

Celebrity World

Botswana's Own Magazine

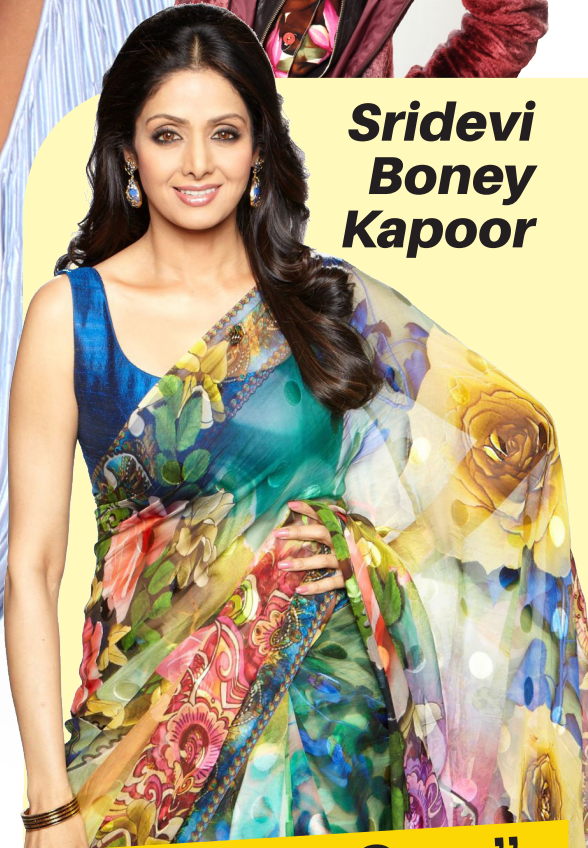
March 2018



THEAKHAMA
DONATES TO
CHILDREN
IN THE
WILDERNESS



Perioné
I'm a thunder
waiting to crack!



**Sridevi
Boney
Kapoor**

The Queen Of
RnB

Bouncy

"An Era Is Over" -
"Paved Way For Bollywood Women"

Sridevi's death has left India in a state of shock. She passed away on February 24. The actress was found unconscious in the bathtub in her hotel in Dubai.

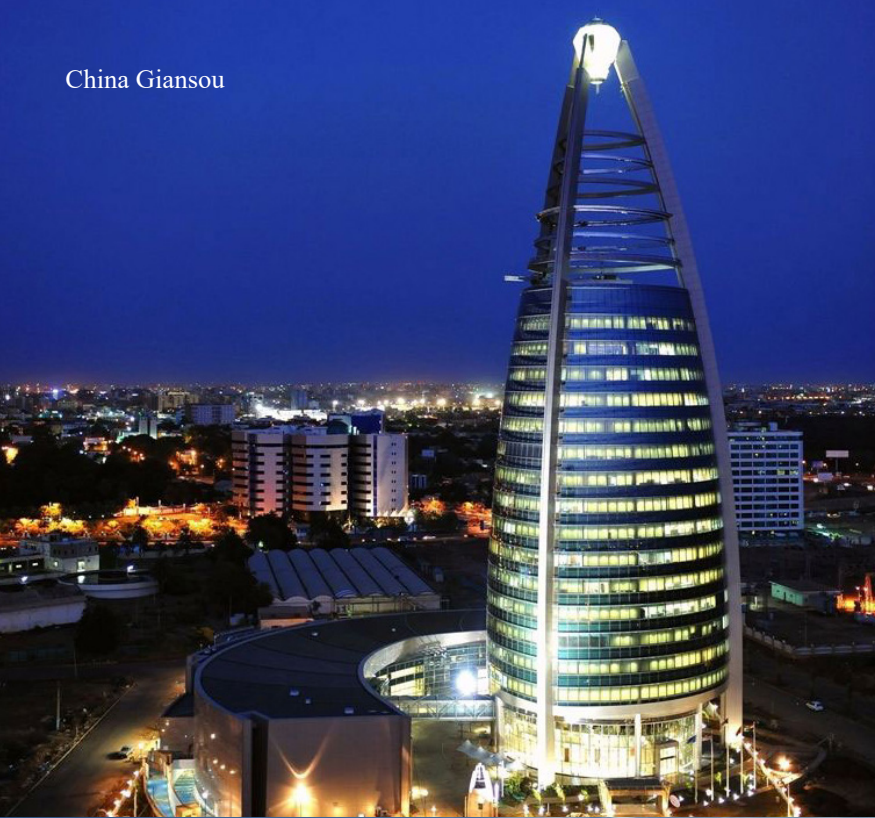


**If Your Man Is Not Doing
These He Doesn't Love
You Truly Madly**

**Meet The
Make-Up Expert
-Janet Sentle**

**Zosky Shines
Brighter In
Softball**

China Giansou



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Garden In Beijing



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Editor's Note

Welcome to the March edition of Celebrity World Magazine. We strive to create the greatest, most stylish, innovative and authentic magazine. This is made easier by an extraordinary team of collective like-minded, passionate game changers; we like to do something different. Something extraordinary, something that would stand out, that is authentic and we could take beyond the pages of a print magazine. Our team harnesses unique strengths and talents in themselves and others for positive change and we believe that we have the capacity to gain a stronger foothold in the entertainment industry. Through the sections, you'll find our cover girl Bouncy; we have crowned her the Queen because of her confidence and the kind of influence she possesses. She simply commands respect! You will also love to find the fashion and beauty page, interior décor, gardening, the health page and more!

Thank you from the bottom of our hearts for the support you have given us since we started our first publication. You're a part of our team now and we look forward to walking the journey with you. We want and will welcome your feedback and input. We just want it to be the very best that it can be.

Editors choice

The step by step instructions used by Janet Sentle to achieve a cheeky look.

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Sridevi made her film debut as a child actor at the age of four. Over five decades, she featured in almost 300 films, She was considered one of the very few Indian female superstars capable of huge box office success without the support of a male hero. **36**



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Perion

I'm A Thunder Waiting To Crack!

Music is
like a breath,
music is life,
music can build a
person, and music
can change
lives.

Casperion Perion Goretetse is vowing with his anticipated hit *Lejebejebe*. He is an R & B singer, born and raised in Selibe Phikwe. Even though he is focused in music, he is a graduate at BCET where he studied Auto Electrical Engineering. His dreams in music started 13 years back, it all started at junior school when he used to sing to artists songs and writing lyrics. When he reached his high school studies that is when he started writing his own music. He started recording in 2010. He always had it in his mind that he wanted to be a musician. His love for music was influenced by his older brother who was always listening to music, writing and singing along songs. He says he has met up with Botswana's music icons A.T.I, Bouncy, Spiza.

In 2016, he was signed under off-campus events. The vibrant artist made his first collaboration with Bouncy and that was his first feature that scooped 2 awards at YAMAs. His other feature was with the award winning producer Bangu. He released his first single “Shoshona” in 2016 which helped him get recognition in the music industry. He followed up with the most wanted song “Lejebejebe” which he released recently which he feels it’s his biggest breakthrough in music and the song is making flames.

The story behind Lejebejebe is about his friend faced who was in love with a beautiful girl and people disapproved of the relationship as they assumed that the girl is a b***h just by judging her by the looks. The song is actually trending on the airwaves and giving him a lot of publicity. There is a positive response to it as compared to Shoshona”

The young musician describes the music industry in Botswana as a yearly growing thing, every year there are upcoming artists and it is growing slowly and slowly. He reckons that more upcoming artists should be given more opportunity to get exposure by being given a chance to perform in shows. Perion added that the reason why the industry is growing slowly is because the same old artists keep on repeating in shows while the upcoming artists are always left behind.

“There are always challenges”, he stressed. For someone to get recognition it takes time and sometimes when an artist gets on stage to perform nobody knows you and as an artist you will think you are in the wrong place and you will have a feeling that you do not fit in at all”, he said. But he is optimistic, and says he will keep the music going until people get to see that there is an artist called Perion.

He concluded that, “if there is anyone who is willing to join the music industry keep on going, your dreams are worth more than money and do not go after fame, focus more on your dreams, whatever comes after dreams it is bonus, do what you love, persistence is the key.



For Bookings: Facebook
 Off campus events
 -X models page
 Perion XCV page



Guidelines To Shop Wisely

There are so many choices and it is sometimes very hard to decide what to buy. We are going to help you to make wise purchasing decisions by following a few simple guidelines here.

1. Can I Really Afford It?

If we do not have the means to pay for it we should not even contemplate buying it. Almost everyone would love to drive a BMW or Mercedes but then we may not have enough money to buy food. It is not worth getting a loan and into debt to make this kind of purchase. Forget about buying anything which you would not be able to afford in your budget.

2. Will I Need It?

Buying something we are not going to need or to use is like throwing money bills into the sewage drain. Often times because something is on sale we buy it with the hope of eventually using it. Most of the time it ends up thrown away, we need also to remember that often times the sale repeats itself and there might be better products coming out. So make sure the product you are going to buy will not be outdated and you will use it.



3. Consider The Life Span Of The Product And Its Usage Frequency

Whenever you buy something the first thing you have to ask yourself is how long will you be able to use it? We need to factor in the life span of the product. A product which has a long life span will be cheaper than one with a short one. Some products have a very short life span. The lifespan depends on the quality of the product and on how fast it becomes obsolete. Always find out how long the product is going to last.





A Wrinkle In Time

Directed by: Ava DuVernay

Produced by: Jim Whitaker and Catherine Hand

Release Date: March 9, 2018

Genre: Adventure film

After learning her astrophysicist father Alex is being held captive on a distant planet deep in the grip of a universe-spanning evil, Meg Murry works with her highly intelligent younger brother, her new friend and fellow student Calvin O'Keeffe, and three astral travelers, Mrs. Which, Mrs. Whatsit and Mrs. Who to save him. The film stars Oprah Winfrey, Reese Witherspoon, Mindy Kaling, Gugu Mbatha-Raw, Michael Peña, Storm Reid, Zach Galifianakis, and Chris Pine.



Thoroughbreds

This is an American drama thriller film written and directed by Cory Finley in his directorial debut. It stars Olivia Cooke, Anya Taylor-Joy, Anton Yelchin (in one of his final roles), Paul Sparks, and Francie Swift. The film is scheduled to be released on March 9, 2018.



The Strangers: Prey at Night

Genre: Horror

Release Date: March 9, 2018

Directed by: Johannes Roberts

Produced by: James Harris, Mark Lane, Robert Jones and Wayne Marc Godfrey

The film is written by Bryan Bertino and Ben Ketaj, and serves as the sequel to the 2008 film *The Strangers*, which was written and directed by Bertino. The plot follows a family that gets stranded in a deserted mobile home park and stalked by three masked individuals.



I Can Only Imagine

Directed by: Andrew & John Erwin

Produced by: Kevin Downes

Release Date: March 16, 2018

Genre: Drama

The film is based on the story behind the band MercyMe's double platinum song *I Can Only Imagine*, which became the most-played contemporary Christian song of all time. The film will center on MercyMe lead singer Bart Millard and his relationship with his father whom he lost at 18 years old. Also, the film tells a "complex father-son story".



Tomb Raider

Directed by: Roar Uthaug

Produced by: Graham King

Release Date: March 16, 2018

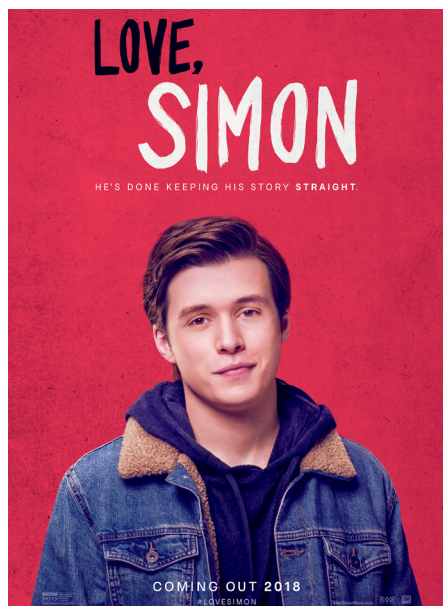
Genre: Action-adventure

It is primarily based on the 2013 video game of the same name and the 2015 follow-up by Crystal Dynamics, and will be a reboot of the *Tomb Raider* film series. The film tells about the first expedition of Lara Croft, in which she goes to complete her father's research and uncover ancient secrets capable of clearing her name. The film stars Alicia Vikander as Croft, with Dominic West, Walton Goggins, Daniel Wu, and Kristin Scott Thomas appearing in supporting roles.



7 Days In Entebbe

A crime thriller directed by José Padilha and written by Gregory Burke. The film recounts the story of Operation Entebbe, a 1976 counter-terrorist hostage-rescue operation. The film stars Rosamund Pike and Daniel Brühl. It is set for release on 9 March 2018.



Love, Simon

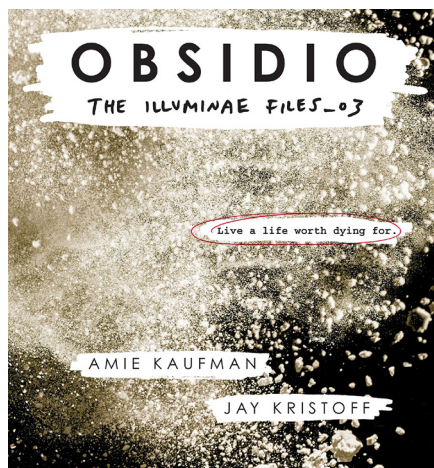
Directed by: Greg Berlanti

Produced by: Wyck Godfrey

Release Date: March 16, 2018

Genre: Young adult novel

Robinson stars as Simon, a 17-year-old closeted gay high school student forced to balance his friends, his family, his email pen pal Blue, and the boy threatening to reveal his true sexuality to the whole school.



Obsidio (The Illuminae Files #3)

Author: Amie Kaufman

Genre: Science fiction, Young adult
Expected publication: March 13, 2018

Kady, Ezra, Hanna, and Nik narrowly escaped with their lives from the attacks on Heimdall station and now find themselves crammed with 2,000 refugees on the container ship, Mao. With the jump station destroyed and their resources scarce, the only option is to return to Kerenza—but who knows what they'll find seven months after the invasion?..



Pacific Rim Uprising

A science fiction monster film directed by Steven S. DeKnight, it is the sequel to the 2013 film Pacific Rim, and stars John Boyega, Scott Eastwood, Cailee Spaeny, Jing Tian, and Adria Arjona, with Charlie Day, Burn Gorman, and Rinko Kikuchi returning in their roles from the original film. The film is produced by John Boyter. It is scheduled to be released on March 23, 2018.



Sherlock Gnomes

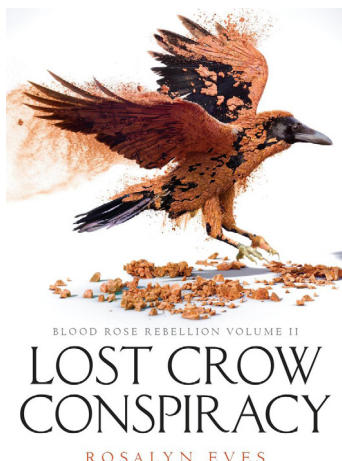
Directed by: John Stevenson

Produced by: David Furnish and Steve Hamilton Shaw

Release Date: March 23, 2018

Genre: Romantic comedy

In the film, Gnomeo and Juliet recruit detective Sherlock Gnomes and his sidekick, Gnome Watson to help investigate the mysterious disappearance of the other garden gnomes.



Lost Crow Conspiracy (Blood Rose Rebellion #2)

Author: Rosalyn Eves

Genre: Fantasy, Young adult

Expected publication: March 27, 2018

Sixteen-year old Anna Arden was once just the magically barren girl from an elite Luminare family. Now she has broken the Binding—and Praetheria, the creatures held captive by the spell, wreak havoc across Europe. Lower-class citizens have access to magic for the first time, while other Luminates lose their forever. Austria and Hungary are at odds once more. Anna Arden did not know breaking the Binding would break the world...



In Search Of Us

Author: Ava Dellaira

Genre: Young adult Contemporary

Expected publication: March 6, 2018

The author of the beloved Love Letters to the Dead returns with a parallel story of a mother and daughter each at age seventeen. Marilyn's tale recounts the summer she fell in love and set out on her own path. Angie's story is about her search for her unknown father. This sweeping multi-generational love story introduces readers to mother-and-daughter pair Marilyn and Angie. To seventeen-year-old Angie, who is mixed-race, Marilyn is her hardworking, devoted white single mother. But Marilyn was once young, too....



Justin Theroux Breaks Social Media Silence After Jennifer Aniston Split

Justin Theroux has broken his social media silence after announcing his shocking split from Jennifer Aniston and he did it in an unusual, albeit adorable way by posting a bunch of photos with a slew of too-cute pit bull puppies. Sharing a plethora of puppy pics from the Austin Pets Alive shelter, the newly single star wrote on his Instagram, "Another very inspiring visit with the incredible people and pups @ austinpetsalive. I cannot understand how they do what they do, day after day, so consistently and lovingly to save so many dogs and cats. I highly recommend going in and getting your nose bit by a toothless baby pitbull.." The animal advocate hashtagged the post, "#selenagomez." Since the breakup news broke, neither Justin nor Jennifer have made any official public appearances and have laid low, keeping away from the public eye. The couple recently surprised the world when they announced that they were going their separate ways after less than three years of marriage.

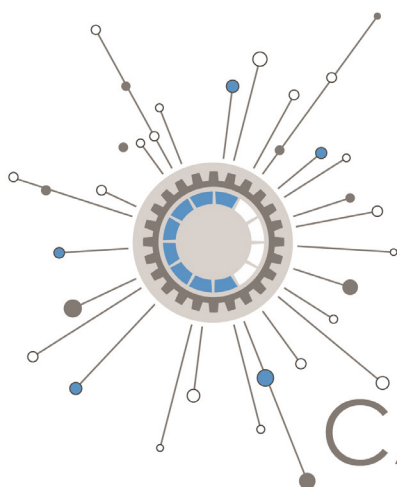


Kylie Jenner And Travis Scott Spotted Together For First Time Since Stormi's Birth

They're leaving the baby at home! Just weeks after welcoming their daughter Stormi Webster, Kylie Jenner and Travis Scott recently left the newborn at home for a lunch date with each other. It's the first time the two have been photographed out together since the reality star broke the news on February 4 that she'd given birth to a child. Earlier in the day, Kylie showed off the pimped-out ride on her Instagram Stories and said that it was a "push present." During her pregnancy, Kylie had stayed away from social media almost completely in the months leading up to Stormi's birth.

Khloe Kardashian Finds Out The Sex Of Her Baby On The KUWTK Season Finale: "I'm Shocked!"

Is it a boy or a girl?! Khloe Kardashian finds out the sex of her and Tristan Thompson's baby on next exciting Keeping Up With the Kardashians season finale. "Do you want to know what I'm having?" Khloe teases in this sneak peek promo for the big episode. "I'm shocked!" Kourtney Kardashian reacts after hearing the news. We can't wait to find out!



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Robin Thicke's Girlfriend April Love Geary Gives Birth To His 2nd Child

Robin Thicke is a dad again. The 40-year-old "Blurred Lines" singer's 23-year-old girlfriend April Love Geary gave birth to a baby girl, Mia Love Thicke, their first child together and his second. The singer posted an Instagram video cradling his newborn daughter with the caption, "On 2/22 at 13:33 Mia Love Thicke was born. Thank you God and April Love." Thicke shares a 7-year-old son, Julian Fuego Thicke, with ex Paula Patton. April posted on her Instagram Stories feed a video of herself lying on a hospital bed, to the tune of The Four Tops' 1972 song "Ain't No Woman Like The One I Got." She also shared a photo from inside the room showing of balloons, including a pink, heart-shaped one that read, "Baby girl." She and Robin have been together for more than three years. She announced last August that she and Robin were expecting a baby. At the time, it was reported that she was pregnant with a girl. Throughout her pregnancy, April often showcased her baby bump on social media.



Caster Semenya Wants To Be A Mom

Caster Semenya is one of South Africa's most successful athletes, an Olympic Gold medalist with tons of record-breaking achievements.

The athlete opened up about wanting to be a mom, "I come from a family of 6 children and I would love to have at least 3 children," she said. Caster, who has been married for a year, also gushed about her wife and the love they share.

Dj Zinhle's Love Life Has Become A Topic For Tabloid Headlines Yet Again.

DJ Zinhle is one of our favourite media personalities, the beauty has been in the entertainment industry for more than 10 years and she is still one of the biggest names in South Africa. Not only is she an entertainer, she is also a businesswoman with several businesses.

After splitting from her baby daddy AKA, Zinhle found comfort in the arms of wealthy businessman Brendon Naidoo. But since Brendon was charged with fraud last year, their loved-up social media pictures dried up.



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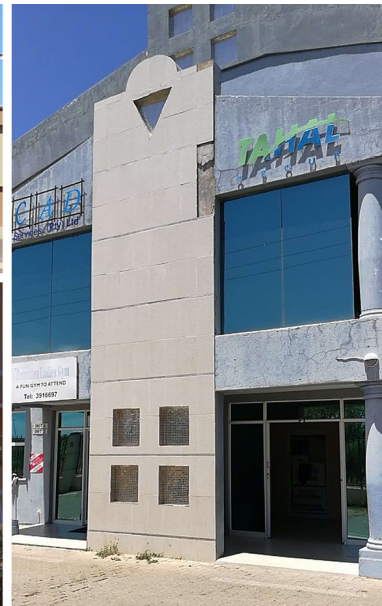
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The Secret Path To Become Your Own Boss

Dikepo Moroka of Lerala village in Botswana makes ends meet by manufacturing wood furniture. He designs sleigh beds, pallet sofas, garden chairs, bar stools, tables, shoe racks and TV stands.

It all began in October 2017 when he wanted to see change in Botswana furniture manufacturing, both its quality and design. Another aim was to curb the youth unemployment issue that haunts the country. The business does not benefit him alone as he provides best services to people and creates jobs for others. To justify this, Dikepo has hired his other two friends.

He told *Celebrity World* magazine in an interview that the business has been promising since its inception, though it's hard to find clients. The youngster gets financial and emotional support from his family and Botswana at large. Just like any other business operators, sometimes Dikepo faces challenges that need to be tackled for the business to continue working. For instance, a client can place an order, but after finishing it s/he disappears. This costs him time and energy he spent when manufacturing that product.

Even though he comes across those obstacles, he sets himself goals to keep going forward because he believes that challenges strengthen him.

The business which operates in Tlokweng gets a tough competition from Indian shops. But the quality and work in Dikepo's products makes him unique from his competitors. This gives him upper hand in pricing and he remains too affordable to Botswana.

The 27 year old is willing to help the youth of Botswana who have interest in his business. He concludes "... lack of jobs in Botswana shouldn't be a barrier to anything you want to do.... Botswana youth should stop being lazy and start to create jobs for themselves by utilizing natural resources around them..."



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The Queen Of RnB

Bouncy



For the love of art, for the love of music, for the support of our celebrities, Celebrity World magazine got in touch with the most confident musician who took RnB industry in Botswana by a storm. Meet the 26 year old Maureen Koketso Maila, also known as Bouncy who recently walked away with two awards at Yarona FM Music Awards. Bouncy is a committed Heartbeat star.

The name Bouncy came from her classmates in Selibe Phikwe because she was a loud and bubbly teenager.

Her inspiration in joining the music industry was driven by lot of changes in life and so much energy around her. Apart from singing and her outstanding performances, the Serope mperekele hit maker holds an Advanced Diploma in Human Resource Management.

Bouncy was nominated for best R&B single at Yarona Fm Music Awards. She was up against Amantle Brown, Tafnaz and Licky. She has also won Best single female award of which she stood against Amantle Brown, Mp3rd and KayCee. This was her first nomination since she joined the music industry. When



If given a chance to stay in any place, it would be Jamaica because of the music and culture that fascinate me. I could be making overwhelming music in Jamaica.

Said Bouncy

Bouncy was named the twerk queen after her dance moves but she denied the name because she took a step behind from the dance move and the music she is doing now is stupendous. She prefers being called a "dope" musician not a twerk star.

asked about the trending pictures of her performance on social media, Bouncy said that she likes her body and people felt like she was not well dressed. "Women are the ones bashing another woman but they came up with the *i wear what i want campaign*", she added. Narrating to us about the day of the awards, she said that on that day she did not eat because she wanted to give people an astonishing performance. This meant that she had to run around the whole day to prepare for the awards. When she was announced the winner, she was in a changing room. She went to perform and after her performance she could hear people cheering from the backstage. Because her mother is her biggest supporter, after she saw her daughter's pictures circulating on social media she called her and said "Oh my God, you won the awards, you're trending..." She thought her mother was going to discredit her for how she looked on stage but she applauded her. Meanwhile her aunt sent her a message which reads "why o ne o sa re re go rekele panty", (why didn't you tell us to buy you a panty?)

Bouncy is simply a singer with a huge difference. She is grateful for the great team behind her success: Pres Beatz, Bangu and Licky. Her upcoming album is going to be extraordinary hot album since she is working with a great team.

There were rumors that Bouncy will be going to Asia to show off her singing skills, unfortunately it did not work because of her previous stable which she parted ways with.



Her word:

"I urge the upcoming musicians to go to school and work hard. Music is fun and nice but there are lot of things happening behind it like promoters not paying you and radios not playing your music..."

My *Disability* Is *Not* My *Failure* -George Mohlodi Tladi



According to the World Health Organization, there are millions of blind people on planet. Truthfully, anyone who lives with this disability has an amazing story to tell, but some have achieved incredible things or had incredible things thrust upon them. Today let's journey through the life of George Mohlomi Tladi.

Born in a small town named Maputsoe in Lesotho, George grew up as a very ambitious young man who clearly displayed more interest in artwork than anything else. He believed it to be the only gift he had and having discovered that, he wanted to align it to a relevant career that could nature it and soon display it to the world.

In 2008, George was involved in a car accident where he suffered terrible injuries all over his body. He was in a school team of basketball from a 2 days tournament in Maseru and unfortunately the combi had a tyre bust and overturned. He broke his right arm, dislocated some of his ribs and both his left hand and foot were not functioning. A week after he got hospitalised, his Father suffered a heart failure and passed on. George said "The physical pain on my aching body couldn't compare to the pain of losing my Dad. If there was a time I was hurt in life, it would be that time".



It took some time for George to recover, even-though he couldn't write and attend school properly he managed to pass Cambridge and qualified for a course he had aspired to study – architecture. This course was a complete match for this young man as it allowed him to explore his love for both art and physics. His dream was yet about to come true and he had hopes that happiness was a door step away to his life, maybe to bury the painful past he went through. "I didn't mind the sleepless nights I spent in the studio trying to chase deadlines for projects.....," said George with a bit of energy.

It didn't go any further until he met his fate again, and this happened while he was a couple of yards to complete his Associate Degree in Architecture Technology – he went blind. George had no alternative but to defer from school to go seek medical attention. By then, his left eye was already degenerating and turning grey in colour. He was soon transferred to St. John Eye Hospital in Bara Soweto where

he spent the rest of 2012 fighting for his eye sight. It was later suspected that the impact of the 2008 accident could have led to that.

It was then concluded that his left eye was completely damaged and the Doctors were trying anything to save his right eye. Unfortunately that did not work, and after a long medical attention, George was declared as partially blind. The condition meant that he would struggle to identify certain things or not be able to identify them at all. "At first I preferred walking with my eyes closed, I found the view to be disturbing. It was like trying to take a view over a dusty blurry window," he explained.

Just when he thought he would enjoy the fruits of his hard work, memories of how he imagined his life ahead were transformed into salt to his wounded soul. He was haunted by the ruins of what looked like paradise from distance. That was the end of what he envisioned to be his career, he had no choice but to learn how to read and write in Braille. George spent the whole of 2013 adapting to this form of writing. He eventually decided to convert his art into a written and spoken art form. He was given a scholarship to study Journalism and Media at Limkokwing Botswana where he completed his studies.

A Pathway To Succeed As Musician "Ndojwa"

Every New Year comes with new musicians. This month CW magazine features one of the local upcoming motswako artists, Thato Fortune Ndojwa. Having joined the music industry in 2012 with his stage name "Jnr Mde", this lad started by writing lyrics and making beats for himself after he was introduced to Altimate Frequency Music studio. By then, he was doing Form 3.

Growth is what he is expecting in his music career. Thato believes that building a strong relationship with your fans is the key to success as an independent musician. This comprises of connecting with listeners both online and in person.

He came with music background from Maruapula Secondary School where he studied music as a subject. In 2017 he released his debut mix tape with fifteen songs and it performed extremely well. This was remarkable looking at the fact that he is new in the music industry. Thato later got a feature from Ozi F Teddy, CoolNerrd and Ryan Blaze on "Late Night Remix". This young dreamer looks forward to working with one of the local musicians like ATI and Dramaboi because of the creativity and originality they put in their own music. He just dropped a single called "Baby" in February 2018.

Talking about his secret in music, he said "One's brand is more than just his/her logo; your brand is your identity as an artist. Your brand is how you first appear in front of your followers, how you market your music, how you're seen and considered.... your sound and creative output also count."

Ndojwa considers knowledge of marketing and promotional techniques as the best keys to drive music business. He considers music as any business, for it to grow; marketing must be there for someone to have a profitable and long term survival business. Although funding always remains a barrier to numerous things in local music, Thato had no choice but to depend on his living allowance to record and shoot his music videos.

This musician currently studies Bachelor of Tourism and Hospitality Management at the University of Botswana.

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Vehicle Branding
Wall Papers
STATIONERY
Posters
Pull up Banners
Neon Laser Cut Signs
INVOICE BOOKS

The step by step instructions used by make-up artist Janet Sentele to achieve this look.

*get
cheeky!*



Eyebrows

MAC brown eyeliner + LA pro concealer to create the desired shape



Blush

Apply Huda Beauty blush from the ear down the cheekbone



Eyeshadow

Use eyeshadow primer as a base to make eyeshadow pop and stay for a long time then used HUDA Eyeshadow pallet to make the look (blending brushed used)



Lips

Outline the lips with Iman brown liner to enhance them and then apply Kylie nude lipstick for that natural look and blended everything together



Setting Spray

Kiss Beauty Make up Setting Spray is applied for make-up to last long

Face

MAC Face primer is used as a base for perfect make-up and also to prolong facial make-up. Use Black opal crème stick foundation on the face.



Highlight

LA Pro concealer is used on the T-Zone (forehead, bridge of the nose, cheekbones, inner corners of the EYES, on top of Cupid' bow) a beauty blender to blend everything, then bake the highlighted parts with Ben Nye powder, to set everything together



Cosmic Sales

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Mobile 72161140

Purple Eyes



Carol Johane
Age: 20 years
Motto: each person must live their life as a model for others



Tlotlo Masimola
Age: 18 Years
D.o.b: 25/03/1999
Fb: Tlotlo Masimola
Agency: Pierre X Elite Model Management

The Viper



Omphile Micael Keletso

Age: 23 Years

Hobbies: Modeling And Body Building

Motto: Die For A Cause Than Live A Meaningless Life

STYLIST



PIERRE X



From Left: Name: Katlego Makuwatsine, Agency: Pieir X Elite Modelling Management, Dressed By: Katlego Makuwatsine Pako, Nathan Mosugelo, Designer: P&P Designs, Model From: Pierre X Elite Model Management
Boitumelo Layla Motswele, Model From: Pierre X Elite Model Management, Dressed By: Boi's Eleganza Designs ,Tsholofelo K Nkganetsang, Dressed By: Boi's Eleganza Designs, Model From: Pierre X Elite Model Management



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Photographer: Brilliant Modisa Kodie



Tips

That Will Help You Deal With Your Defiant Toddler



Is your toddler being defiant and throwing those temper tantrums? Do you find it consistently difficult to make your toddler listen to you? Are you on the verge of losing your cool? Here are some smart and effective tips that will help you deal with your defiant toddler:

1. Show That You Understand:

One of the first mistakes you might make as a parent is to go against your toddler's wishes, which is prone to make the situation more difficult. Instead of obviously going against your toddler's wish, try and show that you do understand his predicament.

Tell your toddler that you can understand that playing till late is so much fun, but also emphasize the need to sleep. Saying something simple like 'Yes baby, I know it's so much fun to play, but let's go to bed now and listen to that bedtime story' can do the trick. Hug your toddler and make him feel that you are on his side.

Do not give in to the need to shout or show your anger. Be patient yet firm. This is how to deal with a defiant toddler.

2. Keep Affirming The Right Behavior:

Your toddler has to be told over and over again about his unacceptable behavior. Instead of nagging, try and affirm the right way to behave well without losing your cool.

If your toddler is throwing his toys at you instead of picking them up, tell him 'we play with our toys, we don't throw them.' If your toddler wants to lie down on the floor and scream, tell him gently but firmly that behavior like this is not acceptable.

Make sure you always tell your toddler how you want him to behave instead of just telling him not to behave a certain way. This is one way on how to handle a defiant toddler. Dealing with a defiant toddler is tough task but you can do it.

3. Set Those Limits:

Setting limits for your toddler will make it easier for your little one to follow

rules. Make sure your toddler knows what he is allowed to do and what is completely off limits.

Always give clear instructions that are easier for your toddler to understand. 'If you don't like this vegetable, eat it up fast and then have the juice.' 'If you are angry with your brother, tell him, you cannot hit him.' Your toddler may not always practice what you teach, but as a parent you have to keep reminding him of an acceptable code of conduct.

4. Know When To Let It Be:

No one likes to hear a 'no' all the time, especially your enthusiastic and independent toddler. Learn when you need to put your foot down and when it is okay to let go.

Let your toddler sometimes indulge, unless you fear it can turn into a regular habit. Make sure you tell your toddler that you are allowing it as a special fun treat.



Saying things like 'okay, let us play some extra time today as a special treat' will tell your toddler that you are allowing the behavior only for 'today' and not for every day. Allowing your toddler sometimes to eat without any grown up assistance or getting ready without your help will make him feel independent and responsible. You can ask him to follow the routine at other times.



Differences Between High School & College Life

Everyone knows that the worlds of high school and college couldn't be further apart. But, what parallels can be drawn between the two? From childhood to adulthood, high school allows you to gain a sense of what it will be like to be an adult. On the other hand, college allows you to fully take ownership of your time, responsibilities and who you want to become. As long as you're able to stay on track of the goal at hand, i.e. getting marvelous grades, keeping a smart schedule and studying like crazy, you'll be just fine.

Here are a few comparisons that you'll experience during your transition into the college lifestyle:

- High School:** you know everyone in your class. **College:** you're lucky to know one person in your class.
- High School:** books are provided and are little to no cost. **College:** College textbooks cost you.
- High School:** You have to live with your parents in high school. **College:** You get to live with your friends in college.
- High School:** You wake up early in the morning for class in high school. **College:** You wake up for your first class (or whenever you want).
- High School:** You are forced to learn all subjects. **College:** You get to learn whatever you want to.
- High School:** Your time and schedule are dictated by others. **College:** You take back ownership of time management.
- High School:** Teachers read from the textbooks they use. **College:** Professors refer to the textbooks they wrote.
- High School:** You studied comfortably at home before a test. **College:** The library becomes your home away from home.
- High School:** You wrote notes to friends. **College:** You take notes for yourself.
- High School:** You're able to finish all your homework in one night. **College:** That's a near-to-impossible feat.
- High School:** You have a full day of classes. **College:** You plan your schedule to your liking.
- High School:** Assigned reading means a night off from homework. **College:** You actually need to do the reading and it takes all the night.
- High School:** Everyone is required to be there. **College:** Everyone wants to be there.
- High School:** You worried about what "looked" cool. **College:** You're too busy to care about what other people think.
- High School:** You're stuck in a social "role" that others cast you in. **College:** You can be whoever you want to be.



Slapped Cheek Syndrome



Slapped Cheek Syndrome is caused by a virus called parvovirus B19, and gets its name from the bright red rash that appears on the cheeks. The long name for slapped cheek syndrome is erythema infectiosum. It is also known as fifth disease because it's the fifth rash in a group of five red-rash diseases that also includes: scarlet fever, measles, rubella and roseola.

Symptoms

It takes between four days and 14 days for symptoms to appear once your baby's been infected. Slapped cheek syndrome usually starts with a fever and other flu-like symptoms, such as a sore throat, a headache and feeling tired.

Three days to seven days after these flu-like symptoms set in, your baby's cheeks will turn red and look as if they've actually been slapped. A red, lacy rash may appear on your baby's body and limbs a few days later. The rash may make your baby feel itchy and uncomfortable.

However, some babies won't have all of the symptoms of slapped cheek syndrome. Your baby may feel fine

and just have the red rash on his cheeks. Or he may be a bit off-colour and not have the rash at all, so you may not even realize that he has slapped cheek syndrome.

The rash can sometimes reappear over several weeks if your baby has been in the sun or become hot, perhaps after having a bath or being active. If this happens to your baby, it doesn't mean the infection has come back.

How Can I Treat Slapped Cheek Syndrome?

Your baby's slapped cheek syndrome will go away on its own. But there are a few things you can do to ease your baby's discomfort if he's not feeling well:

Make sure your baby gets plenty of rest.

Encourage him to take extra breast or formula feeds. If your baby is formula-fed or on solids he can have extra water, too. This will keep him hydrated and bring down his fever, if he has one.





Medical Q&A

Which Foods Or Vitamins Are High In Iron?

Not getting enough iron from your diet can lead to poor work performance, fatigue and decreased immune function. While your body absorbs some percent of the iron from animal sources, called heme iron, as little as 2 percent of iron from plant sources, called non-heme iron, might be absorbed. Certain types of food and medications increase iron absorption, while others decrease it. When consuming plant-based sources of iron, such as beans, spinach, tofu, raisins or fortified breakfast cereals, include a source of vitamin C in your meal to increase the amount of iron absorbed. Good food choices with vitamin C include citrus fruits, berries, green leafy vegetables, bell peppers, potatoes, tomatoes, winter squash, broccoli, kiwi fruit, mangoes, winter squash, brussels sprouts, watermelon, cantaloupe, papaya, guava and cauliflower.



Are There Foods That Reduce Iron In Your Blood?

Certain foods contain components that are known to block the absorption of nonheme iron, the most common form of iron supplements prescribed to increase your blood levels. The iron from animal foods, known as heme iron, is unaffected, so problems are typically limited to those taking supplemental iron. Always check in with your doctor first to rule out iron absorption and metabolism disorders that reduce your blood iron levels. If something in your diet is affecting your absorption of iron supplements, taking them a few hours before or after a meal and temporarily lowering your intake of iron-blocking foods may help increase your levels.

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If Your Man Is Not Doing These He Doesn't Love You Truly Madly

Every woman wants to know if her man's love is the real thing. Knowing the answer is critical to making any future decisions about the relationship. The point is, love is a tricky thing. A guy can say he loves you and not truly mean it, and a guy can love you a lot but not be ready to say it. Love, as beautiful as it is, can also be scary, and a lot of us keep our guard up until we're sure he feels a certain way in order to keep from getting hurt. As the saying goes, before you fall in love, make sure there is someone there to catch you. The trouble with this is that when you get caught up in trying to figure out if a man loves you, you can no longer be present in the relationship. Instead of connecting, you are stuck in your own worried thoughts, and those thoughts produce fears and insecurities that ultimately block you from getting the love you want. Check the following 9 signs that he loves you and see if he has fallen for you in a way that no words can express his feelings.

1. Loves Your Natural Beauty

You might get a lot of heads turning when you walk in the club. You are a stunning princess who likes to dress to impress. But he loves the way you look even when you are dressed down, with your pyjamas. Even the days where you have no makeup on and you hate your freckled face. It's a sign he loves you when he's not interested on all the accessories and fake things you put on, but likes you for who you really are. Passion and desire are feelings that might attract men in the first place, but real love is what they keep them around and real love comes from real, natural beauty.

2. Compliments You

In his eyes you should be the most beautiful thing he's ever seen and he should be voicing that too. Whether he uses the words sexy, stunning, gorgeous or beautiful he should be letting you know how unbelievably attractive you are to him. He will remind you that he understands how lucky he is to have a wife so endearing and full of beauty.

3. Always Treats You With Respect

If his respect for you is inconsistent or only occurs sparingly, your relationship

cannot flourish. In love, you cannot pick and choose the time and place to be kind, considerate, and respectful. Being considerate and respectful one day and rude and inconsiderate the next is not an option. Your partner either is all of these things or he is not. It's really that simple.

4. Treats You Like A Priority

Everyone is busy; we all have work or school or other commitments. When a man loves you, he will make spending time with you a priority. And if he really doesn't have time, he'll make sure to let you know when he will. When a man loves you, you're the most important person in his life and he makes sure to carve out a place in it for you.

5. Doesn't Give Up

He puts his all into the relationship and really commits to making it work. When you love someone, you don't quit without a fight. If a man says he loves you but doesn't want to try anymore, or gives up because he thinks it's too hard then it probably wasn't real love. You don't give up on love unless you have put everything you have into making it work, and it was just impossible.



Ask Babu



My Girlfriend Gets Angry Every Time I Ask For A Visit When She Is On Her Period. How Do I Keep Her Happy On Her Period? What Are Some Dos And Don'ts?

You just have to be yourself, be extra supportive if she is in pain and be patient about her frequent visits to the toilet for checking and changing the tampon or whatever she uses. Some girls feel particularly horny during their periods. If this is the case and if you are not fussy about a bit of mess, you can make her extra happy by letting her play with your happy stick.

My Wife Isn't Interested In Sex And I Am Taking It Personally. What Should I Do?

Thanks for your question and I wish you and your wife good luck. This is common in the life of many women. However, you have to do your best by knowing the time, style and ways

of convincing her and helping her to change this type of behaviour. It might take time to do so but you need patience and tolerance. Try to find the reasons behind her unwillingness and less interest in this matter. I advise you that you should not abandon her in bed but follow the Bible approach in handling wife's rebelliousness. You start with advising and counselling. Hopefully, with time she will change if you don't give up.

My Ex Partner Has Changed My Kids Names Without My Permission, Is This Right?

Much depends upon whether your partner has changed your children's names officially or unofficially. In order to change the names, she would have to have your permission if you have parental responsibility of your children. If you are not registered as the father on their birth certificates

and do not have parent responsibility, then your partner can change their surnames without your permission. If she has changed their names fraudulently without your permission, you would have the option to request the names are changed back, or take the matter to court for the court to decide what it thinks is in your children's best interests.

I Have Been Told By My Doctor That I Am Unable To Have Children.

I Now Have A Boyfriend And We Plan To Marry Soon. I Am Scared To Tell Him Because This May Not Be Something He Can Deal With. What Is Your Advice?

There are all sorts of tough issues that people must confront. Sometimes they know what they will be facing and sometimes these issues don't come to light until later. Infertility doesn't mean you will never be able to have children. There are always options, including adoption or treatments like surrogacy and egg donation. Some couples choose not to be, so you should sit your boyfriend down and say, "Before we go further, there's something I need to tell you." Then, disclose this information as you would disclose any other significant personal issue. Your man's reaction will be telling. He might be so in love with you that he is okay with the inability to have biological children with you.

Seekers

I am a simple looking woman, born and raised in Gaborone, Botswana. I have three kids, and I am looking for a white man for a good relationship. I love cooking and cleaning, so anyone who is interested we can meet here.

A 26 year old man looking for a life partner in Mochudi, I am a very loving and caring man who can make a good husband. The ideal person should be ready to settle down and have a family. I spend my time with friends, sometimes spend it shopping or listening to music.

A hardworking business and family oriented single woman is seeking

a loving mature man to fall in love with. I enjoy romantic time with a partner, I love to pamper and be pampered; and giving affection and getting it. At 37, I have been single for the past three years therefore I am ready to fall in a new love again.

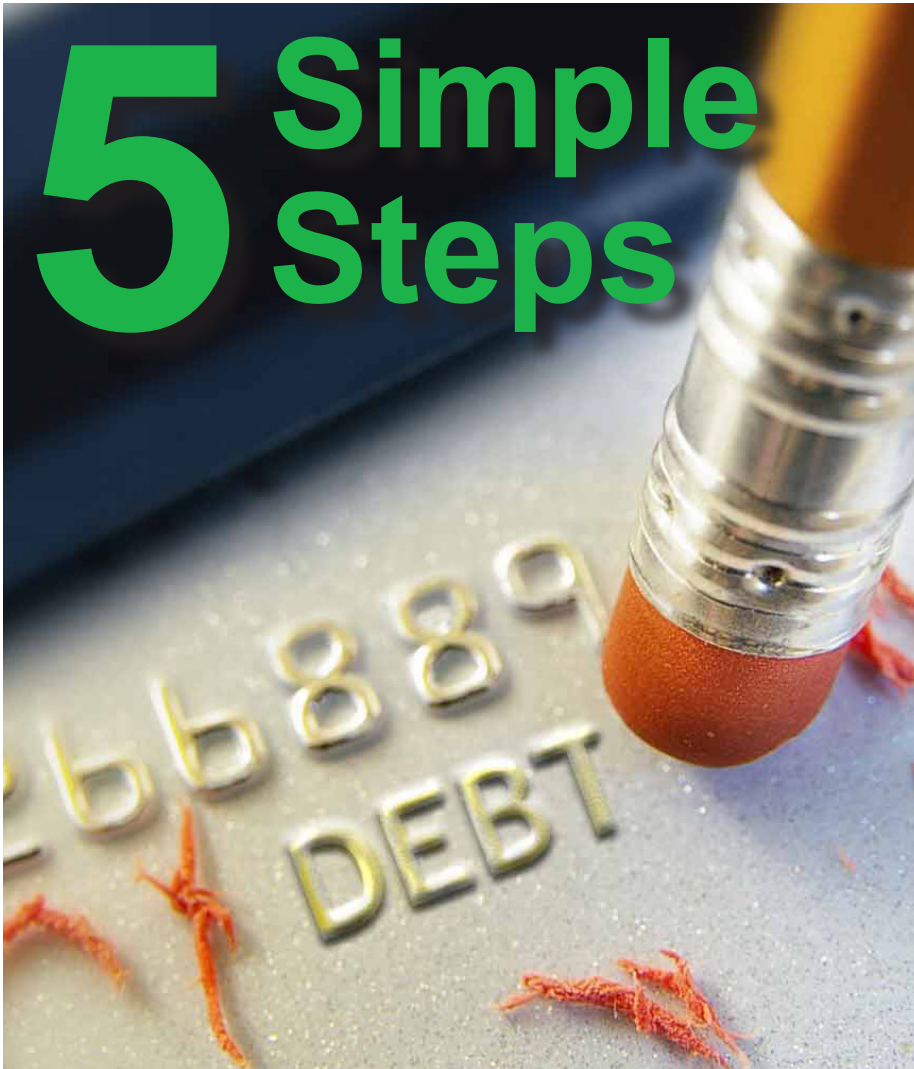
A 40 year old woman is looking for a man, I am a divorcee, who doesn't believe in cheating, I need an open relationship. I am a Motswana woman of her own style; I wear unique clothes made by my hand. My dream man should be handsome and light in complexion. He must be residing from the northern part of Botswana.

I am looking for an honest decent man who is God fearing and is ready to be in a serious relationship. I am a smart gorgeous lady living in Francistown with no kids, I am short medium sized and I like to dress in casual. I am a God fearing Christian with strong family values. I am 30 years old.

I am seeking a Christian life partner to be friends with and possibly that will lead on to Christian marriage. I am a single 48 year old never married man. My dream partner should be Motswana or foreigner.

How To Get Out Of Debt In

5 Simple Steps



Getting Out Of Debt Is Not Easy But It Is Doable(Especially If You Have A Plan).

1. Pledge To Stop Borrowing Money

This is the first and probably most important step in your debt elimination plan. If you truly want to be debt-free one day then you have to stop borrowing money today!

Promise yourself that you will never borrow money again. That means no loans from banks, friends, family, stop using credit cards (not even for the reward points).

2. Establish A Small Emergency Fund

With a small emergency fund in place you can tackle any surprise expense that comes your way without suffering a setback.

3. Organize Your Debts

This step is just as critical as the first two steps. If you don't face your mess then you are not going to be able to clean it up!

The best way to organize your debts (from a psychological standpoint) is to write all of your account balances in order from least to greatest on a single sheet of paper.

You are going to prioritize your payments on these debts in the order that they appear on your paper. In other words, you will be paying off your lowest account balance first, the second lowest second, and so on.

4. Budget

A budget is simply you telling your money where to go. Now that your debts are all nice and organized, use your budget as your written plan to start knocking them out one by one. Remember you will be attacking the debt with the smallest balance with all of your might meanwhile, you will continue to make minimum payments on the rest of the debts. Once the first debt on your list is knocked out, begin attacking the next one and continue to make minimum payments on the rest. Adjust your budget monthly to maximize the amount of money you are allocating to you debt repayment plan.

5. Brainstorm Ways To Earn More Money

Once you start your debt elimination journey you will probably notice yourself becoming more and more intense about paying off your debt. That is totally natural.

As your desire to get out of debt intensifies, consider ways to earn more money to pay down your debt even faster.

Work overtime, get a second job, start a side hustle or two and ask for a raise! Until you are totally debt free, make it your mission to earn more money every opportunity you get.



Your Small Business Could Save Thousands of pula's by Working with your energy utility. Here are seven creative ways for your small business to save money;

6 Creative Ways For Your Small Business To Save Money

1. Communal Advertising

Marketing can get very expensive for small businesses. Without large mailing lists or exposure it can cost thousands before you see any bit of return. If you're in good standing with local businesses you may want to consider advertising alongside them. If applicable you can share distribution channels, mailing lists and suppliers with businesses offering complimentary goods and services.

2. Use Website Builders

If you're looking to build a website you should absolutely use a website builder rather than hiring a developer. Some platforms are great for any small business owner looking to

get a bit of online exposure. These solutions allow you to build and run an ecommerce business with close to no technical ability.

3. Volunteer To Speak At Industry Events

If you consider yourself an expert in the field then you should try to impart that knowledge on others. One great way to do so is to volunteer to speak at industry events or conferences. This is a great way to get (free) exposure for both your personal brand and your business.

4. Avoid Full-Time Office Space

If you're in retail then this tip doesn't necessarily apply to you. If you don't work in retail you should try to stay mobile as long as possible. Signing a lease on an office space can be extremely expensive. If you have the space, convert a space in your apartment or house into your office space. Then you can save double

and write-off part of your rent as a business expense.

5. Buy Used Office Equipment

If and when you decide to move into an office you should definitely look to purchase used equipment. Anything from monitors to office chairs you can find them for a fraction of the price at used equipment stores. New shiny gear may look nice but an empty bank account doesn't. Remember, only spend on what you need and delay gratification.

6. Use Freelancers And Contractors

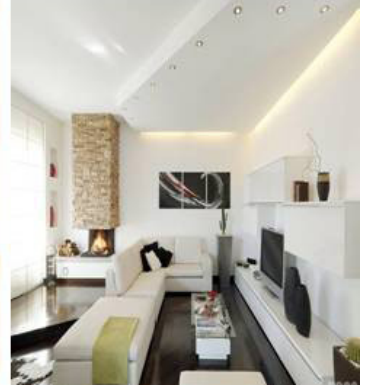
Full time employees cost a pretty penny these days. Yes, ideally you start to build out your workforce with motivated and loyal employees. However you should use freelancers and independent contractors until you're stable. On boarding and training an employee takes time and money.

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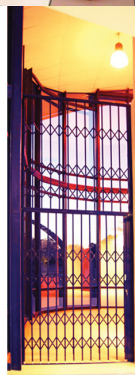
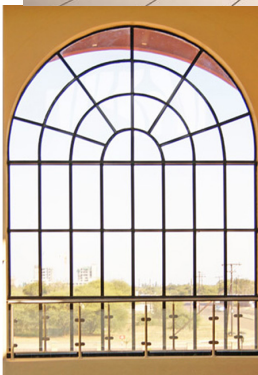
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“An Era Is Over”

‘Paved Way For Bollywood Women’

Sridevi Boney Kapoor (13 August 1963 – 24 February 2018) was an Indian actress and film producer who starred in Tamil, Telugu, Hindi, Malayalam, and Kannada films. Regarded as Hindi cinema’s first “female superstar”, she was the recipient of five Filmfare Awards. Sridevi ranked amongst the highest paid actors in the 1980s and 1990s and is considered to be the most popular actress of the era.

Sridevi made her film debut as a child actor at the age of four. Over five decades, she featured in almost 300 films. She was considered one of the very few Indian female superstars capable of huge box office success without the support of a male hero. Sridevi’s life on the screen began with a successful early stint performing in all the four language films in south India and graduated to an extraordinary career in Bollywood, where she knew neither the language nor the culture of the Hindi film industry.

Sridevi’s first starring role in Hindi cinema came with the 1979 drama film *Solva Sawan*.

She went on to appear in a series of commercially successful films. She followed with a number of films with Kamal Haasan and Rajinikanth. She was paired with Kamal Haasan in 27 films.

Sridevi was widely regarded by media as one of the most iconic leading ladies of Bollywood and one of the most popular members of Hindi Cinema. She was regarded as the first female “superstar” of Bollywood films. Due to her pan-Indian appeal, she was considered to be one of the most popular actresses of Indian cinema. Critics have commented on her comedic abilities and her skills as a dancer. In the 1990s, Sridevi was one of the highest earning actresses of Bollywood. In a 2013 national poll conducted by CNN-IBN on the occasion of the centenary of Indian cinema, Sridevi was also voted “India’s Greatest Actress in 100 Years”.

When she took a break from films, after her marriage to producer Boney Kapoor in 1996, Sridevi was rumoured to be the highest paid in her field and her star power and charisma persisted for years to come.



She embodied feminine mystique and that classic screen-goddess combination of beauty glazed with mystery and intrigue. She lit up the screen with her vivacity and charm, while off it she remained fiercely private.

Film directors repeatedly spoke in awe of her acting prowess, which followed no method but sheer intuition and instinct as she sparkled before the cameras and retreated into a shell when the lights were off.

Fashion icon

Sridevi made her debut as a fashion model in 2008. The actress modelled clothes for designers Priya and Chintan at the Lakme Fashion Week. The next year, she displayed the work of jewelry designer Queenie Dhodhy at the HDIL India Couture Week. She worked at Lakme Fashion Week again in 2010, and at Delhi Couture Week 2012, showing clothes designed by Sabyasachi Mukherjee.

She has also appeared on the cover of several fashion magazines. In 2007, she was featured on the cover of Hi Blitz with the tagline "The Goddess Returns". In 2011, she featured on the cover of Marie Claire, and in 2012, she was on the cover of L'Officiel. In 2013, Sridevi appeared on the cover of Vogue, which was mentioned in Hindustan Times, Times of India, and India Today. Sridevi received the 'Ultimate Diva' award at the Ciroc Filmfare Glamour & Style Awards in 2015.

A fluid, performing talent

Like the film legend Greta Garbo, Sridevi was the art deco icon for India. Her glittering costumes and dazzling presence on screen, coupled with her sculpted dance performances in Hindi movies, found die-hard fans among young girls and women. Her vulnerable sex appeal brought her female and male adulation and her intuitive acting expertise made her a box-office sensation in Bollywood.

Sridevi's screen career began at the age of four in a Tamil-language film. The eldest daughter of a small-time Tamil lawyer and a Telugu mother, she had an active career as a child actor. At 13 she was cast in the role of a complicated woman avenging her lover's death and as the young wife of



an older man in the Tamil film *Moondru Mudichu* (Marriage). However, Sridevi's north Indian fans say it was her Bollywood career that really allowed her charisma and glamour to shine. In 2012, her comeback Bollywood film *English Vinglish* was a huge hit, once again cashing in on her unique combination of charisma and fluid acting talent. Sridevi's screen profile was glamorous and she notched up several awards including the Padma Shri, India's fourth highest civilian honour.

A 15-year big screen hiatus followed, during which she and Boney brought up two daughters - Jhanvi, 20, and Khushi, 17. The time eventually came when Sridevi itched to return to films, and she launched her comeback with the 2012 hit *English Vinglish*, which India submitted unsuccessfully to the Oscars.

Apparently having a premonition Amitabh, Sridevi's co-star in half a dozen films had tweeted at 1.15 am: "I don't know, but I feel a strange sense of unease."

Awards and honors

- Civilian award
- 2013 – Padma Shri India’s fourth highest civilian award from the Government of India
- Filmfare Awards
- 2013 - Filmfare Special Award for Nagina and Mr India
- 1992 – Filmfare Best Actress Award for Lamhe
- 1990 – Filmfare Best Actress Award for ChaalBaaz
- 1991 – Filmfare Best Actress Award (Telugu) for Kshana Kshanam
- 1982 – Filmfare Best Actress Award (Tamil) for Meendum Kokila
- 1977 - Filmfare Special Award - South for 16 Vayathinile

Filmfare Awards Nominations

- 1984 – Filmfare Best Actress Award for Sadma
- 1990 – Filmfare Best Actress Award for Chandni
- 1993 – Filmfare Best Actress Award for Khuda Gawah
- 1994 – Filmfare Best Actress Award for Gumrah
- 1995 – Filmfare Best Actress Award for Laadla
- 1998 – Filmfare Best Actress Award for Judaai
- 2013 – Filmfare Best Actress Award for English Vinglish
- 2018 – Filmfare Best Actress Award for Mom

Filmfare Glamour & Style Awards

- 2015 – Ultimate Diva award
- BIG Star Entertainment Awards
- 2012 – Most Entertaining Actor in a Social – Drama Film (Female) for English Vinglish
- Tamil Nadu State Film Awards
- 1981 - Tamil Nadu State Film Award for Best Actress for Moondram Pirai
- Stardust Awards
- 2013 – Stardust Award for Best Actress Drama for English Vinglish
- NDTV Indian of the Year
- 2013 – NDTV Entertainer of the Year
- India Today Woman Summit Awards
- 2013 – India Today Woman in Arts
- TSR-TV9 Awards
- 2013 – Empress of Indian Cinema
- STARVIEWS FILM AWARDS
- 2015 - Best Villain Female for PULI



Special Honors

- 1990 – Smita Patil Memorial Award for Contribution to Indian Cinema
- 1997 – Kalasaraswathi Award by the Government of Andhra Pradesh
- 2003 – Lachchu Maharaj Award
- 2003 – Vamsee International Award for Contribution in Indian Cinema
- 2003 – MAMI Award in Contribution to Indian Cinema
- 2008 – FICCI “Living Legend in Entertainment Award
- 2009 – Special Honour at 33rd Cairo International Film Festival for Contribution to Hindi Cinema
- 2012 – IRDS Film Award 2012 for performance as Shashi Godbole in English Vinglish
- 2013 – Honoured by Government of Kerala for contribution to Cinema
- 2013 – Voted ‘India’s Greatest Actress of All Time’ in CNN-IBN Poll
- 2013 – President of India ‘Medallion of Honour’ for contribution to 100 Years of Indian Cinema
- 2013 – Jagran film festival Best actress award for English Vinglish
- 2014 – ANR national award for 2013
- 2014 – Inspiring Icon award from Sathyabama University

Annual Lists and Polls

- 2014 – Special Honour at 2nd Hiru Golden Film Festival for Contribution to Asian Cinema
- 2012 – Voted “Most-Admired Bollywood Actress” by Vuclip, world’s largest mobile research company.
- 2012 – Ranked No.1 as “Bollywood’s 10 Best Actresses Of 2012” by Rediff

- 2012 – Ranked No.1 in the Top 10 Bollywood Actresses Of 2012 by Box Office Capsule
- 2012 – Ranked No.1 in the Top 10 Bollywood Actresses Of 2012 by CNN IBN
- 2012 – Voted No.1 as the best Bollywood Actress of 2012 by Koimoi.com
- 2012 – Ranked No.1 in the Top 10 Bollywood Actresses of 2012 by Bollyspice.com
- 2012 – Voted No.1 as the most powerful woman in Bollywood town with more than 74% votes by Bollywoodlife.com

Zee Cine Awards

- 2017 – Best Actor (Female) for Mom



The Ultimate D.I.Y

Guide To Cleaning Your Windows



Wash Windows

Recommended Method:

Use lint-free cloths, strong paper towels, or chamois cloth to clean small windows or windows with small panels. If your windows are only slightly dirty, use only clear water. For dirty windows, use a commercial glass spray.

Natural Solution:

If you prefer to use a homemade solution, mix 2 cups water with 2 cups rubbing alcohol and 1/2 cup ammonia. Then, put the mixture in a spray bottle. Start at the top and work first across and then down. Rub away streaks with crumpled newspapers.



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DJ Cupid

DJ Cupid is Botswana's first Lady of Hip-Hop and R&B. Born Laone Moala, the young and talented female deejay hails from Maun but is currently based in Gaborone where she spins Hip-Hop, R&B and Dancehall music genres.

Her first deejaying experience began in 2010 at the "End of Term Madness" event. Since then, she continued performing at various events like the Annual Diacore Gaborone Marathon, Sky Girls Launch, Spring Xplosion, Beach Party and Kosher Nights's ILOVEHIPHOP.

She's been a resident at ABSOLUT ELYX Lounge (Masa Centre). DJ Cupid also co-hosts a 2 hour mix show "CLUB 810" with DJ Macx every Friday between 20:00hrs-22:00hrs on Yarona FM.

Her motto; "Passion, hard work, determination and focus are the remedies for success."



This IT Guru Is A Sports Presenter



This month we take a look at one of the prominent male sports presenters in Botswana. 'Kannemeyer' has a vast experience in presenting news in particular sports. He is taking us through his life as a sports presenter.

I am Molefhi Kannemeyer Obenne from Palapye, I did my education in Palapye but I advanced it at Monash University in South Africa where I graduated with BA in Computing in 2009. I then did a lot of IT professional certification in the quest to elevate myself. I have MCSE, MCSA, Prince2, ITIL and Certified Forensic Investigation Professional (CFIP) Master Class. I have also attended various courses in football administration and management under Botswana Football Association and FIFA, spiced it up with Advanced Sports Management Course (ASMC) which is an equivalence of Diploma in Sports Management through BNOCSolidary scholarship. Currently, I'm

studying towards my MBA in Applied Project Management after completing Diploma in Project Management in 2016. I'm a soccer fanatic at heart and own Palapye All Stars and Gardio Football Academy also in Palapye. I'm a spiritual well-wisher, I will wish for better health, better tomorrow and better people.

I never saw myself as a football presenter. Through my football trajectory I came across few guys in the media industry. To me it was never my intention to go into that space but after meeting the likes of Fox, Monty and later on Thabo during various engagements on football topics and exchange, I occasionally visited their shows from 2013. One particular day towards the end of 2015 I sat by myself and said no, I'm just like these guys, I haven't brought anything new. A thought came, I sent Leatile Mmutle after consulting with Thabo and Fox Phatsimo an email that I would like to

introduce a new feature in their shows about lower regions and guide them about FIFA statutes and BFA Play Rules and Regulations. Since then every Sunday I have my own feature in Yarona FM called "Play Rules and Regulations with King Molf" as well as the Echo Newspaper every Friday, which started later in 2017.

God gave me a better and bigger platform, Radio. So I believe I am able to influence wider audience with my voice every Sunday. I have few guys who look up to me whom I want to be leaders after learning from me. I want to have my own Football TV Show one day, it's possible. I trust whatever I wish for I will become because God can't make me think the impossible, he will never put me to shame.

I face a lot of challenges when doing my work. Sometimes the sensitivity of the matter can brush others the wrong way, remember if it's a game or an issue under scrutiny they are always two sides who both want to win. So when I give my opinion based on the acquired knowledge and experience someone on the other side might feel I'm against them. It's never easy.

Besides Sports Presenting, I am a System Administrator at Boitekanelo College. It's a challenging job; imagine a time when a system is not working and people look at you. The job is your typical Monday to Friday but unfortunately there are times when I need to go to other subsidiaries of Boitekanelo Group. That's strenuous, hey.



Manic Street Preachers

Album: Resistance Is Futile
Release Date: 6 April 2018



Kylie Minogue

Album: Golden
Release Date: 6 April 2018



Mouse On Mars

Album: Dimensional People
Release Date: 13 April 2018



Hinds

Album: I Don't Run
Release Date: 6 April 2018



Kimbra

Album: Primal Heart
Release Date: 20 April 2018



Mouse On Mars

Album: Dimensional People
Release Date: 13 April 2018



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Hugh Masekela

A South African trumpeter, flugelhornist, cornetist, composer and singer. He has been described as the “father of South African jazz.” Masekela was known for his jazz compositions and for writing well-known anti-apartheid songs. He was born in KwaGuqa Township, Witbank, South Africa to Thomas Selena Masekela and his wife, Pauline Bowers Masekela. As a child, he began singing and playing piano and largely was raised by his grandmother. At the age of 14, after seeing the film *Young Man with a Horn*, Masekela took up playing the trumpet. After leading other ensembles, Masekela joined Alfred Herbert’s African Jazz Revue. He played music that closely reflected his life experience. The agony, conflict, and exploitation South Africa faced during the 1950s and 1960s inspired and influenced him to make music and also spread political change. He was an artist who in his music vividly portrayed the struggles and sorrows, as well as the joys and passions of his country. Masekela was involved in several social initiatives, and served as a director on the board of the Lunchbox Fund, a non-profit organization that provides a daily meal to students of township schools in Soweto. He died in Johannesburg on January 23, 2018 from prostate cancer, aged 78.

Yvonne Nelson

A Ghanaian actress, model, film producer and an entrepreneur. She has starred in several movies including *House of Gold* and *Any Other Monday*. Nelson was born in Accra but she is a Fante whose hometown is in Cape Coast. She started her education at St. Martin De Porres School in Accra and later went to Aggrey Memorial Senior High School. She had her tertiary education at Central University College, where she did a degree course in Human Resource Management. Her first lead role was the title character in the movie *Princess Tyra*. She shot about five more movies and then went to Nigeria to shoot her first collaboration with Genevieve Nnaji which launched her career in Nollywood.



Brook Kerr

Born on November 21, 1973, she is an American actress who was best known for her portrayal of Whitney Russell Harris on the television soap opera *Passions*. She is also considered one of its veteran stars. She is a native of Indianapolis, Indiana. Kerr moved to Los Angeles after graduating high school to pursue a career in acting. She has lived there ever since. She had her son when she was 16 years old with her long-time boyfriend Christopher Warren. Kerr and Warren have been together since their teens, but separated in 2009. Her son Chris Warren, Jr. is also an actor; he has appeared as Zeke in *High School Musical*, *High School Musical 2*, and *High School Musical 3*. She is featured in Kenny Chesney’s video for his new single “Everybody Wants to Go to Heaven”. She was also in 3T’s music video “Why” featuring Michael Jackson.



Queen Latifah

Latifah was raised in the Baptist faith and attended Catholic school in Newark, New Jersey. She found her stage name, Latifah meaning “delicate” and “very kind” in Arabic, in a book of Arabic names when she was eight. Her career beginnings state that she started beat boxing for the hip-hop group Ladies Fresh and was an original member of the Flavor Unit. Latifah made her mark in hip-hop by rapping about issues of black women. Her songs covered topics including domestic violence, harassment on the streets, and relationship problems.



Blac Chyna

Professionally known as Blac Chyna, Angela Renée White is an American model, entrepreneur and former stripper born May 11, 1988. She launched her own make-up brand Lashed by Blac Chyna, with a beauty salon in Encino, Los Angeles. Chyna posed for the cover of Dimepiece magazine, Straight Stuntin' Magazine and Black Men's magazine. Chyna was recruited to play the role of rapper Nicki Minaj's stunt double in the music video for Kanye West's "Monster" featuring Jay-Z, Rick Ross, and Nicki Minaj. A year later she won Model of the Year at the Urban Model Awards. Chyna enrolled in JLS Professional Make Up Artist School and launched her online Boutique entitled "88fin".



Jill Scott

Born on April 4, 1972 in Philadelphia, Pennsylvania. She grew up an only child in a North Philadelphia neighborhood, raised by her mother, Joyce Scott and grandmother. Scott began her performing career as a spoken word artist, appearing at live poetry readings to perform her work. She was eventually discovered by Amir "Questlove" Thompson of the Roots. Questlove invited her to join the band in the studio. The collaboration resulted in a co-writing credit for Scott on the song, "You Got Me". Scott is a soprano, who infused jazz, opera, R&B, spoken word, and hip hop among other genres to create a distinct style that many refer to as neo soul.



Dominique Cerejo

Best known for the song "Yeh Tumhari Meri Baatein" from Rock On. She has sung in over thirty Bollywood sound track albums. This is Indian female playback singer is married to Clinton Cerejo, who also works in the Indian music industry. Dominique used to frequently participate in the competitions held by the Church of her locality and took singing classes later on to get well trained. She also lent her voice to various advertisement jingles. Her first break came when Shankar Mahadevan, who worked with her while doing jingles, invited her to sing for the title track for the first album by Shankar-Ehsaan-Loy, Dus. She went on to sing many tracks for Shankar-Ehsaan-Loy and other major composers.



Kylie Ann Minogue

An Australian singer, songwriter, actress, dancer and philanthropist. She achieved recognition starring in the Australian soap opera Neighbours, where she played tomboy mechanic Charlene Robinson. She is recognized as the highest-selling Australian artist of all time by the Australian Recording Industry Association. Born and raised in Melbourne, Australia, Minogue has worked and lived in the United Kingdom since the 1990s. She released her first studio album Kylie in 1988. In 2005, while Minogue was on her Showgirl: The Greatest Hits Tour, she was diagnosed with breast cancer. Minogue was awarded an honorary Doctor of Health Science Degree by Anglia Ruskin University for her work in raising awareness for breast cancer. As of 2015, Minogue has had worldwide record sales of more than 80 million.



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Khwai Concession

Words and Images: Prakaash Hari

The Khwai Concession is an 1800km (180 000 hectare) area which is situated in the north eastern Okavango next to the Moremi Game Reserve. It was formed by the local Khwai villagers and is managed by the Khwai Development Trust. The area used to be a hunting concession, but is now actively managed as a conservation area. The villagers took over the area when they moved out of the Moremi region when the Moremi Game Reserve was formed. The local community now runs eco tourism initiatives, actively conserve the environment and manage the wildlife in the concession. The Khwai River flows through the concession - it is the first major water source that animals migrating down from the Linyanti concession encounter and there is always a high concentration of game along the river.

I would consider Khwai as one of the most dangerous bush and yet so beautiful with lush greenery and abundant water flowing from delta. Wherever you turn you will see herds of elephants playing in the pool and Hippos in the pods.

Wildlife:

The Khwai Concession is a good area to see Roan and Sable Antelope which are relatively rare. On your Botswana safari you might see Kudu, Tsessebe, Wildebeest and Zebra. Huge herds of migrating Elephants enjoy the Mopane woodlands of the interior of the Khwai area. There are fairly stable populations of large

predators such as Lion, you may also spot Leopards.

Birdlife:

Khwai has a good mix of wetland and Kalahari species. During the summer months migratory birds also come through. You might see Verreaux's Eagle Owl, Senegal Coucals and Long Toed Lapwings.

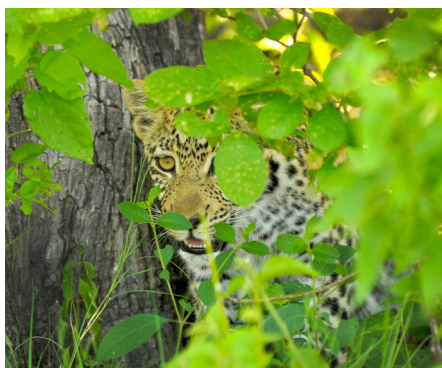




Peak Season:

Winter is between June and October. Considered the dry months, this is actually when the Delta floods with waters from Angola (there is no rain during the time), which also affect Khwai.

With the floods, the animals gather in vast numbers to the abundant but localised water sources.



Game drive and Camping:

Off-roading and night-drives are permitted and particularly convenient when trailing predators on the hunt. Visitors can add another perspective to their safari experience and opt to take a cultural visit to Khwai Village and learn about the local Bushmen and their passion for the land and its inhabitants. Campsites can be booked in advance and the tents can be pitched in designated area. The elephants roam around freely in the campsite during night and visitors should be very careful and not to walk alone outside your designated area.

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Off season:

Summer is between November and May.

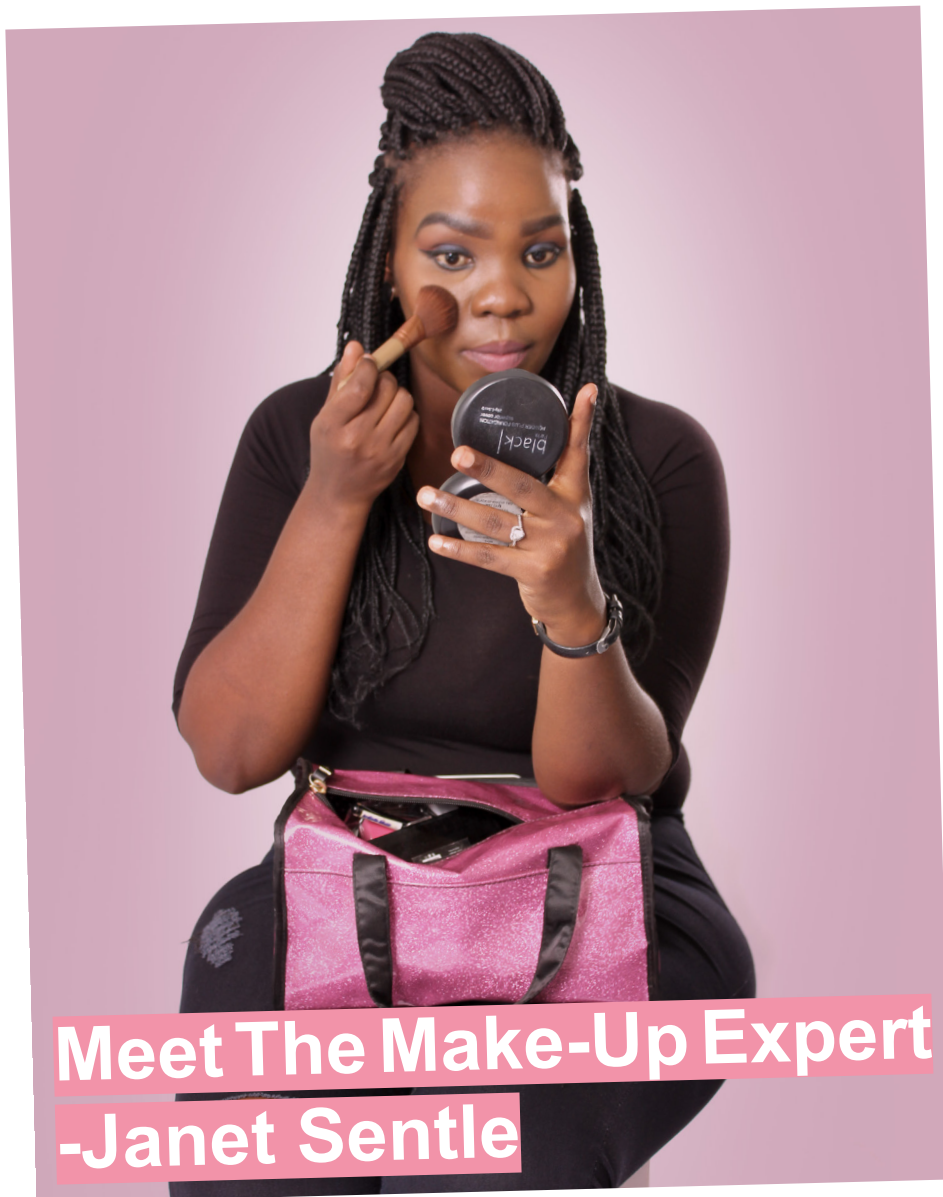
Considered the rainy season. Depending on the year, the rains can be heavy or light and have the effect of filling up waterholes far and wide.

The result is that animals scatter as there is no need to congregate around a scarce water source.

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

Prakaash Hari,
 FB/prakxphotography
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Meet The Make-Up Expert -Janet Sentele

Meet the Expert and Director of Janet SM Beautique, Janet Sentele (Ms.) the MakeUp artist says all women deserve to be appreciated, respected, and admired.

'When a woman improves her appearance, an amazing thing happens. People begin to pay attention to her, listen to her, seek her company, and ask for her opinion. She becomes more confident, and this makes her look even better. As her confidence grows, so does the respect she commands at work, home, and anywhere. As her insecurities fall away, she becomes more daring, self-assured, and courageous; she believes she can do anything. Her life improves in every way.'

Today we have had an opportunity to sit and talk on a one on one with the confident Ms Sentele.

When Did You Decide That You Want To Go Into The Beauty Industry?

I have known from young age when I was in my junior school, I think I was about 12/13 years then I began to become more intrigued about it.

What Influenced That Decision?

The reason why I decided to take this direction towards make-up and glamour is because I wanted to show my talent to the world, make someone feel special and amazing for that particular occasion. Also to make an income for myself as you know unemployment rate is high in Botswana so why not use the talent that God gave to me.

What Is Your Long Term Vision For This Industry?

Having to develop my own beauty products which are of good quality, friendly to any skin tone, and to constantly strive to offer latest beauty

solutions.

Where Can One Learn To Do Make-Up?

Nowadays people can learn from other make-up artists who are already established in the industry and who know exactly what they are doing but there are also some tertiary which offers short or long term courses. Also YouTube is a platform that one can learn from; you will be amazed of the latest trends.

What Is A Typical Day Or Weekend For A Make-Up Artist?

A typical day may consist of rising up at four in the morning, getting to the venue to ensure you are well on time to carry out your services to the client. It can also involve being with the client throughout the day to do touch ups when need be but this situation normally happens when you are going for occasional events such as weddings.

How Is The Beauty Industry Doing Thus Far?

It has grown so much as compared to other years pasted, different beauty products are made; competition has also fueled the demand and so many women are interested in being make-up artists themselves.

What Would You Say To An Aspiring Make-Up Artist?

Don't give up, never let other people's comments discourage you from doing what you want, hold on, work hard on developing your craft. Learn from the mistakes you made and work on improving those mistakes. Even if it means finding someone to mentor you in the industry of Make-up go for it.

Connect with Janet here:

<http://facebook.com/janetsentele>
<http://instagram.com/janetsentele>

Connect with Janet SM Cosmetics here:

<http://facebook.com/janetSMcosmetics>

Connect with Michelle Mothudi

<http://facebook.com/celebrityworldbw>

Written by: Michelle Mothudi (PR)

<http://instagram.com/michellemothudi>

Simple Jewelry Box

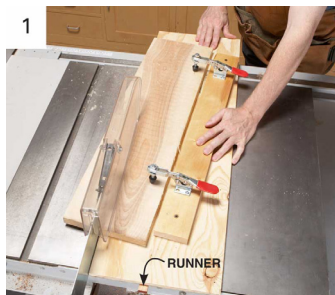


Get hooked on making jewelry boxes to sell. You can sell your Jewelry boxes to individuals or at local craft shows. These small jewelry boxes sell depending on the wood. For a better and easy profit, always include a little story about the wood and where it came from.

How To Do It

Use wood to make boxes and a jig with a runner to rip boards so their grain patterns run parallel to the edge.

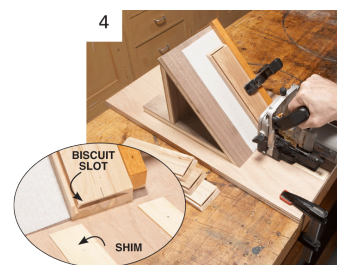
Saw grooves to receive a 1/8-in. plywood bottom. The fit can't be tight, or the box will be too hard to assemble.



Miter the sides- Clamp the pieces to the sub fence and use a stop block to cut them the same length.



Cut biscuit slots in the miters. Build a 45-degree fixture to hold the pieces. Locate the slots just below the miters inside edge.



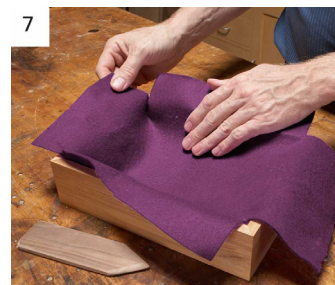
Glue the box using rubber tubing or a band clamp to pull the miters tight. After the glue is dry, rub down the sides and their top edges, and then apply a finish.



Spread a thin layer of glue over the bottom in order to attach a felt lining.



Place a piece of felt lining inside the box. Push down on the felt with a rounded wood stick to smooth it out. Then apply glue to the sides and smooth out each flap.



Trim off the excess felt using a double-sided razor blade held in a Vise-Grip.



Cut notches in the dividers to make bridle joints. Using 1/8-in. plywood for the dividers, the notches are one saw-kerf wide.



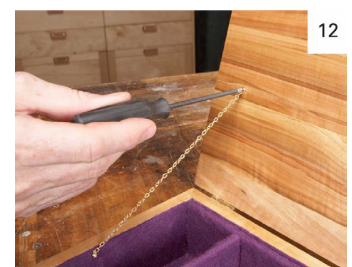
Glue and wrap felt around the dividers. Cut around the notches so the dividers butt tight against each other.



Install hinges on the box, then mark screw holes for the lid. Place four pieces of paper between the box and lid so the lid won't bind as it closes.



Install a chain to hold open the lid. When you make a lid, look for wood with beautiful figure on both sides. A box should look terrific both open and closed.





Pop Singer Celine Dion
Born March 30, 1968

the many people and activities you are involved in.

 **Cancer**
(June 21 – July 22)

Use the New Moon on March 10 to activate your strong intuitive skills, and plant new seeds of creation. Your hard work in providing security for others will pay off in the long run. Exotic vacations in foreign lands live in your dreams this month.

 **Leo**
(July 22 – August 22)

Your relationships are up for healing this month Leo. Your ability to take charge is hampered by hidden motives. Valuable insight comes as a result of looking beneath the surface of things. Your focus this month is on work, relationships and resources shared with others.

 **Virgo**
(August 22 – September 22)

People come out of nowhere, requesting your services, and diverting attention to their needs. There is much to learn and receive in the reflection of another's life. Keeping all in perspective, this month takes you out of the doldrums into a larger range of activity.

 **Libra**
(September 22 – October 23)

You are running in different directions this month trying to keep your world in balance. If you only focus on keeping other's happy, you may miss the gifts of personal growth. This year brings benefit in new contacts and alliances. Developments in the work arena are new and exciting. It is important to know where you really stand.

 **Scorpio**
(October 23 – November 22)

Your home brings great comfort this month. Creative


juices are flowing. Children benefit from your deep sensitivity and intuition. This is the month to dream, play and explore your capacity for intimacy. Holding onto resentment does not get you where you want to go.

 **Sagittarius**
(November 22 – December 21)

The powerful trend of transformation is re-making you from the inside out. Truly, you are beginning to see the light at the end of the tunnel. Take some time to retreat into the inner sanctuary of your spiritual home. Revelation, healing and understanding are to be found within.

 **Capricorn**
(December 21 – January 21)


Avoid the temptation to be negative during the first ten days of March. Know that there is a deep river of creativity within you. Ideas flow like water, and nourish the seeds of new projects.

 **Aquarius**
(January 21 – February 18)

Trust your vision for a humane future. Your global perspective is enhanced by strong intuitive energies. But, resist the temptation to save others. Peace really does begin with you. Genuinely love yourself, and you are free to sow seeds of compassion in your world.

 **Pisces**
(February 19 – March 20)

This is the month to recognize your dreams and let them unfold in new directions. Be on your toes, and open to positive surprises. This is the month to illuminate ideals, hold them to your heart, and don't let present reality get you down. Magic is in the air, and because you believe, miracles happen.

 **Aries**
(March 20 – April 19)

Your ability to take the lead and push through obstacles is thwarted this month by numerous responsibilities. This can cause frustration and irritability. For you, the month begins with one foot on the brake and one foot on the gas pedal.

 **Taurus**
(April 19 – May 20)

You like to be comfortable, and this dynamic trend of transformation may unsettle your senses. There is a focus on career this month. New projects may be in the visionary stages.

 **Gemini**
(May 20 – June 21)

Finances may be an area of delay and frustration. Your easy-going and personable style can go a long way in career developments. Stresses of recent months fade away, but it is still essential to stay grounded amongst



A koala bear decides that he wants to get laid, so he picks up a hooker. He goes down on her several times and they are really enjoying themselves. After they are finished the koala bear starts getting dressed. The hooker says, "Where is my money?" the koala bear shrugs his shoulders. The hooker repeats herself asking for her money. Again he shrugs his shoulders. The hooker grabs a dictionary and looks up the word hooker and shows it to the koala bear. It says gets paid for sex.

The koala bear picks up the dictionary and looks up koala bear and shows it to the hooker. It says, "Eats bush and leaves!"

A farmer's son accidentally overturned his dad's tractor one day. The farmer who lived next to them saw what happened and yelled over to the boy, "Hey Joe, don't worry about it. Come over and have dinner with us. I'll help you get the tractor up right after." "That's really kind of you," Joe replied, "but I don't think dad would like me to." "Aw come on boy," the farmer insisted. "Well okay," the boy finally agreed and added, "but my dad won't like it." After a big dinner, Joe thanked the neighbour for the nice meal and said, "I feel much better now, but I know my dad is going to be really upset." "Don't be silly! The neighbour said with a smile." "By the way, where is he?" Joe said, "Under the tractor."

A 54 year old accountant leaves a letter for his wife one evening which read; "Dear wife, I am 54 years old and by the time you get this letter I will be at the Grand Hotel with my beautiful and sexy eighteen year old secretary." When he arrived at the hotel, there was a letter waiting for him that

read as follows: "Dear husband, I too am 54 years old, and by the time you receive this letter I will be at the Savoy hotel with my eighteen year old boy. Because you are an accountant, you will surely appreciate the 18 goes into 54 many more times than 54 goes into 18."

My 13 year old son's teacher pulled me to one side at a parents evening. "Your son seems to be having problems with the alphabets. He insists it's A, AA, AAA, B, C, D, DD, and E. It started about three weeks ago. Do you know what's going on?" she asked. "Err.....yeah," I replied. "It will be the new Littlewoods catalogue. He must have discovered the lingerie section."

Little Jonny was sitting in the class doing math problems when his teacher picked him to answer a question. "Jonny, if there were five birds sitting on a fence and you shot one how many would be left?" "None," replied Jonny, "because the rest would fly away" "Well, the answer is four," said

teacher, but I like the way you are thinking." Little Jonny said, "I have a question for you now, " "If there were three women eating ice cream cones in a shop...one licking her cone, the second biting her cone, and the third one sucking her cone...which one is married?" "Well," said the teacher nervously, "I guess the one sucking a cone?" "No," said little Jonny. "The one with the wedding ring on her finger, but I like the way you're thinking."

Bert, age 80, always wanted a pair of authentic cowboy boots, so seeing some on sale; he bought them and wore them home. Walking proudly, he sauntered into the kitchen and said to his wife, "Notice anything different about me?" Margaret, who is 75, looked him over. "No." Frustrated, Bert stormed off into the bathroom, undressed and walked back into the kitchen completely naked except for the boots. Again he asked Margaret, a little louder this time, "Notice anything different now?" Margaret looked up and said in her best deadpan, "Bert, what's different? Its hanging down today, it was hanging down yesterday; it'll be hanging down again tomorrow." Furious Bert yelled, "And do you know why it's hanging down, Margaret?" "No. Not a clue," she replied. "It's hanging down because it's looking at my new boots!" without missing a beat Margaret replied, "You should have bought a hat, Bert You should have bought a hat."

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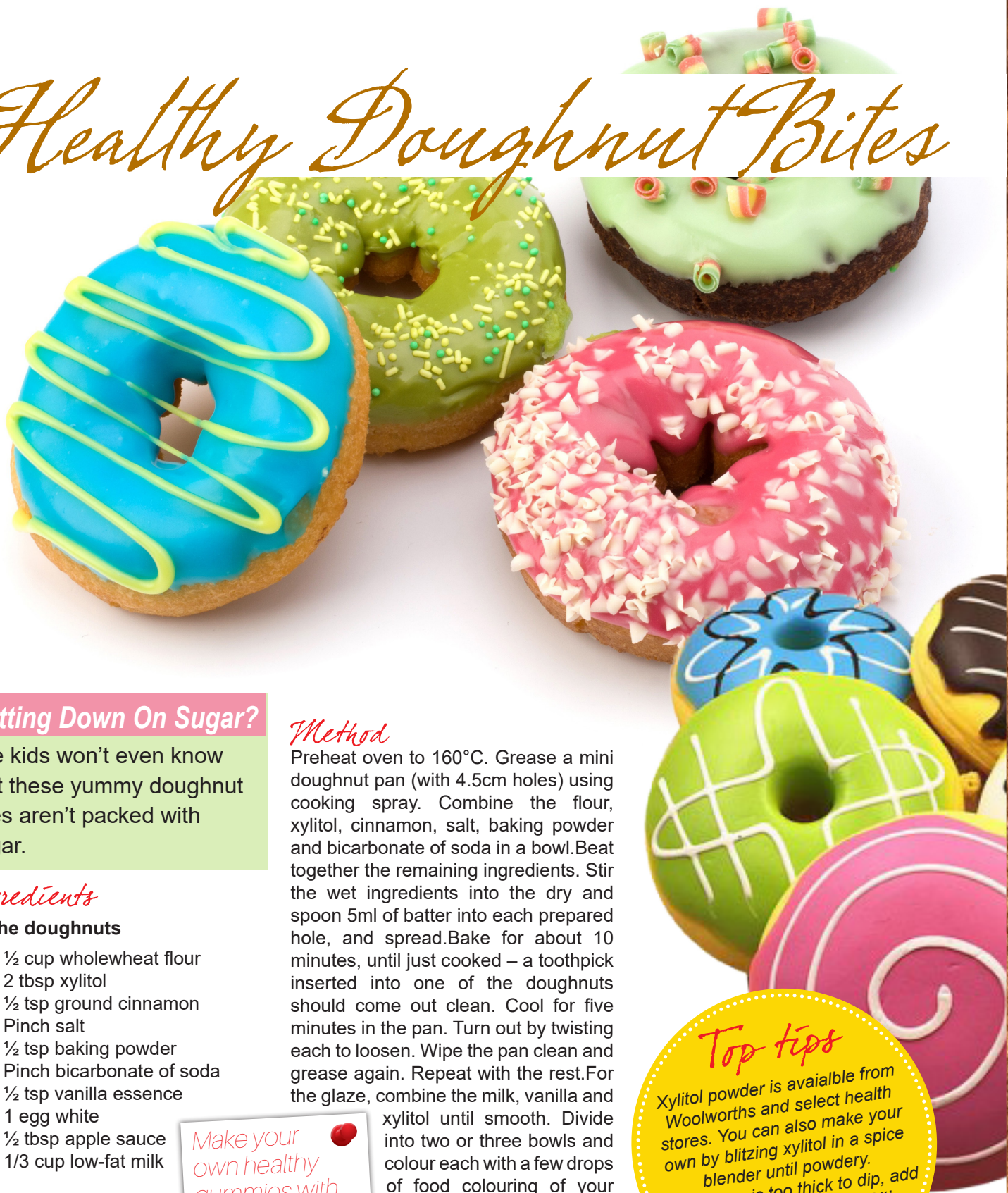
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Healthy Doughnut Bites



Cutting Down On Sugar?

The kids won't even know that these yummy doughnut bites aren't packed with sugar.

Ingredients

For the doughnuts

- ½ cup wholewheat flour
- 2 tbsp xylitol
- ½ tsp ground cinnamon
- Pinch salt
- ½ tsp baking powder
- Pinch bicarbonate of soda
- ½ tsp vanilla essence
- 1 egg white
- ½ tbsp apple sauce
- 1/3 cup low-fat milk

For the glaze

- 2 tbsp low-fat milk
- ½ tsp vanilla essence
- 1 cup xylitol powder
- Food colouring of your choice

Make your own healthy gummies with this easy recipe

Method

Preheat oven to 160°C. Grease a mini doughnut pan (with 4.5cm holes) using cooking spray. Combine the flour, xylitol, cinnamon, salt, baking powder and bicarbonate of soda in a bowl. Beat together the remaining ingredients. Stir the wet ingredients into the dry and spoon 5ml of batter into each prepared hole, and spread. Bake for about 10 minutes, until just cooked – a toothpick inserted into one of the doughnuts should come out clean. Cool for five minutes in the pan. Turn out by twisting each to loosen. Wipe the pan clean and grease again. Repeat with the rest. For the glaze, combine the milk, vanilla and xylitol until smooth. Divide into two or three bowls and colour each with a few drops of food colouring of your choice. Working with one cooled doughnut at a time, dip the tops into the glaze, shaking off excess. Set aside on a cooling rack while you continue with the rest.

Top tips

Xylitol powder is available from Woolworths and select health stores. You can also make your own by blitzing xylitol in a spice blender until powdery. If the glaze is too thick to dip, add a few drops more milk. If it's too thin to coat, add extra xylitol powder.

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5 Best Exercises To Flatten Your Lower ABS

1.

Cheerleader

How To Do It: Begin with feet, shoulder width apart and hands on your hips. Do jumps over a soft surface in eight counts. Shown here, is a popular jump exercise. Cheerleader is a demanding exercise that requires high levels of strength, balance and flexibility.



2.

Heel Click Jump

How To Do It: Keeping your knees bent, cross your left leg in front of your right; jump off your left foot while kicking your right leg out to the side, keeping the knee bent. Allow your upper body to lean to the left. Do this five times, and then try on the other side.



4.

Reverse Crunches

How To Do It: Lie on your back with your feet up. Lift your hips up off the floor, hold for a few seconds, and slowly lower.



How To Do It: Lie flat on your back, knees bent vertically to 90 degrees. The shoulders press down into the body. Forearms press flat against the ground, palms down, near the hips. Press your lower back into the floor. The feet and knees should be pressed completely together, forming one stable unit, and both feet leave the ground.

3.

Lower Leg Lifts



5.

Heel Taps

How To Do It: Lay, back down, on the floor with your head and shoulders raised looking between your legs. Knees should not be bent, with the soles of your feet off the floor. Repeat the exercise as many times as you want.



Best Abs For Men To Do At Home

Perfect Crunch



Hip Raises



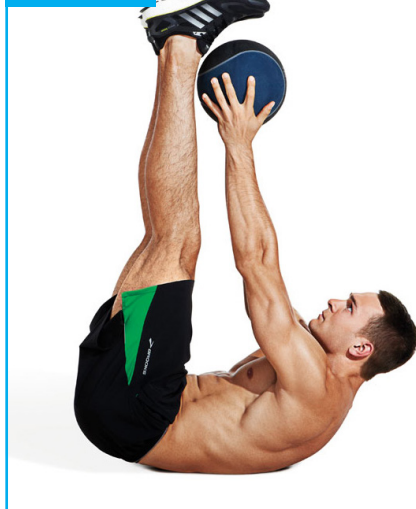
Foam Roll Back



Leg Throw Downs



Toe Touch



Plank Hold



Inch Worm



Flutter Kick



Scissors Kick





Ulcerative Colitis

Ulcerative colitis is a disease that causes inflammation and sores (ulcers) in the lining of the large intestine (colon). It usually affects the lower section (sigmoid colon) and the rectum. But it can affect the entire colon. In general, the more of the colon that's affected, the worse the symptoms will be. The disease can affect people of any age.

Symptoms

- Belly pain or cramps.
- Diarrhea.
- Bleeding from the rectum.

Some people may also have a fever, may not feel hungry, and may lose weight. In severe cases, people may have diarrhea 10 to 20 times a day. The disease can also cause other problems, such as joint pain, eye problems, or liver disease.



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Sleep Disorders

Sleep disorders are a group of conditions that affect the ability to sleep well on a regular basis. Most people occasionally experience sleeping problems due to stress, hectic schedules, and other outside influences. However, when these issues begin to occur on a regular basis and interfere with daily life, they may indicate a sleeping disorder.

Symptoms

General symptoms of sleep disorders include: difficulty falling or staying asleep, daytime fatigue, strong urge to take naps during the day, irritability or anxiety, lack of concentration and depression.

Causes

Respiratory Problems, Chronic Pain, Stress and Anxiety.

Types of Sleep Disorders

Insomnia, Sleep Apnea, Restless Leg Syndrome.

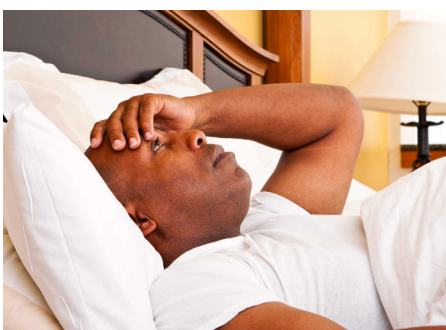
How Are Sleep Disorders Diagnosed?

Your doctor will first perform a physical exam and gather information about your symptoms and medical history.

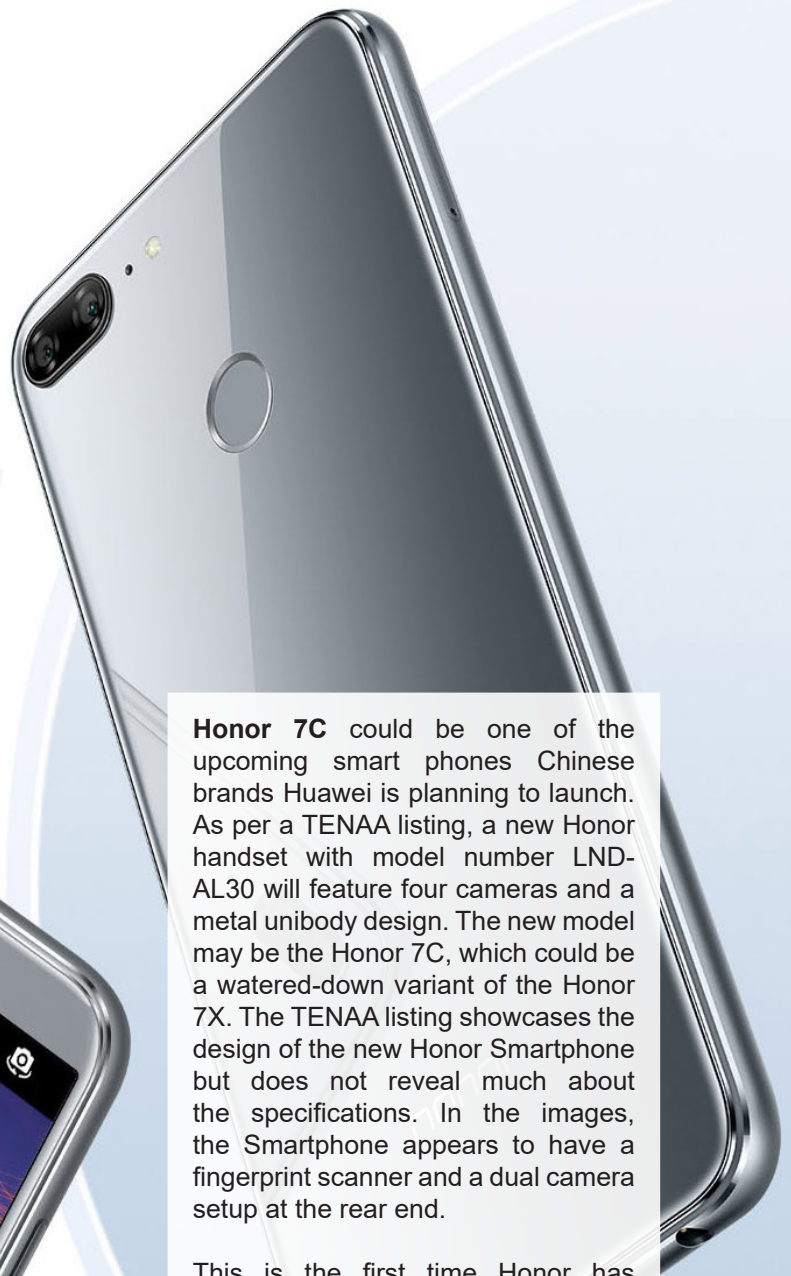
They will also order various tests.

Treatment

Treatment for sleep disorders can vary depending on the type and underlying cause. However, it generally includes a combination of medical treatments and lifestyle changes.



Honor 7C With Four Cameras Spotted



Honor 7C could be one of the upcoming smart phones Chinese brands Huawei is planning to launch. As per a TENAA listing, a new Honor handset with model number LND-AL30 will feature four cameras and a metal unibody design. The new model may be the Honor 7C, which could be a watered-down variant of the Honor 7X. The TENAA listing showcases the design of the new Honor Smartphone but does not reveal much about the specifications. In the images, the Smartphone appears to have a fingerprint scanner and a dual camera setup at the rear end.

This is the first time Honor has done such an all-display handset, and the Honor 9 wins the award for the cheapest 18:9 Smartphone on the market. Honor 9 Lite has four cameras as well similar to the earlier Honor 9i Smartphone. The Honor 9 Lite comes with a premium finish, sporting a "mirror-like" glass design rivaling higher-end phones. The front-facing camera also ships with 13MP and 2MP dual sensors with LED Flash. Honor is a leading Smartphone e-brand under the Huawei Group.

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Best 2018 New Cars



SUVs and performance models lead the charge of the best new cars for 2018. Whether you're looking for a Ford or Ferrari, this year you will see dozens of gleaming new cars with fresh designs, cutting-edge technology and even more choice than ever. Expect a flood of new sport utility vehicles (SUVs) and crossovers, from the small Dacia Duster and Volkswagen T-Roc, to the ferocious Lamborghini Urus. Sales of these taller vehicles have been surging in recent years, but there are still plenty of family cars arriving this year, headed by a brand new version of the Ford Focus, as well as a hi-tech Mercedes A-Class and redesigned Subaru Impreza. The new Nissan Leaf, with a much larger range, could tempt more buyers into electric cars, as could the first electric hot hatchback - the BMW i3S. If you're looking for driving fun, then this year won't leave you short of options. There's the affordable and zippy Ford Fiesta ST, as well as the Audi RS4 Avant, BMW M5 and Renault Megane RS in all-new guises plus something less familiar, the Hyundai i30N.



talent in him during his junior school days where he always came first in Art subject. This 31 year old young man only used pencils to draw but he later changed to oil paint, then acrylic painting to diversify his art works.

Letumile who is more interested in nature said they haven't got into any talent competitions but they are willing to compete in the presidential awards this year. This multi-talented young man is a teacher by profession, a farmer and a business man. "I do art as a part time job....as it occupies a lot of my time when I do it, I only stop when am hungry..." He said. The pair said that challenges they face in art business normally include pricing, whereby consumers will always ask them to reduce prices on items.



The Worth Of Doing Art Together

Lenamile Kogobi and Letumile are brothers who prove that two heads are better than one. Born in Kanye, they are both gifted with hands in fine art. Lenamile who still studies Art as a major subject at Molepolole College of Education, grew up with the inspiration he received from his older brother Letumile.

Lenamile sees teamwork as a good idea, because they considered it as the best option that can take them to better places. Though sometimes

conflict arises between the pair, they always come up with best solutions to solve their issues. The younger brother also considers working with his brother as a good way because it involves exchange of new ideas and mutual support.

The 25 year old Lenamile explained that their art talent started to show up at a young stage where he loved drawing cartoons. At junior school, his elder brother encouraged him to put more effort in it. Letumile saw the

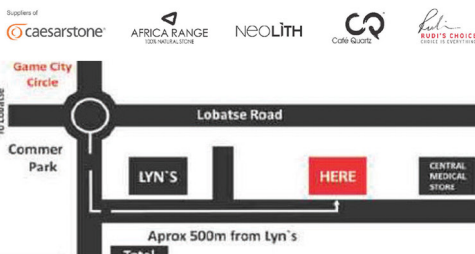
The brothers encourage upcoming artists to "... learn from Art, everyone can be an artist but not everyone can be a great artist. Only those who understand and position themselves in communities where they can inspire and value art can grow and become great artists.....never get tired of failing, you always have the spirit that drives you, that is a way of identifying ones talent even if people try to derail you never be derailed easily."

Fb page: Visions of Africa for Letumile Panting by Lenamile Kogobi



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Date and Time: Sat Mar 31 2018 at 09:00 am
Venue: Gaborone

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MY, YOUR STORY TALKSHOW
Launch

Guests
 Matlhogonolo Mponang & Oteng Vicer

31st March 2018
 Hotel Labama, Block 6
 1900hrs - 2100hrs
 Tickets: P100

RSVP: 029 24 585 754 (Lerato Harms) / 087 76 072 037 (Hosho Mochepo)

My Story, Your Story Talk Show Launch

Date and Time: Sat Mar 31 2018 at 07:00 pm
Venue: Hotel LaBama, Plot 54047, Litabi Way, Block 6, Gaborone

Event Details

We have decided that people need to be given the platform to know such work therefore we will be launching the talk show in a form of a live audience shoot whereby we will have an audience watching the interview and asking relevant questions that they may want to have answers to!

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Jwaneng Chillas Session

Date and Time: Sat Mar 31 2018 at 10:00 am
Venue: Jwaneng

Event Details

It's about to get lit. Jwaneng Chillas is all about having fun in a social picnic set up. Time to relax and unwind. Time to be with loved ones. Family, kids and oldies. This event is meant to bring people from diverse backgrounds and professions together...New feeling and good vibes. #Fun #People #Food #Style

Urban
 FAMILY MARKET

Urban Family Market - Gaborone Invasion

Date and Time: Sat Mar 31 2018 at 10:00 am
Venue: Gaborone

Event Details

Urban Family Market aims to promote local SMMEs by providing a platform for them to showcase their brands. It's a Family friendly environment with kids' area and swimming facilities for the family to enjoy!

BLOCK 8
Family FUN DAY
 31 March 2018

Block 8 Family Fun Day
Date and Time: Sat Mar 31 2018 at 11:00 am

Venue: Block-8, Gaborone

Event Details

The Block 8 Family Fun Day is an event aimed at bringing the community together and uplifting family awareness.

BOTSWANA BEAUTY XPO 2018

VENUE:BNYC
TICKETS P100
30-31 MARCH
TIME:06:00

1500BWP STALL

Botswana Beauty XPO 2018

Date and Time: Fri March 30 2018 at 06:00 am
Venue: BNYC, Plot 54499- Fairgrounds

Event Details

Botswana's first beauty expo, this event will be focusing on the so called informal sector of the beauty industry with the aim to make a number of essential contributions...

Lily's Petting Farm!!

Annual 4 Days Egg Hunt!

Lily's Petting Farm is the place to be this Easter Holiday - Family Fun Venue!

Dates: 30th March - 2nd April 2018
Entrance Fee: P75 Kids 2yrs+, P150 Adults
Time: 12noon to 1:00hrs
Egg Hunt: Strictly from 1400-1:50hrs each day

Find the Golden Eggs & Win a Bunny (1 per day)

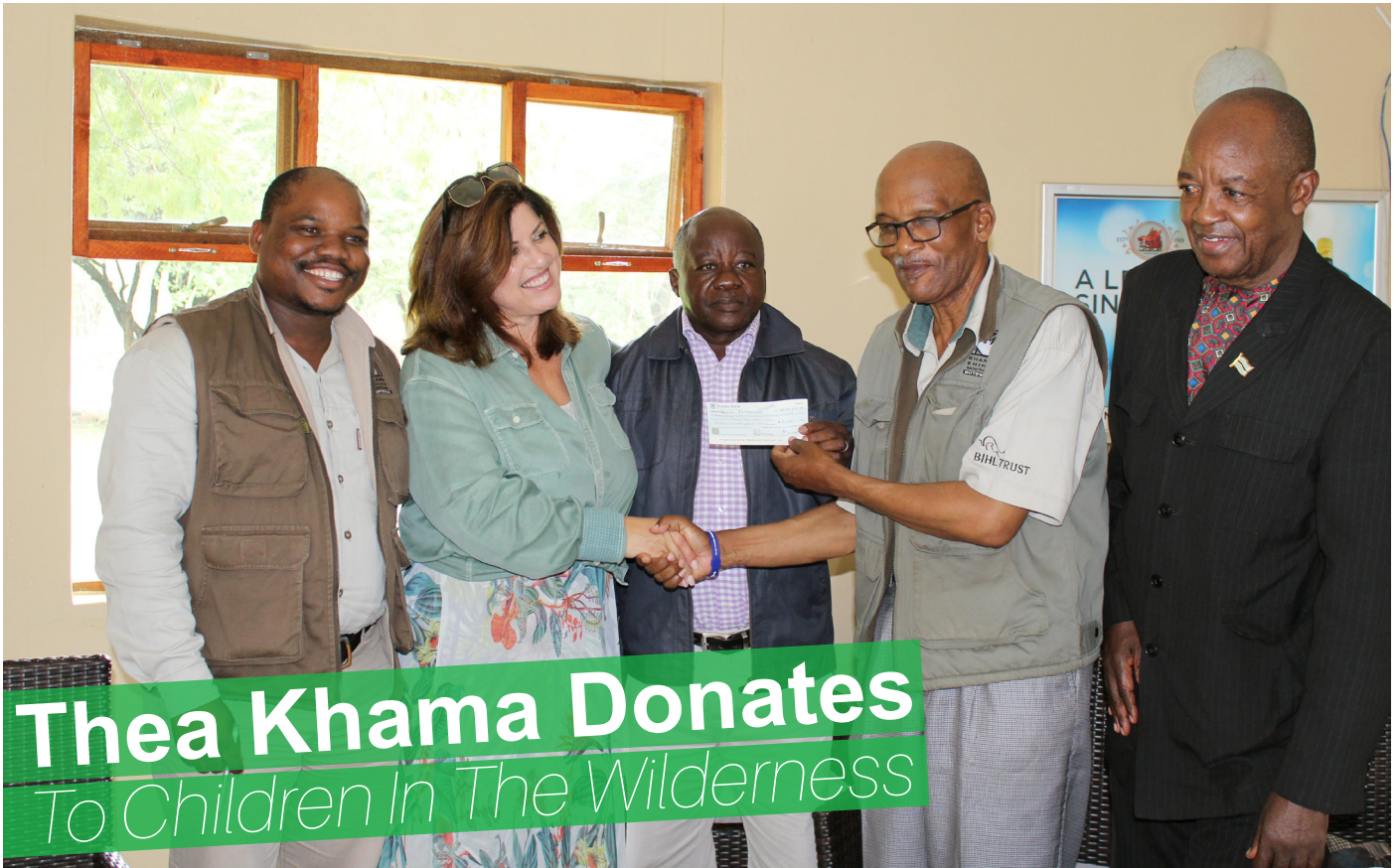
Fun Activities include:

- Petting and feeding various farm animals and birds
- Fun Music
- Donkey cart ride
- Face Painting
- Jungle gym playground
- Fun Games
- Food available (at extra cost)
- On bring your cooler box/picnic basket at P20 each
- Bring your camping chairs and picnic blankets

For more information:
 Call us at: 73 672 511 / 73 530 653
 Email: lilyspettingfarm@gmail.com
 Facebook Page: Lily's Petting Farm - Botswana

The Egg Hunt Event

Date and Time: Fri Mar 30- April 2, 2018 at 12:00 pm
Venue: Lily's Petting Farm - Oodi



Thea Khama Donates

To Children In The Wilderness

The Ambassador of Global March for Elephants, Rhinos, Lions and Pangolin (GMFERLP) in Gaborone, Mrs. Thea Khama donated a cheque to Children in the Wilderness on Tuesday 22nd February. The donation was passed at Children in the Wilderness office in appreciation for their participation in the Global March for Elephant, Elephants, Rhinos, Lions and Pangolin which was held last year at the National Stadium in Gaborone.

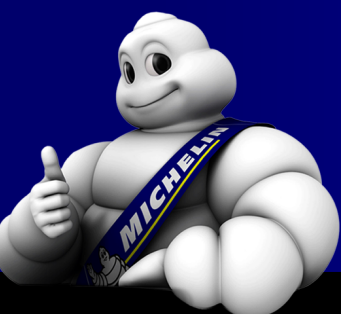
Mrs. Thea Khama says we have to learn to co-exist with nature. Mrs. Khama shared with us that the march is to raise global and local awareness on sustainable conservation models, poaching and illegal trade of wildlife parts around the world. The GMFERLP 2016 raised awareness on conservation of the above-mentioned species in three cities in Botswana being Gaborone, Kasane and Maun the week after Independence last year. Botswana boasts the largest population of elephants in Africa, free ranging rhinos and lions under hunting ban moratoriums and still has a scarce and elusive population of pangolin.

“Though in Botswana, we should celebrate our government’s success in maintaining this, ordinary residents, citizens and outsiders must also take part in conserving their global heritage. If they are not aware of the intricate issues around the call to preserve the greatest gems the country has currently, how will they feel compelled to act?” She leaves the question hanging.

“This event is a conservation initiative, not all organizers are required to or choose to raise funds through their marches,” she added. Since Mrs Khama took over organizing the Gaborone march three years ago,



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she has made it her mission to create awareness in schools and raise funds for proactive charities in line with the ethos of what the walk stands for.

In past years, Tlhokomela Endangered Wildlife Trust was the only beneficiary of her donors, but this year Mrs Khama added two other community based conservation non profits as her walk's beneficiaries: Khama Rhino Sanctuary (KRS) and Children in the Wilderness (CITW).

She divided the profit between the three organizations; giving Tlhokomela 40% of the profits after expenses, and KRS and CITW each received cheque to the tune of P53, 250 each, which made up the other 60% of the shared profits.

A child in the Wilderness (CITW) is a nonprofit organization, supported by the giant ecotourism company Wilderness Safaris that aims to facilitate sustainable conversation through leadership development and education of rural children in Africa.

CITW runs eco programs in several countries such as Botswana, South Africa, Zimbabwe, Zambia and Namibia. The idea is to teach eco-skills, impart empowerment and train teachers and students as to why wildlife's co-existence context for communities is battling to cope with poverty, lack of well-rounded education models, and why the need of support matters so much.

"In order to get Botswana's sustainable eco-tourism industry to continue, we must teach our children and their parents to look after the land, the animals and nature they've inherited. We must ensure there is something abundant left for them to inherit," she says with a definite look of intensity in her eyes.

Only days before, Mrs Khama visited Khama Rhino Sanctuary, the first to really get the balls rolling in terms of meaningful rhino conservation in Botswana. "We once had less than



twenty accounted for countrywide and that was due to rampant poaching in the eighties and early 90s." She says shaking her head.

Today Botswana is proud host to many endangered rhinos and its population is slowly increasing to hundreds. Last year Botswana only lost one but the horn was retrieved. Conversely South Africa loses approximately 1000 a year mostly to poaching. The Botswana Government is cautious about revealing too much about how many free ranging black and white rhinos we have at a time in the country, since it doesn't want poachers to get ahead and start picking off the cream of the crop so to speak, before numbers have a chance to stabilize.

KRS need a lot of help to maintain their rustic ablutions, chalets, and have other operational challenges. I went there with a team to look at what we can assist with financially and in renovations,

Khama Rhino Sanctuary has long been run by a community collective board and its amenities include a restaurant, curio shop, tuck shop, bar, education centre, chalets, self catering accommodations, and camping. It is home to just over 50 rhinos and is on the main road to Orapa. "KRS need a lot of help to maintain their rustic ablutions, chalets, and have other operational challenges. I went there with a team to look at what we can assist with financially and in renovations," the ever ambitious Khama quips. Not only is she adding value through her March but also bringing potential building and construction people into the mix.

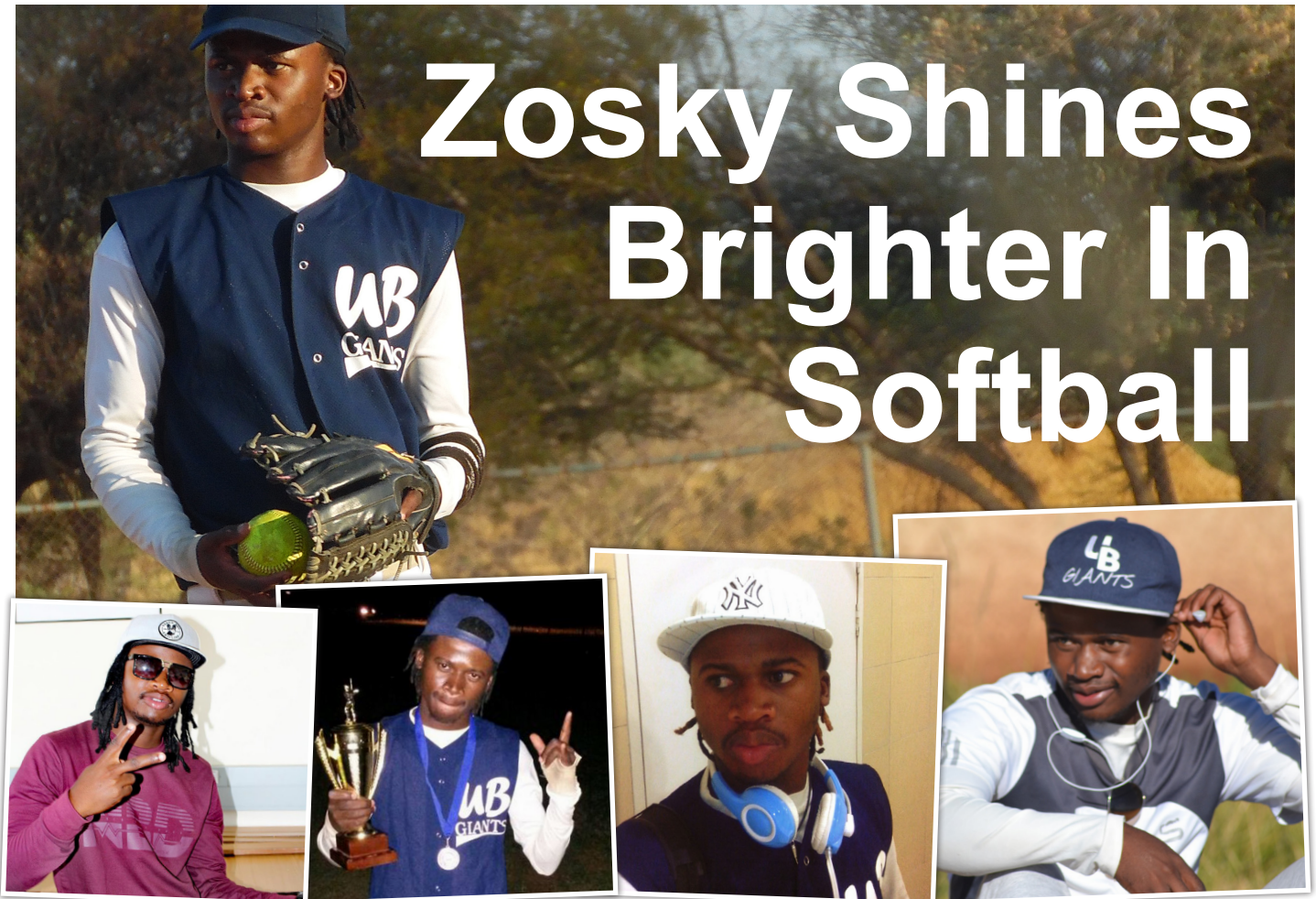


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Zosky Shines Brighter In Softball



The much gifted athlete, Mothusi "Zosky" Gabogasiyane makes great achievement in softball even though it is a less followed sport code in Botswana. Born in Serowe 23 years ago, the UB Giant pitcher opened up to Celebrity World magazine about his journey in softball.

When Did You Start Playing Softball?

In 2008 when I was doing form 1 at Kgalemang Motsete CJSS that time my interest was in football but I was chased out because of my short height. I then tried my luck in softball because the fields were near each other.

Which Suitable Position Are You Playing?

I am a pitcher and am very much comfortable with it.

Do You Play For Any Team Besides UB Giants Softball Club?

I also play for the University of Botswana softball which competes in BOTESSA and BOLESWA intervarsity games.

Are You Happy With How The Last Season Gone?

No, because as a team we were aiming to qualify for top 7 unfortunately we obtained position 8 but all in all the team showed impressing

improvement as compared to other seasons.

How Do You Balance Time Between School And Softball?

Going to the field for training and games makes me lose time but I can't sacrifice my school time for sports; I'd rather sacrifice softball for school.

Any Rival Team That You Look Forward To Play With Every Year?

BDF IX and Wells International

What Is The Hardest Part About Preparing For A Big Game?

Facing the best hitter, good base runners and good pitchers give us hard time at training. It starts with us the pitching department to make sure that hard hitters will not impose any or much danger to the game, then the fielding department to make sure that we deal with any movement of runners around bases. Then for our offence we make sure that we practice drills that can help us put the ball in the field.

Which Softball Athlete Is Your Role Model?

Kagiso Skhejo Mogale, he plays for BDF IX.

How Do You Prepare For The Upcoming Season?

Fitness is one of the best preparations. You cannot say you are prepared for games when you are not fit. One of the things I always work on is trying new pitches, increasing ball speed and improving my batting average.

Do You Have Any Awards Won In The Past?

I scooped 10 medals, 6 gold, 3 silver and 1 bronze. The 2 medals are for the intervarsity games, 4 are for BOTESSA games, 3 for the Lesotho tournament and a bronze medal is for the breast cancer tournament which is held every year in Vaal, Gauteng.

Which Best / Bad Memory Have You Ever Created In The Field?

Ooooh!!! Hitting a home run against Bears softball club, I was the first batter and I hit a homer on a first pitch of the game. Shem!!! I also had hamstring injury when I was playing against Dinare softball club, I got substituted and that cost the team.



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