

Celebrity World

Botswana's Own Magazine

April 2018



Kerala Samajam Botswana 2018



Uncommon Romantic Gestures That He'll Love



NOELLO Is At It Again!

The Young, The Gorgeous And The Gifted



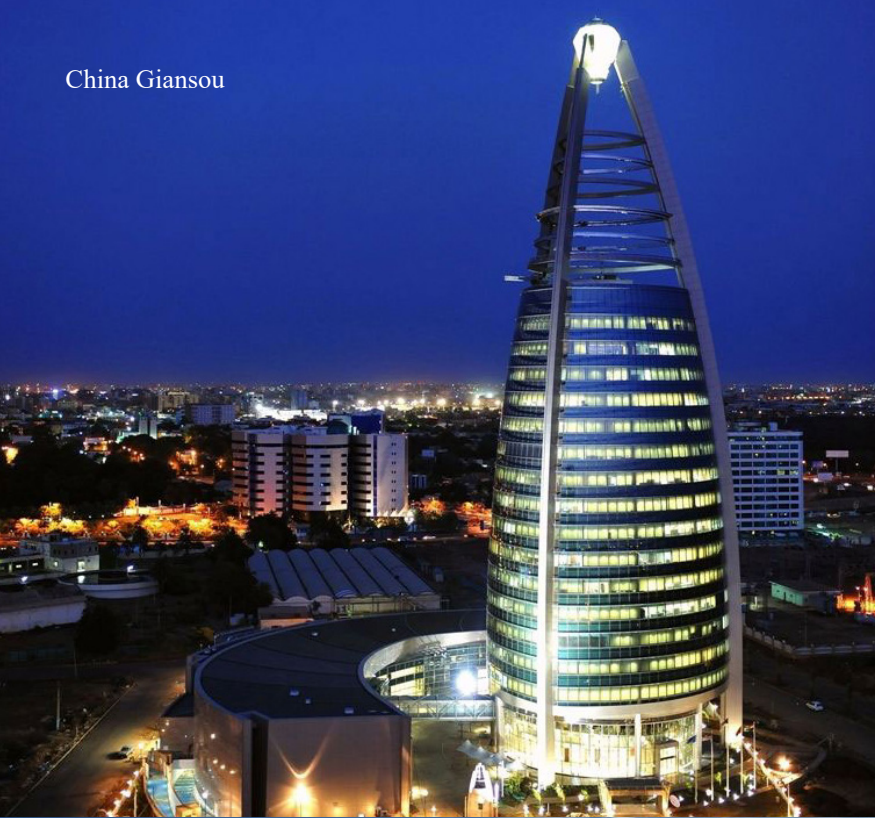
Junior Miss Botswana

Affordable Sandals You'll Want To Buy

Bright Future Ahead Of Resaobaka



China Giansou



High Court Gaborone



Garden In Beijing



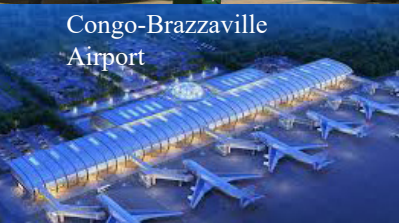
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Welcome to the April edition of Celebrity World Magazine. We strive to create the greatest, most stylish, innovative and authentic magazine. This is made easier by an extraordinary team of collective like-minded, passionate game changers; we like to 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 Nicole Gaelebale who was crowned Miss Botswana 2017/18. Her hard work and perseverance will inspire you to never give up. 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.

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Junior Miss Botswana *Teens*



Name:Mmakgoa Lebogang Makubate
Age: 15
Grade: Form 4
School: Al Nur School
Hobbies: Singing and Biking
Motto: Never give up and keep trying

1. What are your aspirations in life?

I would like to be a beauty queen that inspires and changes life. I also aspire to be Miss World.

2. How did you feel when you were crowned the queen?

I was surprised because the competition was very tough, but I was proud coz I worked hard and achieved my goal.

3. What do you plan to do during your reign as Junior Miss Botswana?

I plan to raise funds for charities and be a role model to upcoming youngsters and also encourage them to follow their dreams.

4. What advice would you give to aspiring beauty queens?

Be confident in yourself and don't let other people bring you down. People told me I could not do this but I did it!



Junior Miss Botswana

1st Princess
Name: Koketso Gulubane
Age: 14 Years
Grade: Form 2
School: Pekenene Community Junior Secondary School
Hobbies: Dancing and Debate
Motto:Follow your dreams



Junior Miss Botswana

2nd Princess
Name: Chatida Rejoice Maphane
Age: 15
Grade: Form 3
School: Eastern Gate Academy
Hobbies: Reading and Writing
Motto: Be the best that you can be!



Junior Miss Botswana



Junior Miss Botswana
Name: Legae Sebegu
Age: 8 years
Grade: 4
School: Rainbow Primary School
Hobbies: Swimming and modelling



1st Princess
Name: Deanne Kaufman
Age: 10
Grade: 4
School: John Mckenzie
Hobbies: Playing and Cooking



2nd Princess
Name: Jessica Koloka
Age: 10
Grade: 5
School: Lesedi Primary School
Hobbies: Modelling



Junior Miss Botswana
Name: Lethabo Mosweu
Age: 10 years
Grade: 5
School: Our Lady Primary School
Hobbies: Modelling



Comfortable Sandals You'll Want To Buy

Leather sandals perfect for a walk anywhere, you won't have to worry about getting them drenched on a rainy day.

Gorgeous buckle-detail sandals that'll complement your workday outfit just as well as your nighttime looks, because they know how important it is to multitask.

Strappy sandals in pretty, muted colors that you willing to bet money will go with every last one of your spring and summer looks. Obsessed with these sandals? This colour is stunning, flattering and coordinates so well. The design of the straps receives high marks.

Super-comfy sandals that support your commitment to walk 10K steps a day. They are honestly some of the most comfortable shoes, plus they look more expensive than they are. You can even wear them to work with dresses and get loads of compliments.

A low-heeled sandal whose cool structured straps will turn your feet into a work of art.



Leather Sandals



Buckle-Detail Sandals



Strappy Sandals



Super-Comfy Sandals



A Low-Heeled Sandal



Chappaquiddick

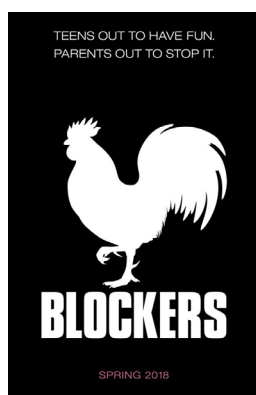
Genre: Drama

Produced by: Mark Ciardi, Chris Cowles and Campbell G. McInnes

Directed by: John Curran

Release date: April 6, 2018

Massachusetts Senator Ted Kennedy drives his car into the water in Chappaquiddick. His passenger, the young campaign strategist Mary Jo Kopechne, is trapped in the car and left to die alone. Kennedy does not immediately call the police. He instead returns to his hotel, sobers up, attempts to establish an alibi, and calls in the help of his dominant father to save his political career.



Blockers

Genre: Comedy

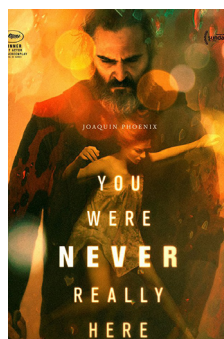
Directed by: Kay Cannon

Produced by: Chris Cowles, Chris Fenton, Evan Goldberg, John Hurwitz, Nathan Kahane, Seth Rogen, Hayden

Schlossberg and James Weaver

Release date: April 6, 2018

When three parents stumble upon their daughters' pact to lose their virginity on prom night, they launch a covert one-night operation to stop the teens from sealing the deal. The movie's title and film poster are a reference to cock blocking.



You Were Never Really Here

Genre: Thriller

Directed by: Lynne Ramsay

Produced by: Rosa Attab,

Pascal Caucheteux, James Wilson and Lynne Ramsay

Release date: April 6, 2018

..Before Joe enters his house, he and the son of Angel, the man whom Joe receives payment from, see each other by chance. Later, while collecting his payment for the Cincinnati job, Angel tells Joe that he has another job offer and to go see his boss, John McCleary, as soon as possible.....



Beirut

Genre: Political thriller

Directed by: Brad Anderson

Produced by: Ted Field, Mike Weber, Monica Levinson, Shivani Rawat and Tony Gilroy

Release date: April 11, 2018

In 1980s Beirut, Mason Skiles (Jon Hamm), a former U.S. diplomat

returns to service to save a colleague from the group responsible for the death of his family.



A Quiet Place

Genre: Supernatural horror

Directed by: John Krasinski

Produced by: Micheal Bay

Release

date: April 6, 2018

It stars Krasinski and Emily Blunt. Paramount Pictures describes the film, "In the modern horror thriller A Quiet Place, a family of four must navigate their lives in silence after mysterious creatures that hunt by sound threaten their survival. If they hear you, they hunt you.



Truth or Dare

Genre: Horror

Directed by: Jeff Wadlow

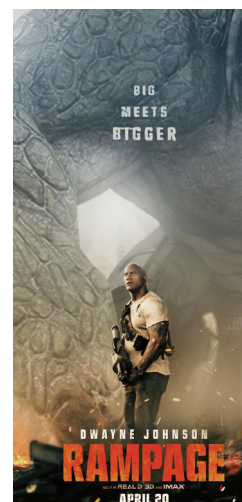
Produced by: Jason Blum

Release

date: April 13, 2018

A

seemingly harmless game of truth or dare turns deadly when someone or something begins to punish those who tell a lie or refuse a dare.



Rampage

Directed by: Brad Peyton

Produced by: Dwayne Johnson, Brad Peyton, John Rickard, Hiram Garcia and Beu Flynn

Genre: Science fiction

Release date: April 20, 2018

The film stars Dwayne

Johnson, Naomie Harris, Malin Åkerman, Joe Manganiello, Jake Lacy, Marley Shelton, and Jeffrey Dean Morgan.



Tully
Directed by: Jason Reitman
Produced by: Aaron L. Gilbert
Genre: Comedy-drama

Release Date: April 20, 2018
 The film stars Charlize Theron, Mackenzie Davis, Mark Duplass and Ron Livingston, and follows the friendship of a mother of three and her babysitter.



Traffik
Produced by: Roxanne Aventura, Paula Patton and Taylor
Directed by: Deon Taylor
Genre: Thriller
Release date: April 27, 2018

... Just when the weekend starts to get back on track, a violent biker gang turns up and begins to torment them. The foursome is forced to fight for their lives against the gang who will stop at nothing to protect their secrets.



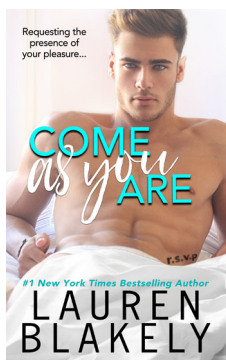
I Feel Pretty
Produced by: Nicolas Chartier McG
Directed by: Abby Kohn and Marc Silverstein
Genre: Comedy
Release date:

April 27, 2018
 "Renee Barrett, an ordinary woman who struggles with feelings of insecurity and inadequacy on a daily basis, wakes up from a fall believing she is the most beautiful and capable woman in the world, despite looking the same she has always looked. With this newfound confidence she is empowered to live her life fearlessly and flawlessly.



The Rider
Genre: Drama
Produced by: Mollve Asher, Sacha Ben Harroch and Chloe Zhao
Directed by: Chloé Zhao

Release date: April 13, 2018



Come As You Are
Author: Lauren Blakely
Genre: Romance
Expected publication: April 16th 2018

...There's no need for names or business cards. And that's why I'm eager to get to know her more, since my mystery woman seems to like me for me, rather than for my huge...bank account. Everything's coming up aces. Until the next day when things get a little complicated. (Newsflash — a lot complicated.)



A Lady's Guide to Selling Out
Author: Sally Franson
Genre: Fiction, Young adult
Expected publication: April

10th 2018
 Casey Pendergast is losing her way. Once a book-loving English major, Casey lands a job at a top ad agency that highly values her ability to tell a good story. Her best friend thinks she's a sellout, but Casey tells herself that she's just paying the bills and she can't help that she has champagne taste.



Chaser (Dive Bar #3)
Author: Kylie Scott
Genre: Romance
Expected publication: April 19th 2018

Given his well-earned bad boy reputation, Eric is having a tough time scoring.. When single Jean moves to town, she seems heaven sent by the sex gods. Only problem is, she not only wants nothing to do with him, but it turns out that she's pregnant....



Leah on the Offbeat
Author: Becky Albertalli
Genre: Contemporary literature, Young-adult fiction
Expected publication: April 24th 2018

Leah Burke girl-band drummer, master of deadpan, and Simon Spier's best friend from the award-winning Simon vs. the Homo Sapiens Agenda takes center stage in this novel of first love and senior-year angst. When it comes to drumming, Leah Burke is usually on beat but real life isn't always so rhythmic. An anomaly in her friend group, she's the only child of a young, single mom and her life is decidedly less privileged.

Must Read

Maggie & Abby's Neverending Pillow Fort

Author: Will Taylor
Genre: Fantasy, Children
Expected publication: April 3rd 2018
 Six. Weeks. That's how long Maggie's been waiting for her best friend and partner in crime, Abby, to come home from Camp Cantaloupe. Half of summer break may have been lost, but Abby is finally heading back.





Selena Gomez And Justin Bieber On Break Again

Selena and Justin decided to take a break mainly because of Selena's mom and her disapproval of Justin. Justin's family loves Selena, but Selena's family has put her in a very conflicting spot because they still don't trust Justin. Selena has tried to convince her family that Justin has changed but her family just isn't budging right now. It seems like they are living totally separate lives, Selena has been spotted having tons of fun in Australia, while Justin has been hanging around town with a model named Baskin Champion. Even though Baskin was seen in his Lamborghini the morning after they were spotted hanging out, there isn't anything serious going on.



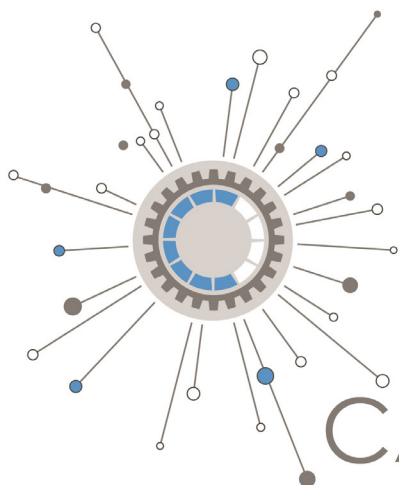
Singer Bobby V Is Reportedly Under Investigation For Raping A Woman In Georgia In The US

The rape allegedly took place last week and the woman is explicitly named the Slow Down singer in her report to the police. Representatives of the 38-year-old artist deny the accusation and claim it's "a weak extortion attempt." Last year a transgender prostitute accused Bobby V of skipping out on paying for sex. A video went viral on social media of Bobby with the alleged prostitute but the singer denied the allegations and claimed the woman took the video in order to extort money from him.



Zodwa Wabantu Posts That She's Getting Married And People Want To Be Invited

In a recent Instagram post, the controversial Zodwa Wabantu announced that she and her boyfriend were getting married. Now, considering how young her boyfriend is and how much she loves to play on social media - maybe Zodwa was just kidding around. Her comments section was absolutely lit after she posted a picture of her and her boyfriend with the caption: "Ngyashada" (I'm getting married). Now, of course, with a post like that, people added their two cents. Zodwa hasn't said anything further about this, but we have a feeling she's just joking. Until we see a ring on that finger we'll just assume that Zodwa just wanted people to talk.



Our Services:

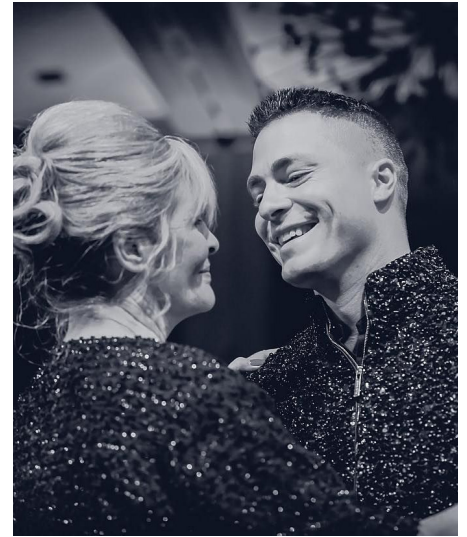
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OTR II



Colton Haynes Mourns The Death Of His Mother In Emotional Tribute

Colton Haynes-Leatham has some heartbreaking news to share with his fans and followers. The Teen Wolf and Arrow star announced on Instagram that his mother Dana Haynes had passed away. "Today I lost my best friend, the love of my life...my momma," Colton shared with a slideshow of memories with his mom. "Words can't express how incredible this woman was. I have so many things to say but I'm in a state of shock." He added, "I will always love you momma. RIP my angel." As soon as the announcement was made, friends including Paul W. Downs, Michael Turchinart and Amelia Gray Hamlin shared their support in the comments section. Earlier this year, Colton opened up about his mom's declining health in a social media post. As it turned out, Dana had been in and out of the hospital since January. "The doctors suggested that we now focus on my mother's quality of life rather than quantity of life. It's heartbreaking. My strong mother has always been the anchor of this family and our best friend. Now we're being forced to say goodbye to her."

Fans Accuse Jay-Z And Beyoncé Of Copying Kanye West And Kim Kardashian

Jay-Z and Beyoncé are being accused of copying Kanye West and Kim Kardashian. The controversy all started on social media when the couple's On the Run II tour was announced. On March 12, Beyoncé shared a promotional photo for the tour on Instagram that shows the singer on the back of a motorcycle that Jay-Z is riding. In response to the picture, social media started making comparisons between Beyoncé and Jay-Z on the motorcycle and Kanye and Kim in the "Bound 2" music video. In the video, released in 2013, Kanye and Kim also cosy up on a motorcycle

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Self Commitment And Hard Work Pays

In this edition, we had a face to face interview with one of our local entrepreneurs who specializes in embroidery designs.

Tell us about yourself

I am Tiro Molefe, I was born on May 10, 1992 at Goodhope but am from Ramatlabama. I started primary education in Gaborone and finished it in Goodhope at Montshiwa Secondary School. In 2012 I went to study fashion and design at Barolong Vocational Training Centre and I completed it in 2014.

Where did you get the concept of coming up with a designing company?

There was a time when I was serving my attachment at Mokgabo Fabrics, they asked me to come back and work for them after I finish my school at BVTC. I started the work in 2013 and as I was working with them they asked me if I don't have any interest in opening my own business with their support. I wasn't ready I told them that I will come back for it and in 2015 I

parted ways with them. I went to work at Singh Holdings for a month and I joined Sidat Fashions. I started my own business in March 2017 which I named Molefe Creations.

What is the mission of your company?

To create a good quality for my customers and supply them with the best goods ever.

How many employees do you have?

I work with one temporary employee, who helps with designing suits and wedding gowns for the fact that am based in sports clothes, uniforms and protective clothing.

How do you advertise your business and products?

I have designed business cards, flyers and a business page in social media where I advertise my business.

Where is your company located and why did you choose that location?

It is situated in Shoshong by Bokaa

ward behind Choppies. The reason why I chose it is because during the times I used to work there in 2016, I noticed there is no competition and most of the customers urged me to open my own business and one of them helped me with finances, we decided to share the business and hired machines from March 2017 to December 2017 and finally managed to get our own machines. I use industrial electric sewing machines and I buy cloth from Boshu and Matseleng.

What is unique about your business?

If you take a look at most of the designers, they are more concentrated in fashion and wedding gowns and I am concentrated mostly in sports designs so much that people appreciate my work a lot. That's what makes my business unique.

Since you started the business, how is it going?

The business is good, even though sometimes I experience challenges like for school uniforms, school goes with terms which means I mostly see customers when school re-opens and during winter seasons.

I once came across one challenge in January, when I came back from holidays, I found out that thieves broke in and that month the business was affected so much that I couldn't work but fixed machines and replace the ones that were missing. Another thing is that electricity is unreliable in the village, but I found it useful to buy a generator which backups during power cut.

What word of advice would you give to our readers?

I can only urge people to stop relying on the government. Even if you save P100.00 monthly one day your dreams will come true out of that one hundred pula. Like I did, I bought second hand machines.

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The Young, And The *Gifted*

Miss Botswana has attracted hundreds of beauties across the country from its inception to the new millennium hence every aspect of the pageant attributes to the ideal support of a woman, a woman who has goals and knows her role in the society. The beauties continue to parade every year to get the crown. Celebrity World magazine team decided to have a moment of time with the reigning Miss Botswana 2017/18, a stunning young lady, enchanted with an amazing smile that melts the soul of many. She is Botswana's current beauty Queens, being the 51th Queen.

Nicole Lisa Gaelebale was born on June 30, 1991 in Mahalapye. She has two young siblings. She is an account graduate at Botswana Accountancy and also a student at Limkokwing University, studying Creative Multimedia. Since she started the pageantry journey she has been Miss Ledumang, Miss All Juniors Schools, 2nd runner twice, Miss Teen Africa Botswana. She also owns a crown of Miss Global Botswana 2012, represented Botswana at Miss Earth 2014 and in 2015 she won second place and scooped First Princess of Botswana. Nicole finally won Miss Botswana in 2017 and she represented Botswana at Miss World 2017 in China.

The former Miss Global Botswana and Miss Earth has proven that she is a force to be reckoned with when she was crowned Miss Botswana 2017/18 on September 28 at the UB sports arena. She said in an interview that she kick started the journey in the beauty pageantry at an early age of 10 when she was a student at Itumeleng Primary School. She

firstly joined Miss Botswana when she was 18 years in 2010 but she first got scouted in 2009. Her love for beauty pageants was inspired by her mother who she always joined in watching beauty pageants on television. That is how she learnt what pageantry was all about, she said it is not just about glitz and glamour unlike modeling, beauty pageantry is more of giving back to the society.

Her mother is her role model who works hard day to day and sacrifices to meet their needs. She motivates her every day to be a better person. Nicole said that the best thing that has happened to her is being a daughter to her mother, she is an amazing woman and she looks up to her every single day. She thanks God for giving her such a humble mother.

Nicole describes a beauty queen as someone who is true to herself, follows her dreams, kind, compassionate and cares more about others than herself. She is a bubbly and loving lady and she describes herself as always laughing even at the worst situations, a hard worker and very committed.

"I think every competition has its own difficulties, but I kept growing from each and every experience, but first experience is always the most important one because it is the one that introduces you what you're dealing with" she added. She continued to say that she cherishes the Miss Botswana 2010 competition and she does not think it was the toughest but it is her most memorable followed by the year that she got the crown.

To make it to the top, Nicole said she

The Gorgeous



competed, the judges chose her, she worked hard and she perceived. She never gave up on being Botswana Queen for the fact that she tried four times. The journey to China was so amazing to her; it was a dream come true even though she did not get the crown but made it in the top 40.

Giving back to the society goes hand in hand with helping one person at a time and there is no greater way

than that. It is easy for her to balance times between school and pageantry because she is doing what she loves both at school and pageantry.

She said the essence of a woman is the ability to forgive it is what she learnt, the older that she gets, she is always faced with so many challenges, and every day she has to forgive and forget and live with an open heart.

The most influential person that

Nicole would like to meet is Michelle Obama, she never dreamt she could be the first lady and it is a role that she walked in and made it work. She said she wants to know what goes through her mind every day, what keeps her going and what drives her. In future, she sees herself as that person who will help play a role in helping pageantry grow in Botswana and help the country to be a pageantry house. She further states that she believes that Batswana are beautiful, intelligent and they actually have what it takes to be Miss Universe and Miss World.

Favourite dish: No favorite food, I love food; as long as it is well cooked it is my favorite.

Favourite holiday: Anywhere as long as am with family and friends.

Motivational quote; I've lived with one word, BELIEVE! Honestly speaking whatever you believe you can do.

Typical weekend: On Saturdays am training kids at Diamond Pageantry Academy and Sundays I do my assignments.

"want the crown for the right reasons, don't want it for fame, and don't want it because of appearance and money. Hunt for it because you actually want to give back to the society, that way you will actually enjoy it."



NOELLO

Is At It Again!

Born Mooketsi Lethalerwa and commonly known as Noello, the young man featured here hails from Orapa. The well-built rapper visited the Celebrity World Magazine office to share his story.

Noello holds a Diploma in Sales and Marketing, he is also a soldier by profession. The motswakolista started his music journey with a hit song "when I grow up".

Noello has not been active in the music scene for quite some time, but he is currently working on his album and he has to make sure that all the logistics are good. The name of his upcoming album is *FACES*, which expresses some experiences people encounter in their lives. We should expect a mind-blowing hit from the album "skochochomela", which talks about a guy who wants to use someone's strength to step up the ladder. "It has a lot of features with a different sound, I am learning to work with different artists to bring unity in

the music industry and develop my fan base," he said.

He explained that *10 haters 2 friends* (turn haters to friends), refers to the fact that in real life there are a few friends or people who wish you well and at the same time it means "turn haters to friends" with your achievements. It was the first album which was produced by Risq Day Villi and Yours Truly, it features hit songs like *chameleon* which was the first single to come out of the project, followed by *sukiri jam*. The last single from the project was *magaolwane* which gained popularity and is still buzzing on radio stations; these are some of the singles that made it to South African drama *Rockville* as background. Together with the singles from his second album *10 haters 2 friends* was nominated for best hip-hop album at the BOMU awards 2012. The album *Pula* has singles like *oskabecha*, *Ghubu rap*, *lighters*, *yimmiwii* which managed to scoop a BOMU award for best hip-hop motswako.

The poetic rapper has an enormous bond with A.T.I.; he added that they are more like brothers, as they have been friends before he settled in the music industry.

Who is the radio presenter that you banged?

Noello: Wow! It's not like I did that, it's just like in a situation whereby you can have a relationship with someone who is working in an organization and it doesn't give you a positive reward and things don't work out, otherwise there is no one I banged...haha...

Word of advice to upcoming artists:

"Yah...dreamers of becoming a singer, you have to do this with love passion and be smart, because the music industry is not an easy thing. Don't love it for the love of money and fame, work hard to reach the limits. It's a business yes, it has to bring money but don't be dragged by money".

"Mangalisa"



How I Became A Singer-DJ

Mangalisa Mbebe aka DJ Smax grew up in Mochudi but is now living in Gaborone. He is a rapper, club DJ, song writer and does a bit of producing. Mangalisa grew up listening to gospel music with the influence of his parents.

He joined the music industry through his DJ career in 2008 after his sister's ex boyfriend who was also a DJ hooked him up. He then learnt from him for a period of three months. After which his parents bought him sound equipment.

The inspiration to join music started after Mangalisa hosted a session with his the then schooling friends at his house. They motivated him to carry on with his talent and he went online with the rhythms.

Last year he dropped a single for Bots51 called Celebrate. The song, in which he featured his sister Vuyiswa Mbebe went viral on Facebook. The work of this singer-DJ is about to start making waves in Botswana as he has made a kwaito single called Ntho tsa Kasi - produced by Teknoise. The song is about kasi lifestyle. Its video comprises of kasi and suburbs' lifestyle. The song is to be released before winter this year.

In the next coming chapter of his life, Mangalisa said that he will reach the limits as Africa is growing and Botswana's music is growing too. Currently he has worked with local rapper Apollo Diablo; they are also working on a single and anthem for his clothing record label. Mangalisa wishes to work with Dramaboi and Chef Gustos in future.

Mangalisa said that challenges in the music industry are there and need to be tackled; adding that since he started this career, there are less shows to perform at, and this means there is less money getting back into their pockets. Besides music, he owns a record label called "Lyrical Injection".

Message: To the upcoming generation, let's work together, it seems like as artists we block each other, there is too much jealousy, but let's not pull down others and focus.

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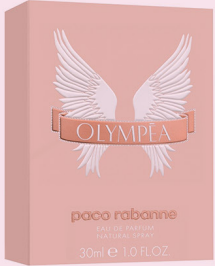
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The Best 7-Step Natural Hair Regimen for Beginners!

“Daily” natural hair regimen for beginners

1. Moisturize Your Hair girl:

- Mist your hair lightly with Water (You can use a spray bottle)
- Moisturize with you favorite moisturizer
- Seal with a oil (I Love this oils here as sealants)

2. Keep Your Style to Minimum Manipulation:

Choose a simple style (Re-twist, Re-braid, Puff it up etc...)
Not enough time? Keep your hair in a Protective Style and go have fun!

3. Night Routine

- Choose to braid, twist, bun or do the pineapple method on your hair then..
- Protect your hair at night with a satin scarf

4. Choose Your Styling Routine

What hairstyles will you do for the week/day or Month (if protective styling)

5. What's your wash day like?

Develop a Wash or Cowash routine for your hair

What's your Deep Conditioning Routine like?

- Don't skip detangling!
- Style as Usual (after wash)

6. Have you tried these Hair Treatments?

- Protein Treatments
- Clay Masks
- Hot Oil Treatments

7. Trims or Dusting

- Choose how often you will be getting trims
- Invest in good trimming sheers

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Tips On How To Raise Teenage Boys And Girls



CW magazine has compiled a list of tips on how to parent a teenager with as few conflicts as possible. Read them, try them and you'll understand what we are trying to say.

1. Talk to the kid:

If you are having a conversation with your teen and manage to get more than just a "yes", "no" or a sigh, bravo! And yes, a lot of times what seems like a decent chat with the teen can turn into a crazy argument at any moment. Such conversations are normal, as long they are not an everyday affair. Listen to what the teen has to say. They are growing individuals with an opinion of their own.

2. Be a friend:

To a teen, you should be a parent and a friend. Your teenager wants to be heard and understood, not judged. And to be able to do that, act like a friend. Listen to them, support them, have fun together and respect each other.

3. Sex, lies and alcohol:

Some of the most delicate issues that

you need to deal with teenagers are sex, alcohol and drugs. Of course, most kids dread discussing these topics with their parents. They'd rather talk about it with their friends or a confidante at school. And to avoid talking about them with you, they might develop another bad habit: lying. Sex, drugs and alcohol can easily tempt a vulnerable teen.

4. Choose your battles wisely:

With a teen, almost every conversation becomes an argument. So you need to be the adult and pick your battles wisely. Figure out the things for which you want to say 'no' and those which you should just let go.

5. Teen relationships – get to know their friends:

Relationships are among the many things that your teen is exploring at that age. Adolescence is the age where they build meaningful friendships that can last a lifetime. Your little girl or boy may also get attracted to the members of the opposite sex during this time, and explore romantic relationships.





Perfect Gifts For Grad-School Bound Students

In your undergraduate years at college, care packages, gifts, and financial assistance from family and people alike are frequent luxuries you cherish with all your heart. Family and friends want to do everything they can to make sure you have the smoothest college experience possible and it usually works out that way! Once you enter the graduate and doctoral world, gifts and helpful aid are less frequent, which can leave you feeling like the scary pressures of adulthood are suffocating you.

Are you an incoming graduate student or do you know someone who is? Check out list of five inexpensive, beneficial gifts that any grad student would love.

1. Gift Cards: While gift cards may seem like a thoughtless gift, they are very much appreciated by college

students! Whether the gift cards are to restaurants, stores, or even for online companies, they are definitely useful and can alleviate the stress of spending money.

2. Coffee Maker: College students run on coffee. Especially once grad school comes around and the academics become more challenging, coffee is a necessity in order to function. Perhaps their coffee maker is old and needs replacing or they just don't have one; regardless, a coffee maker is a great gift for grad students. They're inexpensive, useful, and last a while.

3. Motivational Supplies: Grad school can be tough and sometimes we can get discouraged when things don't turn out how we want them to. Sometimes, you just need a mood booster to help push you

through that hard day/week/month. Motivational supplies like sticky notes, folders, notebooks, pencils, etc. are inexpensive ways to keep you inspired and positive while in school. They will always have nice messages like "Keep Calm and Carry On" or "I Can Do This," things that you may already know, but a visual aid always helps.

4. Toiletries: As an adult, sometimes the things we need are the most obvious necessities but they often slip our mind. Items such as deodorant, shampoo/conditioner, toilet paper, soap, and socks are perfect gifts for any grad student because no matter what, they will always need these items and will be wishing they had them once they used them up.

5. A New Backpack: So your backpack has been through a lot. Two years ago you spilled spaghetti on it and the stain never really came out, or you used it on a camping trip and the mud tracks have stuck to it like glue. Throughout the years, backpacks can get run down but no one really wants to get a new one. A new backpack can be a perfect gift for a grad student: it will be useful, there are ones with cool pockets for tablets and laptops, and they're a thoughtful and inexpensive gift.



What Is Diaper Rash?

Diaper rash is a generalized term indicating any skin irritation that develops in the diaper-covered region.

What Causes Diaper Rash?

First and foremost is “irritant” or “contact” dermatitis. Skin involvement may vary from mild redness (similar in character to sunburn) to erosion of the top layers of skin.

Skin infections compose the next most common category of diaper rash. Bacteria and yeast/fungal are common causes of diaper rash. Generally both of these types of infections tend to result from a disruption of skin integrity and overwhelming the natural defense mechanisms of skin in this diaper region. Allergic reactions are a less common cause of diaper rash. Commonly proposed allergens are fragrances and components of the diaper and wipes.



Signs And Symptoms

Most commonly, the involved skin is red and may or may not have erosion of the superficial skin layers. Pustules or small blisters may be present. If the irritated skin is sensitive, diaper changing may be mildly uncomfortable to the child.

Home Remedies For Diaper Rash Include:

- Air exposure (such as no diaper for short time periods),
- Extra bathing (10-15 minutes in warm water),
- Petroleum jelly (Vaseline) and zinc oxide (Destin) are often helpful.



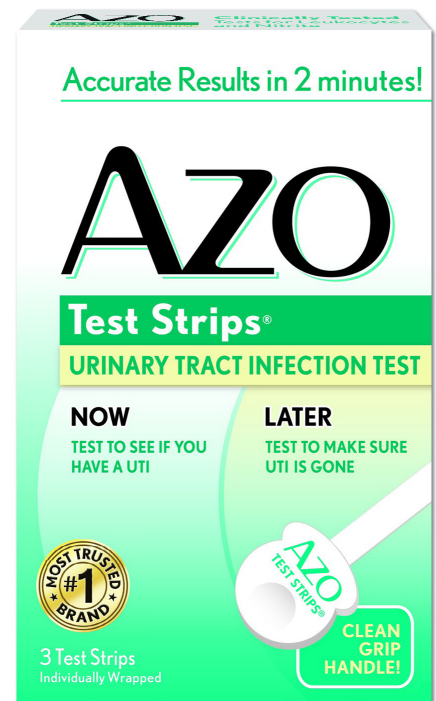
Medical Q&A

How Are Silent UTIs Diagnosed and Treated

If you're suffering from a silent UTI, there are a number of things you can do to diagnose it, treat it effectively, and prevent a future episode. You can diagnose a UTI with an at-home urine test, like AZO UTI Test Strips. If it's positive, see your doctor for confirmation.

Are There Any Benefits Of Apple Cider Vinegar For UTIs?

Apple cider vinegar is widely known and used for its amazing health benefits, and it's a natural remedy for UTIs, too. Its acidifying nature is great at clearing UTIs, and helps prevent bacteria from spreading, stopping the infection before it spreads to the kidneys.



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good whiskey, take him to a whiskey tasting. If he is into cars, take him to a car show. You show that you care about his interests and are willing to explore them with him, which says a lot about how you feel about him. Don't be surprised if he reciprocates with a similar date based on your interests in the future.

Buy Flowers

Traditionally men buy flowers for women, but why can't that gesture go both ways? Men like having their apartment lit up with beautiful sights and smells too.

Uncommon Romantic Gestures That He'll Love

Bring Home Something

You've been out with the girls all night but are crashing at his place, or perhaps you live together. On the way home stop by that quick shop he loves and grab something for him. He may not necessarily be hungry but he will love that you thought of him.

Get That Broken Thing Fixed

It could be that watch that needs a new battery or the defunct zipper on his favorite messenger bag, but when you spot that broken item sitting in his apartment scoop it up. These are often low cost fixes. It's the sort of thing that is just inconvenient enough that a guy won't do for months since it's not a priority, but will be so thankful that someone else did it for him. He'll always think of you when using it thereafter.

Framing Writing He Loves

He loves that one song way too much, or he sent you a poem earlier on in your relationship. Whatever that meaningful collection of words may be, transform it into a simple piece of art. You can calligraph it yourself, or have it printed in a strong font on good paper. Slap a simple black frame on it and it's a personalized piece of art that he will love.

Homemade Cards

He just checked into the hotel for a trip away. He already misses you. He opens his luggage and on top of his clothes is a handwritten note from you saying just how much you love him. His heart will melt and he will keep it in his bag for years to come. Any sort of homemade card, for anniversaries, birthdays, or just because is a very sweet gesture. Don't be surprised if he squirrels your card away; most men have a designated place for such treasured items.

Order Him A Single Malt

You're supposed to meet at the bar. He's running late and feeling stressed. Your phone lights up with a text: "Will be there in 5, sorry!" Order him a good drink, on you. If he's more into beer, select something unique for him. It's super sweet that you know his drink order. And if you can take it up one notch price-wise to something he would not normally order for himself, but is in that same wheelhouse, he'll be charmed for sure.

Passion Date

Surprise him with a date night, but don't tell him in advance what you're going to do. Base the date on one of his passions or interests. If he loves a





Ask Babu

How To Survive Being A Widow

Widowhood touches every part of your life. If you are to survive as a widow your spirit has to heal and find its way in this new existence. As you deal with gut wrenching waves of emotion you also have to deal with the everyday tasks of living. Responsibilities that once were your husband's are now yours. You now wear all the hats in your household. How do you survive being a widow?

I have been a widow for 2 ½ years.

It has gotten easier but there are still days where waves of sadness fill my heart and I long for our life together. No one knows the pain that fills your heart. No one knows how many times during the day that your thoughts are of the love of your life. No one knows the emotions that you struggle with daily. What I do know is that this is the hardest thing that I have ever had to do in my life. I am determined to make my husband proud; I have poured my energy into my writing and I pray for continued success.

If My Boyfriend Doesn't Want To Spend Any Money On Me, Can I Believe He Really Loves Me?

That depends on what you mean when you say he never spends his money on you. He might not have the money to buy lots of lavish things but

may feel absolutely devoted to you. He may have the money but be a bit miserly about how he spends it on anyone, and still be devoted to you. The money that someone spends isn't a measure of love. Consider two very poor low income people who can barely make ends meet but are utterly in love vs. a rich man buying expensive prostitutes. The latter might be spending lots of money on someone but it's hardly the most loving relationship. Never define how much someone loves you by the amount or value of gifts they give. Instead, watch their actions. Different people show their love in different ways.

I am a 29 Year Old lady. I Love My Boyfriend But Worried Because He Doesn't Want To Get Married Despite Living Together For Six Years. Everyone Says We Are A Great Couple, But I Keep Having Doubts. Should I Leave Him?

Having been in a similar sort of relationship I can certainly sympathise here. I think at 29 you need to sit down and make some very hard decisions. If you leave him then you'll need to start all over with someone new. Your current boyfriend "is" making the proper steps into making this relationship more but he is taking it one step at a time. I feel that he does want to marry you but simply just isn't

ready for that yet. Most people today are waiting to get married because of how many young marriages have failed. There is nothing wrong in wanting to be fully established before marriage. You feel this way because you are ready for marriage and his words are not something you wanted to hear. The only thing you can do at this point is to either accept this pace or not to accept it.

Reasons Why Your Girlfriend Doesn't Want You To Touch Her Phone

Seeing how our phones have become virtual extensions of our lives, it is no wonder that people guard them more fiercely than ever. However, you would think that once you are in a relationship, those walls can be torn down. Not that she is cheating on you, either. If you cannot fathom why your girlfriend will not let you near her phone, we give you an insight. Although she might not have anything on her phone that she does not want to show you, her reason for not doing so might seem more from feelings of being monitored and trust issues. The line between trust and mistrust is not that thin, but you are pushing it if you keep asking her for her password. Believe it or not, even girls need their private space.

Janet aged 40, Malawian trustworthy woman who can work as a wife is looking for a life time partner. She is a trusted woman that is independent, kind, friendly and loves whole heartedly. She is willing to have kids with her future man.

hi guys...I'm looking for a relationship with a white older man who will take care of me and my needs...and I'll do the same...please reply with your number here. Please be serious and make sure you can afford my life style...

I want a guy who values my presence and does not take me for granted. Someone who is caring, loving, sense of humor, loyalty, good listener, someone

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who can hold a good ... I am 35 years old and I live in Mafikeng.

Hey I am a young black female seeking a relationship with a mature guy. I am looking for someone serious, someone employed and who has his own place, someone who is financially stable and lives a high lifestyle.

Hi, I am a sweet loving person looking for a responsible white woman. I am a gentleman of African decent, tall, slim, and dark. I am looking for a partner to spend my adulthood with. It must be a woman who already has children.

I am a 52 year old divorced Motswana lady. Looking for an Indian or white gentleman who is decent, honest, clean with good values and morals. He must be single divorced or a widower with no strings attached. Please respond with contact details and a picture. Thanking you in advance.

Hi, I am a black student, seeking for someone to help me financially. I m have a slim body. I'm looking for a hot man; hope to find one here, he must be tall. Please reply with a picture.

I'm a black lady of 30years looking for a guy from age 32 and above. Please be smart and disease free, he should be from Botswana. Only serious man please can reply here.



How Getting Married Changes Your Mindset About Money

Realize You Now Have Built-In Accountability

Once a couple is married, there is a sense of financial accountability and responsibility to their partner. It becomes even more difficult to rationalize those impulse buys, the over-the-top weekends away with friends, or P100-plus happy hours when your spending affects another person. Whether you're a double or single income couple, have children or don't, being on the same page as your spouse with how you spend money is essential.

Educate Yourself On The Legalities

While dealing with legal issues like life insurance, wills, and retirement may seem boring, it's a big part of transitioning from a single mindset to a married one. Be sure that you

both have life insurance policies, especially if you have a large amount of outstanding debt like a mortgage, or long-term expected childcare costs. Sit down and talk about your retirement goals, and if you're on track to get there.

Compromise Is Key

You and your spouse are going to have different views on how to spend and save money. Try to keep in mind that you were both raised in different households that likely had different spending habits and attitudes toward money. Changing your money mindset with marriage is all about finding a middle ground that makes you both comfortable.

It Won't Always Be 50/50

Just like in your marriage, nothing is ever going to be split exactly 50/50.

There will definitely be fluctuations in earnings, due to things like job loss, changing fields, having children, or just differences in earning power based on your chosen fields. One partner may decide to go back to school to increase earning power in the future, leaving the other to keep earning and support the family.

Remember You're On The Same Team

At the end of the day, it's absolutely essential to remember that you're on the same team. Being married is more than just an emotional partnership; it's a legal and financial partnership, as well. Whether or not you see things the same way when it comes to your marriage and finances, you're a team and it will only help you in the long run to act like one especially when it comes to your finances.

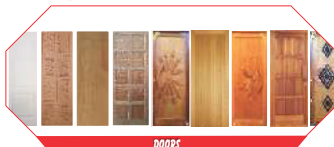


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How To Prepare Your Emergency Fund

When it comes to your finances, you should always be prepared for the unexpected, and this is why you need an emergency fund. The best thing you can do for yourself is prepare for emergencies that require access to additional money.

1. Map Out Your Monthly Expenses

It's ideal to keep between three to six months of living expenses set aside in your emergency fund. This is the first step you need to consider when preparing your emergency fund. Be sure to consider both fixed and variable expenses when determining how much you need to set aside. The following are categories of some fixed and variable expenses you need to consider: housing expenses, insurance, taxes, debt repayments, healthcare, childcare, personal living expenses and transportation.



2. Start Accumulating Funds for Your Emergency Fund

If you don't have an emergency fund set up yet, or you find it difficult to save money the key is to start small. Accumulating one month's worth of expenses will take some time, but if you set your immediate goals to be small and manageable you will have a better chance to reach them. The best way to get started would probably be through your bank.

3. Set up Your Emergency Fund Savings Account

You want your emergency fund to be easily accessible at any time. You should start with a savings account because it is simple to use and generally does not cost anything. The convenience factor is what is important when getting started. As your account grows you can find an account that earns reasonable interest so that your money is working for you.

By following these three steps, you'll be well on your way to being prepared for any situation that results in an unexpected financial loss.

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Ways To Fill Your Kitchen Nook With Style

Making the most of the space you have holds true for every room of a home, especially the kitchen. When every square inch counts, it's important to maximize the area with both form and function. Enter these smart and stylish solutions for decorating the little nook in your kitchen;



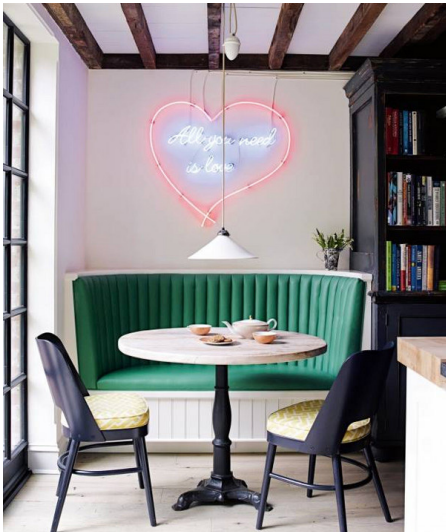
1. Packing in style into one little nook clearly has its benefits. The eclectic yet utterly captivating pairing of the green booth and pink neon sign is pure perfection.



3. Outfit the little rustic kitchen cove with a lengthy dining table and a handful of patterned pillows for a colorful pop.



5. Elevate the typical bay window setup by decking the area with patterned pillows and a compact kitchen table.



2. This clever piece combines the kitchen table and seats all into one very style-savvy nook.



4. When your kitchen nook also doubles as the most stylish part of your home, there's no room for being modest with the design.



6. Pair the space with an intricate wallpaper pattern in a vibrant color scheme to really help the nook stand out!



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How To Make A Diy Tufted Headboard

The perfect headboard is within reach. Create a one-of-a-kind piece—and save money in the process—by doing it yourself. Make this DIY tufted headboard in just an afternoon.

A master bedroom deserves an eye-catching pop of color and style. This soft yellow tufted headboard is relaxing, but any color can be substituted. Try a white tufted headboard for a whimsical touch, or a steely gray tufted headboard for a more masculine look. You can make it yourself with our instructions. Simply follow the steps below to give a DIY tufted headboard a try.

What You Need

1/2-inch plywood cut to 48×66 inches (Ours fits a queen-size bed. Check your measurements for a king tufted headboard.)

2×4 boards, two 66 inches long and two 44 inches long

2×8 boards, two 60 inches long and two 12 inches long

Screwdriver and screws

Two 12×60-inch pieces of medium-weight chipboard

Staple gun and staples

Drill with 3/8-inch bit

2-inch-thick upholstery foam

Spray adhesive

Upholstery needle

3 yards of 54-inch-wide upholstery fabric (Go full luxe with a tufted velvet headboard!)

Button-cover kit and buttons

Upholstery twine

Step 1: Build the Frame

To create the frame, reinforce plywood by attaching a 2×4 frame to the back (66-inch lengths across the top and bottom; 44-inch lengths down each side). Add wings by screwing 60-inch 2×8 boards perpendicular to the 2×4s,



flush with the top of the plywood. Add legs by attaching 12-inch 2×8 boards to the 60-inch 2×8s below the plywood.

Step 2: Start Stapling

Staple the outside edge of the chipboard, which you can find at art and shipping supply stores, along the inside edge of each wing. Curve the board and staple the other edge to the plywood.

Step 3: Drill the Holes

Measure and mark the desired hole placement for tufting on plywood and chipboard. Drill all the holes.

Step 4: Attach Foam

Cut foam to fit the top and legs, and attach it with spray adhesive. From the back, poke an upholstery needle through the tufting holes, and cut each hole with scissors.

Step 5: Attach the Buttons

Use the button kit to cover half of your buttons with headboard fabric; the

other half of the buttons will be used on the back of the headboard.

Step 6: Place the Fabric

Place fabric across the headboard and around the wings with at least 10 inches overlapping on all sides. To cover the legs, add a panel of fabric to each, folding the top edge under to create a straight seam.

Step 7: Create the Tufts

Thread twine onto the needle, adding an uncovered button to the end and knotting in place. Starting with the middlemost hole, push the needle from the back of the headboard to the front, pulling the button tightly in place in back. On the front, thread the needle through the hole on the back of the covered button, loop around, and return through the hole in the headboard to the back side. Pull the button as tight as possible, and tie into a secure knot. Repeat this process for remaining tufts. Staple excess fabric snugly in place around the back of the headboard.



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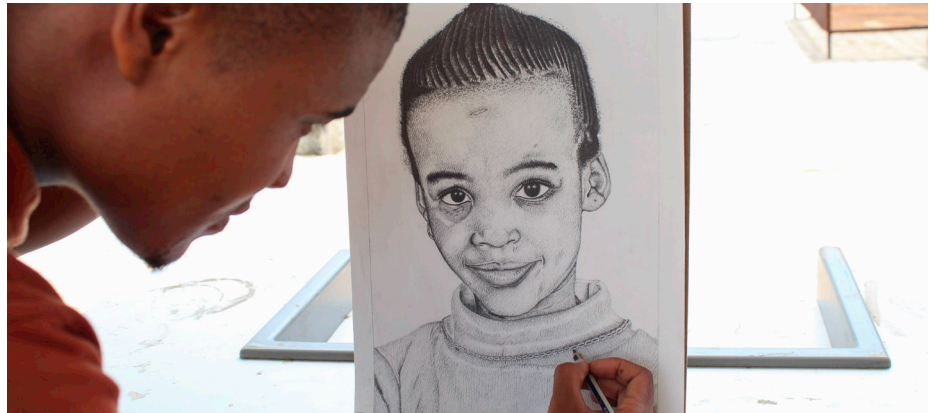


The Power Of A Pencil

He is a mastermind artist who uses hands to create delightful portraits with pencil. With every picture he creates, there is a customer waiting to take it. Celebrity World team caught up with Phenyo Motawana to know more about his artistic life.

The fine art artist, Phenyo Motawana studied Electrical and Electronics Engineering at New Era College. He began his art career when he was at junior school. After realizing his talent in art, the passion for it started arousing and it amplified more as he scooped second position during an exhibition for Junior Schools Competitions.

The fine art he is doing is based on portrait, a drawing which depicts only the face or head and shoulders. Phenyo makes ends meet by doing art since he is unemployed. He spends most of his time drawing and gets paid in return. He said in an interview that school obstructed him to enter the presidential competitions and he has not made it to try his luck.



His uniqueness in art is that, he is mostly concentrated in family portraits. He trusts the power of faces, shading, story, and relationships; his work defines and serves the art of the photo portrait. Phenyo has many orders coming in, unlike the time when he started his career. He studied photography which he combines with art.

"There are lots of people who motivate me, when I started the mastermind of portrait, there was this other guy called Modise, we schooled together and he

did portrait too. He is the person who I was always close to every time he was drawing. I would say he is the one who motivated me to be in this industry", said Phenyo.

Phenyo manages a Facebook page called Photoartist by Phenyo, which he uses to advertise his business.

Email: pmotawana4@gmail.com,
Facebook page:
Photoartist by Phenyo
Call / sms or Whatsapp at +267
72670766

Ways To Create A Backyard Getaway

Try these ideas to turn your backyard into a relaxing outdoor oasis.

Dress Up Your Deck

Make your deck a destination by defining different activity zones within the space. Multiple levels carve out spaces for dining and relaxing on this deck.

A pergola covered with luxurious vines and an abundance of plants in containers bring the surrounding garden up onto the deck and help blend the structure into the landscape.



Add an Outdoor Kitchen

If you grill at least twice a week from spring through fall and if you love eating outdoors, you need an outdoor kitchen.

You don't need a fancy grill, but a countertop for food prep and conveniences such as closed storage and a separate



side burner will greatly enhance your outdoor cooking experience. Add a refrigerator and sink to make preparation and cleanup even easier.

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3.0mtr to 6.6mtr

I.B.R. 0.58 MM
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Household Cleaners You Already Own

Coffee Grounds

Use your morning pick-me-up to eliminate odors in the fridge. Simply place coffee grounds, new or used, in a bowl on a shelf. Replace them every two months for a fresh, slightly caffeinated smell.

White Vinegar

Keep your dishwasher extra clean with white vinegar. Pour ½ cup into the detergent cups and run the empty machine for a complete cycle. Cleaning tips: you can also use a few tablespoons of powdered laundry bleach, Tang or lemon-flavored Kool-Aid (it must be lemon) for the same results.

Ice Cubes

It won't be a pretty sound, tossing ice cubes into the garbage disposal break up grease and keeps it clean. Every few weeks, toss in a handful of cubes, turn on the disposal and run cold water. Add some orange, lemon or lime peels to ward off odors.

Sponge and Baking Soda

Use this classic combo to get rid of scuffs on vinyl flooring.

Lemons

Harness the power of citrus to clean your microwave. Cut a lemon in half, squeeze juice into a small bowl of water, add both lemon halves and place in the microwave for five minutes. The fresh scent eliminates cooking odors, and condensation from the steam loosens random splatters that have hardened. Wipe away the loose stains with a damp cloth.

Homemade Cleaning Products: Dish Soap



It may lack bubbles, but this homemade liquid dishwashing soap works just as well as the store-bought stuff!

Prep: 2 min.

You'll Need

- Funnel
- Measuring cup and spoon
- 24-oz. squirt bottle (or empty dishwashing-liquid bottle)



Ingredients

- 2/3 cup liquid castile soap
- 3 tsp. vegetable glycerin
- 5 drops tea-tree essential oil
- 20 drops lemon essential oil
- 1 1/3 cups water

Instructions

Using funnel, pour soap, glycerin, tea-tree oil, lemon oil and water into bottle. Shake well to emulsify. Place soap beside sink and use on dishes and hands. This fragrant formula also will clean your kitchen countertops beautifully.



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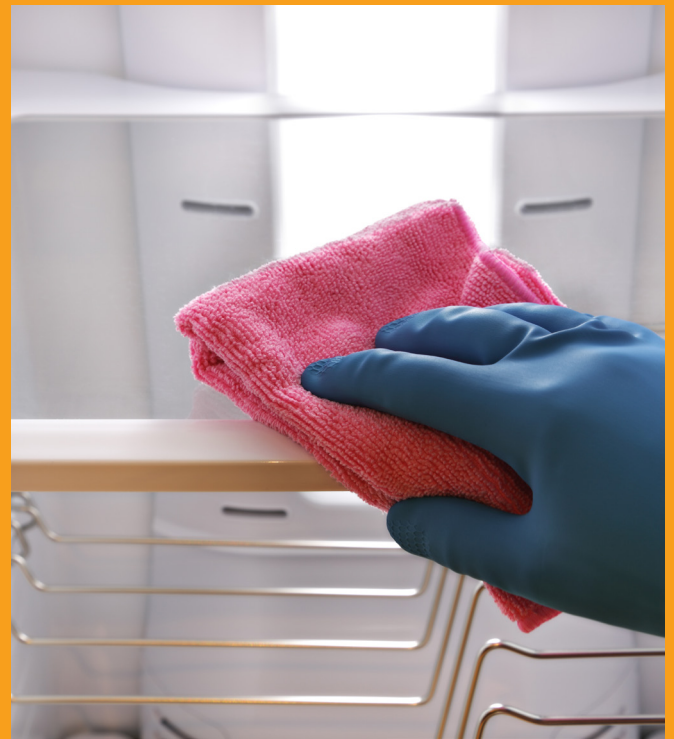




Make Your Stove Sparkle

Our Recommended Method:

To clean your cooktop, wait until your stove is cool. Remove drip pans and soak them in warm, soapy water. Spray the surface with an all-purpose cleaner or vinegar-and-water solution. Wipe it with a sponge or clean cloth. Then, wipe the excess with paper towel. Use a baking soda paste on tough spots, and wipe with a damp sponge. Dry the surface with towel and replace drip pans.



Clean Out Your Refrigerator

Our Recommended Method:

To perform your monthly refrigerator cleaning, start by wiping the interior of your refrigerator. Sanitize your refrigerator drip pan, and wipe compartments with a solution of 2 tablespoons of baking soda and 1 quart warm water. Wash the shelves in your sink with warm water and a mild soap or detergent. Rinse and dry shelves before replacing. Then, wash the door seals with water and a mild detergent.



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Dj Keymaker



Birth Name: Bokamoso Kebasitile

Date Of Birth: 24 November 1994

Music Genre: Afro House Music

Dj Keymaker studied music at junior school where it was part of his subjects. He passed the subject with grade B and continued his love & passion for music at Cambridge level. Music became his everyday meal as he started developing the love for mixing songs & doing mix tapes. He started deejaying in 2012 and learned more about music as he was shifting to a new field. He then started participating on battle of DJs mixes which was in Radio Botswana 2 night crawlers show. The mixes received a positive response and Dj Keymaker was selected on a midnight show (Club 180 Experience) on Fridays & Saturdays (2014 - 2015). Currently, Dj Keymaker is mixing on Rb2 FM Night Crawlers Show (Fridays & Saturdays).

Stage Name: Dj Keymaker

Occupation: Disk Jockey/Musician

Place Of Birth: Motshegaletau

For Bookings: Email: bkebasitile@gmail.com Cell: +267 77669971



Tyro-The Voice Behind Legae La Metshameko

Celebrity World magazine got in touch with the number one radio personality, well known for sports commentating with his most used slogan "A hulaaaa...", Tiro Lepotokisi. Here is what he shared with us;

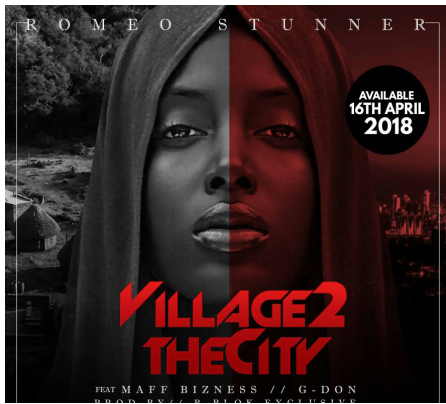
I was born Tiro Oteng Lepotokisi. Now my industry name is "Tyro the Legend" because am at the legendary stage of this industry. I hail from Thamaga, raised with one sibling; a younger brother. I'm

a humble perfectionist, reserved, optimistic and fearless individual. I studied Electrical Engineering and Electronic majoring in Electronics at University of Botswana, which I completed in 2002. I am currently writing a book entitled "My talent, the birth of my enemies".

My journey of sports presenting started in the United States of America where I used to have a vacation job through my brothers connection in 2001 as sport

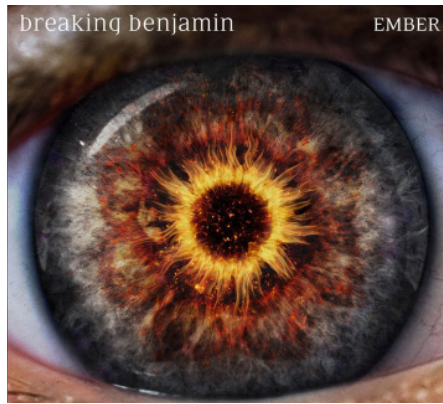
reporter for a college station called KBGA Missoula FM in the state of Montana. I also did club Deejaying and met DJ Kowax who connected me to KJRB in Spokane, Washington State. In 2003 I was employed by the then Information and Broadcasting under Radio Botswana Engineering section. As I was introduced to staff members one senior officer (Radio Legend) Margaret Modise was quick to pick something in me and said that voice is for Radio Broadcasting not Engineering. She then started pushing me to do voice-overs for promotions and adverts. Then I started doing analysis for RB2 sports show and five minutes morning updates for RB1. I was then given a Saturday morning slot for RB2 sport and then deployed to RB2 to do the Saturday morning sports show "Legae la Metshameko". In late 2003, I successfully auditioned for radio commentary.

As a sport presenter, my role is to host a sport programmer, interview people (all stakeholders in sports) when the need arise and to report on issues and events relating to sports. Besides sports presenting and commentating, I do engineering job which is mainly to ensure that both RB1 and RB2 stations are running properly and to provide for live outside broadcasts. Balancing time... (Giggles), it could have been easy but it proved difficult during the time when I wanted to make a mark in the industry. It brought about conflict as I was managed from three different sections, engineering felt I was devoting more time to sport but then I believed it was just lack of understanding..... In the next 3 years I should be having my own TV show and I have also started mentoring upcoming reporters and the ultimate goal is to have my own sports channel.



Artist: Romeo Stunner

Single: Village to the City
Release Date: April 16, 2018



Artist: Breaking Benjamin

Album: Ember
Release Date: April 13, 2018



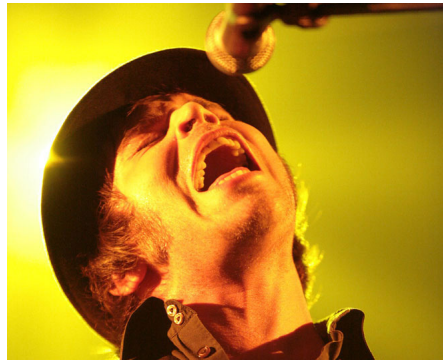
Artist: Janelle Monáe

Album: Dirty Computer
Release Date: April 27, 2018



Artist: Jess & Matt

Album: Songs from the village
Release Date: May 4, 2018



Artist: Gaz Coombes

Album: World's strongest man
Release Date: May 4, 2018



Artist: Samantha Jade

Album: Best of my love
Release Date: April 20, 2018



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Kylie Ann Minogue

Kylie, the pride of Australia, is a renowned singer-songwriter and an actress. She started her career at a very young age with Australian television series like: 'Skyways', 'The Sullivan's', 'The Henderson Kids' and 'Neighbour'. It was 'Neighbour' that helped put her on the centre stage when an English record company decided to give her a break. She has given many hit albums to the world, like: 'Kylie', 'Kylie Minogue', 'Fever', 'Rhythm of Love', 'Body Language', etc. She has worked in many movies as well. Her concerts are considered to be iconic and she is a style icon all over the world. Her energy and conformability in sexually portraying herself has led people and media to constantly compare her with Madonna. Where Madonna is known as the 'Queen of Pop', Kylie is called the 'Princess of Pop'. She has been a victim of breast cancer and fought with it bravely and survived. After her recovery she made it a point to talk about her fight with cancer to the media to give more courage and inspiration to the people struggling with cancer.



Tristan Trevor James Thompson

Thompson is a Canadian professional basketball player for the Cleveland Cavaliers of the National Basketball Association (NBA). He represents Canada in international competition. Thompson won an NBA championship with the Cavaliers in 2016. Thompson averaged 13.1 points and 7.8 rebounds per game for the Texas Longhorns in 2010–11 as he won the team's Most Valuable Player award, as voted on by his teammates. Nationally, Thompson was one of five finalists for the Wayman Tisdale Award, an honor given to the National Freshman of the Year by the U.S. Basketball Writers Association. On November 2, 2017, Thompson was ruled out for three to four weeks with a left calf strain that he suffered the previous night against the Indiana Pacers. On December 12, 2017, he played in his first game since November 1; he went scoreless and didn't have a rebound in 6 minutes against the Atlanta Hawks.

Romee Strijd

A Dutch fashion model. In 2011, Strijd signed with the DNA Model Management agency. On March 17, 2017 she announced via her Instagram that she is now represented by IMG Models Management. She has appeared in editorials for British, German, Spanish, and Dutch Vogue, French and Dutch Elle, Spanish Harper's Bazaar, Dutch Marie Claire, and French Madame Figaro. In 2014, she was chosen to be one of the newcomers at the Victoria's Secret Fashion Show. In 2015, Strijd (born 19 July 1995) became a Victoria's Secret Angel. In March 2017 she announced that she was now represented by IMG Model.



Rob Kardashian

He is known for appearing on Keeping Up with the Kardashians, a reality television series that centers upon his family, as well as its spin-offs. Kardashian also competed in the thirteenth season of ABC's Dancing with the Stars, during which he placed second. Rob and his siblings derive most of their revenue by endorsing products such as Coca-Cola, for which they are paid. Kardashian was born March 17, 1987 in Los Angeles, California, United States. Kardashian was a contestant on season 13 of Dancing with the Stars; he has also taken on several business ventures.



Tammy Hembrow

An Australian Instagram star and fitness expert with over 4.2 million followers on the popular photo sharing website. She also has huge following on YouTube. She posts pictures and videos of her amazingly fit body and shares with her fans her fitness goals. She earned fame after documenting her fit pregnancy and her booty program and highlighted the same through social media. Tammy Hembrow is a proud mother, entrepreneur, Gymshark athlete, and fitness mentor. Even though she was interested in sports as a child, she later gave in to bad habits and started to lead an unhealthy lifestyle as a teenager. However, once she learnt about fitness and proper nutrition, she started working out regularly. She started her fitness journey and posted her progress on her Instagram account. She had a decent fan base on Instagram. Born on April 22, 1994, Tammy lives in Queensland, Australia with her fiancé Reece Hawkins, who is also her personal trainer. They have a son and a daughter. Growing up in rural Australia, Tammy decided to travel to countries like Malaysia and Switzerland to experience urban life.



Tristin Mays

Growing up in New York City, Tristin was with the Ford Modeling Agency where she quickly became one of the top child models in the country. She would later land several national commercials such as Kraft Cheese, Play Skool Kool- Aid, Sunkist, Ross, McDonald's, and "The Lion King" as "Young Nala". Her television credits include a starring role as "Shaina" on Nickelodeon's "Gullah Gullah Island", "Everybody Hates Chris" as "Jenise Huckstable", and the multi-personality bully, "Bernice", on Nickelodeon's "Neds Declassified". She also appears often on Destiny XD's "Zeke & Luther" as "Hailey", Disney XD's "Kickin' It" as "Vanessa Love", and "Victorious" as "Sherry". Tristin was once in a singing group called "Jane3". The group was signed to Jive/Zomba records with a single produced by T-pain and Marques Huston called "Screensaver". Tristin's most recent work includes a starring role as "Isabel Schez" in "Thunderstruck", alongside Taylor Gray and NBA star, Kevin Durant. She also stars in "House party- tonight's The Night" as "Autumn Rose".

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Okavango Delta

The Okavango Delta in Botswana is a very large, swampy inland delta formed where the Okavango River reaches a tectonic trough in the central part of the endorheic basin of the Kalahari. All the water reaching the Delta is ultimately evaporated and transpired, and does not flow into any sea or ocean. The scale and magnificence of the Okavango Delta helped it secure a position as one of the Seven Natural Wonders of Africa. The Okavango is produced by seasonal flooding. The flood peaks between June and August, during Botswana's dry winter months, when the delta swells to three times its permanent size, attracting animals from kilometers around and creating one of Africa's greatest concentrations of wildlife.

The Delta's profuse greenery is not

the result of a wet climate; rather, it is an oasis in an arid country. The average annual rainfall is 450mm (approximately one third that of its Angolan catchment area) and most of it falls between December and March in the form of heavy afternoon thunderstorms.

The Okavango delta is both a permanent and seasonal home to a wide variety of wildlife which is now a popular tourist attraction. It is also a home to 71 fish species. Papyrus and reed rafts make up a large part of the Okavango's vegetation. During the flood season they float well above the sandy river bed with roots dangling free in the water. This gap between bed and roots is utilized as shelter by crocodiles. The plants of the Delta play an important role in providing cohesion for the sand.





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Salary Negotiation Tips

(How To Get A Better Offer)

Before you even begin salary negotiations with a prospective employer, you need to find out how much the job is worth – and how much your skills and experience are worth to the employer. Salary negotiations involve discussing a job offer with a prospective employer to negotiate a salary and benefits package that's in line with the market (and hopefully, that meets or exceeds your needs).

Tips:

Wait for the appropriate time - Once you know what you should be earning, how do you go about getting it? Start by being very patient. When interviewing for a new position, do your best not to bring up compensation until the employer makes you an offer.

Resist throwing out the first number - If you're asked what your salary requirements are, say that they are open based upon the position and the overall compensation package. Or tell the employer you'd like to know more about the responsibilities and the challenges of the job prior to discussing salary.

Base your salary request on data - If you're forced to give a number, provide a salary range based upon the research you've done up front. Use this research to inform your negotiating technique. Talk about what's appropriate for the role, based on your experience and what you have to offer.

Take your time - Once you've received the offer, you don't need to accept (or reject) it right away. A simple "I need to think it over" can get you an increase in the original offer.

Consider saying no - If you're unsure about the position, a "no" can bring you a better offer too. I turned down a position I knew I didn't want, regardless of salary, and received three follow-up phone calls upping the compensation package.



But don't decline a job that you want or need - Be careful though, if you do definitely need that new job there's a risk that the employer may accept your declining the position and move on to the next candidate.

How To Knit A Scarf

CW magazine walks you through each step of the making of a soft and chunky scarf. This is the perfect project, so grab some crazy sexy wool, do it to make life easier by generating money from this small project.

Steps To Follow;

For this scarf you will need, 2 balls of wool, 1 pair of 15mm knitting needles and a sewing needle.



1. Leaving a long length of yarn, then make a slipknot by looping the yarn around your fingers and pulling the yarn through the loop.



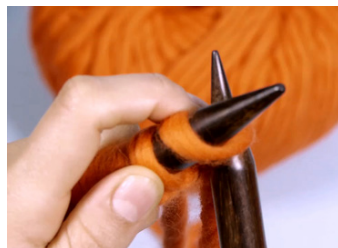
2. Place your slipknot onto the needle then pull gently to tighten it.



3. Using the long-tail cast on technique, cast on 13 stitches.



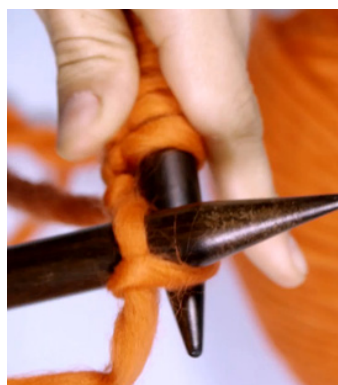
4. Hold the needle with the stitches on it in your left hand, and the empty needle in your right hand.



5. Next, you will be working in garter stitch. Insert the right needle into the first stitch on your left needle from left to right (knit-wise).



6. Wrap the yarn around the right needle clockwise.



7. Scoop the needle towards you, under the stitch on your left needle. Ensure that the wrap around your right needle remains on the right needle.



8. Repeat steps 5 to 7 for each stitch on the row. You have now knitted 1 row!



9. Keep knitting all the stitches on each row until you have about 1 meter of yarn left. Top tip: When your first ball of yarn runs out, simply tie the beginning of your second ball to the end of your first ball and you are ready to carry on knitting!



10. Now, you are ready to cast off your scarf! Knit 2 stitches.



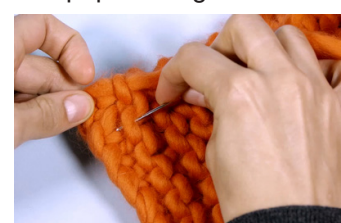
11. Lift the first stitch up and over the second stitch and off the needle.



12. Knit 1 stitch.



13. Lift the first stitch up and over the second stitch and off the needle as you did in step



14. Repeat steps 12 and 13 until you have 1 stitch left on the right needle.

Taurus

(Apr 20 - May 20)

Many changes can be expected by Taurus zodiac sign in career due to the influence of Uranus. Mercury will help you to grow financially. Turmoil in relationship with your spouse requires diplomatic handling. Spiritual healing techniques will be of great help in maintaining health.

Gemini

(May 21 - Jun 20)

Career prospects for Gemini star sign promises to be good due to positive planetary aspects. Income from career will be the main source of financial stability. Lunar eclipse and planet Mercury will impact your love relationships greatly. Health can be maintained by conserving energy.

Cancer

(Jun 21 - Jul 22)

The Solar eclipse will impact your career and the organization where you are employed. More effort is required for financial progress during the Mercury retrograde. Love relationships will be turbulent and health will be challenging.

Leo

(Jul 23 - Aug 22)

Uranus will create some disturbances in your love relationships. Financial prosperity will be highly encouraging. Health will be marvelous and can be improved by delegating unimportant jobs to others.

Virgo

(Aug 23 - Sep 22)

Planet Uranus will have a deep impact on the professional life of Virgo star sign. Finances will have the assistance of your spouse. Love relationships will be highly passionate. Health can be enhanced by good diet and detoxification.



Aries

(Mar 21 - Apr 19)

Aries star sign can earn money through risky ventures in the month of April 2018 and you have the help of the Sun. Nothing much is expected on career front. Aries should restrain their aggression in matters of love. Health will be superb. Financially this is an excellent month and if you are keen on taking risks, you can make money in speculations.



Kourtney Kardashian
was born April 18, 1979

- An Aries woman is charismatic, energetic, and dynamic
- She looks forward to new challenges and novel situations
- Aries woman is passionate
- She has a marvelous sense of adventure and can be extremely playful
- She wants someone who can go head-to-head, whether over dinner or between the sheets
- She is often the seducer in the game of love
- A fearless and natural leader

Libra

(Sep 23 - Oct 22)

Financial health of Libra zodiac will be excellent till the 20th of April 2018. You will have the backing of your partner for your finances. Family environment will be subject to some disturbances. Career growth will be affected by the lunar eclipse. Health requires the support of spirituality to remain stable.

Scorpio

(Oct 23 - Nov 21)

Professional atmosphere will be hectic and challenging for Scorpio astrology sign. Influence of the Sun and Mercury will make love life highly stimulating. Finances will be excellent due to the multiple opportunities available. Health can be maintained with sufficient rest.

Sagittarius

(Nov 22 - Dec 21)

Planet Mercury will make Sagittarius sun sign highly attractive and social life will be wonderful. Do not risk your money on speculations. Career environment will be very much demanding and successful. No problems are likely in your physical well-being.

Capricorn

(Dec 22 - Jan 19)

Capricorn should maintain their poise while dealing with professional problems in April 2018. Family environment will be full of life. Money making has to be combined with pleasure. Health prospects are not very bright and require enough attention.

Aquarius

(Jan 20 - Feb 18)

Neptune will be impacting finances of Aquarius star sign and spirituality plays a significant role in your earnings. Family will be instrumental in getting singles their love partners. Career will be subject to major changes. Health can be maintained with enough rest and relaxation.

Pisces

(Feb 19 - Mar 20)

Pisces will be surprised to see that both their finances and career development progressing at phenomenal speed. Both physical and emotional health will be superb. Life with your love mate will be highly enjoyable and there is scope for pregnancy.

One morning a mother was trying to wake up her son.

“Wake up now! It’s the first day of school, You don’t want to be late.”

“I don’t want to go to school,” the son replied.

His mother said, “Give me two reasons why you don’t want to go to school.”

“Okay. One, all the children hate me. Two, all the teachers hate me.”

“Not good enough,” the mother replied.

“Fine,” the son said. “Then you give me two good reasons why I SHOULD go to school.”

“One, you’re 50 years old. Two, you’re the principal of the school.”

A new principal was checking over his school on the first day. Passing the stockroom, he was startled to see the door wide open and teachers bustling in and out, carrying off books and supplies in preparation for the arrival of students the next day. The school where he had been a Principal the previous year had used a check-out system only slightly less elaborate than that at Fort Knox. Cautiously, he asked the school’s long time Custodian, “Do you think it’s wise to keep the stock room unlocked and to let the teachers take things without requisitions?” The Custodian looked at him gravely... “We trust them with the children, don’t we?”

A 60 year old millionaire is getting married and throws a big wedding reception. His friends are quite jealous and in a quiet moment one of them asks him how did he land such a hot 23 year old beauty?

“Simple,” grins the millionaire, “I faked my age.”

His friends are really amazed and ask him how much he said.

“Well”, he replied. “I said I was 87!”

Getting married is very much like going to a restaurant with friends. You order what you want, then when you see what the other person has, you wish you had ordered that.

A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.

A guy says, ‘My wife’s an angel!’ His friend replies, ‘You’re lucky, mine’s still alive.’

Q: How do you know your girlfriend is getting fat?

A: She fits into your wife’s clothes

Q: Why do women like to have sex with the lights off?

A: They can’t stand to see a man have a good time!

Q: Why did God give men penises?

A: So they’d have at least one way to shut a woman up

Q: Why do men have 2 heads and women 4 lips?

A: Because men do all the thinking and women do all the talking

Q: What do girls and noodles have in common?

A: They both wiggle when you eat them

Q: What’s the worst thing about dating a blonde?

A: If you don’t know what hole to put it in neither do they.

Q: What does marriage do?

A: It puts a ring on a woman’s finger and two under the man’s eyes.

Q: How do you transfer funds even faster than electronic banking?

A: By getting married!

Wait for me honey, I’m just finishing my make-up.
You don’t need make-up, Jane.
Oh, Richard.... really?
That is so sweet of you!
You need plastic surgery



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Bacon Wrapped Wedges



Prep time: 10 minutes
Cooking time: 30 minutes
Serves: 4-5

Ingredients

- 1 bag McCain Spicy Wedges
- 2 garlic cloves, crushed
- 1 tablespoon dried mixed herbs
- 2 tablespoons (30ml) oil
- 250g streaky bacon
- 2 tablespoons (30ml) maple syrup
- 1 red onion, chopped
- 1 tomato, chopped
- Handful fresh coriander, chopped
- Avocado, chopped
- Salt and pepper
- Sour cream, for serving

Method

Preheat oven to 200°C. In a bowl, mix McCain spicy wedges, garlic, herbs, Drizzle over oil. Wrap each wedge with bacon slice and brush with maple syrup. Place wedges into oven tray. Bake for 20-25 minutes or until cooked through. Meanwhile in a bowl, mix onion, tomato, coriander and avocado. Season with salt and pepper. Place wedges onto the platter and serve with avocado mixture and sour cream.

Chicken Strips

Prep time: 20 minutes
Cooking time: 15 minutes
Serves: 2

Ingredients

- 3 cups chicken strips
- ½ cup (125ml) Amasi
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 2 tablespoons (30ml) lemon juice
- 2 tablespoons (30ml) oil
- 2 cups Doritos chips, crushed
- Salt and pepper
- Sweet chilli sauce, for serving

Method

Preheat oven to 200°C. In a bowl, mix Amasi, cumin, paprika, lemon juice and oil. Season with salt and pepper. Add chicken strips. Place the Doritos in a separate bowl. Remove chicken strips from Amasi mixture and coat with Doritos. Arrange strips onto a baking tray. Bake for 12-15 minutes or until cooked through. Serve with sweet chilli sauce.



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10 Benefits of Cardio Exercises

1. Weight Loss

Cardiovascular exercises elicit the body to secrete hormones which decrease one's appetite and aid you in overcoming cravings. This consequently evokes the body to use the body fat to produce energy. Over time, this will lead to weight/ fat loss giving you that trim, healthy body.

2. Increases Basal Metabolic Rate

Cardio exercises typically boost blood

circulation in the body, since the heart is pumping blood faster throughout the body. Faster blood circulation, subsequently causes distribution of oxygen and nutrients faster to the brain and other parts of the body. This enhances metabolism in the body.

3. Enhances Brain Functioning

As short as a 30 minute cardio session is, it causes extra blood to pump into your brain, thus delivering with it,

essential nutrients and oxygen. These help the brain to function at maximum efficiency. Cardio exercise supplies the brain with specific chemicals which enhance functions such as problem solving, learning, memory and decision making.

4. Boosts Mood/ Lowers Stress Levels

Cardio provokes the body to release endorphins. Endorphins are "feel good" hormones that are responsible for lowering stress levels, improving concentration and boosting mood.

5. Better Heart Health

Cardio exercises increase the heart rate substantially, thus keeping it healthy and strong. If you fail to keep the heart in peak condition through cardio exercises, you risk attack of heart related problems such as hypertension.

6. Helps In Diabetes Management

During a cardio session, glucose is utilized by the muscles to secrete energy for the exercise, hence helping diabetic patients manage their condition by lowering those glucose levels.

7. Improves One's Recovery Ability

Individuals who hit the gym for vigorous intensity exercises need cardio to enhance their recovery ability. It aids in ridding the muscles of unwanted byproducts released during the workout.

8. Helps Defuse Nicotine Cravings

For smokers who want to quit the cancer sticks, cardio exercises sparks changes in the brain that withdraw nicotine cravings, hence aiding you in reducing risk of developing cancer by invoking you to quit smoking.

9. Boosts Confidence In The Way You Feel And The Way You Look

Cardio helps you to lose weight. With weight loss, you get a trim body (that six pack you always wanted), and this goes a long way in boosting your self confidence.

10. Reduces Risk Of Developing Age-Associated Macular Degeneration

Vigorous cardio exercises has been proven to lower risk of developing age related eye conditions such as cataracts and macular degeneration.

Low Weights, High Reps: Feel the Burn With These Arm Exercises

We all want those arms that don't flap in the wind when we're waving hello, right? These five exercises with light weights make it look easy, but the small isometric moves ensure you feel the burn. Grab your one or one and a half kilo dumbbells and get going, but don't worry if you don't have weights — you can even do them without for some excellent toning.



Squaring It Off

How to do it: Sit cross-legged on the floor, and imagine you are in a box. Holding your weights so palms are facing down, extend your arms and lift them, imagining you are lifting them to the top corners of the box in front of you. Bring your arms down so they are reaching for the bottom corners of the box. Keeping your arms at the same level, shift them so they are behind you, reaching for the bottom corners of the box. From there, lift up your arms so they are behind and above you, reaching for the top corners of the box. Return to starting position. This completes one rep; do three reps of 10.



Right-Angle Bicep Curl

How to do it: A lot of times we do a full rotation for our biceps. Instead of taking the exercise all the way, this exercise stops when your arms make a right angle. Sit cross-legged on the floor and, holding your weights, extend your arms straight in front of you with your palms up. Slowly pull your arms up into a right angle. Release them back into the starting position, and repeat for 10 counts. Do three sets of 10.



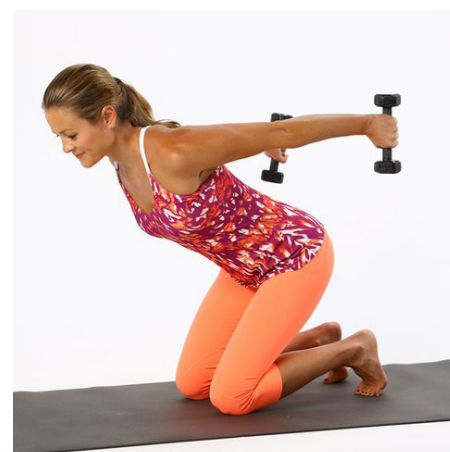
The Bicep and Deltoid Squeeze

How to do it: Sit cross-legged on the floor and hold your weights. Lift up your arms and extend them to your side, palms facing forward and elbows bent at 90 degrees. Keep your shoulders down and your wrists in line with your elbows. Rotate your arms so your elbows are moving to meet each other in front of you. They should be perpendicular to your shoulders. Keep your muscles engaged, and move back to starting position. Do 10 counts, and repeat for three sets.



The Deltoid Back Squeeze

How to do it: Kneel on the floor, and then sit all the way down so your lower legs are under your bum. Lean forward a little bit, making sure you are leaning from your torso and not just your neck. Then extend both arms so they are behind your bum, palms facing up. Make sure they are floating behind you, not touching your back. Squeeze your arms together so the weights almost touch, and then move back to starting position. Repeat for 10 counts; do three sets of 10.



The Triceps Push

How to do it: Hold your weights and kneel on your knees with toes touching the ground. Hinge forward from your hips, and bend your elbows at 90 degrees. Unbend your elbows, and extend both of your arms straight back, palms facing each other. Squeeze your triceps, and then return back to starting position. Repeat 10 times. Do three sets of 10.

The Most Common Causes Of Fatigue

Not Enough Sleep

Lack of sleep causes fatigue, and can have a negative impact on your overall health and well-being. Aim for seven to eight hours of sleep every night.



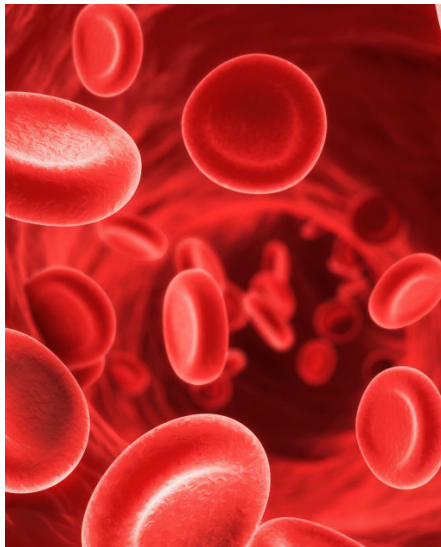
Hidden UTI

Common symptoms of urinary tract infections (UTIs) include pain or burning during urination, or the feeling or needing to urinate urgently or frequently. But UTIs can also cause fatigue and weakness. If you suspect a UTI, see your doctor.



Not Enough Fuel

What you eat (or don't eat) can affect how much you do or don't sleep. Not eating enough or eating foods that are not nutritious can cause fatigue. Eat a balanced diet, complete with fruits, vegetables, whole grains, and protein. Avoid or limit junk foods high in sugar and fat.



Anemia

Iron deficiency anemia is a common cause of fatigue in women. Red blood cells carry oxygen throughout the body, and iron is a main component of these cells. Without enough iron, your body may not be getting the oxygen it needs for energy.



Depression

Depression causes sadness and anxiety, but it can also cause physical symptoms including fatigue, insomnia, aches and pains. If you or someone you care about is depressed, seek medical attention.



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The definition of bad breath, or halitosis, is an unpleasant smell coming from the mouth. The origins of bad breath are not mysterious: dental cavities, gum disease, poor oral hygiene, coated tongue are among the most common. Hundreds of bacteria live in our mouths and some of them on the tongue. Other causes may include malnutrition, uncontrolled diabetes, and dry mouth. Infections such as sore throat or sinusitis, or intestinal disorders, such as heartburn, ulcers, and lactose intolerance, also result in bad breath.

Emergency Measures For Bad Breath

- Dry mouth is a haven for the bacteria that cause bad breath. So find a tap, and swish the water around in your mouth. Water will temporarily dislodge bacteria and make your breath a bit more palatable.
- At the end of your power lunch or romantic dinner, munch the sprig of parsley that's left on your plate. Parsley is rich in chlorophyll, a known breath deodorizer with germ-fighting qualities.
- If you can get your hands on an orange, peel and eat it. The citric acid it contains will stimulate your salivary glands and encourage the flow of breath-freshening saliva. Eating encourages the flow of saliva, which helps remove the unpleasant, odor-causing material on the back of your tongue.

Banish Bad Breath For Good With These Helpful Home Remedies

Home Remedies To Prevent Bad Breath

- Use an oral irrigator which is a handheld device that rapidly pulses a small jet of water into your mouth, to flush out the bad bacteria, which can go deeper than a brush or floss string can reach.
- Carry a toothbrush with you and brush immediately after every meal. With prompt brushing you thwart the development of plaque, the soft, sticky film that coats the teeth and gums.
- If you wear dentures, it's possible

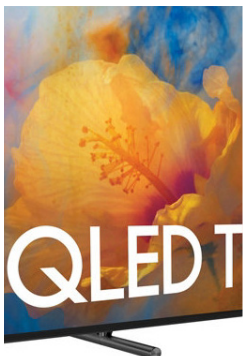
that they are absorbing the bad odors in your mouth. Always soak them overnight in an antiseptic solution, unless your dentist has advised you otherwise.

- Don't skip meals. When you don't eat for a long period of time, your mouth can get very dry. It becomes a perfect breeding ground for bacteria.
- Some things can sour your breath even if there are no bacteria in the neighbourhood. These include cigarettes, alcohol, onions, garlic and strong cheeses like Camembert, Roquefort, and blue cheese.

Samsung 2018 QLED TV



As previously rumoured, Samsung hosted a TV launch event in New York on March 7, 2018 and the launch was watched live online. Throughout the continuous evolution of its technology, Samsung always designs its products around the lifestyles of its customers. The new QLED TVs will do this in brand new ways for 2018. Here are the images of Samsung 2018 QLED TV:



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The Top Five Most Expensive Private Jets



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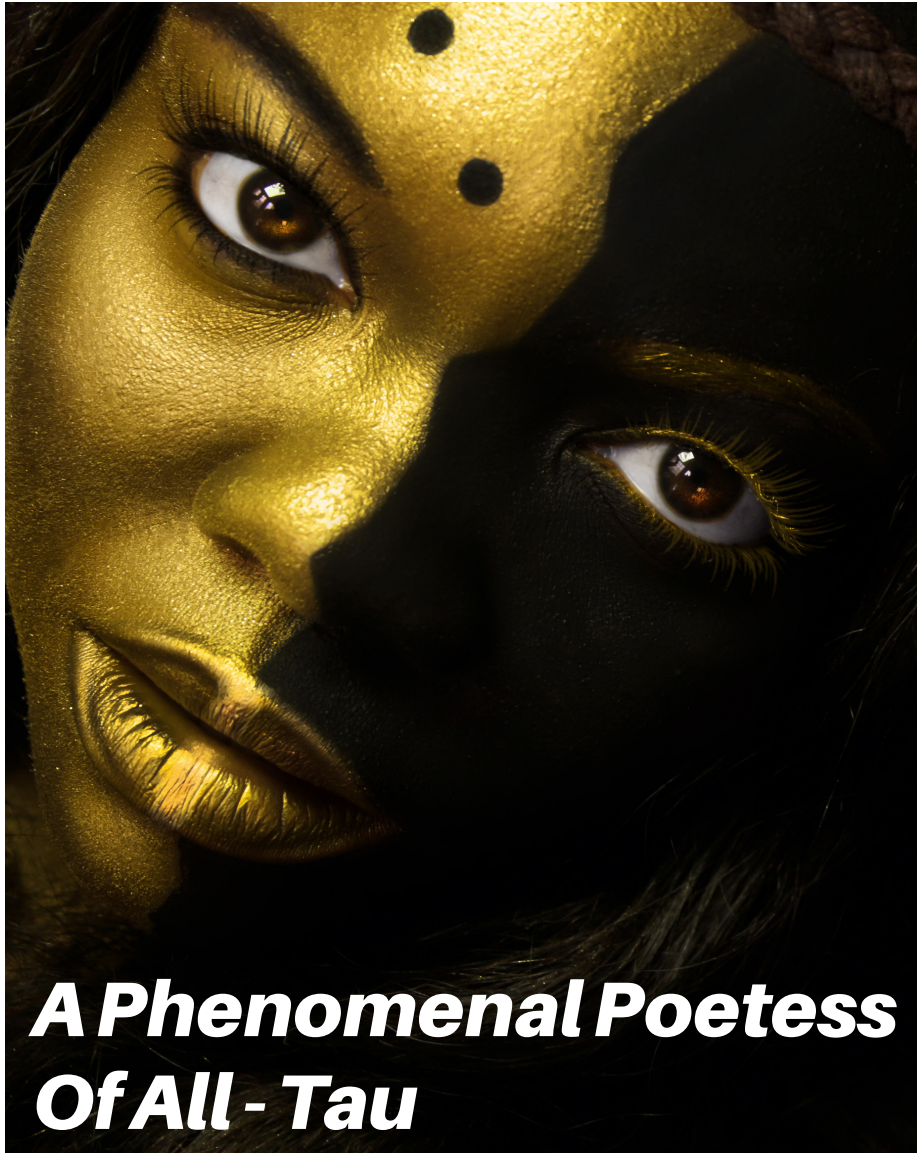
Boeing 747-8 VIP – As the longest and second – largest aircraft ever, the Boeing 747-8 VIP features beautiful customized lounge rooms, a stateroom, an office and a dining / conference room. Nothing screams luxury and affluence like this two – tiered private jet.

Gulfstream G650- Produced by Gulfstream Aerospace, this G6 is equipped to carry up to 18 passengers. At a top speed of 610 mph, nothing stops this lavish beast from taking over the skies.

Bombardier Global 800- Tailored for both personal and business, this jet provides privacy and comfort within every suite. Stay connected with on board connectivity provided by Ka-band for fast internet and HD content.

Gulfstream G550 - This aircraft, produced by General Dynamics' Gulfstream Aerospace can carry 16 passengers and achieve a top speed of 585 mph.





A Phenomenal Poetess Of All - Tau

Mmakgosi Anita Tau believes that poetry is important for the development of individuals, community and national level. She describes it as a tool to advance literacy levels and something to value as Batswana.

Mmakgosi grew up reading Nigerian literature, always yearning to read contemporary interpretations of Botswana culture by literary artists. Poetry has kept her strong and she has never allowed any challenges to overpower the joys that it has given her. She got stronger by the second

and wiser with every experience. “It takes a lot to write a poem, and even more to learn it for performance. It’s not an easy road but it’s fulfilling...”

The 28 year old poet is also a creative writer and performer. According to her, creativity is being able to start something out of nothing, the ability to have an abundant supply of authentic ideas that come alive as a result of one’s passion, power and dedication.

Mmakgosi is yet to complete a BA Degree in International Relations and

Criminology at Monash University in South Africa and currently pursues her BA Degree in Motion Picture Medium at AFDA in Botswana. Her love of art in writing began at the age of ten and she first performed at high school when she was 16 years old. Now it is her full time job because Poetry is part of her lifestyle and her passion.

Her first short story is part of the Share Botswana Tourism anthology that was published in 2017 by Botswana Society for Human Development, two e-books are available online but chose to recall them in order to work on their expansion. Tau’s work can also be found on Kalahari Review, Badilisha Poetry, The Maya Angelou Poetry anthology and her YouTube channel.

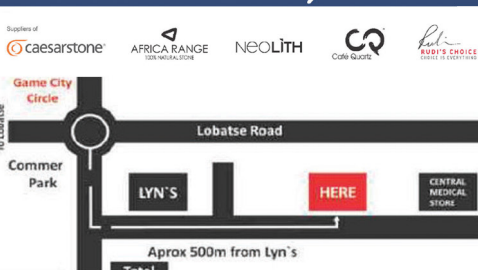
In 2007 she entered competition which she said it gave her a sense of direction and alignment. This platform gave her the responsibility of being the vice president of the poetry club and she was exposed to administrative issues of a poetry club. She said her scriptwriting and poetry is a combination of her personal experiences, insights and encounters with society’s reflective occurrences, struggles, silent battles and uncelebrated or celebrated victories. In 2012 she founded a group called MO Scripts with her partner Miss Maipelo Zambane to cultivate a culture of reading and writing in Botswana. They already published four mobile poetry anthologies that had over 500 000 downloads worldwide.

In 2016 she joined the “It has to be jazz” band and the feeling was amazing. It was her first ever studio experience and in Pretoria for that matter. Her first official single is out on BW radio stations, and there is more coming her way and her annual show, Mmakgosi Live is billed for September.



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Baratani Magazine Launch Party + Fashion Show

Date and Time: Sun Apr 01 2018 at 10:00 am

Venue: Gaborone

FWB Botswana POP UP STORE

Date and Time: Mon Apr 02 2018 at 02:00 pm

Venue: AVANI Gaborone Resort & Casino, Chuma Drive, Gaborone

This is our first Fashion Without Borders Botswana pop up store which will be held on Monday 2nd to the Sunday 8th April at AVANI Gaborone Resort and Casino... with more than 20 different designers across Africa will be selling their "Ready to Wear" collections for an affordable price for all... This is a Shopping festival like NO other. Come support local and African designers at the 4th Annual FWB Botswana... The pop start from the 2nd to 8th April; The Fashion Exhibition 5th April at Botswana National Museum and the Main Fashion Show on Friday 6th April at AVANI Gaborone Resort and Casino. **DO NOT MISS OUT.**



Babaniz Promotions

Date: 7 April 2018

Venue: Babusi hall (ext 14)

TICKETS : single= P40 double=P70

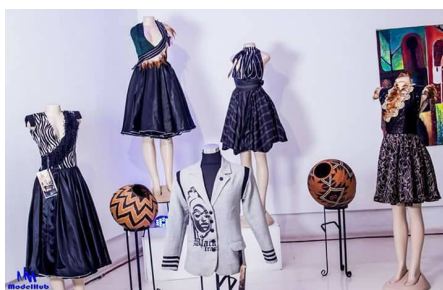
For more info contact

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Babaniz Promotions Presents its first Gospel Show, this 2018... The intention is to raise funds for the upcoming charity events, while we also promote the Sione Gospel music in Botswana.... Everyone is invited; join us as we make history....



4th Annual Fashion without borders - Botswana Fashion Show

Date and Time: Thu Apr 05 2018 at 06:00 pm

Venue: AVANI Gaborone Resort & Casino, Chuma Drive, Gaborone

Come join Efigy Productions for the 4th Annual Fashion without Borders Designer's Road Show in Botswana.

This event gives platform to young and upcoming designers and new faces Models from across Africa the opportunity to showcase their talents to the world.

Tickets available at CompuTicket:

* P250 (General)* P300 Door

* P500 VIP* P1,000 VVIP (LIMITED)



Lady K. RUN21 - Trail Run

Date and Time: Sun Apr 15 2018 at 05:30 am

Venue: Lady Khama Charitable Trust, Plot 49, Unit 3 International Commerce Park, Gaborone

The Lady K. RUN21 - Trail Run is in its 6th year!!!! We will have 21.1Km, 10Km and 5Km runs, and of course our best costume category... So whether you RUN it for YOU, RUN it for your TEAM, RUN it for your FAMILY always remember it's not only about the RUN its about the EXPERIENCE :)



Francistown 5km and 10km Run 2018

Date and Time: Sun Apr 08 2018 at 12:00 am

Venue: Francistown

The categories are:

-Open (Men and Women)...

-Veterans /Masters (Men and Women)

-Juniors (Boys and Girls)

In Addition there is a Corporate Challenge for all teams that consist of 5 or more people. There will be trophies (1st, 2nd and 3rd) for the 3 teams

Race Registrations Fees:

-10KM- P150

-5KM-P70

Start Times:

10KM-6:00AM

5KM-6:30AM



Urban Family Market - Gaborone Invasion

Date and Time: Sat Apr 21 2018 at 10:00 am

Venue: Bojanala Water Front, Gaborone Dam

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!

Kerala Samajam Botswana 2018

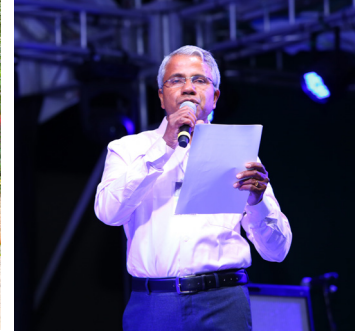
Presents a Rock Band from India **Thaikkudam Bridge**, to raise funds for building a multimillion Pula clinic and community centre in town to showcase and edify the enduring commitment of the Indian diaspora to Botswana.



Ramachandran Ottapath Patron KSB



KSB Executive Committee (2017-2018)



Henley John President of The Committee (2017-2018)



Maflthakgosi Traditional Dance group



Thaikkudam Bridge Band



The Spectators



Thaikkudam Bridge Band



Bright Future Ahead Of Resaobaka

Resaobaka Thatayaone who grew up watching his brothers playing football in the streets, is a 19 year old Serowe native and a player of Miscellaneous football club.

Following his introduction to both Miscellaneous football club and the national team under 15, Resaobaka put Miscellaneous football club on top five in Premier League Logo when he scored more than six goals.

Although Resaobaka had a moral dilemma in the past between his dream career and academics, he had to follow his dream after his friends tried to convince him to go for education. Football is now his career and he is the youngest player at the club. Resaobaka said he can't thank his parents enough for the support they have given him in every way.

He told Cw magazine in an interview that he is happy to be part of Miscelaneous and it has been his dream to be a star. While at high school, Resaobaka was always called for football camps and this was a challenge to him as it was hard for him to balance the times between school work and football.



Word Of Encouragement; people should use what God gave them, everyone is gifted, it's only that we are provided with different gifts. As an individual, you must follow your heart with something that is going to benefit you and the community, family and the country at large....

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Manchester United apply to form professional women's team

Criticized for being out of step in only running senior men's football teams, leading English club Manchester United have moved a step closer to forming a professional women's side. Though other major English clubs such as Manchester City, Chelsea, Arsenal and Liverpool have successful full-time women's teams, United had until now resisted calls to reform the women's team they disbanded in 2005.

History Making Township Rollers

Township Rollers have been drawn to play in the Group A of the 2018 edition of the CAF Champions League after dismissing Tanzanian champions, Young Africans 2-1 on aggregate which is against record eight time African Champions, Egyptian super club Al Ahly, two times African Champions Esperance of Tunisia and Ivan Ntege's former side Kampala Capital City Authority (KCCA) of Uganda. Popa was the very first team to be drawn out of the hat in the draw held in Cairo, Egypt. Rollers are guaranteed \$550,000 for reaching the group stages and might rise, if they finish better than fourth.

Bolt Hangs Out With Maradona

Diego Maradona is one of football's most loved icons, and he recently hung out with another world sporting hero in Usain Bolt. The world's fastest man, who recently trained with Mamelodi Sundowns, is an ardent football fan and has aspirations of becoming a professional player despite being 31 years old. The two PUMA ambassadors hung out for a bit and shared a special moment when they pulled off the Jamaican's signature dab move. Bolt is expected to begin training with Borussia Dortmund; he took to his social media accounts to post a picture of himself and Maradona, saying he received some football tips from the 1986 FIFA World Cup winner.



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