

Celebrity World

Botswana's Own Magazine

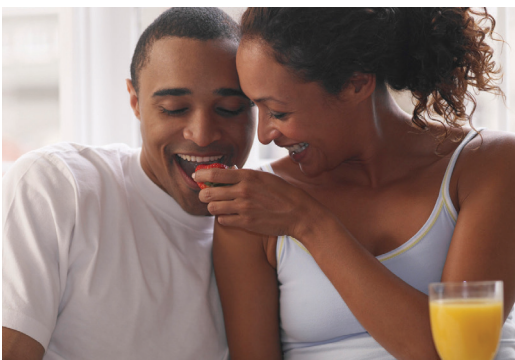
May 2018



Meet The Multi-talented Lorraine Ditsebe



From Dancing Roots To Singing-Mansize



6 Things He's Hiding On His Dating Profile



Mike Luke: The Passionate Sports Presenter



JACK OF ALL TRADES

DJ GOUVEIYA



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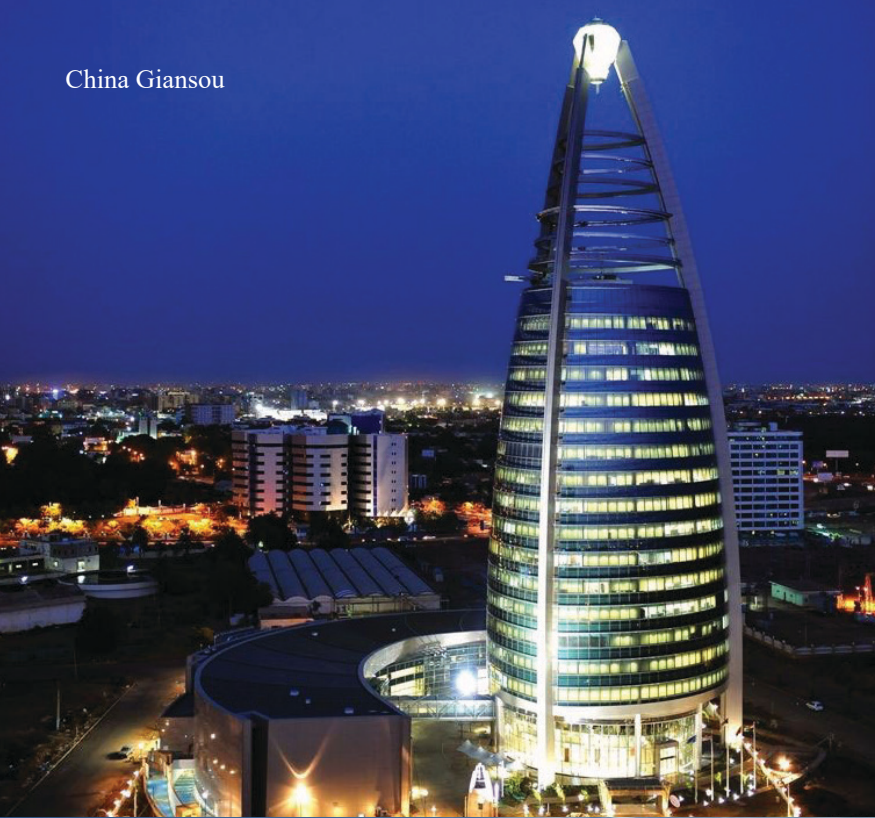
How To Find The Perfect Throw Pillow

How To Build Your Business

Have A Question About Job Search?

Botswana's Lennox Lewis-Maitetso

China Giansou



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



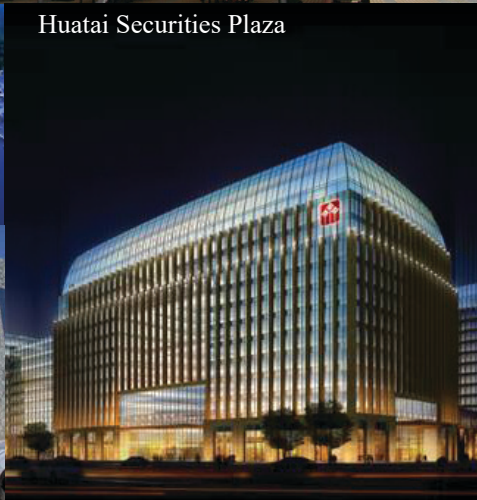
Grand Hotel China



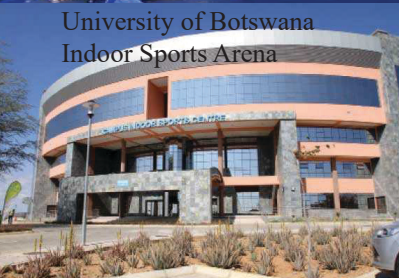
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Greetings and a warm welcome to our 14th issue of Celebrity World Magazine. What you will find while you flip in the pages of the Magazine is a collection of inspired articles by Batswana for Batswana. We hope you will enjoy learning some delicious recipes and menu ideas from kitchen cooks and nutrition specialists, giving tips styles on fashion, entertainment, sports activities and interests that provide positive opportunities for children and others .We also have upcoming events to keep you updated on what's hot and what's not. International Gossip, different talents of Batswana and finance are included. Please do take some time to read and get to know our cover Dj Gouveiya, we believe his story will inspire and motivate!

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

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Meet The Multi-talented Lorraine

She is an inspiration to young ladies; many know her as a model but she is one of the multi-talented artists in Botswana. We got to sit down to have a one-on-one with her.

Who is Lorraine Ditsebe?

Lorraine is a local musician from Serowe village in the Central District of Botswana.

How long have you been in music industry?

I am fresh new and excited. I have been writing music since I was 23 years old and it's been amazing. I just wanted to wait for the right time, that's to step into the studio and record music.

What inspired you?

Whenever I do music I take inspiration out of everything around me, like things happening in the community. I think what has been happening while I was young is being transformed into music. things like abuse, stigma, passion killings and people though

it is a way of life. I have always developed my talent through the school band when I was young and I listened to many artists both locally and internationally.

Most of local musician experience financial crisis, as young coming artist do you think you will survive this?

I just believe in myself when I entered into music I did not have any money, I set myself goals because believing in yourself is the key to success. Even if money is there you can still fail because you have no faith in yourself. Most of Batswana artists don't treat music as business, they don't do preparations for their music and they should learn to be professional. We also need to learn marketing strategies as musicians.

Apart from music what else does Lorraine does?

I am a pageant consultant, I mentor young girls, I am a CIMA student pursuing my second level. I am an

entrepreneur, aspiring author and a song writer.

Take us through your journey with Beauty pageantry

My journey in pageants is a passion, it started long back when I was a young girl at the age of 5 at Pre-school. I won, I got second princess at Nkoyaphiri Primary School. I then stopped to focus on studies and sports. In 2016 I joined Miss Botswana where I got position 12 in the finals and as time went on I joined the school choir, that's when I discovered that I love my voice and music.

When did you realise that you want to be a musician

When I was at St Joseph's Senior School. I joined school band of Mr Ntjaagae where I was singing Jazz and R&B. That is when I realised that I had a thing for music, by then my parents felt like modelling will distract my studies. They thought modelling is all about wearing bikinis. I followed their advices and after I finished my



Cambridge level I saw an advert of miss Earth auditions, I went to audition and was the shortest girl. There were more experienced people in modelling, but only faith and research helped me to go through.

Tell us about the book you wrote

I wrote the book when I got an invitation to Europe in 2016 titled "pageantry journey". This is where I can share with young girls because I have realised most of them go for modelling with no idea of what's going on there. The book is a guideline to help them know and understand before going for auditions and how to look like. By the end of 2018, it should be published. I also registered a company called Elight Queens Training for 7 to 28 years old which include baby section, teenagers and adults, it started last year,

How do you balance your time between school, business and music?

I equally love them, I don't really want to balance them. I set goals for each one of them, I never really struggle to

balance between them the other thing is that I believe that am a multi-tusker. I have some people who advise me when it comes to modelling.

Let's talk about your latest released song

My first single is called "you are the one". It was released on the 8th of April and was produced by Roy kasale, a member from Team Distance group; it was recorded at High Note studio by Tshepo Lesole. The genre is R&B house music.

Message of the song released?

You are the one is a love song, it's about getting people to be free about saying out their feelings, to air your opinion like in a relationship that is not going anywhere. It is a song that people can relate to or can use to communicate to each other.

Where can we find the song?

My music is already playing in RB2, Yarona Fm, Gbz Fm, the links are out online in Amazon, itunes and I have youtube channel where I put all my interviews there so that people could know who Lorraine Ditsebe is and what she is doing.

How is the support from Batswana?

The respond from Batswana is not what I expected; the feedback has been amazing, they love the song. I write R&B Afro Jazz and when I write music, I keep meeting other creatives around music. Love is what keeps people together it's what keeps us going and I told myself that am going to make this song into a love song. I like house as well, so I decided to do something that is house but slow like R&B.

What challenges are you facing in the music industry?

The only challenge I encountered is that I worked with people that cannot be trusted, it helped because I learnt how to pick people to work with and I believe it was a lesson.

Your achievements?

I am a Former Miss Earth 2012, Miss Globe 2016, I was in top 12 of miss Botswana 2016, I won 2 medals silver for being the most business oriented girl in the whole world out of the 123 girls and bronze for being the most efficient and fast candidate of the year.

Words of encouragement:

"I will advise them to do research before getting into an agency."

To the upcoming musicians, do not compare your talents with other people's talents. If you are a student or working, save money because music demands a lot of money from your image to a recording studio, moving up and down, having a team and producers.

Young girls and boys, when you get into modelling you will get rejected just like everyone, and if you get rejected know that you are not needed for that moment. You are not what they are looking for that particular time, so I will advise them to do research before getting into an agency.

How To Find The Perfect Throw Pillow



If you buy a pillow for the living room and it doesn't work there, you can always move it to a bedroom. And if you're indecisive, you can buy several pillow covers for a single insert and change them at will.

Patterned throw pillows are one of the simplest and least risky ways to change the feeling of a room. They can make a big impact, but are really easy to switch out.

For those who still feel anxious about adding pattern to a room, CW magazine offered a piece of advice: Start with repetitive, small-scale designs. From a distance, they just read as texture.



• **Mixing different patterns?**

Choose a common color palette. A warm color palette might go from blush to tangerine. For a cool color palette, you might use blues and greens.

• **For a layered look,**

play with size and proportion. Try combining small rectangular pillows with larger square ones.

• **To make a statement,**

look for large-scale patterns. The eye is going to be drawn to those bolder, bigger patterns, and the smaller-scale patterns will recede.

Must
Watch

Avengers: Infinity War

Directed by: Anthony and Joe Russo

Release Date: May 3, 2018

Produced by: Kevin Feige

An upcoming American superhero film based on the Marvel Comics superhero team the Avengers, produced by Marvel Studios and distributed by Walt Disney Studios Motion

Pictures. It is intended to be the sequel to 2012's Marvel's The Avengers and 2015's Avengers: Age of Ultron and the nineteenth film in the Marvel Cinematic Universe (MCU).



Life of the Party

This is an upcoming comedy film directed by Ben Falcone and written by Falcone and Melissa McCarthy. The film stars McCarthy, Molly Gordon, Gillian Jacobs, Maya Rudolph, Julie Bowen, Matt Walsh, Debby Ryan, Stephen Root and Jacki Weaver. **Produced by** On the Day, the film is scheduled to be **released May 11, 2018.**



Solo: A Star Wars Story

Director: Ron Howard

Produced by: Lucasfilm

Release Date: May 25, 2018

During an adventure into a dark criminal underworld, Han Solo meets his future co-pilot Chewbacca and encounters Lando Calrissian years before joining the Rebellion.



Deadpool 2

Directed by: David Leitch

Produced by: Simon Kinberg, Ryan Reynolds and Lauren Shuler Donner

Release Date: May 18, 2018

After surviving a near fatal bovine attack, a disfigured cafeteria chef (Wade Wilson) struggles to fulfill his dream of becoming Maryberry's hottest bartender while also learning to cope with his lost sense of taste. Searching to rein his spice for life, as well as a flux capacitor, Wade must battle ninjas, the yakuza and a pack of sexuality aggressive canines, as he journeys around the world to discover the importance of family, friendship and flavor – finding a new taste for adventure and earning the covered coffee mug of World's Best Lover.



Overboard

Release Date: May 4, 2018

Produced by: Nick Abdo

Director: Garry Marshall
Overboard focuses on "Leonardo" (Eugenio Derbez), a selfish, spoiled, rich playboy from Mexico's richest family and "Kate" (Anna Faris), a working class single mom of three hired to clean Leonardo's luxury yacht. After unjustly firing Kate and refusing to pay her, Leonardo falls overboard when partying too hard and wakes up on the Oregon coast with amnesia. Kate shows up at the hospital and, to get payback, convinces Leonardo he is her husband and puts him to work - for the first time in his life.



Like Arrows

Like Arrows

Release Date: May 3, 2018

Director: Kevin Peeples

Produced by: Alex Kendrick

When rebellion creeps into their family, Charlie and Alice realize their approach to raising children isn't working, and they start searching for answers. But is it too late? Family Life's first feature film explores the joys and heartaches of parenting. Through a story that unfolds over 50 years, Charlie and Alice discover the power of family and their need for God.

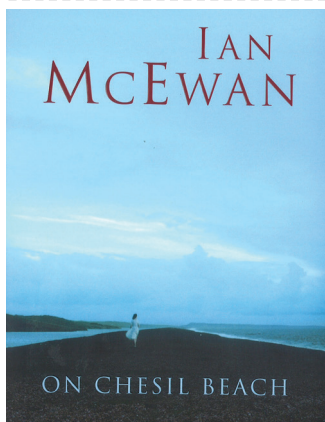


Breaking In

Release Date: May 11, 2018

Produced by: Gabrielle Union

Director: James McTeigue
Gabrielle Union stars as a woman who will stop at nothing to rescue her two children being held hostage in a house designed with impenetrable security. No trap, no trick and especially no man inside can match a mother with a mission when she is determined on Breaking In.



On Chesil Beach

Written by: Ian McEwan

Genre: Fiction

Release Date: May 18, 2018

Based on Ian McEwan's novel, in 1962 in England, a young couple find their idyllic romance colliding with issues of sexual freedom and societal pressure, leading to an awkward and fateful wedding night.

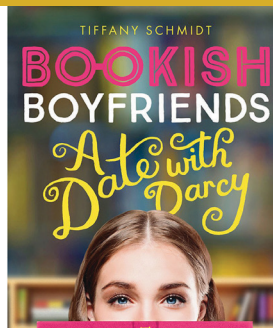
Bookish Boyfriends

Author: Tiffany Schmidt

Genre: Young Adult, Contemporary

Expected publication: May 1, 2018

The first of two books in an intended paperback original series about a girl whose classic literary crushes manifest in real life. Merrilee Campbell, 16, thinks boys are better in books, chivalry is dead, and there'd be nothing more romantic than having just one guy woo her like the heroes in classic stories.....



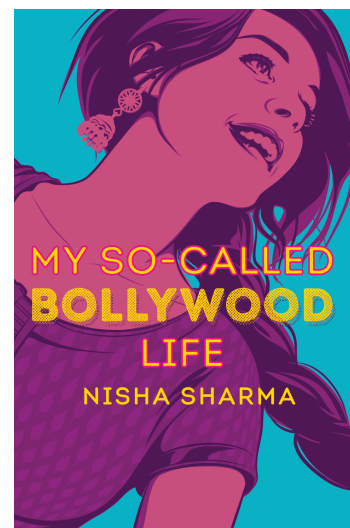
The Game Can't Love You Back

Author: Karole Cozzo

Genre: Romance, Young Adult, Contemporary

Expected publication: May 15, 2018

Eve is used to being the odd woman out. As the only girl on her school's baseball team, she knows exactly how to put sweaty, macho baseball players in their place, and she's focused on one thing and one thing only—being the best pitcher she can be. But when a freak accident forces her high school to be absorbed by the neighboring town, Eve has to contend with a new group of guys who aren't used to having a woman on their team....



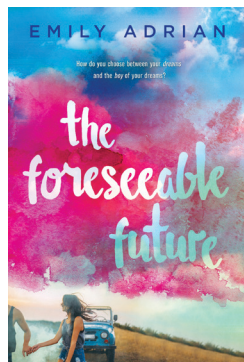
My So-Called Bollywood Life

Author: Nisha Sharma

Expected publication: May 15th 2018

Genre: Young Adult

Winnie Mehta was never really convinced that Raj was her soulmate, but their love was written in the stars. Literally, a pandit predicted Winnie would find the love of her life before her 18th birthday, and Raj meets all of the qualifications. Which is why Winnie is shocked to return from her summer at film camp to find her boyfriend of three years hooking up with Jenny Dickens. Worse, Raj is crowned chair of the student film festival, a spot Winnie was counting on for her film school applications. As a self-proclaimed Bollywood expert, Winnie knows this is not how her perfect ending is scripted.....



The Foreseeable Future

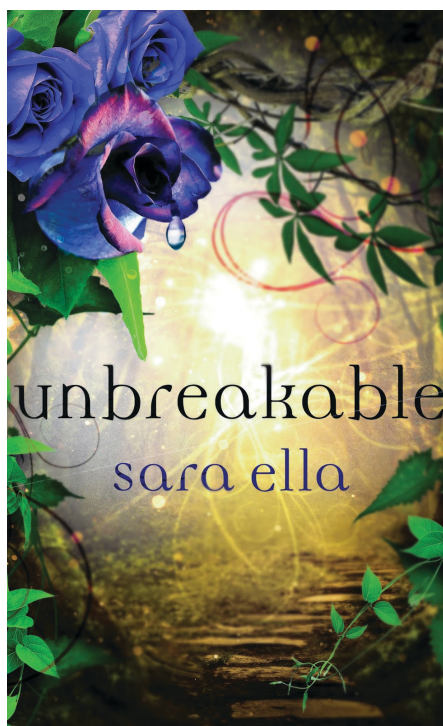
Author: Emily Adrian

Genre: Romance, Young Adult, Contemporary

Expected publication:

May 8, 2018

Audrey's life has been planned out for her since she was born, and now she's supposed to attend Whedon College in the fall, where both of her parents work. But Audrey has a different plan in mind: She's not going to attend college at all. She's going to earn some money and move to Seattle, the city she's loved since she was a child. And the best way to earn that money is by working the night shift at the local nursing home....



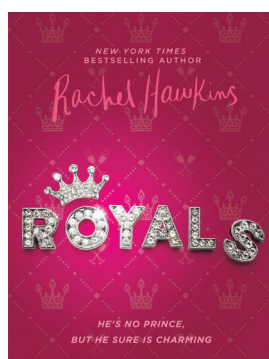
Unbreakable (Unblemished #3)

Author: Sara Ella

Expected publication: May 1st 2018

Genre: Fantasy

Eliyana Ember is stranded in a foreign country in the Third Reflection with no passport, the inability to mirror walk, and zero clue where the nearest Thresholds back into the Fourth or Second might lie. Her mind is a haze, her memories vague. She knows a wormhole from the Fourth sent her here. She remembers her mom and baby brother Evan. Makai and Stormy and Joshua... Deep down El realizes she must end the Void once and for all. Is there a way to trap the darkness within its current vessel, kill it off completely? To do so would mean sacrificing another soul—the soul of a man Joshua claims is a traitor. But he's lied to her before, and even El senses Joshua can't be fully trusted, but one thing is certain...



Royals (Royals #1)

Author: Rachel Hawkins

Genre: Young Adult, Contemporary

Contemporary

Expected publication: May 1, 2018

Meet Daisy Winters. She's an offbeat sixteen-year-old Floridian with mermaid-red hair; a part time job at a bootleg Walmart, and a perfect older sister who's nearly engaged to the Crown Prince of Scotland. Daisy has no desire to live in the spotlight, but relentless tabloid attention forces her to join Ellie at the relative seclusion of the castle across the pond....



Did Kris Jenner Make Tristan Thompson Pay Up For Cheating On Her Daughter?

Tristan Thompson's alleged infidelity against his girlfriend, Khloé Kardashian, is, apparently, hitting his pockets hard as new reports indicate that the reality star's infamous momager found a way to milk him for his shady deed. According to Hollywood Gossip, via OK! Magazine, Kris Jenner forced the NBA star to sign over some cash to the tune of \$10 million for his newborn daughter, True, who he shares with Khloé. The site further reports that this is not a college fund or a childcare agreement, but a "just cause" payment to keep him in line. That's not even the tip of the iceberg. Jenner also reportedly got the athlete to agree, contractually, to cough up an additional \$10 million into the same fund every time he gets caught cheating.

"She's been through it all with her girls," a source said of Jenner's reasoning. "And at this point, she knows exactly how to take control, no matter the situation... Of course Kris hopes the contract will deter him from future bad behavior." While this is all alleged, if true, it may likely cause him to think twice before stepping out again.



Kym Johnson Gives Birth: 'DWTS' Alum Welcomes Twins With Husband Robert Herjavec

They're here! Kym Johnson & Robert Herjavec have officially become parents to twins, and we could not be happier for the couple! Get all the exciting details here.

Kym Johnson, 41, became a new mom on April 23, according to a picture she shared on Instagram, after giving birth to precious twins! The little ones are Kym's first kids, but husband Robert Herjavec's, 55, has three other children from a previous marriage. Kym and Robert have previously expressed how excited they were about welcoming babies into the world together, so we can only imagine how thrilled they are now that they're finally here! Kym took to Instagram to announce the news with a picture of Robert holding their babies.

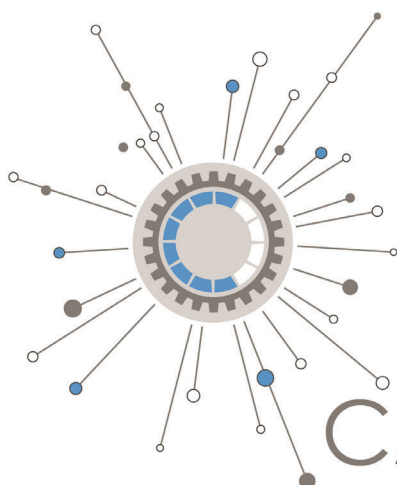


Kate Middleton's Subtle Tribute to the Queen After She Gave Birth Almost Went Unnoticed

As Kate Middleton walked onto the steps of the Lindo Wing outside St. Mary's Hospital on Monday, all eyes were on her newborn son, who she cradled in her arms as she and Prince William introduced him to the world.

Then, of course, attention was drawn to Kate's red Jenny Packham dress with a white Peter Pan collar — a sweet nod to the dress Princess Diana wore after she gave birth to Prince Harry in 1985.

But the red dress wasn't Kate's only homage to the royal family that day. The royal mom of three chose to wear Queen Elizabeth's stunning diamond and pearl drop earrings as she stepped out for the royal baby's public debut.



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Beyoncé Tries to Pick Up Solange, Falls During Her Coachella Set

Weekend two of Coachella marked Beyoncé's second iconic performance in Indio, Calif., but things didn't go quite as smoothly as last weekend.

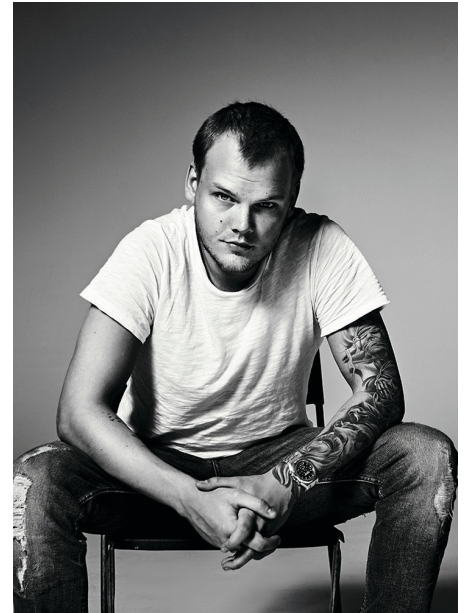
Beyoncé, while trying to pick up her younger sister Solange for a repeat of last weekend's dance off to "Get Me Bodied," accidentally dropped her and fell over herself. The two ended up rolling on the stage laughing for a few seconds, before picking themselves up and continuing with the set. Beyoncé told concertgoers: "Give it up for my sister!" The blip registered as relatively minor in a performance that was as powerful and inspiring as the last. Her fans laughed along and several posted to Twitter about the episode, expressing shock, amusement, and unwavering support for Queen Bey.

Meek Mill: I'm Out, But I Still Don't Feel Free

Meek Mill getting out of prison doesn't mean he's out of the clutches of the criminal justice system ... at least that's how he's viewing his situation 24 hours after getting released on bail.

Meek sat down with Lester Holt for NBC's 'Nightly News,' and rather than celebrate ... the Philly rapper explained why he doesn't feel free and hasn't since he was a teenager.

Although he's out on bail, Meek isn't running from his case. In fact, he says he now feels a responsibility to other people who are wrongly imprisoned. Case in point, he wants the #FreeMeekMill replaced by #JusticeReform.



AVICII FAMILY HINTS AT SUICIDE ...'He Could Not Go On'

Avicii was struggling with major issues at the time of his death ... which his family is now strongly insinuating was a suicide.

The superstar DJ, whose real name was Tim Bergling, was found dead in Oman, his family just released a statement referring to his struggles to find meaning in his life once he finished touring.

Here's the full statement: Our beloved Tim was a seeker, a fragile artistic soul searching for answers to existential questions. An over-achieving perfectionist who travelled and worked hard at a pace that led to extreme stress. When he stopped touring, he wanted to find a balance in life to be happy and be able to do what he loved most – music. He really struggled with thoughts about Meaning, Life, and Happiness. He could not go on any longer. He wanted to find peace.





Obakeng to Change Botswana Music Industry

Tell us about yourself

I am Obakeng Madube, a local entrepreneur and upcoming musician. I am the founder and managing director of the newly registered company called SFG Promotions. The company focuses on promoting and exposing young musicians across the country. My company is in partnership with Blank Space Modelling Agency. Obakeng is a Sales and Marketing Degree holder and upcoming artist who experienced the struggle and the hardships as an upcoming musician to become a brand known as SIK.

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

Artists in Botswana face marketing

challenges, so I therefore found it useful to come up with music promoting company to bridge this gap. Also there are few local music promoters but more rising local musicians. I was driven by those kids out there who have talents but are not recognized and most of them are not financially stable.

What does your company do?

The company deals with event organizing and promotions, artists' promotion and management, modeling agencies and blank space whereby we recruit young girls to become promo girls or models and put them in workshop expose.

The SFG Company goes around au-

ditioning young musicians for free and builds them to become selling brands. The money we get from these workshops is used to help upcoming artists to record and market their music through media.

My main job as a music promoter is to expose shows. SFG Promotions company work with agents and directly with band clubs and concert venues to arrange for shows.

How many employees do you have?

Since the company was registered in 2017 February, it has nine employees in total.

Since you started the business, how is it going?

The business is doing quite well since we have already registered some upcoming musicians. Managing a small company like SFG is a difficult challenge because of other big recognized companies that are already there. So far, my company has no sponsors and this is a challenge itself as it includes delivering artists to their destinations and to make sure that they are well dressed and the exploitation part where the artist is being used by big artist and do not get paid at the end of the day.

What can you urge to someone who will feel motivated when s/he reads this?

Working as a team is a good idea, as it brings us together. We considered it as the best option and we have been doing it together for a long time.

Though sometimes conflict develops between us, we always come with best solutions to solve it. Working with others help me in way that there is new idea exchange, mutual support and exploring of new ideas.

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Jack Of All Trades

Dj Gouveiya



Our very own DJ's mission is to crack every event into an incredible experience. For more than 17 years in the game, he has been providing both DJ and artist entertainment services to people of all ages in Botswana and other countries around the world.

DJ Gouveiya may be one of the most popular musicians, DJ's in Botswana. He is a man with different capabilities, Most known him by his two hit songs Mudana featuring Dubblin) which introduced him to the masses of people, It was not for no reason that his hit song "Ambuye" was the best in 2015 at YAMA awards, it even trended outside countries like, United Kingdom of America, also did an interview at BBC Africa News where he featured Dr Tawanda.

Born as Gouveiya Oupa Ofentse Mutasa", and raised in Francistown; his father hails from, Mutare, Zimbabwe. Most of his followers do not know his songs are gospel songs. The Ambuye and Mudana songs sung in the Shona language and people with a better understanding of this kind of language are based in Francistown where Gouveiya hails. Ambuye means God", and he was asking him to help him to pass through all paths in



Peninsula University of Technology (CPUT).

It all started in 2012 when he released his debut single titled “Secret key” with Lizibo. He has been an actor from stage theatre to filming, and he continued to follow his passion. He has six singles since he got into music in 2012. He is a dance music singer with gospel taste in it.

At the same time, he has been meeting some of the local artists that have featured on his other songs, the likes of Amantle Brown, Sheillah Molelekwa and DJ Kuchi.

His early exposure to music was introduced by his mother who is a good singer and led him to generate his own musical career; he grew up from a loving Christian family. As an entertainer all these have been in him from a tender age, whenever he was with family, he would be the one to amuse them and recite poems at various events and be funny guy.

DJ Gouveiya is a family man with kids and a wife, he said they need his presence all the time, his work commitments make it difficult for him to give them full attention they need, since every day is radio 6-9pm, weekends he has a Dj performance, but he said he is trying by all means to give them his attention.

The Francistown native, said Batswana have been supporting him from the onset. Their support is so amazing, he appreciates it and he would like to give all the thanks to them and Dj Kuchi who helped him with mixing techniques.

When asked about what impact would he like to have in the music industry in Botswana as whole, he said “we need to change many things, we need people like me who have following, who can influence positively, to actually change the scenario, who can change everything around in Botswana, musicians are not benefiting anything. But it starts with us, once you change, you influence another person to change. Also consumers at home,

need to appreciate and put Botswana creatives before foreign acts.”

Oupa opened up about his early involvement in drugs and alcohol to Celebrity World Magazine while he was staying in Cape Town 10 years back which made him suicidal. Now he warns and advises young people to shy away from the pitfalls. He continued saying, it leads to serious health problems, financial struggles, imprisonment, damaged relationships and even death.

He Continues to astound and amuse masses of people all over the country, on his radio show on RB2 from Monday to Friday (6-9pm), on “Something else” radio programme, “People must know me as Dj Gouveiya. When it comes to Gouveiya Oupa Ofentse Mutasa, that’s a family man, the moment you become a public figure that means you have sold your freedom, more people are following you, older and the young ones. Then you have to portray that image, play and remain clean”. Dj Gouveiya said we should expect the release of a double disc album this year; the album will contain old and new songs and various collaborations.

To conclude the interview Gouveiya said most of people get into entertainment industry because they want the fame or other wrong reasons. Be yourself, if you want to be somewhere, do not copy someone’s life, be in your own lane, the only way to be recognise is when you come up with something new/unique. They should remember that education comes first; music is not something that is easy to make a living out of, especially in Botswana. Get a proper education to fall on

when music does not work for you.

Favourite meal:

Papa and Seswaa

Favourite sports:

football and basketball

Favourite car:

Porsche, Range Rover

gouveiasndz@gmail.com or

gouveiya@yahoo.com

FB: DJ Gouveia BW

TWITTER: @djgouveiabw

INSTAGRAM: @djgouveiabw

LINKEDIN: DJGOUVEIABW

his career and everything he does. He has always had a passion for music since the early days of his youth.

Apart from being a Dj, music producer, script writer, an actor (Signed International Season 1 finalist), a Dj, radio presenter, Choreographer, Poet, Writer, Motivational Speaker, he holds a Diploma in Computer Systems Engineering, and Electrical Engineering Degree from Cape

From Dancing Roots To Singing-Mansize



Following the everyday music releases by musicians, this time our May edition brings you Mansize group. The group was formed by Kabelo Mshoza Kegodile and Tefo Steve Gee Mampedi. The duo began career in dancing in 2008, when they were schooling at Tlhabologo Primary School. They used to dance in different events and during their times at school, they would dance to drums and make sound using tables until they made it in a format.

This pair kicked started music journey in 2014. DJ KSB gave them the name Mansize after considering the talent in them. Their first single, which was produced by DJ KSB was released in 2015, entitled Vumani ft. Alejandro. Mansize is more focused in house music due to the influence of the industry for the fact that most of the youth dance and listen to house music.

In an interview with Celebrity World magazine, Mansize mentioned DJ KSB as their inspiration and influencer, hence he is their manager. They got into music industry knowing that challenges are always there, like when the show doesn't bring in money.

They recently dropped a single called "Funi mali", in which they collaborated with Aembu from South Africa and featured DJ KSB. According to Mansize, the album talks about money hustling. In the overview of their performance, they see music taking them further and they are going to reach their destinations.

Rising Musician To Lookout For In Future



A lot of upcoming music artists in Botswana lack the “know how to” for them to become successful individuals. A young upcoming musician, Thuto Medupe shares his music journey to those who wish to get into the same industry.

TOD, as affectionately known by his stage name is a 17 year old hip-hop trap musician from Tonota. He got into music industry in 2014 when he was at primary school. TOD started writing lines and practising every day when he was at junior school. He recorded his songs at a studio called Kindas grade in Francistown.

The young man released his first

single titled “Focus” in February 2017 which he performed at Kutlwano Junior Secondary School. “Dope shit” is his second single and it was released in November 2017.

Thuto grew up listening to hip hop music. He gets motivations from the late Michael Jackson’s music; Veezo View and Ban-t. When he started music, he had problems with balancing school work and music, but now he has found the solution to tackle that challenge. He encourages other musicians to focus on their strengths.

Contacts:

75567506

FB: TOD

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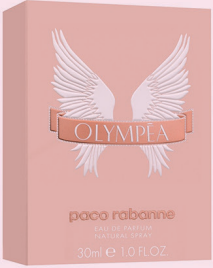
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The Ultimate Make-Over With Janet Sentle



Celebrity World magazine make-up artist Janet Sentle chats to us on how she managed to create the make-over on Model Thato Imperial. Below are the details on how she achieved the look:

To create the eyebrows use a brown eyeliner + LA pro concealer to create the desired shape then add an eyeshadow primer as a base to make eyeshadow pop and stay for a long time .

Step 1 Use HUDA Eyeshadow pallet to finish off the look.

Step 2 Add Mascara on the eyelashes, Face primer as a base for perfect make-up and also to prolong facial make-up .

Step 3 Use Mac liquid foundation on

the face to Highlight and add LA Pro concealer on the t-zone (forehead, bridge of the nose, cheekbones, inner corners of the eyes, on top of Cupid'bow) .

Step 4 If you are trying to achieve this look make sure that you use a beauty blender to blend everything. Bake the highlighted parts with Ben Nye powder to set everything together.

Step 5 Apply Blush from the ear down the cheekbone.

Step 6 Then use a brown lip liner to outline and enhance your lips and apply nude lipstick for that natural look and blend everything together .Lastly add Make-Up Setting spray for make-up to last long

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Neelo Ramphotho
Pierre X Elite Model Management

Name: Oabetswe Ntshwabi

Nick name: States

Age: 22 years

Motto: believe in yourself

Passion: fitness model, run model



REBORN

VINTAGE



VINTAGE REBORN

REBORN



Name: Amogelang Amos
Age: 21 years
Motto: Believe in yourself
Passion: Acting, modeling, signing, writing
Dressed by: Girlie N. Maja

Awesome Places Visit in and Around



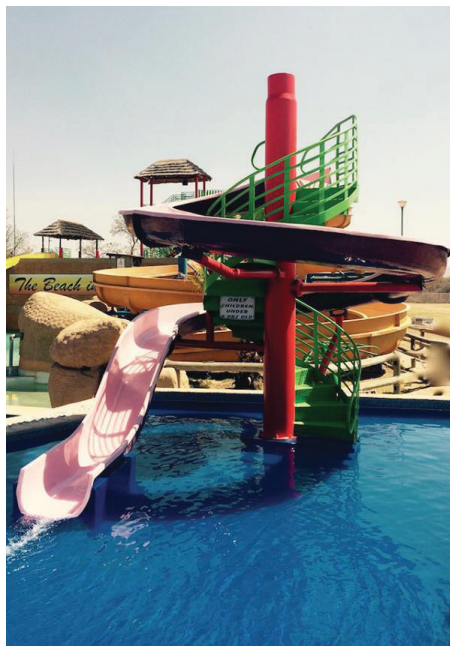
There are many places you can visit with your children in and around Gaborone, depending on when you come and what events are on. The places include; museum in Gaborone which is a magical place for your children to visit. The museum displays a variety of traditional crafts, and culture. The other place to visit is Lion Park, which is situated just on the outskirts of Gaborone. Lion Park has some fun activities that your children will enjoy including safe and amazing rides and a man made beach.

There is Mokolodi Game Reserve, which is also situated on the outskirts of the city. This is a supernatural place to visit and usually has activities such as Game drives. If by any chance you take your children to Mokolodi Game Reserve for a game drive, the driver will be educating them about different animals that they will get to see around the game reserve.

These are just a few of the many things you can do with your children in and around Gaborone. Other activ-



for Children to Gaborone



ities include the Gaborone marathons like colour run. In these activities, children take part with their parents and friends just to have fun. There are also cultural activities such as letlhafula, son of the soil where children get to network with others and learn cultural games and/or activities like diketo and dikhwaere. The Gaborone malls have cinemas, like River Walk mall has new capital cinema where children can watch movies and have fun.



Learning Activities for Your Toddlers



Beans and More:

This learning activity for toddlers is one of the easy ways to keep them engaged for longer hours. Take a marker and write alphabet, numbers, shapes, etc on the beans.

- Let your toddler sort them into groups.
- For more fun, provide your darling with glue and ask him to stick the ordered beans on chart paper.
- The activity may get little sticky, but it can glue your toddler for hours.

Macaroni Fun:

Food as accessories...

why not? All you need is some strings, and a lot of macaroni.

- Write down alphabet/words/numbers on the pipes and ask your toddler to string them in order.
- If you can use edible colors to write, you can as well cook the macaroni garlands and bracelets.
- You can also try using cheese as glue for accessories.

Rainbow Toys:

Kids own toys in all possible colors. So make use of the bright toys to teach your child about the rainbow.

- Pick one toy each for each color of the rainbow, and arrange them in order.
- Now, ask your toddler to pick similar colors and group them. At the end of it, provide him with separate bags for each color.
- This activity will teach him how to sort, to recognize colors and also the basic organizational skills.



Toddlers are probably the biggest bundles of energy. If you are the proud parent of a toddler, we completely understand if at times you feel your darling just tires you out.

It's just so hard to make them stay in one place for a while, isn't it? Ah, what would you not give to keep him entertained in one place! With an attention span that is so short, how do we teach toddlers anything at all? Fret not, here we have compiled a list of toddler learning activities that are so much fun, your toddler will be more than up for them.

Animals Everywhere:

One of the basics of learning is the ability of recognition. You can teach your toddler using animals as a theme. Make use of animal tags for your toddler's stuffed animals.

- This way, every time he picks a toy, he also inevitably is attracted to the name card.
- Thus, he learns to recognize the toy, and also learns the spellings right.
- You can use the same concept for numbers, shapes and words too.

Scrabble:

Scrabble is a world-famous game for all ages, and it is so flexible that even your toddler can play it.

- Scrabble is by far the easiest way to indulge your kid in some learning.
- Sit down with the toddler and her group of friends, and start by constructing little words.
- They don't have to follow the rules, just making use the letter slabs is more than enough.



Important Characteristics Of Modern Learners

Every modern learner is unique. Each may come from a different cultural and educational background, but there are also common characteristics that they tend to share. These are;

Easily Distracted

Modern learners have a lot on their common plates. They are thinking about any number of things at one given time, making it easy to get distracted when they are trying to complete an online course. This can present quite a challenge.

Social Learners

Without a doubt, modern learners are more social than any previous generation. They spend a good portion of their day on social media networks, catching up with friends and reaching out to business contacts. In fact, in many respects, social networking has taken the place of face-to-face communication. Modern learners are more likely to post on a Facebook page or respond to a tweet than make a call.

Crave Constant Knowledge

Today's generation of learners demand information anytime and anywhere. If they want to learn more about a topic, they simply hop on their mobile or tablets and find out everything they need to know to satisfy their curiosity. While previous generations had to venture to the nearest library to expand their knowledge, now knowledge is always at the modern learners' fingertips.

Independent

Though they thrive in social learning environments, modern learners are also fiercely independent. They aren't afraid to set out on their own to find the knowledge they need to achieve their goals, even if that means devoting all of their free time to the endeavor. If they aren't finding the information they are looking for in their online course, then they will simply look elsewhere.

Impatient

Modern learners are particularly impatient. They are so used to getting information at a moment's notice that you have to grab their attention



and manage time effectively. They know that there is an abundance of information just waiting for them on the internet.

Overworked

One of the most prevalent traits of modern learners is that they are overworked and overwhelmed. Many carry out a wide variety of job responsibilities, making it difficult to balance their home life with their careers. They are overwhelmed by the abundance of information that is online today.



Teething

Teething is the process by which an infant's first teeth (often called "baby teeth" or "milk teeth") sequentially appear by emerging through the gums, typically arriving in pairs.

When do babies start teething?

Most babies grow their first tooth when they're between 4 and 7 months old. An early developer may get his first tooth as early as 3 months, while it may take a late bloomer until he's a year old or more. (In very rare cases, a baby's first tooth is already visible at birth.) Whenever your baby's first tooth makes its appearance, celebrate the milestone by taking pictures.

Teeth actually start developing while your baby is in the womb and tooth buds form in the gums. Teeth break through over a period of months, and they often appear in this order: the bottom two middle teeth first, then the top two middle ones, then those along the sides and back.

Teeth can erupt one at a time, or several can come through at once. They may not all come in straight, but don't worry because they usually straighten out over time. The last teeth to appear (the second molars, found in the very back of the mouth on the top and bottom) usually come in around your baby's second birthday or in the months after. By age 3, your child should have a full set of 20 baby teeth, and they shouldn't start to fall out until his permanent teeth are ready to start coming in (around age

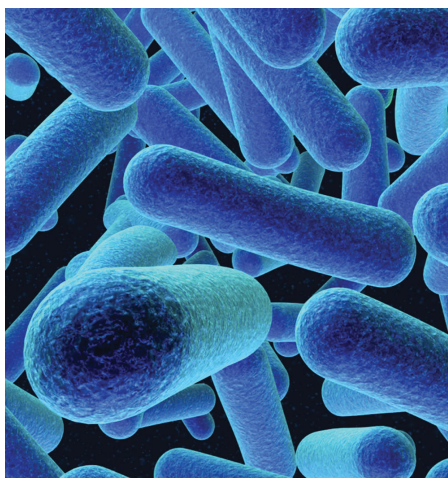


What are the signs of baby teething?

Some babies get through teething with no signs at all, but many parents report that their babies do experience discomfort. The most likely signs of teething include: Irritability or fussiness, drooling (which can cause a facial rash), swollen / sensitive gums, chewing behavior, refusing to eat and trouble sleeping.

How can I help my teething baby feel better?

- Give your child something to chew on, like a firm rubber teething ring
- Rub a clean finger gently but firmly over your baby's sore gums to ease the pain temporarily
- If your baby is old enough to eat finger foods, it may help him to chew on a hard, unsweetened teething biscuit. Just keep an eye on him and be mindful of choking.



How can you prevent listeriosis?

- You can prevent listeriosis by practicing safe food handling. Store foods safely. Cook, refrigerate, or freeze meat, poultry, eggs, fish, and ready-to-eat foods within 2 hours.
- Shop safely. Bag raw meat, poultry, or fish separately from other food items. Drive home immediately after finishing your shopping so that you can store all foods properly.
- Prepare foods safely. Wash your hands before and after handling food. Also wash them after using the bathroom or changing diapers.
- Follow labels on food packaging. Food packaging labels provide information about when to use the food and how to store it. When in doubt, throw it out. If you are not sure whether a food is safe, don't eat it.

Listeriosis is a serious, but treatable and preventable disease caused by the bacterium, *Listeria monocytogenes* and is widely distributed in nature and can be found in soil, water and vegetation. Furthermore, animal products and fresh produce such as fruits and vegetables can be contaminated from these sources. Individuals at high risk of developing severe disease include newborns, the elderly, pregnant women, persons with weak immunity such as HIV, diabetes, cancer, chronic liver or kidney disease.



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6 Things He's Hiding On His Dating Profile

Here are a few more things men tend to lie about when online;



His Worldliness

He may say he loves to travel, he may say he knows a lot about wine. Don't assume anything based on the guy's stated hobbies or interests; just like his job description it is likely inflated and made to sound more sophisticated than it actually is.

His Relationship Status

Even if a guy makes himself available on a dating site it doesn't necessarily mean he's there to seriously date. Single can mean anything from "haven't had a girlfriend in five years and looking for sex" to "newly divorced and sad." There are men who are going through a break-up or are in an open relationship and they are on these sites because it seems innocent enough, but they are not emotionally available to be with you.



His Job

You're about to go out with a good-looking CEO of a booming start-up? Don't be surprised if that means he has a great idea for an app and is working out of his parents' garage. Most men have a tendency to inflate their titles or responsibilities in order to impress women. It's not a great idea to ask about his salary, but a safe bet is to ask about his title and how large a company he works for.

His Height

On average, guys will say they are two inches taller than they actually are, and will assume you're not going to bring a tape measure to the first date. If you're curious, you can wait until his wallet's open while paying

for (at least his share) of the bill and say, "Oh! Let me see the photo on your driver's license. Mine is horrible." There, as clear as day, is his height.

His Weight

Men (well, everyone) will post photos of themselves from when they are looking their physical best. So if you show up on date number one and the guy is looking overweight, don't be shocked. If you're lucky it may go the other way; he may have just recovered from breaking up with his long-term girlfriend and lost the gut men tend to accrue when they no longer feel they need to impress their partner. Now that he's single he wants to look great.

His Age

One of the most common lies on dating profiles is a man fibbing about his age. More often than not he's likely older than he is. If you're in your early twenties and a man says he's 29 there's a chance he might actually be a 35 year-old who knows you would never date someone more than ten years your senior. If that's your thing though, then search for men in that age range... but hope they're not in their 40s.



Ask Babu

Should I tell my sister that her husband is sleeping with her friend?

I am suggesting you don't tell your sister about this. This will create mess in her stable life. Also she has two kids and it will be good to have complete family then broken one. Leave things on time. But support your sister to become financially strong and independent. Help her build her self-esteem. You let it be. Do not interfere in their personal affair. Sooner or later the wife would come to know about all this. Such things cannot remain under the cover for long.

How can I deal with my parents' constant fighting and concentrate on my studies instead?

If you cannot focus, as soon as you go home go to your room and close the door, play your favourite music and continue your studies and remember to keep the volume high, if you do have your own room, do not bother just go to their bedroom and close the door and do the same and concentrate on your studies... Either way makes sure to tell them in a straight forward manner. And tell them do you want your fight to spoil my life because you I cannot concentrate on my studies... It will definitely help or sit them down and TALK to them. Tell them that they need to stop fighting. If they cannot,

then at least, to not do it when you are around. Tell them that it is affecting your studying and that you may FAIL. If you cannot tell them, then write or mail them.

You can also enlist the help of an elder in the family, a grandparent or aunt/uncle to talk to them.

Women are often accused of being gold diggers if they are mindful of how financially successful a man is before she dates him. Are those types of women gold diggers or are they smart?

These women are misguided. Some women go through life counting a man's income but not his expenses. Unless there is financial transparency on both sides, no one knows exactly how much money anyone earns. For example, a man could earn 10 thousand annually; and be 20 thousand in debt. My point is that the amount of money a man may earn has zero relationship to his ability to provide, be emotionally supportive, generous of heart and a great father and community servant.

I really prefer to be alone. I typically don't connect with people, and I don't want to. I don't dislike people, or feel like they are not good enough to be my friend, nor am I concerned that I am not good

enough to be theirs. I just really enjoy being alone. Is it ok to be alone all the time?

It is not wrong, it is a great quality to have in fact it is very necessary for one to seek seclusion and be able to meditate, reflect and think deeply without distractions and external input. Social media and mobile devices have just about made "Borg" from Star Trek out of us all. It is healthy to disconnect from the Internet and commune with Nature in solitude from time to time. That means you're probably an introvert. You gain energy from your own inner world instead of from other people

My boyfriend doesn't talk to me at all after a fight. Is this normal?

I don't know how big your fight is. But it is normal for some people, we humans, when our anger is at its high, we won't say a thing, and maybe some of us will shout at the things they are angry with. This is completely normal. Just give him some space, and in a few hours talk to him again and try to sort things out. Otherwise don't worry; when we argue we tend to go cold on people but this is only temporary, it also depends on what you said during the fight and what the fight was about. If you hurt him with what you said yeah it would be normal that he would not want to speak to you.

I am a 19 year old lady looking for a life partner. He should be staying in Gaborone, preferably Phakalane. He must be aged between 40 and 45. He should be romantic and financially stable. He should also have a car.

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

A 40 year old woman is looking for a man, I am a divorcee, I don't believe in cheating and I need an open relationship. I am a Motswana

Seekers

woman of her own style; I wear unique clothes made by my hand. My dream man should be handsome and light in complexion.

Hi ladies, I don't need a silver or gold like other men do. All I need is a godly wife, one who is really born again from any church who loves the word of god, who is very sincere in everything, one who will obey and love his husband. She must not be slim or thin. I live in Francistown, so tribe and distance does not matter.

A 38 year old woman in Gaborone is seeking a loving and caring life partner. I have never married but I

have three children. I am a very energetic and outgoing person who likes socializing with friends. My dream partner must be a smart looking financially stable man who is ready to settle down.

I am a Zambian lady, bit shy but respectful. I would like to have someone in my life, who can love me because I care too. Lucky person must reply here so that we meet, this person must be a tall and elegant man aged 40 to 45.

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

How To Build Your Business



where you want to be. Finding your footing with other people is the greatest way to find some common ground. Even if what you're doing isn't what you want to do, make sure you never pass up the opportunity to make those connections.

Build Infrastructure You'll Need Within Your Current Business

Develop a business or departments within your business that can help you reach your dreams. For example, put yourself in a position where you promote things. And while you use your work to promote other people, someday you can use it to promote something of your own. You could build a foundation for your passion by having or building a reliable manufacturer or developer team. There's more than one way to think ahead, too. There will be a time when you will want to sell your business, so work hard to package it up in a way that will make it desirable for that future buyer. After all, another business you will want to build is right around the corner.

Use Up Your Mistakes

A lot of people wait too long to start their first business or never try at all because they feel almost paralyzed by the idea that they shouldn't go for an opportunity unless it's in a field they're truly passionate about. Yet when that opportunity does come along, they don't have the necessary experience.

Make Connections In The Spaces Where You Want To Be

Not being involved in the field you're passionate about doesn't mean you can't still participate in the conversation. Take advantage of the universal nature of social media to learn about the vendors and influencers who are in the space

Don't Let Doubt Get In The Way

Seizing the best opportunities doesn't make you a sellout. Get out there, and when the chance to do what you're really passionate about comes along, you'll be better able to handle it than anyone who waited.

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The Next 5 Steps to Take After You've Been Denied a Small Business Loan



1. Request an explanation from the lender

Once a loan officer has given your application that red stamp of denial, you're not likely to change his or her mind. Most lenders, however, will be willing to provide a letter of explanation detailing the reasons that your business loan application did not meet their requirements. Understanding why you've been denied a small business loan will be critical as you seek to successfully re-apply in the future and the answer might not be as obvious as you may think. A letter of explanation from your lender will allow you to address those specific concerns before seeking funding again in the future.

2. Check your business and personal credit reports

If you've ever bought a house or a car, or even applied for an apartment lease, you're likely very familiar with your personal credit score and the impact it can have on your access to financing. But did you know that as a

small business owner, that personal credit score also weighs heavily on your access to a small business loan? That's why, upon being denied a small business loan, one of your first steps should be to check your personal credit report and score for any discrepancies or forgotten financial woes that may have contributed to the denial. Work to build up your business credit by asking vendors, creditors or even the landlord of your retail property or office space to report your payment history to major business credit reporting services.

3. Take steps to improve your business's financial standing

While your business and personal credit scores will typically be the most influential factors in a lender's decision process, the internal financials of your business particularly the strength of your annual revenue, cash flow and business savings will also be considered. Taking an objective look at these factors from your lender's point of view may help you to determine what steps you can

take to either improve your financial standing or choose a loan product that will be a better fit.

4. Consider alternative loan products

A denial from one lender on one loan application is not a "no" for all time. Variations between lenders' standards, the requirements different loan products have and the amount and terms of your financing can often mean that even without making major changes to your credit or your business finances, you may still be able to obtain a small business loan relatively quickly if you explore your options.

5. Apply carefully the second time

This is the time to get a second set of eyes on everything that you submit so that you don't risk a second round of frustration. Being denied a small business loan is a reality that many business owners face, particularly after their first application but it is by no means the end of your business financing journey.

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Home Décor Trends 2018



for retro glamour, and provide a new take on modern luxe.

Metallic handles and legs are the perfect finishing touches to add an extra glam feel. And a fusion of walnut, gold, brass, black and marble gives a more sophisticated feel to many high-street pieces.

3. Fringing

This fun new trend is not so mainstream yet but it's on its way make no mistake. Interiors always follows in the footsteps of fashion, where fringing is a HUGE deal for spring. This is the trend if you want to be ahead of the crowds.

4. Pineapples reign supreme

The humble pineapple is back on top as the trendy motif to adorn your home for this spring/summer. Last year the cactus print pipped the pineapple in the popularity stakes, but it would appear the tables have turned. Although the cactus is most certainly not going anywhere, it's taking a back-seat to the pineapple once again...



Last year saw us filling our homes with totally tropical jungle prints, flamboyant flamingos and just about anything and everything metallic we could get our hands on! So what does the year ahead hold in the trend stakes? Here are our top predictions for home decor trends to keep up with in 2018...

1. Rich pigments

Grey may still be the neutral of choice for many interiors, but colour is set to be bolder this year. We're feeling braver with colour choices – on both walls and furniture pieces, as sofa colour choices of late have demonstrated. Moody interiors are more popular than ever, too, with brooding violet, navy and striking emerald green all key colours for 2018.

Ultra Violet is an enigmatic blue-based purple shade, which Pantone claims is set to take our imagination to new levels

Each year Pantone, the leaders in colour, predict a tone that will be the next BIG thing in the world of interiors. With such passion for colour, the chosen tone is so much more than just a shade to paint walls with. It's about how that colour makes you feel, and the atmosphere it creates when integrated into your home.

2. Glam dark woods

Furniture is set to head to the dark side this year. We're stepping away from pale, bleached woods that were hugely popular. 2018 is the year where darker wood tones signify resurgence

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DIY Patio Furniture Ideas to Transform Your Outdoor Space



containers add architecture and visual weight to an outdoor room.

Wild at Heart

What could be breezier (and easier) than wildflower bouquets clustered on a tabletop? You don't even need fancy vases -- in fact, that might miss the whole point! These are a mix of mason jars and old jelly jars. Once you've run them through the dishwasher to remove the label, they happily serve as catchalls for food and flowers.

Porch Perfect

Outdoor fabrics have come a long way in recent years; they have a softer hand and are flush with fresh colors and patterns -- and they still stand up to bright sunlight and humidity with grace. The stunning array of fabrics on the market means that outdoor cushions, pillows, and curtains can be as trendy and dazzling as those inside.

Branching Out

A protected patio -- that is, one with a roof and a wall or two -- can indulge in interior-style design because its furnishings and accessories are sheltered from the elements. Here, several rounds of wood (each crafted from slices of skinny branches) float on the wall over the bench for modern-looking -- but still outdoor-appropriate -- artwork.



Like the rooms inside our homes, there are limitless ways to decorate a deck or patio, especially when you introduce homemade outdoor furniture. Putting a personal spin on your outside seating area is as easy as modifying a tree stump, upcycling a slab of concrete, or building with unused pallets.

DIY Painted Bistro Set

All it takes to personalize store-bought patio furniture is a few containers of paint. The rainbow hues of this DIY patio furniture makeover reflect the colorful personality of blogger Rachel of The Crafted Life, but you could take your painted bistro set in a more muted or more monochromatic direction. The key is to pick outdoor paint that can withstand the elements,

and to start the job with a paint roller for a smooth, streak-free application.

Seating a Crowd

Most outdoor furniture is meant to oblige just a few folks, but this L-shape table stretches long enough that it can accommodate lots of people -- and food to feed 'em. Heavy-duty, concrete-block pillars hold aloft a tabletop of humble wood planks for a sturdy, weatherproof table and buffet.

Black and White Booster

Never underestimate the impact of a tall garden container spiked with bright blooms. (The sunny yellow flowers are even more eye-catching because the pot is black and white.) Flanking a doorway, tucked in a corner, or marking a path, such hefty

Clever Vegetable Garden Hacks



deter rabbits, squirrels and raccoons from raiding your crop. Might look odd, but if it works, it's totally worth it!

Check Your Grocery Bag for Crops

Fresh basil, celery and onions can all be started from cuttings you'd normally throw away. Set them in some water and they'll start to grow all over again!

Hanging Container Garden

Who says hanging baskets are only for flowers? Plant an assortment of your favourite herbs and small vegetable plants, like tomatoes, and you have a teeny tiny garden that takes next to no effort.

Tin Can Vegetable Garden

Repurpose some of those old tin cans into garden containers! Then hang them on a wall for an awesome looking container garden!

Put Coffee Filters at the Bottom of Containers to help Keep all the Water from Draining

water drainage by placing a coffee filter at the bottom. Water can still get out, but it will give the soil more time to absorb it.

There is nothing more frustrating than watering a pot, only to have all of the water run right through the holes at the bottom. You can slow down the

Use Plastic Forks to Keep Pets and Animals from Destroying your Garden Plant plastic forks in the garden to

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Gumpole Treated 2.1 - 75x100

Gumpole Treated 2.4 - 50x75

Gumpole Treated 2.4 - 75x100

Gumpole Treated 3.0 - 100x125

Gumpole Treated 4.2 - 75x100

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How to Get Rid of Moths



Get to the bottom of your insect infiltration.

Moths don't bite, buzz, or sting — but discover wriggling larvae in your cereal or chewed holes in your cashmere sweaters and it's clear that a moth infestation is nothing short of super frustrating. Eliminate these fluttering pests from your home by following these easy steps.

1. IDENTIFY WHAT KIND OF MOTHS YOU HAVE.

Homeowners usually come into contact with one of two types of moths: pantry moths and clothes moths. Just like their categories imply, these insects go after different food sources in different parts of the house.

The pantry variety can include species like the Indian meal moth but most go after grains and dry goods: cereals, crackers, rice, and other stored foods. Clothes moths naturally like closets and wardrobes, with the caterpillars

relying on natural fibers like linen, wool, silk, or fur for sustenance. Besides holes, these pests can also leave behind shed pupae skins, webbing, and frass, insect excrement that looks like large grains of sand.

2. START CLEANING AND THROW OUT INFESTED MATERIALS.

The first step in stopping a moth infestation is getting out the trash bags. Throw out any potentially contaminated food and get it out of the house.

If you're dealing with clothes moths, start making a laundry pile. Wash what you can with hot water and detergent, then dry on low heat to kill larvae.

3. SKIP THE MOTHBALLS AND SEAL EVERYTHING UP

Play it safe and deter clothes moths other ways. Seal seasonal clothing in airtight bags; the vacuum-sealed varieties are a good bet. While you can try the natural repellent cedar, don't rely on it as a quick fix or lasting

remedy. The wood's oils may prevent infestations by harming small larvae, but it won't clean up existing ones and the effect loses potency after a few years.

In the pantry, stash foods in airtight containers. This has the bonus effect of deterring moisture-loving mold and other pests like ants and cockroaches. It's also a good idea to check food from the grocery store before bringing it inside too, as that's how infestations usually start.

4. VACUUM AND CLEAN REGULARLY.

Prevent future problems with regular housekeeping. Wiping down surfaces and getting rid of dust, fibers, and crumbs will go a long way. Monitor for signs of moth activity not only in your clothes and food, but other places as well. Pantry moths often go for birdseed



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Foaming Hand Wash



it is a hormone disruptor and causes damage to liver function. It is linked to allergies, eczema and asthma. Studies have shown that antibacterial hand soaps are ineffective to viruses like the flu and colds. Also, it's been proven that antibacterial hand soaps leave behind strong bacterias. There is also a theory that we are setting ourselves up for a Mega Virus that is evolving and becoming immune to antibacterial hand soap. So, I say, ditch the chemicals and make your own!

DIY Foaming Hand Wash

- 1/3 cup Castile Soap
- 2/3 cup of water
- 1 tsp. Olive Oil (this helps keep your pump from sticking!)
- 20 drops of Essential Oils
- Mix ingredients in foaming soap bottle and shake.

Ok, so if you're nervous about making your own skin care or cleaning products then this is the place to start. This could not be easier! It takes not even 5 minutes!

As usual, here is another product that is not good for you. Antibacterial soap is full of chemicals. Namely, triclosan. Triclosan's list of side effects is a mile long. Several that stand out are that

That's it!! It's simple.



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DJ SAOT

Full names: Samuel Otisitswe
Place of birth: Serowe
Date of birth: 18/11/1989
Profession: Dj, Tour guider
Current job: Soldier

Dj Saot holds a Diploma in Traveling and Tour Guide and Certificate in Material and Blastic. He started his Dj career in 2008 to date, he does it as a part time job and he has performed with well-known Dj's like Dj Tira, Donald, Mahoota, Vetkuk, Malinga.

Radio stations he played on

- Rb 2
- Gabz FM
- Rawjamz radio (S.A)
- Metro FM (S.A)

Clubs he played in

- Santos club (S.A)
- Trekkas Gaborone
- Elpaso
- Freshers exclusive and e.t.c

For bookings contact

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Region. I am also a news anchor for RB 1.

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

I am honored to work among people who are passionate about sports, people who live sports in their everyday lives. I must mention my mentor and supervisor Fundi Gaoferwe aka The Great Fundamental, he is a man who discovered and believed in me before anyone. It is a pleasure that I began working for RB2 in this platform, a thing which really transformed me today. I would like to mention Mr Martin Nkwe as well, at RB 1 news desk for showing me the way, a man who taught me how I can diversify sports. These are the people who are shaping and mentoring my desination.

Describe your typical weekend.

As a sports person my weekends are about sports but now I am a family man and part of my weekends is reserved for family.

What's your favorite quote?

Psalm 46:10- be still and know that I am GOD.

Your motivational message to upcoming sports presenters

They must learn from those who have been there before them because they have experienced a lot in the industry. Practice high levels of professionalism as it is very easy to have your sold in this industry. Most importantly be a living example as you are in the public eye, work on your social life and remain humble regardless of how talented you are.

This industry can create a lot of enemies when it happens they must remain friendly to all and stay on their lanes.



Mike Luke: The Passionate Sports Presenter

Tell us about yourself and educational background

My names are Michael Kabo Luke. I was born and raised in Gaborone and am from a family of 3 boys. I am 31 years of age. I graduated from the University of Botswana where I studied Bachelor Arts of Humanities and Post Graduate Diploma in Education (PGDE) majoring in English and Environmental Science, so technically speaking am a teacher out of it. During my university days I used to be a sports writer for UB horizon and a gossip corner.

Describe yourself in 3 words

Enthusiastic, passionate and honor

Tell us what exactly your work entails.

My everyday work as a sports presenter is to be informed enough to do my job, so I have to make interviews with

relevant stakeholders to ensure that information I disseminate is accurate as possible in order to avoid error. This work involves extensive research especially reporting on unfamiliar sport codes, rule and regulations... I am a person who enjoys covering an extensive/ wide range of sports be it indoor or outdoor. I could only achieve this by networking.

Apart from being a sports presenter what else do you do?

Generally my weekdays are always packed with some daily activities. I co-host the RB 2 Ragga Dancehall smash show every Thursday at 19:30 hrs alongside DJ Gouvia, I also provide content for the show Something else hosted by Gouvia on RB 2 and I co-produce the show between Monday and Friday. As I mentioned earlier, am a teacher at Tawana School in Ditlharapeng village in Goodhope



Gaz Coombes

Album: World's Strongest Man
Release Date: May 4, 2018



Charlie Puth

Album: Voicenotes
Release Date: May 11, 2018



Chvrches

Album: Love is dead
Release Date: May 25, 2018



Missy Higgins

Album: Solastalgia
Release Date: May 4, 2018



Echo & The Bunnymen

Album: The Stars, The Oceans & The Moon
Release Date: May 18, 2018



Snow Patrol

Album: Wildness
Release Date: May 25, 2018



Ziggy Marley

Album title: Rebellion Rises
Release Date: 18 May 2018



Arctic Monkeys

Album title: Tranquility Base Hotel & Casino
Release date: 11 May 2018



Hilary Williams

Album title: My Lucky Scars
Release Date: 25 May 2018



Kelly Willis

Album title: Back Being Blue
Release date: 11 May 2018



Courtney Barnett

Album title: Tell Me How You Really Feel
Release date: May 18 2018



Chvrches

Album title: Love Is Dead
Release date: 25 May 2018



Winnie Madikizela-Mandela

For decades she and her then-husband, the iconic Nelson Mandela, were the country's most famous political couple - but Mr. Mandela divorced her in 1996. After their separation, she kept his surname and they maintained ties, leading to critics accusing her of attempting to use his name for political mileage.

Born in Bizana in the Transkei in 1936, she met Mr. Mandela in 1957. He was married at the time to Evelyn Mase but the marriage was breaking up. The next year they married - she was a young bride, 16 years his junior. However, they were destined to have little time together as political activism and a period in hiding kept Mr. Mandela apart from her. He was jailed for life in 1964 and only released in 1990. While he was in prison, she took on an increasingly political role, partly because of constant harassment by the South African security police.

Her resistance to harassment and championing of the anti-apartheid cause led to periods of imprisonment from 1969. In 1976, the year of the Soweto riots, she was banished from the township to a remote rural area. By the mid-1980s and the start of a long period of township militancy against the white government of President P W Botha, she was back in Soweto and at the heart of the struggle. In 1991, after his release, she was charged with the assault and kidnapping. Her marriage to Mr. Mandela broke down in the years after his release and they were divorced in 1996.

Ms Madikizela-Mandela was honoured with an Honorary Degree from Makerere University in Uganda for her anti-apartheid campaigning. Although she remained in the political limelight, she was granted leave from parliament in March 2018 due to ill health. Her death was confirmed on 2 April, aged 81



Kelly Brook

This English model, actress and television presenter is best known for her roles in the 2010 horror comedy remake called Piranha 3D and in the NBC SITCOM One Big Happy. Brook was born and raised in Rochester, Kent, as Kelly Ann Parsons. She started modeling professionally at the age of 16 and started in her first advertising campaign for Lee Jeans. Since then she's featured in campaigns for Renault Megane, Walkers and Piz Buin. Her first media break came when she was taken an interest in by the British national tabloid newspaper. She was then recognized by, and is often featured in magazine like FHM, etc. she has been consistently voted one of England's sexiest women.



Prabhu Deva

first appeared as a boy playing a flute in the song "Panivizhum Iravu", from the Tamil film Mouna Ragam. He later appeared as a background dancer for a song called Tamil film Agni Natchathiram. Deva's first venture as a choreographer was the Kamal Haasan starrer Vetri Vizha. He has since then choreographed for over 100 movies. From choreography, he went into acting. Deva made brief appearances in solo items such as "April Mayile" in Idhayam, "Lallaku Doldapi Ma" in Suriyan, "Chinna Rasave" in Walter Vetrivel, "Chikku Bukku Rayile" in Gentleman, after appearing as junior artist in songs such as "Rajathi Raja" in Agni Natchathiram. He performed with Madhuri Dixit in the song "Ke Sera Sera" for the movie Pukar.



Cherilyn Sarkisian

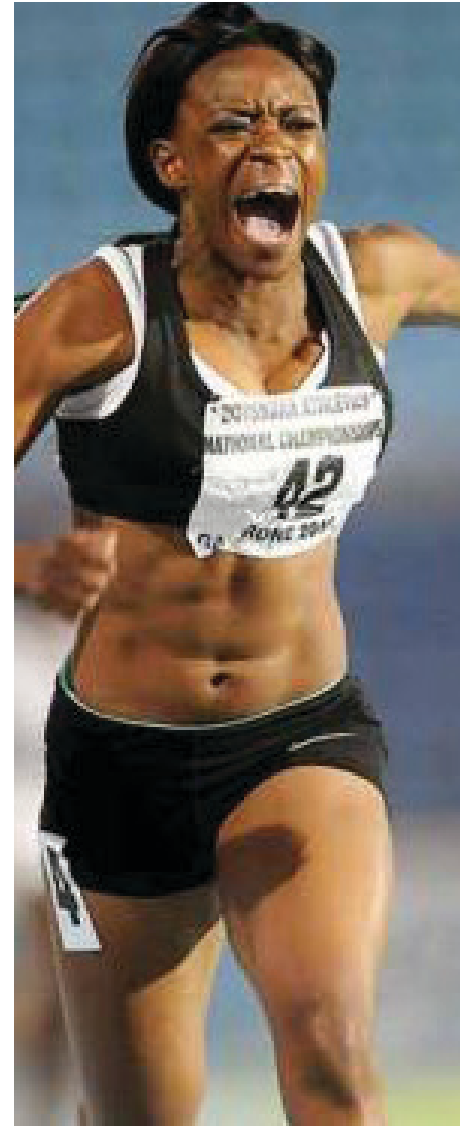
She is sometimes called the Goddess of Pop, she has been described as embodying female autonomy in a male-dominated industry. She is known for her distinctive contralto singing voice and for having worked in numerous areas of entertainment, as well as adopting a variety of styles and appearances during her six-decade-long career.

Cher gained popularity in 1965 as one-half of the folk rock husband-wife duo Sonny & Cher after their song "I Got You Babe" reached number one on the American and British charts. She began her solo career simultaneously, releasing in 1966 her first million-seller song, "Bang Bang (My Baby Shot Me Down)". She became a television personality in the 1970s with her shows The Sonny & Cher Comedy Hour, watched by over 30 million viewers weekly during its three-year run, and Cher. She emerged as a fashion trendsetter by wearing elaborate outfits on her television shows.



Penélope Cruz Sánchez

A Spanish actress known for her beauty and her portrayal of sultry characters. She achieved early success in Spanish cinema and quickly established herself as an international star. At age 15 she won a modeling agency competition and began appearing in music videos and on Spanish television. She came to international attention with Belle Epoque, a film about an army deserter taken in by an elderly man and his four enchanting daughters. It won an Academy Award for best foreign film. Her comedic skills were on display in Ben Stiller's fashion-industry satire Zoolander 2 (2016). In 2017 Cruz was part of the star-studded cast in Murder on the Orient Express, based on Agatha Christie's 1933 novel of the same name. She then took to the small screen to play Donatella Versace in the TV series The Assassination of Gianni Versace: American Crime Story (2018).



Christine Botlogetswe

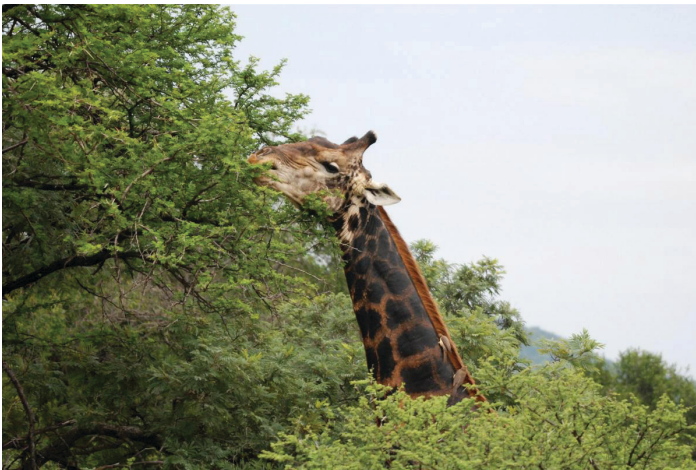
She is a sprinter from Botswana who competes primarily in the 400 metres. She was born October 1, 1995 and she competed at the 2016 Olympics, running a non-qualifying 52.37 in the first round. Christine also competed at the just ended commonwealth games. She runs for the Orapa Athletics Club and is coached by Justice Dipeba, who also coaches Isaac Makwala, the seventh fastest man in history.

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MOKOLODI NAT



The formation of Mokolodi Wildlife Foundation led to the establishment of the Mokolodi Nature Reserve in 1994. The Reserve is now home to a wide variety of vegetation and animals that are endemic to south-eastern Botswana, some of which are tremendously rare or endangered by extinction.

Mokolodi Nature Reserve programmes have grown significantly since its formation giving a good track to its mission. The reserve's Education Centre accommodates school children in its environmental education programmes, and it also welcomes visitors on an annual basis.

Mokolodi as a nature reserves, it carries numerous activities to protect life of all animals. One of the most prominent conservation projects undertaken by Mokolodi is the white rhino-breeding programmes that bout extinction of the white rhino. The reserve also has a wildlife sanctuary that supports sick or injured wildlife, often rescued by members of the public.

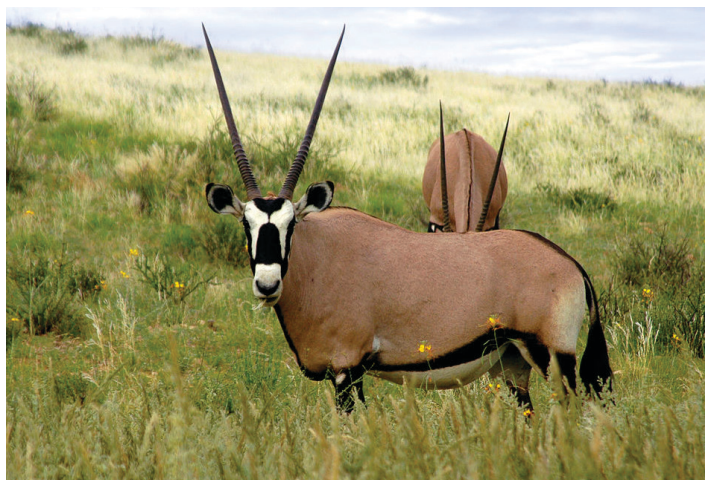
In case of sustainability and conservation, Mokolodi nature reserve offers fee-based tourism activities like game drives, rhino tracking and conferencing, as well as great accommodation. The income generated from these activities assist the Reserve in subsidising its conservation and education

programmes, while providing treasured experiences to Reserve visitors.

The Nature Reserve works on occasion with other local conservation NGOs, such as Cheetah Conservation Botswana, Birdlife Botswana and Leopard Ecology & Conservation, focusing on specific activities that enhance the country's conservation and education efforts.

Giving an inclusive economic eye view, Mokolodi Nature Reserve employs approximately 100 people, of which approximately 75 are from neighbouring communities.

URE RESERVE





Have A Question About Job Search?

When it comes to your career, sometimes it feels like you could use all the advice you can get. From picking the “right” career to actually excelling in it, there’s certainly a lot to learn.

On working a not - quite-Dream job

1. The best career or job is the one in which you’re using the skills you enjoy. But, not every job needs to address all of your passions. Use every job as an opportunity to learn something new and keep an open mind; you may find that you really enjoy something you never imagined would appeal to you.
2. Don’t take yourself (or your career) too seriously. Plenty of brilliant people started out in jobs they hated, or took paths that weren’t right at the beginning of their careers. Professional developments is no longer linear, and trust that with hard work and a dedication to figuring out what you want to do with your life, you, too, will be OK!

3. Every person you meet is a potential door to a new opportunity—personally or professionally. Build good bridges even in that just-for-now job, because you never know how they’ll weave into the larger picture of your life.
4. Remember that a job, even a great job or a fantastic career, doesn’t give your life meaning, at least not by itself. Life is about what you learn, who you are or can become, who you love and are loved by.
5. If the career you have chosen has some unexpected inconvenience, console yourself by reflecting that no career is without them.

On advancing your career

1. Every year or two, spend some time really thinking about your career. Go out and warm up your network, check out new opportunities, and do some salary comparisons. You make smarter career decisions when you have

real data. Also, if you are afraid or uncomfortable, you are probably onto something awesome! Fear means you are growing your comfort zone.

2. Don’t be afraid to speak up in a meeting or to schedule a sit down with a colleague or boss—whether to hash out details on a project or deal with a sensitive situation. When it comes to having your ideas heard, or to really connecting with co-workers, never underestimate the power of face time and the importance of in-person communication.
3. Take criticism or “feedback” for what it is: a gift given to you to make you better at what you do. Don’t concern yourself with the person or the method of delivery. Instead, glean out the teachable nuggets and move on.



Vintage Teacup Candles



This may or may not be most favourite DIY project yet. You're going to love this project. It's easy, super cute and perfect for favors, home decor, gifts, bridal showers and the list goes on. Read on to find out how you can make your own DIY Vintage Teacup Candles and sell to people!

You will need the following:

- Vintage tea cups, any will do
- eco friendly candle wax flakes
- wooden kabob skewer sticks
- scotch tape and sharp scissors
- a stove, a double boiler and bowl
- oven mitts and a hot plate/trivet

Step 1: You'll want to make wooden wick supports to lie over top of the teacups. To do this you can tape together two wooden sticks at the end. Slide in a wax wick so it sits in between the two wooden sticks and then clamp shut the opposite ends and tape together. You should have two sticks taped together at both ends with a wax wick clamped into the middle. Position the wick into the center of the cup so the metal base around the wick is flush on the bottom of the cup. Repeat this step until all of your cups have a wooden wick support lying across the tops. Like so:



Step 2 : Fill a shallow pan or double boiler with water and put over medium to high stove heat. A glass Pampered Chef measuring bowl was I used with a spout to melt the wax. Place your bowl into the water and pour in your wax flakes. As the water and bowl begins to heat up your wax flakes will start to melt and become clear. Use two wooden skewers to stir the flakes especially after you added in your candle scent and colour. Candle dye is just as potent as food colouring; a little will go a long way!



Step 3 : Using oven mitts, use one hand to lift up the bowl out of the water (once the wax has completely melted) and the other hand to wipe off water on the outside of the bowl. Have a trivet ready beside your teacups and carefully pour the wax into your teacups, making sure to avoid the wooden skewers lying across the tops. Fill the teacups up until about a quarter of an inch of cup is still showing. Immediately wash your bowl to avoid the wax drying or put back in your hot water bath if you will be melting more



flakes.

Step 4: Now you get to wait to let the wax completely dry. Give it a few hours at least before you try to trim your wicks or light your candles. Once the wax looks cloudy, smooth and is hard to the touch you'll know the wax is dry. Using very sharp scissors cut your wick directly at the wooden skewer clamp and gently pull the wooden skewers away from the wick. Then you can light your beautiful new Vintage Teacup Candles! Now they can be sold from P100 to P150 each, and there is going to be a growing market of buyers in this business.



And there you have it! DIY Vintage Teacup Candles.

Aries

(Mar 21 - Apr 19)

Professionally you will be working hard and will be pleased with the result. Married life will be pleasant with news of pregnancy and singles are looking for monetary support from their partners. Aries foretells that professional life will be active and enjoyable.

Gemini

(May 21 - Jun 20)

Career progress of Gemini sun sign will be gradual and progressive. Mercury will help your communication skills. The Moon will influence your earnings and expenses. Love life will be exciting during the end of the month. Mercury will help you to maintain your health. Existing relationships do not show any progress and are moving at snail's speed. Even new relationships are going nowhere.

Cancer

(Jun 21 - Jul 22)

Mars and the Moon will be instrumental in the upward progress of the career graph of Cancer zodiac. The Moon will help you to keep up your health. Financial situation will be fabulous due to the various opportunities available. Love life will face some turbulence. Your relationship with seniors and the general public is harmonious.

Leo

(Jul 23 - Aug 22)

Leo sun sign will flourish in professional life due to social connections. Health is showing some progress. Love life will be heavenly and passionate. It is predicting that the relationship with your spouse or partner will still be tentative. For the sake of harmony in Leo compatibility, you have to exercise tolerance.

Virgo

(Aug 23 - Sep 22)



Thabo Sefolosa

A South African basketball player, born May 02, 1984.

Taurus (April 20 - May 20)

Taurus star sign will shine in their careers due to the influence of Venus. Health will show improvement. Financial situation will be better with the assistance from your partner. Love life will face some problems during the latter part of May 2018.

Taurus man is generous, tender and devoted, but can sometimes be too stiff and unmovable. If he is aware of his weaknesses, he can turn to sports or any sort of physical activity in order to feel more grounded and ready for action.



Virgo star sign will have a satisfactory career development in May 2018. Your partner will contribute towards your monetary success. Social and love life will be highly enjoyable due to planetary influences. Health will be better during the end of the month. It is forecasting that an interest of others is important and you can attain your targets with social capabilities.

Libra

(Sep 23 - Oct 22)

Career growth depends on family assistance. There will be both romance and passion in love relationships. It foretells that you have to give equal importance to both career as well as family affairs this month. This is because the planets are equally placed in the Northern and the Southern halves of the horoscope. This is not the time for independence and outer success. You can create success with the help of others.

Scorpio

(Oct 23 - November 21)

The emphasis is on professional matters and outer success, and slowly family and home with emotional welfare are taking a back seat. Jupiter will boost the financial income of Scorpio sun sign. You will also help others to make money. Love life will be excellent with plenty of socializing. Career development will be remarkable.

Sagittarius

(Nov 22 - Dec 21)

Monetary situation will be very good during the first few weeks of the month. There will be problems on the career front. Life with your partner will be stormy and no solution is visible immediately. It predicts that home and family along with psychological health is more vital than career this month.

Capricorn

(Dec 22 - Jan 19)

Though the financial prosperity of Capricorn zodiac sign will be good, speculations should be avoided. The Moon will keep the ro-

mance of couples alive for short intervals. Family will be behind the progress of your career growth. Health and vitality show significant improvement.

Aquarius

(Jan 20 - Feb 18)

Family and psychological issues will dominate the life of Aquarius star sign. Financial progress depends on your efforts. Life with your spouse will be enjoyable. Career is in the background this month. It predicts that home and family will be more important than career and worldly ambitions and foretell that career will not be in focus in May month.

Pisces

(Feb 19 - Mar 20)

Emotional strength will be vital. This is because the planets are equally dispersed between the northern and southern sectors of the horoscope. Pisces sun sign will progress well in their careers in May 2018. Mars, Venus and Jupiter will help your financial growth.

What Not To Say In A Job Interview

My boss and I took a job applicant to lunch, where we tried, with little success, to get him to open up about his experience and qualifications. Frustrated, my boss set his salad aside and proposed a specific and complex situation to the young man, then asked, "What would you do?" The applicant hesitated, then, looking my boss straight in the eye, said, "Are you going to eat all those tomatoes?"

One student called out, "Wrinkles!"

When a family friend passed away, my granddaughter took her three-year-old son to visit the widow. As they approached the front door,

she whispered to the boy, "Make sure to tell her how sorry you are." He whispered back, "Why? I didn't kill him."

Pick a Husband, Any Husband

As the hostess at the casino buffet showed me to my table, I asked her to keep an eye out for my husband, who would be joining me momentarily. I started to describe him: "He has gray hair, wears glasses, and has a potbelly ..." She stopped me there. "Honey," she said, "today is senior day. They all look like that."

In Trouble

Every night, Harry goes out drinking. And every night, his wife, Louise, yells at him. One day, one of Louise's friends suggests that she try a different tack. "Welcome him home with a kiss and some loving words," she says. "He might change his ways." That night, Harry stumbles back home as usual. But instead of berating him,

Louise helps him into an easy chair, puts his feet up on the ottoman, removes his shoes, and gently massages his neck. "It's late," she whispers. "I think we should go upstairs to bed now, don't you?" "Might as well," says Harry. "I'll get in trouble if I go home."

Silent Treatment

After my husband and I had a huge argument, we ended up not talking to each other for days. Finally, on the third day, he asked where one of his shirts was. "Oh," I said, "now you're speaking to me." He looked confused. "What are you talking about?" "Haven't you noticed I haven't spoken to you for three days?" I challenged. "No," he said. "I just thought we were getting along."

The Missing Shoe

One evening my husband's golfing buddy drove his secretary home after she had imbibed a little too much at an office reception. Although this was an innocent gesture,

he decided not to mention it to his wife, who tended to get jealous easily. Later that night my husband's friend and his wife were driving to a restaurant. Suddenly he looked down and spotted a high-heel shoe half hidden under the passenger seat. Not wanting to be conspicuous, he waited until his wife was looking out her window before he scooped up the shoe and tossed it out of the car. With a sigh of relief, he pulled into the restaurant parking lot. That's when he noticed his wife squirming around in her seat. "Honey," she asked, "have you seen my other shoe?"

Opposite in Nature

My mother and I were having a mother-daughter talk about the qualities to look for in a husband. She stressed that husband and wife should be as much alike as possible in interests and backgrounds. I brought up the point that opposites often attract. "Diane," she said emphatically, "just being man and woman is opposite enough."



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Easy Thai Chicken

Yield: 8 Servings **Prep Time:** 10 Minutes **Cook Time:** 30 Minutes **Total Time:** 40 Minutes

So sticky, so tender, so moist and just packed with so much flavor. And it's an easy peasy weeknight meal, made in 30 min or less!

Ingredients:

- 2 tablespoons unsalted butter
- 8 bone-in, skin-on chicken thighs
- 1/4 cup peanuts, chopped
- 2 tablespoons chopped fresh cilantro leaves

For The Sauce

- 1/2 cup sweet chili sauce
- 2 tablespoons reduced sodium soy sauce
- 2 cloves garlic, minced
- 1 tablespoon fish sauce
- 1 tablespoon freshly grated ginger
- Juice of 1 lime
- 1 teaspoon Sriracha, or more, to taste



Directions:

Preheat oven to 400 degrees F. To make the sauce, whisk together chili sauce, soy sauce, garlic, fish sauce, ginger, lime juice and Sriracha in a small bowl; set aside. Melt butter in a large oven-proof skillet over medium high heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side. Stir in chili sauce mixture. Place into oven and roast until completely cooked through, reaching an internal temperature of 165 degrees F, about 25-30 minutes. Then broil for 2-3 minutes, or until caramelized and slightly charred. Serve immediately, garnished with peanuts and cilantro, if desired.

Mashed Potato Rolls

Wheat and potatoes make a nutritious mix in this recipe. The rich carbohydrate content makes it an ideal finger food for active toddlers. It is also great food for daycare, where toddlers involve in a lot of outdoor play that demands extra energy.

You will need:

- 2 cups diced potatoes
- 4-5 cups of wheat flour
- 6-7 cups of water
- 2-3 tablespoons of vegetable oil



How to:

Boil the potatoes for 20 minutes or use a pressure cooker up to four whistles to make the potatoes tender. Mash the boiled potatoes. Add water used for boiling to soften the potatoes if required. Make dough using wheat flour. Use a rolling pin to roll out a thin layer of dough. Add some mashed potatoes in the center and roll the dough again. Cut the dough into small sections to make mini-rolls. Heat oil in the pan. Place the rolls, and shallow fry them on a medium flame for four minutes. Turn the rolls and fry for four minutes. You can continue frying till the roll develops a crispy golden-brown crust. Let the rolls cool, and the toddler finger food is ready to be served.

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4 Barre Exercises for a Strong, Sculpted Core



1. Pilates Roll-Up

How to: Start lying on your back, legs straight, toes flexed and arms straight up by your ears. Press your low back into the ground (a). Exhale and slowly roll yourself up, pressing your low back into the ground as you lift your upper back. Then lift your lower back and reach your arms forward toward your toes (b). Slowly lower your back and arms toward the ground as you inhale (c). Repeat.



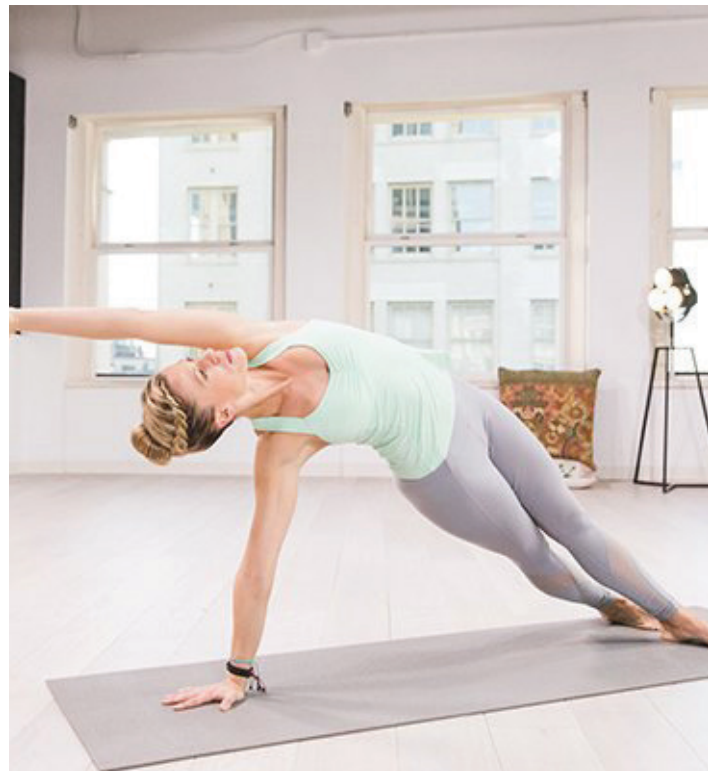
3. Hollow Plank

How to: Get in a high plank position, wrists in line with shoulders and body in a straight diagonal line (a). Take a breath and as you exhale, bend your knees slightly, lift your belly and tuck your chin so your head goes between your shoulders (b). As you exhale, straight back out into a plank (c). Continue inhaling to round and exhaling to straighten.



2. Genie Abs

How to: Sit down and place your feet flat, hip-width apart. Place your arms in a genie position, fingers on top of elbows (a). Get into a C-curvature position, belly button pulled in toward your spine (b). Then, keeping your elbows in line with shoulders, lift your torso up and lift your left leg (knee bent) as you twist your torso toward your left leg. Elbow should touch your knee (c). Inhale to return to the starting C curve position (d). Then, exhale as you come up, lifting your right leg and twisting to the right (e). Continue alternating.



4. Side Plank Reach

How to: Start on your left side, right hand placed just slightly farther out from your shoulder. Bend your knees and place your left leg under your right. Rest your right hand on your right knee (a). Press into your right heel and lift up into a side plank (b). Keeping your hips elevated, thread your right hand underneath your torso (c). Return to the side plank, then sit your hips back down, bringing your right arm back to your knee (d). Repeat, and then switch sides.

How to Do the Perfect Pull-Up

Get a Grip

Stand under the bar and grab it with both hands. Your palms should be facing away from you with hands shoulder-width apart. If you can't reach the bar, get a boost from a bench, stool, or box. Use a standard overhand grip, wrapping your thumbs around the bar so that they almost meet the tips of your fingers.

Play Dead

A true pull-up begins in a dead hang. When you hang from the bar, your arms should be fully extended with your core engaged and shoulders back. Build strength by keeping form in mind as you pull—it'll help you avoid swinging, kicking, and jumping, which means that you'll be using your muscles, not momentum, to master the move.

Pull (Up)

Initiate the actual pull by squeezing the bar with your hands while engaging the muscles of your upper body and core. Imagine pulling your elbows down to your sides as your entire body travels toward the bar. Resist the urge to strain your neck in an attempt to break the plane of the bar with your chin. Continue to pull until your chin clears the bar with ease, at which point the upward phase of the pull-up is complete.

Get Down

Congratulations! You nailed the up part of the pull-up. But you still have to get down. The trick is to return to the dead-hang slowly. Maintain a firm grip on the bar while allowing your arms to straighten as you lower. Once you return to the dead-hang, you can count your first rep. Cue shouting "Nailed it!" high-fiving yourself, pumping your fist triumphantly, all of the above, etc.



Parkinson's disease



Parkinson's disease is a neurodegenerative disease, characterized by a decreased level of dopamine in certain areas of the brain. The disease is associated with a resting tremor, stiffness and rigidity of the muscles and slowness of movement.

What causes Parkinson's disease?

It is caused by the progressive loss of brain cells (neurons) in the brain. As the cells die, less dopamine is produced and transported to the striatum, the area of the brain that co-ordinates movement.

What are the symptoms?

They include tremor (resting), rigidity of movements typically described as stiffness and instability whilst standing.

Other symptoms include:

Expressionless face, reduced manual dexterity, handwriting difficulties, drooling, sleep problems, bladder symptoms, freezing episodes, mental and cognitive changes, constipation, pain and difficulty in turning in bed at night.

How does the disease progress?

The onset of symptoms is slow and may go unnoticed for several years. Early signs include stiffness of fingers or a stiff shoulder accompanied by stiffness of muscles. Pain may be a feature.



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Bursitis

Bursitis is a painful condition that affects the small, fluid-filled sacs called bursae that cushion the bones, tendons and muscles near your joints. Bursitis occurs when bursae become inflamed.

The most common locations for bursitis are in the shoulder, elbow and hip. But you can also have bursitis by your knee, heel and the base of your big toe. Bursitis often occurs near joints that perform frequent repetitive motion.

Treatment typically involves resting the affected joint and protecting it from further trauma. In most cases, bursitis pain goes away within few weeks with proper treatment, but recurrent flare-ups of bursitis are common.

Symptoms

If you have bursitis, the affected joint might: Feel achy or stiff, hurt more when you move it or press on it, look swollen and red.

Causes

The most common causes of bursitis are repetitive motions or positions that put pressure on the bursae around a

joint. Examples include: Throwing a baseball or lifting something over your head repeatedly, leaning on your elbows for long periods, extensive kneeling for tasks such as laying carpet or scrubbing floors.

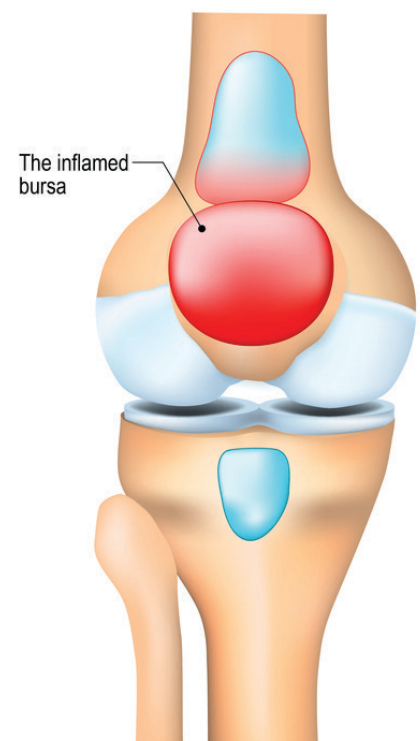
Prevention

While not all types of bursitis can be prevented, you can reduce your risk and the severity of flare-ups by changing the way you do certain tasks.

Examples include:

- **Using kneeling pads.** Use some type of padding to reduce the pressure on your knees if your job or hobby requires a lot of kneeling.
- **Lifting properly.** Bend your knees when you lift. Failing to do so puts extra stress on the bursae in your hips.
- **Wheeling heavy loads.** Carrying heavy loads puts stress on the bursae in your shoulders. Use a dolly or a wheeled cart instead.
- **Taking frequent breaks.** Alternate repetitive tasks with rest or other activities.
- **Maintaining a healthy weight.** Being overweight places more stress on your joints.

- **Exercising.** Strengthening your muscles can help protect your affected joint.
- **Warming up** and stretching before strenuous activities to protect your joints from injury.



Bursitis

LIFX - Mini Wi-Fi Smart LED Bulb



Create a custom lighting scheme in any room with this 9W LIFX LED smart bulb. You can easily adjust the warmth level and intensity via the LIFX app, which works with a range of Apple and Android mobile devices. This energy-efficient LIFX LED smart bulb has an impressive 22.8-year lifespan.

1. The Good

The Lix Mini puts out plenty of light, and offers all of the colors, features, and integrations that you get with standard-size Lix bulbs at a lower cost.



2. The Bad

The color-changing Mini bulbs are still awfully expensive, and the design still doesn't cast enough downward light. The pairing process, newly revamped to align with Home Kit, is also a little more confusing than it ought to be.



3. The Bottom Line

These are excellent smart bulbs, but it's tough to justify the splurge unless you catch them on sale.



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2018 SUBARU IMPREZA

The Subaru Impreza morphs into its fifth generation but hold the celebrations; we've got to start with some bad news. Don't start trying to imagine this hatchback with big wings, blue paint and gold alloys. The WRX STI is dead and, as far as the company is concerned, the fact that most people – when asked to name a Subaru model and then think of an image of said car – automatically go 'Impreza' before conjuring up mental pictures of a WRC Scooby on opposite lock in a dank forest somewhere, is a 'problem'. Subaru's word, not ours. If it seems like throwing away such a strong brand identity is a bit risky for a company that sells in very small volumes in the UK (and in the wider European field), then prepare for more surprises. Subaru wants to be seen as an SUV brand, a 'cut-price Land Rover' – again, its words, not ours. So, with the WRX STI already killed off and the BRZ presumably on shaky ground, Subaru wants to leverage its robust reliability, its symmetrical all-wheel-drive know-how and the EyeSight safety tech as its key selling points, for cars like the XV, Outback and Forester.

Thus, the Impreza's USP is that it's the only four-wheel-drive C-segment hatchback on sale this side of an

Audi A3 quattro or a BMW 1 Series equipped with xDrive, two cars that are comfortably beyond P409,373.42. However, that EyeSight technology brings with it Lineartronic. That is Subaru-speak for a continuously variably transmission, or CVT, a gearbox that typically ruins a perfectly fine car with loud noises, acceleration that feels like clutch-slip and a general recalcitrance for it to do precisely what the driver wants.

Nevertheless, Subaru is pinning its hopes on Lineartronic and EyeSight, meaning a manual Subaru will soon be a thing of the past. It already is for the Impreza. It is offered in just one well-equipped SE specification, with a choice of two four-cylinder petrol engines – it'll cost you P327,430.51 for a 1.6-litre Impreza or P341,076.29 for the 2.0-litre, with Lineartronic the only gearbox available on each. Pricier, then, than the starting prices for any of the extremely talented Ford Focus, Vauxhall Astra or Volkswagen Golf rivals, although none of those come with all-wheel drive unless we're moving into hot hatch territory. So, is the Subaru worth checking out, on the strength of its all-weather abilities alone, or is there more to this hatchback than meets the eye?





Art Is a Gift for Me- Frank De Painter

he cannot express his words.

The style of art that he is doing is called urban street figurative-contemporary. He said that it's a story telling, which is a mixture of abstract, pop and fine art. He indicated that his contemporary artwork always tells a story and conveys a hidden meaning. Frank said there is fluctuation in his business, the competition being one of the most challenges he comes through. He mentioned that most of the people do not understand the meaning of art and he gave an example of presenting on a new technique. Frank suggests that Botswana should be taught art.

He is carrying his project in between two places, that is at Thapong Visual Arts and where he stays. In addition, he said Visual arts have done a lot for him and now as a fulltime artist he can make a living out of his artwork.

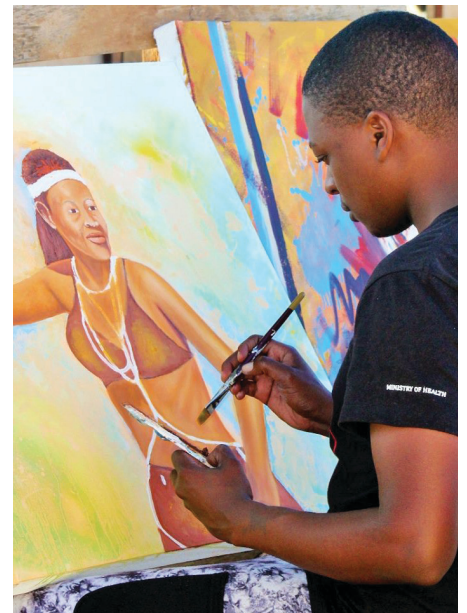
"...Art is a very competitive industry; it doesn't mean that only because you can draw, you can succeed. It takes time and determination and you really need to marry it for it to be fruitful.....," urged Frank.

We grow up, seeing and hearing about rock painting, which is categorized as art. Not only the old people knew to draw or paint, some people found it better to take the inheritance in making drawings and paintings too but not in rock but different styles. Celebrity World got in touch with Frank de Painter who has the most grabbing people's attention drawings who unravels his journey as an artist.

As most of the youth are involved in gangster lifestyle, Frank Mabotowe mostly known as Frank de Painter chose his life career in the artistic

lifestyle of painting. The Tlokweng native started the career in art at his late teenage ages hence he did art & design at secondary level and his paintings started capturing people's eyes at his teen ages. He turned art into a semi-profession when he was still at school and he made it his career after he finished school.

According to him, art means the world. If it was not for art maybe he could be indulging in certain things but because of art, it helps him to stay focused. "I love painting, it makes me feel at home..." his words. He added that artwork speaks for him; it expresses his inner self in ways when



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2nd Leadership and Team Building Conference 2018

Date: Thu May 24 2018 at 08:00 am

Venue: Lion Park Resort

About Organizer:

TRAINING: RESEARCH: CONSULTANCY

Tel: (00267) 395 1937 Fax: (00267) 395 1938

ARTS & CRAFTS MARKET

LADY MASIRE YOUTH CENTRE

Arts & Crafts Market

Date: Sat May 19 2018 at 10:00 am

Venue: BSPCA Gaborone, Broadhurst

Details

The Botswana Society for the Prevention of Cruelty to Animals (BSPCA) is reviving the annual ARTS and CRAFTS MARKET which used to take place at Kgale Siding until 2014.

This year's event will be held at the Lady Masire Youth Centre in Gaborone West.

The event is kindly hosted by Young Africa Botswana, a NGO that empowers young people in southern Africa through vocational training & entrepreneurship. In partnership with Young Africa Botswana we will offer a unique program that combines traditional culture and contemporary concepts offering an unrivalled, one-of-a-kind experience. All performance will focus on local arts, artists and presentations by the youth. In addition, there will be a large variety of food and drink stalls, live music as well as a raffle.



Women's Power High Tea

Date: Sat May 12 2018 at 12:00 pm

Venue: Business Botswana

In 2018, the High Tea is turning 5... Celebrating in style. Part of the proceeds to be donated to Cancer Association of Botswana. For the First time, all speakers are local women! CELEBRATING BOTSWANA MAGNATES!!!

Activities: Wine & Cheese Tasting Session, Fashion Show and many more. Contact BB PR Team on 395-3459 or Email patience@bb.org.bw / bontle@bb.org.bw for more information.



Mini Dance Tournament 2018

Date: Sat May 19 2018 at 08:00 am

Venue: Gaborone, Botswana

Details

StreetJive Presents 2018 Mini Dance Tournament for Botswana's Top 10 Dance Crews of all dance genres.

- Crew Registration is FREE
- Auditions are done via social media.
- Crews are to send 1 minutes dance routine to the below numbers or post the dance routine on our facebook pages StreetJive Foundation
- The event will be held in one day from 8am-5pm

Entrance

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P50 Youth

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For more info email :info@streetjive.co.bw



EVENT PLANNERS EXPO 2018

VENUE: GABORONE
DATE: 26 MAY 2018

FOR INFO, CONTACT
75321963 - 71264786



Event Planners Expo 2018

Date: Sat May 26 2018 at 11:00 am

Venue: Gaborone, Botswana

The purpose of this event is to bring event planners both big players and new planners in the area together and to provide the opportunities that allow one to know another.



Fat Cats FC Botswana Tour

25 MAY 2018 | GABORONE, BOTSWANA | LEKIDI GROUNDS

Contact: Isaac Teko for more information

Fat Cats Invades Botswana

Date: Fri May 25 2018 at 11:00 am

Venue: Old Naledi, Gaborone,

About Organizer: Fat Cats FC is the biggest social football club in the country

<http://www.fatcatsfc.com>



23 - 24 May 2018
Avani Gaborone Resort & Casino
www.progressiveinstitute.co.bw



Theme: Change, Challenges and Opportunities for HR

Conference Overview

The new world of work is evolving at an unprecedented pace with changes in technology, multi-generational workforces and global competition for talent. For the first time HR will have the opportunity to lead this wave of change. Developing leadership, engaging staff and managing talent are now business priorities that you hold the key to. As an HR leader, your strategic imperative is to meet the intense pressures of today's business environment and play a leading role at the highest levels of business strategy. HR needs to raise its game by re-inventing itself. For 2018 we have engineered the Strategic Talent Acquisition Summit.

2nd Strategic HR Conference

Date: Wed May 23 2018 at 06:00 pm

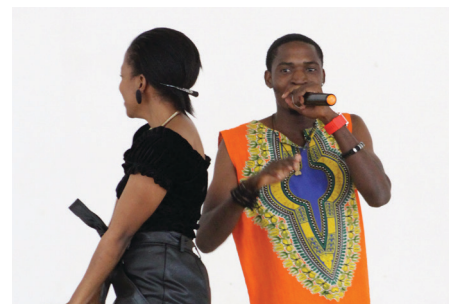
Venue: AVANI Gaborone Resort & Casino, Chuma Drive, Gaborone

Youth Talent Expo in Pictures

On the 28th of April 2018, The Real Ones organization held an event called Botswana Youth Talent Expo at BNYC hall.

The organization deals with unleashing talent and potential of the youth. The aim of the event was to give every individual an opportunity to showcase their talent.

The activities that took place at The Youth Talent Expo include; art exhibition, poetry session, comedy session, modelling whereby models do a pageant to showcase a variety of fashion designer's clothes. There were also musicians, dancers and singers who showcased their talents.



Botswana's Lennox Lewis-Maiketso



"In boxing you create a strategy to beat each opponent, it's just like chess", Lennox Lewis

Moreki Maiketso, nicknamed Python, is one of the men majoring in the game of boxing. Although boxing is not common in Botswana, boxers are grooming in the country. The 25 year old Kanye native majors in Junior light weight with orthodox stance. He keeps fit at Shakes Fitness Centre. Celebrity World magazine got in contact with the upcoming Lennox Lewis to take us through the life in boxing.

When did you join boxing?

I joined boxing in 2011 as an amateur boxer.

What motivated you to join boxing?

I grew up watching Lennox Lewis and I like the way he was fighting, giggles... he was plaiting his hair like

I do and I told myself that I want to be the next Lewis. He was a great boxer and I believe I can do exactly what he did so I can become a great boxer as well.

What makes you a good fighter?

My reach and height to the opponent because am tall and I am a power puncher.

When was your best battle and with who?

It was in 2010 on my first amateur fight, when I was battling against Kutlwano Mosekaphofu and I defeated him.

When was your hardest fight?

In 2014, I was in my professional fight against Jonas Moeti, its unfortunate that I lost with anonymous decision.

How many medals have you scooped?

I didn't play much in amateur level but am holding a bronze medal from Mooka Mageu Championship.

What supplements do you take?

None.

How do you prepare for a fight?

I train twice a day, building stamina with roadwork and working hard at the gym.

What are the challenges that you encounter in the game of boxing?

Sponsorship and gym equipment and there are no enough fights to keep me ready all the time, we fight ones or twice a year.

"I would like to urge rising boxers to have passion and discipline. Boxing is a contact sport; you should train hard so you can fight easy. Hard work pays, be a good boxer so you can benefit from that", urges Maiketso.



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Athletes Receive Incentives From Local Businesses

Botswana athletics team has recently raised the country's flag high at the Commonwealth Games. The team received tokens of appreciation from different companies in the country such as First National bank and Choppies for their outstanding performances. Choppies appreciated the athletes by gold medalist P50 000, the men's relay team P100 000, while the silver medalist was given P25 000 and the women's relay team received P60 000.

First National Bank Botswana (FNBB) gave gold winners Amantle Montsho, and Isaac Makwala P20 000 each while the men's relay team made of Makwala, Onkabetse Nkobolo, Baboloki Thebe and Leaname Maotoanong received P20 000 each for winning a gold medal. Thebe who won a silver medal in the 400 metres received P15 000, and women relay quartet made up of Montsho, Loungo Matlhaku, and Christene Botlogetswe was given P10 000 each for winning a bronze medal. The coaches were rewarded with P5 000 each.



Violence Strikes Moses Mabhida Stadium

Tragedy struck the Moses Mabhida Stadium as Kaizer Chiefs' 2-0 Nedbank Cup loss to Free State Stars sparked rioting, the second time in as many weeks after an Amakhosi loss, with fans attacking security guards and vandalising the stands on a dark evening for South African football.



Daniel Ricciardo Considering 'Other Options' Unless Red Bull Improves

Just days after securing his first win of the season at the Chinese Grand Prix, Daniel Ricciardo has cast doubt on his Red Bull future. The Australian came from sixth on the grid to top the podium, leaving the battle for the Championship wide open, with fewer than 25 points separating the top five drivers. Ricciardo's contract expires at the end of the season, with seats potentially opening up at both Mercedes and Ferrari. Ricciardo, who finished fifth in the 2017 drivers' standings, has long been hailed as one of the most accomplished overtakes on the grid. The "pass master" pulled off a total of 43 over the course of last season -- considerably more than any other driver, with 13 coming at the British Grand Prix alone. But the fact remains he has only won six of his 82 races since joining Red Bull in 2014.



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