defended her decision to dress as she pleases, saying it was "not a big deal".

The contentious topic saw many hitting back at another tweet posted by the star.

"Let's see yours then," challenged Twitter user 'Uncle G!' (@TheFakeTycoon), to which Boity responded:

Amantle Brown

It is very true that dynamites come in small packages, same goes for the most talented young lady who many know her by the name Amantle Brown. Amantle Ntshole from Morwa village is a shy and reserve individual who enjoys being at home when she has no shows to attend or perform at. CW editor Lindiwe Ramasa had a sit down with her At Botswana Craft and got to know more about the singing sensation.

We know her from My star competition where she was one of the contestants. Her dream of being Botswana's best was short lived shortly after she was eliminated from the show. She tells CW that she was angry that she got eliminated. Growing up Amantle had always wanted to be an engineer and work at the mine hence she enrolled in an engineering course. The singer stated that she draws her strength from God and that helps her overcome life challenges.

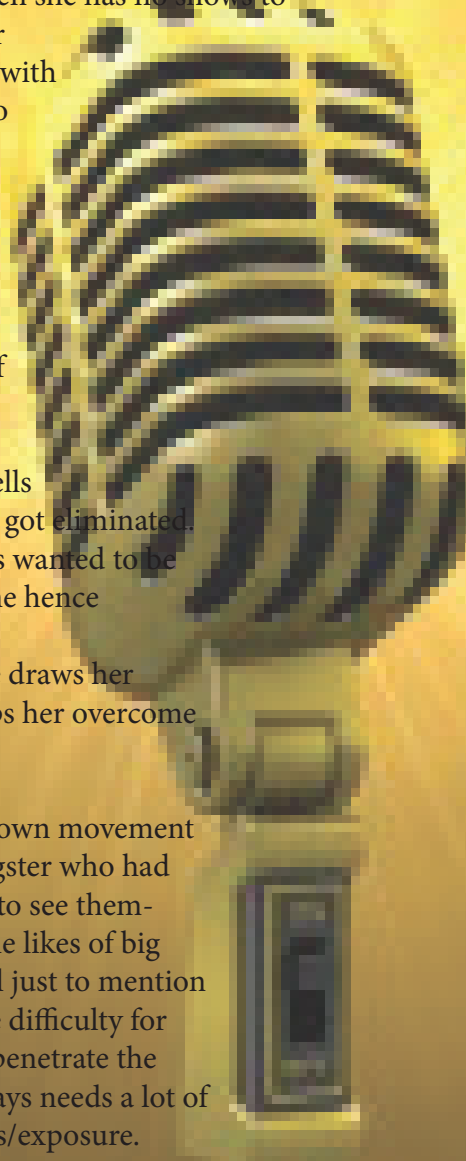
Amantle states that, Amantle Brown movement started off with a group of youngster who had a passion for music and wanted to see themselves in the same league with the likes of big stars such as Vee and Charmagal just to mention but a few. She acknowledges the difficulty for upcoming artists like herself to penetrate the international scene, which she says needs a lot of hard work and right connections/exposure.


Her Debut Album called Sapelo is all about matters of the heart, and it is out in stores. Indeed Botswana has great talents and Amantle looks forward to the future and in expanding her empire.



Her producer Beat Slayer and Obylardo are the people she mentions to have been so influential in her musical career and she hopes the partnership will go a long way even in her future projects.

As a new comer in the music industry she has faced a lot of Challenges including promoters getting away with over P40k of her hard earned money. Brown has a 7 piece band that she manages and upkeep. She talks of the rough terrain she has to navigate in showbiz, where sabotage is the order of the day. However the media has been supportive, they have been giving Amantle's music good airplay on Television and on radio. Amantle spoke of a critical issues that affects just about anyone in the entertainment industry; not belonging to a certain circles one will not be accepted or taken seriously. She add on to say, music is the next diamond in Botswana as each day a musician is born and the government should invest immensely in this industry.





Amantle talks of leaving the country as the market is much better out there and also wishes to have her own clothing line, perfume line, TV show, have a record label and sign other artists but all of this are her future plans and at the moment she is focusing on pushing her music and keeping her hairstyle trending. The singing sensation advises that young people should believe in themselves and do not fall short for anything and that if you want to get into the music industry “be careful of men in suits. They are deadly.”

Other than that Amantle is content with the fact that she is reaching new heights and credit goes out to her record label Music Empire Records and everyone who has worked with the band.

Other than that Amantle is content with the fact that she is reaching new heights and credit goes out to her record label Music Empire Records and everyone who has worked with the band.

Artist Feature

Lezibo

SELF CONTAINED, SEDATE AND THE EVER STYLISH LIZIBO TELLS ALL.

Growing up in a musical family has not only inspired him to become a renowned musician, he also uses his music to transform lives and do the will of God. In an interview with one of our journalists he reveals that he has a romantic relationship with God and amidst his tight schedule he always finds time to Pray.

My family is very musical, and I grew up singing in Church. My grandmother was a prominent gospel singer and a church elder of the Morning star Zion church. My mother was a famous Kalanga dancer and I learned a lot from her. My cousin Martin Mabutho was also part of a musical group known as the tribal Monks together with Solo B and Skizzo. In school the teachers always singled me out to lead the assembly because they knew very well that I can sing. I enjoyed being put in such place of authority and that enhanced my drive to become a musician and made me very comfortable.

I was also the first student conductor of the school choir at Marulamantsi Junior where we won several regional competitions. Moreover, my father was one of the founding members of the KTM choir and I would at times visit them at the rehearsals. One of my teachers requested me to join the choir at a mere age of 16 and at that time the constitution did not cater for such age, but they had to amend the constitution for me to join them after a successful audition.

My professional music career started off by a song called Matsidiso, which was dedicated to the boss of the writer who found it hard to confess the love he had for her. The song was produced by the well-known gospel artist Tshepo Lesole and he is one of my mentors who helped me grow in the music industry. Gomolemo Motswaledi was also my advisor and a good friend of My father and it was under their mentorship that I realized I had to go solo although I was a bit hesitant at first.

I still remain a very spiritual and humble soul. I have a deep and romantic relationship with God. My music is the ministry I use to teach people about the word of God since I have limited time to go to church. I have to prepare well in advance for my shows, people need to be entertained at various times and I am always engaged. The commandments are there to follow and I live through them, I practice what the lord our God teaches through prayer and the way I treat people.

FILL UP MOLAPO PIAZZA

VEE on the roll at Molapo Piazza

REACHING FOR THE STARS Odirile Sento, better known in the music industry as Vee Mampezy is a man of many talents. He is one of the most successful musicians in Botswana. The Kwaito star is the first local artist to sign a deal with Universal Music. His album "I do" will be sold across all Musica stores in Africa. Vee seems eager to break international borders. He has performed across Africa and collaborated with various international artists across Africa. We salute the young entrepreneur for his ambition.

He is a role model to so many people in showing how hard work combined with passion can open so many opportunities in life. Vee has always been passionate about music. Vee broke into local music industry in 2002 with his debut album dubbed "Lamalanga."

In 2004, he unleashed a powerful album simply entitled "Kasi Angels" which had the nationally-acclaimed track "Taku-Taku" and since then he has been riding waves.

In 2006 under his own record label, Black Money Makers released an album dubbed "Ditshipi Tsame." A year later, he released another album titled "Kasiology" which was another instant hit.

After such a record of success, Vee pulled another breathtaking accomplishment by Filling up Stanbic Molapo Piazza during

his yet another launch of his latest offering; "I DO"

It goes without saying that the concept "fill up" originated from Hip Hop artist Casper Nyovest. One local artist, Kast after being inspired by "FILL UP THE DOME" by Casper Nyovest, went on the same mission, but circumstances beyond his control halted his plans. One other local artist, Nicole's high hopes to fill up the National Stadium failed as well.

Molapo piazza was filled to the rafters, exceeding its 4,000 capacity. The venue has the best facilities in town; good sound and light system. The show featured a powerful local artist line up with the likes of La Timmy, Gae, Makau, Kast, Figos, Mosako, MMP Family and Bang!, who warmed the stage for the star of the show VEE Mampezy. The hitmaker didn't disappoint, he gave an electric performance headlining it with his old hits before dishing out a masterclass performance of his new single "I DO". Vee wrapped up the show by paying tribute to his fellow musician, South African gospel music sensation S'fiso Ncwane who passed on recently. He did a rendition of S'fiso's songs in a duet with singer Mercy.

When quizzed about his accomplishment of the Fill up Molapo Piazza, he could only say thanks God we did it. Amani of God that he is, he was thankful as always to his creator..



GIG GUIDE



Inc.
We Are Forever



FARM FEST KANYE
23rd - 24th DECEMBER 2016
Show Ground & Do-Bar-Ey-Farm
23 Dec 2016

goldies on the eve
Cresta Botsalo Hotel PALAPYE
31 Dec 2016

POSH 25 DECEMBER 2016
Palapye Majestic Five Hotel

NZIPO 31 DECEMBER 2016
Tumbe Farm (Tutume along senete road)

ANNUAL GAABO-MOTHO MUSIC FEST
Dladleng Rec Park
24 Dec 2016

17 DECEMBER 2016
Fair Grounds Holdings

Palapye Vibes

NEW YEARS EVE



GRANITE MASTER

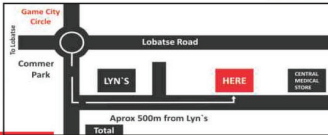
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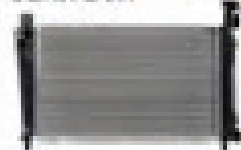
new stock arriving too..



ENGINE GEAR BOX



LIGHTS



RADIATORS, AIRCON RADIATOR FAN'S



SIDE MIRRORS

DOORS, BOOT LID, BURNETS, FENDERS & OTHER BODY PARTS



BUMPERS, GRILLS



AXEL/HUB SHAFT

SHOCKS CONTROL ARM

STARTERS / ALTERNATORS COMPRESSORS

AIR BAGS



TYRES / MAGS



STEERING RACKS PUMPS

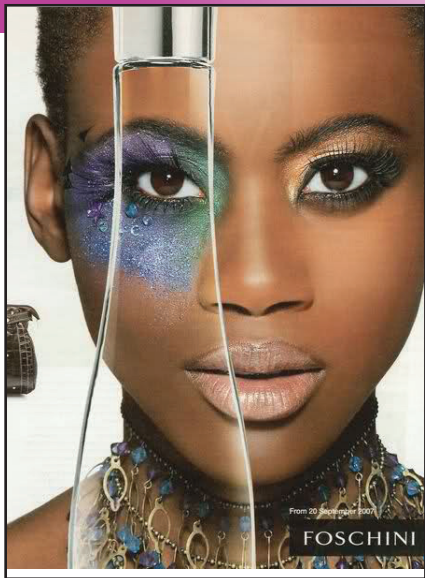
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SIMPLE POINTERS TO MAKE SURE WE'RE USING EVERYTHING FROM CONCEALER TO BRONZER TO MASCARA RIGHT.

CONCEALER

Never put concealer or foundation on your eyelids as a base, it will cause your eye makeup to crease.

LIPSTICK

You want to make sure your lipstick is not too defined at your cupid's bow (the top of your lip), and that it goes all the way out to the inner corners of your mouth. Be sure to press down hard as you apply.



EYE SHADOW

Always start with a base shadow without any shimmer that matches the lightest skin tone on your face and apply all over your lid up to the brow. You should use this base shadow to make sure the

EYELINER

Instead of looking straight ahead at the mirror, get as close to it as possible, stick your head up and bring your chin toward the mirror. You want to look down as you apply, starting at the inner corner and making sure to go all the way out to the fold on the outside of the eye.

FOUNDATION

Use your fingers to apply your foundation if you want sheer coverage and a brush if you more polished, medium to full coverage.

EYEBROW

Always apply your brow pencil or powder to the upper portion of the eyebrow to lift your face up.

POWDER

Always apply powder where you are shiniest first, which is usually your T-zone, with a very light dusting everywhere else.

BRONZER

You should put bronzer on your neck, face, and chest to even out your skin tone. Be sure to take a step back and make sure everything is the same colour.



MASCARA

You don't want to do quick soft motions when you apply mascara. Instead, jam the wand into the root of the lash and do zigzag motions as you go up.

BLUSH

When applying blush, first smile, then start on the apple of the cheek, blend the blush back towards the top of the ear, then down toward the jawline.

PASSION Turn Your Passion into a Career! for

FASHION

look hot in a denim jacket

Full skirts—on dresses or alone—are also hot for spring. The look to aim for is slim at the shoulders with an A-line skirt that is a bit on the short side. Bold colors are a hit here as well. A contrasting cardigan makes an excellent partner for this piece, as do flats or low heels, which replace the four-inch stilettos of years past. Pointy-toed shoes will also make a comeback for the first time since the late '90s.



Embellishments are everywhere this spring. From beads to sequins to stitching, the patterns are inspired by a variety of cultures. Asian designs, Indian motifs, and even just a simple trim help the most basic garment transition easily from daytime to evening wear.

A few trends that we failed to mention include bra tops, drop waist dresses, and plastic outerwear. While perhaps not for everyone, even these fads can look great if done right. See our how-to guide that appears later in this issue for more tips on how to wear these and other trends. But always remember that the best look is the one that makes you feel comfortable in your own skin. Don't make yourself slave to fashion at the sacrifice of what suits you best. As Coco Chanel herself so eloquently stated, "Fashion fades; only style remains the same." And wearing clothes that fit and flatter is always in style.

Don't let unpredictable temperatures make you lose your cool! master the art of layering with our step by step guide



Another trend that is emerging on the spring scene is cut-outs. From large geometric shapes to small perforated openings, almost like a snowflake, skin is peeking through in a variety of places. While this trend is generally tastefully done, there may still be some who are hesitant to bare even a little more skin than they're accustomed to. A suggestion is to pair this look with another popular look, sheer layers. An overlay of gauzy fabric, particularly white, will be seen frequently in combination with the cut-outs.

FASHION/scoop!

ALL WRAPPED UP
Who said you need an invitation to fashion? Here, the low-down on the hottest summer trends and how to wear them



As the days begin to get longer and the sunshine starts to peek through the snowy haze, shorts and sandals have begun to make their way onto runways and sales floors. Though winter is still upon us, spring is getting closer every day. It's time to thaw out and get to the mall to start filling your wardrobe with the most essential looks for the upcoming season.



One overarching trend that's visible throughout many of the spring lines is bold contrast. This can be seen in the form of bold stripes and even head-to-toe black and white combinations. The contrast can be reminiscent of '80s color blocking, a carryover from 2012, especially when paired with a denim jacket or retro-wash jean. In navy, it can also be nautical-themed.



VINTAGE



VINTAGE INSPIRED

Fashion design, throughout history has turned to previous eras for inspiration. Garments closely resembling original vintage (retro or antique) clothing are mass-produced, to meet the growing demand. These styles are generally referred to as “vintage style”, “vintage inspired” or “vintage reproductions”. They serve as a convenient alternative to those who admire an old style but prefer a modern interpretation. Sellers claim consumer advantage in that, unlike the original garments, they are usually available in a range of sizes and perhaps, colors’ and/or fabrics, and can be sold much cheap

Celebrity gossip

have u heard!

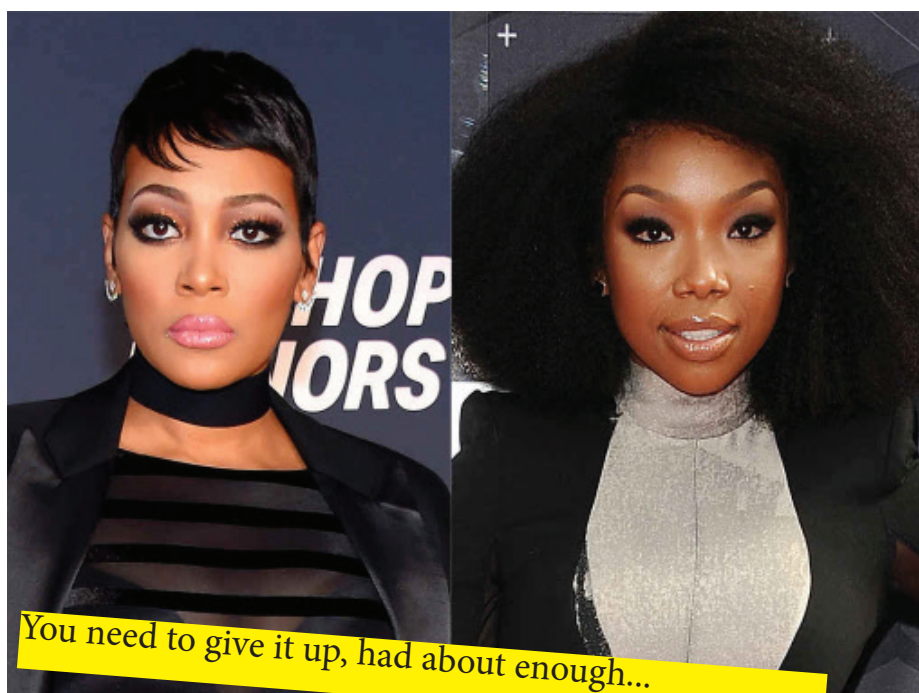
KANYE WEST'S HEALTH SCARE WILL BRING HIM & KIM KARDASHIAN "CLOSER" TOGETHER: WATCH TO GET THE RELATIONSHIP SCOOP

Kim Kardashian is sticking by Kanye West's side as her husband remains in the hospital.

A source tells E! News that Kanye "isn't ready to go back home" and the decision to stay in the hospital is "for the best."



HEALTH SCARE



Are Brandy and Monica feuding like it's 1998 all over again? Well, their fans certainly are.

The two are known for their Grammy-winning duet "This Boy Is Mine," which was released that year when they were teenagers and sparked rumors of a real-life feud.

The two later teamed up again for another duet, "It All Belongs To Me," released in 2012. That year, the two talked about their rumored feud on Angie Martinez's Hot 97 radio show. Monica admitted to getting into a physical altercation with Brandy "many years ago," adding no one was hurt and that she was sorry.

But this year, Brandy and Monica sparked more rumors of renewed bad blood between them and their fans have gotten all fired up about it.

This past September, Monica fans on social media took part in the #SoGoneChallenge, in which they posted their own renditions of her 2003 song, "So Gone." A person asked Brandy if she would participate. Her response? "Chile bye."

"I'm not bothered at all," Monica said on *The Real*, when asked about Brandy's comment. "Honestly, the old me and the new me are two different things and this journey of self-progression and self-love and empowerment that I'm on, I can't go backwards.

I think that that was just a test from God for me and I've always thought that she was one of the most legendary people and has one of the most amazing voices in her runs and riffs."

As Kanye continues his stay at a Los Angeles hospital, "Kim is being patient and staying by his side," the source reveals. "They both have been through a lot but are staying strong as a married couple and helping one another get back up." The source continues, "They know in the end this will bring them closer. Their love has not been affected during this hard time, but it has been tested to see if they can get through it. They have faith they will." Watch the E! News video above to get more scoop on how Kanye is doing today and to find out more details about his relationship with Kim!



5 DAYS, 5 WAYS: CELEBS RE-INVENT POLKA DOTS FOR THE FASHION-FORWARD

THE RULE BREAKER

Janelle Monáe These aren't your mother's polka dots. Celebrities are sporting this timeless trend in ways that are transforming the way we think about the classic look. Instead of giving off mature or even prude vibes, polka dots can be on-trend, sultry and edgy. The pattern simply adds a polished and feminine detail. We love Janelle Monáe's outside-of-box styling. If you're looking for an edgier look, you'll want to find prints with larger polka dots. Bigger isn't always better, but in this case, larger circles give a quirky, fun twist to the trend. The singer adds a rock-and-roll twist by pairing her dots with a gold-studded, leather jacket and black scarf around her neck. You can only look this cool, if you're ready to break the rules.



Amanda Seyfried Is Pregnant! Actress Expecting First Child With Fiancé Thomas Sadoski

Congratulations are in order for Amanda Seyfried! The Hollywood actress is expecting her first child with fiancé Thomas Sadoski, her rep confirms to E! News. While attending the launch for Givenchy's new Live Irrésistible fragrance Tuesday evening, Amanda debuted her baby bump in a black mini dress. She completed her look with matching heels and her hair pulled back. Back in September, E! News confirmed that the actress got engaged to her boyfriend and The Last Word co-star.

Although the two stars tried to keep their relationship private, the pair reportedly couldn't help but share their engagement news with family and close friends.

Introducing Dimitri Portwood Kutcher!

Mila Kunis and Ashton Kutcher announced the name of their second child, a baby boy, who arrived earlier this week.

E! News exclusively broke the news that the Bad Moms star gave birth to her second bundle of joy in Los Angeles on Nov. 30 and that both baby and mama were doing well. In a message posted on Kutcher's website, the couple released a statement after the arrival of their son. "We'd like to allow our kids to make their own choices on whether to have a life in the public eye or not. We don't want to make the choice for them."

The site also revealed that baby Dimitri arrived at 1:21 a.m. and weighed in at 8 pounds and 15 ounces.

During an interview on Conan, The Ranch actor joked about what he initially wanted to name his son, much to his wife's dismay.

"There was a rallying cry from a collective that believed in the name Hawkeye. I'm an Iowan, so to have a kid named Hawkeye?"

He added, "It didn't cross the Mila threshold. It came to the threshold, but then it got knocked down."

This marks the second child for the happy couple and former That '70s Show stars, who became parents for the first time to a baby daughter Wyatt Kutcher back in October 2014.

Congratulations once again on the exciting arrival!





IS SHE / HE SLACKING, THERE MIGHT BE A PROBLEM!

Is your relationship in trouble?

When a couple is fighting or feeling distant from each other, they're less likely to want to be intimate.

Communication problems, anger, conflicts, resentment, all these negative emotions can carry over into the bedroom.

They are various reasons that can cause a low sex drive in both women and men.

1. Relationship issues. For many women and men, emotional closeness is an essential prelude to sexual intimacy. So problems in your relationship can be a major factor in low sex drive. Decreased interest in sex is often a result of ongoing issues, such as:

- Lack of connection with your partner
- Unresolved conflicts or fights
- Poor communication of sexual needs and preferences
- Infidelity or breach of trust

2. Excessive alcohol and Drug use. While a little alcohol can help lower inhibitions, too much can impair your nervous system and lead to fatigue, making it difficult to become aroused. Other drugs can decrease your sex drive as well. For example, marijuana suppresses the pituitary gland, which regulates the production of testosterone.

3. Lack of Sleep. A good night's rest might be hard to come by, but you need sleep to keep a sharp mind, a healthy body, and an active libido. "When you're exhausted, you'd rather catch up on sleep," says Alan W. Shindel, MD, clinical instructor and fellow of anthology at the University of California at San Francisco. Physically, a lack of sleep can elevate cortisol levels, which also leads to low libido. One recent study found that men with restless leg syndrome (a neurological disorder characterized by jumpy, creepy-crawly sensations as you're falling asleep) are at higher risk for erectile dysfunction, probably due to low dopamine levels.



4. Medication. Some medications used to treat depression, high blood pressure, and other common illnesses can affect libido or cause sexual dysfunction. Many prescription medication including some antidepressants and anti-seizure medications — are notorious libido killers.

keep a sharp mind, a healthy body, and an active libido.

5. Health Conditions. Serious systemic illnesses, such as cancer or kidney disease, can suppress testosterone levels and reduce sperm production. "The body essentially goes into survival mode and doesn't pay much attention to non-survival functions like producing testosterone and sperm. Low testosterone is also a side effect of other illnesses,



HOW TO AVOID DEBT DURING THE FESTIVE SEASON

Financial management is a universal struggle during the festive season and without good management, they can be serious financial consequences that follow after the holidays.

The festive season tends to be an expensive month with Friends and relatives visiting frequently and large amounts of money spent for the shopping list. There are various ways that can aid to reduce that financial load and to prevent credit for the upcoming year.



1. Think Ahead: Start planning for the holidays well in time and make a list of all the necessary items either being food or clothing that you will need.

2. Create a budget: Take an active role in avoiding debt by creating your own budget based on the amount of money you have in the bank.

3. Avoid credit cards: Opting out of using credit cards during the festive season can save you a lot of money. Many people do not realize how much their credit score suffers when they put too much on their credit card and can't pay it off. The recommended usage is 25% of their available credit limit.

4. Make a list and check it: Make a list of all the items and people you want to buy a gift for. Then go over the list and decide how much you can spend on each item and cut down unnecessary things.

5. Set reasonable expectations for your family: If cash flow is tight and gifts will be minimal, be sure to prepare your kids in advance. This will keep their expectations realistic and avoid the disappointment that comes with wanting expensive gifts advertised on TV. It will also help to relieve parents of any guilt they may feel for not giving enough to their children

6. Pay Cash:

Do not cash out money that you not need but instead stick to your budget and the shopping list prepared before shopping. Select items that have a long shelf life as it will reduce your trip to the market.

7. Allow enough time for all your holiday preparations: Budgeting well in time can end up saving you tons of money as certain items could be bought off season. If you are huge fan of Christmas trees then buying one before the festive season would be cheaper as the demand is not high, same goes with lights.

BILL

TAX



How to keep your relationship from sinking

Most of us know that keeping a vehicle moving in the desired direction requires not only regular refueling, but also ongoing maintenance and active corrections to the steering to compensate for changes in the road. A similar situation applies to continuing a relationship. While we may work hard to get the relationship started, expecting to cruise without effort or active maintenance typically leads the relationship to stall or crash! Though gifts and getaways are important, it is often the small, nonmaterial things that partners routinely do for each other that keep the relationship satisfying. This is a guide line to help your relationship from cracking this festive season.

Create Memories Instead Of Drama

Men are relatively simple creatures who navigate the world via logic and reason it just doesn't make sense to them be all worked up constantly. They love to prove their value by solving problems and making things easy. They tend to be laid back and easy-going when they're not working, and they also typically hate to waste effort if they can't see a potential upside in emotion and upset. Just be aware that if you like the attention you get when you stir things up, it just might turn into a very short-term gain and your relationship might crumble.

Create a safe environment where you can trust and share openly without being afraid.



If a man is going to consider a future with you, he has got to believe that you respect him and have his back while he has yours. Inside every little boy is a desire to grow up and be a hero. In return, he must be able to trust that you have his best interests in mind also. Men also tend to strongly resonate with the concept of honor so respect yourself and avoid places where your honor can be tarnished. Bottom line, a good man has high standards and you'll have to as well if you're going to keep him.

Inspire him/her To See a Future with You

Here's the truth, dating is a competitive environment. Every one of us, men and women alike, wants to be with a partner that makes us feel like we definitely got the better part of the deal when it comes to our partner. In fact, it's ideal when both partners have such a strong appreciation and gratitude for one another that they both feel blessed to have attracted their partner. Basically, it's about finding someone who understands you and resonates with you.

Establish an Atmosphere of Emotional Support

Emotional support involves accepting your partner's differences and not insisting that he or she meet your needs only in the precise way that you want them met. Find out how your partner shows his or her love for you, and don't set absolute criteria that require your partner to always behave differently before you're satisfied.

Heal thyself.

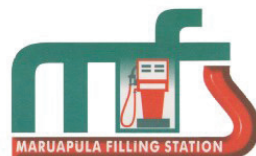
Don't expect your partner to fill your emotional holes, and don't try to fill theirs. Ultimately, each of us can only heal ourselves. Your partner, however, can be supportive as you work with yourself, and vice versa. Understand that the festive season is time to spend with family and friends so don't become too needy, this might drive your partner away.



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*The World Group would like to thank you for your support.
We wish you all the best for the year 2017 and look
forward to a mutually beneficial year.*



GARDENING TIPS FOR A DRY SEASON

Botswana is facing a global problem of water shortage where the city dam is reported to be at 14% water capacity. The local government has put in place different strategies put to tackle the water issue. These strategies have left most gardens completely tarnished. If you can't afford to hire green companies to assist you with supplying water to your garden, dry gardening will assist you in improving the appearance of your garden.

Dry gardening is a strategy for gardening where rainfall and irrigation water are in short supply. Vegetables require water to germinate, grow, and fruit. Plant cells are made mostly of water. Vegetables take up nutrients through soil water.

Dry vegetable gardening is not gardening with any water; it is gardening with limited water and making the most of the water you have.

Dry farming goals:

Set four goals for yourself if you want to grow vegetables in a dry climate:

- Choose crops suitable for growth under arid or drought conditions.
- Sow and plant crops further apart than you would where there is ample water.
- Prevent direct evaporation of soil moisture during the growing season.

Dry farming techniques:

Here are simple practices to accomplish these goals and succeed as a dry vegetable gardener:

- Add organic matter to your garden. Add aged compost and aged manure; the more the better. Add compost to your garden twice a year in autumn and spring. Organic matter will improve all soils and will help your soil retain water.
- Mulch around maturing plants to retain soil moisture, block weeds, and promote a steady soil temperature. Use aged compost, straw, leaves, grass clippings, newspaper, or pine needles. Be careful not to apply compost directly next to plants stems; this could cause the stems to rot. Mulch will protect the soil from drying winds and the sun.
- Do not allow weeds to grow in your garden. Weeds compete with vegetables and other plants for water, nutrients, and light. Lightly cultivate weeds exposing their roots to drying wind and sun. Never allow weeds to set seed in your garden and multiply.

- Cultivate your garden to capture rainwater. Surface cultivation will break up soil crusting caused by rainfall and irrigation and allow new rainfall to seep into the soil. Surface cultivation just 2 or 3 inches deep will help capture up to 70 percent of each rainfall. Cultivate lightly after every rainfall to break soil crusting.
- Double-dig your garden to loosen the soil. Double digging can help turn your soil into a sponge. Double-digging involves turning the soil a spade's length deep (about 12 inches) and loosening the next 12 inches of soil with a spading fork. Thus the soil is turned or loosened to a depth of 24 inches. Loose soil will allow water to seep deeper into your garden where it can remain until plant roots need it.
- Reduce the number of plants in your garden and space them further apart than normal; this is a basic dry gardening concept. When fewer plants are in the garden there will be more water to go around.
- Water plants deeply but infrequently. Water at night at the base of plants, or water in morning if you expect irrigation will hit plant leaves. This will allow leaves to dry before nightfall and avoid disease.
- Collect rainwater from rain gutters (not rooftops) in a large garbage can placed under rain-spouts. Remember it is always good to be prepared for drought thought the year.



LANDSCAPE IDEAS THAT WILL HELP IMPROVE THE APPEARANCE OF YOUR YARD

•Use of drought friendly vegetation to enhance your yard such as Agapanthus Africanus which is part of the cactus family. The use of rocks can enhance your garden and give it that unique landscape feel.

•Use of colorful plants and shrubs that require little water to grow. Most varieties feature spikey leaves that are thick and waxy to the touch. These plants require very little water and also grow well in pots. A good example of a local plant is the Aloe plant that is known for its medicinal properties for treating burns and cuts.

•Bougainville vine. A local popularity in the villages surrounding Gaborone. This plant brings vibrancy to fences and borders. It will add colour to your yard and it can withstand draught conditions but steel bloom like it's a raining season. The only con to this plan is that it requires regular pruning to give it a desired shape.

BEST TIME TO PLANT IN BOTSWANA

The months leading up to the raining season which are September to December, they are ideal to begin planting in Botswana. New plants require constant watering to establish during the first year and that will enable them to withstand the upcoming dry seasons after the rain has stopped.

•Huhly Grass. The hedge like grass grows tall with feathery, pink, white and sometimes purple flowers. The plant adds height to your landscape and since these plants survive well in drought they are perfect to Botswana's climate.

Building Healthy Soil

Some gardeners may be blessed with perfect soil, most of people garden in soil that is less than perfect. If your soil has too much clay in it, is too sandy, too stony or too acidic. Turning a poor soil into a plant-friendly soil is not difficult to do, once you understand the components of a healthy soil.

Soil Minerals: Roughly half of the soil in your garden consists of small bits of weathered rock that has gradually been broken down by the forces of wind, rain, freezing and thawing and other chemical and biological processes.

Organic Matter: Organic matter is the partially decomposed remains of soil organisms and plant life including lichens and mosses, grasses and leaves, trees, and all other kinds of vegetative matter, organic matter is absolutely essential. It binds together soil particles into porous crumbs or granules which allow air and water to move through the soil.

Organic matter also retains moisture, and is able to absorb and store nutrients. Most importantly, organic matter is food for microorganisms and other forms of soil life.

Soil life: Soil organisms include the bacteria and fungi, protozoa and nematodes, mites, springtails, earthworms and other tiny creatures found in healthy soil. These organisms are essential for plant growth. They help convert organic matter and soil minerals into the vitamins, hormones, disease-suppressing compounds and nutrients that plants need to grow.

Air: A healthy soil is about 25 percent air. Insect's microbes, earthworms and soil life require this much air to live. The air in soil is also an important source of the atmospheric nitrogen that is utilized by plants.

Water: A healthy soil will also contain about 25 percent water. Water, like air, is held in the pore spaces between soil particles. Large pore spaces allow rain and irrigation water to move down to the root zone and into the subsoil. In sandy soils, the spaces between the soil particles are so large that gravity causes water to drain down and out very quickly. That's why sandy soils dry out so fast.



For better or worse, but people will always need food, groceries, clothes and other goods that make their lives comfortable. That is why we need to optimize how we do shopping.



GO SHOPPING THIS SUMMER

When we discussed what we can improve to become more productive and organized, the first idea that we came to was shopping. Really, shopping is something that most of us do every day. Recent researches show that modern people spend up to 23% of their life on buying different products, on choosing them by reading papers, magazines, watching TV, browsing the Internet or chatting with friends.

We need to organize what things to buy, what price we should pay for them, and even in which way we should buy them. This can save our money, our health and our time.

And this means that we spend more than 150 hours per month and almost 2000 hours per year on shopping!

We spend so much time doing shopping that modern people even became known as a 'consumer society'.



Grab a bag now!!!!



Lyrics On Demand

Sorry

Sorry, I ain't sorry
Sorry, I ain't sorry
I ain't sorry, nigga, nah
Sorry, I ain't sorry
Sorry, I ain't sorry
I ain't sorry

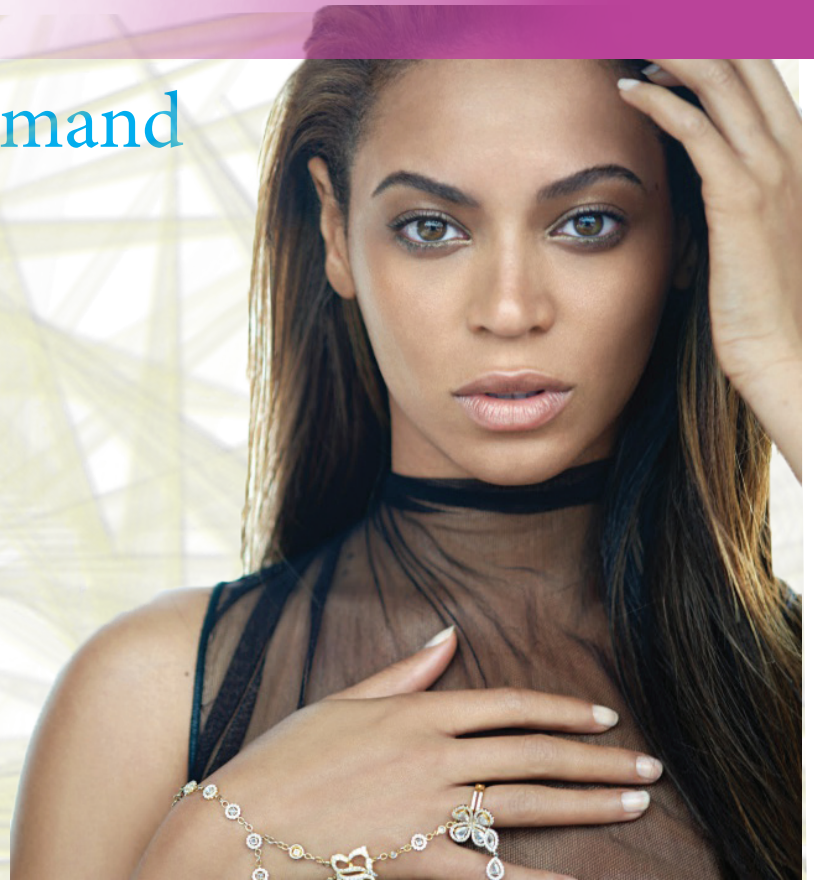
He trying to roll me up, I ain't picking up
Headed to the club, I ain't thinking 'bout you
Me and my ladies sip my D'USSÉ cup
I don't give a f*ck, chucking my deuces up
Suck on my balls, pause, I had enough
I ain't thinking 'bout you
I ain't thinking 'bout

Middle fingers up, put them hands high
Wave it in his face, tell him, boy, bye
Tell him, boy, bye, middle fingers up
I ain't thinking 'bout you

Sorry, I ain't sorry
Sorry, I ain't sorry
I ain't sorry, nigga, nah
I ain't thinking 'bout you
Sorry, I ain't sorry
Sorry, I ain't sorry
No no, hell nah

Now you want to say you're sorry
Now you want to call me crying
Now you gotta see me wilding
Now I'm the one that's lying
And I don't feel bad about it
It's exactly what you get
Stop interrupting my grinding
I ain't thinking 'bout you

Sorry, I ain't sorry
I ain't thinking 'bout you
I ain't thinking 'bout you
Sorry, I ain't sorry
I ain't thinking 'bout you
I ain't thinking 'bout you



Middle fingers up, put them hands high
Wave it in his face, tell him, boy, bye
Tell him, boy, bye, boy, bye
Middle fingers up, I ain't thinking 'bout you

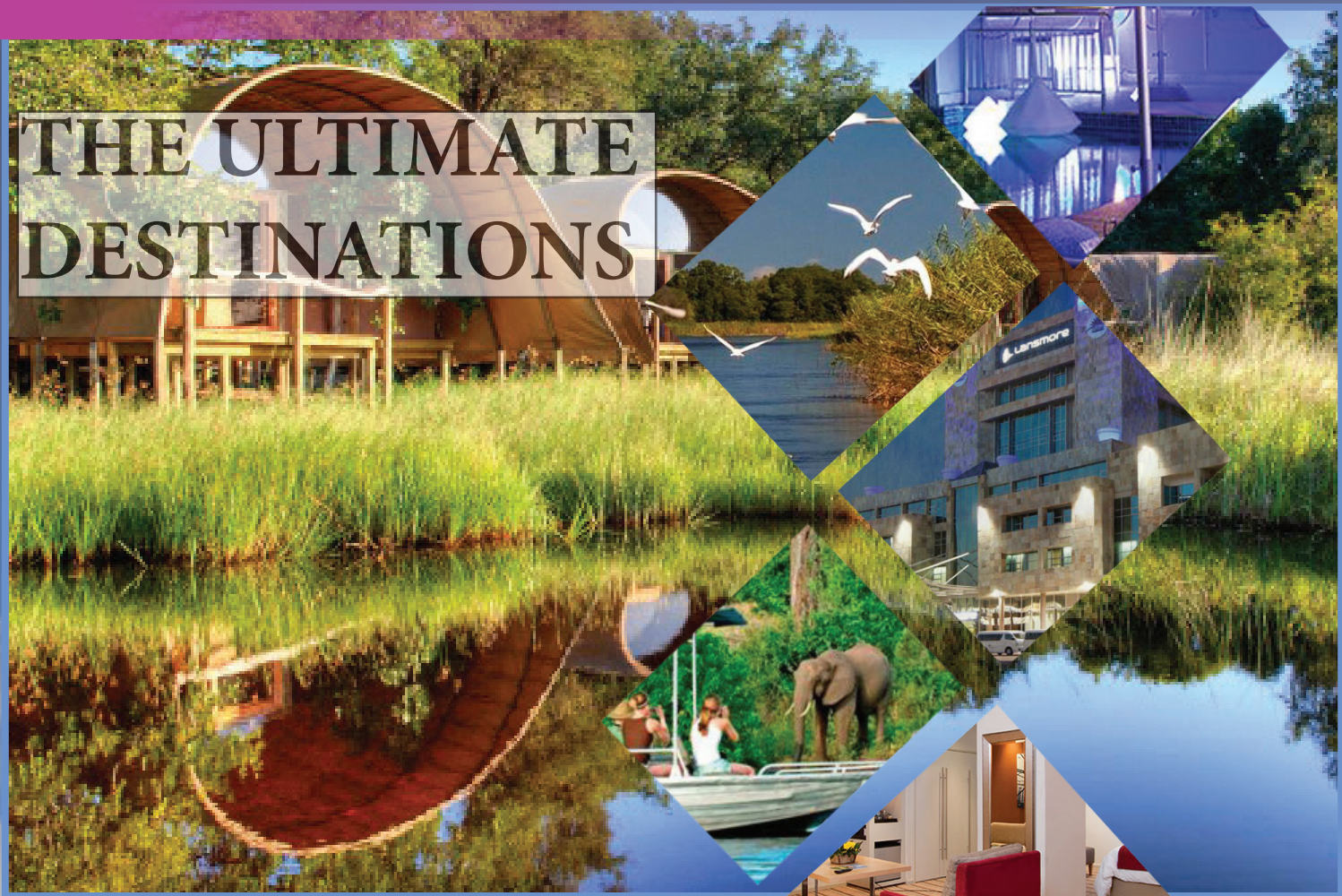
Sorry, I ain't sorry
Sorry, I ain't sorry
I ain't sorry, nigga, nah
Sorry, I ain't sorry
Sorry, I ain't sorry
I ain't sorry
No no, hell nah

Looking at my watch, he shoulda been home
Today I regret the night I put that ring on
He always got them f*cking excuses
I pray to the Lord you reveal what his truth is
I left a note in the hallway
By the time you read it, I'll be far away
I'm far away
But I ain't f*cking with nobody
Let's have a toast to the good life
Suicide before you see this tear fall down my eyes
Me and my baby, we gon' be alright
We gon' live a good life
Big homie better grow up
Me and my whoadies 'bout to stroll up
I see them boppers in the corner
They sneaking out the back door
He only want me when I'm not there
He better call Becky with the good hair
He better call Becky with the good hair





THE ULTIMATE DESTINATIONS



As a tourist destination, Botswana has traditionally opted for a high price / low numbers formula, in part as a conservation strategy, and also to differentiate itself from neighbouring tourist countries who follow a mass market tourism policy. However, that isn't to say that Botswana is an expensive high end destination. In many respects costs and quality compare to neighbouring South Africa. However the two jewels in Botswana's tourism crown (the Okavango delta and Chobe National Park) are quite exclusive, although there are budget options

For independent travellers touring the region Botswana offers an interesting contrast to the poverty of its northern neighbours, and is free from the apartheid hangover that still blights South Africa.

Botswana has a long established tourism industry and levels of service are good, hassles are low and tourist numbers minimal away from the main parks, allowing for some magical 'off the beaten path' experiences.

OVERVIEW

Botswana's diverse ecosystems are astounding, from magnificent Chobe National Park, sheltering the world's largest elephant herds, to the wildlife paradise of the Okavango Delta, an exquisite wetland surrounded by the great Kalahari thirstlands. Our Botswana: Okavango Explorer is designed with extra time in the Okavango, exploring the papyrus-lined waterways of its farthest reaches during the best season for wildlife in the Delta. On this special safari, we overnight at a special

special lightweight camp for a true experience of the bush, and also have terrific gameviewing on the teeming grasslands of Chobe. We track game by 4WD vehicle, riverboat, and—a Botswana specialty—mokoro (dug-out canoe), all in a breathtaking mix of Botswana's most beautiful environments. No one else gets you this close to the action—and in such comfort!

This was the trip of a lifetime. Every day was an unparalleled adventure, expertly arranged and professionally guided. The Okavango Delta is an amazing miracle of water in an otherwise arid landscape—a true miracle of the natural world. We saw so many exquisite birds and hundreds of animals. The lodges and hotel were gorgeous and the mobile tent camping felt like a real safari. We traveled by 4-wheel-drive jeep, boats, and bush airplanes taking off from airstrips that were little more than a strip of grass traversed by impala and elephant. The people, the land, and the animals of Botswana came alive for us and will live in our memories and in our hearts for all our days.

Botswana, Masa Centre merges shopping convenience and entertainment with business, tailor made for all in a majestic setting. Masa Centre offers an unparalleled shopping experience that combines the world's most desirable brands with everyday business, leisure and entertainment.

The aspiring five star hotel - Masa Square Hotel has a magnificent roof-top swimming pool, world class accommodation with access to hotel and conference facilities, a gym, a coffee shop as well as an exquisite restaurant for winning and dining. The New Capitol Cinemas offers an outstanding cinema experience that matches any of the best cinemas worldwide. Movie buffs can enjoy the experience of Dolby digital projection, Dolby digital sound and Dolby digital 3D in any of our 5 theatres boasting amazing HD extreme screens.

Furthermore, the Centre's office tower offers a spacious, comfortable and secure office environment with 24 hour surveillance and security for business dwellers. The Centre which is conveniently situated in the prestigious new Central Business District is a twenty minute drive from the revamped Sir Seretse Khama International Airport, and it is adjacent to the main bus rank that links Gaborone to main cities in the country and the SADC region. Masa Centre stands high and tall providing a tranquil and scenic view from a far.

Its proximity to the Government Enclave makes it an ideal place for the corporate client to come unwind and relax after a hard day's work. Masa Centre's striking architecture and innovative retail and office design sets it apart from other shopping destinations. Visit us and discover the world you did not believe existed right here in Gaborone.

Masa Centre.....a convenient place to meet, do business, shop, relax, play, wine and dine.

Masa which means a new dawn in English, offers the first 3D movie cinema and the first Gelato store in Botswana, signifying that indeed it is a new dawn in Botswana. The first mixed use property of its kind in



Interior Design

THE RELUCTANT DECORATOR.....

Looking for Interior design companies in Botswana?

A good home design professional will hone your style down to its very essence



Interior Designers and Decorators

The work of a professional can make all the difference. Whether your home has 10 bedrooms, or your apartment is 800 square feet, it can be tricky to create a cohesive look that is representative of your style. That's where a local Gaborone interior designer comes in. A home decorator will help distill your tastes and ideas into a design that suits the needs of your space. Whether you need help creating a functional space plan, rearranging existing pieces, designing the inside of a new home, or simply sourcing amazing furniture and decor, seeking the help of professional interior designers and decorators in Gaborone, BW is a must.

What does an interior designer do?

A good home design professional will hone your style down to its very essence and be able to choose a functional layout that feels natural to you. Interior design companies can be involved as much or as little as the client desires. Many clients who hire an interior decorator in Gaborone, BW — particularly those who are remodeling — have a good sense of how the room should look and what products they should use.



Interior design is the art or process of designing the interior, often including the exterior, of a room or building. An interior designer is someone who coordinates and manages such projects. Interior design is a multifaceted profession that includes conceptual development, communicating with the stakeholders of a project and the management and execution of the design.

Looking for Interior design companies in Botswana? Find in our business directory the list of companies offering Interior design in Botswana.

- Tiki Architects
Plot 6413 Tlhwane Rd Opp Motoglow, P.O.Box 2679, Gaborone
PhoneE-mailWebsite
- Chario Design
Plot 54015 Pure Drop Mall
Phase 4, Gaborone
PhoneE-mail
- Engine Exchange (pty) Ltd
Plot 1250 Haile Selassie Rd, P.O. Box 1242, Gaborone
PhoneE-mail
- Chameleon (pty) Ltd
Gaborone
PhoneE-mail
- Design Expo
Plot 22077, P.O.Box 45677, Gaborone
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37 Celebrity World

INSPIRATIONAL WOMEN: HONORABLE GLADYS KOKORWE, PARLIAMENT SPEAKER OF NATIONAL ASSEMBLY, BOTSWANA



Speak addressing a meeting

Honorable Gladys Kokorwe is an inspiring, role model and women's advocate. *Celebrity World* celebrates her achievements.

BB: Tell us a bit about yourself, background and your current role

GTKK: I joined the civil service in 1972, where I held various positions including

Assistant Council Secretary, Town Clerk and founding Chief Executive Officer of Sowa Township Authority. I became a Member of Parliament in 1994 and then served as Assistant Minister of Local Government, Deputy Speaker, and Minister of Youth, Sport and Culture before retiring from active politics in 2009. I was then

appointed Botswana's Ambassador to Zimbabwe, accredited to Malawi, Mozambique and Mauritius from November 2009 to October, 2013. In 2014 I was elected Speaker of the National Assembly. As a Member of Parliament, I drafted and tabled a Private Members Bill – Domestic Violence Bill, which was debated by Parliament and received overwhelming support from other Parliamentarians.

The bill was passed by Parliament and eventually assented to by the President. I moved a number of

motions which were passed by Parliament, among them a motion on floor crossing.

TRAVEL

I have travelled extensively throughout Africa, Europe, Asia and the Americas representing Botswana on global issues.

BB: What do you think is your biggest challenge as the speaker of the National Assembly?

GTKK: As a woman working in a male dominated area, I sometimes feel undermined but I have





Taking Parliament to the people(Palapye)

learnt to stand by decision my and speak up for what I believe in. I have set goals around how I can make a difference within Parliament. My approach has been to capitalize on the opportunities given and keep learning. Another major challenge is the complex political situation where my decision making can easily be questioned because I am a former Member of Botswana Democratic Party.

I always make sure that the decisions I take are in line with the Standing Orders of the National Assembly of Botswana, especially on impartiality and that they benefit Parliament and Botswana at large.

BB: What motivated you to choose this particular career path?

My father was my role model and was very active in politics and hence I got interested. He started his career in the civil service and when he retired he joined politics. This has helped me to build self-confidence because of the interaction with the

relevant stakeholders. The trick in politics is to have a position on issues. Humility and selflessness are essential.

BB: What do you think is your greatest achievement and why?

GTKK: I would say having started from humble beginnings and working my way up the ladder, proved that hard work and determination can get you as far as you want in life.

BB: What advice would you give someone who wishes to move into a leadership role for the first time?

GTKK: If ones ambition is to move into a leadership role. The best thing would be to observe other leaders and learn from their strengths. Most importantly look after your team and and respect them.

BB: If you could change one thing for women in the workplace, what would it be?

GTKK: I would say to every employer, don't judge employees based on gender, but instead on what they are capable of and their contributions to the organization.

BB: What does the future hold for you?

GTKK: I love farming and spending time at my farm always refreshes my mind. When I retire in 2019 my focus will mostly be on farming.

BB: What do you like doing in your spare time?

GTKK: My work keeps me very busy but when I get the chance I like reading inspirational books that are about self-awareness and discovery. I also like cooking & exercising, but most importantly spending time with my family. I am also member of the Lions Club.

I am a Christian and I am involved in a number of activities at church.

ACHIVING EXCELENCCE WITH VIRTUE

BOTHO MOTHUDI: BEING A RADIO PRESENTER

Celebrity world had the privilege of interviewing One of Rb2's women presenter Miss Botho Mothudi. She is known to tell it like it is and to many she is a strong women rights advocate. A mother, a radio presenter and small time business owner, Botho tells us it's her Christian faith and ambition that have gotten where she is.

BB: Did you ever actually sit down and plan your career at any point?



BM: Good question. I didn't plan it, I had a few lucky breaks I believe luck is exceptionally important in success, but I am very ambitious and I have been very clear of what I have to do to get to the next level, whether it is external learning, delivering results or building great relationships. I have been quite deliberate in that respect in looking at what I need to achieve and the steps I need to achieve them. I will never forget my first day on radio. The nerves! I still wonder how I didn't pass out. The thought of many people listening in and mind you, the radio station was live for the very first time and my show was the second so there was a huge amount of pressure.

It's actually a lot better being on radio than television because people just know your voice and not what you look like. So you can still pretty much be lost in the crowd, so it doesn't bother me a lot. I also love that Batswana make it so easy as well because they really do not embrace the celebrity culture.

BB: What do you think is your biggest challenge?

BM: The biggest challenge for me is building understanding of what good marketing communications can do for a business in a professional service environment and being a service department but getting the right position between providing professional consultative advices and delivering that service.

BB: Are there any particular challenges you have faced as a woman specifically?

BM: It is a challenge for the industry to be underrepresented as a woman; but I wouldn't change my behavior specifically, you have to be quite true to whom you are, diversity is important in all aspects, not just gender. We need people who can think and act differently to add richness to decision making

BB: What advice would you give to someone who wishes to become a radio presenter?

BM: Have a clear personal development plan and structure it around not only what you want, but what the show or radio program needs. It's like any successful enterprise, fill or create a 'needs gap' and you are half way there. I would look at the environment that you are in and identify what is rewarded in this business? Is it generating financial return? Is it good leadership client attraction, or perhaps good customer management? Talk about these issues and interact with the listener. Look at what is valued and assess how you are performing against that criterion and decide where you need to put extra effort. It may mean doing a little bit less of something else, but that's ok. Then identify who are the people that you need to work with and build good relationships with them, gain feedback and ask them to invest in you.

THE ULTIMATE FESTIVE BOOZER

For many, the holiday season means a time of both joy and stress. For those dealing with alcohol and drug abuse tendencies, the stress and excitement of the holidays can be overwhelming. Some have the belief that to enjoy themselves is to wake up the next day and not remember the events of the previous drinking spree.

The period from Christmas to New Year's is a time when many drug addicts and alcoholics try to ignore their condition to participate in the commotion and festivities of family gatherings, company parties and the like. This behavior typically results in increased drug and alcohol abuse, especially among those who are already addicts.

Some of the slang names for alcohol are booze, sauce, brewskis, hooch, hard stuff, and juice. Most people by November have already made plans about the festive season. Their ultimate goal is to drink more than the previous year. Financial budgets of the upcoming year are ignored by most and it's all about living in the moment.

Studies show that cases of depression, drunken driving accidents, suicide, even domestic violence all increase during the holiday period. Many of these are tied to alcohol and drug abuse typically engaged by people who are trying to cope with holiday stress.



A study published in 2006 by the Centers for Disease Control found that suicide victims frequently tested positive for alcohol or illicit drugs. About 33 percent tested positive for alcohol while another 16 percent tested positive for opiates, 9 percent tested positive for cocaine and 8% tested positive for marijuana.

Following are some tips that everyone can use for dealing with alcohol and drug cravings during the holidays:

1. Alcohol: Alternatives. Try a refreshing non-alcoholic drink. Mix fruit juice with sparkling water or try a bottled sparkling grape juice or cider. Drink a favorite non-alcoholic mixer complete with garnish. Sip a fruit smoothie (pureed mixed fruit and juices) for an after dinner treat.
2. Cravings: Eat Sweet. When a strong craving or urge hits, eat or drink something sweet. Alcohol is a sugar and satisfies that part of the brain that triggers the need for alcohol. This also helps for drug cravings (especially opiates). If weight gain is a concern, take

the time to sit down and look at the consequences of drinking or using drugs, and then the consequences of a piece of hard candy or small cookie.

3. Parties: Backup Plans. Go with a friend with long-term sobriety to parties where alcohol will be served. Or, line up a few support people who can be called in the moment if necessary. Also, plan to stay for a limited time and park where there's no chance of being blocked in.

4. Stress: Get Rest. Be sure to get not only enough sleep, but enough quiet time. Exercise and walk outside as much as possible. Suggestions for stress release include listen to meditation CD's, music, massage, exercise, yoga, deep breathing, walking, even avoiding arguments and limiting social and family obligations.

There is nothing wrong with unwinding with a glass or two but remember that our actions have consequences on our self and the people around us. The festive season is a time of family and reflecting the year's achievements; many will fall prey to the excitement but don't be a statistic as well.



COLOUR ME



DID YOU KNOW

1. Vanilla

Did you know 80 percent of vanilla flavored food (including ice cream and essence) is made artificially, because natural vanilla beans are very expensive?

2. The Eye Power

The human eye has the ability to identify and differentiate over 10 million colors.

3. Inhale

Did you know that you cannot talk and inhale or vice versa. When you speak, you will not be able to inhale. Give it a try?

4. Chew, chew and chew your food! You may not know how delicious your food is unless it is mixed with saliva! Salivary glands include the taste buds and help you identify the taste! The more you chew it, the more you enjoy delicious foods!

COLOUR ME



More Reasons to Eat Fruit!



Cherries help calm your nervous system



Grapes relax your blood vessels



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate



Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



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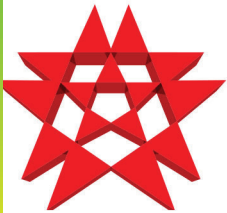
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STARPACK

PACKAGING MANUFACTURERS AND SUPPLIERS





**GLOBAL EXPO BOTSWANA
2016: CREATIVITY MEETS INNOVATION**

Global EXPO is the only multi-sectorial Trade Fair in Botswana, which is endorsed by the Ministry of Trade and Industry and is expected to attract investors across the globe. Botswana is the leading supplier of meat of the African market and its wealth comes from the mining, gold and diamonds mainly.

The expo had a significant impact on the attraction of foreign direct investment in the country. The expo provided a platform from which businesses could tap into investment opportunities available in the country. The attendance of the expo by people from various sectors was commendable.

The expo provided an environment to develop strategic business partnerships, introduce new products to the market place and gain valuable insights in maximizing business sales. These opportunities provide a good platform for local business in our country.

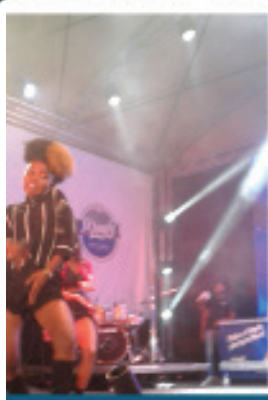


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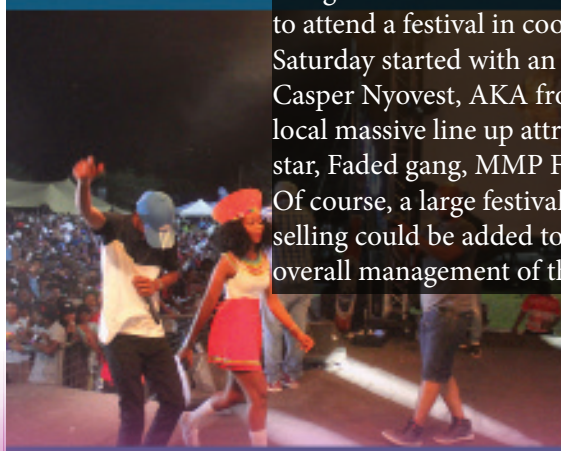
Services providers in these categories:

- Food and beverage
- Accessories for mining
- Accessories for fashion
- Shoes
- Packaging and disposable
- Fertilizer
- Electronic materials and IT equipment
- Machinery and equipment
- Construction supplies
- Electrical Materials and connectors
- Furniture for home and kitchen
- Wooden doors and sacks



ST LOUIS FRESH FESTIVAL

It seems someone smiles on the promoters of the annual St LOUIS Fresh festival because the launch of was a large success. The skies may have been dark, but the rain held back, and frankly it was downright pleasant to attend a festival in cool temperatures instead of under a blazing sun. Saturday started with an emphasis once more on the brightest up-and-coming HIP-HOP acts such as Casper Nyovest, AKA from our neighboring country South Africa. International artist together with the local massive line up attracted a large crowd. The local lineup included performances by DJ Kuchi, Linx-star, Faded gang, MMP Family, Drama Boi, Amantle Brown and the list goes on. Of course, a large festival is without its hiccups the sound could be improved and more stalls of coupon selling could be added to deal with such a large crowd but all in all the good security was in place and the overall management of the event was excellent. Anticipating next year's event.





Botswana Stock Exchange price sheet for Monday, 28th November 2016

Market Statistics

Year		31-Dec-05	31-Dec-06	31-Dec-07	31-Dec-08	31-Dec-09	% Change
Market capitalization (Pula Million)	Domestic	13,418.10	23,776.87	32,703.00	27,706.07	28,536.15	3.00
	Foreign	301,144.60	510,407.79	535,325.00	286,260.24	286,260.24	20.87
	All Company	314,562.70	534,184.66	568,028.00	313,966.31	374,537.22	19.29

Year		31-Dec-05	31-Dec-06	31-Dec-07	31-Dec-08	31-Dec-09	% Change
Market capitalization (Dollar Million)	Domestic	2,440.75	3,728.21	5,445.00	3,684.91	4,277.57	16.08
	Foreign	54,778.20	80,031.94	89,132.00	38,072.61	51,865.56	36.27
	All Company	57,218.96	83,760.15	94,577.00	41,757.52	56,143.13	34.45

		31-Dec-05	31-Dec-06	31-Dec-07	31-Dec-08	31-Dec-09	% Change
Closing P/E	Domestic	11.00	16.30	15.60	11.6	13.6	17.24
	All Companies	12.60	20.30	12.50	5	11.1	122
Closing Dividend yield	Domestic	5.90	3.80	3.10	4.10	4.10	0
	All Companies	2.50	4.90	2.20	5.60	0.4	-92.86
Liquidity	Domestic	1.80	1.80	2.90	3.90		

Tax Benefits of buying shares

Net capital gains -- long-term capital gains minus short- and long-term capital losses -- are taxed at a lower rate than regular income. Shares held for more than a year are long-term, while shares held for less than a year are short-term. The holding period starts from the day after a share purchase to the day the share is sold. The tax rate on most long-term capital gains tax rate is 15 percent or less. So if you're looking at making money and do not have to pay a large tax return, invest in the stock market.

Breakfast:	Duma Breakfast (Current Affairs Interviews Driven)	06H00-10H00	TBA
Midmorning:	THE PLATFORM	10H00-14H00	TUMI & KIM
Drive Time:	High Voltage (Economy and Business Driven)	14H00-18H00	Bonjo Mathumo
Talk Hour:	More Talk Hour	18H00-19H00	
Tuesday	The Declaration	Current Affairs	Kealeboga Botshabelo
Monday	Sports Podium	(Local Sports)	Thabo Osekeng
Wednesday	Meet The Overcomers	Actuality (Human Interest Stories) Talk/Music. (10-12pm)	Ragton Mazhani
Thursday	Triple S (Strictly Local Music)	Sports Talk/Music. (6-9pm) Old School Music. (9-12pm)	Gongmaster
Friday	Goal Difference Triple Into The Groove		Thabo Osekeng Gongmaster Mohumi Moipolai Cornellus Moloai
Evening:	Extra Talk (Political Current Affairs)	19H00-22H00 (Mon - Wed)	
Don @ Nite	18H00 - 22H00 (Thur) (Political Current Affairs)		Donald Seberane
Duma FM Weekend Line Up (Saturday)			
Breakfast:	Tea With Kgomoiso (For The Grown Up)	06H00-09H00	Kgomoiso Tshwenyego
Midmorning:	ZERO HOUR (Week That Was In News)	09H00-12H00	Kealeboga Botshabelo
Midday:	Youth Rendezvous (Youth Focus)	12H00-14H00	Botlhe and LEUNGO
Afternoon:	SUPER SATURDAY (Weekend Mix Bag)	14H00-16H00	Thobo Kerekang
Afternoon	Mascorn Top 20 (Top 20 Local & International Hits)	16H00-18H00	GOFIWA SENWAMADI
Evening:	PITCH CONTROL (Soulful House Mix)	18H00-21H00	DJ ANTHEM DJ ANTHEM

GABS FM
PROGRAMME LINE UP
Breakfast with Reg-Monday-Friday 06:00-09:00
4 Nings only (SB)-Monday-Thur 19:00-22:00
Gabs-FM business hour (GABRIEL)-Wednes 1800-1900
Gabs classic mix-Friday 11800-2100
On the ball-Thursday 1800-1900
Gabs FM top 20-Saturday 1600-1800
Extra time-Monday 1800-1900
Grove cartel nights on Gabs FM-Friday, Saturday 21:00-23:59
My Place-Sunday 10am-2pm
Soul whispering-Sunday-1800-22:00
The joy of Jazz fusion-Sunday-14:00-18:00
The Midday rush-Monday-Friday 12:00-18:00
The Pm drive Monday-FRIDAY-15:00-18:00

THE FEEL GOOD FOUNDATION ROBBIE TOOD & BRANDO 8AM - 10AM MON-FRI	GALAXY SPORTS SHOW FOX 10AM - 11AM FRIDAYS	HEADSPACE BOBBIE D 7PM - 10PM SATURDAYS	THE REVOLUTION DJ KELLY 10PM - 1AM SUNDAYS
GRAND SLAM MARTIN 10AM - 11AM MONDAYS	LIVE WIRE DOLLI AN MAC 8PM - 8PM FRIDAYS	KADEELA MAGLEBO 10PM - 11M SATURDAYS	
THE NEXT LEVEL MULE & ROSS 11AM - 3PM MON-FRI	CLUBBID MARC WA BARRA & DJ COPPO 8PM - 10PM FRIDAYS	INSPIRATIONAL GROOVES TREVOR JONES 8AM - 9AM SUNDAYS	
RIDE IZZY & ZIZI 3PM - 7PM MON-FRI	HANGING DOOR MAN 5AM - 9AM SATURDAYS	RECESS KHALI & LERATO 9AM - 1PM SUNDAYS	
AMPLIFIED KINGRIE & MINEY 7PM - 10PM MON-THUR	SPORTS NATION IB 9AM - 10AM SATURDAYS	THE WRAP KATLEGO RAKOLA 1PM - 2PM SUNDAYS	
HOUSE OF ESS X TRIPPLE I MIXTAPE TSHEPI ESS & DJ FAUZ 10PM - 1AM MONDAYS	THE HANGOVER MIX TSHEPI DEE 10AM - 11AM SATURDAYS	EXPLORE BW LEBO 2PM - 3PM SUNDAYS	
HOUSE OF ESS TSHEPI ESS 10PM - 1AM TUE-THUR	THE OFFICIAL 40 K-LUV 11AM - 2PM SATURDAYS	CHILLAS YARDNA THATO DEE 3PM - 8PM SUNDAYS	
HOUSE OF ESS X THE GROOVE TSHEPI ESS & DJ KOPS 10PM - 1AM TUE-THUR	ETEM EVERYWHERE LEBO 2PM - 3PM SATURDAYS	THE HNB 10 K-LUV 8PM - 7PM SUNDAYS	
LIVE THE JAZZ YANDEY MOKO 10AM - 11AM TUE-THUR	KRAZY NORMAL DREW CHADHALL 3PM - 7PM SATURDAYS	THE SOCCER SHOW FOX 7PM - 10PM SUNDAYS	

NEW LINE UP

WEDNESDAY

05:00 eNCA Live
 06:00 Workers Prayer
 06:30 eNCA Live
 08:00 Shades Of Sin
 10:00 SAF3
 10:30 Muvhango
 11:00 Fathers Day
 11:30 Rhythm City
 12:30 Ashes to Ashes
 13:00 News Day 2015
 13:30 WWE Smackdown
 14:30 Bed
 14:35 Cool Catz
 15:00 Feline Fervor
 15:30 Return Of Mega Killers, The
 16:00 Frnzy
 16:30 Steve Harvey Syndicated Show
 17:30 On The Case With Paula Zahn
 18:30 Rhythm City
 19:00 eBotswana News
 19:30 Scandal!
 20:00 Gold Diggers
 20:30 Necessary Roughness
 21:30 Love And Hip Hop: Atlanta
 22:30 Bannon Way, The

THURSDAY

06:00 Workers Prayer
 06:30 eNCA Live
 08:00 Shades of Sin
 09:30 Scandal!
 10:00 Class Up,The
 10:30 Afro Musica
 11:00 Tswaka
 11:30 Rhythm City
 12:00 Scandal!
 12:30 Ashes to Ashes
 13:00 News Day 2015
 13:30 WWE Raw
 14:30 Clock Alarm
 14:35 Cool Catz
 15:00 SpongeBob
 16:30 Daja Vu
 16:00 Craze World Live
 18:30 Steve Harvey Syndicated Show
 17:30 On The Case With Paula Zahn
 18:30 Rhythm City
 19:00 eBotswana News
 19:30 Scandal!
 20:00 Ashes To Ashes
 20:30 Chosen, Series 1
 22:55 Tornado Warning

FRIDAY

06:00 Workers Prayer
 06:30 eNCA Live
 08:00 Shades Of Sin
 10:00 9ja Top 10
 11:00 PSI
 11:25 Dr. Dolittle 3
 12:30 Backstage
 13:00 News Day 2015
 13:10 Fast Gill
 14:45 Swan Princess Christmas, The
 16:15 Frnzy
 16:30 Steve Harvey Syndicated Show
 17:30 Boom Vibes
 18:00 Coke Studio
 18:30 Rhythm City
 19:00 eBotswana News
 19:30 Scandal!
 20:00 Gold Diggers
 20:30 Dungeons & Dragons: Wrath Of The Dragon God
 22:30 Hall Past Dead 2
 00:15 eNCA General News Repeat

SATURDAY

05:00 eNCA Live
 06:35 Cool Catz
 07:00 Feather
 07:05 Cool Catz
 07:30 Will At The Wheel
 07:45 Mike The Knight
 08:00 Banana-licious
 08:30 SpongeBob
 09:00 SistaHood
 09:30 Scandal! Omnibus
 11:20 e-Insert
 11:30 WWE Main Event
 12:30 BA Heroes - Special Edition
 13:00 Club B08: Make Some Noise

13:30 Police Files
 14:00 e-Insert
 14:20 Dr. Dolittle: Tall To The Chief
 18:00 Wipeout USA
 19:00 eBotswana News
 19:30 Battle Of The Year
 21:30 Boom Vibes
 22:00 Straw Dogs
 00:05 eNCA General News Repeat

SUNDAY

05:00 eNCA Live
 06:00 I Am Soul Precious
 06:25 e-Insert
 08:00 STOP SUFFERING
 08:30 TURNING POINT
 09:00 Sudden Death Showdown
 09:30 Shiz Niz
 10:00 Sudden Death Showdown
 12:30 Dr. Dolittle: Million Dollar Mutts
 14:15 America's Got Talent
 18:00 Straight Talk Africa
 17:00 WWE Raw
 18:00 Last Seen Alive
 18:30 Bucle
 19:00 eBotswana News
 19:30 Soul Man, The
 20:00 22 Jump Street
 22:05 Three Amigos!

MONDAY

05:00 eNCA Live
 06:00 Workers Prayer
 06:30 eNCA Live
 08:00 Shades Of Sin
 10:00 SAF3
 11:30 Rhythm City
 12:00 Scandal!
 12:30 Ashes to Ashes
 13:00 News Day 2015
 13:30 205 Live
 14:30 Ring
 14:35 Cool Catz
 15:00 Full Of Beans
 15:15 Mike The Knight
 15:30 Royal Scam
 16:00 SistaHood
 18:30 Steve Harvey Syndicated Show
 17:30 On The Case With Paula Zahn
 18:30 Rhythm City
 19:00 eBotswana News
 19:30 Scandal!
 20:00 Gold Digger
 20:30 What I Did For Love
 22:00 Moneyball
 00:40 eNCA General News Repeat

TUESDAY

06:00 Workers Prayer
 06:30 eNCA Live
 08:00 Shades Of Sin
 10:00 Mixing
 11:00 Over The Limit
 11:30 Rhythm City
 12:00 Scandal!
 12:30 Ashes to Ashes
 13:00 News Day 2015
 13:30 WWE Experience
 14:30 Poppa Pig
 14:35 Cool Catz
 15:00 Clancy Smith
 16:30 The Light of Florence Bianchi
 18:00 Shiz Niz
 18:30 Steve Harvey Syndicated Show
 17:30 On The Case With Paula Zahn
 18:30 Rhythm City
 19:00 eBotswana News
 19:30 Scandal!
 20:00 Gold Diggers
 20:30 XIII-The Series
 23:30 Friends With Benefits
 00:10 eNCA General News Repeat

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 FOR MORE INFORMATION CALL 3957654**

High Blood pressure “The Silent Killer”

If you do not know your blood pressure, you should have it taken. Those with high blood pressure often do not feel sick. In fact, high blood pressure is often called “the silent killer,” because it may cause no symptoms for a long time.

But untreated, it can damage the kidneys and raise the chances of stroke, heart attack or other cardiovascular (heart and blood vessel) problems. It causes three of every five cases of heart failure in women. Heart failure is a severe condition in which the heart cannot adequately supply the body with blood.

People who have both diabetes and high blood pressure are at an even higher risk of stroke, heart and kidney problems than those who have only high blood pressure.

What Exactly Is High Blood Pressure?

Blood is pumped by the heart through vessels to bring oxygen and nutrients to the body. Blood pressure is the force of the blood against the vessel walls. The higher the pressure, the harder the heart is working. Blood pressure often goes up and down during the day. When it goes up and stays high, then it is high blood pressure. The medical term is hypertension.

An easy test measures blood pressure. It uses an inflatable cuff around an arm. If the pressure is high, the test will be repeated over several days to get an accurate reading. You

probably have had such a test on a visit to your doctor.

Measuring High Blood Pressure

The test gives two numbers: The systolic pressure is the pressure of blood in the vessels as the heart beats. The diastolic pressure is the pressure of the blood between heartbeats. The numbers are usually written as a fraction with the systolic above or to the left. An example is 120/80 mm Hg (millimeters of mercury), a normal adult blood pressure. Both numbers count. Your blood pressure is high if the systolic pressure is 140 or above, or the diastolic pressure is 90 or above, or both are high.

You can control your blood pressure with these steps:

Lose weight if you are overweight

Become physically active

Choose foods low in salt and sodium

Limit your alcohol intake

If prescribed, take high blood pressure pills



Viral Conjunctivitis/PINK EYE

A highly contagious eye infection caused by airborne viruses that are easily spread via sneezing and coughing. Pink eye is an infection of the eye in which results from the inflammation of the conjunctiva, the clear membrane that covers the white part of the eye and the interior lining of the eyelids. Pink eye will cause the eyes to be watery, itchy and irritated.

Symptoms

Those infected with conjunctivitis will have a pink eye, accompanied by itching, stinging, burning, irritation, pain, grittiness, crusting and light sensitivity. The way your eye looks and feels will help you determine which form of pink eye you’ve contracted.

Viral conjunctivitis is usually present in only one eye (before, sometimes, spreading to the other), which will be excessively watery and sensitive to light. Crusting on eyelids can occur.

Causes

People of all ages can contract conjunctivitis, but children get pink eye more often than adults because they are prone to colds and respiratory tract infections, which can be a cause of viral conjunctivitis, and they are often in close environments like classrooms. You can catch viral conjunctivitis through touch, coughing or sneezing.

Treatment

Since viral conjunctivitis is caused by a virus, antibiotics and antibiotic drops/ointments will not treat the condition. However, since the virus is self-limited, it will usually go away on its own, typically improving after the fifth day. Several products can lessen the effects of viral conjunctivitis; vasoconstrictors will reduce redness, decongestants will reduce superficial swelling, and antihistamines will reduce itchiness.

Sensitive Teeth

What Causes Sensitive Teeth?

The crowns, or the part of the teeth above your gum line, are covered with a layer of protective enamel, while the roots below your gum line are protected with a material called cementum. Underneath the enamel and cementum is dentin, which is less dense than the protective coverings. The dentin contains microscopic canals called dentin tubules, and when enamel or cementum wears away or becomes damaged, it exposes the dentin. When your gums recede and expose the dentin, the tubules allow fluid to flow in them and are affected by heat and cold causing the nerves in the tooth to have sensitivity and pain.

What Causes It?

Why would the enamel or cementum wear away? You may be consuming too many acidic foods and beverages, brushing your teeth too aggressively, or overusing certain tooth-whitening products. However, with extremely sensitive teeth, or hypersensitivity, the more likely causes are those that expose more dentin, such as tooth decay, worn fillings or fractured teeth.

Swap Your Toothbrush

Brushing can help keep your teeth healthy, but using a hard-bristled toothbrush or highly abrasive toothpaste can aggravate sensitive teeth. Instead, swap out your usual toothbrush for a softer product, such as Colgate® Slim Soft™, and brush your teeth gently in a back and forth motion and across the biting surfaces of the teeth, rather than erratically. You don't need to be harsh with your teeth; a little TLC can go a long way to reducing sensitivity.

Avoid Acidic Foods

Certain foods, like carbonated drinks, coffee, citrus fruits and even yogurt, can cause sensitivi-

ty, warns the Mayo Clinic. This is because acidic products can actually be a catalyst to the wearing away of tooth enamel. Consider avoiding them altogether, and if you must have your daily soda, do so by drinking through a straw to limit the contact the liquid has with your teeth. Additionally, don't brush your teeth right after eating or drinking acidic foods; acid softens your enamel and makes your teeth even more sensitive if brushed against too quickly. Instead, have a glass of milk to help neutralize the acid.

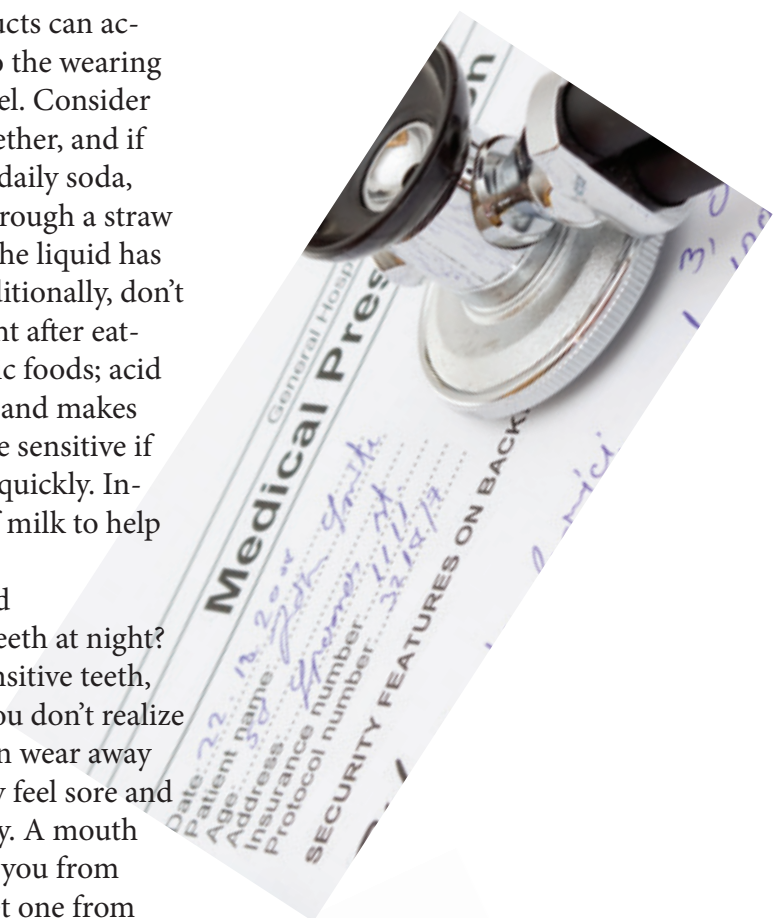
Wear a Mouth Guard

Do you grind your teeth at night?

If you suffer with sensitive teeth, you might, even if you don't realize it. Teeth grinding can wear away tooth enamel so they feel sore and sensitive the next day. A mouth guard can help keep you from grinding: You can get one from your dentist or find it in the oral care section of your drug store.

This item acts as a protective bite piece that is placed on your teeth to protect the enamel, similar to those worn by athletes in contact sports.

If you suffer from sensitive teeth, toothpaste isn't your only option to enjoy your favorite foods once again. In fact, you can start today to take steps toward a healthier mouth and less sensitive teeth in natural, simple ways. By caring for your pearly whites gently and regularly, you'll focus on treating the cause of sensitive teeth, rather than simply reacting to the pain.



Jokes

1. A young blonde woman is distraught because she fears her husband is having an affair, so she goes to a gun shop and buys a handgun. The next day she comes home to find her husband in bed with a beautiful redhead. She grabs the gun and holds it to her own head. The husband jumps out of bed, begging and pleading with her not to shoot herself. Hysterically the blonde responds to the husband, "Shut up...you're next!"

2. My mother-in-law fell down a wishing well, I was amazed, I never knew they worked.

3. Your mamma so dumb that when she had to leave a voice-mail she walked all the way to my house and screamed in my mail box


4. Your mama so dumb she thinks menopause is a button on a VCR

5. If you love something, set it free.


If it comes back, it was, and always will be yours.

If it never returns, it was never yours to begin with.

If it just sits in your living room, messes up your stuff, eats your food, uses your telephone, takes your money, and never behaves as if you actually set it free in the first place, you either married it or gave birth to it!



Autumn Word Search



Can you find the Autumn words in the puzzle below?

h	t	b	x	t	n	y	e	l	l	o	w
b	r	o	w	n	s	e	j	j	s	l	s
g	b	h	v	t	t	p	y	u	q	i	c
c	q	q	z	f	x	a	e	j	u	c	a
m	l	e	a	v	e	s	c	a	i	w	r
c	j	s	y	i	l	g	b	o	r	k	e
h	a	r	v	e	s	t	o	d	r	i	c
f	s	e	u	o	r	a	n	g	e	n	r
w	a	d	k	l	a	p	f	q	l	r	o
s	s	l	d	q	f	x	i	g	x	a	w
k	b	m	l	y	l	h	r	c	x	k	p
a	p	p	l	e	b	h	e	y	c	e	h

rake

scarecrow

brown

yellow

squirrel

leaves

apple

red

bonfire


harvest

fall

pear

orange

acom



www.ActivityVillage.co.uk - Keeping Kids Busy

"When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion."
 — Dale Carnegie

Botswana Premier League 2016-2017 | LOGS

Pos	Teams	MP	W	D	L	GF	GA	GD	PTS
1	Orapa United	12	6	6	0	19	7	+12	24
2	Township Rollers	12	6	4	2	23	10	+13	22
3	▲ Galaxy FC	12	6	4	2	19	10	+9	22
4	▼ Black Forest	12	4	7	1	13	8	+5	19
5	▲ Gaborone United	12	5	3	4	16	11	+5	18
6	▼ Extension Gunners	12	5	3	4	11	13	-2	18
7	▲ BDF XI	12	4	5	3	15	12	+3	17
8	▲ Security Systems	12	4	4	4	14	14	+0	16
9	▼ Nico United	12	4	3	5	14	20	-6	15
10	▼ Sankoyo Bush Bucks	11	3	5	3	11	10	+1	14
11	▲ BMC	10	4	2	4	9	11	-2	14
12	▼ Police XI	12	3	4	5	8	10	-2	13
13	▲ Centre Chiefs	11	3	3	5	13	14	-1	12
14	▼ Miscellaneous	12	2	6	4	9	14	-5	12
15	Mahalapye Hotspurs	12	2	2	8	6	20	-14	8
16	Green Lovers	12	1	3	8	7	23	-16	6

No training at Township Rollers Killer Pass has been informed that Township Rollers women football team has not been training due to "lack of funds".

According to our source Rollers women team management was told the club does not have money for their transport.

"I am shocked because during their launch, Rollers investor Jagdish Shah announced he will assist women team, now they have somersaulted," said the source.

The source continued to say last season the women team was assisted by Somerset Gobuiwang with transport money.

Magosi targeting Spanish coach Antonio Flores is being targeted by Botswana giants Mochudi Centre Chiefs. The Gaborone based side is in search of Zimbabwean Bongani Mafu's replacement.

Mafu, has led the club in six games, winning once, drawing thrice and losing twice. They sit eleventh on the 16 team table with a paltry six points from as many games. Orapa United top the table with 16 points from eight rounds.

In talks

Media reports in Gaborone have termed Flores, a former Ugandan side SC Villa tactician as the possible replacement should Mafu be served with his sacking letter in the coming days.

"Our FIFA agents are in talks with them (Mochudi Centre Chiefs) but they are taking too long to make decision. The technicality that causes delay is legal options to release current Zimbabwean coach Mafu who is under performing since the start of the league.

"But he (Flores) is the preferred candidate because rival teams are watching and therefore will expediting the process will work on Chiefs' favour," a source in Botswana told Soka.

UEFA Pro

Flores possesses a UEFA Pro and CAF 'B' License attained in Uganda while handling 16-time Ugandan Premier League champions SC Villa. He has formerly coached UD Almeria, CD Roquetas, AD Polideportivo among other clubs in Spain.

#Source Soka News

WEEK 11 SATURDAY 10 DECEMBER 2016

- 81 BDF XI Orapa United Molepolole Sports Complex 15H45
- 82 Gilport Lions Sankoyo Bush Bucks Molepolole Sports Complex 19H00
- 83 Green Lovers Nico United Serowe Sports Complex 16H00
- 84 Security Systems Police XI Otse Stadium 16H00
- 85 Gaborone United Extension Gunners National Stadium 20H00
- 86 Galaxy FC Miscellaneous Jwaneng Stadium 16H00

SUNDAY 11 DECEMBER 2016

- 87 Township Rollers Mahalapye Hotspurs Molepolole Sports Complex 15H45
- 88 Mochudi Centre Chiefs Black Forest Molepolole Sports Complex 19H00

WEEK 12 FRIDAY 16 DECEMBER 2016

- 89 Orapa United Gilport Lions Itekeng Stadium 19H00
- 90 BDF XI Green Lovers Molepolole Sports Complex 19H00
- 91 Sankoyo Bush Bucks Township Rollers Maun Sports Complex 16H00
- 92 Nico United Security Systems Selebi Phikwe Stadium 16H00
- 93 Mahalapye Hotspurs Gaborone United Serowe Sports Complex 16H00
- 94 Police XI Mochudi Centre Chiefs Otse Stadium 15H45
- 95 Black Forest Miscellaneous Molepolole Sports Complex 16H00

AFRICAN DESIGNERS TAKING THE GLOBAL MARKET BY STORM

We see in our local fashion wide variety of styles seen on contemporary English dresses adapted by fashion designers using our local fabrics to masterfully create intricate and amazing copies of these modern trends.



These styles are infused into the African design, aimed at making them to look modern and African all at the same time. It is all about embracing African materials such as Ankara, lace, kenticia and turning them into modern styles.

From Nigeria to South Africa and everywhere in between, big talent is entering the international style game with something totally unique. And it's not just the impeccable designs inspired by the colors, sounds and heritage of the continent that have garnered the attention of some of the biggest players in the industry. These designers are doing fashion on their own terms by putting local resources, artisanal skills and sustainable production at the forefront of their business models. While current fashion might be dominated by American and European designers and brands,

With the advent of social media, infusion of modern styles into African fashion has become a steady trend and the global market is embracing the vibrant prints and crazy patterns. African collection revolved around making it accessible to everybody irrespective of anything, to cater to all of our followers, not just the socialites and royalties but also to the everyday woman/girl who wants to try being bold and edgy.



African jewelry has customarily been created from organic materials like hide, porcupine quill, bone, animal teeth, animal hair, seeds, nuts, husks, sea and land shells, egg shell, wood, ivory and carved stone.

Beaded African jewelry can give out as much information as is written or spoken, it has its own language and much can be derived about history, culture and status. In southern and eastern Africa, most inhabitants can wear beaded refinement but in Yoruba culture it is confined to rulers and in the Cameroon, beads are an expression of privilege.

With access to beautiful stones, precious metals and other unusual material source like fossils and ebonized wood, there has been an explosion of phenomenal design in the jeweler world.



Types of jewelry made of African material

- Necklaces
- Bracelets
- Anklets
- Earrings
- Nose rings
- Headdresses, headbands
- Hair ornaments
- Clasps for cloth and wraps
- Corsets

Traditionally African jewelry has been used to adorn necks, ears, arms, legs, toes, hair, waists and can be pierced, strapped or sewn on. Sometimes it can be left for long periods of time to symbol a rite of passage such as marriage and puberty

We preserve our culture through fashion.

By preserving and maintaining cultural clothing and fashion, Africans are keeping the history and culture of their countries alive. The variety of local prints that symbolize each country will give the future generation an appreciation of what their ancestors wore.

Jewelry gives a deeper appreciation of how the land and plants can be used in ways in order to come up with something very creative. This is an amazing time to embrace being African and finding a deeper appreciation for local products

Cultivating culture through fashion allows people to identify with others of similar mindsets and backgrounds. Cultural heritage can provide an automatic sense of unity and belonging within a group.



The festive season is around the corner and it's a beautiful time to spend with family and friends. Water activities such as swimming are in high popularity. This is the best time to get motivated and get into shape and not feel ashamed of how your body looks in swim wear. Follow this guide lines and your body will look amazing this festive season.

Stomach/Abs



The Best Abs Exercises: Side Plank

Why it works: This abs exercise is more challenging than a traditional plank because you're supporting your entire body weight on two points of contact instead of four. As a result, you must work your core harder to stay stabilized.

How to do it:

A. Lie on your left side with your elbow directly beneath your shoulder and legs stacked. Place your right hand on your left shoulder or on your right hip.

B. Brace your abs and lift your hips off the floor until you're balancing on your forearm and feet so that your body forms a diagonal line. Hold for 30 to 45 seconds. If you can't hold that long, stay up as long as you can and then repeat until you've held for 30 seconds total. Switch sides and repeat.

How to get the perfect body ready for the festive season

Walkout from Pushup Position

-Why it works: This abs exercise involves full-body movement, such as using the arms and legs, while incorporating resistance to strengthen your entire core.



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A. Start in pushup position with hands two inches wider than your shoulders.

B. Walk hands out as far as possible, and then walks back. Do 10-12 reps.

Make it harder: Lift one leg before you walk your hands out and back.

Alligator Drag



Why it works: This abs exercise uses your entire core to keep your body stabilized and burns additional calories by adding movement (dragging yourself along the floor). It mixes cardio, stability, and strength training to get you fast results.

How to do it:

A. Find a stretch of floor that allows you to go forward 10 to 20 yards, and grab anything that will slide over the surface with minimal friction. Dinner plates or plastic bags work on a carpeted floor, while towels work on wood or tile.

B. Start in pushup position with your feet on the slides, towels, or plates.

C. Walk yourself forward with your hands to the end of your runway (aim for at least 10 yards). Rest for 60 to 90 seconds (or as long as you need to recover) and repeat the alligator walk back to where you started. That's one set. Repeat one more time. Incorporate these exercises with a lot of cardio such as jumping jacks, skipping rope and jump squad and your fitness destination will arrive sooner than expected.

Summer



MUST HAVE!!!!

What should be in your shopping basket this festive season



Hats are pretty and stylish as well as protective, so get yourself a head-turning collection of hats for every season of the year to ward off the sun's rays. Visors work well, too, and they look great with sportier and more casual outfits. Visors are also less likely to give you "hat hair." However, don't let worries about messing up your hair keep you from wearing hats. Believe me, the protective effect of wearing hats far outweighs the problem of needing to run a comb through your hair a couple of extra times a day! And remember, for every extra inch of hat brim, you get 10 % lower risk of

It's summer and it's hot, so what should you wear if you don't want a heavy foundation but you need your skin to look even? Laura Mercier Tinted Moisturizer is a definite summer time makeup must-have. It contains an SPF 20, which even though sunblock doesn't add up when you apply one on top of another it will still help to make sure you are covered. Laura Mercier Tinted Moisturizer gives you skin a slight hint of color, while wearing evenly and being long-lasting as well. It doesn't get into fine lines, due to the hydrating formula, and leaves a nice dewy finish to the skin. Since it's summer time, why not use Laura Mercier Tinted Moisturizer to give you that summer

Summer is already here, which means it's time to change your makeup wardrobe to fit the season. Summer is all about shimmer and sun-kissed skin, but there are other things to keep in mind too, such as sunscreen, self tanner, and insect repellants. This summer, make the most of your time outdoors by being prepared with these great summer product must-haves



Without water, your body would stop working properly. Water makes up more than half of your body weight, and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.



NUTRITIONAL TIPS ON LOSING WEIGHT

Don't skip meals if you're used to eating regularly. Skipping meals can cause you to overeat when you finally do get to chow down, so eating on a schedule with balanced meals will help you accomplish your goals!

Drink plenty of water, drink at least a liter a day to stay hydrated and help you feel full. Sometimes it's hard to tell whether you just need water or are actually hungry!

Eat protein at every meal. Protein is more satiating than carbs or fats, so it keeps you feeling full longer. It also helps preserve muscle mass, which is important on any fat-loss program.

Eat unlimited fibrous veggies, such as asparagus, Brussels sprouts, celery, cabbage, green beans, kale, broccoli, cauliflower, and spinach. It is practically impossible to over-eat these veggies. Plus, by eating more of them, you'll feel fuller and be less likely to overeat other foods. Ultimately, this helps your waistline!

12 WEIGHT LOSE TIPS THAT ARE EVIDENCE BASED TO HELP YOU LOSE WEIGHT

1. Drink Water, Especially Before Meals

It is often claimed that drinking water can help with weight loss, and this is true. Drinking water can boost metabolism by 24-30% over a period of 1-1.5 hours, helping you burn off a few more calories. One study showed that drinking a half liter 500ml of water about a half an hour before meals helped dieters eat fewer calories and lose 44% more weight.

2. Eating Eggs for Breakfast instead of carbs

Eating whole eggs can have all sorts of benefits, including helping you lose weight. Studies show that replacing a grain-based breakfast with eggs can help you eat fewer calories for the next 36 hours, and lose more weight and more body fat. If you can't eat eggs for some reason, replace it with any source of quality protein for breakfast should do the trick.

3. Drink Coffee (Preferably Black)

Coffee has been unfairly demonized. Quality coffee is loaded with antioxidants, and can have numerous health benefits. Studies show that the caffeine in coffee can boost metabolism by 3-11%, and increase fat burning by up to 10-29%

Just make sure NOT to add a bunch of sugar or other high-calorie ingredients to it. That will completely negate any benefit you get from the coffee.

4. Drink Green Tea

Like coffee, green tea also has many benefits, one of them being weight loss. Green tea contains small amounts of caffeine, but it is also loaded with powerful antioxidants called catechism, which are also believed to work synergistically with the caffeine to enhance fat burning.

5. Cooking With Coconut Oil

Coconut oil is very healthy. It is high in special fats called medium chain triglycerides, which are metabolized differently than other fats. These fats have been shown to boost metabolism by 120 calories per day, and also reduce your appetite so that you eat up to 256 fewer calories per day.

Chocolate Mousse

INGREDIENTS INSTRUCTIONS SHARE IT:

3 ¼ oz. milk
1 shot of espresso coffee
2 tsp. honey
¾ cup FAGE Total, FAGE Total 2%, or FAGE Total 0%
9 oz. dark chocolate, chopped
3 ¼ oz. heavy cream
¼ cup powdered sugar
1 vanilla bean, sliced and seeds extracted (or 1 tsp. vanilla extract)

SHOPPING LIST

1. In a saucepan, bring the milk and coffee to a boil while stirring continuously.
2. Remove from heat and add the honey, the FAGE Total and the chocolate.
3. Stir continuously until the chocolate melts completely, and then let the mix cool slightly.
4. In a large mixing bowl, beat the heavy cream together with the sugar and the vanilla seeds or extract to obtain a light whipped cream.
5. Gradually add in the chocolate mixture, mixing until smooth.
6. Pour the mousse into small bowls and refrigerate until set, about a few hours.



GINGER BREAD COOKIES

6 cups all-purpose flour 1
tablespoon baking powder ,1
tablespoon ground ginger ,1
teaspoon ground nutmeg ,1 tea-
spoon ground cloves, 1 teaspoon
ground cinnamon, 1 cup short-
ening, melted and cooled slightly
1 cup molasses 1 cup packed
brown sugar 1/2 cup water 1 egg
1 teaspoon vanilla extract Add
all ingredients to list

instructions

Sift together the flour, baking powder, ginger, nutmeg, cloves, and cinnamon; set aside. In a medium bowl, mix together the shortening, molasses, brown sugar, water, egg, and vanilla until smooth. Gradually stir in the dry ingredients, until they are completely absorbed. Divide dough into 3 pieces, pat down to 1 1/2 inch thickness, wrap in plastic wrap, and refrigerate for at least 3 hours.



Bake for 10 to 12 minutes in the preheated oven. When the cookies are done, they will look dry, but still be soft to the touch. Remove from the baking sheet to cool on wire racks. When cool, the cookies can be frosted with the icing of your choice.

Preheat oven to 350 degrees F (175 degrees C). On a lightly floured surface, roll the dough out to 1/4 inch thickness. Cut into desired shapes with cookie cutters. Place cookies 1 inch apart onto an ungreased cookie sheet.

DID YOU JUST JOIN THE UNEMPLOYMENT CATEGORY! GET A SUITABLE JOB



The year has come to an end and the form fives just joined graduates from various institutions on the unemployment category. For most is a time to go out and have fun ,catch up with friends but for some this is the time to reflect on their lives and come up with an idea of what path they are headed professionally.. Getting a suitable job can be tricky, even with the highest qualification in hand because of increased barriers to enter into the labor market.

What employers look for!
When applying for a job, ask yourself what you can demonstrate through your CV that will encourage an employer to interview you. Use your CV to present yourself professionally. Make sure that the presentation, spelling and grammar represent you and pay particular attention to your covering letter, which should motivate the employer to offer you an interview.

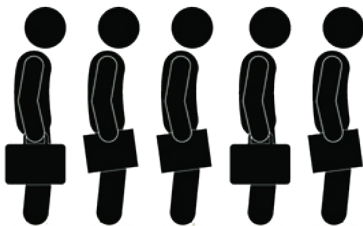
Getting into the job market
In his book titled why we work, professor Barry Schwartz mentions that if people find their job meaningful, they will perform even more. Therefore the desire to move directly into the exact job you had in mind is understandable. However stepping straight into you're your ideal job immediately after graduating is very rare. Some will have to start with a junior position role and work towards that dream job. The key is not to have high expectations and be thankful the experience you are accumulating.

Dressing for the job you want

It is important that you portray a professional image no matter which job you are looking for. Different companies have different dress code but if you are unsure, it is recommended that you wear something conservative like a business suit. Clean shoes and conservative accessories would be a professional approach.

You can do anything if you set your mind to it!

If you do not belief in yourself, you are going to struggle to convince a potential employer of your worth. Negative thoughts can be particularly difficult to overcome, but belief in your capabilities and strive to learn in every given opportunity.



How to get the perfect bikini body ready for the festive season

The festive season is around the corner and it's a beautiful time to spend with family and friends. Water activities such as swimming are in high popularity. This is the best time to get motivated and get into shape and not feel ashamed of how your body looks in swim wear. Follow this guide lines and your body will look amazing this festive season.

Stomach/Abs

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More great stabilization moves:

The standard plank and the anti-rotation hold.

The Best Abs Exercises: Walkout from Pushup Position

-Why it works: This abs exercise involves full-body movement, such as using the arms and legs, while incorporating resistance to strengthen your entire core.

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TOURAN VW 2016

Interior quality won't disappoint, either, because the Touran features all of the high-quality, soft-touch materials you'll find elsewhere in the VW range, and it all feels solidly screwed together.

Under the bonnet it's all familiar VW-sourced engines, as you'd expect. The Touran shares most of its mechanical underpinnings with the Volkswagen Golf, so there's a broad range of efficient turbocharged petrol and diesel engines to choose from.

Of the two petrol's available, our choice would be the 1.4-litre TSI with 148bhp because it offers a good blend of performance, refinement and economy. The optional DSG automatic gearbox makes it effortless to drive, too. The diesels are likely to be the most popular choices for most buyers, though, and there are three to choose from. There's an 113bhp 1.6 TDI, or a 2.0-litre TDI with either 148 or 187bhp. The 1.6 TDI is powerful enough for most buyers, plus it's also the most economical in the range. It's also available on the first three of five trim levels, so it should be in reach financially for most buyers.



The Touran should be a safe car. Standard safety equipment includes plenty of airbags, five child seat fixings, a tyre-pressure warning system and automatic post-collision braking system. This applies the brakes in the event of a crash to avoid the car being shunted forwards into another vehicle. All of this, plus the usual traction and stability control systems, this entails up to the Touran's five-star Euro NCAP safety rating.

Plenty of power
The power delivery from the bi-turbo diesel motor is incredible. The all-new power plant produces 140 kW and 450 NM of torque. The former is produced at 3 750 r/min and the latter in a plateau from 1 500 – 2 500 r/min.



Turning over a new leaf NAVARA 2017



Double-cab war

Well, Nissan believes that it has come up with the perfect compromise in its new model of Navara. The much-anticipated model rides on a multi-link, coil-spring rear suspension arrangement, as opposed to more traditional model.

Nissan is the first of the mainstream players to adopt such a set-up and this is part of the improved ride quality that will have you seeking for adventure to test it out.

Ultimate off-roader

To underline the hardness of the new Navara, it showed its mettle and its ability to withstand any condition thrown at it, strong winds, damaged roads, sand dunes, rocky landscape and bad storms.

The current double-cab segment is chock-full of excellent products. The new Navara seems to have what it takes to satiate the Nissan die-hards and take the fight to the Amarok, Ranger and Toyota Hilux. We look forward to evaluating them all at the same time on local soil in the not too distant future.

The Touran is off to a good start, though. It's not the most exciting car to look at, but it looks classy and understated, while the interior quality is top-notch, spacious and there are plenty of engine and trim options to choose from.

Inside, the Touran has plenty of space in the first two rows of seats, while you can also fit three child seats across the middle row – a great feature for families. The two rearmost seats are best suited to small children, though, and the size of the boot in this configuration is quite small.

Service it yourself

As we approach the festive season many of us will be travelling long distances so here are a few tips on how to service your car yourself cause as we all know car repairs can drain your pocketbook fast, but you can do a wide range of repairs yourself, regardless of your technical skill. We're not just talking oil changes; provided you can hold a wrench, you can fix everything ranging from fuel filters to alternators.

Basic Car Maintenance You Can Do Yourself

* Changing the engine oil and filter: This is perhaps the most important maintenance tasks you can do for your car. This job doesn't require special tools (except for an oil filter wrench) or technical knowledge, and you can find the correct procedure for your model in your vehicle repair manual.

* Replacing the windshield wipers: It only takes about 10 minutes. Usually, you need to change them once a year.

* Checking hoses: From time to time, it's a good idea to pop the hood and check the condition of the different systems' hoses — especially vacuum hoses.

Hoses wear out over time, become brittle, swell, tear and get disconnected due to heat and vibration during engine operation. So leaking hoses — vacuum or fluid ones — are a common source of engine performance problems.

Inspecting electrical wires and connectors: Wires suffer cuts and burns, and corrosion finds its way into electrical connectors, interfering with electrical flow. So check them from time to time as well.

Checking belts: Drive or serpentine belts run the alternator, steering pump, radiator fan (on some models), and a/c compressor. Belts wear and may suffer damage over time, so you need to check and replace them according to schedule; pay particular attention to serpentine belts, which rarely show signs of wear on the outside. Consult your service manual for the recommended service interval.

* Replacing air, fuel, crankcase ventilation, and cabin filters: These filters have a limited service life. So you need to replace them at regular intervals. Maintaining filters take just a few minutes and will have a positive impact on engine performance. Don't skip on this service just because they look simple and, apparently, in good condition. Follow their service interval as listed in your service manual.

* Replacing the coolant: Every two or five years (depending on the particular antifreeze you use) you'll need to change the coolant in the system. Change it with the help of your service manual. The manual contains the type and amount of antifreeze your car needs; the steps you need to take to replace it; and how to purge air from the system to prevent engine overheating.

* Battery service: This item doesn't show up in every car's maintenance schedule, but it's important to check the battery condition, the electrolyte level, the condition of the hold-down mechanism, that the terminals stay clean and tight, and that the tray and battery case remain in good condition and clean. Once corrosion builds up around the battery terminals, it'll make it hard for you to start the car, the alternator will have difficulty charging the battery, and the battery service life will shorten. You can remove corrosion by using a solution of baking soda and warm water. This simple service will go a long way in extending the service life of your battery.

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