

Celebrity World

Botswana's Own Magazine

February 2018



One On One With Young Prince
- "Sadie Dikgaka" Hit Maker



Let Love
Keep
Burning
This
Season



Vitiligo-
A Rare
Skin
Disease



**Home
brewed-**
a brand
by sample

Untshwarable

The Radio Heart throb

CW
Hot Girl
& Guy



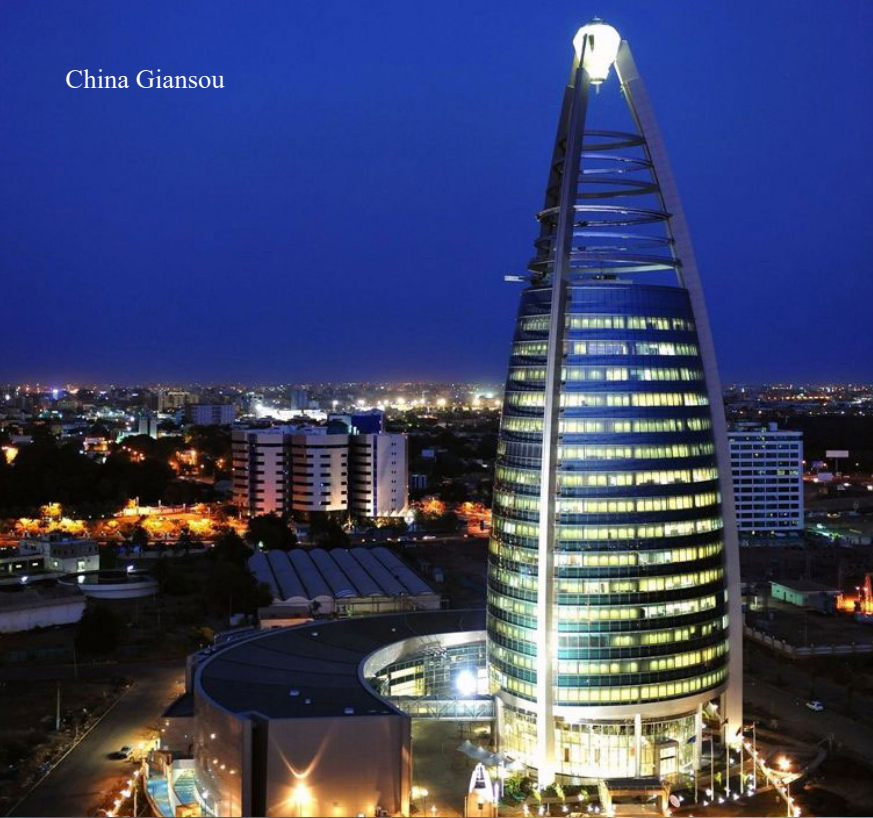
Flaming Up In The Circles Of Music-

Ski Mask

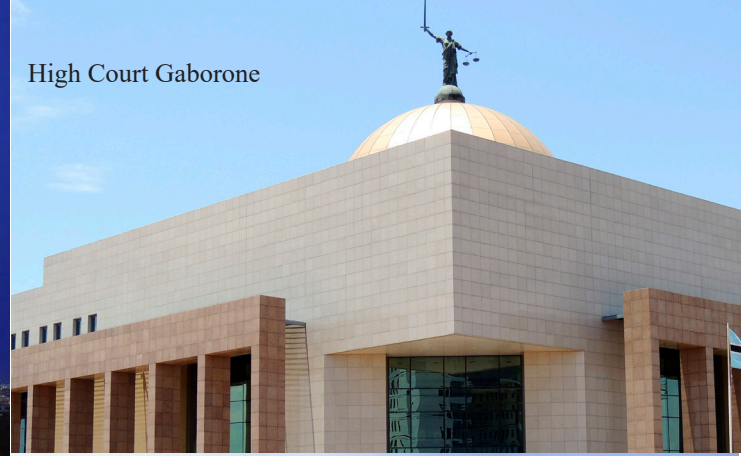


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China Giansou



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



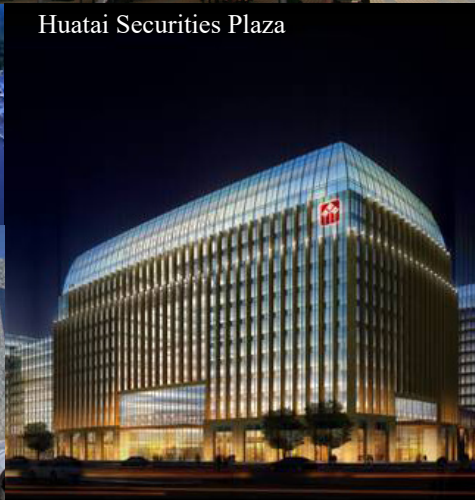
Grand Hotel China



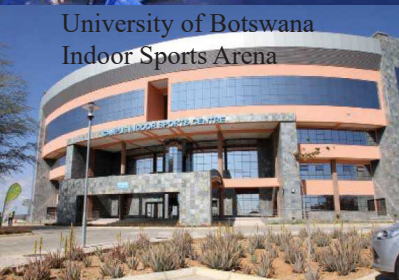
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Welcome to the 2nd edition of Celebrity World Magazine 2018. We are happy to still have you as our loyal readers. We included some delicious recipes and menu ideas from kitchen cooks and nutrition specialists, giving tips styles on what to wear, entertainment like sports activities and interests that provide positive opportunities for children and others across borders, upcoming events, gossip, different talents of Batswana and finance are included.

February has been declared a month of love, Roses are red. Violets are blue. Send me a message. I'll send you one too. Valentine's Day comes, but once a year. We hope that you will not only show your love to your families and friends throughout the year and learn to express it in a different twist. Hopefully they will enjoy all those chocolates and gifts you will get for them. Feel free to tell us what you love and don't love, the more we hear directly from you, the better for us and for you. We would like to wish all our readers love, today and every day!

We appreciate your support and we are so happy to have you as a reader of Celebrity World Magazine.



Didarul Islam Bhuiyan (Babu)
Founder

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Flaming Up

In The Circles Of Music- Ski Mask



The hip-hop industry grows in Botswana as we see more local hip hop artists rising up to show their talents. Celebrity World magazine caught up with one of the local hip hop stars who is also a producer, fashion designer and graphic designer.

Tshiamo Molefe, popularly known as Ammo Ski Mask from his stage name, is an artist who professionally joined the music industry. He was raised in Jwaneng where he attended his primary education and then relocated to Johannesburg to continue with secondary studies.

Ammo started appearing in the music industry in 2009 that is when he released some tracks with his friends. After that time, he took some time trying to make it in the industry, building himself up and making his brand well known. He started doing music professionally in 2016. The singer said he is not focused in one genre as he tried afro

bid and hip-hop, trap and he try to find an African sound for everything that he does under his brand so that people may clearly know that he comes from Botswana. He also mentioned that as a producer he does his own beats which help express himself.

Apart from music, he owns a clothing brand called Anti- BHVR (anti behavior). He does not write songs for himself only, but makes and master songs for other people.

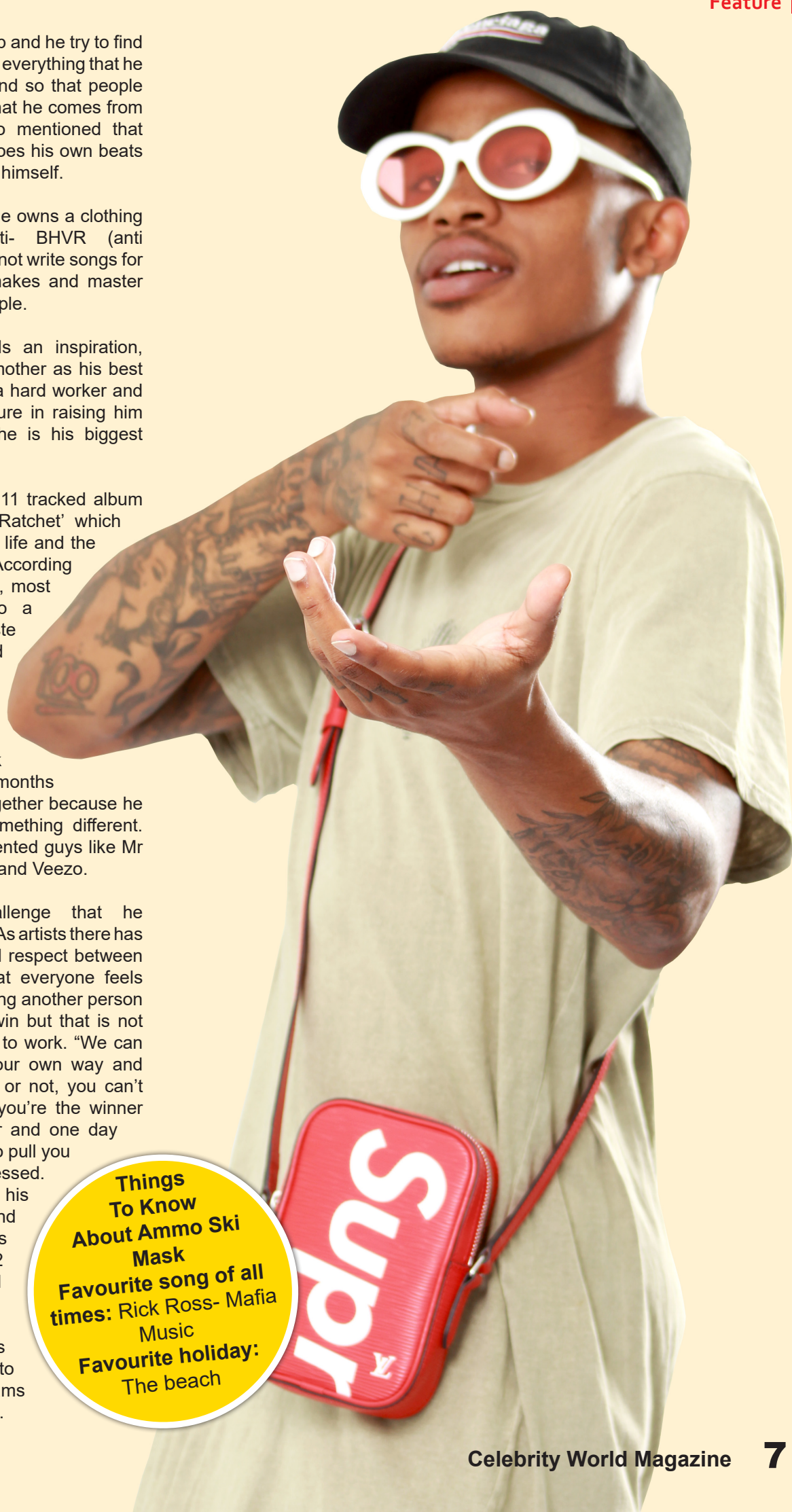
As everyone needs an inspiration, he mentioned his mother as his best inspiration, who is a hard worker and takes all her pleasure in raising him and his brother, she is his biggest supporter.

He has dropped a 11 tracked album 'Get Rich or Die Ratchet' which was inspired by his life and the lives of his peers. According to Ammo Ski Mask, most Hip-Hop artists do a lot of copy and paste from American and South African artists, arguing that it does not set them apart. Ski said that it took him close to eight months to put his album together because he wanted to offer something different. He worked with talented guys like Mr Obado, Mane Dilla and Veezo.

The biggest challenge that he encounters is unity. As artists there has to be that unity and respect between them. He added that everyone feels like they have to bring another person down for them to win but that is not how it is supposed to work. "We can all be winners in our own way and whether you like it or not, you can't win forever, while you're the winner you are the winner and one day someone is going to pull you down," he expressed. Ammo promises his fans that before end of the year, he is going to drop 2 projects, good and classic videos.

He encourages upcoming artists to follow their dreams and to stay inspired.

Things To Know About Ammo Ski Mask
Favourite song of all times: Rick Ross- Mafia Music
Favourite holiday: The beach





Valentine's Day Gifts For Your Boyfriend Or Husband



Perfume and Cologne

Perfume and cologne are typically a good buy ahead of Valentine's Day, Feb. 14. But here's the deal: A lot of brands don't actually mark their prices down, but instead offer a gift with purchase or a discounted purchase if you buy another cosmetic item.



Wallet

For the guy who loves his slim cut chinos, a compact wallet won't add bulk to his pockets. A double pocket design is an ideal for him to carry cash, cards, and even an extra key in one centralized spot. He'll have a handsome place to stash his cash for many years to come.



Folding USB Rechargeable Book Light

It may look just like an ordinary book, but the little gadget is something. The book's spine also features a micro USB port to power up electronic devices and mobile phones. It tucks right into his briefcase for easy transport, too.



Funny Card

Because it's often said that humor is the glue that holds relationships together, the funny card might do more good than you realize!



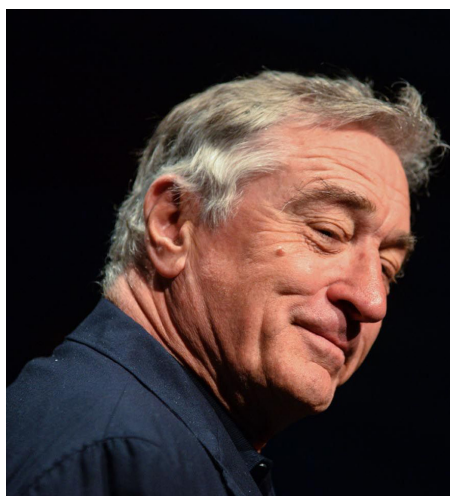
Every Day

Directed by: Michael Sucsy

Produced by: Anthony Bergman, Peter Cron, Christian Grass and Paul Trijbits

Release Date: February 23, 2018

This is an upcoming American romantic-drama directed by Michael Sucsy and based on the novel by David Levithan which was adapted by Jesse Andrews. The film stars Angourie Rice as 16-year-old Rhiannon, who “falls in love with a spirit named A, a traveling soul who wakes each morning in a different body, living a different life every day”.



The War with Grandpa

Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.

Genre: Comedy, Family

Director: Tim Hill

Writers: Lisa Addario, Tom J. Astle

Stars: Robert De Niro, Jane Seymour, Uma Thurman

Release Date: February 23, 2018



Peter Rabbit

Director: Will Gluck

Release Date: February 9, 2018

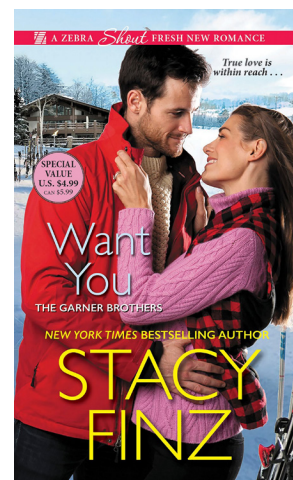
Genre: Contemporary Comedy

Peter Rabbit, the mischievous and adventurous hero who has captivated generations of readers now takes on the starring role of his own irreverent, contemporary comedy with attitude. In the film, Peter's feud with Mr. McGregor (Domhnall Gleeson) escalates to greater heights than ever before as they rival for the affections of the warm-hearted animal lover who lives next door (Rose Byrne). The film stars Sam Neill, Daisy Ridley, Elizabeth Debicki, and Margot Robbie.



Daas Dev

An upcoming political thriller film directed by Sudhir Mishra, starring Rahul Bhat as Devdas, Richa Chadda as Paro, Aditi Rao Hydari as Chandni, and Saurabh Shukla, Dalip Tahil, Anil George, Deepraj Rana, Saurabh Tyagi and Anurag Kashyap. The film is scheduled for release on 16 February 2018.



Want You (The Garner Brothers)

Author: Stacy Finz

Genre: Romance

Publication: February 27, 2018

The savvy CEO behind his family's outdoor sporting empire, TJ Garner has his choice of women. But the only one he wants is way out of bounds. Deb Bennett has been his brother Win's on and off girl since they were teenagers. And Deb's still waiting for Win to quit fooling around and realize she's The One . . .



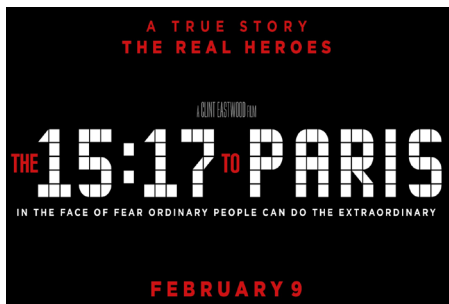
Red Sparrow

Genre: Thriller

Directed by: Francis Lawrence

Release Date: March 2, 2018

Red Sparrow is an upcoming American spy action film based on the novel of the same name, written by Jason Matthews. The film stars Jennifer Lawrence, Joel Edgerton, Matthias Schoenaerts, Charlotte Rampling, Mary-Louise Parker, and Jeremy Irons. The film tells about the Russian intelligence officer Dominika Egorova and CIA agent Nathaniel Nash, the American mole in Russia, whom she should expose. A Russian spy (Jennifer Lawrence) falls for a CIA officer (Joel Edgerton) and considers becoming a double agent.



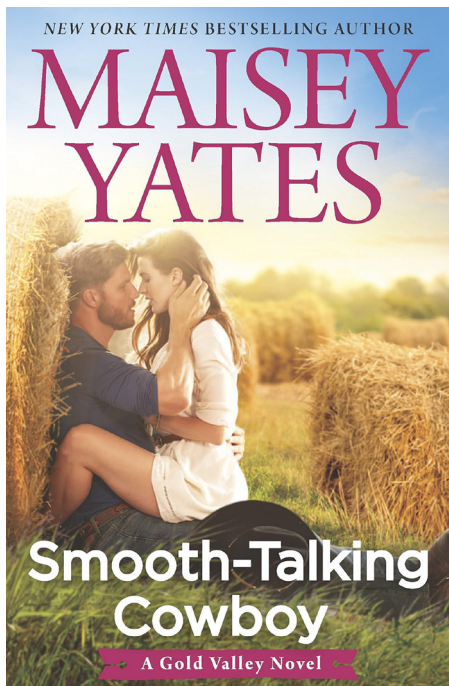
The 15:17 to Paris

Director: Clint Eastwood

Release Date: February 9, 2018

Genre: Thriller-drama

This is an upcoming American biographical film written by Dorothy Blyskal, based on the autobiography *The 15:17 to Paris: The True Story of a Terrorist, a Train, and Three American Heroes* by Jeffrey E. Stern, Spencer Stone, Anthony Sadler, and Alek Skarlatos, about the 2015 Thalys train attack. The film will star Stone, Sadler, and Skarlatos as themselves.



Smooth-Talking Cowboy (A Gold Valley Novel)

Author: Maisey Yates

Genre: Romance

Publication: February 20, 2018

Olivia Logan has a plan to win back her ex by making him see what he's missing. But first she needs to find a man who's willing to play along. With his laid-back cowboy charm and knack for getting under her skin, Luke Hollister is an unlikely hero but he wants her help convincing her father to sell him land, which means he needs her as much as she needs him.



Game Night

It is an upcoming American action black comedy horror film directed by John Francis Daley and Jonathan Goldstein and written by Mark Perez. The film stars Jason Bateman, Rachel McAdams, Kyle Chandler, Jesse Plemons and Jeffrey Wright, and follows a group of friends whose game night turns into a murder mystery. Warner Bros. Pictures will release the film on **February 23, 2018**.



Death Wish

Genre: Action-thriller

Directed by: Eli Roth

Release Date: March 2, 2018

The film stars Bruce Willis as main character Paul Kersey. Dr. Paul Kersey (Bruce Willis) is a surgeon who only sees the aftermath of his city's violence as it's rushed into his ER until his wife (Elizabeth Shue) and college-age daughter (Camila Morrone) are viciously attacked in their suburban home. With the police overloaded with crimes, Paul, burning for revenge, hurts for his family's assailants to deliver justice. As the anonymous slayings, of criminals grabs the media's attention, the city wonders if this deadly avenger is a guardian angel....or a grim reaper. Fury and fate collide in the intense *Death wish*.



Fatal Chaos (The Fatal Series)

Author: Marie Force

Genre: Romance

Publication: February 27, 2018

.....No sooner are they back home than a fatal drive-by shooting sets the city on edge. The teenage victim is barely older than Sam and Nick's son, Scotty. As more deaths follow, Sam and her team play beat the clock to stop the ruthless killers. With Nick facing his greatest challenge one that could drastically change all their lives and even end Sam's career will the mounting pressure deepen or damage their bond?



Gringo

Genre: Action comedy film

Directed by: Nash Edgerton

Written by: Anthony Tambakis and Matthew Stone.

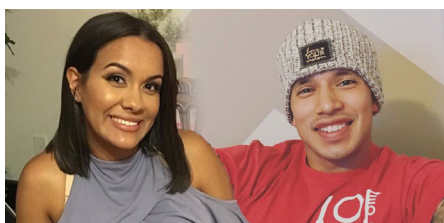
The film stars: David Oyelowo, Charlize Theron, Joel Edgerton, Amanda Seyfried, Thandie Newton and Sharlto Copley.

Release Date: March 9, 2018



Parenthood's Monica Potter Is Pregnant With Baby No. 4

Monica Potter wants to expand her family one more time. The beloved Parenthood star revealed some big news on Instagram. As it turns out, she's expecting another baby! This marks the second child for Monica and her husband Daniel Christopher Allison. The 46-year-old actress also has two grown sons from her marriage to Tom Potter. As soon as the news was out, fans and followers couldn't help but express their joy and excitement on social media.



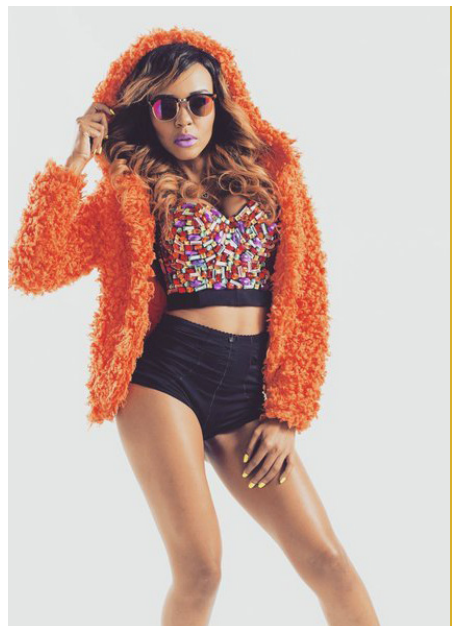
Javi Marroquin & Briana DeJesus: It's Over!

It's only been three months since it was first learned with certainty that Javi Marroquin and Briana DeJesus are dating. Rumors about the couple began circulating long before that, but Briana consistently denied that she was dating Javi. In the weeks after they made it official, it quickly became clear that Javi and Briana's relationship was no mere fling. It looks as though the relationship has fallen apart as quickly as it came together. While there's been no official announcement yet, all signs indicate that Marroquin and DeJesus have gone their separate ways. The most telling sign of all, however, might be the fact that Javi and Briana have both deleted one another's photos from their Instagram accounts.



Kim Kardashian Shades Lamar Odom For Going To Brothels While Married To Khloe

New mom of three Kim Kardashian hasn't laid off the shade. The reality star slammed ex-brother-in-law Lamar Odom over his comments that he knew his marriage to Khloe Kardashian was over "when she was on her second or third NBA player." "Or second or third brothel," Kardashian tweeted. Kardashian, 33 is now expecting a son with boyfriend Tristan Thomson, the Cleveland Cavaliers power forward. "I'm happy for her," Odom saidShe took Care of me, she will be a good mother. For real, she's a great woman!



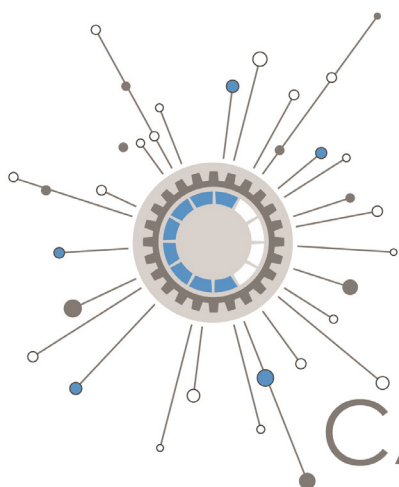
Cici: Learning To Forgive A Man Who Wasn't Sorry Was The Hardest Part

It's been almost eight months since the alleged domestic abuse incident between 999 boss Arthur Mafokate and Busisiwe 'Cici' Twala made headlines, and although Cici has recovered, she recently had to reopen old wounds by unpacking the clothes she arrived at the hospital with from the night of the reported abuse. Cici took to Instagram posting a video of the clothes she was wearing on the night she had reportedly been abused by Arthur Mafokate. "..... This is the night the old me died....."



Kodak Black Arrested In Florida For Drug, Gun Charges

The 20 year old rapper is being held in Broward county jail for grand theft of a firearm, possession of a weapon by a convicted felon, marijuana possession, and child neglect and probation violation. The rapper, whose name is Dieuson Octave, has a history of run-ins with the law.



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Birth Of Kim Kardashian's Third Child Leaves Fans Convinced Kylie Jenner Was The Surrogate

Ever since Kylie Jenner's 'pregnancy' was first reported back in September last year, one of the hottest conspiracy theories was that the 20-year-old lip kit guru was actually her big sister Kim Kardashian's surrogate. By this point, Kim had all-but-confirmed that she and husband Kanye West were expecting their third child together via surrogacy, and speculation surrounding Kylie's involvement went into overdrive. On her official website, Kim shared: "January 15, 2018, 12:47am, 7lbs 6oz. Kanye and I are happy to announce the arrival of our healthy, beautiful baby girl."



Christina Perri Gives Birth! Singer Welcomes Daughter Carmella With Paul Costabile

Christina Perri is a mom! The "Jar of Hearts" singer and husband Paul Costabile announced via social media that they welcomed their first child together, a daughter named Carmella Stanley Costabile. Paul shared a black and white photo of the family of three cuddling, captioning it, "The greatest gift we've ever known!!! Welcome to the world Carmella Stanley Costabile.... Dad can't stop crying!" What a way to kick off the new year for Christina and Paul, who just became husband and wife!



Kylie Jenner: Refusing To See Kim Kardashian's New Baby?!

Kylie Jenner ... well, she's going through a lot right now, bless her heart. Just think: she's only 20 years old, she's outrageously rich and famous, and she's expecting her first child. She's always said that she wanted to be a mother, but she is starting a bit young, right? She could have had years of living it up in luxury, doing all kinds of dumb stuff, but instead she got pregnant at 19, remember? Her birthday was in August, and at that point she was already pregnant. To add another weird layer on top of all of this, it's not even like she's having a baby with a guy she's in a stable relationship with. Instead she's got Travis Scott, a guy she'd been dating for a couple of months (at most) when he impregnated her and a guy who doesn't seem all that psyched to become a dad. It's a lot, right? Kylie is apparently so intent on not being seen that she's refusing to see Kim Kardashian's brand new baby. The nerve! Not thankful that the baby is healthy and that Kim is very happy to have a third child?

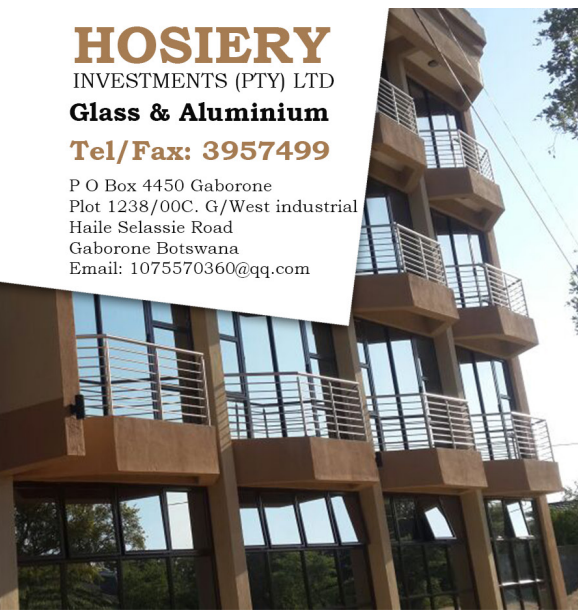
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Home Brewed-

A Brand By Sample



What was the inspiration behind the business?

I was inspired by the international brands that we usually see in our country that are of very good quality and very popular to the locals, then I thought we can make something of the same quality but different that is locally produced.

When did your business start?

The brand was established in 2010 but was officially registered in 2011. We started operating in 2014 and that's when we started to meet international artists who wore our brands in their music videos. People started to recognize the brand through advertising on Facebook.

How is it doing in the market?

We do national tours to promote the brand and people also place orders through our Facebook page. It's doing very well as we are receiving a lot of orders.

How are you different from your competitors?

We are different because we register people to join our company and sell the brand to make money for themselves, 10% of our sales are donated to different schools as uniform and other educational needs. Customers who buy from us also get a certain percentage for referring other customers to us. We also have a membership card and a catalogue for those who joined, in order to sell and be able to show their customers what we have to offer.

How many people are employed in your business?

We have about 27 young entrepreneurs who have joined not only in Botswana; we have them in Zambia, South Africa and Brazil. We plan to recruit more Botswana to join us as well.

What strategies do you use to keep the business going?

I do marketing and advertising professionally so this has really helped with selling the brand well. We

do black market promotions to sell the brand and round tables to teach people how to sell and make money for themselves. We also do adverts on our Facebook page.

Have you faced any challenges and how did you overcome them?

Getting our garments late and getting orders on short notice and we end up making late deliveries. We are working on solving the problems, so it does not affect the business.

What motivates you?

DJ Sbu motivates me, he is a hard worker, he believes in his business and I believe I can do exactly what he is also doing to make the business grow to greater heights.



Celebrity World Magazine caught up with one of the local entrepreneurs to learn more about how they have established themselves in the business world.

Tell us about yourself?

My name is Thabang Sebowe from Mathubudukwane, I am a young Motswana entrepreneur.

'UNTSHWARABLE'

The Radio Heart throb

Typically known as a kwaito artist, the much in style, born Thabo Bolokwe, also known as T.H.A.B.O 'Untshwarable' (Untouchable) visited Celebrity World Magazine to openly talk about himself and the radio personality in him. The word 'Untshwarable' is taken from English language's strict sentence structure as much as it proudly mangles Setswana inflexible vocabulary.

The Gaborone West bred feels that he has grown considerably as a radio presenter; he is also gifted as he MC's in social and corporate functions; he is a voice over artist, DJ, musician and radio personality. In an interview with CW magazine team, he told the team that he is well known from T-Joint, where he marked his name as a musician.

Thabo started performing in 1998 as a member of T-Joint which was called DC (Death Committee which was changed in 1999 to T-Joint) with his other half at T-Joint was Tebatso Hule. The group recorded the album called DC and they released their second album called Platinum T which featured Khuli Chana with hits like Tanalala which made it in the music industry in 2001. The relationship in music between Thabo and Tebatso Hule came to an end due to some business. He left T-Joint with the name and went solo. When asked if they will ever get back together he said that he doesn't think so since Tebatso is now in the corporate world, but affirmed that they are still friends.

T.H.A.B.O grew up listening to Rock'n'Roll which was mostly played by his dad, he also listened to old school music, disco with the likes of Brenda Fassie, Lazarus Kgagodi and classic Dolly Parton. His solo career in music began when he released his first own album called Son of the Soil in 2004. It was produced by Skizzo who used to work with Kalawa Jazmee. It had hit songs like "Ke batla biri" which featured S.C.A.R and had

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put him on the map. 'Untshwarable' is a song, which was recorded in 2007 by BK Proctor at Basement Studios under his record label that he called Untshwarable records and it was the best collaboration. The music he sings is inspired by his surroundings. He sings some songs looking at how the people in his surroundings behave. Thabo's career in music has seen him perform throughout the country and he has staged shows in countries like Namibia and South Africa.

Taking us through the other side of radio presenting, T.H.A.B.O found a niche in 2009; he saw an advertisement of auditions and without being hesitant, tried his luck. He said that before he joined radio presenting he worked as a freelancer and he used to do a show Segment with DJ Sly called Local Extravaganza, which was about local entertainment news where they would invite local artists, ask them questions and try to promote their music. T.H.A.B.O presented the show called Groover's mansion which aired from 3am to 6am on Fridays and Saturdays. he now co-hosts the morning show



His Quote:
 "To any aspiring musician, you need to have passion in what you are doing and keep on working hard for the sky is the limit. When another door closes don't cry because another one will open."



, Breakfast in Bold with Botholicious.

He told CW magazine that for quite some time he had to put his music career on hold and concentrate on radio. He mentioned that the support from Botswana is very low, the CDs are no longer selling and money will always be the biggest obstacle but in the shows they come and enjoy. Challenges will always be there, but he promised that as musicians they will overcome them.

The 'Untshwarable' is now working on a collaborative album with Mapetla "Sanketsa". They have a single which is nominated for best collabo and he also has a single out "back 2getha" produced by BK Proctor, which has been nominated for best kwaito category at the Yarona FM Music Awards. It was number 1 on RB2 top 40 at

some point, and it was always in a countdown on Yarona FM, Duma FM and Gabz FM.

His last words: "I'd like to urge Botswana to support local music; I want to give a big shot out to COSBOTS, as they are doing a great job as this year they will be paying royalty distribution to artists. Thanks for hosting me Celebrity World magazine, you are also doing a great job, I appreciate that."

To vote for T.H.A.B.O sms 'YAMAS' followed by category/nominee code to 17575. Best kwaito single YAMAS BSK04 and Best collabo YAMAS BC03.

For bookings:
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Let Love Keep Burning This Season

Let It Reign.

As we get into the month of love, February, we express our love in different ways. More importantly, it is the season we express how we truly feel. Be it towards our families and loved ones.

Which Bring Us To This Question, What Is Love?

Love is a feeling, expression and more importantly love is God. To the love birds, this day of February 14th means a lot to you. A lot of people search for love their whole entire life, but never find true love. Love is not meant to be engineered. Who we fall in love with cannot be mixed and matched or unprecedented. We do not choose who we fall in love with but rather true love will connect two people who you thought are two direct opposites. In many ways, human beings are the most love conscious of most species on earth. Janet and Mbesi were introduced to us as the

Mothudi's, such an amazing couple with a story of love to share. The two met in Block 9, Gaborone two years back on May 22, 2016 and are already engaged. They will be getting married this year.

Their journey together has been truly so amazing. They explain that their love towards each other has for the most part been kept and influenced by their love and fellowship for God. Their continuous commitment to each other is one of the key element

that has driven them this far. Being accommodative and compromising for each other has played a major role in keeping their love burning towards each other.

'I am humbled to be in a loving and committed relationship with such a God fearing Man, husband to be. Mbesi taught me a lot, we have learnt a lot from each other. Every day is a new experience for us. I love and respect my husband deeply' – says Janet.



One On One With Young Prince

- "Sadie Dikgaka" Hit Maker



Thebe Prince Rabogatsu, affectionately known as Young Prince is an upcoming musician who recently released a debut house track titled "Sadi Dikgaka". After its drop out, the track trended all over Botswana and its neighbouring countries such as South Africa and Lesotho.

The 20 year old has been receiving compliments about the song. Young Prince met his neighbour Sadie Dikgaka, (BTV Flava Dome presenter) in September 2016, who advised him on what to do to reach his dreams. Sadie told him to sing about any local celebrity, that's when he chose her and composed a song about her. The song is also about women empowerment and how to get into music & arts industry in a right way.

Sadie is currently Young Prince's mentor. He got into the music industry after completing his Cambridge. Prince who competed at My African Dream in 2015 said his family didn't believe that he will make it in the music industry, but he followed his heart until he was selected for BOMU awards in 2016. This Molepolole lad records his songs at Hardgee Records in Mogoditshane and at MDE in Mmopane. In 2015 he had a dream of performing at BOMU awards and get nominated one day, opportunely his dream was answered in 2017 where he even performed during the awards.

At a young age, Young Prince would always lead the school assembly with gospel songs, at church and

sometimes performed his own songs at school shows. He is inspired by Vee Mampezy and he grew up listening to his songs. He is currently working on a single album with Berry Heart which is to be released this year. Sadie Dikgaka's video is also to be shot and released in March this year. In future, Young Prince wishes to work with artists such as; Veezo View, Charmagal, Heavy K, Trade Mark.

He said "...Yes me and Girly O dibody we are dating, at first we didn't want to announce our relationship....."

Advice:
To the upcoming young musicians, I know it's hard out there but don't lose hope. Keep on pushing harder you will get there soon.

Facebook page-Young Prince –
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L'oreal Paris Infallible Matte Foundation

The Proof that a flawless complexion doesn't come with a huge price is in this L'Oreal tube. Its creamy liquid formula melts into skin without settling into fine lines or blemishes, and its full-coverage, matte finish stays fresh for up to 24 hours.

Maybelline Fit Me! Matte + Poreless Foundation

The micro-powders in this drug-store-favorite formula keeps shine and excess grease under control, while minimizing one of the biggest everyday skin struggles: oversized pores.



Fenty Beauty By Rihanna Pro Filt'r Soft Matte Longwear Foundation

The only thing more impressive than Fenty Beauty's range of 40 shades is the foundation's soft, natural shine-free finish that's also sweat and humidity resistant.



Nars Velvet Matte Foundation Stick

The name says it all: Once it's applied, this vitamin-rich foundation leaves skin soft and smooth like velvet. Although the finish is matte, the sheer, medium-coverage formula feels weightless on your complexion. Bonus: One end is a handy blender sponge for stress-free touch-ups and application.

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Comfy Matte Lipsticks

You'll Forget You Even Applied

If you want a lipstick that packs a punch of color in one swipe and that lasts through the three cups of coffee you'll have by 2 p.m., a matte finish is your best move. Despite the product genre's best traits, though, the shine-free tubes also have a reputation for making your lips feel dry and flaky.



Laura Mercier Velour Extreme Matte Lipsticks

The lipstick's pen-like shape makes it easy to precisely apply the vivid pigment first as lip liner and then fill in the rest of your lips.



Fenty Beauty Mattemoiselle Plush Matte Lipstick

Leave it to Rihanna to revolutionize matte lipstick. In every color you've always wished existed, the beauty innovator created a lightweight, shine-free formula that lasts for hours on end.



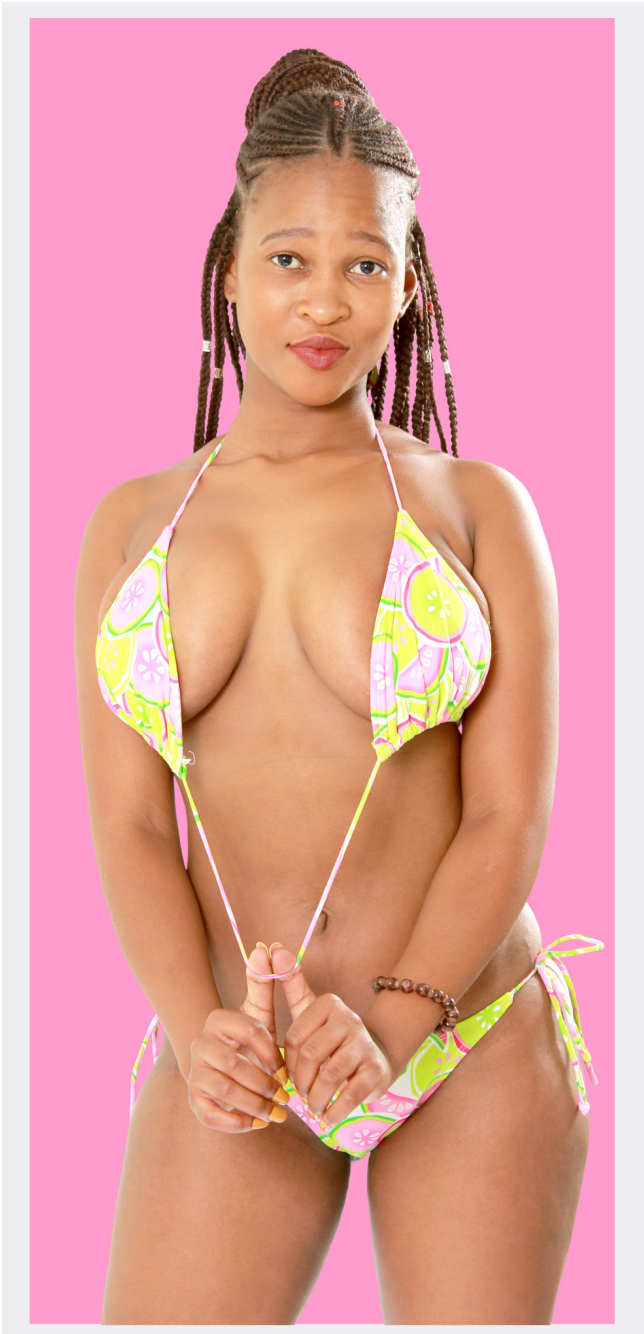
Physician's Formula The Healthy Lip Velvet Liquid Lipstick

With avocado oil, hyaluronic acid, anti-aging peptides, and vitamins A and E, this mousse-y liquid lipstick treats and conditions your lips while coating them in the most impressive and comfortable color.



Revlon Ultra HD Matte Lip Color

The gel formula easily slips over your lips and then sticks, giving you a perfect matte color that'll look flawless through lunch.



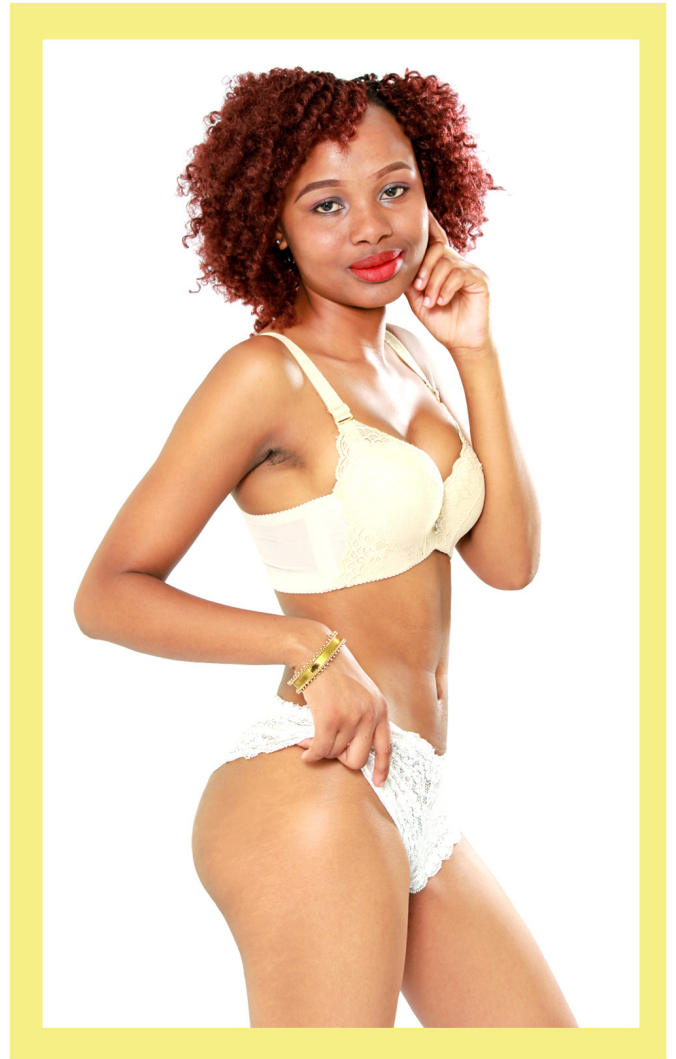
Magdeline Gosata Kefhilwe

Nick Name: Lacrwazie Quin

Age: 22

Facebook@ Magdeline Gosata kephilwe

Occupation: Entrepreneur



Pearl Phuduhudu

Nick Name: PearlThusi

Age: 18

Facebook@ Pearl Boyperson

Occupation: Student



Bonolo Mothokolo

Nick Name: Bonnie

Facebook@ Bonnie Dashe

Twitter@Bonnie dash moth

Instagram @beethmoth 101

Occupation: Student



Duncan

Age: 24

Motto: If you believe in yourself things are possible

Stay focused



Ignite your colour through fashion



Kehumile
Age: 24
Model: Commercial
Occupation: Student
Dressed by: Chokie



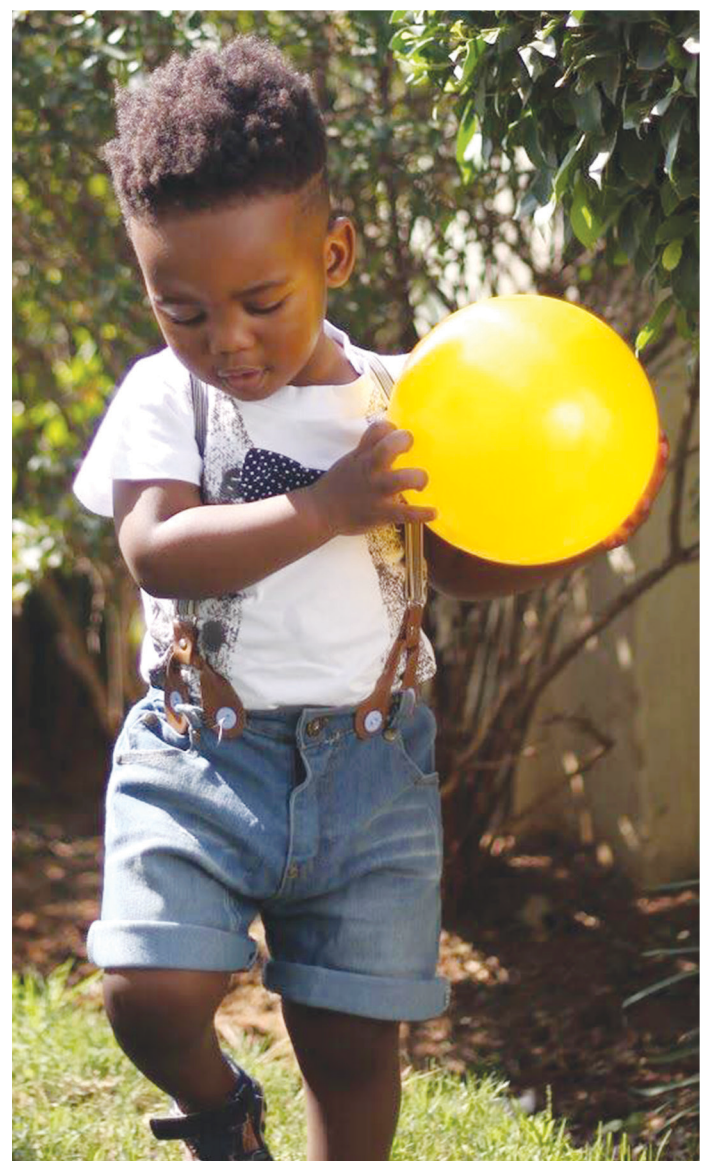
Prince
Age: 19
Model: Commercial
Occupation: Artist
Dressed by:Kabo Radikwata



Tsholofelo
Age: 21
From: Pierre X Elite Model
Occupation: Student
Dressed By: Boi's Eleganza Designs



Kabo Radikwata
Age: 25
Model: Commercial
Occupation: Designer
Dressed by:Kabo Radikwata





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Best Ways To Deal With Jealousy In Children

Jealousy is an emotion that could discreetly come into your child's life. The feeling could arise from his siblings, friends or classmates. A simple thing like a new bicycle for his friend could trigger envy in your kid.

Parenting Mistakes That Cause Jealousy In Children:

Jealousy begins in the childhood itself as a certain behavior of parents might ignite competition between their tots. Below are some of the worst parenting mistakes that may cause jealousy?

1. Spoiling The Child:

If you spoil the child with too much of pampering, he could feel unconquered at home. When a new child comes into the family or when he comes across a friend who is more powerful than him, he feels insecure. He sees the newborn or the friend as the reason for that.

2. Over Protection:

Overprotecting the child and then re-

leasing him from the clutches one day would mean that you are suddenly leaving him in wilderness. He might become reserved, timid and shy, leading to jealousy when he sees a confident kid.

3. Comparison With Others:

Another dangerous mistake by parents is to compare their children with each other. Comparisons can only lead to jealousy, rivalry and lack of self-confidence.

4. Creating Unhealthy Competition:

Making children do the same activity and comparing their results would create unhealthy competition among them. One child may be more talented than the other but insisting that they do the same activity with similar precision could prove to be wrong, leading to jealousy.

Measures To Deal With Jealousy In Children:

Before dealing with jealousy in your kid, be sure that you are not jealous of your siblings, friends, neighbors or anybody else. Unless you remove it from your system, you cannot deal

with it effectively in your kid. Here are the ways to handle jealousy in kids:

1. Turn Envy Into Ambition:

Giving your child's energies a positive channel is a great way to help him reduce his negative feelings and work towards enriching and positive goals. For instance, if your child is sad because his friend received good grades, encourage and motivate him to study more and get better grades.

2. Listen Up:

In most instances, jealous and envious behavior is rooted from deep within. They have a particular issue or concern behind such behavior. Talk to your child and know the reason as to why he is jealous of a particular person and then listen to him. There may be cases where your child may have a lower self-esteem and confidence.

3. Teach Your Child The Importance Of Sharing:

Kids tend to hold a grudge against other children for no reason. If that's the case, teach your little one the importance of sharing and caring. This will help him remove any kind of insecurity.

Understanding Education Equality



Society has a moral obligation to make sure that all children receive an adequate education that gives them the skills needed to become contributing adults in society. This is also in society's best interest as it is a social waste if some children do not receive a good education.

It means that human talents that could contribute to society are not nurtured. All students have talents that grow through formal learning. By failing to develop those talents, society loses opportunities for enrichment and progress.

Educational equity is the study and achievement of fairness, justice, and impartiality (equality) in education. The term equity means accommodating and meeting the specific needs of specific individuals. This means ensuring that everyone's learning needs are met. Educational equity is based on the principles of fairness in distributing resources, opportunities, treatment, and success for every student. True equity means that differences in educational outcomes are not the result of differences in wealth, income,

power or possessions. The significance of this idea is that the quality of education received by each child should not be dependent on the level of wealth and education of his or her family. This is to say that if a child fails in school, it is not because they were poor or had less opportunities for success than their peers.

Furthermore, this means that a child's social, racial or geographic background is irrelevant to the education they should receive. Students are different in terms of what they need to reach any level of achievement. Some students have different needs than others because they may come from a disadvantaged social environment or because they have special educational needs. Simply put, nothing should hold a child back from opportunities to pursue their talents and passions. Everyone deserves the same education.

There are many variables that determine whether students are being given the same opportunities. There can be inequalities of resources (textbooks, qualified teachers), and,

in particular, inequalities tied to social class. Another is to determine whether a student has equal access; this traditionally means impartiality in opportunity and usually applies to physical or legal barriers. Equal access guarantees that every student has an equal opportunity to participate in all aspects of the educational process, including learning facilities (schools, classrooms, and labs), resources, and extracurricular and curricular programs. This then leads to equal educational opportunities which are providing the same resources, opportunities, and treatment for each student. Equality is treating everyone the same. Equity means every student's needs are met so that they giving the same opportunity to succeed.

Getting To Know About Menopause?



Dr. Haseena Hamdani MBBS, DGO, DMS
LIFE LINE MEDICAL CLINIC



Celebrity World got in a Question and Answer with Dr Hamdani who took us through menopause stage in women.

What is menopause?

Menopause is the time in a woman's life when she stops having monthly periods for a full year. At this time, her ovaries stop releasing eggs and stop making the hormones estrogen and progesterone. After menopause, a woman can no longer get pregnant. Menopause does not happen suddenly; most women experience several years of changes in their menstrual periods before they stop completely. This period is called menopausal transition or "perimenopause", which may last for 2 to 10 years. At this stage, it is still possible to become pregnant at this time and women should use contraception.

When does it really occur?

Menopause usually occurs between the ages of 45 and 55. The average age is 51. If it happens earlier than 40 years, it is called early menopause. If menopause happens later than 60 years of age, it would be considered

as late menopause. Besides advancing age, surgical removal of ovaries, radiotherapy to pelvis and chemotherapy for cancer etc can also cause menopause. In women when the uterus is removed but ovaries are still there, will stop menstruation but hormonal changes will not occur. In such cases, menopause will develop earlier than it would have happened otherwise.

How can a lady know she is in perimenopause?

Most women start observing the change in periods. Menstrual period may occur less often than usual. Bleeding will last for fewer days than before. Many women also start to have menopausal symptoms. These result from declining levels of estrogen in the body and can include hot flashes, night sweats, mood changes, sleep problems, vaginal dryness, the frequency of urine.

What are the symptoms of menopause?

Some women go through menopause without symptoms. But most have one or more of these symptoms:

Hot flashes – Hot flashes feel like a

wave of heat that starts in chest and face and then spread all over the body. Hot flashes usually start happening before women stop having periods.

Night sweats – When hot flashes happen during sleep, they are called "night sweats." These night sweats can affect the quality of sleep.

Sleep problems – During the transition to menopause, some women have trouble falling or staying asleep. This can happen even if night sweats are not a problem.

Vaginal dryness – Menopause can cause the vagina and tissues near the vagina to become dry, less elastic and thin. This can be uncomfortable or make sex painful. It increases the chances of vaginal infection also.

The frequency of urine– The urethra can become very dry, inflamed or irritated. This can cause more frequent urination and increase the risk of urinary tract infections.

Depression – During the transition to menopause, many women start having symptoms of depression or anxiety.

Trouble concentrating or remembering things – This might be caused by lack of sleep that often happens at menopause, or by the lack of estrogen. Some experts suspect that estrogen is important for good brain function.

Can a lady visit a doctor for menopause?

If periods start changing as mentioned above at or above 45 years of age, there is no need to see the doctor. If periods become heavier, irregular, more frequent and last longer than usual at the perimenopausal stage, it is important to visit the doctors. Once menopause is established, that is have not seen period for one full year, after that even if just spotting happens, must see the doctor. Women should also visit a doctor if menopausal symptoms affect the quality of life or are bothersome. Women should also see the doctor if there is premature menopause, late menopause or surgical menopause. Early menopause whether spontaneous or surgical is a high-risk factor to develop osteoporosis and heart diseases. Osteoporosis causes weak bones and makes the women vulnerable to fractures. Late menopause is a risk factor to develop uterine cancer.

How is it treated?

Treatments include hormone replacement therapy (HRT) and non-hormonal therapy. HRT not only relieves above mentioned menopausal symptoms but also increases bone density.

HRT therapy

Usually, the two hormones, estrogen, and progestin are given to relieve symptoms of menopause. Estrogen is the hormone that relieves the symptoms while progestin (a progesterone-like hormone) prevents uterine cancer in women still having a uterus. Women who have had a hysterectomy (do not have a uterus) are treated with estrogen alone. Estrogen is available in many different forms. It can be taken as a transdermal patch (worn on the skin) an oral pill, or a "ring" or tablet that is inserted into the vagina. There are also creams and sprays that can be put on the skin.

A combination estrogen and progestin patch are also available. Some



patches need to be replaced every few days, while others are only replaced once a week.

Local vaginal hormonal treatment can be applied directly to the vagina for treatment of vaginal estrogen deficiency. Women who have vaginal dryness without other symptoms of menopause can try "vaginal estrogen." Vaginal estrogen comes in a cream, vaginal ring, or vaginal estrogen tablets. The low-dose vaginal estrogens do not usually require the use of a progestin pill.

There are certain conditions like breast cancer, or history of heart disease, stroke, clots etc., where these hormone replacements should not be given.

Nonhormonal therapy

Some types of antidepressants can also be used to ease hot flashes and depression. Even in women who are not depressed can take them to help with hot flashes. Anti-seizure medicine like gabapentin (even if there is no seizure) and blood pressure medicine (even with normal Blood pressure) like clonidine can also be used. to help some women with hot flashes.

Herbal treatments are not recommended for hot flashes or other menopausal symptoms. Stress

management, relaxation, deep breathing, and yoga might be helpful for some women, but study results have been inconsistent.

Home take messages

Menopause and perimenopause are the normal phases of a woman's life and should not be anxious about these phases. But there are certain health risks like osteoporosis and heart diseases are associated with these phases. It is much more important now to have a healthy meal (rich in calcium and vitamin D), to do regular exercises and to be physically active for bone health and heart conditions. For any bothersome symptoms and menstrual irregularities, it is wise to consult a doctor, as there could be some other causes responsible for. Any bleeding after achieving menopause should bring under the immediate attention of the doctors. Those women with early menopause and late menopause should also consult the doctors. Your doctor will recommend certain investigations like bone density test, mammogram, blood tests for cholesterol and cardiological examination. There are various treatment options available. A doctor will recommend you the best treatment judging the benefit and risks associated with for your individual health.

5 Ways To Make Unforgettable Valentine's Day!



Valentine's Day is a time when people show feelings of love. Hearts, the colors red and pink, roses, cupids symbolize the feeling of romance and love on Valentine's Day. In this article we will tell you how to make unforgettable Valentine's Day!

1. Create The Right Mood

It is a very important part of celebration. You can't be rude at the morning and extremely sweet at the evening. Start with smile, some cute words or maybe romantic notes. Make your half wait a coming dinner with impatience. And make him or her feel happy all day long.

2. Prepare A Present

Gift is a very important component of Valentine's Day. You aren't obliged to buy something extremely costly. The aim of your present is to show that you love. It can be something small,

insignificant for all people, except your beloved. It must be priceless for him or her.

Here Are Some Variants Of Gifts:

Flowers - Women like flowers, just recall what exactly flowers your honey loves.

Toys - are popular too. Women like to receive cute toys, they will always think of you, so it is a really good choice

You may also show creativity and write a love-letter. It will be extremely romantic.

Good and unusual gift can also be a **Lottery ticket!** Just think you can give your loved one a few million dollars! It is impressive!!!

3. Think Of Things Your Beloved Like

As you're preparing romantic celebration for your half, recollect in your

memory all the things your pair is found of.

4. Think Of Holiday Menu

It seems that romantic dinner on Valentine's Day goes without saying. Try to make this celebration unforgettable even by means of dishes.

Here Are Some Variants To Facilitate Your Choice:

- You may prepare something by yourself
- Go to a restaurant
- you may also order food at home

5. Be Honest And Tell About Your Feeling

If you are reserved or you just don't like to parade your feelings, your half may not have an idea how much you appreciate him or her. Valentine's Day is a perfect moment to reveal your feelings and show how much you love and appreciate your half.



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Ask Babu



I can't get over my ex girlfriend after a year. What should I do?

I know sometimes it is hard to truly "get over" an ex-boyfriend or girlfriend, even after a number of years. Sometimes we have our first love and it may never leave us but we learn to live with that, and it is okay to leave a little piece of your heart with someone you truly loved. Here is something someone else told me, some people are not meant to be forgotten, you can't always get over somebody because you share too much memories. You just need to remind yourself of why it didn't work, try to get back to your older hobbies and keeping yourself busy, if you do remember him/her then just remember that it's a memory, a page on your book and you have the rest of the book to finish instead of just going back to older chapters.

I'm a single mother of two teen boys, and I've recently started dating an old friend. He has no job, no sense of re-

sponsibility and he never helps out. I know it's shallow, but I'm tempted to make him a more fixed part of our lives. Am I out of my mind?

You aren't out of your mind. As a single mom, you've likely been filing the taxes, making the lunches and attending every concert, game and check-up, all on your own. You are it. And when you are it, in the dark trenches of daily responsibility, it's tempting to reach for something shiny. Jobless intentions may be good, but it sounds like he's offering you a flashy form of love; when you turn it over under the light, as any jeweller will tell you, it's probably not a real jewel. It's a fake. It is easy to surprise and delight someone. It is much harder to roll up your sleeves and take part in all of the duty, the toil and the beautiful, heart-rending exercise that is raising children. Given his track record, I think the new man will disappoint not only you but

also your boys, who in their fiercely vulnerable teenage years are observing the adults in their life more keenly than ever. You have given them an example of steadfast love. Why change that now?

What Do Men Want For Valentine's Day?

On Valentine's Day men in relationships should have probably started to think about gifts by now. But they deserve gifts that show how much they're loved just as much as women do.

I just broke up with my long-time boyfriend. I loved him, but he didn't excite me. I developed a fast crush on a co-worker, and we arranged to go out on Valentine's Day. But I've been thinking of my ex more, and he just texted to ask if we could spend one last Valentine's together; he said it is the only thing that would bring him closure. I'm torn. Who should I see?

You can stop feeling torn this instant. Why? You won't go out with either of them. Your ex must start the tiresome existential work of mending his broken heart, and as hard as it is, this is a solo not a group effort. He must do whatever it takes to recover from his lost love. He could train for a marathon, shave his head, sing along to every song, get a pet falcon but he cannot gaze wet-eyed through the candlelight at his ex-girlfriend.

Seekers

28 year old woman looking for a white man, I am a friendly person who likes people. I am outgoing and not shy. I stay with my family and I would love to move out of our home soon. Also, I am a forgiving person who doesn't give up easily.

Am a 23 year old man, seeking for a tall slim and light in complexion lady. She must be ready to settle down and make a family. She must be aged between 23 and 25. I am a fighter who understands other people's problems and I am bit emotional. The ideal partner must be a down to earth person and soft spoken.

Employed or unemployed, you are welcome.

A 38 year old woman in Gaborone is seeking for a loving and caring life partner. I have never married but I have three children. I am a very energetic and outgoing person who likes socializing with friends. My dream partner should be staying in Gaborone, preferably Phakalane. He must be a smart looking financially stable man who is ready to have a family and marry.

I am looking for a long term relationship. I am a 48 year old Motswana gentleman seeking for a single wom-

an with the same features as me. I am a focused person with an aim to be realized in life. I am a Christian who has a total faith in God. The woman I want should be aged 38 to 40.

I am a Zim lady, bit shy but respectful. I would like to have someone in my life, who can like me because I care too. I like playing and watching movies indoors and outdoors. I am not too short but average. Lucky person must reply here so that we meet, this person must be a tall, clean and elegant man aged 40 .



4 Tips To Help You Set Your Budget Amounts

Tip #1 Know Your Numbers

“Your numbers” means your income, debt, savings account, checking account, all the accounts! Anything associated with you and a dollar sign you should be aware of. Knowing these numbers helps you to be aware of the whole picture.

Do you still have a lot of debt to pay off? Then you better budget higher for that category.

Do you not make that much during the winter compared to summer? You’re going to need to make sure you budget enough in the on season for the off season.

Do you not have enough in your savings account and need to continue to build that? You’ll need to add that amount into your budgeting categories as well.

Knowing your numbers is the first tip, but really it’s the first step in knowing how much to budget for each category. You can’t go into it not exactly sure

how much you are making or how much you own.

Tip #2 Know What You Like

If you want to have a fund just for your hobby you might cut way down on another category in order to afford it. All your categories in your budget will not be the most important to you. Know what you like and what is important to you and then cut back in other places in order to budget it all in.

This way, you are still within your budget, being wise with your money, and are able to keep those things that matter to you.

Tip #3 Know Your Goals

Goals. Goals. Goals. All good things come from goals and a plan. Your budget will be your plan so make sure you have a goal to go with it! Knowing your financial goals will help you to reach them faster! When you have a clear path of where you are going, you are bound to get there much faster!

Tip #4 Do Some Testing

Don’t be afraid to go back to the drawing board after the first month or few weeks of trying out a new budget.

You may budget a certain amount and then realize there is no way you can only spend that much money. Or maybe you budgeted too much and realize you don’t really spend that much on that category every week. Whatever it is don’t be afraid to go back and change it.

As you work through your new budget take note of things that can be changed for the better. Do you need to go out to lunch multiple times a week? Do you need to stop by the store on your way home? Is there a way you could save on your electric bill?

Continuing to work with your budget and the numbers you set up will only get you closer and closer to a budget that works perfectly and your financial goals because of it!

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5 Ways To Fight The Urge To Spend Money

We are taught from an early age to spend money. People literally spend a lot of money every year telling us where to spend our money. It is ingrained in us to spend money. It doesn't matter how hard or easy it is, we just do it.

It takes more effort for us to resist spending our money than it takes for us to actually drive to a store, park, go inside, pick what we want, give someone money for it, go back to our car and drive home. It's crazy, but it's the world we live in!

1. Don't Go Into The Lion's Den

If you are trying to not spend money, trying to fight the urge to spend, trying to stop buying things you don't need, do not go into the place where all those things are happening around you.

If you walk into a store, 9/10 times you will find something you want to buy. Which means you will either leave having spent money and feeling sad because you failed or you won't buy it and you'll leave feeling sad that you couldn't buy it. Either way, you're leaving sad. Don't go into the lion's den. (At least until you've got your spending habits under control.)

2. Leave Your Wallet At Home

If you have to go into the lion's den for any reason, leave your wallet behind. A big way to fight the urge to spend is

to not have any money with you to spend. If you don't have the means to the end with you, you won't make it to that end. (Means being the wallet, end being purchasing something, just so we are on the same page!) Easiest trick in the book to keep you from spending your money on unwanted items!

3. Use Cash

Now, for those instances when you do have to spend money, use cash. Even if it's a necessary purchase using cash helps train your brain to think about spending money differently. There is a difference in holding a debit or credit card compared to holding cash. When you use cash you actually see the amount you are spending, you are holding it in your hand and you feel it leave. It's a different feeling than when holding a card and will help change your spending perspective which in turn will help you fight the urge to spend all the time.

4. Get A Partner

Things are always better with a partner right? Find a friend, sibling, coworker, significant other, anyone really who either wants to change their spending habits too, or can just be your accountability partner! It's better if they are in the same boat with you, but if they are not it still helps to have a partner keeping you accountable.

Find someone who will encourage and support you on this journey and it will be SO much easier to fight that

urge to spend. Why? Because if you do break down and spend money you shouldn't spend it won't just be your secret, there will be someone you have to come clean to. There will be someone else in the picture, usually that can make all the difference for us.

But the best part about having a partner to do this with is that you get to celebrate the successes as well. When you reach your goal or walk out of a store without spending money and without feeling sad, they are there with a high five ready to go. See? Things are always better with partners!

5. Make A Habit Out Of It

All this works only if you keep it going. Fighting the urge to spend is just like exercising, at first it's really hard and takes all your effort. But later, once you've gotten a bit used to it, it becomes easier, the habit turns into a lifestyle. If you make it a habit it will turn into a lifestyle and it will be worthwhile.



Great Space-Saving Beds

Here are great beds for the space-challenged.



1. The loft bed "Pop and Roll" can be pulled down at night without moving any furniture.



3. The Poppi Desk by is a space saving wall bed that features a fold down desk.



2. The Evolution Ottoman TV bed's slim foot end contains a quiet lift mechanism and either a 32" LG LED TV or a 32" LG SMART LED TV which rise with the touch of a button. The Evolution can also store your DVD player, as well as your game consoles in its under-bed storage slot. The Evolution Ottoman also comes with a side opening storage compartment, perfect to keep clothes, shoes or extra bedding.



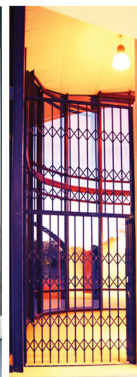
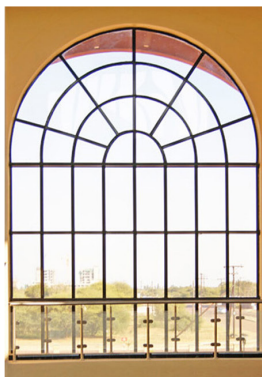
4. Shaw uplift storage bed with upholstered headboard.



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valentine's decor Ideas

DIY Floral Hearts

Use bunches of artificial flowers to make elegant wreaths for your walls or front door.



Valentine's Day Pillow

Pair this handmade love pillow with red and plaid ones for a festive Valentine's couch.



Valentine's Day Heart Backdrop

Your loved one will get a kick out of this dinner table backdrop, easily made from red napkins and chicken wire.



Candy Heart Valentine Bouquet

A vase of water is actually hidden underneath a pile of conversational hearts.



Love Scrabble Coasters

How do you spell L-O-V-E? With these giant Scrabble coasters. Use a stain marker to get the depth of color and texture on the wood pieces.



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Best Perennial Varieties For Your Garden



Blanket Flower

Blanket flower (*gaillardia*) is a drought- and heat-tolerant perennial wildflower that provides long-lasting color in a sunny border with poor soil. In red, gold, or brown, its daisy-like, 3-inch wide, single or double perennial flowers bloom through the summer and into the fall. Although often short-lived, it is easy to grow and will flower the first year from seed.



Astilbe

The feathery plumes of astilbe rise above fernlike foliage for a month or more in late spring and early summer. Available in shades of pink, white, and red, astilbe is ideal for shady, moist spots. Plant a swath of these 2- to 3-foot-tall perennial flowers for a memorable display year after year.



Tall Garden Phlox

Phlox paniculata -- garden, tall, or border phlox -- grows 3 to 4 feet tall and bears large trusses of fragrant perennial flowers from summer to early fall. It's an old-fashioned favorite that has few rivals for its color display and light, sweet fragrance. It's well suited to the back of the garden and cottage gardens.



Perennial Sage

Hybrid perennial sage, a relative of the herb garden favorite, combines 18-inch spikes of blue, purple, or white perennial flowers with attractive gray-green foliage. Plant sage in the front or middle of the border in a sunny spot. The variety shown here, 'May Night', is both cold-hardy and showy.



Asters

A staple of the fall garden, asters burst forth with their star-like perennial flowers in late summer and autumn. Bloom colors include rich pinks, blues, purples, and ruby reds. They can soar to 5 feet, depending on the species, and are excellent for beds and borders as well as for cutting to bring indoors.

How to Clean an Area Rug



Kee your area rugs looking their best by following these simple tips for basic care, deep cleaning, and stain removal. Plus, learn how to properly treat specific types of area rugs.

Area rugs are a fun, easy way to add personality to a space. They come in every hue imaginable in hundreds of different fabrics, shapes, and sizes.

With so many different styles to choose from, knowing how to care for your specific rug is an important step in prolonging its life. Our handy

guide will introduce you to the many different types of rugs, offer tips for caring and removing stains from rugs, and much more.



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Basic Rug Care

Rug care is determined by size, construction, and material. Care for large-size area rugs as you would wall-to-wall carpet. That means most rugs will benefit from the following care routine:

Vacuum Large Rugs to Remove Dirt: As with carpet, the most important thing you can do for larger area rugs is to vacuum them regularly. If a rug is reversible, vacuum both sides. This removes grit and grime that can wear out your rug prematurely. Take care to not vacuum the fringe of your rug.

Brush Out Pet Hair: A vacuum will sometimes leave pet hair behind. Use a stiff brush to remove the hair, brushing in the direction of the nap of the rug.

Turn Rugs Every Year: Foot traffic and sun can put extra stress on area rugs. Turn them once or twice a year to even out the wear.

Shake Small Area Rugs: If the rug is small enough, you can take it outside and shake it or beat it vigorously to remove dirt and grit. Some areas have ordinances about shaking rugs outdoors, so check your local codes.

How to Remove Stains from Rugs

Time is of the essence when your rug becomes stained. Remember to blot—not rub—the stain and remove moisture from spills as quickly as possible.

Alcohol and soft drinks: Use a solution of 1 teaspoon liquid dish

detergent, 1 quart of warm water, and 1/4 teaspoon of white vinegar. Apply to the stain, rinse, then blot dry.

Coffee or tea: Using the detergent mix above, apply to stain, rinse, and blot. If a stain remains, use a commercial spot carpet cleaner.

Fat-based stains: For foods such as butter, margarine, or gravy, use a dry-solvent spot carpet cleaner.

Gum: Peel off what you can, then put ice cubes in a plastic bag and harden the gum, scraping the gum off with a spoon or dull knife. Vacuum and use a dry-solvent spot cleaner if needed. **Paint:** For acrylic and latex paint, while the stain is still wet, spot-clean with the detergent solution. If color remains, dab with rubbing alcohol.

For oil-based paint, sponge with odorless mineral spirits, being careful not to soak through to the backing. **Tomato sauce:** Sponge with cool water, dab with detergent solution or a citrus-oxygen cleaner. Rinse with a solution of 1 cup white vinegar and 2 cups of water and blot until dry.

Urine, feces, and vomit: Apply detergent solution or a citrus-



oxygen cleaner, rinse, and blot until dry.

Melted wax: Use the same treatment as gum, hardening it with ice cubes in a plastic bag and scraping. Dampen a clean white cloth or cotton ball with rubbing alcohol and blot to remove any remaining wax.



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DJ KAP

Full Name: Kgotso Alex Molefe
Place of Birth: Ramatlabama

DJ Name: DJ KAP
Date of Birth: 03/12/1995

Dj KAP is a house and Nijah sound mixer who started his career in 2015. He is currently a resident DJ at Cool Pub 2 Bar in Tlokweng. His motivators are Dj KSB, Mansize, A.T.I, Flexyville, Ernest Molaodi and Juizee in S.A. Recently he worked with DJ KSB, Mr. Style and Dj Skipto Joejo in S.A. Apart from this career, DJ KAP is also a model. He previously performed at Tsabong-Festive Experience, Ramokgwebana- Chithawa festival Picnic, Bokaa- Pub2 and Goodhope-Babina Tholo Social Fest.

For Bookings: 74889031/7661669 **Facebook:** Mark Media page, DJ KAP



Get To Know The Bold Voiced Sefemo

The 25 year old female has not let the male dominated atmosphere discourage her passion in sports presenting as she became the superstar on both Radio Botswana stations.

Tell us about yourself.

I am Keemenao Sefemo, born March 11, 1992 in Pitsane Phothokwe. I am a hard worker, conscientious and easy going person. I studied Associate Degree in Broadcasting (Radio & TV) at Limkokwing University. I developed the love for sports at the age of 10. It went extreme when I was at high school where my friend and I never missed any PSL or EPL games and listening to Radio Botswana for football games. I always had that small radio called "walk-man" to listen to sports updates. I

would hide it under the table in a lesson especially during derby to hear who is going to be there or miss the game. I was one of the bright students at school but during report collection my uncle and my class teacher would say "she could have got a highest mark," only football hinders her. I was also an athlete, but my career of an athlete ended after I had a fractured knee.

When did you start presenting football news?

In 2014 during my attachment at Radio Botswana, I was not focusing in football only but in all sporting codes. I was doing on the spot reporting and producing 3-6=sports show during the weekend which earned me a recommendation to work there from 2015 to date. In

May 2016 I then started presenting Masa-a-sele sports round up, doing football games analysis, presented Sekhutlo and Legae la metshameko programs.

How much do you think you will make it?

As a hard worker, everything I touch shines, so I won't say much but I dream big. And hope it will lend me into big places. As long as I am alive, I will go far.

Tell us exactly what your works entails.

On air presentation, doing interviews during the programs and during pre-match and post match production. I research about affairs so that programs can be content wise. I attend games and do on spot reporting when there are no live productions. I also collect materials needed by the commentator.

What challenges have you come across in this career journey?

In radio we work with time so other stakeholders always fail to honor that. You will agree with the person that we will be on air at 9:10 and surprisingly around that time they'll be like am in a meeting, or the phone is off. This messes the whole production.

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

Am working on some projects but hey! Sports is an everyday thing, it's so difficult to balance my time as I work day and night to cater for them.



Pestilence (Band)

Album: Hadeon
Release Date: 01 March 2018



Calum Scott

Album: Only Human
Release Date: 09 March 2018



En Vogue

Album: Electric Café
Release Date: 30 March 2018



Jack White

Album: Boarding House Reach
Release Date: 23 March 2018



Fickle Friends

Album: You Are Someone Else
Release Date: 16 March 2018



Moby

Album: Everything Was Beautiful, And Nothing Hurt
Release Date: 02 March 2018



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Avril Lavigne

A Canadian singer-songwriter and actress. Lavigne is considered a key musician in the development of pop punk music since she paved the way for female-driven, punk-influenced pop music. Since her professional debut, Lavigne has sold more than 40 million albums and over 50 million singles worldwide, making her the 3rd-best-selling Canadian female artist of all time, behind Celine Dion and Shania Twain.



Chris Young

He was born in Murfreesboro, Tennessee, on June 12, 1985. While growing up he attended Trinity United Methodist church. His grandfather, Richard Yates, was a performer on the Louisiana Hayride. He showed interest in music from an early age, performing in various children's theater productions; while attending High School. He sang in his high school choir and began playing in local clubs. Young has supported Little Kids Rock by donating various items to the organization for auction, raising money to put instruments in the hands of children. Late in August 2017 he created a fundraising site for Houston to help with the massive flooding caused by Hurricane Harvey.



Kelly Clarkson

Actress, and author Kelly Clarkson rose to fame in 2002 after winning the inaugural season of the television series American Idol, which earned her a record deal with RCA Records. Clarkson has sold over 25 million albums and 36 million singles worldwide and scored a total of over 100 number ones on the Billboard charts. Her accolades include three Grammy Awards, three MTV Video Music Awards, four American Music Awards, and two Academy of Country Music Awards. Often called one of the best vocalists in the industry, Clarkson is known for her powerhouse voice, as well as her versatility, which enables her to record crossover music. She became the first artist in history to top each of Billboard's pop, adult contemporary, country and dance charts. Clarkson has also ventured into film, television, and writing children's books



Abir Goswami

Was born April 1976. He was an Indian film and television actor, as well as a well known dubbing artist. He worked in television serials like Kkusum, Pyaar Ka Dard Hai Meetha Meetha Pyaara Pyaara etc. Having starred in hit TV shows such as Kkusum and Yahan Main Ghar Ghar Kheli, Abir had a bright future in the entertainment industry. However, everybody was shocked when Abir died an untimely death due to a cardiac arrest in 2013. The cardiac arrest happened when he was running on the treadmill. Moreover, he'd also been undergoing treatment for Lymphoma.



Sharon Rachel Osbourne

An English television host, media personality, television talent competition judge, author, music manager, modern impresario, businesswoman, and promoter, and the wife of heavy metal singer-songwriter Ozzy Osbourne. After the success of The Osbournes and The X Factor, hosting her own chat shows and securing advertising contracts, Osbourne was ranked as the 25th richest woman in Britain. She first came into public prominence after appearing in The Osbournes, a reality television show that followed her family's daily life. Osbourne and her husband were ranked as the 724th richest people in Britain with an estimated joint wealth.



Symon Sadik

A film actor and model. He is a smart, brilliant, stylish and talented actor. His acting skills are good and appeals to the audience. He acted mainly in Dhallywood movies and his debut movie was Ji Hujur (2012). After that he acted in other movies such as PoraMon, Er Beshi Bhalobasha Jay Na, Tomar Kache Rhini, Action Jasmin, Moner Moddhe Lekha, Ojante Bhalobasha, Somoshamoyik, Sei Tumi, Itish Pitish Prem etc. He became famous after his 'PoraMon' movie with co-actress Mahiya Mahi.



Marguerite Annie Johnson Angelou

(April 4, 1928 to May 28, 2014), known as Maya Angelou, was an American author, actress, screenwriter, dancer, poet and civil rights activist best known for her 1969 memoir, *I Know Why the Caged Bird Sings*, which made literary history as the first non-fiction best-seller by an African-American woman. Angelou received several honors throughout her career, including two NAACP Image Awards in the outstanding literary work (non-fiction) category, in 2005 and 2009. Maya Angelou became the first black female streetcar conductor in San Francisco, California, in the 1940s. Her 1969 autobiography, *I Know Why the Caged Bird Sings*, is the first non-fiction best-seller by an African-American woman. Maya Angelou was lauded in 1995 for her record-setting, two-year run on *The New York Times*' paperback nonfiction best-seller list. She recited one of her poems at President Bill Clinton's 1993 inaugural ceremony—marking the first inaugural recitation since 1961. Angelou is the first African-American woman to have her screenplay produced, for the 1972 film *Georgia, Georgia*. In 1952, Maya Angelou married a Greek sailor named Anastasios Angelopoulos, from whom she took her professional name.



Bow Wow

Born Shad Gregory Moss the son of Teresa Rena Caldwell (née Jones) and Alfonso Preston Moss. He is an American rapper, actor and television host. At age three, he became interested in rap. Under the moniker "Kid Gangsta", he began rapping recreationally at age six. He performed at a concert in Los Angeles, and was noticed by rapper Snoop Dogg, who subsequently gave him a stage name, "Lil' Bow Wow". As Lil' Bow Wow, he released his first album, *Beware of Dog*, at age 13. The album also included "Bow Wow (That's My Name)" featuring Snoop Dogg, which topped the rap chart. Bow Wow has made guest appearances on Brandy's TV sitcom, *Moesha*, as well as *The Steve Harvey Show* and *Brothers Garcia*. He made his acting debut in the film *Like Mike* in which he starred as a young orphan who gets a shot at playing in the NBA. In 2016, Bow Wow began hosting a nighttime edition of the Australian Hit Network's radio show *RnB Fridays*, titled *RnB Friday Nights*. His family supported him through his choice of music as a career. Bow Wow lives in Atlanta, Georgia, along with his mother.

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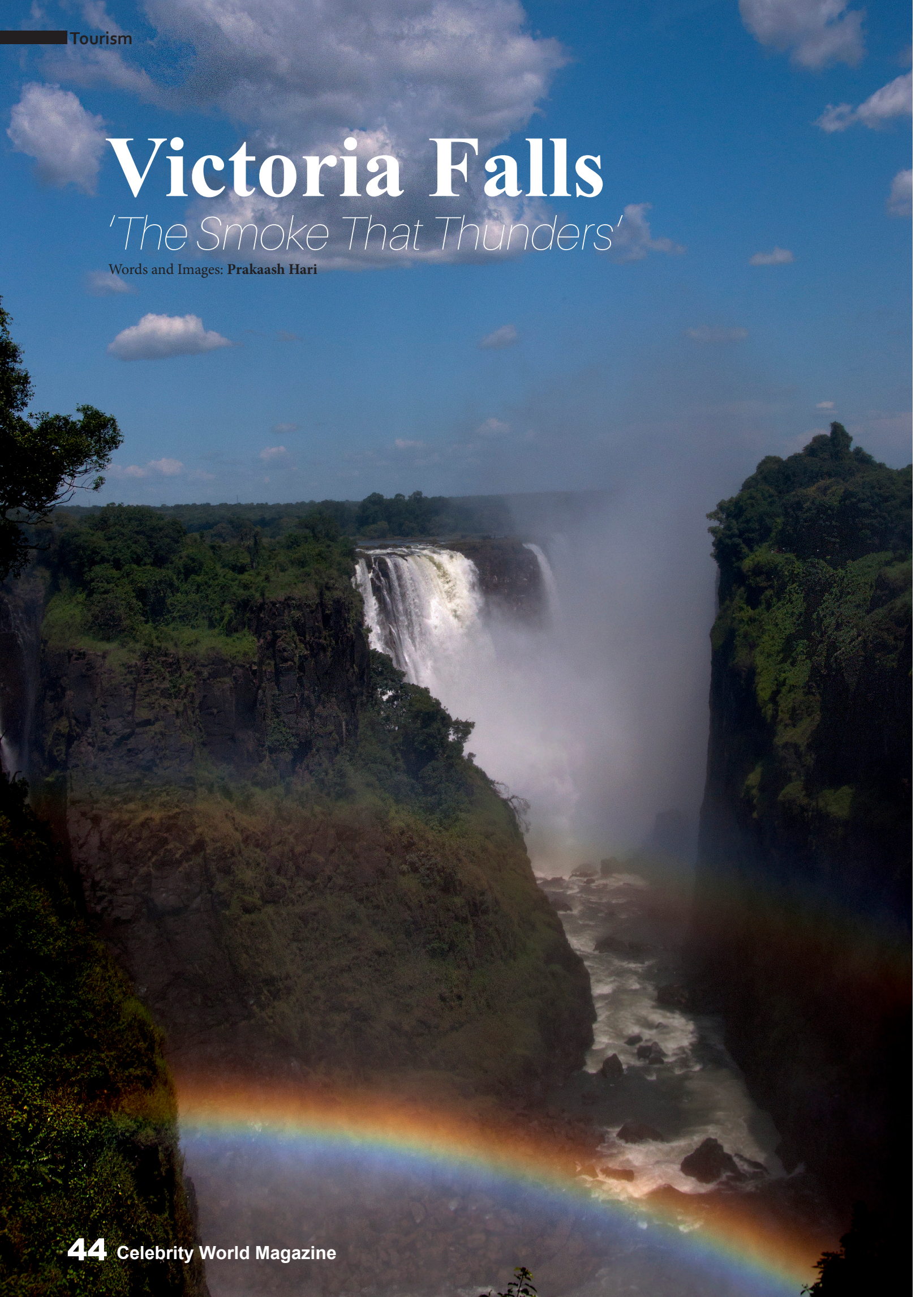


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Victoria Falls

'The Smoke That Thunders'

Words and Images: Prakaash Hari





Victoria Falls has been one of my dream destinations for many years and witnessing it first time dropped my jaws instantly. It is even more beautiful and breathtaking than I'd ever imagined! It is one of the largest waterfalls in the world, lies in the Southern Africa, between Zambia and Zimbabwe; the falls are fed by the Zambezi River. This is locally known as "Mosi-oa-Thunya" which means "The Smoke That Thunders."

View Points

There are 19 viewpoints 1-15 are on the Zimbabwean side and only 16-19 are on the Zambian side. Each and every view gives different perspective and it is real waterscape feast for photographers and it is not that easy to capture this mammoth falls as one thinks.

Facts

While it is neither the highest nor the widest waterfall in the world, Victoria Falls is classified as the largest based on its combined width of 1,708 metres (5,604 ft) and height of 108 metres (354 ft), resulting in the world's largest sheet of falling water. Victoria Falls is roughly twice the height of North America's Niagara Falls and well over

twice the width of its Horseshoe Falls. Approximately 600 million cubic litres of water hit the ground per minute.

(Source Wikipedia)

David Livingstone, born in Scotland arrived in Africa in 1840. He was a missionary and a physician. In 1855 he set off down the Zambezi to find for himself "The Smoke That Thunders" which the local tribesmen called "Mosi-oa-tunya". Livingstone named the falls in honour of his monarch Queen Victoria.

The months of June and July are probably the best time to view the falls. The water levels are still high enough to showcase the splendour of the falls, but the amount of water is less creating less spray and more visibility of the falls.

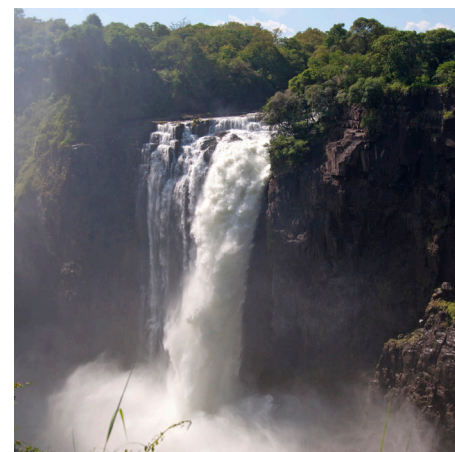
In 1989, the Victoria Falls became a world heritage site, meaning it belongs to all the people of the world, irrespective of the territory on which the different world heritage sites are located.

Photography Tips

During the rainy season and high water, Victoria Falls can be a challenge

to capture with a camera because of the mist in the air. It is important to have rain gear and something to protect your camera.

The high water levels create a greater amount of mist in the air. This increases the probabilities that you will be able to capture rainbow images around the falls. More than likely you will want to use a polarizing filter which will help with cutting the reflecting light from the sun and mist in the air and more saturated look. When you visit Southern Africa don't miss to visit the biggest curtain of falling water in the world.



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Petroleum Engineering



Petroleum engineering is the field of engineering that deals with the exploration, extraction, and production of oil. It also increasingly deals with the production of natural gas.

A petroleum engineer (also known as a gas engineer) determines the most efficient way to drill for and extract oil and natural gas at a particular well. They oversee drilling operations and resolve any operating problems. They also decide how to stimulate an underperforming well. They develop new drilling tools and techniques, and find new ways to extract remaining oil and gas from older wells.

What Does A Petroleum Engineer Do?

Petroleum engineers evaluate oil and gas reservoirs to determine their profitability. They examine the geology of future drilling sites to plan the safest and most efficient method of drilling and recovering oil. They manage the installation, maintenance, and operation of equipment. They also man-

age the completion of wells. During production they monitor yield and develop modifications and stimulation programs to enhance it. They're also responsible for solving operational problems that may arise.

Where Does A Petroleum Engineer Work?

Unsurprisingly, the vast majority of petroleum engineers (53%) worked in oil and gas extraction as of 2012. 14% provided support activities for mining. Another 7% were employed in architectural, engineering, and related services. 6% were involved in the manufacture of petroleum and coal products, and another 6% were employed as company managers.

How Do I Get A Petroleum Engineer Degree?

These positions require a bachelor's degree in petroleum engineering, mechanical engineering, or chemical engineering. These academic programs include classroom, lab, and field studies. They commonly focus on engineering basics, geology, and

thermodynamics. Work experience gained through cooperative education programs that award academic credit for job experience is also highly valued by employers. A solid foundation in math and science is excellent preparation for college studies.

Graduate degrees can provide an edge in the job market, and are generally required for positions at universities, or other research positions. Formal training may be provided to new recruits at larger companies. Consider a Master's in Biotechnology to further your career.



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Baby Jumpsuit Tutorial



The jumpsuit itself is so easy to make, CW magazine thought of sharing this tutorial with you this time. The tutorial works from your baby's measurements for a custom fit and has a snap closure at the bottom for easy diaper changes. It's a little business that one can make money from it.



Step 1: Measure Your Baby.

Measurement A: around the chest right under the armpits. Measurement B: start from the base of the neck right where it meets the shoulder and measure to the crotch.



Step 2: Cut Out Fabric

You'll need two rectangles out of your fabric. Take a moment to find and mark the center of the top edge of each panel.



Step 3: Cut Out Circles On Bottom

Draw a semi-circle in the center of the bottom edge of each of your rectangles. Make it 1" high and 2" across. Cut out your circles, both the front and back. This is where the snap closure will go.



Step 4: Make arch pieces for snap closure whenever you have snap closures you need to reinforce the fabric so the snaps won't tear through.

Step 5: Sew snap panels to main panels.



Step 6: Clip And Flip

Clip seam, then turn and press the arch to the other side of the panel so that the right side faces out. Then press under the raw edge along the top of the arch.



Step 7: Add Snaps

Mark location of snaps with a marking pen. Put one ring and half of the snap into the pliers: then position pliers over markings and press the two sides firmly together.



Step 8: Sew down the snap panels using a zigzag stitch, tack down the edges of the snap panels.

Step 9: Sew back and front together and finish edges using a 1/4" seam, sew the side seams. Pink or serge so that seams won't fray.

Step 10: Shirring the legs of the sun suit using elastic thread in your bobbin, sew two rows along leg openings starting at one snap panel and going toward the other.

Step 11: Shirring around the top of the sun suit. Sew 6 rows 1/2" apart to create a band of shirring 3" wide at the top of the sun suit.

Step 12: Make Straps and Attach them-put buttonholes in the ends. You're finished!



His Excellency the President Lieutenant General Dr Seretse Khama Ian Khama was born February 27, 1953

that you have the opportunity to stand for what you most want in your relationships.



Leo
(July 23 - August 22)
It's time to re-create your relationships, look at what you most value in your one-on-one connections. You may find that what once attracted you no longer does. Or, on the other hand, you may feel attracted to something or someone brand new. Be direct, straightforward and honest with those closest to you.

gage you may still be carrying.



Sagittarius
(November 22 - December 21)
You can feel lonely on your voyage; even though you might have imagined that loneliness would be the source of the desired relaxation. The boundary between perfect relaxation and desperate solitude is quite thin. Do not forget to think about "saving for a rainy day". Keep all the little but important things in mind during this month and do not worry, everything will go well, in your life



Aries
(March 21 - April 19)
Your guardian angel planet, moves into ambitious, responsible, disciplined, success-oriented Capricorn, you'll find it easier to take steps up the mountain of your dreams. Pursue your passions and desires spontaneously and without much forethought.



Virgo
(August 23 - September 22)
Virgo loves comfort, but you have to do without it for a while. Your diplomatic / dramatic talent will be at the forefront, there may be no other choice but to act. If you are not sure about the right solution, simply join those who have more experience than you. Rather than analyzing every last detail, it's time to trust and go with the flow



Capricorn
(December 22 - January 19)
Expect a great opportunity. Your greatest power lies in your interpersonal relationships and in the ability to negotiate, persuade, and bring people together. It will be safe to sneak through tough questions in unpleasant conversations. Be aware that you could easily run over others now in your desire to reach your goals.



Taurus
(April 20 - May 20)
It's time to plant seeds and decide what you want to create in your career. Your friends will encourage you to drop all pretences and be who you really are. They will help you overcome the difficulties and will give you best advice on how to prosper.



Libra
(September 23 - October 22)
Be careful and do not be afraid to say "NO" if you do not already have the situation under control. You'll feel a breath of fresh air as friends come out and mirror that part of you that wants to challenge convention. This is a fabulous opportunity for you, to reflect on and re-evaluate all your relationships, beginning with your relationship with yourself.



Aquarius
(January 20 - February 18)
This is your month to shine. Plant seeds to have the courage to revolutionize your life so that it reflects your one-of-a-kind nature, your unique way of looking at the world and your desires to make changes that benefit all. Before you can make the dreams for a better world come true, it's important to know what makes you happy.

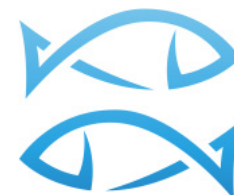


Gemini
(May 21 - June 20)
It's time for your hobby! February is the right moment

for creativity, also for rest, and for building lasting relationships. You can knit up a scarf; this is an opportunity to test your manual skills. Invest your resources in what you truly believe in.



Scorpio
(October 23 - November 21)
It's your choice how you express your power and magic; the practical, earthy energy, combined with your focused intensity, can create anything. February will stimulate your ability to solve very complex tasks. Embrace thoughts and memories of the past, knowing that you can create a new life of greater passion by transforming any negative emotional bag-



Pisces
(February 19 - March 20)
February will therefore be the month when you may overcome prolonged health problems that are also related to slow pace of work. In some cases, process of healing may be miraculous. You may also enjoy interesting encounters and meet new people; you'll actually enjoy February, although it may not look like it now!



Cancer
(June 21 - July 22)
You are the most vulnerable sign in the zodiac and you hate to rock the boat in your relationships for fear of rejection and abandonment. February is a month when you will be able to solve all important issues. Remember



A mother comes home from work to find that her kids are hiding behind the couch. She asks what's wrong, and the kids reply that Aunt Sally was in the house naked. So she goes to her bedroom to investigate, and she finds her husband lying on the bed naked and sweaty. She asks, "What's going on?" He replies, "I'm having a heart attack." She says "I'm going to call 911, while I'm really looking for my sister." She discovers the aunt in the bathroom closet in the nude, and gives her a slap, "How dare you! My husband is having a heart attack and you're running around scaring the kids!"

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 young couple is on their honeymoon. The husband is sitting in the bathroom on the edge of the bathtub speaking to himself, "Now how can I tell my wife that I've got really smelly feet and that my socks absolutely stink? I've managed to keep it from her while we were dating, but she's bound to find out sooner or later that my feet stink. Now how do I tell her?" Meanwhile, the wife is sitting in the bed saying to herself, "Now how do I tell my husband that I've got really bad breath? I've been very lucky to keep it from him while we were courting, but as soon as he's lived with me for a week, he's bound to find out. Now how do I tell him gently?" The husband finally plucks up enough courage to tell his wife and walks into the bedroom. He walks over to the bed, climbs over to his wife, puts his arm around her neck, moves his face very close to hers and says, "Darling, I've got a confession to make." She says, "So have I, love." To which he replies, "Don't tell me, you've eaten my socks."

My friend asked me, "Why are you getting a divorce?" I responded, "My wife wasn't home the entire night and in the morning she said she spent the night at her sister's house." He said, "So?" And I responded, "She's lying. I spent the night at her sister's house!" Bob goes to see his friend Pete. He finds Pete in his barn dancing naked around his John Deere. "What are you doing!" asks Bob. Pete stops dancing & says, "My wife has been ignoring me lately so I talked to my psychiatrist and he said I needed to do something sexy to a tractor."

A man walks into a bar and orders a shot, and then he looks into his shirt

pocket and orders another one. After he finishes, he looks into his pocket again and orders another shot. The bartender is curious and asks the man why he looks into his pocket before ordering each shot. The man replies, "I have a picture of my wife in my pocket, and when she starts to look good, I go home."

Wife: "How would you describe me?"
Husband: "ABCDEFGHGIJK."
Wife: "What does that mean?"
Husband: "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."
Wife: "Aw, thank you, but what about IJK?"
Husband: "I'm just kidding!"

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."

A wife comes home late one night and quietly opens the door to her bedroom. From under the blanket, she sees four legs instead of just her husband's two. She reaches for a baseball bat and starts hitting the blanket as hard as she can. Once she's done, she goes to the kitchen to have a drink. As she enters, she sees her husband there, reading a magazine. He says, "Hi darling, your parents have come to visit us, so I let them stay in our bedroom. Did you say hello?"

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Fire Roasted Tomato Penne Pasta



This Fire Roasted Tomato Penne Pasta is a household favorite, and has also been quickly dubbed as the lazy man's spaghetti.

Author: Evi

Serves: 4

Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Ingredients:

- 1 pound of penne pasta, cooked and drained
- 3 tablespoons of olive oil
- 1 15 oz can of fire roasted tomatoes
- 3 mini sweet bell peppers, diced
- broccoli florets
- 6 cloves of garlic
- 5 teaspoons of basil
- salt and pepper to taste
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon of Italian seasoning
- 2 tablespoons of lemon juice
- Parmesan cheese for topping

Instructions

- Heat olive oil in a large skillet over medium-high heat.
- Add diced bell peppers to skillet, and saute for 3 minutes, until softened.
- Add in basil and garlic and continue to saute for 2-3 minutes.
- Pour in diced tomatoes, followed by seasonings and cook for 5 minutes.
- Add cooked pasta and toss with sauce, making sure all the noodles are coated.
- Pour in lemon juice, add Parmesan cheese, and toss combining all together.
- Serve immediately!

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Showstopping Legs!

Rear Reshaper

Work butt, thighs

Start on all fours, knees under hips, hands slightly in front of shoulders. Lift right knee to side at hip level: trace 12 large circles clockwise (as shown), then 12 the other way. Switch legs: repeat.



1

Butt Lifter

Work butt, hamstrings

Lie face up, knees bent, feet flat. Extend right leg toward ceiling, toes pointed. Squeeze glutes and lift hips to form left knee to shoulders (as shown). Raise hips higher, then lower to floor for 1 rep. do 15 reps, switch legs: repeat.



2

Calf Carver

Works calves, abs

Raise right knee to hip level, toes pointed, hands behind head. Contract abs as you can off floor, balancing on ball of foot (as shown). Hold for 3 seconds, then lower heel for 1 rep. do 15 reps. Switch legs: repeat.



3

Twisting Toner

Works butt, thighs, abs, oblique's

Step right leg into a lunge, arms out to sides, rotating upper body to right until arms align with right thigh (as shown). Rotate to center, stepping right leg back to meet left. Repeat on opposite side for 1 rep. do 12 reps.



4

Ass Kicker

Works butt, hips, hamstrings

Start on all fours, knees under hips, hands slightly in front of shoulders. Lift and extend right leg as high as you can, toes pointed (as shown). Keeping leg straight, cross right leg over left leg and tap toes to floor, then swing right leg up as high as you can and across to right, again tapping toes, for 1 rep. Do 15 reps. Switch legs: repeat.

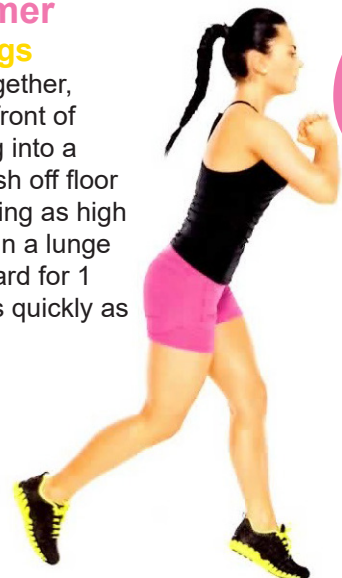


5

Leaping Firmer

Works butt, legs

Stand with feet together, hands clasped in front of chest. Step left leg into a forward lunge. Push off floor immediately, jumping as high as you can. Land in a lunge with right leg forward for 1 rep. Do 15 reps as quickly as possible.



6

Best Ball Exercise You're Probably Not Doing

Superman-Ball-Lifts

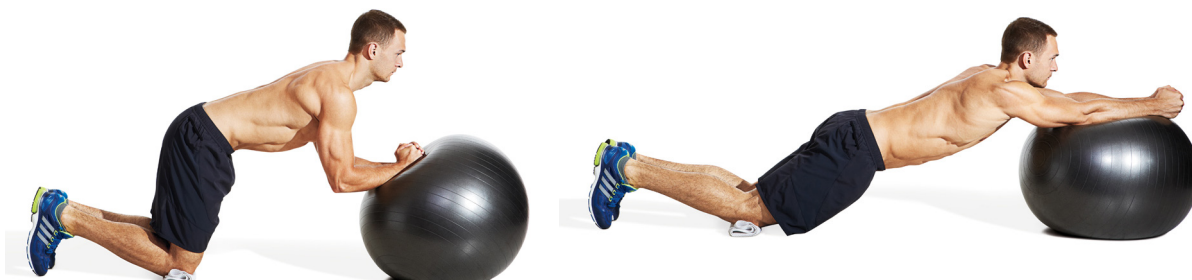
This exercise fires up your core by challenging your balance. As your move in and out of the pose, you will be working the back.



Swiss-Ball Butt Workout Leg Curl



Swiss Ball Roll out



Stability Ball Exercise



Full Push up



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Medical Q&A



Is It Safe To Drink Coffee During Pregnancy?

Do you crave for a hot mug of coffee after a day of hard work? If yes, then you are not alone. Coffee is a known stimulant and many people prefer drinking coffee regularly. Juggling home and work, and many other stresses are often the triggering factors, which contribute to the urge to drink coffee.

During pregnancy, many women are faced with a dilemma- to have or not to have coffee. While they do not want any harm to their growing babies, they also find it difficult to give up their daily coffee fix.

Let's check out the fears associated with drinking coffee during pregnancy and learn how to handle them.

Why Is It Harmful To Have Coffee During Pregnancy?

Coffee contains two major compounds

that are toxic to growing fetuses. Caffeine is the major component of coffee which can cause cardiovascular toxicity as well as being carcinogenic in high amounts.

Polyphenols:

Polyphenols interfere with the body's capacity to absorb iron from food leading to anaemia. In pregnancy, these two can compound problems leading to-

Miscarriage – High amount of coffee intake can cause miscarriage in the early stages of pregnancy.

Growth Retardation – High coffee intake can lead to low birth weight of baby in the later stages of pregnancy.

Anaemia – Consumption of caffeine during pregnancy is linked to anaemia, which itself is a causative agent for many health risks and complications associated with pregnancy.

Are There Any Other Drinks That Contain Caffeine?

Yes, here we've put down a list of drinks which contain caffeine. Exercise caution before reaching out for them.

Tea – You probably already know this- tea contains small amount of caffeine. Expectant mothers can consume little amounts of tea as they are good and contain antioxidants. Larger quantities of tea should also be avoided.

Cola Drinks – Yes, all cola drinks should be avoided, as they contain high amounts of caffeine.

Carbonated Drinks – Carbonated drinks include aerated soft drinks, soda and even the seemingly harmless fresh lime soda- and these contain good amounts of caffeine. A better option would be to go for fresh lemon juice instead.

Chocolate – Chocolate too, contains some amounts of caffeine. So it's best to avoid all products containing chocolate, such as chocolate bars, candies, ice-creams, pastries and indeed hot chocolate.

Pain Relieving Medication – Some pain relieving medications especially those meant for cold and flu medications contain caffeine to counter their sedative effects. It is therefore; best to avoid these during pregnancy. Learn to read the composition of medications before you take them. You must seek your practitioner's approval before taking any medications.



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Understanding Vitiligo-

A Rare Skin Disease

20 year old Olesego Gaejewe of Gweta village, who is also an Applied Business Computing student at Botswana Accountancy College gives us an insight about a skin condition that is not understood by many, Vitiligo.

What is vitiligo? Who is affected by it and why?

Vitiligo is a condition in which the skin loses its pigment cells (melanocytes). This can result in discolored patches in different areas of the body, including the skin, hair, retina and mucous membranes. It affects 1% of the world population.

Is there any treatment for it?

There is currently no treatment for vitiligo, scientists have never found a treatment for vitiligo since its an auto immune disease.

When did you find out that you have Vitiligo?

Seven years ago when I was doing form 2 and it just developed out of nowhere then I was told that I have Vitiligo.

What was your reaction when you discovered that you have the condition?

My reaction was good because everyone wants to become white so I thought I would become white. After a while I was told that it doesn't have a cure then that was the time that my reaction changed I was unhappy stressed, confused and I suffered from depression because the marks in my body did not give me the confidence that I needed.

Are there any specific precautions you have to take for your condition?

No, the only thing I have to do is to apply sunscreen, bath two times a day and avoid too much contact with the sun and not to sweat too much.

How do you react to the stares that people give you about your condition?

It embarrasses me because I know people are asking themselves what

has happened to my face. At first it made me angry but now I am not bothered about the stares I get from people.

How do you think Vitiligo has affected your confidence and how do you embrace your natural self?

When it first developed my confidence was killed because I used to be a student that participated in every activity in school I withdrew from every activity in school and I was approaching my teenage years so when it came to dating I never wanted any boys near me because I felt ugly. I embrace my natural beauty because I have learnt that I can go out without applying any make up but before I used to wear make up to cover up the patch.

Have you connected with people who have vitiligo? if so has that helped you?

I have connected with other people, actually there is a woman who has Vitiligo in South Africa called Gaone Tihong, I was talking to her on Facebook, I then she just connected me with other models and we connect through skype as vitiligans and discuss the problems we face and through them I have learnt that it is not all about beauty it's about accepting yourself as you are because I look past my condition. I have created a Facebook page called beyond vitiligo

and I help people who have the same condition.

What would you say to someone who has just found out that they have Vitiligo?

Vitiligo has no cure but it doesn't kill you it is just a condition, you are not suffering from it but living with it. Embrace your inner beauty don't let anyone tell u that you have scars, you have been burnt just tell them that you have Vitiligo and it's an auto immune disease.



THE BEST SECURITY CAMERA SYSTEMS FOR HOME AND BUSINESS IN 2018

It's fair to say that in recent times, there's been an explosion of increasingly sophisticated IP (internet protocol) cameras and in this guide to the best of CCTV and security camera.

These smart cameras can simply join the Wi-Fi network in your building in order to relay footage directly to your phone, wherever you are in the world, with no need for a networked video recorder, while any motion-triggered recordings can be saved in the cloud, or locally on a microSD card. The most significant thing that these new IP cameras have in common is their accessibility.



Netatmo Presence

Netatmo's floodlight IP camera can distinguish people from traffic

Type: Outdoor IP camera | **Resolution:** 1080p | **Footage recording:** Local/cloud | **Audio:** One-way

- Handsome all-metal casing
- Effective floodlight
- Incongruous design
- No Ethernet port

Netatmo's sophisticated outdoor camera cum security light has a lot to offer. As well as carrying out 24-hour surveillance in Full HD, it also acts as a security light whenever motion is detected.



Netgear Arlo Q

Type: Indoor IP camera | **Resolution:** 1080p | **Footage recording:** Cloud | **Audio:** Two-way Comes with free cloud storage for 7-day surveillance.

- Basic cloud storage plan is free
- Neat and discrete design
- No microSD card slot
- No Ethernet port

With its smart, solid and compact design, the Arlo Q has instant appeal as a discrete security camera. And it's backed up by the user-friendly Arlo app that enables you to access key features, like the push notification settings, with a minimum of fuss.

Nest Cam Outdoor

Type: Outdoor IP camera | **Resolution:** 1080p | **Footage recording:** Cloud | **Audio:** Two-way

- Integration with IFTTT and an ecosystem of other products
- Excellent subscription service and app support

Nest's stylish camera is backed up by the slickest companion app we've come across, while its Nest Aware service, which stores up to 30-days of footage in the cloud, is the most reliable and accessible around. The camera itself is very well specified.



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2018 Mercedes-Benz G-Wagen



The G-Wagen by Mercedes-Benz (and Mercedes-AMG) is one of the most expensive and prestigious SUVs, with buyer demographics other automakers would kill for. It commands prices from \$120K upward and is the pride of many a multi-car garage in the most prestigious burghs. But its on-road performance has been an embarrassment for some time now: With its ancient chassis and high center of gravity, the G-Wagen doesn't corner much better than it did almost 40 years ago, and the incredibly powerful engines with up to 621 horsepower only underscore the deficiencies of its chassis.



Creating Stories Served In A Form Of Painting

Gopolang “C-no” Ohilwe is a 25 year old Shoshong village native who is gifted with passion in art.

Gopolang discovered his art skills the time he was at Tshwaragano primary school; he developed his passion in arts by doing the subject at Junior and senior schools. After senior school, he focused on his art business, where he could earn about P350.00 per day. The business entails making portrait paintings for A3 paintings.

He accumulated 42 points at Cambridge, where he passed with AA* in Double Award Sciences and with grade C in Art. Taking a clear picture at his results, Gopolang put in plain words that he believed that he could do better in the Science field than Art although he had passion for Art. He ignored parent’s advises when they suggested Art career for him and while waiting to go to tertiary, he tutored JCE students and this cultivated his skill.

In 2011, Gopolang was admitted at



Limkokwing University in Gaborone to study Architecture; unfortunately he lost the passion on the way. He set home to decide again which career to take. In the interim, he carried on with his little business and tried Mechanics at Kanye Brigade Centre in 2014/5 but later dropped the course because he believed that it wasn’t good for him.

Gopolang then decided to follow his parents’ wishes; he went to Molepolole College of Education where he is currently studying Art and Music in Secondary Education. He learnt a lot of skills at the college, including judgment of artworks.

According to him, every artist is unique and they have their own styles of creating art as they usually focus on what they know and like most. Example, the late Mexican painter, Frida Kahlo had a terrible life experiences including a severe disease and involvement in a bus crash. If you take a look at her paintings, they reflect her life.

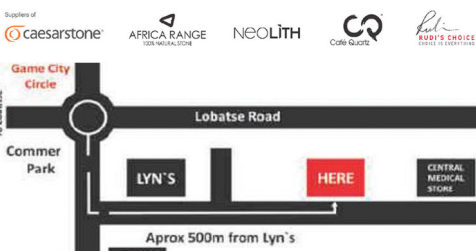
“Now looking at my art, I usually paint portraits because they have been offered by clients, otherwise I paint ba-

bies” he added. He typically capture some interesting moments through sketching or photography. He acknowledges his teachers who first discovered his painting abilities and who motivated him to follow his dream. Contact: 72160595



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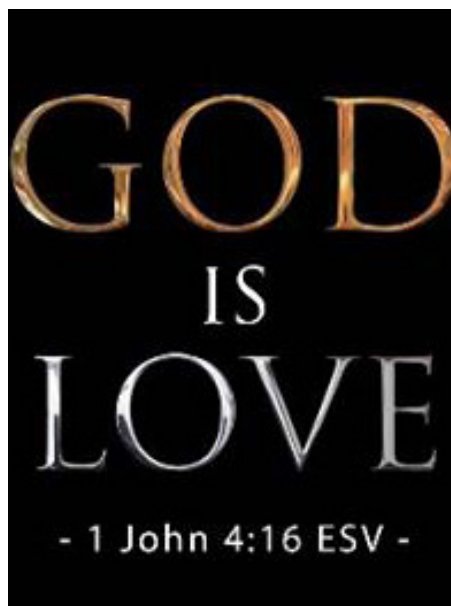
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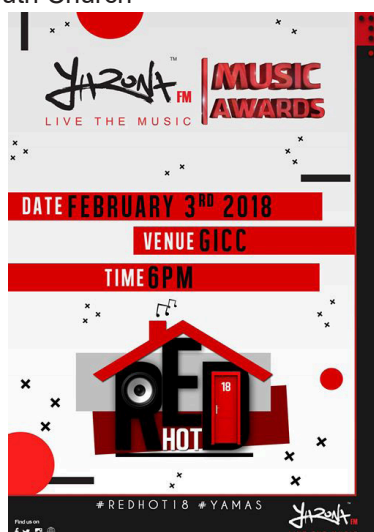
Youth Workshop

Date: Sat Feb 03 2018

Time: 09:00 am

Venue: Mogoditshane AFM Youth Church

Created by: Mogoditshane AFM Youth Church



4th Annual Yarona FM Music Awards (YAMAs)

Date: Sat Feb 03 2018 at 06:00 pm

Time: 11:00 pm

Venue: GICC, Gaborone, Botswana

Event Details

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 Golden Circle Ticket @ P250
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Date: Friday, 02 February 2018

Venue: Woodlane Hotel, Gaborone

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Investment: P500

Contact: Faith Makondo @73712234

Email us at: hannahlecha@john-maxwellgroup.com



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Or email tshegofatsokwadibabookings@gmail.com to order/ book yours. For those who reside outside the city arrangements can be made.



Creative Enterprise Skills Workshop

Venue: Thapong Visual Arts Centre

Date and Time: February 19, 2018 @09:00 till February, 23 2018 @ 16:00

Organized by: Stimulus

Description

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The overall programme will be providing business essentials training for creatives in Zimbabwe, Malawi, Zambia and Botswana in 2018.

The programme aims to train and equip young creative entrepreneurs aged 18 - 35.

For more information email: training@stimulus.co.zw

WhatsApp: +263 777887112



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.

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Moments Captured At The Food Farm Event



The Man Who Dreams To Reach

Teko Modise's Attainments



Tell Us About Yourself

My name is Obakeng Mokoto, I am a 23 year old young man from Gathwane. I studied for my Diploma at Botho University. My field name is "Cesc Carieto". I previously played for Lobatse Stars Juniors, BMC Fc, Killer Giants Fc and I am currently playing for Mokgosi.

Why Did You Decide To Play Football?

To start with, I love football and it is my favourite sport. I started playing it when I was still young and that time we used self made plastic balls, with the passion and love I have for football I then decided to play it my entire life.

What Inspired You To Play Football?

I grew up watching Teko Modise and I take him as my role model. So his enthusiasm and energy he shows in a match inspires me to put more effort into the games I play as well. Not forgetting that the life he has made for himself all because of football motivates me to do more so that I can also enjoy the benefits of being a football player.

In Your Opinion, What Was The Best Play You Have Accomplished?

It would be last year, when I was made the team captain of Botho University leading them to a win in the first edition of the varsity league.

Would You Trade Football For Any Other Sport? Why Not?

No. Because firstly all professional footballers earn a lot of money more than other sporting codes. Secondly football can be used as an entertainment alternative for people as they get together at stadiums,

have fun and it's an international language that brings people together from ends of the world.

Is There Any Athlete That Motivates You To Do Your Best During A Game?

Lionel Messi. In terms of achievements for both club and individual awards, in that case it motivates me to do well and be the victor as this will also benefit the club.

What Is Your Favourite Quote?

"You do it because making yourself proud is one of the best feelings in the world."

If You Were Not A Footballer, What Would You Be?

A police officer, I think.

Who Is Your All Time Footballer?

Teko Modise and Cesc Fabregas.

What Is Your Position In The Team?

I play the attacking midfielder.



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Transfer Update: Sundowns To Meet With Stars Regarding Goalkeeper

Mamelodi Sundowns are expected to meet with Free State Stars regarding the sale of a goalkeeper. Thela Ngobeni has indicated his desire to move on from the Chloorkop-based club after growing frustrated with his lack of game-time. Following his loan stint with Ea Llo Koto, the player returned to Sundowns during the July/August transfer window last year where he was subsequently registered for the 2017/18 campaign, however, has not featured in a single domestic or continental fixture for the Brazilians since. In order for a deal to be concluded, both the buying club and the selling club will have to agree on terms of the transfer. Once that is concluded, the player and the buying club will have to agree on personal terms before the move is finalized.



Castro To Be Registered In Time For Chiefs Debut?

Leonardo Castro has received his relevant paperwork and could possibly be in line to make his official Kaizer Chiefs debut. The player only officially began training with Chiefs on January 09, 2018 after returning from South America where he was believed to be taking care of personal matters. Now, Castro is believed to have all his relevant paperwork in order and indications are that the player is now currently awaiting the signal from Head Coach Steve Komphela in order to make his official debut for the club.



Simone Biles Says She, Too, Was Abused By Former USA Team Doctor

CNN - On the eve of former USA Gymnastics team doctor Larry Nassar's sentencing for sexually abusing girls in his care, American gymnast Simone Biles has come forward to say me, too. "I, too, am one of the many survivors that were sexually abused by Larry Nassar," she said in a Twitter post with the hash tag #MeToo. "There are many reasons that I have been reluctant to share my story, but I know now that it is not my fault." Nassar was the team doctor for USA Gymnastics through four Olympic Games, treating young hopefuls and gold medal winners. His case illustrates the drive of the #MeToo movement to call out serial predatory behavior and the forces that enable it.



Jele Provisional Suspended

Botswana's 400m runner, Lydia Jele was provisional suspended after her doping saga. The athlete's sample that was taken was found to contain banned substances. Botswana National Olympic Committee is awaiting the outcome of the investigations. Jele is amongst the nine athletes who had attained Tokyo 2020, Olympic scholarship.



Novak Djokovic Upset By 'Professor' Hyeon Chung At Australian Open

(CNN) Novak Djokovic was upset in straight sets by Hyeon Chung in a hard-hitting battle at the Australian Open. The six-time Australian Open champion fell 7-6 (7-4) 7-5 7-6 (7-3) in the fourth round to the 21-year-old Chung, who became the first South Korean to ever make a grand slam quarterfinal. It's a memorable sporting achievement for South Korea weeks before the nation will be in the spotlight hosting the winter Olympics.



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kinds of imported cars**

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Mogoditshane, Gaborone

Cell: 77 184 976