

Celebrity World

Botswana's Own Magazine

January 2018

Meet Your Experts

In The Petroleum Industry-
Motswedding Oil



Reviews

What Does

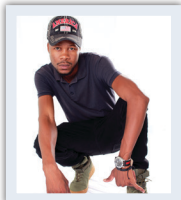
An Educated Person Look Like Today?



Who is Girly Odibody?



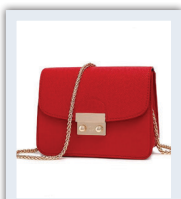
5 Minutes With The Kalanga Native Rapper: Romeo Stunner



The Fashion Sales Shopping Guide



Match your Handbag with your Clothes: Get it Right EACH & EVERY TIME!



The Future Is Bantastic

Lawyer Sechele
Pursues Football Lifestyle



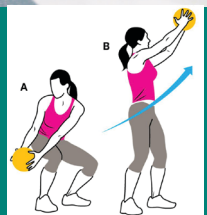
CW Hot Girl



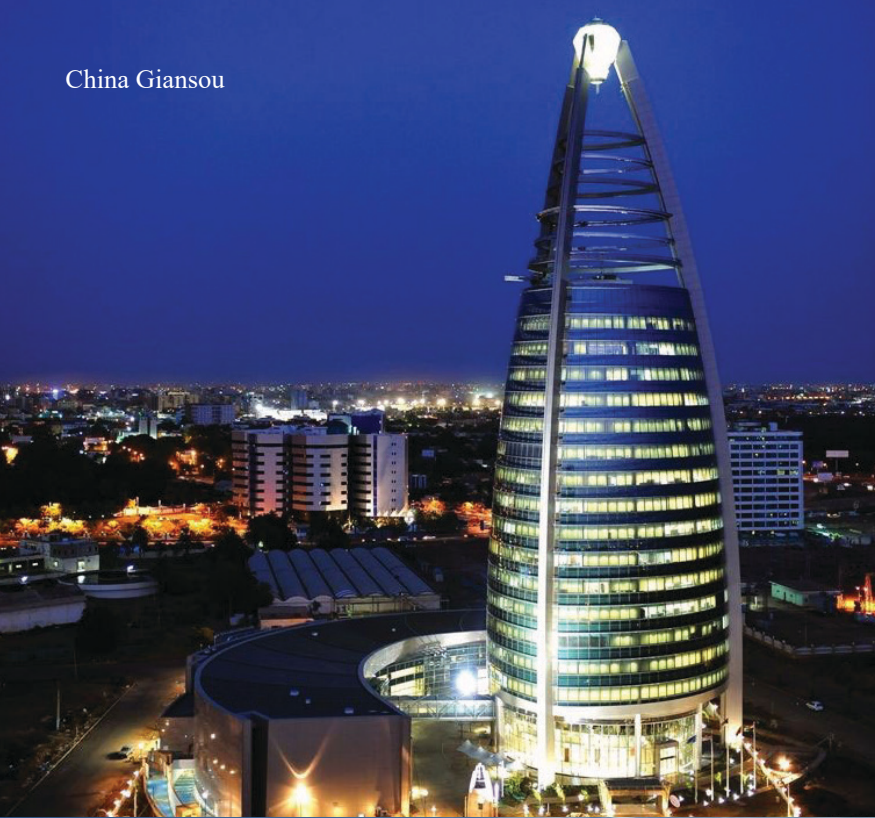
CW Hot Guy



Get A Flat Belly With No Crunches



China Giansou



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



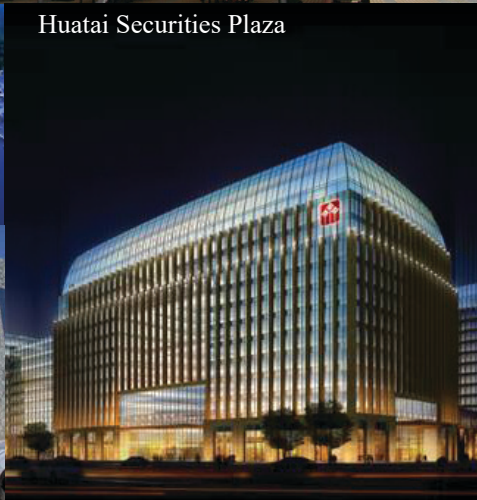
Grand Hotel China



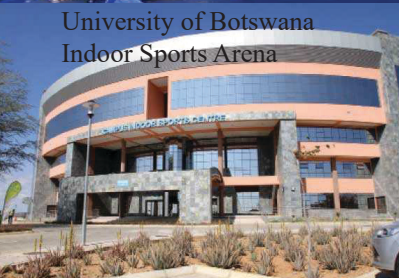
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Huatai Securities Plaza



University of Botswana Indoor Sports Arena



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 Celebrity World



Welcome! Happy New Year 2018:

New Year is the time, when we all want to start on a good note. It is the time when you want to wish each other that the coming year is filled with happiness, joys and loads of success. New year is a symbol of positivity. By welcoming the new year on a positive note, it is important that we let go of all the negativities accumulated in the year gone by. Just like with the sun rise every day a new day begins with the New Year people associate a new chapter in life to begin. It is important we start afresh and welcome the New Year. The New Year brings with it, its own set of aspirations, hope and desires.

Most of us Welcome Happy New Year on a positive note with a smile on their face and a spring in their step. It is that time of the year when friends and family members come together to greet each other with open arms. Gone are the days, when people used to greet each other on new year by buying "Season's Greetings card ". Nowadays there are various avenues by which one can send quick message to others which is both delivered instantly and cost effective.

We would like to thank you for the support that you have given us in 2017, looking forward to many more years with you!

Many Thanks

From the Celebrity World Team



Didarul Islam Bhuiyan(Babu)
Founder

Contents

January
2018



14 Cover Story

8 The Fashion Sales Shopping Guide

9 Reviews

11 CW Gossip

18 Match your Handbag with your Clothes

19 Fashion and Beauty

50 Food and Nutrition

27 What Does An Educated Person Look Like Today?

28 Medical Q & A

29 Ask Babu

20 CW Hot Girl



6 Who is Girly Odibody?

32 Top 5 Personal Finance Books –empower yourself in 2018

33 Tips for Staying on Budget in the New Year

21 CW Hot Guy

6 Who is Girly Odibody?



13 Entrepreneur

24 Kiddies Closet

26 Back To School Supplies List



61 Bakang Marumo Opens Up About Volleyball



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Who is Girly Odibody?

We always hear a hit up song “Girly Odibodi bafana ba mpona ba letsa melodi...” sang with a vigorous sweet voice. Celebrity World magazine took time to know more about the owner of this song.

Her real name is Botshelo Mosweu, she is 26 years old. As affectionately known by her fans, Girly Odibody was born on March 8, 1991 in Tutume but she grew up in Gaborone where she attended her education from primary to senior school. The Odibodi hit maker kick started her music journey immediately after her senior school and she released her first single called ‘Odibody’.

Tell us two words that describe you.

I am a fun and loving person.

How do you keep yourself healthy?

Ah ah...I honestly don't keep healthy but I will start this year.

Which music genre did you grow up listening to?

It's obvious...house Kwasa and Kwasa Kwasa.

When did you join the music industry?

I started appearing on TV when I was 14 years old. I appeared in videos of Wizards of the Desert, Vee, Mingo and Star Luu, only to mention a few. I have two singles; Odibody and Bare ba irang.

Besides music, what are your other ambitions?

Well, I am an actress, soon I will be appearing on Ntwakgolo Season 2 and I want to be a TV presenter.

Are there any challenges that you face in this industry?

Yes, hey, “men”, she sighs. These guys are always after me, if you don't give them favour they don't book you for events.

In this industry you have to be someone's spy for you to get booked, so I don't want to do that. I want to get a show because of my talent, not because of a favour.

How do you overcome those challenges?

I just smile and move on with my talent.

What is the highlight of your career?

OMG, they are so many but let me mention this; when Shaggy and Eve was in Botswana I shared a stage with them and that was the biggest highlight.

Who do you take as your inspiration in the music industry?

Mmm...I don't look to anyone, I just inspire myself and do what I want.

When was your first stage performance?

It's long time ago, when I was on Flava Dome. People went crazy about me and that alone helped me get many followers on social media when I performed Odibody hit.



What are your plans for 2018?

I am doing a song with a guy from Kalawa Jazmee Records called Wizzy Beats. The whole of February I will be in South Africa doing my projects with him.

What advice would you give to aspiring musicians?

Sing what is in your heart, sing about things that you see and don't try to be anyone else. Just be you because being unique is superior.

What is in your handbag right now?

I didn't bring my handbag but I never go out without my lipstick and my shades.

Her Quote: "Follow your dreams, whatever you want in life follow it, don't let another person tell you what to do and not what to do....."

What to know about Girly:

Favorite dish: chicken necks

Dream holiday: Dubai

Dream car: Latest Porsche Panamera

The Fashion Sales Shopping Guide



Don't Be Seduced By The Discount

However much of a saving the label promises, nothing is a bargain if it's simply going to hang in the back of your wardrobe, unworn. A leading body on resource efficiency, consumers has a billion worth of unworn clothes hanging in their wardrobes. Consider whether you would pay full price for the item as you weigh up whether you would wear it or not.

Future Proof Your Purchases

Make smart investments; think about

what's coming next season. Consider too, what you actually need. What are the gaps in your wardrobe that need filling? Don't buy something that needs a sartorial partner before you can wear it.

Check Your Social Calendar

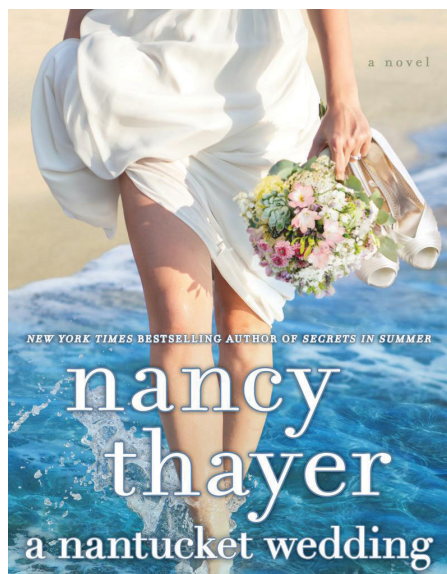
Take into account upcoming events: weddings, parties, black-tie galas. The sales are a great opportunity to pick up a special black tie dress with big savings, avoiding that last-minute panic buy at twice the price when the event rolls around.

Inspect Items Thoroughly

Scrutinize the quality of every purchase you make, these are clothes that have been lingering around on the shop floor for at least six months. Look for pulls, snags, holes and pen marks before you pay; most sale items are non-returnable (some stores will offer an exchange but rarely a refund).

Only Buy Something That Fits

Don't buy anything ill-fitting with the intention of getting it tailored unless you really mean it.



A Nantucket Wedding

Author: Nancy Thayer
Genre: Mainstream

Its summer on Nantucket and Alison is finally engaged to the love of her life. Things would be perfect—if only she could make peace between her daughters. Felicity, wild at heart yet a loving mother to her own children, and Jane, the extremely organized and high-earning businesswoman, arrive on the island hoping to get through these next few weeks without ruining their mother's big day. But when Felicity's husband reveals a long-term affair and Jane falls for her soon-to-be step-brother, everyone gets way more drama than they bargained for.

A Ciambra

Genre: Drama
Director: Jonas Carpignano
Release Date: Friday, January 26, 2018

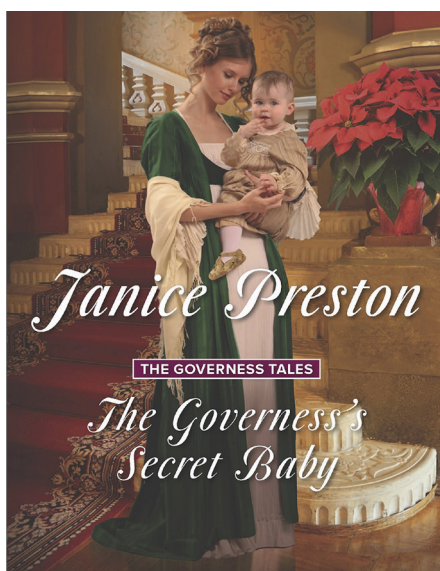
Cast: Pio Amato, Koudous Seihon, Iolanda Amato and Damiano Amato

14-year-old Pio Amato wants nothing more than the respect of his older brother, whom he emulates in every way including his career as a petty criminal. When both his father and brother are arrested, Pio is determined to prove that he can step up and be the head of his sprawling Romani family. But a fateful night and a wrenching decision soon test just how ready he is.

Den Of Thieves

Genre: Action Crime
Director: Christian Gudegast
Release Date: Friday, January 19, 2018 Nationwide Release
Cast: Gerard Butler, Dawn Olivieri, Mo'Nique, Curtis Jackson, Pablo Schreiber and O'Shea Jackson Jr.

A Los Angeles crime saga in the vein of Heat, Den of Thieves follows the intersecting and often personally connected lives of an elite unit of the LA County Sheriff's Dept. and the state's most successful bank robbery crew as the outlaws plan a seemingly impossible heist on the Federal Reserve Bank of downtown Los Angeles.



The Governess's Secret Baby

Author: Janice Preston
Genre: Romance, Historical Romance, and Regency Period

Nathaniel Pembroke, Marquess of Ravenwell, is a recluse happy in his solitude, but when he inherits his 2-year old niece, he reluctantly opens his home to her and her governess. Grace Bertram is determined to endure all in order to be reunited with the child she gave up for adoption, even her curmudgeon uncle. Lord and governess butt heads over everything but the child they love. Now, Nate has to show Grace that her home is with him, while her love gives him the courage to live again.



Black Panther

Release Date: February 16, 2018

Black Panther is an upcoming American superhero film based on the Marvel Comics character of the same name. Produced by Marvel Studios and distributed by Walt Disney Studios Motion Pictures, it is intended to be the eighteenth film in the Marvel Cinematic Universe. The film is directed by Ryan Coogler from a screenplay by him and Joe Robert Cole.



Mary And The Witch's Flower

Genre: Animation
Director: Hiromasa Yonebayashi
Release Date: Friday, January 19, 2018

Cast: Kate Winslet, Ruby Barnhill, Jim Broadbent, Ewen Bremner, Rasmus Hardiker and Morwenna Banks
The story centers on an ordinary young girl named Mary, who discovers a flower that grants magical powers, but only for one night. As she is whisked into an exciting new world beyond belief, she must learn to stay true to herself.



Padman

Release Date: 26 Jan 2018

Genre: Comedy, Romance

Padman is a Bollywood drama movie directed by R Balki. The movie stars Akshay Kumar in lead roles. It was produced by Twinkle Khanna, Gauri Shinde, Purnaa Arora and Arjun N Kapoor.

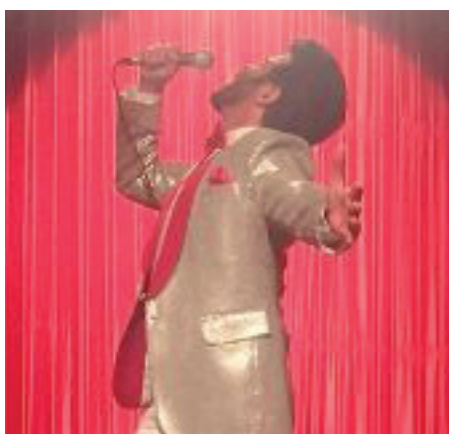


Union Leader

Genre: Drama

Release Date: 19 Jan 2018

This is a Bollywood drama movie, directed by Sanjay Patel. The cast of Union Leader includes Rahul Bhatnagar, Tillotama Shome.

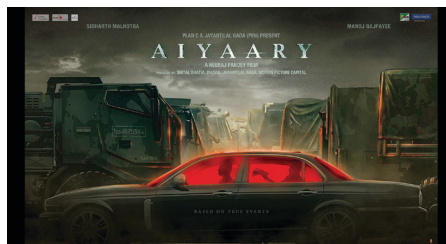


Fanny Khan

Release Date: 02 Feb 2018

Genre: Musical

Fanny Khan is a Bollywood musical drama movie, directed by Atul Manjrekar. The movie stars Aishwarya Rai & Anil Kapoor in lead roles.

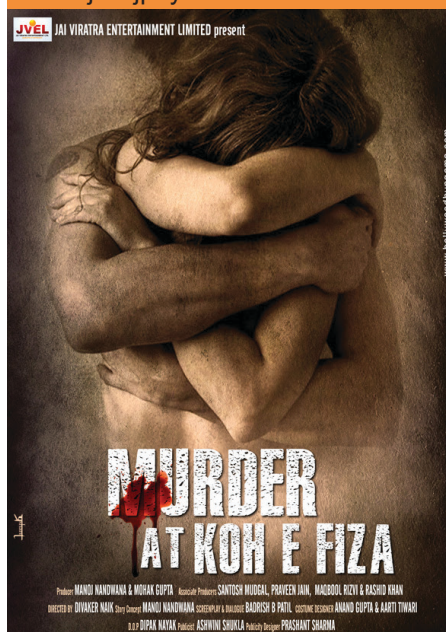


Aiyary

Genre: Drama

Release Date: 26 Jan 2018

Aiyary is an upcoming Indian crime drama film based on a real life incident directed by Neeraj Pandey. It stars Sidharth Malhotra and Manoj Bajpayee in the lead roles.



Murder At Koh E Fiza

Genre: Thriller

Release Date: 12 Feb 2018

This is a Bollywood murder mystery, directed by Divaker Naik. Murder at Koh E Fiza is an upcoming Indian drama film, based on true events of Koh E Fiza, Bhopal. The movie was shot in Bhopal.

Fifty Shades Freed

Release Date: February 9, 2018

This is the third and final installment of the erotic romance Fifty Shades Trilogy by British author E. L. James. After accepting entrepreneur CEO Christian Grey's proposal in Fifty Shades Darker, Anastasia Steele must adjust not only to married life but to her new husband's wealthy lifestyle and controlling nature.



MOLLY'S GAME

Genre: Drama

Director: Aaron Sorkin

Cast: Jessica Chastain, Molly Bloom, Idris Elba, Michael Cera, Kevin Costner, Brian d'Arcy James and Chris O'Dowd.

Release Date: Friday, January 5, 2018 **Nationwide Release**

This is the true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents wielding automatic weapons. Her players included Hollywood royalty, sports stars, business titans and finally, unbeknownst to her, the Russian mob. Her only ally was her criminal defense lawyer Charlie Jaffey, who learned that there was much more to Molly than the tabloids led us to believe.



Early Man

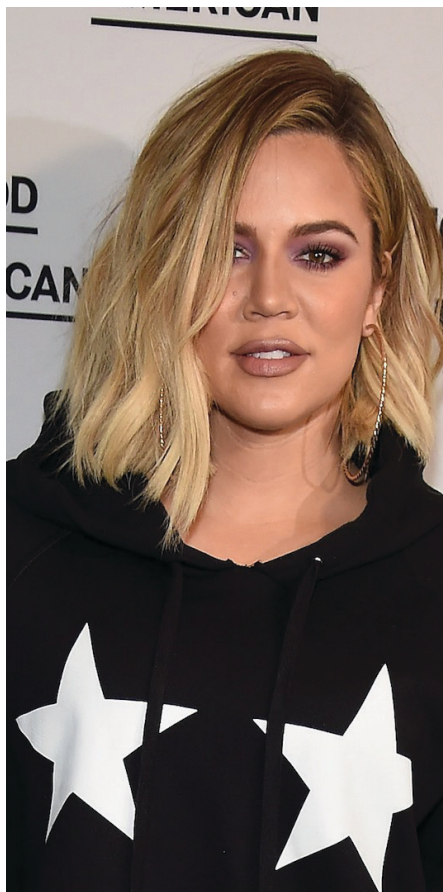
Release Date: January 26, 2018

It is an upcoming 2018 British stop-motion animated comedy film directed by Nick Park and written by Mark Burton and John O'Farrell. The lead character, Dug, will be voiced by Eddie Redmayne. The film's voice cast also includes Tom Hiddleston, Maisie Williams, and Timothy Spall. Produced by Aardman Animations, the film is being co-financed by Aardman and Studio Canal.



BW ARTISTS GROUP MAKAU PARTED WAYS

Botswana TRIO of the popular stage name Makau, known by Sibinjolo and Mr Dj. Liked by many in music industry for many years, have finally split up. Leo who started the group said that he no longer feel the group bive now he want go solo. To continue his journey with music he recently released single featuring Dj Bino titled "Monate wa Gaborone".



Khloé Kardashian Confirms That Her Pregnancy Announcement Will Be on KUWTK

After finally confirming her long-rumoured pregnancy via Instagram, Khloé Kardashian has also confirmed that the announcement will be on keeping up with the Kardashians. When a fan asked her if the announcement would be on the show, Khloé replied, "Yes! It all happened during production so yes! Super cool to have that documented."

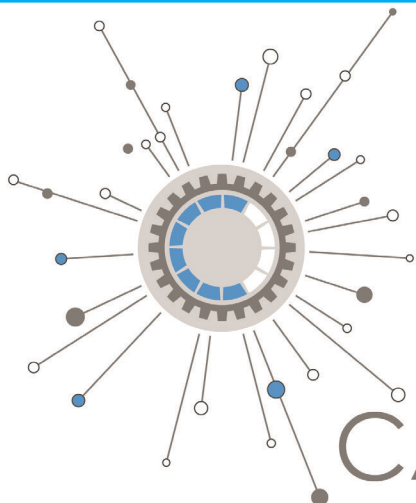


Katy Perry Fan Arrested For Allegedly Stalking Singer, Following Her 'All Around The Country'

Miami police have charged a 37-year-old man from Poland with aggravated stalking after he allegedly followed superstar singer Katy Perry "all across the country" and attempted to get backstage at her concert. Judge Mindy Glazer detailed the case against Pawel Jurski, who was arrested in Miami. He has been charged with four counts, including felonies for aggravated stalking and escape. He was also charged with loitering and resisting arrest, according to court records. "He says he's going to do whatever it takes to be with Katy Perry," Glazer said, reading from a police report at the bond hearing for Jurski Thursday. "He follows this woman all around the country."

Rain Brown Responds To Gay Rumors: I've Accepted My Sexuality

It's through social media that some people decided to give her a hard time by grilling her about her sexuality. Folks, straight-up asking somebody their sexual orientation is fine sometimes, awkward at other times, and sexual harassment in other contexts.



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Sam Smith And 13 Reasons Why Star Brandon Flynn Have Made Their Relationship Instagram Official

Sam Smith and Brandon Flynn seem to have made their relationship Instagram official. Rumours have been swirling around the pair for months, after they were photographed kissing in New York City.

Flynn, who burst into the public consciousness with his breakout performance in Netflix's hit show *13 Reasons why*, came out in an emotional Instagram post. Writing after he saw the Australian anti-same-sex-marriage campaign's "vote no" message in the sky above Sydney, he said that. Brandon just posted the cutest selfie with Sam to his Instagram. In it, the pair appear to be in an elevator rocking a pair of matching unicorn neck pillows. "Rare sighting in London," Brandon captioned the adorable pic. "we've been scared s***less our whole lives thanks to all the stigmas that surround Us". Flynn, 24, added: "We've fought, we've come out bravely even in our fear, and you wrote a message in the sky because you're scared. "Equality takes courage; it worries me that too many people in this world lack the ball to stand up for what is right. #f***hate" Smith, who has released five number-one singles and two number-one albums, then sent the internet into a frenzy when he was pictured kissing Flynn.



Twitter Speculates Over Pearl Thusi's Secret Admirer

Pearl Thusi's relationship ups and downs have been documented constantly ever since her engagement to and split from media personality Robert Marawa, and now the good news is bound to be reported since she's on the market once again.

In a recent tweet, Pearl Thusi revealed that she has a secret admirer, who sent her followers to her hotel, saying: "I just got sent flowers at my hotel. I have no idea who they're from... awkward. But the flowers are Bomb pretty."



Jinger Duggar Pregnancy: Fans Demand An Announcement!

Just three months after getting married in Arkansas, 19-year-old Kendra Caldwell is pregnant with Joseph Duggar's baby. Plenty of people are congratulating the couple, including fans and fellow Duggars ... yet Jinger is still on many fans' minds. Seeing Jinger Duggar celebrate the good news has fans demanding to know when Jinger will make a pregnancy announcement of her own. You certainly don't have to be a member of the Duggar fertility cult to face expectations that you'll get pregnant and have a baby soon. Jim Bob and Michelle Duggar have 19 children.



Black Coffee Reveals Why He Kept His Disabled Arm a Secret

Premium DJ, Black Coffee shocked the country when he revealed in an Instagram post that his left arm is disabled following an accident when he was younger. He said the reason he chose not to reveal the ordeal is because he didn't want to be known as a disabled DJ.

"It was a very important moment for me, to post that picture. When I started my career, I had to sit down and think how I want to be known...I could have been that new DJ with a disability if I started out with the story...I completely shut that door," he said.

Black Coffee however added that he has since found peace after making the big relation this year. "It's been a long journey now on me to deal with it quietly and finding strength. The people around me know that I wear a brace but it's never been in public. The more I do it, I feel so free. Especially overseas I would, because no one knows who Black Coffee is and no one really cares. But locally people start staring and I had to get over that," he added.



Meet Your Experts

In The Petroleum Industry- Motsweding Oil

Tell us the idea behind Motsweding Oil?

Motsweding Oil was founded by Mr. Temogo Duncan Modipane and Mr. Pogiso Michael Malebye who are the Directors. They identified an opportunity within the Petroleum sector for an aggressive, service driven and motivated organization which offers superior customer service, competitive pricing and excellent communication, ultimately putting the needs of the customer first.

When did it start?

It was formed and started operating in 2017.

How many people are employed with Motsweding Oil?

We have employed 6 young people.

What exactly does Motsweding Oil do?

We are commercial distributors of Ravenol lubricants (Germany) and resellers of Sasol lubricants (South Africa)

We offer the following services:

- Auto motive lubricants
- Mining lubricants
- Industrial lubricants
- Diesel 10 PPM

- Diesel 50 PPM
- Diesel 500 PPM
- Petrol 95
- Petrol 93

What was the inspiration behind starting this kind of business?

We discovered an open gap in petroleum market and filled it.

What motivates you?

Our passion for petroleum industry.

How is the business doing since its inception?

Batswana and Africa in general are responding positively to our products and services, especially in remote areas e.g. Zimbabwe and DRC.

We were awarded position 2 at Global Expo Botswana 2017 under country pavilion .

What are your future plans for the business?

- To open more branches as a way of creating employment
- To find ways of recycling oil and open fuel service stations in Botswana and Africa.

How are you different from your competitors?

- Our commitment to the needs of our customers is sets us apart from the rest
- We don't only target big customers even small customers and individuals we service them.
- We don't believe in closing a sale after getting a purchase order, we offer after sale services.
- Our prices are very reasonable, making it easier for everyone to afford our services.



The Future Is Bantastic

Many people see him as the best young Hip-Hop artist in Botswana; he is indeed an inspiration to the youth. A lot of people have paid more attention to him after Naomi breakout single song that went viral on both social media and radio stations in 2016. This song became an anthem to almost everyone.

Banthanta Mokgwathi, famously known by his stage name "Ban-T" was born and raised in Gaborone. He classifies himself as a musician because to him the word "rapper" limits his artistry. According to him the journey with music started in 2010 when he was a student at Maruapula School, and it is where he made his very first single that didn't make it (haven't released) with the help of VS Oicheke.

Growing up listening to hip-hop music, Ban-T believes in his own competition, as he doesn't see any reasons to compare himself with anyone.

He has that love for other rappers and what they do. Music is his full time career which he is still building some businesses from it. The support he receives from Botswana is very amazing and this keeps him going.

The Naomi song that Ban-T released started as a joke at first. But he then decided to develop it and made it to the public. The song truly changed his life. There is too much growth in his music genre as compared to the time when he joined the industry; this, he explained in terms of maturity, quality and content wise.

A journey of a thousand



miles began with a very first step. His first stage performance was in 2015, by then he was very nervous but ever since that time, his performance kept growing gradually and he became more comfortable on stage. "It doesn't matter how slowly you go, as long as you don't stop". He added

Locally Ban-T has worked with different artists, the likes of Veezo View, Han-c, Ammo Ski Mask and others. Right now he is still working on new album which is to be released mid-2018. His latest single called "Validation" came with EP and was released on September 2017. It is called "Bantastic Experience".

Music is like starting any other business. Starting music was not easy at all for Ban-T like people would think. If there are no producers there is no music and promoters can take long to pay or do not pay at all.

In 2016, Ban-T was in the seven Yarona FM Awards nominations for the Best Collabo, Song of the Year, People's Choice, Best Hip hop Single, Artist of the Year, Best New-comer and Best Single Male. He won three out of seven awards. According to him, it was a great achievement.

"I can see a very big difference, music really changed everything in my life. I didn't know that people can support and love you the way I am experiencing it now. I realised a f -

ter in making music. Surely you can change people's lives just by speaking sense in to microphone and they listen to what you say."

The gossips went to all corners of the country about him and Sasa Klaas. The grapevine had it that they were an item. The duo didn't have any affair, but they are best friends. Ban-T who has been under Zenzele Hirschfield man- agement, justified to Celebrity World Magazine that he parted ways

with Zen in March 2017. "I don't want to stuck in one position, i want to grow, what she did for me is amazing because she grew my brand. I appreciate everything she has done for me as we worked very well together".

In November 2017 Ban-T was made the brand ambassador of Gaborone United Football Club in an offer to attract young people to the club. People don't believe he plays and love football. "Even though I am a rapper, football sport is my favourite, i supports GU, I grew up wanting to play football," he said.

Besides money, Ban-T saw it as an opportunity to be close to his hobby, he enjoys and love to lead the youth to the team and give them opportunities to full fill their talents.





Advice to the upcoming musicians: Education is very important especially to us musicians in Botswana because its a very short career that one should have something to fall on when it's tough.

If you love something just continue to persue it. Don't let anything dwell in you. I used to listen to what people say that I couldn't make it, but guess what, you never know until you try.



THINGS YOU DON'T KNOW ABOUT BAN-T

- His favourite Model car is Mercedes Benz
- He is a football player (play Sunday soccer)
- He is a shy person
- He is 20 years of age
- The nickname Bant is taken from his first name Banthata
- He Is a Gaborone United club supporter
- He is from Serowe Village

5 MINUTES WITH THE KALANGA NATIVE RAPPER: ROMEO STUNNER

Celebrity world Magazine caught up with the Kalanga rapper Romeo Stunner who shared a bit of his rap life with us.

My real name is Thuso Emmanuel, I am from Mbambi.

I chose Romeo Stunner because..... where I come from, everyone was calling me Romeo from what I was rapping about I was a charmer boy and they liked how I did things and I just added Stunner to brand my name as a professional rapper.

When did you join the music industry? I started doing music..... professionally in 2008 I come from from..... a single parented family of 6 siblings, 5 men and 1 girl and I am the fourth born.

Besides music I sustain myself through..... a car wash and t-shirt branding, cups and caps which are under a brand name called Trapalanga.

The name of my music genre is trapalanga music under hip hop music.

I chose this kind of genre because.... I can stay original and its 100% local content.

I wrap in Kalanga because..... I want Kalanga to be our second official language, I feel like want to promote where I come from and put Kalanga and Botswana in the map. I don't have an album under Trapalanga music but I have a mixtape which came out last year

I would love to work with..... Ndingo Johwa and a few legendary artists in South Africa , Nigeria and as far as America, I chose Ndingo because he is the only guy I grew up listening

to and he is the only artist that does it for me.

My Biggest Fear is..... Dying before I complete my mission.

What turns me on about a woman is..... A smart and intelligent woman, who can make her own money.

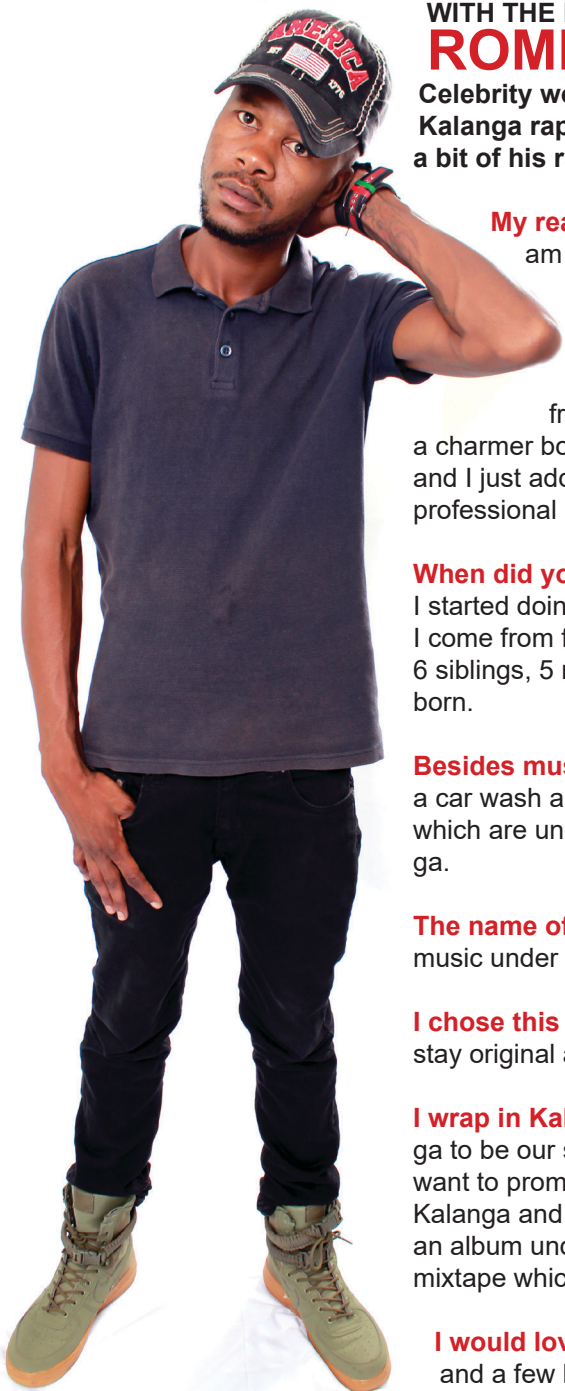
My longest relationship was... 2 years and that was in senior high school

My favourite car isthe German machine, the latest range rover obviously!

My favorite cologne is..... Royal Blue and Dunhill Desire

My favourite City isGaborone even thou I come from Francistown. Gaborone has a lot of big opportunities

My advice to upcoming artists..... work hard, work on a brand, know what you want to do, do you



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Match your Handbag with your Clothes: Get it Right EACH & EVERY TIME!

Whether you are going shopping, formal, dressy, office, informal or casual, you need a different bag to go with the occasion. As a rule of thumb, small bags add a more sophisticated look while large bags give a more laid-back aura. This is why we usually wear larger bags with casuals and clutches when we wear formal clothes. So, if you decide to wear a casual bag with formal outfits or a stiff bag with casuals, you will get a fine from the fashion police!

And now, let's look at what bag you can carry according to the occasion. Shopping – An over-sized duffel or hobo bag that goes beautifully with sneakers, shorts, and t-shirts.

With summer dress and sandals – A sling bag will look adorable with your look. Wear it over your shoulder and you are good to go (we want to go simple in this case).

With skinny jeans and blazer or tunic – A tote bag or even a hobo will help give the elegance you are seeking without being too formal.

Office attire – Roomy tote bags are perfect if you wear a tailored trouser suit. You can also get the same business look with a satchel or structured boxy bag. In general, office bags need to have large compartments for all your stuff, including your notebook or laptop. That noted, satchel bags also look great with high-waist trousers or skirts worn with cardigan combos or cotton or soft linen gauzy tops.



Power dressing – Briefcase bags or top-handle tote bags will help you exude sophistication and will easily give you the lean and mean boardroom presence you want. Under no circumstances, though, should you try slouchy bags, duffels or hobos as they are poor options for the kind of style you want to achieve.

Cocktail dress/long gown – Clutches and miniature bags are ideal for formal and dressy events. You can also pair them with your favorite LBD. If you are wearing a sheath dress, metallic or sequined envelope clutches are an excellent option. For the cases when your dress comes with heavy detailing or embellishments. Then a plain clutch is a wiser choice.



Cosmic Sales

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Mobile 72161140

Homemade Coffee Scrub

This homemade coffee scrub made with orange essential oil can help nourish skin and lessen the appearance of stretch marks and cellulite. The antioxidants in the coffee provide a temporary anti-inflammatory that helps skin appear firmer and help prevent premature skin aging. The almond oil and vitamin e will moisturize your skin leaving it silky smooth.

Ingredients

1 cup ground coffee	1/2 cup brown sugar
1/4-1/2 almond oil	1/4 tsp vitamin e oil
10 drops orange essential oil (optional)	

Instructions

Combine ingredients in a small bowl.

To use wet skin and use a small scoop to apply scrub to skin.

Gently rub coffee scrub in circles to help remove dry skin.

Clean as much as you can with a paper towel then remove the rest in the shower or kitchen sink.

Store in airtight container.



Homemade Honey Cinnamon Lip Balm



Ingredients:

1 T. + 1 t. beeswax
 1 T. shea butter
 2 t. coconut oil
 1 t. apricot oil
 1 t. honey
 8 drops cinnamon essential oil

Directions:

In a small saucepan, bring about a pint of water to simmer over medium heat. Place an oven-safe bowl over the saucepan, making a double boiler.

Add beeswax, shea butter, coconut oil, and apricot oil to the bowl and heat until beeswax melts, stirring every now and again.

When the beeswax is melted, remove the bowl from the heat and stir in honey and essential oil.

Pour into lip balm tubes or tins.

Let cool before use.

When using essential oils, please remember that they are very concentrated, so you need very little. Because of their concentration it's always a good idea to dilute some of the oil and test it on your skin before using, just to make sure you don't react negatively.



Pushie Kolagano
Occupation: Student
Age: 17
Hobbies: Swimming, playing with dogs and modelling
Fb: Phusie Picloll/ Phusie's diary
Insta: phusiexcx
Snapchat: kingphusie09

Fitness Instructor
Sport: Body Building
Hobbies: Swimming

Mogomotsi Leonard Kaolatola

Age: 23

Facebook: Mognesh Dice

Occupation: Gym Instructor

Sports: Body Building

Hobbies: Swimming, Working Out, Watching,
Watching Movies, Reading Novels

Insta: Mognesh Dice

Nickname: Dice





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Models:
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Back To School Supplies List



Each year the school gives you a detailed back to school supplies list for what your kids need to bring into school. your kids take all those supplies to school and then come how to do their homework, or work on a school assigned project, and need many of the same items they took to school. try to buy both the stuff on the school supply list, plus the stuff we'll need to use at home for their at home school activities.

Pencils (number 2), plus pencil sharpener
 Erasers - either or both pencil top erasers or pink erasers
 Crayons
 Colored pencils
 Markers - both thick and thin
 Pens (with either blue or black ink) (for older students)
 Glue sticks and/or white glue
 Tape dispenser, plus rolls of tape
 Stapler, plus staples
 Paper clips, binder clips and rubber bands
 Safety scissors
 Colored paper (or construction paper)
 Notebook paper (wide ruled or college ruled)
 Ruler (also if your child needs a protractor for school they'll need another at home)
 Calculator (for middle school aged children need one with trig functions)
 Bag pack
 Raincoat
 Waterbottle

5 Practical Ways To Prepare Your Child For Primary School

1. Talk about school

Talk about going to school in a positive way, drive past the school when you can and point out what fun things at school like the playground. This will help them feel confident and hopefully

less anxious on their first day.

2. Get Reading And Get Counting

If you're not reading to your child nightly already then now is a great time to get started. Your child will be bringing home school readers before you know it, and if reading with you is already a habit then it's one less thing you need to worry about.

Play card games like alphabet bingo, write letters in sand at the beach and count different colored cars on road trips. Integrate learning the fundamentals of literacy and numeracy while you're on holiday by making it fun. If your child can recognize and write their name it will help them find it on their books, work and lockers or tubs.

3. Talk About How To Treat Others And How You Should Be Treated

Focus on praising your child for sharing, speaking nicely to others and tidying up. Discuss how it makes people feel when they are treated well. Try role-playing situations in a playground when children are playing cooperatively and when children aren't. Encourage your child to think about what they would do in a situation where someone isn't treating them well. How can they firmly ask the person to stop and how should they seek help?

4. Get Health Checks Done And Address Any Issues

Get health checks done on your child's vision, hearing and anything else you

may have concerns over. If they're at kindergarten or daycare, chat to their teachers/carers about anything specific relating to your child and the transition to school.

5. Practise A Loose, School-Like Schedule.

You don't need to do this for long, but in the last week of the school holidays, start getting children up at the same time they need to get up to go to school. Don't stop there though, get them dressed and going. Give snacks, lunch and containers that are the same that you will give them at school. Let them learn to zip and unzip their lunchbox and open and close their containers

Lastly, try to relax. Find the positives in your own experiences of schooling that you can share with your child. They'll love hearing about what you loved at school and hopefully, it will have them excited to experience and learn new things too on this next step of their childhood and educational journey!



What Does An Educated Person Look Like Today?



The purpose of education has changed many folds in this century and an educated person not only holds Bachelor's, Master's and Doctorates but also some unique characteristics which distinguish him from the crowd such as:

- Today's educated person is an epitome of competitiveness; initially he competes with every next possible individual around him
- Today's educated person is the one who studies for the sake of getting degrees and getting accolades from friends and family.
- Today's educated person learns things to get good marks and stand out in the class and peer group.
- Today's educated person is after securing job with handsome salary.
- Today's educated person works his entire life to get promotion, and higher status in society.
- Today's educated person's children's hate their parents coz parents don't spend time with them.
- Today's educated person wants everything around them to be best in the world and this leads to unhappiness and ends up in depression.

Characteristics of an Educated Person

1. An educated person has the ability to think clearly and independently.
2. An educated person has good judgment.
3. An educated person knows how to learn.
4. An educated person knows how to acquire desired skills by identifying and utilizing available resources, deconstructing the process required for learning a particular skill, and experimenting with potential approaches.
5. An educated person has the ability to take initiative and work alone.
6. An educated person has the ability to communicate thoughts and ideas in writing, clearly and concisely.
7. An educated person has the ability to speak clearly and to reason analytically & critically.
8. An educated person has the ability to think inductively and deductively.
9. An educated person questions assumptions.
10. An educated person doesn't blindly accept what they are told; they go see for themselves. They can discern truth from error, regardless of the source.
11. An educated person knows how to distinguish between relevant and irrelevant information (between the important and the trivial).
12. An educated person knows how to make productive use of knowledge; they know where to get the knowledge that they need, and they have the ability to organize that knowledge into a plan of action that is directed to a definite end.
13. An educated person understands human nature and has the ability to establish, maintain, and improve lasting relationships.
14. An educated person knows how to establish rapport with others; they know how get others to trust and respect them.
15. An educated person knows how to cooperate and collaborate effectively with others.





Scabies

Scabies is a skin irritation caused by tiny parasitic mites that burrow under the skin. The bumpy rash you can see on your baby's skin is actually an allergic reaction to the eggs, saliva and poo the mites leave behind. Scabies won't harm your baby, but it can make him itchy and uncomfortable.

Symptoms

If your baby gets scabies, he'll develop an extremely itchy rash. It will appear as scattered red bumps, usually between your baby's fingers, around his wrists, on the outside of his elbows, and on his armpits, belly and genitals. It may also show up on his scalp, face, kneecaps, the palms of his hands, and on the sides and soles of his feet.

You may see wavy, light-brown or silvery lines where the mites have bur-

rowed under your baby's skin. He may also develop little pustules or pimples, or small, fluid-filled blisters. The itching may be intense for your baby after a warm bath or at night, and it may keep him awake. Nasty-looking scabs may form over the areas your baby has scratched.

Should I take my baby to the doctor?

See your doctor if you're worried your baby has scabies. The sooner he's treated, the sooner he'll be more comfortable and no longer infectious.

Can my baby go to nursery if he has scabies?

Your baby can return to nursery after treatment. It may be worth letting your baby's nursery know that he has it, so they can inform other parents.

How can I prevent my baby from getting scabies?

Avoid contact with anyone who may have it. This can be tricky, especially if your baby is around other children. If your baby has been in close contact with another child who has scabies, treat him straight away, even if he doesn't have the rash.



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Medical

Q & A

Which is better for covering up during a sunny day, light or dark clothes?

A: Light color clothing makes you feel cooler because it reflects most of the sun rays. However, dark colors actually absorb the sun rays and helps to prevent the ultraviolet radiation from getting to the skin underneath the clothing. Therefore, dark-colored clothes are more protective against the sun than light-colored clothing in areas that are covered, but are not protective for the skin that is not covered by the dark clothing. Sunscreen is still recommended for those uncovered areas.



Is breast cancer inherited?

A: Most women who get breast cancer do not have any family history of breast cancer. Just because a family member had breast cancer does not always mean that you will get breast cancer. There are some genes associated with a known increased risk of breast cancer. Only a few percent of women with breast cancer have these inherited genes. These women usually get breast cancer at a young age.

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Undeniable Signs That A Guy Is Immensely Attracted To You

Isn't it great when a guy is staring at us all the way from the other side of the room? It makes us all tingly inside and out, and sometimes we even blush. But hold on a minute. Wait a second here. How do we know that the guy who is staring intensely at us is actually attracted to us? Because we're here to help you out with 10 undeniable signs that a guy is immensely attracted to you. So let's take a look!

He'll Touch His Hair

Seriously, if a guy has got the hots for you, he'll touch his hair. If you're lucky, he'll even stroke his beard for you. It's actually a subconscious thing, and guys often don't know they're doing it. But it's a flirting technique they have.

He'll Make Eye Contact

One of the biggest signs that he's got it bad for little old you is that he's making eye contact with you. If you're chatting to him and he looks at you directly in the eyes, it's often a surefire sign that this guy wants you.

He'll Lean Into You

If he isn't interested, he'll sit back with his arms crossed. If, however, he is immensely attracted to you, he'll lean in to get closer. No doubt he'll try to be as subtle as possible with this one, but you'll certainly notice him edging closer and closer. If he's like so attracted to you that he literally can't contain himself, he'll pretty much get in your face.

He'll Touch You

He won't try to touch you in a creepy way, but will instead try to keep it cool and flirty. He might be waiting for you to say something remotely funny so that he can touch your thigh as he laughs. Even if what you've said is actually really embarrassingly unfunny to you, he'll still laugh and touch you.

He Actually Listens To You... And He Hears You

If he's immensely attracted to you, he's going to be listening to what you have to say. He'll want to hear all about your bad day at work, your drama with your friend, as well as what

you should wear tomorrow night.

He's Everywhere On Your Social Media

Uploaded a photo of yourself recently? Yup, he's already liked it. Perhaps you've just made a status about cats? Yup, he's literally just liked that too. If a guy is immensely attracted to you, he's going to show it by being all over your social media. He might not leave many comments, but he will instead like any number of your posts and tweets. And he'll definitely like your brand new profile picture.

He Values Your Opinion

If you're in a group, your opinion and reaction will matter before anyone else's. To this end, if he says something he thinks is funny he will immediately check your reaction first. He wants to know if you're digging him too, and he couldn't care less what anyone else thinks. It's you who matters here. So if his eyes single you out first, you know for sure that he's got the holds for you.

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Ask Babu



How do I deal with a man who disappears in December and comes back broke in January? EVERY year, without fail, my boyfriend disappears from around the 20th of December, when he gets his salary, right until after New Year's Day. He comes back broke, having spent all his money and doesn't even have petrol money for the rest of January. And inevitably, I have to rescue him. How do I handle this? At first, I used to call over and over again, trying to get hold of him, worried sick. But as time has passed, I don't what to do anymore?

ANS: I suggest you to find things to do without him in December. Stop being a festive widow. Get your own life, pursue your own interests and have loads of fun. The truth is, this would probably not be so bad, if he just said to you that he is going away with his friends for some guy fun and checked

in with you, occasionally. But clearly he doesn't want to do that. He wants to totally forget you exist for a full month, and then conveniently remember you when the fun is over. Might I also suggest that you ensure that you and he use protection when he comes back? At least until he has been tested twice over a three month period. Because, let's face it, these festive disappearances are often linked with a festive fling or five as well. He is single for that entire month and will certainly act like a single man out there.

My partner and I keep breaking up and getting back together again. I don't know what to do now?

ANS: Sometimes relationships can be really complicated, especially when those involved don't know what they want from each other and from the relationship. Breaking up and getting back together over and over can

cause emotional damage and permanently affect the level of trust in the relationship. When dealing on what to do about this situation, you and your partner should really sit down and talk about what you both are feeling. You need to consider each other's desires, goals, wishes, and needs, and think if you are both in the same page. Sometimes it's better to break up for good in order to avoid further emotional scarring and confusion. It may be hard to accept, but in many situations, breaking up is the best thing to do. Relationships can't be perfect of course but remember that your own happiness should be the most important thing to consider.

Today, my boyfriend broke up with me for the fifth time what should I do?

ANS: Why would you let him break up with you FIVE times? I mean I know you probably think you love the guy but where is your self-respect? What I see is that he thinks he can do better than you so he breaks up with you. Then realises he can't or that the grass isn't greener or that hot girl he had his eye on he doesn't have a chance with. So he comes back. And then decides that he wants to be single just in case someone better comes along. And then well you know, he breaks up with you again. If he comes crawling back for the sixth time, tell him to stick it where the sun don't shine. And you must mean it. Don't let him break up with you for the sixth time.

Seekers

I am a single black woman and looking for a white charming man who can make me happy. He must be able to take care of me, he must be financially stable and own a car preferably Mercedes Benz.

Hey there! I am looking for a white and loving man who loves black women. I am a 23 year old smart lady who is ready to settle down and have a family. I am a respectful woman who likes other people and respects their choices. Single father are also welcome because I love kids.

Hi! I am a 29 year old laid back woman seeking a 35-55 single man in Gaborone. He must be an outgoing person who enjoys travelling, meeting new people and is down to earth. I hope I will get one here.

I am a 52 year old divorced white man looking for a single woman aged 32-40. She must be working in or around Gaborone, she have a medium sized body and never been married before. My dream woman should be lovable and friendly.

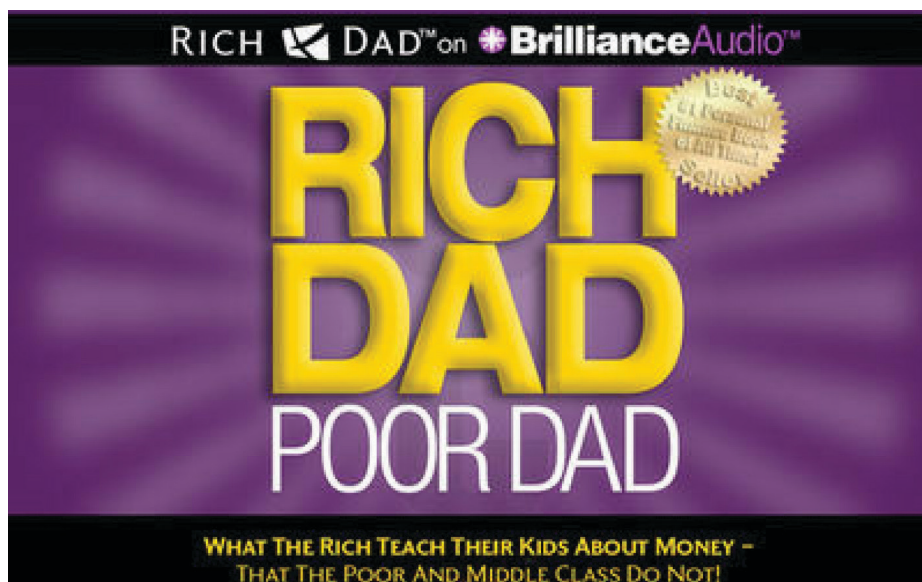
A 40 year old mother of two young adults who love God, cooking, trav-

elling and spending quality time with loved ones is looking for a life partner to marry. He must be staying in Jwaneng and matured enough to have a family. I am a polite lady and my smile I think is my best feature.

I am a loving 32 year old Motswana lady who can be strict when annoyed by people. I am forever smiling and I love watching movies. I also love spending time with my 5 year old kid and travel with my friends. I work as a teller at a bank in Gaborone. Age is nothing but just a number for the ideal man I dream of.

Top 5 Personal Finance Books

—empower yourself in 2018



This 'top 5 personal finance books' list is a must read for anyone looking to improve their finances in the smartest way possible.

Becoming more financially secure or financially free is instrumental in helping you live a very fulfilling life. One of the best and most affordable ways to improve your finances is by learning from those who've proved to be very good at managing their finances and one of the best ways to do that, is by reading their stories or philosophies.

1. Rich Dad Poor Dad #1 Bestseller on Amazon

This book has become the #1 personal finance book of all time and has been printed in hundreds of different languages. Truly an amazing book to read which will drastically change your perspective.

2. Ballin' On A Budget: Smart Money Moves To Enhance Your Savings

Let's see.... you just got paid and now you're out of cash wondering where your money went. If you are like many people, you do not have a budget. Having a budget and understanding where your money goes is a part of your foundation to success. Are you ready to understand how to create a budget? Understand the major components of budgeting? Are you aware of what you are spending your money on and how to reduce or even eliminate certain spending habits?

Your favorite financial educator, Angel Radcliffe, brings you practical techniques you can put into action, allowing you to increase your savings while continuing the journey towards financial freedom.

3. Rich Woman: A Book On Investing

For Women, Take Charge Of Your Money, Take Charge Of Your Life
A must read if you believe in women's empowerment a need or right for women to be financially free even when their husbands are successful. It will help build up your confidence and your desire to be your own woman who gets identified for your own success and not that of your husbands.

4. Think and grow rich by Napoleon Hill

Napoleon Hill, has written this amazing book which will help change your mindset. The book discusses 13 keys to success as gleaned from his research of 500 of the most successful people in business. It's a great book to read if you're looking to become more business minded.

5. Unshakeable: Your financial freedom playbook

After interviewing fifty of the world's greatest financial minds and penning the #1 New York Times best-seller Money: Master the Game, Tony Robbins returns with a step-by-step playbook, taking you on a journey to transform your financial life and accelerate your path to financial freedom. No matter your salary, your stage of life, or when you started, this book will provide the tools to help you achieve your financial goals more rapidly than you ever thought possible.

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Tips For Staying On Budget In The New Year

Are you one of the many people who sets a money goal as your New Year's resolution? The truth is many people may have the same goals, but everyone works towards achieving them differently.

Sometimes managing personal finances can be overwhelming. With a bit of planning, some good advice, and self-discipline, you can be well on your way to achieving your financial goals this year.

Set Realistic Financial Goals

Keep your goals manageable and avoid procrastination by making sure that your goals are realistic. If you want to save more for retirement, write down how much you want to contribute to your retirement accounts this year.

Evaluate Last Year's Bills

Determine which months were the most expensive last year for bills and why. Did you have any expenses like insurance or property tax that you didn't plan ahead for? Did you leave the lights on more in July or crank up the heat in January? Determining patterns in your behavior and spending can help you figure out how to better plan this year on regular expenses such as insurance and utilities.

Set And Track Your Budget Monthly

By now you probably know some budgeting basics, and you know how to budget for the necessities like housing and groceries. Where many people mismanage their budget is when it comes to incidentals like doctor and dentist visits, routine car inspections and new clothing for themselves as well as the family.

Set Up An Emergency Savings Fund

Always keep in mind that emergencies are usually unpredictable. Unplanned medical bills, car repairs, or home repairs are just some examples of when an emergency fund might be needed. You need between three to six months of take-home income set aside if you have a reliable income, and nine months of take-home income set aside if you own a business or have a variable income.

Set Up Separate Savings Accounts For Different Goals

Determine what you're saving for up front, such as a new house or a college fund for your child. Set a realistic goal at the beginning of the year as to how much you want to save and break it down into monthly or biweekly amounts that coincide with your budget and paycheck.

Buy Secondhand

This doesn't always mean shopping at thrift stores, although that's a popular option. If you're not a thrift shop fan, consider swapping clothing or books with friends. Hold a "Swap, Not Shop" party for clothing, jewelry, kid's sports equipment, or any other items you can trade. I personally love buying kid clothes for my daughter at a local consignment sale, purchasing books at Half Price Books, and trading accessories with friends.

Have Multiple Streams Of Income

Traditionally people have always worked one job, but that's becoming a thing of the past. Entrepreneurial mindsets and economic changes have started a trend of people having multiple incomes. What are your skills or talents? Is there a hobby that you could leverage to make some extra money? Put those skills and hobbies to good use by getting a "side hustle". When possible set up your side hustle online or from home; you'll save money on gas, lunches, and travel expenses.



Ideas For Transitional El



Define An Entry

A built-in bookcase carves out a small entryway in this open-plan home. A change in floor height between the entry and the nearby kitchen also creates separation without closing off any of the space.



Add Elegance With Columns

Thick columns topped with beautiful crown molding lend style and separation between this living room and the adjacent kitchen. Family members and guests seated in the living room can easily converse with the chef without getting in the way of the work zone.



Use Windows As Room Dividers

Here, a bank of multipane windows between the living room and the front hallway makes both areas feel lighter and airier. Long shelves below the windows provide another layer of separation as well as open storage and display space.



Mark Transitions With A Change In Elevation

A floor-level change and a broad passage delineate this entryway from the living room, sharing views while preserving a separate identity for each space. The family room's lowered floor allows the ceiling to truly soar.

lements And Room Dividers



Outfit The Entry With Storage

Here, a large storage unit installed on one side of the front door gives the look of a distinguished entryway. The high-gloss finish of the storage unit reflects natural light, helping the the space feel even more open.



Divide With Built-Ins

Both a storage wall and a style statement, this wall of floor-to-ceiling cabinetry creates a breezy separation between the front entry and the kitchen. The frosted-glass inserts on the upper cabinets also help the divider look more airy.



Balance Passageways

Two doorways flanking both sides of a large built-in storage unit and fireplace combo create an open passageway between the living room and kitchen.



Unify With Trim Work

The coffered ceiling, crown molding, and wall paneling used throughout this home's main level create visual harmony amongst the spaces. Changes in the colour of the wall coverings lend separation between the entryway, dining room, and living room.



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Create Openness With Partial Walls

To open up the room-to-room flow that encourages social engagement, limit the number of walls that you use to define separate spaces.



Make A Barrier Island

Outfit a spacious kitchen with a large island to underscore its role in subdividing a great-room and kitchen. This large island guides traffic through the doorways on either side of the kitchen rather than through the main work zone.



Increase Privacy With Frosted Glass

Create privacy in a bathroom by installing a frosted-glass wall panel. Sharing light enhances the sense of space in both areas.



Delineate Space With Columns And Beams

Here, the columns and beams join to form a faux doorway between the entry and living room.



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Best Vegetables To Grow In Pots | Most Productive Vegetables For Containers

Growing vegetables in containers is possible but there are some that grow easily and produce heavily in containers. Due to this we have added the best and most productive vegetables to grow in pots.

Best Vegetables to Grow in Pots

1. Tomatoes

Without a doubt, tomatoes are the most productive vegetables you can grow in pots. Tomatoes need ample sun (5-6 hours minimum). The pot size depends on the type of tomatoes you are growing. In containers, growing dwarf varieties of determinate type is best. You should also try cherry tomatoes for higher yield.

2. Beans

Most of the beans are climbers or bushier type and they grow upward. They are productive in pots and are easy to grow. You can grow them on a trellis near a wall and within weeks, you will get a green wall of beans running across the trellis. For growing beans you need a sunny place, and a pot that is minimum 12 inches deep (the bigger the better) and a strong trellis like structure for support. Since beans fix the nitrogen most of the vegetables that require more nitrogen

are good to grow underneath them. If you're growing beans in a very large pot you can grow summer savory, kale, or celery with them.

3. Lettuce

Lettuce grows up quickly and you will have the opportunity to harvest them multiple times throughout the growing season. As lettuce is a cool season crop, you'll have to decide what is the right time for its growth according to your climate, usually, seeds are started in spring. But if you live in a warm climate, grow lettuce in winter.

For growing lettuce, choose a wide planter rather than deep (6" deep is enough). When planting, make sure to leave space of at least 4 inches between each plant. Remember, leaf lettuces can be grown more closely than head lettuces. Use well draining soil and do shallow and frequent watering to keep the soil slightly moist always.

4. Peppers and Chillies

Peppers and chillies are super productive and excellent candidates for growing in containers. They look great in pots and need a sunny and warm place to thrive. If you keep the pot in a sunny spot and provide right soil and fertilize the plant time to time it will fruit heavily. A large pot that is at least 12 inches deep is optimum.



5. Spinach

Spinach is one of the best vegetables for containers. It grows well in partial shade and in any kind of space. Growing spinach in containers is easy too you can even grow it indoors on a windowsill. For growing spinach in pots, choose a pot that is least 6-8 inches deep. You don't need a very deep pot rather use a wide one. Learn how to grow spinach in pots here.



The Most Common Gardening Mistakes



Mistake 1: Choosing flowers in full bloom

Solution: “Don’t be seduced by pots with abundant flowers,” says Flora. Instead, look for healthy foliage and plump buds. Let the plants peak in the ground at your home, rather than in pots at the nursery.

Mistake 2: Buying insufficient amounts of a single variety

Solution: “Taking home only one or two pots of a particular specimen is a surefire way to make your garden look hodgepodge,” says Flora. Depending on the size of the pot and the type of plant, she suggests buying at least three containers (though six or more of a species is preferred) for a unified, well-designed look.



Mistake 3: Purchasing unhealthy or diseased plants

Solution: Leaves can tell you a lot about the health of the plant. Avoid picking specimens with brown, yellow, or wilted leaves, which could signify poor health (left) or neglect. Also inspect the foliage for insect damage like aphids (little green bugs), scale (translucent bumps or blisters), and spider mites



Mistake 4: Failing to determine a color scheme

Solution: “All colors can be beautiful, but not all colors can be beautiful together,” notes Flora. When you’re shopping for plants, don’t think of each one separately; instead, consider the plant as part of an ensemble cast. “Gardens look best with a specified color scheme. Pick one you like and stick to it!” recommends Flora. “If you love cool colors like blue



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How to Get the Softest Towels



When you step out of the warm shower, the last thing you want to do is dry off with a stiff or rough feeling towel! If you've been stepping into towels that feel almost like sandpaper on your skin, then you need these tried-and-true tips for getting the softest towels yet. Keep reading to see what you might be doing wrong, and what you can most certainly do right!

The biggest mistake people make when washing their towels is using too much detergent. You might think you need more than you really do, so if your towels are rough, try cut-

ting back. Excess detergent builds up within the fibers of your towels, and that makes them stiff. So use a little less than you think you need.

Another tip for getting softer towels is to wash all your towels together, with no other clothing items. You really will use less water and save on energy costs, plus you will avoid having lint build up on the rest of your clothes. When you do wash your towels, use hot water. The reason? Hot water helps the detergent dissolve thoroughly so it doesn't build up on the towels. And it doesn't hurt to make sure they are getting really clean of

dirt, sweat and bacteria that towels tend to harbor.

The number one way to get softer towels is NOT with fabric softener, believe it or not! The number one way to softer towels is to add one cup of white vinegar to the rinse cycle. This helps fight detergent build-up, plus it also fights hard water deposits and minerals from building up and roughing up the towel fibers. {And it doesn't leave a scent behind}. So skip the fabric softener and buy vinegar instead: you'll save a lot of money!

Stop Making These Ironing Mistakes!



1. Using Too Much Heat

Make sure to use your iron's guidelines, and even take it down a notch from there. Use the lowest setting that's still effective. On fabric blends, use your more delicate settings to preserve the condition of the fabric. Also pay primary attention to the clothing label if it has specific instructions for ironing.

2. Ironing Too Dry

Use your iron's spray feature to dampen as you iron. This helps release wrinkles faster. The steam burst delivers moisture and heat super-fast for extra wrinkle-tackling power.

3. Using a Dirty Iron

Some fibers can melt and stick to

your iron, as can spray starch. After ironing with starch or fabrics prone to melting, clean the plate with a baking soda paste after it cools, or a cleaner meant specifically for irons.

5. Storing Your Iron Full of Water

You should always empty the water reservoir when you're through ironing. Storing your iron with water in the tank can let it seep into other components or discolor the plate.



Lawyer Sechele Pursues Football Lifestyle



At 26 years, Sechele is leaving her passionate dream of sports presenting. She takes us through the other side of her talent in sports life.

Tell us about yourself.

My name is Neelo Sechele. I hail from Serowe village, and am the fifth born of six children in my family. I am a University of Botswana graduate, class of 2015 under Bachelors of Laws Degree. I am a humble, assertive and down to earth person. I kicked started this journey in August 2015.

How much do you think you will make it?

As much as I dream, I'm a believer in the saying that "if you can think/dream

it you can do/get it".

Tell us exactly what your works entails.

A sports analyst has to be up to date with the trends and developments in various aspects of the game from the administration through the game itself and its consumers. To have this I do research on the relevant aspects, I read to keep up to date and be able to study the trends in the game. I attend games as well. This is important because as an analyst you have to have in-depth knowledge to give opinions that are based not on the feelings or bias but on the realities aspects of the game.

What are the challenges you have come across in this career journey?

Being able to easily access information relating to our own local sport, but nowadays it is better because people are opening up to give the information.

What else are you doing beside sports presenting? And how do you balance your time between the two?

I'm a lawyer by profession; I'm a member of the Footballers Union of Botswana (FUB) and Women's Committee. I play for UB Kicks FC. Balancing times between being a lawyer and sports presenting is not easy but because of passion, drive and support, I am able to balance everything after all, I live both responsibilities.

Who are you working with that you feel will help you reach your destinations?

I work with a lot of people who instill positivity in all that I do. If I am to mention a few in the field it would be the sports team I work with at Duma FM. That is where I learn a lot every day.

Where do you see sports presenting taking you in three years to come?

Passion for sports is born within me; I have a passion for sports development especially for women. The work that I do gives me exposure to what sports development is and my goal is to make a difference in the girl child's sports life with the knowledge attained.

Describe your typical weekend.

If am not at the stadium or football grounds, I'm home reading or watching cartoons, animation movies or football with my favorite person. Sundays are church, football, family and the radio sports show in the evening which is hosted by Leatile Mmutle from 7-10PM. I have featured in Enole sports show (BTV) on several occasions.

What is your favorite quote?

"If God is in it then it will be," by me. Your motivational message to upcoming sports presenters? Whatever you go through in the journey, keep a cool hand, work hard and do what ordinary people fail to do and most importantly take God with you.



Deejay Bino

Full name: Boineelo Othusitse

DJ Name: Deejay Bino

Place of Birth: Selibe Phikwe

Deejay Bino is an outstanding DJ/Producer and mixer who joined the DJ career back in 2004. He played dance music at house parties on basic players.

He turned professional in 2007 when he got his first public paid resident weekly slot at a nightclub called El Paso in Selebi-Phikwe.

Since then he has evolved his style to accommodate every scene from clubs, parties to corporate and outdoor events.

Since October 2005, Deejay Bino has been and still performs at various events including his current weekly event at El Paso. He has shared the stage with both international and local artists and DJs, the likes of Kelly Khumalo (S.A), Mandoza (SA), Shota (SA) and Vee Mamppezy. It is where he met a lot of producers including his music mentors. He learned a lot from them in terms of music production, and in the process of building his name locally to become the rated DJ, re-mixer and Producer he is today.

Contact details deejay Bino

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Email: deejaybino@gmail.com

Twitter: @deejaybino

Facebook: Deejay Bino's Touch



Travis Scott

Album: Astroworld



Tinashe

Album name: Joyride



Slym

Single: Stronger featuring Nicole Martinez



Iggy Azalea

Album: Surviving the summer



Major Lazer

Album name: 'Music Is The Weapon'



Craig David

Album name: 'The Time Is Now'



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Terry Pheto

This gorgeous beauty started her acting career in the 2005 Oscar-winning feature film called Tsotsi playing leading role as Miami. Raised in Soweto until the age of 21, Pheto was spotted by casting agent Moonyeenn Lee in a theatre group in Soweto during the casting process for Tsotsi. Pheto has featured in popular television series including the SABC1 drama series Justice for All as Lerato, Zone 14 as Pinky Khumba and Mbali in Jacob's Cross. She became the face of L'Oreal and has been featured in several magazines.



Farung Yuthithum

A beautiful Pathum Thani, Thailand, female of the era. She is famous as an actress and model, and was the title holder of the Miss Universe 2007 pageant and others. She studied at the Rajamangala University of Technology Thanyaburi, Yuthithum. Farung won her first major pageant title Miss U-League 2006. She has been gifted with various awards and beauty titles. She was the representative of Thailand in the Miss Universe pageant held in Mexico.



Malla Nunn

Malla Nunn is an award-winning screenwriter and author. She currently lives in Sydney, Australia. She attended the University of Western Australia graduating with a B.A. with a double major in English and History. She completed M.A. in Theatre Studies at Villanova University in Philadelphia. While in America she met her husband-to-be and they live with their two children in Sydney. Nunn wrote and directed several short films including the documentary Servant of the Ancestors which screened at several festivals. It won Best Documentary Silver Images, Pan African, and Zanzibar Film Festival in 2000. Her first book A Beautiful Place to Die was published in 2008. Set in South Africa in the beginning of the apartheid era, it featured Detective Emmanuel Cooper. This was the beginning of the Detective Emmanuel Cooper series.



Mahendra Singh Dhoni

She is an Indian cricketer. He is a very nice looking Indian. He has a very stylish approach. He is a right handed Indian batsman and a wicket-keeper. Dhoni is also a very astonishing player and a great captain. He is a good finisher of the match and has made his team win in last hours. He has also successfully won the world cup for his team.



Udith Nyambura Mwangi

Popularly known as Avril was born in Nakuru, Kenya. She started music at an early age. At primary school she participated in a variety of talent competitions and went to high school in Uganda. She holds a Bachelors Degree in Design from the University of Nairobi's School of Art and Design. She signed with East Africa's power house Ogo-pa Dee Jays recording studios and released a debut single entitled 'Mama' later followed by hit songs Kitu Kimoja and Hakuna Yule



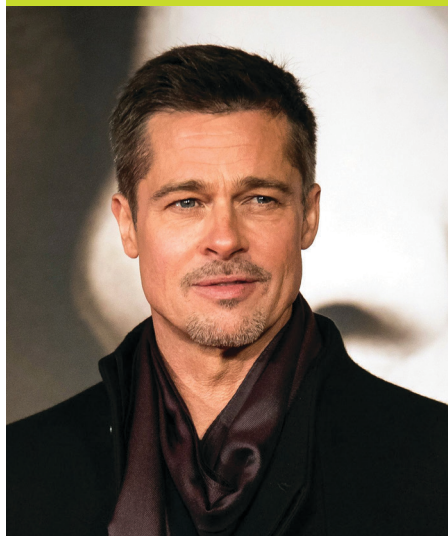
Pitchanart Sakakorn

She was born 1981 in Bangkok, Thailand. She is an actress and model of Thailand. She has been famous for her superb performance in movies like Pattaya Maniac, Buppah Rahtree Phase 2: Rahtree Returns, and The Victim. This marvelous lady holds a Bachelors Degree from the Assumption University. Her top movies are Butterfly in Grey, Ghost Variety, and Black Night. Pitchanart is also one of the sexiest Thai ladies.



Ranveer Singh

He is an Indian actor born on July 6, 2017 in India. He is the most handsome Indian and has successfully topped the list of Top 10 most Indian handsome men. He is a very charming man with a nice height, body and dashing personality. He is a passionate actor who has done several successful movies like Band Baaja Baraat, Lootera, Dil Dhadakne Do, etc.



William Bradley Pitt

He has received multiple awards and nominations including an Academy Award as producer under his own company Plan B Entertainment. Pitt first gained recognition as a cowboy hitchhiker in the road movie *Thelma & Louise*. Pitt starred in the cult film *Fight Club*, the heist film *Ocean's Eleven* and its sequels, *Ocean's Twelve* and *Ocean's Thirteen*. Pitt has been cited as one of the most influential and powerful people in the American entertainment industry. For a number of years, he was cited as the world's most attractive man. Divorced from actress Jennifer Aniston after five years of marriage, he married actress Angelina Jolie in 2014. They have six children together, three of whom were adopted internationally. In 2016, Jolie filed for a divorce from Pitt.



Rita Dominic

At 39 this fashionable Nigerian actress's beauty is telling. Ranked the fifth richest Nigerian actress, Rita won the Africa Movie Award for Best Actress in 2012. Dominic started performing when she was a child, appearing in school plays and children's television shows in Imo State. She starred in her first movie, *A Time to Kill*. She has won the City People Award as the Most Outstanding Actress. Dominic has starred in over 100 Nollywood productions. She graduated with a BA (Honors) Degree in Theatre Arts at the University of Port Harcourt.



Brit Marling

She first gained recognition in 2004 with the documentary *Boxers and Ballerinas*, and later became a Sundance star with the Searchlight films *Sound of My Voice*, *Another Earth* and *The East* which she co-wrote in addition to playing the lead role. She starred in the 2016 Netflix series *The OA*. Marling was born in Chicago, the daughter of property developer parents John and Heidi Marling. She was named "Brit" after her Norwegian maternal great-grandmother. She grew up in Winnetka, Illinois and in Orlando, where she enrolled in the Arts program at Dr. Phillips High School. Marling was interested in acting, but her parents encouraged her to focus on academics. She graduated from Georgetown University with Degrees in Economics and Studio Art, and was her class valedictorian.



Robert Brown

Started his career in the R&B and pop group New Edition, from its inception in 1978 until his exit from the group in 1985. Starting a solo career, he enjoyed success with his second album in 1988, *Don't Be Cruel*, which spawned a number of hit singles including the self-penned "My Prerogative", and the Grammy Award-winning "Every Little Step" which became his signature song. Brown had a string of top ten hits on various Billboard charts. He is noted as a pioneer of new jack swing, a fusion of hip-hop and R&B. He starred in films such as *A Thin Line Between Love and Hate* (with Martin Lawrence), and *Two Can Play That Game* (starring Vivica A. Fox). Brown was married to the late singer Whitney Houston for fifteen years. The couple starred in the reality show *Being Bobby Brown*.



Kevin Hart

Born and raised in Philadelphia, Pennsylvania, Hart began his career by winning several amateur comedy competitions at clubs throughout New England, culminating in his first real break in 2001 when he was cast by Judd Apatow for a recurring role on the TV series *Undeclared*. The series lasted only one season, but he soon landed other roles in movies like *Paper Soldiers*, *Scary Movie 3*, *Soul Plane*, *In the Mix*, and *Little Fockers*. Hart's comedic reputation continued to grow with the release of his first stand-up album *I'm a Grown Little Man*, and performances in various films. He also released four more comedy albums; *Seriously Funny*, *Laugh at My Pain* in, *Let Me Explain*, and *What Now?*. Hart was named one of the 100 most influential people in the world.

Nxai Pan

Words and Images: Prakaash Hari



Nxai Pan National Park lies just north of the Maun-Nata road and adjoins Makgadikgadi Pans National Park on its northern border. Nxai Pan was originally state land and an area of 1676 square km was declared a game reserve in 1970, and then in 1992 the boundaries were extended to include Baines Baobabs to give the present total area of 2578 square km and National Park Status was granted.

It is one of the very few places where impala and springbok ranges overlap and the focal point of the park – a pumped water hole – is incredibly rewarding for those visitors who park nearby and watch the goings on. In the winter months this waterhole is literally the only water for hundreds of kilometres and it teems with animals.

Like the Central Kalahari, Nxai pan becomes a Garden of Eden in the summer rains with thousands of young animals and inspired scenery.

The pans have been formed by a process that may have begun more than five million years ago. At that time, the Okavango River, the Chobe and the upper Zambezi flowed along somewhat different courses to those of today. Travellers are always struck by the immensity of sky and horizon of the Botswana landscape.

Nxai Pan itself is an extensive grass plain part, once again, of the old lake bed, which is more generously covered with acacia trees. In the south of Nxai Pan,

Baines' Baobabs comprise a clump of large baobab trees, rendered immortal in 1862 by painter Thomas Baines, a member of Livingstone's expedition. This area of 1676 square kilometres was declared a game reserve in 1970 and then in 1992 the boundaries were extended to include Baines Baobabs to give the current total area of 2578 square kilometres and National Park status was granted.



Baines Baobab



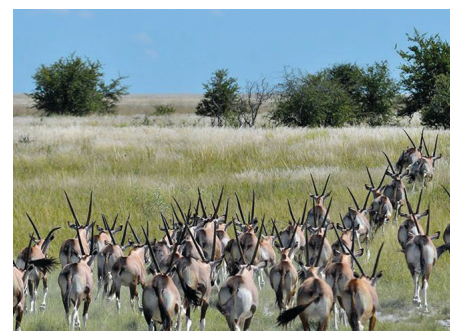
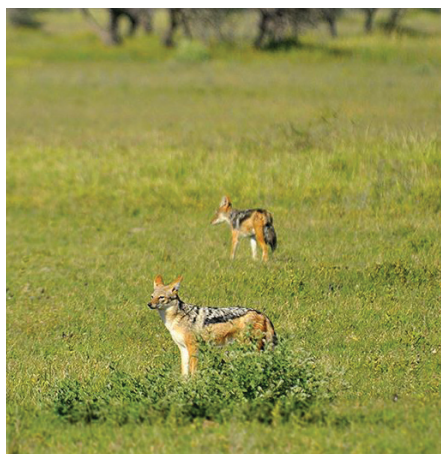


The fossil pans of Nxai Pan offer spectacular, seasonal game-viewing in the rainy season (November - March). Huge herds of Zebra, Wildebeest, Springbok and Gemsbok attract many predators - Lion, Cheetah and both brown and spotted Hyena. There are large numbers of Bat Eared Fox, which preys on rodents and reptiles. This is one of the few areas in Botswana that is more interesting during the rainy season - when huge herds hit Nxai's grassy pans. The numbers can be staggering; wildebeest, zebra and gemsbok appear in their thousands, along with large herds of other Antelope and Giraffe. Perhaps the focal point of Nxai Pan is the water hole, situated only two kilometres from the entrance gate, in the midst of a large grassy plain which is dotted with a few clumps of short umbrella thorn trees.

Once the rains have started, gemsbok, elephant and zebra migrate to the area. At that time, zebra are present in thousands and drop their young at Nxai Pan, rivalling the spectacle of the multitude of young springbok, to further enhance game-viewing opportunities. Whilst many other parks and re-

serves are not considered to be at their best during the rains, Nxai Pan becomes a veritable Garden of Eden.

Compiled from various sources.



Photography Workshop:
Contact me for a day trip during weekend and holidays for Basic and advance photography workshop.



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Photographer



A photographer records events and tells stories using images. He or she takes pictures of people, places, events, and objects. Photographers often specialize in a type of photography. Portrait photographers take pictures of people in studios or on-site at various locations. Some take school portraits or baby pictures. Commercial photographers take pictures that are used in books, advertisements, and catalogs.

Photojournalists, also known as news photographers, capture images that are usually used to illustrate stories on television news broadcasts or in newspapers or magazines. Aerial photographers take pictures of landscapes and structures from aircraft. Fine arts photographers sell their photographs to the public as pieces of art.

Roles and Responsibilities

- “Capture and edit visual content for multiple platforms”
- “Produce photography in various methods including printed/digital media and deliver final product to various sources including internal and external customers, media, graphic designers, and corporate communications”
- “Produce quality images by photographing merchandise and/or people in the studio and/or on location”
- “Perform retouching and image adjustments after shoots”

The Truth About Being a Photographer

If you are considering this career, the first thing you should know about it, is that if you like to stay close to home or work from the same location every day, it may not be for you. Photographers often spend time on the road. Sometimes this means going somewhere nearby to do a photo shoot, but it could involve traveling to far-flung places.

Portrait and commercial photographers, though they spend a lot of time in studios, have to do on-location photo shoots. Photojournalists also travel, both domestically and internationally. They sometimes find themselves in dangerous locales in order to record newsworthy events.

The second thing you should know is that employment is often inconsistent and approximately a third of all jobs are part time. Some jobs are seasonal, as is the case with those who specialize in photographing weddings or graduations. Finally, this isn't a 9 to 5 job. Expect to have to work evenings, weekends, and holidays.

What Soft Skills Do You Need?

In addition to technical proficiency, a photographer needs certain soft skills, or personal qualities, whether he or she decides to work for someone else, or freelance.

- **Artistic Ability:** Photographers are artists who must have the creativity needed to come up with ways to tell stories using images. They need a good eye for using color, light, and composition.
- **Interpersonal Skills:** Whether it's the people you are photographing, your clients, or colleagues, you must be able to understand their needs, read their body language, and coordinate your actions with theirs.
- **Communication Skills:** Excellent listening and speaking skills will allow you to grasp what others tell you and help you explain things to them.
- **Customer Service:** Photographers must provide excellent service to their clients because repeat business and positive word-of-mouth are essential to success.
- **Business Skills:** Those who run businesses must know how to market themselves, tend to book-keeping tasks, and keep track of expenses and profits.





Bicycle Repair

This month CW magazine takes you through how to repair a puncture and patching an inner tube on a bike;

1. Find the puncture

Using the valve as your starting point, closely inspect the tread of the tyre to find the cause of the puncture. Pay attention to the sidewalls to make sure that there are no tears or holes. Remove any glass, grit or other debris that you spot.

2. Remove an inner tube

Let the air out of the inner tube and push the valve up into the tyre, unscrewing and retaining the valve lock ring if fitted



On the side of the wheel opposite the valve, slip a tyre lever under the tyre's bead and a further tyre lever, about roughly 5cm away.

Use a second lever, roughly 5cm away from the first, to begin to pop the bead off the rim. On the side of the wheel opposite the valve, slip a tyre lever under the tyre's bead and a further tyre lever, about roughly 5cm away.

3. Patching an inner tube

Firmly press the patch into place after removing the backing foil, cleanliness is also key to a good repair. Check the casing of the tyre and rim tape - Thoroughly check the casing of the tyre for any other debris that may cause another puncture, before refitting the tube, thoroughly double-triple-check the inside of the tyre casing.

4. Refit the tyre

After repairing the tube and thoroughly checking the tyre, re-fit one bead to the rim.

Slightly inflate the tube and re-fit it to the wheel, putting the valve through its hole first. Use your thumbs to lift the tyre's bead over the rim. Work your way around the rim until there's



just one small section of tyre left. Push the valve up into the tyre, using your thumbs; ease the remaining section of the tyre's bead over the edge of the rim.

Check that the tube isn't trapped between the rim and the tyre bead. If the tube is trapped, try 'massaging' the tyre to encourage it to seat properly. Pumping it up a small amount may also help to seat the tube properly.

Inflate the tyre to a point where it feels soft but has maintained its shape.



An English actor, comedian, and screenwriter **Rowan Sebastian Atkinson** was born 6 January 1955



Aries

(March 21 - April 19)
Children can become a source of real love and pride

bringing the desire to start a family if you don't already have one. There's a creative ability that surfaces that can have its advantages as well. Photo sessions or movies can bring equal opportunity for success so get out the camera.



Taurus

(April 20 - May 20)

Don't fall back on old bad habits that are destructive to your image. Relationships become much more settled now and you find yourself using a more disciplined approach to your communications. Give others what they want whole heartily for it will only return to you triple fold.



Gemini

(May 21 - June 20)

Your freedom and love of adventure characterizes your choice of profession. Experiment with many kinds of jobs or technology. You can speak with loved ones in dreams or through a mediums' assistance. You may find yourself solving problems of debts owed to you and come out of it amicably.



Cancer

(June 21 - July 22)

You may have recently been the object of an animal's attraction. Allow your companion to make suggestion and listen to their advice. Keep in mind that there will be many opportunities to increase your income now. A sudden opportunity arises that allows you to travel by water or Oceanside village.



Leo

(July 23 - August 22)

Powerful attractions and or habits may push you over the edge. Keep promises regarding diet and exercise and don't let past misunderstanding cause you to sway from goals. It becomes very apparent how stress and employment conditions affect your psyche and physical health.



Virgo

(August 23 - September 22)

You feel recharged and energized ready to start many new projects. Home issues need to be addressed again. You may decide to start a family of your own now. You may be required to express your authority at work. Take a chance and ask for something you've always wanted. You may be pleasantly surprised.



Libra

(September 23 - October 22)

Create the comfortable home environment you've always dreamed of. You get many things accomplished now. You look and feel your best and others take you seriously. Invite others to join you there to celebrate your new beginnings. Love affairs that have an ethereal quality can begin now. You may be surprised at the turn of events.



Scorpio

(October 23 - November 21)

Thoughts are on financial planning. Be versatile and creative in applying your job skills and

watch earning abilities improve. You'll be known for your clever repertoire. Send original greeting card or email to friends and enemies. A reward or recognition can come to you now making you very proud.



Sagittarius

(November 22 - December 21)

Friends come to your rescue and set you straight about future plans. Find yourself new and exciting ways of expressing yourself without becoming argumentative. Visits to sibling or neighbor can be quite satisfying now. You may find yourself completing a writing project that provides you with additional income.



Capricorn

(January 20 - February 18)

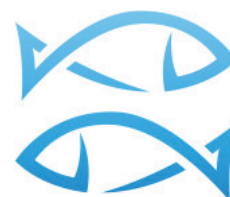
Being well rounded will greatly improve your efforts at achieving your goals. Keep dark foreboding thoughts at bay and don't even think revenge without recalling the rule of thumb. The sudden meeting of someone from your past can improve your chances of success.



Aquarius

(January 20 - February 18)

Always carry a scarf or shawl to protect you from cold. Your area of faith and spiritual awakening is activated with Jupiter now in Libra. Visit unfamiliar places of worship where you can get a better understanding of the practices of others. There will be many unexpected opportunities to add to your income.



Pisces

(February 19 - March 20)

A question of credibility may arise. Try not to be too impatient or argumentative when this occurs. A renewed stability comforts you as February approaches. New friends and contacts come your way this month. A healthy relationship is more powerful in improving your health than any other thing right now.

Dear Tech Support

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slow down in overall system performance, particularly in the flower and jewelry applications, which operated flawlessly under Boyfriend 5.0. In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5 and then installed undesirable programs such as NFL 5.0, NBA 3.0, and Golf Clubs 4.1. Conversation 8.0 no longer runs, and Housecleaning 2.6 simply crashes the system. I've tried running Nagging 5.3 to fix these problems, but to no avail. What can I do?

A man is in court on trial. The judge says, "On the 3rd August, you were accused of killing your wife by beating her to death with a hammer, how do you plead?" "Guilty", said the man in the dock. Another man at the back of the courtroom stands up and shouts, "You dirty rat!" The judge asks the man to sit down and to refrain from making any noise. The judge then continues, "... also on the 17th September you are accused of killing your son by beating him to death with a hammer, how do you plead?" "Guilty," says the man in the dock. Again the same man at the back stands up and shouts even louder, "You dirty rotten stinking rat!" At this point the Judge calls the loud man to the bench and says, "I have already asked you to be quiet. If you continue with these outbursts, I will have to charge you with contempt of court. I can understand your feelings, but what relationship do you have with this man?" He replies, "He is my next door neighbour." The judge re-

plies, "I can understand your feelings then, but you must refrain from any comments." The man replied "No, your honor, you don't understand. Twice I have asked if I could borrow a hammer, and BOTH TIMES he said he didn't have one!"

On the roof of a very tall building are four men; one is asian, one is mexican, one is black, and the last one is white. The asian walks to the ledge and says, "This is for all my people" and jumps off the roof. Next, the mexican walks to the ledge and also says, "This is for all my people" and then he jumps off the roof. Next is the black guy's turn. The black guy walks to the ledge and says, "This is for all my people" and then throws the white guy off the roof.

A black Jewish boy runs home from school one day and asks his father, "Daddy, am I more Jewish or more black?" The dad replies, "Why do you want to know, son?" "Because a kid at school is selling a bike for \$50 and I want to know if I should talk him down to \$40 or just steal it!"

A black boy walks into the kitchen where his mother is baking and accidentally pulls the flour over onto his head. He turns to his mother and says, "Look Mama, I'm a white boy!" His mother smacks him and says, "Go tell your Daddy what you just said!" The boy finds his father and says, "Look Daddy, I'm a white boy!" His Daddy bends him over, spanks him, stands the boy back up, and says, "Now, what do you have to say for yourself?" The boy replies, "I've only been a white boy for five minutes and I already hate you black people!"

A panda walks into a bar, sits down, and orders a sandwich. He eats, pulls out a gun, and shoots the waiter dead. As the panda stands up to go, the bartender shouts, "Hey! Where are you going? You just shot my waiter and you didn't pay for the food!" The panda yells back, "Hey man, I'm a panda. Look it up!" The bartender opens his dictionary to panda, "A tree climbing mammal of Asian origin, characterized by distinct black and white coloring. Eats, shoots, and leaves."

Reporter: "Excuse me, may I interview you?"

Man: "Yes!"

Reporter: "Name?"

Man: "Abdul Al-Rhazim."

Reporter: "Sex?"

Man: "Three to five times a week."

Reporter: "No no! I mean male or female?"

Man: "Yes, male, female... sometimes camel."

Reporter: "Holy cow!"

Man: "Yes, cow, sheep... animals in general."

Reporter: "But isn't that hostile?"

Man: "Yes, horse style, dog style, any style."

Reporter: "Oh dear!"

Man: "No, no deer. Deer run too fast. Hard to catch."

A married couple is out one night at a dance club. There's a guy on the dance floor giving it large: break dancing, moon walking, back flips the works. The wife turns to her husband and says, "See that guy? Twenty years ago he proposed to me and I turned him down." The husband says, "Looks like he's still celebrating!"

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Black Pepper Hasselback Potatoes

Prep these roast potatoes in the morning, put them in the oven an hour before serving. They make a traditional roast a bit more special

- 2½ kg medium potatoes, scrubbed (choose a variety that roasts well like Maris Piper)
- 2½ tsp black peppercorns
- 150g butter
- 120ml olive oil
- 2 large lemons, zest pared

Method

Heat oven to 200C/180C fan/gas 6. Rest each potato on a large serving spoon and cut widthways at 3mm intervals – cutting the potato on a spoon stops you slicing all the way through. Repeat with all the potatoes. Roughly grind the peppercorns with a pestle and mortar.

Melt the butter and oil in a large roasting tin. Once sizzling, add the potatoes and pared lemon zest. Toss well so that all the potatoes get coated in the fat, then season well with salt and three quarters of the freshly ground black pepper. Roast on the bottom shelf of the oven for 1 hr-1 hr 15 mins until golden and tender. Discard the lemon zest and scatter over the remaining pepper to serve.



Black Forest Trifle

The layers in this Black Forest Trifle all combine into an amazing combination of chocolate and cherry and cream. You get a double dose of chocolate from the chocolate cake and chocolate pudding. Then a generous layer of sweet cherry pie filling and it is all topped with creamy whipped cream.

Black Forest Trifle Recipe

Ingredients:

- 1 box devil's food cake, prepared according to package directions
- 1 (5.9 oz) box of instant chocolate pudding, prepared according to package directions
- 3 cups whipped cream or 8 oz cool whip
- 1 (21 oz) can cherry filling

Directions:

- Crumble cake into small pieces.
- Layer, cake, pudding, cherry filling and whipped cream. Continue layering until all ingredients have been used.
- Refrigerate for at least one hour to let the flavors meld and cake soak up the good stuff. Serve chilled!



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Gentle Exercises For People With Arthritis

If you have arthritis, these exercises can help your joints and muscles and benefit your heart, bones, and mood.



Chair stand

Who it's good for: People who want to build leg muscles

Sitting in a normal height chair, stand up, and sit down, but don't just plop down. Focus on controlling the motion, using your arms to assist you if needed. Try doing 10 to 15 reps. If that's too easy, try a lower-height chair.



Walking

Who it's good for: Almost everyone, unless walking is too painful

Walking is a great bone-strengthening and aerobic activity. Go at a moderate-to-hard intensity level, 60% to 85% of your maximum heart rate, three to five days a week and working up to a 30-minute session. You'll build endurance if you walk longer.



Yoga

Who it's good for: Almost everyone can benefit, even people with tender, swollen joints

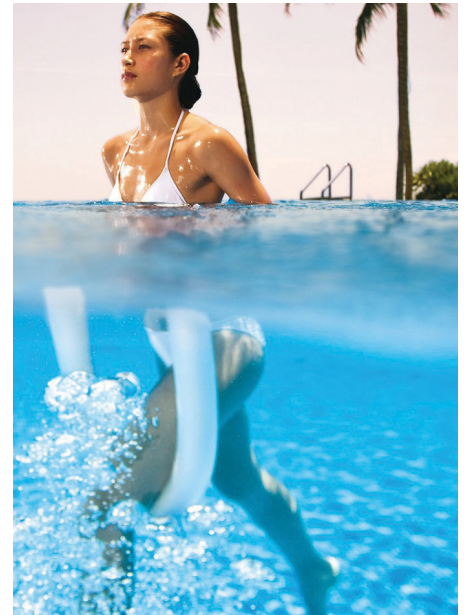
Yoga packs two great benefits for people with arthritis. Using deep relaxation techniques, like yoga Nidra, promotes a healthy immune system and helps reduce joint inflammation. Plus, gentle stretching is great for maintaining mobility and movement.



Pilates

Who it's good for: arthritis patients who want stronger muscles

Pilates are good for stabilizing your joints and strengthening the muscles that support your joints. Try the "shoulder bridge." Lie down on your back, bend your knees and place your arms along each side of your body. Exhale through pursed lips as you contract the abdominals and lift your pelvis. Inhale through the nose and hold the position. Exhale to lower your pelvis back to the ground and repeat the exercise.



Water workout

Who it's good for: People who have significant joint pain

In a lap pool (usually 4-feet deep), walk from one side of the pool to the other at a quick pace. The buoyancy of the water relieves pressure on your joints. Consider exercising using a water jogging belt. It suspends you above the pool floor so you can move without putting any pressure on your hips, knees or ankles.



Stretching

Who it's good for: Anyone with arthritis, as long as you don't overdo it

You can stretch sitting in a chair, if that helps. And you can use a Stretch-Out Strap, a nylon strap with built-in loops for your hands and feet. Try this: Place the ball of your foot through a loop, grasp each end of the strap with your hands, and straighten your leg. Lift your leg, gently pulling on the straps.

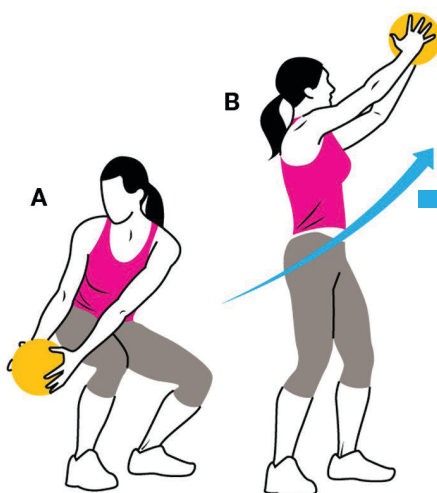
GET A FLAT BELLY WITH NO CRUNCHES

Relying on crunches alone to trim your waistline is about as useful as wishing for a flatter stomach. To get results, you need to train your core to stabilize your whole body, explains Mike Robertson, co-owner of Indianapolis Fitness and Sports Training.

EXERCISE 1

Reverse wood chop

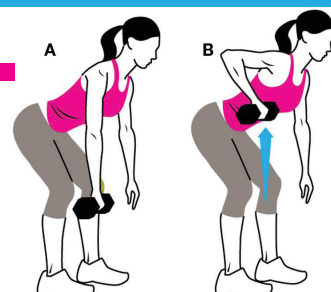
Squat, holding a medicine ball next to your right hip (a). Keep your arms straight and raise the ball up and across your body until you're standing and the ball is above your left shoulder (b). Lower back to start. That's one rep.



EXERCISE 2

SINGLE ARM LUNGE

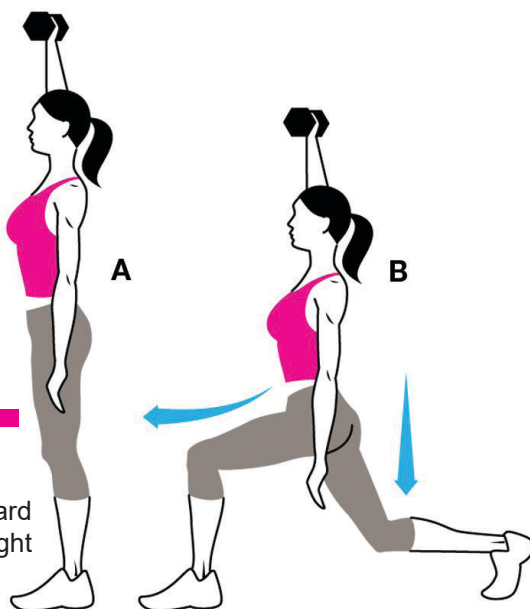
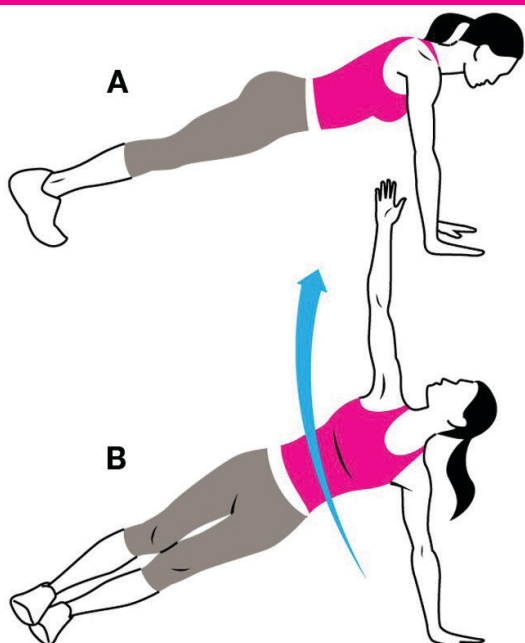
Hold a dumbbell and raise your right arm, keeping your elbow close to your ear (a). Step forward with your left foot, lowering until your thigh is parallel to the floor (b). Push off your left foot to stand. That's one rep.



EXERCISE 3

T-STABILIZER

Get into a pushup position (a). Shift your weight to your left hand and rotate your body, raising your right arm into the air so that your arms and torso form a T (b). Hold for one or two seconds, then return to start. That's one rep.



EXERCISE 4

SINGLE-ARM BENT-OVER ROW

Hold a dumbbell in your right hand, bend your knees, and lean forward from your hips (a). Brace your abs and pull the weight up to chest height without rotating your torso (b). Return to start. That's one rep.



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Anxiety



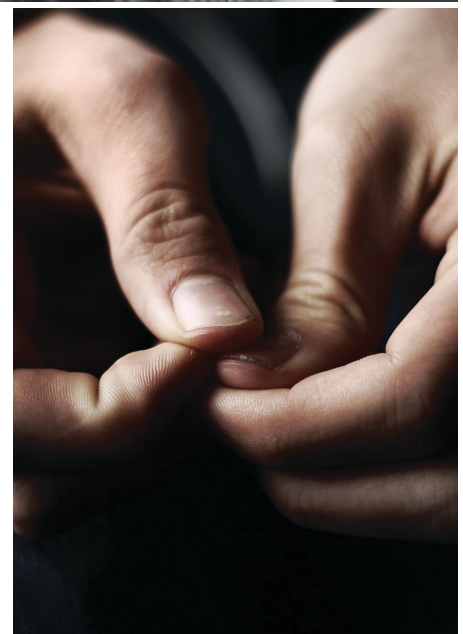
Anxiety disorders are a group of mental disorders characterized by significant feelings of anxiety and fear.

There are a number of anxiety disorders: including generalized anxiety disorder, specific phobia, social anxiety disorder, separation anxiety disorder, agoraphobia, panic disorder, and selective mutism. The disorder differs by what results in the symptoms are and people often have more than one anxiety disorder.

The cause of anxiety disorders is a combination of genetic and environmental factors. Risk factors include a history of child abuse, family history of mental disorders, and poverty.

Anxiety disorders often occur with other mental disorders, particularly major depressive disorder, personality disorder, and substance use disorder. Other problems that may result in similar symptoms include hyperthyroidism; heart disease; caffeine, alcohol, or cannabis use and withdrawal from certain drugs, among others.

Without treatment, anxiety disorders tend to remain. Treatment may include lifestyle changes, counseling, and medications. Counseling is typically with a type of cognitive behavioural therapy. Medications, such as antidepressants, benzodiazepines, or beta blockers, may improve symptoms.



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Allergy



An allergy is a reaction by your immune system to something that does not bother most other people. People who have allergies are often sensitive to more than one thing.

Types of allergies

Food Allergy - are estimated to affect 4 percent of adults.

Skin Allergy - Irritated skin can be caused by a variety of factors. These include immune system disorders, medications and infections.

Dust Allergy - People who have dust allergies are familiar with sneezing, but sneezing isn't the only uncomfortable symptom.

Eye Allergy - occurs when something you are allergic to irritates the conjunctiva. This is the delicate membrane covering the eye and the inside of the eyelid.

Pet Allergies - Pet allergies can contribute to constant allergy symptoms, such as causing your eyes to water, or

causing you to start sneezing.

Insect Sting Allergy - Stings from five insects - honeybees, hornets, wasps, yellow jackets and fire ants are known to cause allergic reactions to the venom injected into the skin.

Drug Allergies - If you develop a rash, hives or difficulty breathing after taking certain medications, you may have a drug allergy.

Allergic Rhinitis - If you sneeze a lot, if your nose is often runny or stuffy, or if your eyes, mouth or skin often feels itchy, you may have allergic rhinitis.

Latex Allergy - Allergic reactions to latex may be serious. If you have latex allergy you should limit or avoid future exposure to latex products.

Mold Allergy - Molds live everywhere, on logs and on fallen leaves, and in moist places like bathrooms and kitchens.

Sinus Infection - is a major health problem that can affect a lot of people.

Cockroach Allergy - Some people de-

velop allergy symptoms when they are around cockroaches.

Allergy Symptoms

An allergic reaction typically triggers symptoms in the nose, lungs, throat, sinuses, ears, lining of the stomach or on the skin. For some people, allergies can also trigger symptoms of asthma. Allergies can be seasonal (worsening during certain times of the year, such as pollen allergies in the spring) or perennial (occurring year-round).

Testing

Your allergist will obtain a detailed medical history, examine you and evaluate your symptoms. Tests will be performed to find out the type of your allergic disease.

Diagnosis

If you have never been diagnosed with allergies but think you might have them or aren't sure what causes your allergy symptoms, see an allergist.



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DIY Chanel Lipstick USB Flash Drive

Do tech in style. Store pictures, files and more on your own DIY chic Chanel lipstick flash drive. This little conversation starter is oh-so-easy to create.

All you need is...

1. Chanel Lipstick - You don't have to use a Chanel lipstick, but the more glamorous, the better!
2. USB Flash Drive - This flash drive must be short and narrow in order to fit in the lipstick like this one.
3. Sugru - A tiny bit of Sugru will attach your USB stick to your lipstick holder. You will also need some paper towel and a small knife to remove and clean the lipstick from the lipstick holder.



Instructions

1. Remove the lipstick and clean off as much lipstick as possible with a paper towel.
2. Then, take a small amount of Sugru and roll it into a ball that is about the size of the lipstick holder's opening. You will only use about 1/4th of the Sugru in the tiny packet.
3. Rotate your lipstick until it is fully extended, and put the ball of Sugru in there.
4. Rotate your lipstick in the opposite direction until it is fully retracted, and your Sugru ball is at the bottom.
5. Push your USB stick all the way to the bottom.
6. Rotate the lipstick in both directions to ensure that the USB stick can move up and down.
7. Leave uncapped for 24 hours for the Sugru to air-dry.



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BMW M5 2018

2018 will be a greater year for BMW fans. Here is the fastest, comfortable and expensive BMW M5 to be introduced. The big M sedan's switch to all-wheel drive has raised some eyebrows.

The new monster M5 has a true RWD mode which excludes the front axles from duty completely, a 4WD mode that manages power most efficiently across all four paws, and a 4WD Sport which is calibrated specifically to trick you into feeling like you're in a rear-driver. Big red buttons located behind the steering wheel make switching modes easy on the fly.

The 2018 M5 BMW takes a righteous 4.4-liter V8 with two turbos, 600 horsepower and 554 lb-ft of torque and mates it to BMW's xDrive AWD system. But there's more to the formula than simply pushing a lot of power to every wheel. It's also the first M5 that will not be offered with a manual transmission.





Doing It For The Love Of Music- Mhaladi

Born in Mahalapye 39 years ago, Zachariah Mhaladi is a young man gifted with making indigenous music instruments and makes a living out of them.

Trading under Mozeco's musical instruments manufacturer he makes instruments like segaba, setinkane, marimba and moropa. His life of making indigenous musical instruments started in 2002, but playing them started early around 80's where he used to play marimba at Roman Catholic Church in Mahalapye. The great idea of making musical instruments began after he had developed an interest in playing music. Zachariah plays his hand made musical instruments as entertainment at different events such as weddings.

Zachariah attended his education in Mahalapye until he finished his Cambridge in 2000. He gets courageous support from his family members as they are grateful for his work. Art means greener pastures in his life; he told CW magazine in an interview that art has changed his life much that he is able to make a living out of it. For him to start this business, Zachariah

used his own money. He explained that the help he gets from the government is very low; it is only passion that drives him to do what he loves. The government has given him a workplace at Thapong Visual Arts where his business operates.

Zachariah has a good relationship with his customers. His potential customers are foreigners; he said Batswana only appreciate his work but they don't buy the products. He added that sometimes the suppliers can buy from him just to support his work.

His other source of income comes from occasions after being hired to entertain. He said that since he started this business, there is a little growth in it but due to high competition in his career he does who wins tenders at most times. He tries by all means to make good capturing eye products and charge normal prices hence making it to the top of his competitors.

Zachariah uses wood from mukwa tree which is durable to make marimba, he uses mukwa/molaesi wood to make the indigenous guitar and segaba. He gathers these trees from Tlokweneng village.

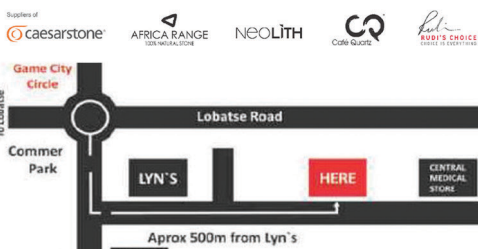
To the upcoming artists: ".....do what you love with passion not because someone else is doing it, have courage in your work and have that vision," he advises.

For entertainment at weddings, parties, sessions, book him @ 72447866



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The HR Business Partner Conference Botswana

Date: 21-22 Feb 2018

Venue: AVANI Gaborone Resort & Casino, Gaborone

Details: The HR Business Partner Conference Botswana is organized by the Knowledge Resources. The conference will cover areas like Success stories from highly regarded HR professionals and organizations, Key insight into how successful HR Executives and Business Partners are delivering results and adding value.



Saarmste 2018

Venue: University of Botswana

Date and Time: January 16, 2018 @ 08:00 till January 19, 2018 @ 11:00

Organized by: AMESA

AMESA uses the following strategies to achieve its aims:

- Providing a forum for all concerned with the teaching of Mathematics at all levels of education;

- Encouraging research related to Mathematics Education and bringing the results of such research to the attention of its members;

Conference Theme: Pursuing sustainable and inclusive quality education through research informed practice in Mathematics. Science and Technology

Website: www.saarmste.org/

Email: saarmste2018@gmail.com

Online submission of papers for review: Monday 17 July

Mask Party 2018

Venue: Serowe, Central District, Botswana

Date and Time: January 5, 2018 @ 10:00

Organized by: Obey Productions
Obey Productions is a media organization dealing with music arts. It consists of many sections such as recording and music videos to mention a few.



The walk aimed at creating awareness, educate, highlight this serious issue and encouraging victims to standup and seek help. Am a man mouth piece, speak as a man.
"LET'S STOP WOMEN & CHILD ABUSE!"
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PLEASE REPORT ALL FORMS OF ABUSE ON WOMEN AND CHILDREN.

100KM Walk Against Women And Child Abuse (Gaborone-Ramonaka)

Date & Time: Thu Dec 14, 2017 at 07:30 am

Venue: Sebele Centre Shopping Mall, Block 10, Gaborone, Botswana

Event Details

The walk aimed at creating awareness, education, highlighting this serious issue and encouraging victims to stand up and seek help. Let's all stand up and protect women and child freedom, report any form of abuse.



Free Zumba Party in Support of SOS Botswana

Venue: Thornhill School, Gaborone

Date & Time: Fri Dec 15 2017 at 06:00 pm

Event Details

This year Zumba in Gabz is 'adopting' SOS Botswana Children's Village. SOS Botswana used to receive over 70% of funding from SOS International. Unfortunately Botswana has been identified as a capable country and is expected to raise funds and support its own children. Please do help. The attached flyer shows the essentials that the children at SOS villages need. If you would like to know more, feel free to contact us and also come join us for our FREE XMAS PARTY. The SOS representatives will be there to provide more information :) Pula!



Cultural Night 2017

Date & Time: Fri Dec 15 2017 at 06:00 pm

Venue: Stanbic Bank Piazza, P O Box 1553, Gaborone, Botswana

Event Details

A Cultural event of note, not to be missed, head lined by Mafikizolo, Serreetsi and The Natives, Amantle Brown, Bosetu Cultural Groups, and the Incredible T The DJ!



Gabz Mega Party (Fashion Meets Music)

Date & Time: Sun Dec 31 2017 at 10:00 am

Venue: Gaborone, Botswana

Event Details

Gabz mega party its annual fashion and music festival which promotes Lifestyle, fashion trends, classy, elegant, swag, vintage, hair trends. Let your style speak.



Riverwalk shopping mall in conjunction with JB Sports, CB Store, HSP and Madam Queen's Modelling agency held a fashion show on the 1st of December 2017 with the aim of displaying and attracting customers to the clothes they had in store.

Models displayed different merchandises and labels on the runway accompanied by some local artists.



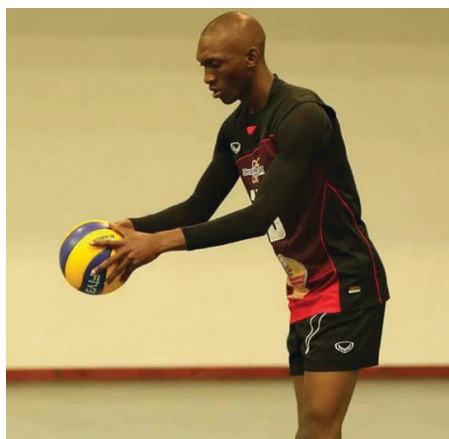


Bakang Marumo

Opens Up About Volleyball

Moddler, as he is affectionately called in the field is a 23 year old Moshupa native who started sports as a soccer player at junior school level. Bakang Marumo is currently a volleyball player of Kutlwano Volleyball Club.

Celebrity World Magazine held an interview with Moddler who enlightened us on his journey in volleyball at Kutlwano Club. He opens up about the struggles that affect them.



Since volleyball doesn't have development teams like soccer in Botswana, during school leagues the Botswana Tertiary Student Sports Association and Botswana Integrated Sports Association come and watch them playing, and sometimes use school for development and then recruit from it. Like Botswana Integrated Sports Association who saw Moddler playing volleyball at ABM University and recruited him in 2013 to join Kutlwano Volleyball Club.

When asked why he left football he said, "I realised that I was limited then I decided to change sport code to volleyball. He trains once a week and does modelling during his free time. His team has been known as a big team and since the arrival of Moddler the team got position 2 and silver in 2014, in 2015 they got position 1 including all the tournaments (top 8 capital), and in 2016 they got position 1 again in tournaments included.

Moddler said that volleyball is not his full-time career as he is still a student. He studies Diploma in Entrepreneur Development at ABM University.

When mentioning the challenges, he said that there are no sponsors and Botswana don't support volleyball at all. Only few people will come when the entrance is free. "...Volleyball is all about passion I do it from the bottom of my heart, even if there are more challenges, I keep playing it," he added.

He further said that most of the funds in the country are spent on football and athletics but from the statistics, volleyball performs well after football in Southern Africa yet it's taken for granted.

Bakang encourages people to support the sport codes equally.



City Star Frustrated With Pep

A Manchester City star has become frustrated with the way he has been treated by manager Pep Guardiola this season. Sergio Aguero's future at Etihad is in doubt as he is frustrated with the lack of confidence shown in him by the manager. Aguero had similar concerns last season, and the same report claims that Chairman Khaldoon Al Mubarak met Aguero in Los Angeles during the club's pre-season tour in America to discuss the player's concerns. It is believed that Al Mubarak did inform the striker that things would be different under Guardiola this season.



Mosimane: Castro Was Forever Not Around

The Zimbabwe international will see his contract with Downs expire at the end of the 2017/18 season and while he has been offered an extension at the club, he has not yet put pen to paper on the new deal. Downs' lost 1-0 to Cape Town City in their final game of 2017 and following the league outing, Coach Pitso Mosimane briefly touched on possible player movements.



Zidane Announces Real Squad For El Clasico

Real Madrid coach Zinedine Zidane has announced his squad for Saturday's El Clasico against FC Barcelona. Los Blancos will host Ernesto Valverde's charges at the Santiago Bernabeu with the hope of getting their title defence back on track. Cristiano Ronaldo missed two training sessions in the week, but the forward has been included the match day squad along with Gareth Bale.



PSG Coach Makes El Clasico Prediction

Paris Saint-Germain manager Unai Emery has revealed his favourite to win El Clasico between Real Madrid and FC Barcelona. The two La Liga giants will lock horns at the Santiago Bernabeu with Los Blancos hoping to close the 11-point gap between themselves and the Catalan giants.



Puyol Explains Why Messi & Ronaldo Rivalry Is Good

FC Barcelona legend Carles Puyol has exclusively revealed to Soccer Laduma why he believes the rivalry between Lionel Messi and Cristiano Ronaldo has been great for themselves and for the sport. Messi and Ronaldo have undoubtedly dominated football over the last decade, scoring goals and wowing crowds on their way to five Ballon d'Ors each since 2008. Puyol believes their player rivalry has been not only great for fans, but that it has also benefited the players.

Ertugral Wants To Take Ajax Away From Relegation Struggle

Newly appointed Ajax Cape Town head coach, Muhsin Ertugral has revealed his vision for the club in the second half of the 2017/18 season. The Urban Warriors parted ways with Dutchman, Stanley Menzo, after management decided that a change to the team's technical bench was the best solution to try and turn their misfortunes around. The Turkish-born head coach has revealed his plans for the team in the second half of the season which involves possibly strengthening the squad in the upcoming transfer window.



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