

Celebrity World

Botswana's Own Magazine

June 2018



How to Survive a Breakup with a Non-Boyfriend

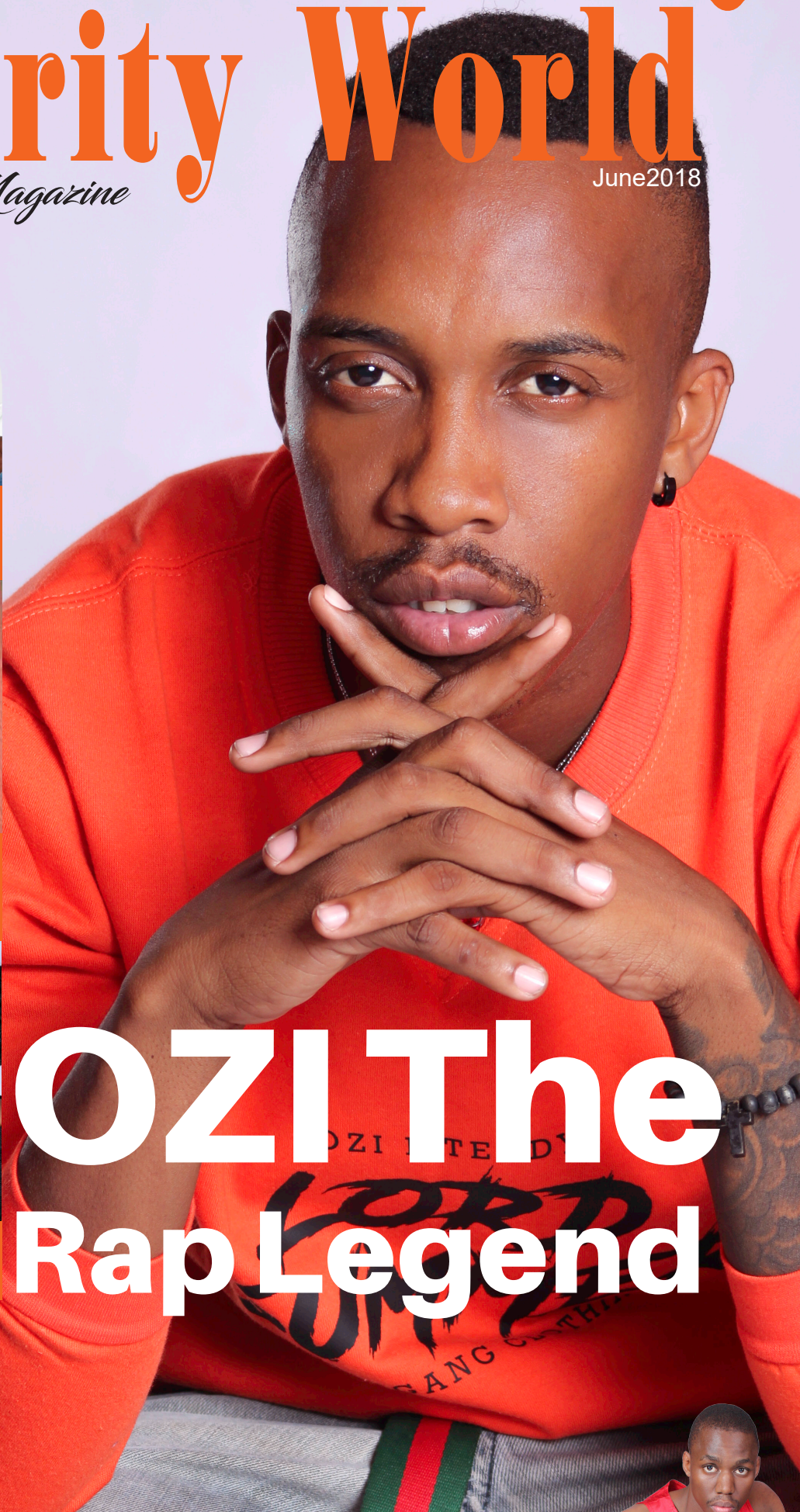


BeatFactory Musiq Mastermind



Kutlo Improves Art Skills Through Pointillism

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OZI The Rap Legend

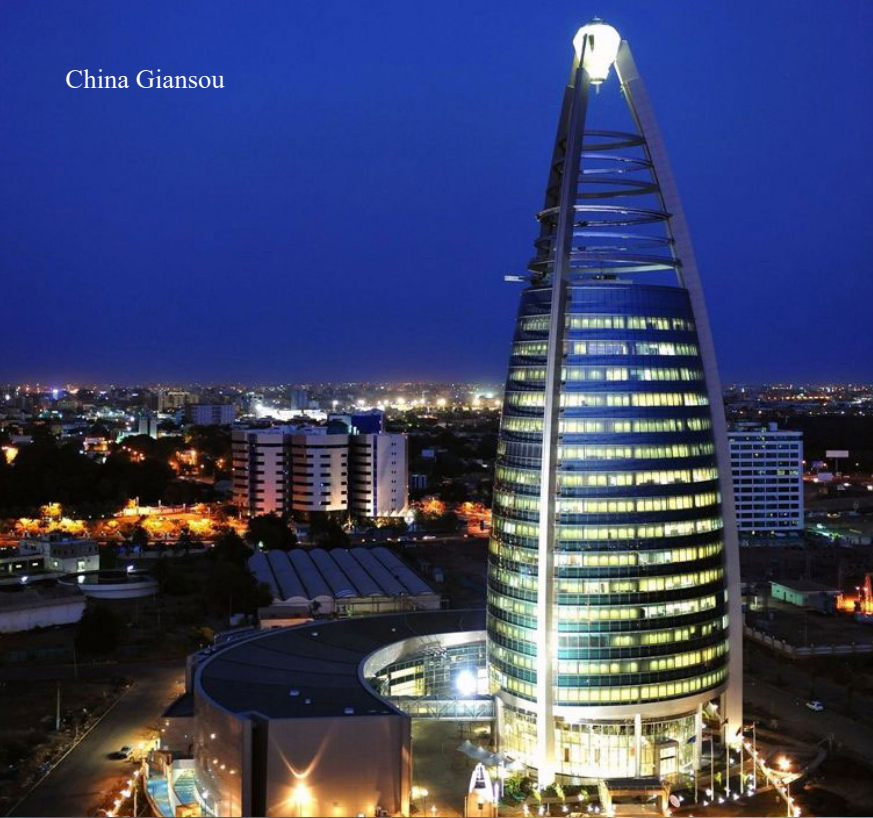


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How to Simplify Your Online Teaching Approach

I Am the Toughest Opponent That I Will Face "Mmoloki"

China Giansou



High Court Gaborone



Garden In Beijing



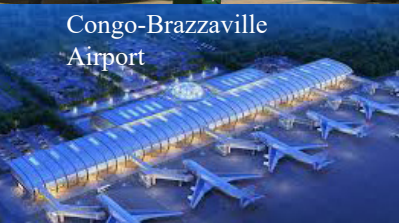
Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



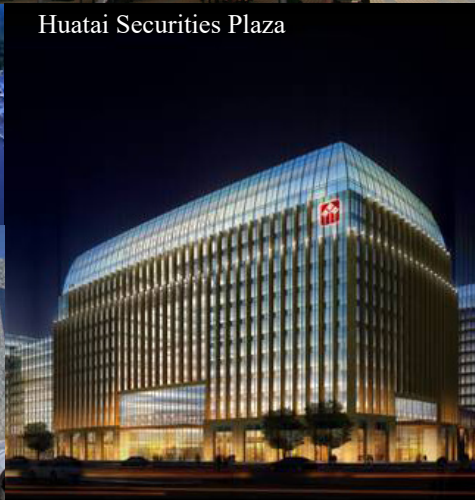
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Greetings and a warm welcome to our 15th issue of Celebrity World Magazine. What you will find while you flip in the pages of the Magazine is a collection of inspired articles by Batswana for Batswana. We hope you will enjoy learning some delicious recipes and menu ideas. We also give you 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 Ozzy F Teddy, we hope you will be inspired by what he has to share with you as our loyal reader. We appreciate your support and we are so happy to have you as part of our journey.

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BeatFactoryMusiq Mastermind



Otriz Onalekitso Moilwa, affectionately known as Otriz was raised and bred in Selibe Phikwe. He became a producer and started his music journey at the age of 15. Otriz is a humble young man who is willing to take Botswana music industry far if given a chance and full support from Batswana.

Otriz produced a local song titled "loving you" by vocalist "Rittar". With the assistance of DeeJay Bino, Otriz also produced a hit song called "Waabatsile" by Vee Mampreezy. As a singer and producer, Otriz has released his single song called Matshidiso. He has produced so many songs for Batswana.

Otriz formed his first music group called Limbo Clan while he was at junior school. At that time, he was just an artist and he was passionate about his art. It is also the time that he met DeeJay Bino whom he learnt a lot from. In 2009 Otriz fell in love with music production and he developed interest in exploring more about it. He said in

an interview with CW magazine that being around the studio with DeeJay Bino helped him to get equipped with more skills and experiences as he was only good at making music instrumentals than in engineering sounds.

When he completed his Cambridge in 2010, Otriz moved to Gaborone where he stayed with his sister. During his stay in the city, he met lots of people who loved music like him and formed his own record label called BeatFactoryMusiq which is currently productive. BeatFactoryMusiq comprises of three producers (Otriz, Dj Lou & Dj Benyboi) and one signed artist (Maino).

Otriz worked with a lot of artists in Botswana music industry. Producing music has also taken him around the country; every time DeeJay Bino got booked for a studio session Otriz gets along with him which also helped him to develop his style of sounds to accommodate every music genres. He has been in the music

industry for a while and has worked with BW artists and producers such as DeeJay Bino, DeeJay Lou, DeeJay Benyboi, Apollo Diablo, Dj King, Ht, Touch Motswakswak, Scenario, Vee Mampreezy, Jtraxy, Reaction, Luzkat HUB MUSIC SERIES, Rittar, TRIBAL TIIDO, Cooks, MMP Family, DFUNK, J DE Nandobwy and BeatSlayer (Music Empire Records).

"Being a producer comes with hard word and self-motivation I have come a long way to be where I am right now so never give up in everything you want to achieve, journey of thousand mile begins with first step." - Otriz

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WHY YOU SHOULD ADVERTISE WITH US

Celebrity World will cover top celebrity profiles, influential business people and the vibrant urban cultures that are carving out the trends that define the nation at large.

Celebrity World will be distributed nationwide to all major retail points. Our coverage reaches major cities being Gaborone and Francistown.

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Inside font page P7 000



Outside back cover P8 000

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How to Make the Most Money Being a Mystery Shopper



Mystery shopping has been a popular way to net some extra cash and perks for decades. The only real qualification is the ability to go shopping and evaluate how good the experience goes. Here's what you need to know and watch out for if you're just getting started.

Don't accept unsolicited offers. The rule of thumb is that if they reach out to you, they're probably not the real deal. Feel free to ignore

mystery-shopping offers that arrive out of the blue in your email in-box because there's a strong likelihood they're scams. For mystery shopping, make sure that there are real reviews from other users who have worked with the companies coordinating the shopping evaluations.

Expect to work your way up. You can make more than this if you keep at it. First, you need to take the lower-paying gigs and

prove yourself to be reliable. Attention to detail is critical too. If you do it wrong or even skip a few steps, you might not get paid for the shop and you probably won't be given other jobs. The mystery-shopping gigs with the best perks and highest pay get to be picky, and they look to shoppers who are reliable and have lots of experience.

Don't take payment in advance. This is a common scam circulating now. The shopping assignment will apparently be for a financial services provider. The

shopper is asked to deposit a cashier's check or similar for a large amount into their personal account. They're told to keep a large amount that should be a red flag in and of itself and put the rest and send it off on a prepaid card refill or money order. A few days later, the check bounces, and the shopper is on the hook for the entire amount.

Expect to pay upfront for products. When you deal with legitimate mystery shopping companies, you never pay them, but you always need to lay out money if a purchase is involved in the shop.



Don't click on links. Scammers are going into legit companies' websites and spoofing their sites. So you might get an email that claims to be from a legitimate mystery shopping operation. But when you click on the link, you're instead taken to a realistic looking dummy site that prompts you for your personal information, which can be used for fraud and identity theft.



Jurassic World: Fallen Kingdom

Produced by: Frank Marshall, Patrick Crowley, and Belen Atienza

Release Date: June 22, 2018

Directed by: J. A. Bayona
After the demise of the Jurassic World theme park on Isla Nublar off Central America's pacific coast,

the dinosaurs roam freely on the island for four years until an impending volcanic eruption threatens to destroy the island and the dinosaurs. Claire Dearing (Bryce Dallas Howard), the former park manager, has now founded the Dinosaur Protection Group, an organization dedicated to saving the dinosaurs. Claire teams up with Benjamin Lockwood (James Cromwell), the former partner of John Hammond, to launch a dinosaur rescue mission and bring the creatures to safety in a sanctuary that Lockwood has created in America. At the estate, Owen and Claire realize that the dinosaurs are being auctioned rather than saved. An extremely dangerous hybrid dinosaur known as the Indoraptor escapes and terrorizes people at the estate.



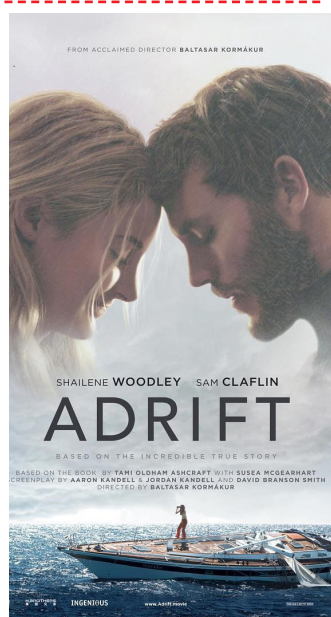
Action Point

Directed by: Tim Kirkby

Release Date: June 1, 2018

Produced by: Bill Gerber, Johnny Knoxville, Derek Freda

The film is based on a theme park in New Jersey called Action Park, which was notorious for poorly designed, unsafe rides; in addition to employing under-aged, under-trained, and often under-the-influence staff. In a similar fashion to Dickhouse's previous film, Jackass Presents: Bad Grandpa, the film will feature traditional Jackass-style stunts connected by a narrative.



Adrift

Directed by: Baltasar Kormákur

Release Date: June 1, 2018

Produced by: Aaron Kandell, Jordan Kandell, Ralph Winter, Baltasar Kormákur
The film stars Shailene Woodley and Sam Claflin, and follows the true story of a couple who gets stranded in the middle of the Pacific Ocean and must navigate to Hawaii with no communication or navigation tools.



American Animals

Produced by: Derrin Schlesinger, Katherine Butler, Mary Jane Skalski, Dimitri Doganis

Directed by: Bart Layton

Release Date: June 1, 2018

Childhood friends Spencer and Warren rebel against their suburban upbringing. The two, alongside two other fellow students, plot to steal priceless Audubon prints and rare books from Transylvania University's special collections library.



Under the Silver Lake

Release Date: June 22, 2018

Directed by: David Robert Mitchell

Produced by: Chris Bender, Jake Weiner, Adele Rramanski, Michael Du Luca
Sam, an affable but aimless young man, becomes an unwitting detective who quickly finds himself in over his head as he investigates the mysterious disappearance of his beautiful neighbor, with whom he has fallen in love.



Ocean's 8

Directed by: Gary Ross

Produced by: Steven Soderbergh, Susan Ekins

Release Date: June 8, 2018

Debbie Ocean attempts to pull off the heist of the century at New York City's star-studded annual Met Gala. Her first step is to assemble the perfect crew: Amita, Tammy, Lou, Constance, Nine Ball, and Rose.



Sicario: Day of the Soldado

Directed by: Stefano Sollima

Release Date: June 29, 2018

Produced by: Basil Lwanyk, Edward L. McDonnell, Thad Luckinbill, Trent Luckinbill, and Molly Smith
After discovering that Mexican drug cartels are smuggling jihadi terrorists across the border, the CIA sends Matt Graver and former undercover operative Alejandro Gillick to eliminate the problem.



Incredibles 2

Release Date: June 15, 2018

Produced by: John Walker and Nicole Paradis Grindle

Directed by: Brad Bird
Incredibles 2 resumes where The Incredibles ends, with the introduction of the villain The Underminer (John Ratzenberger). The Parr family struggles to maintain normal lives while Helen (Holly Hunter), as Elastigirl, continues to fight crime and campaign for the

return of "supers"; while Bob (Craig T. Nelson), also known as Mr. Incredible, stays at home caring for their children Violet (Sarah Vowell), Dash (Huck Milner) and Jack-Jack, discovering the baby's secret powers in the process. Also, the Parrs and their ally Frozone (Samuel L. Jackson) find they must battle a new villain, who goes by the name of Screenslaver.



Hereditary

Produced by: Kevin Frakes, Lars Knudsen, Buddy Patrick

Directed by: Ari Aster

Release Date: June 8, 2018

When the matriarch of the Graham family dies, her daughter, Annie (Collette), suspects a presence was left behind, which has a bizarre focus on her teenage daughter, Charlie (Shapiro). With the household under threat by a supernatural force, Annie must explore the darkness to escape their inherited fate.



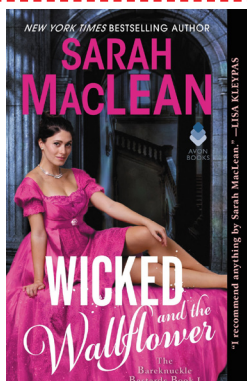
Won't You Be My Neighbor?

Directed by: Morgan Neville

Produced by: Caryn Capotosto

Release Date: June 8, 2018

Despite the film release date, it has been released at several film festivals prior to the release date.

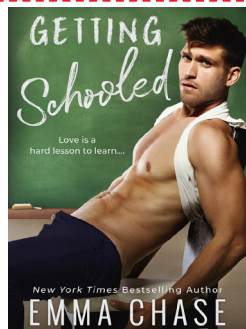


Wicked and the Wallflower (The Bareknuckle Bastards #1)

Author: Sarah MacLean
Expected publication: June 19, 2018

Genre: Historical Romance
When Wicked Comes Calling...

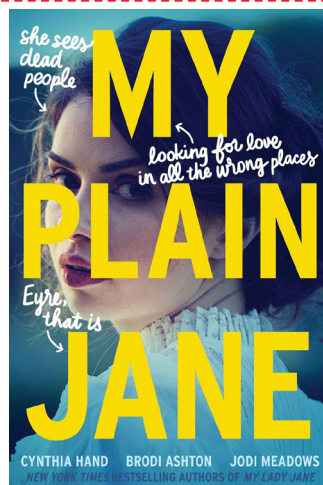
When a mysterious stranger finds his way into her bedchamber and offers his help in landing a duke, Lady Felicity Faircloth agrees on one condition. She's seen enough of the world to believe in passion, and won't accept a marriage without it.



Getting Schooled (Getting Schooled #1)

Author: Emma Chase
Expected publication: June 26, 2018

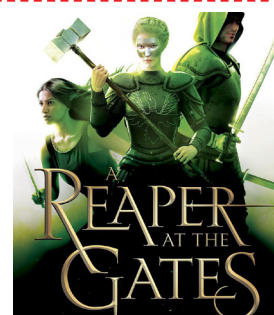
Genre: Romance, Contemporary
Garrett Daniels has this whole life thing figured out. The cocky, charismatic former high school star quarterback is an idolized football coach and "cool" teacher in the hometown where he's not just a golden boy he's platinum. He has good friends, a great house on the lake, and the best damn sidekick a man could ask for: Snoopy, the albino beagle.



My Plain Jane

Author: Cynthia Hand
Expected publication: June 26, 2018

Genre: Young Adult
You may think you know the story. After a miserable childhood, penniless orphan Jane Eyre embarks on a new life as a governess at Thornfield Hall. There, she meets one dark, brooding Mr. Rochester. Despite their significant age gap (!) and his uneven temper (!!), they fall in love and, Reader, she marries him. (!!!) Or does she?



A Reaper At The Gates (Ember Quartet #3)

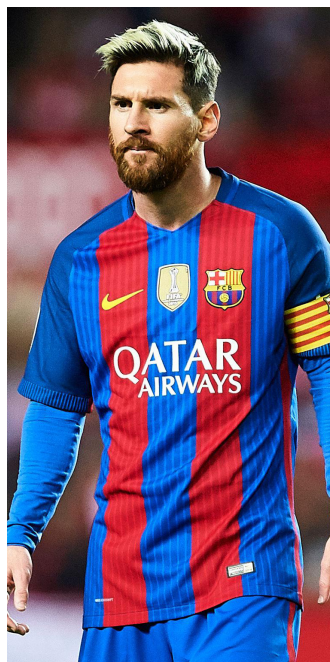
Author: Sabaa Tahir
Expected publication: June 12, 2018

Genre: Fantasy
The Blood Shrike, Helene Aquilla, is assailed on all sides. Emperor Marcus, haunted by his past, grows increasingly unstable, while the Commandant capitalizes on his madness to bolster her own power. As Helene searches for a way to hold back the approaching darkness, her sister's life and the lives of all those in the Empire hang in the balance.....



R Kelly's Ex-Girlfriend Claims Singer Gave Her Herpes

Embattled soul star R. Kelly has been sued for sexual assault. Faith Rodgers claims she met the I Believe I Can Fly singer in March, 2017, when she was 19, backstage after a show in San Antonio, Texas and he flew her to New York for another gig two months later. Kelly initiated "unwanted sexual contact" in her hotel room and it became "abusive". She also claims she caught herpes from the singer. She and Kelly dated for a year, during which he mentally, verbally and sexually abused her, locking her in rooms, studios and cars to punish her for failing to fulfill his sexual desires. Faith Is Suing Kelly For Sexual Battery, False Imprisonment And Failure To Disclose A Sexually Transmitted Disease. The singer is facing a series of sexual violence allegations, and has been accused of running a "sex cult".



'Messi Is Asking For Zodwa's Numbers'

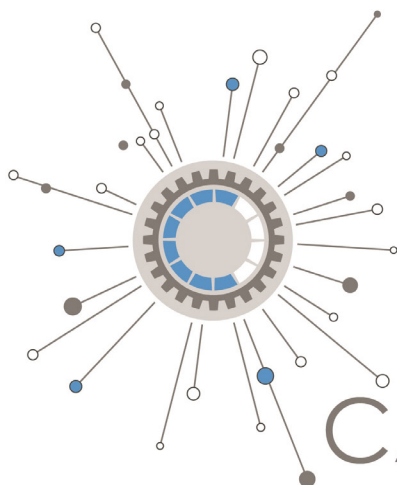
According to Twitter, the real reason Barcelona superstar Lionel Messi came to Mzansi was to see queen of the dance floor Zodwa Wabantu. This joke was started by a fake Messi account which tweeted "IZODWA YABANTU AM COMING #automatically on my way." This was not helped by Zodwa's boss DJ Tira who also jokingly tweeted that Messi was asking for Zodwa's numbers. Twitter did not need a second invitation to jump on the bandwagon with the joke in a series of hilarious Tweets. Upon finding out that Messi was apparently in the country to see her, Zodwa was prepared to cut her trip to Australia short.



John Legend & Chrissy Teigen Name Baby Boy Miles

Chrissy Teigen feels "overwhelmed with love" after welcoming her son into the world. The Sports Illustrated model posted a sweet message for her and John Legend's son and also revealed his name is Miles Theodore Stephens. Alongside a post sharing the first picture of the tot, she wrote on Instagram: "Hello, world! This is Miles Theodore Stephens – We are drowning in his little peeps and nuzzles. Our household feels overwhelmed with love. Thank you for all your well wishes!"

John also shared the same picture and captioned it: "Our new love, Miles Theodore Stephens." Taking to her Twitter account, the brunette beauty said when asked by a fan if her son looks like Luna: "Same nose! He is a few weeks early so he's little and makes the teeniest noises. We are in love." Chrissy announced the baby's arrival with a sweet message on Twitter. Alongside baby bottle emojis, she wrote: "Somebody's herrrrrrre!"



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Nikki Bella & John Cena Are ‘Basically Back Together’: ‘Their Commitment Is Stronger Than Ever’

Nikki Bella and John Cena just couldn't quit each other. Just over one month after the longtime couple announced their split, Bella and Cena are officially on the road to reconciliation.

Bella called off her engagement to Cena, 40, in April, three weeks before they were meant to walk down the aisle. Her decision to call it quits was due to their differing stances on marriage and having kids: She wanted a family, but he was hesitant. This was never really about ending their relationship; it was about calling off a wedding because something didn't feel right.

Bella, 34, and Cena, 40, were recently spotted out together for the first time since their split. They both got a wake-up call once they canceled the wedding, and they both realized they could fix what was broken. Taking a break has only strengthened them as a couple.



Woman claims to be Prince's long-lost daughter

Another woman has come forward with claims that she's Prince's legal heir. Snowe Melinda Saxman has filed paperwork in a Minnesota court, insisting she's the late music icon's biological daughter. She claims she was adopted, and never knew her real parents but, based on her "substantial physical, temperamental and inspirational similarities to Prince" she believes she's his kid, according to the net. Saxman also claims she looks like Prince and is a "natural-born star", just like her potential dad. She filed her claim after seeking out her roots via a genetics programme, and discovering she and Prince share a similar family tree.



Karan Johar is all praise for Janhvi Kapoor

Sridevi and Boney Kapoor's eldest daughter Janhvi Kapoor is all set to make her Bollywood debut this year with 'Dhadak'. The film will be directed by Shashank Khaitan and produced by Karan Johar.

Janhvi's debut film has already created a lot of buzz among the audience. Well, apart from this the star kid is already making headlines thanks to her first official photoshoot for a magazine. Well apart from this Janhvi was interviewed by filmmaker Karan Johar for the same.

While speaking to the magazine Karan Johar said that Janhvi is a pro in handling herself with maturity. Karan further added that it is just the beginning of Janhvi's career and she has a long way to go.



Prince Harry and Meghan Markle's Royal Wedding Guests Are Reselling Their Gift Bags on eBay

Lucky guests who attended Prince Harry's nuptials to Meghan Markle are selling their gift bags for lucrative prices with bids already surpassing \$2,700 just days after the two tied the knot. Harry and Meghan, the newly minted Duke and Duchess of Sussex, invited a massive number of people to attend their wedding at St. George's Chapel at Windsor Castle. While the couple said their vows in front of Queen Elizabeth and other members of the royal family, including mother of the bride Doria Ragland, the two also invited 1,200 people to gather outside of the chapel to witness their wedding ceremony.

Those outside the chapel were given commemorative gift bags full of goodies such as a gold wrapped chocolate coin with the couple's initials, a water bottle, shortbread, a magnet featuring the wedding date and the initials "H" and "M," as well as a coupon to a local store. Some people, however, are now attempting to make a profit of the gift by listing the bags on eBay for a pretty penny.

One user placed their gift bag on sale for about \$2,762 on the website. The monogrammed gift bags featured Meghan and Harry's initials, their wedding date and the location of the ceremony, as well. Royal photographer James Whatling shared a photo of the bag on Twitter, calling the gift a "lovely touch." The wedding was fabulous. Along with the gift bags, the guests left the grounds with a lifetime of memories thanks to the royal couple.



Keep Swinging Your Bat, You Will Miss A Few Times But You Will Eventually Hit The Ball-Kgosikhumo

Sibusiso Kgosikhumo is an author of two books titled *Succeeding on Purpose* and *Hustle*. He is also the owner and founder of Khumo Horizons (PTY) Ltd Private Equity Company, co-directed by Miss Emeldah Difathli. This is a company that currently holds 2 active businesses under its portfolio; BONA Vision Care and Prudential Life Talks. Khumo Horizons slogan "Re Aga Khumo" directly translating to, "We build wealth", speaks of the company's ambition in enterprise development.

What is your professional and educational background?

I did Bachelor's Degree in Optometry at Aston University (Birmingham, UK 2011). In August 2011 I worked as an Associate Optometrist for Optical Botswana, in a practice called Seboni Optometrists in the Kweneng District. I worked as a Junior Optometrist in DRM Hospital (Deborah Retief Memorial Hospital). I am currently serving in private Optometric

Practice as a consulting Optometrist and gained experience in Human Resource Management, Customer Care and Management and General business Management.

What are your company's goals?

The immediate goal is to build sustainability in Botswana, then move into the region and ultimately other parts of the continent.

What is unique about your books/business?

My unique value proposition is me. I write my own experiences, I speak about my stories and no one can beat me at being me. No one can replicate me and therefore no one can take away my business.

What made you choose this type of business?

I chose the Enterprise development industry because I am very passionate about the economic emancipation of the black man. I want to see Africa

rise and sustainably redefine herself.

What are you into apart from being an Author?

I am a public speaker, I motivate, I inspire & I relay any message you wish for me to relay. My 1st book *Succeeding on Purpose* is available for purchase now from my online store. We deliver anywhere in Botswana so do place your order now.

Where did you get your idea or concept for the business?

I have always wanted to be a business person. I tried many ventures most of which failed dismally. However, I believe in failing forward so I learnt a few lessons and noticed a few opportunities to pursue.

What was your mission at the onset?

My mission was always to help Africa redefine herself: to help build businesses that will employ Africa and move her people forward towards fulfilment of their purpose.

How do you advertise your business?

My target market lives on Social media, literally, so that's my main focusing terms of advertising.

If you had one piece of advice to someone just starting out, what would it be?

My advice would be to mute the noise. There are a lot of naysayers when you start a business. People have a million and one reasons why it will not work but you have to be able to fence off the negative energy and push for what you believe in. If you fail then will learn, wake up and try again. In other words, you keep swinging your bat, you will miss a few times but you will eventually hit the ball.

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OZI The Rap Legend

He refers to himself as young, charismatic, talented, handsome man from Thamaga. Ted Phaphane mostly known as Ozi F Teddy in the music life catches up most of people's attention around. Raised in a home with him being the middle child of three siblings, he is a University of Botswana Media Studies graduate, as well as a former finalist in the My African Dream talent search show. Basically, he joined the music industry professionally around 2010 but he always had the love of music since he was born.

Essentially, he is just a young man trying to be successful in the music and entertainment field and to just take it by storm. Passion drove him to start the journey of music. Ozi F Teddy always had the passion for self-expression and art which he does in the form of music. Flava Dome is one of the Television programs which really got him in the music scene during the times when he looked up to Snoop Dogg, Ludacris, Bow Wow, as his favorite rappers and watched their videos a lot. As time went on, he decided to do music at his varsity level and that is when he started to take it seriously. Generally international artists and international hip-hop inspired him to do the kind of music he is doing. The young artist has no doubt shown that his music transcends Botswana and local cultures by remixing songs from American artists and using similar trends in the realm of fashion, lingo, and visuals.

Ozi says he realizes that the music industry is growing in Botswana

especially the hip hop genre. He added that nowadays people take music seriously, there is more quality control and strict protocol which makes the industry big.

The controversial Ozi F Teddy stepped up when he released his first official single, "always" from his 13-tracked debut album titled "While I'm Here" which was released in November 2011. Still in the same year, he collaborated with ATI, and released a track called "On My Way".

Despite all the negativity Ozi F gets on social media, he continues to make music and puts in all the hard work to bring his fans some good music. He is currently recording an album "Lord summer" which he has been working on it for quite some time and it is dropping this year. He also has an EP to be released too, it's titled "Lord of Mercy 2". His determination is to drop as much music as he can whilst he still has a chance because music is a legacy.

"I know when I do music, I usually try to capture the purity and essence of hip-hop like original hip-



hop sound and put my lil touch on it but I never tryna strain too far away from the original genre of hip-hop. However I do experiment here and there and try to come up with new fun funky ideas. I really love the hardcore even though I don't necessarily do it but that's what inspires me", as he explained his sound of music.

"Bodybag" is the song that has put him on the map; he said it represented him best because he spent most of his time with his friends and challenging people and authorities going against the line. Bodybag really captures who Ozi F Teddy is and he defines it as hip-hop as it keeps people on their toes. He added that he likes competition and he thinks that it is very healthy for business and for hip-hop music.

The best experience for Ted has been travelling around doing his music locally and internationally and seeing people receiving and appreciating it which is the most humbling and great experience to him and his team. He further said that he never had a business mentor, but he only picks up from reading books, a couple things from university and he pretty much learned on the job.

"It is always good to work with others to bring co-operation and unity

between artists", he added. He said that his relationship with other musicians is good as he has had some collaboration with every major artist in the country and he is still in the process of collaborating with the ones he has not worked with before. "I'd say we have a very great bond especially that lately we are

not just beefing but doing music and entertainment and I love my fellow artists. It's fun having them, we are all in this together growing in the industry", Ozi F Teddy spoke passionately.

Ozi F Teddy has a collaboration with A.T.I which is a hit entitled 'On my way', they were friends, more like brothers for quite some time and war got between the two likeable rappers. As he mentioned hip-hop as a competitive genre of music as far as the relationship goes, he utters that their bond is fine as they have done some business together. He added that he is no longer on grumble but doing music, merchandising and production.

Taking it back to 2016, the opinionated Ozi F Teddy speaks out the diss track. Last year during the festive season at A.T.I's album launch, some fans (probably ATI's) threw a beer bottle at him while they screamed "Bodybag", a track he did to diss ATI. The whole thing started on social media and he said he decided not to follow social media.

When he was asked questions about when he is getting married he shockingly replied; "Wedding? Am not really, I mean it's not really in my mind, right now am just focused 100% on my career and pretty much upgrading. I feel that I can be that one to help local artists, African artists and put them on the map, they need someone with talent, hard work and the will. But I already have a cute baby boy", he replied.

Everything seems a little too rosy for Ozi F Teddy's life and career until when asked about balancing times between being a father



and a musician. He opened up that he spends time with the boy mostly when he is home. Luckily it is easy for him because the schedule he is dealing with do not really need much of his attention. He is the kind of father that will always be with son everywhere he goes.

To anybody who is just getting started in the music path, Ted says “work hard, do a background research about music so that you know what you are getting into, how to make money because there is nothing like being talented and not getting any acknowledgements or reward for it. As much as you do it with love everyone wants to see the progress and doing a background research can motivate you”.

I would like to urge all Batswana to support local music, not just mine and to remind the readers that my album is coming out this year titled “Lord Summer”.



Things To Know About Ozi F Teddy

He does not like phone calls Instead he text.

People do not know he could sing and he is going to prove it by singing one of R&B or jazz songs.

The food that he cooks taste good to him. “I guess people don’t know I can cook, I think I’m an amazing cooker because every time I cook, I eat twice”

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Get Perfect Nails For Yourself With A Diy Manicure



Improve Your Nail Painting Skills With These Easy Tricks

We all love the look of perfectly manicured salon nails but find it impossible to do it at home. You actually end up with nails looking worse than before you started. No need to worry anymore, there are hacks you can try to help you get perfectly manicured nails without going to the salon.

Here Are A Few Tricks That Can Help Nail That Diy Manicure:

1. Apply multiple thin coats instead of one thick layer. A thick layer only dries at the top; therefore your manicure will

be vulnerable to smudges.

2. Don't shake your nail polish because that causes tiny air bubbles which create a lumpy and uneven surface when applied. Instead, roll the bottle between your hands.

3. Apply petroleum jelly around the nail so you can correct mistakes afterwards. This creates a barrier that prevents spills from sticking so you can wipe them off quickly and easily.

4. Set your nails in a bowl of water after they are dried, dunk them in it.

5. Fix a smudge by applying a clear top coat and smoothen the surface with a brush and helps smooth it out so you don't eat!



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Stage name: Ms Kay
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Age: 25 **Home village:** Tutume
Hobbies: Dancing, Gym
Insta: @abigailgaolebe

Name: Mosipari Magano

Age: 24 years

Motto: stand for what you believe in even if it means standing alone

Passion: fitness model, personal instructor

Instagram: Maruin Magano





left to right
MODELS: Sandra Ngoshe, Jeffrey Kingsley Kgaboetsile Monnaatsie, Olorato Seokolo, Bosa Tshenolo



left to right
MODELS: Cyntuia Nkele Kalayakgosi, Resego Tshuma, Thataone Lerato Golebang



Little Miss All Pre-Schools BW was successfully held on April 28, 2018 in Gaborone. The event had 14 participants from registered private and government pre-schools. The mandates of this event are to promote early child hood development education in Botswana through beauty pageant, to unleash potential talent in a girl child's life and to bring society together to celebrate their children. Little Miss All Pre-Schools BW targets pre-school girls aged 3-5. The Director of Little Miss All Pre-Schools BW, Mrs Senwelo Kagiso Phiri said at the event that the pageant will be held annually.



Stuttering In Toddlers



Toddlers often display some speech disfluency, or break in the speech, owing to their developing communication skills. However, sometimes a toddler may have a remarkably different disfluency that lasts longer than it should. One such irregularity in speech is stuttering, which affects the child's communication skills.

But what causes a toddler to stutter? Can stuttering in toddlers be treated?

What Is Stuttering?

Stuttering is the disfluency of speech caused by repeated use of syllables, words, and sounds. Since the toddler repeats words or phrases, stuttering leads to a chronic break in speech.

How Common Is Stuttering Among Toddlers?

The probability of stuttering is the highest between the ages two and five years. Stuttering is also more common in boys than girls.

Can Stuttering Happen Suddenly?

Yes. Stuttering can happen suddenly.

A toddler, who did not stutter before, may develop it overnight. It can also build up gradually.

What Causes Stuttering In Toddlers?

Stuttering can be due to:

A family history: Toddlers who have family members with a stutter are at a higher risk of developing the condition. Faulty genes associated with stuttering can transmit the speech disorder across generations.

Brain injuries: Suffering a trauma to the brain may result in stuttering, referred to as acquired stuttering or neurogenic stuttering.

Emotional shock: Shock or trauma may increase the risk of stuttering in toddlers. Such a condition is called psychogenic stuttering.

Neurological disorders: Problems with the nervous system can cause stuttering. An example is Tourette syndrome where a person has repeated, involuntary movements of face or other parts of the body. Neurological problems like a brain tumor can also lead to stuttering.

Other speech disorders: Stuttering often co-exists with other speech and language disorders that a toddler might have.

What Are The Symptoms Of Stuttering?

Following are the symptoms of stuttering:

Repetition of phrases and sounds: Example, "I want my t-t-toys!", "The tree has a ne-ne-nest."

Prolongation of sounds: Example, "The tortoise walks sssslow."

Blank moments while talking: There are going to be repeated blocks. When speaking a sentence, a toddler would pause awkwardly, because of their inability to speak comfortably further.

Collateral traits: A stuttering toddler may often twitch their lips, move their jaw awkwardly, or blink repeatedly. Frustration and anxiety while speaking: Since the toddler is unable to communicate their feelings properly, they associate speaking with frustration and annoyance.

How Is Stuttering In Toddlers Treated?

Basic speech changes and long-term therapy are used to rectify stuttering.

The two salient steps include

Speech modification: A pathologist trains the toddler to make subtle changes in the language to minimize the chances of stuttering. These include the use of words and phrases that a toddler can say better. A modified communication style is suggested to the parents to best suit a stuttering toddler. Young toddlers can benefit from speech intervention and may be cured sooner.

Long-term therapy: This involves teaching the toddler to deal with triggers, using short sentences, and methods to avoid a prolonged pause in speech. Therapy sessions are often conducted in groups and work at instilling confidence in the toddlers.

How to Simplify Your Online Teaching Approach



Most online students start out feeling overwhelmed, perhaps even in week one of their course. Usually, they're juggling work, family, and a range of other commitments. As they already feel time-poor and harassed, they often see online learning as complicated and frustrating. And of course, overwhelmed online students are at high risk of dropping out of class. One of the easiest ways to counter this situation is to use an approach that's well within your grasp: greater simplicity.

Below are steps on how to simplify your online teaching approach;

1. Navigation in Your Learning Management System

Take a step back, and look at your Learning Management System (LMS) through a new student's eyes. There's a lot of information there. Is it clear where everything is? Is

there an obvious starting point for someone who's never seen this screen before? Invest 15 minutes in objectively checking that tabs are self-explanatory, and important information is easily accessible.

2. Clarity of Language

Online teaching mostly involves communicating without visual cues. And when your students are panicking and busy, they're not listening as fully as they should be either. That makes for a communication process filled with potential obstacles. So make sure your communication is as clear and unambiguous as possible. Some ways of doing this include: eliminating jargon, using shorter sentences, and adopting a warm tone.

3. Providing Instructions on How to Get Started and Make Progress

It's easy to assume that students will find their feet quickly, and move independently and confidently through your online course. But many more will need guidance and direction.

4. Explaining a Concept Using Numbered Points

Students will often reach out for clarification of the course material, or assessment requirements. When this happens, it means they're either a little out of their depth, or they're over thinking things. A simple explanation of key concepts can clarify both kinds of problems. Try using numbered steps to do this. This helps to "walk" a student through the process or idea so it unfolds logically, rather than being an overwhelming mess of information.

5. Using Visual Elements

An info graphic, graph, or chart can help to make complex ideas more accessible. You don't have to turn your carefully written course into a child's picture book, of course. But graphics can really help to solidify some of your key concepts, and speed up understanding. You also resonate with a wider range of learning styles by adding this element.

5 Breastfeeding Tips You Need Now

1. Don't scrub your nipples

We're not really sure which old wife started this rumor, but using a scrub brush on your nipples to "toughen them up" is completely unnecessary. Pregnancy is hard enough without adding chapped, sore nipples to your list of complaints.

2. Be a little patient while your milk comes in

One of the difficulties in breastfeeding is not having a way of seeing how much milk your baby is getting. When your baby seems like she's always hungry, it's easy to worry you're not making enough milk. How much milk you can pump is not at all related to how much milk your baby is getting. As long as your baby is making at least five or six wet diapers a day, your supply is just fine.

3. Know that newborns nurse a lot

Newborns are constantly hungry, and that's OK. Breast milk is the perfect food for babies, and is quickly digested. With a stomach the size of an egg, it's expected that babies will need to refuel often. Frequent nursing also serves another purpose. Your breasts work on supply and demand. The greater the demand, the more milk your body will produce. Your baby is helping your body to learn how much milk it needs to make.

4. Try not to worry too much about supply

One of the difficulties in breastfeeding is not having a way of seeing how much milk your baby is getting. When your baby seems like she's always



hungry, it's easy to worry you're not making enough milk. How much milk you can pump is not at all related to how much milk your baby is getting. As long as your baby is making at least five or six wet diapers a day, your supply is just fine.

Growth spurts usually last two or three days and happen at about 1 week old, 3 weeks old, 6 weeks old, and again at 3, 4, 6, and 9 months old. Added bonus, when the cluster feedings are finally over, your milk supply will have increased.

5. Learn to Love Cluster Feedings

The time when many moms worry the most is when baby suddenly goes from feeding every few hours to demanding to nurse every few minutes. Cluster feedings have more to do with times of rapid change than with your supply.



Is It Safe To Go To The Gym After Delivery?



Tips for Gym after Giving Birth: While gym after giving birth has many health benefits, you should remember some essential points to minimize possible health risks.

- Wait for at least six weeks after delivery before starting any physical activity. However, the time frame can vary from every woman. Women who are fit post pregnancy or ones who don't get a C-section can resume exercising earlier. Again, the golden rule is to speak to your doctor first.
- If you have undergone a cesarean delivery or a complicated delivery procedure, you may have to wait longer before you begin going to the gym.
- A cesarean section delivery leads to a flabby stomach for first time moms. The skin may sag and develop loose folds. Women with a flabby stomach should consider performing some low-impact cardio routines or aerobics. Alternatively, such women can also consider taking a brisk walk or a jog.
- If you do begin exercising, make sure you don't lift anything heavier than your baby.
- Avoid housework that involves reaching high places and picking up heavy stuff.
- Perform Kegel exercises to strengthen your pelvic muscles and tone your thighs. These exercises help tone and firm your lower body, buttocks and glutes.

As long as an exercise routine is not too strenuous or testing, it is perfectly safe to exercise after delivery. If you experience a normal childbirth, you can begin exercising a few weeks after delivery.

Before you take our word for it, consult your doctor. He/she will be the best person to tell you when you should begin exercising. Ask your doctor to recommend you some exercises. Going to the gym after pregnancy has many health benefits.

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How to Survive a Breakup with a Non-Boyfriend

Boy meets girl. The chemistry is undeniable, you think about him constantly, and every text sends your heart aflutter. But that's where the classic love story ends. For whatever reason, it doesn't work out. Things are over, even though you were never officially a couple.

Breaking up with a guy you cared about, even if he wasn't technically yours, can be every bit as painful as the end of a committed relationship. Your friends tell you to brush it off and move on. Denying yourself time to process what happened, however, can leave you stuck in that terrible can't-move-on hole. Here's what to do:

Cry like it's a breakup, because it is. You put time and feelings into this man, so give yourself time. It definitely helps to binge-watch your favorite TV show and splurge for the good takeout.

Delete his number, his voice mails and clear your texts. Reading back through old conversations, trying to figure out what went wrong, is pointless. Things didn't end because of a single text message you sent a week ago.

Rejoice that you don't have to change your relationship status to single. Cue your Facebook friends messaging you their apologies, asking what happened, and you having to repeat your story on your feed to everyone to see. There's always a silver lining.

Treat him like an ex. Just because you haven't had a long, committed relationship doesn't mean you have to be okay with seeing him. Take some space.

Don't feel pressured to go out that night. Yes, a good red wine is magical. But one glass too many and eight incoherent texts about why you love him will seem like a great idea. Diving headfirst back into the dating pool is not healthy. Instead, take time to hang out with your friends and focus on yourself.

Call your mom, or Dad, or that aunt who really gets you. They're mind-blowingly great at putting things in perspective. Bonus: They'll be happy to remind you how awesome you are. Make a list of why he wasn't right for you. You'll be surprised at how long it will be.



Focus on what you deserve, not why he didn't work out. Never introduced you to his friends? The right guy will want to show you off.

Accept that he wasn't Mr. Right. Right. Staring at the phone, wishing his name would flash across your screen, you felt like he was the one. It seemed like destiny. But it wasn't. How do we know? Because if he were The One, he would never have let you go.



Ask Babu



I am a 22 year old virgin girl who has never had a boyfriend. What can I do to get experience without actually having sex?

The simplest thing you can do is to buy a sex toy and practice with it. Preferably not something that vibrates although those will enhance your pleasures. While you can use it for masturbating, you don't want to have sex so just keep touching it. The more realistic, the toy looks like a penis, the better. Touch it, feel it and perhaps even kiss it.

I'm 25 and still a virgin. Is that normal?

I personally don't believe there's anything wrong with it or that there's anything wrong with you. We are all

different in this world. I think it's great that you haven't had a relationship because you don't feel ready for it. A lot of young adults wouldn't take that into consideration. They give into the peer pressure when they're young. When the time is right you will know it. Sex isn't something that you have to hurry into. You have decades to enjoy it.

My friend is 12 years old and wants to have sex. What should he do?

He should wait until he's old enough to ask questions openly and accept the answers he's going to get. Sex before the age of 15 to 17 has been shown in many studies to cause long-term psychological issues of trust, intimacy and sexual dysfunctions.

Your friend should focus on making friends, school, and other activities. Sex comes with a relationship, it isn't a game and he's not ready.

Why do so many male prison inmates engage in homosexual activity, but don't identify as homosexuals?

It's because they aren't homosexuals. They are straight men facing the choice of whether to use or be used. Dangerous straight men who have powerful libidos take them out on less powerful straight men that would rather go down on another man than have their heads bashed in. They aren't gay.

My girlfriend gets out of mood every time I ask a visit when she is on her period. How do I keep her happy on her period?

If you want to keep your woman happy during her periods, you just have to be yourself, really; eventually be extra supportive if she is pain and be patient about her frequent visits to the toilet for checking and eventually changing the tampon or whatever she uses. Some girls feel particularly horny during their period, if this is the case and if you are not fussy about a bit of mess, you can make her extra happy.

I am seeking for a Christian partner to marry. I am a 42 year old man and I have been looking for a perfect lifetime partner to marry in Botswana. I hope this time I will find one. My partner must be a Motswana woman aged 32, whether working or not, she is still welcome.

I am a 26 year old woman in Serowe; I am looking for a Christian male partner to settle down with. This partner should be staying in Serowe or Palapye. He must be aged between 30 and 35. He must be having a stable job.

I have always been wondering what's the meaning of love. I therefore want to experience it with a single lady from any part of Botswana. I am a 23

Seekers

year old young man from Ramotswa looking for a single lady to love. The ideal lady should be staying in Ramotswa or Gaborone. She must be aged 20 to 25.

Am looking for a pretty Motswana lady who is ready to settle down and have a family. She must be working in a bank. She must be a responsible lady who can look after her family. The said lady must be aged 30-35.

I am a non-Christian man looking for a Christian lady in Gaborone. I am 27 years old and I am financially stable. My partner should be aged 30 to 35 and working in Gaborone. Whether

she has or does not have kids, she is welcome.

I am a 58 year old gentleman looking for a woman with the same features as me. I am a focused person with an aim to be realized in life looking for a long term relationship. I am a Christian who has a total faith in God. The woman I want should be 40 years old.

I am a 28 year old woman in Gaborone looking for a loving and caring life partner. I am a divorcee with three children and I am a very energetic and outgoing person who likes socializing with friends. My partner should be a smart looking financially stable man who is ready to marry.



Some of The Most Popular Online Payment Solutions

There's no denying that when it comes to accepting and receiving payments, PayPal is the reigning champion. In fact, it's the de facto online payment solution for online customers, freelancers, and business owners. While people tend to love PayPal for a variety of reasons, technology has opened the door for a number of competitors to challenge PayPal by offering cheaper fees, faster transactions, and enhanced security. Here are some of those alternatives.

Due

Due made a name for itself through its innovative time-tracking and invoicing tools, which are especially useful for freelancers and small business owners. More recently, Due has allowed users to start accepting secure online payments for just a 2.7 percent transaction rate. Due

also accepts global payments, which typically occur within two business days, as well as a digital wallet to send or receive money to anyone in the world instantly with little to no cost. It even has an e-bank where you can store your cash online.

Apple Pay

If you're a merchant, then it's time to consider accepting Apple Pay. Transactions are faster and more secure, since Apple Pay uses touch ID confirmation. In other words, a customer can use their fingerprint to pay for their takeout pizza. Apple Pay is still relatively young, but don't be surprised if the service will adapt to support older machines. Also, word on the street is that Apple is working on a P2P payments system within iMessage.

2Checkout

2Checkout is another trusted payment platform that allows users to accept credit cards, debit cards, and PayPal globally. It's available in 87 different languages, offers advanced fraud protection, integrates with hundreds of online shopping carts, and allows you to automatically bill customers with recurring billing.

Amazon Payments

If you want to give customers peace of mind, then accept payments through Amazon. Whenever they make a purchase on your site, they automatically go through Amazon's checkout. This means that they'll use their Amazon credentials, which makes the checkout process more convenient and trustworthy.

Square

Square changed the game when it introduced its magstripe reader, allowing business owners to swipe credit cards anywhere for a 2.75 percent transaction fee per swipe. However, you can also send electronic invoices, and ultimately get paid, through the Square Cash App.

Google Wallet

Once known as Google Checkout, Google Wallet is an online payment service that allows users to send safe, simple, and speedy money transfers from their browser, smartphone, or Gmail account. You can store credit cards, debit cards, loyalty cards, and even gift cards to your account.

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5 Cash Management Tactics

Small Businesses Use to Become Bigger Businesses

You may have heard the phrase “Cash flow is the blood that keeps a business alive.” This couldn’t be truer, as consistent positive cash flow can help a business owner pay expenses, invest in new opportunities or grow a business. To help with managing cash flow, here are five tips you should consider:

1. Spread out your payments

Paying all your business bills at the same time rather than spreading them out can drain your disposable income and leave you at risk of not being able to pay your creditors and suppliers if an unexpected expense occurs. Instead, try paying your bills closer to the due dates and negotiate with your vendors to see if you can extend your payables to 60 or 90 days. Also, be sure to pay your most important bills, such as rent and payroll, before paying less important bills.

2. Collect payments quickly

Another way to improve cash flow is to incentivize customers to pay early by offering discounts. Other techniques for collecting payments quickly include requiring deposits from

your customers when taking orders and offering online payment options. Thanks to advancements in technology, there are multiple ways for your customers to complete quick and efficient transactions with your business. One example is electronic billing, which allows for you to customize invoices and set up automatic payment reminders for customers.

3. Establish a strict credit policy

It’s important to be wise about extending credit as a business. A non-paying customer can be a hefty expense to a small-business owner. Establish a written set of standards for determining who is eligible for credit, and enforce those standards rigidly. Also, be sure to require a credit check for all new customers before extending credit and monitor your accounts to identify late payers early so you can offer them a variety of payment options. These options might include a credit card charge or a payment plan.

4. Align your payroll cycle with your revenue stream.

Some businesses, such as restaurants and retailers, generate daily rev-

enue and can more easily cover the expense needed for weekly payroll. For others, such as manufacturers, this could be a challenge, and you may benefit from paying employees less frequently, provided applicable wage laws allow you to do so.

5. Plan ahead for cash shortages.

Expect the unexpected. Typically cash flow will vary, and unexpected expenses will occur even for established businesses. Keeping a rainy day fund with three to six months of basic operating expenses in a reserve can prepare you for slow periods and emergencies. Another option is to use a business credit card or business line of credit to pay for everyday expenses and help bridge gaps in cash flow. Be sure to monitor your expenses with online banking and monthly statements. One important tool for planning ahead is a cash flow forecast, usually a one-year prediction of how cash will move in and out of the business. This helps business owners evaluate how profitable future sales will be, and provides an overview of what needs to be done to reach your goals.

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How to Make Your Home Look Organized, Even if You're Not



big floor lamp, warm side table lamps, or even oversized candles to make the room more inviting.

Bold colours are your friends.

Another way to give the appearance of an organized room is to take attention away from potential clutter through statement pieces and dramatic wall colors and wallpaper. Since these are set to be a huge trend in 2018, you'll be ahead of the game when it comes to updating your decor.

Go wireless whenever possible.

In a world where technology is everything and we're all trying to keep up with the latest trends, there's no getting around the sheer number of digital devices we allow into our homes. This usually leads to some very cluttered living and entertainment rooms, filled with lots of bulky tech and tangled wires.



If you're like us, it's more than likely you put off organizing your home until you simply can't take it anymore—after all, the thought of tackling some of our most challenging messes can be daunting.

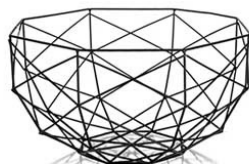
From strategic lighting to double-duty furniture and storage, the task of decluttering may be easier than you think. Even if you're not the type to color code your closet or intentionally organize every room of the house, you may be able to take guests' eyes

away from the clutter by creating an environment of controlled chaos.

Brighten your lighting.

Although you might not realize it, your lighting could be playing a huge role in making your space feel extra cramped. It's incredible what lighting in a room can do to make a space feel new again. Rooms that are often the most cluttered have poor lighting to conceal the mess, so evaluate what spaces could be brighter. Introduce a

4 Ways To Personalize Your Home



your cushions on your bed or couch — none of them have to be the same size, color or material. Also try using different throws, having vases in different shapes and sizes and a range of different candles.

2. Be color conscious

We always say that you shouldn't be afraid of using color — whether it's on the wall, your couches or chairs, a rug or in a number of your décor accessories. Just be sure that you pick the right colors. We suggest using a maximum of four complementary colors — and various shades thereof, together with your neutral bases.

3. Create added space

Using your décor accessories smartly should not only give a room character, but should also make the most out of the actual space. Lights and mirrors — when used correctly — create the illusion of more space. The easiest trick is to place your mirrors opposite a window or door to reflect open spaces and light, which makes your room, look bigger. Bringing in extra lamps, light reflective décor items and light-up objects will also add light, making the room look larger.

4. Finishing touches

Much like a statement necklace completing an outfit, it's those last little elements and final touches that you put in a room that can just bring it all together. Use artwork or even a clock, a focal wall — which can be wall papered, painted a bright or different color (or even with blackboard paint!), or covered in a different material to the other walls — or even a great plant to complete your space.

When you get dressed each day, you finish off your look by adding a few accessories — earrings, your handbag, a scarf, or maybe even a statement necklace. This is how you personalize your look, and what makes each individual different from the next. Your home is no different... Give five people the same room with nothing but a few neutral furniture staples, and they will all end up looking totally different — and that's down to the "accessories".

Sometimes, though, it's hard to decide if more really is more, or if you should

opt for the minimalist look. While it does often boil down to personal taste, here are our top tips to apply when accessorizing your home...

1. Add texture

One way to make sure your space is far from boring is to have a mix of textures and materials. This creates depth, adds contrast and personality to the room, which makes it far more interesting to look at. Having a wide range of materials and fabric types, bringing in objects in a range of different sizes and using various colors all add interest to a room. Think of



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The Best Vegetables To Grow In Winter



You might think that the colder months aren't great for growing veggies, but in other counties, April until the end of May is a great time to plant vegetables to grow in winter. You'll be enjoying home-grown veg, salad leaves and even fruit for months to come.

One of the reasons we love our winter vegetable garden is that snails and other pests are much less of a problem. Plus you usually don't have to water as much because of the cooler temperatures.

If you're sowing these winter growing vegetables from seed, you may want to cover the ground with perforated polythene to encourage the seeds to germinate, but seedling should be able to cope without protection.

Cauliflower

Did you know, the head of the cauliflower is called the curd? Cauliflower is one of the best vegetables to grow in winter because you don't have to worry about caterpillars eating your crop when it's cold!

The seedlings must be planted about 60cm apart and grown in richly fertilized soil, which should never be allowed to dry out. Sow at intervals so that you can have fresh cauliflower throughout the year.

Top winter veg tip: Don't let sunshine reach the cauliflower curds. This will

cause them to discolor. Tie the leaves closed, over the curds, with string.

Broad beans

Autumn is the best time to sow delicious broad beans as they get established in the still-warm soil and can be left over winter for an early taste of spring later in the year. Sow seeds at a depth of 5 to 10 cm, with about 15 to 20 cm between plants, and pick to eat from August.

The podded beans are best eaten young. You can also snip off the green tops after the first pods appear – they're delicious when simply wilted with butter.

Top winter veg tip: Broad beans grow best in a sunny spot sheltered from wind. They enjoy rich, moist, well-drained soil.

Thyme

This hardy herb is low-growing so it makes great ground cover in a border, or it can be planted in pots together with other evergreen herbs like rosemary. Buy it now as small plants, water well, dig a hole and plant in a garden border. Firm it in well and water again.

If it's going in a pot, plant slightly deeper than the plastic pot it came in, and leave room for it to fill out as it grows. Thyme is so versatile and can be used to pep up meat, veg, soups and stuffing's.

Top winter veg tip: Thyme can also be used as an edible ground cover. Buy seed in bulk to create a thyme lawn. It also grows well between rocks and paving.

Garlic

Garlic is one of the easiest vegetables to grow in winter. Start it off in seedling trays so they take root before you transplant them outdoors. Break the bulbs into cloves, push each clove into the compost and put in a warm bright spot. Keep the soil moist until shoots form, then plant outdoors later in May.

Your garlic should be ready to harvest in September, but you can also snip the green garlic shoots and use them in recipes as you would chives.

Top winter veg tip: Garlic does best in well-drained, rich soil with lots of compost, in a raised bed.

Spring onions

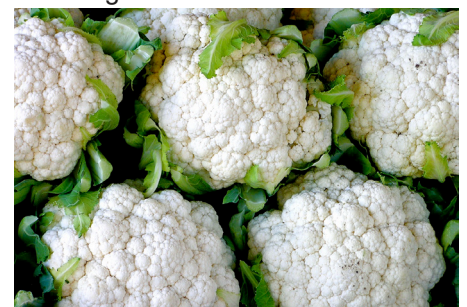
These mini sweet onions are easy and cheap to grow, but make sure you choose a variety that's hardy in winter. Sow seeds from early autumn and they'll be ready to harvest in late winter to early spring. They're a must for your salads.

Top winter veg tip: Spring onions thrive in loose soil that's well-fertilized and drains well.

Spinach

This popular vegetable doesn't do so well in summer, but loves autumn weather to grow. Sow spinach seeds thinly, 15mm deep in rows 30cm apart and, as long as the weather isn't really cold, they'll germinate in 5 to 9 days. Make successive sowings for a continuous supply. Harvest from July, picking smaller leaves for salads.

Top winter veg tip: The trick to good spinach is a good start. Keep it moist and cool and don't be shy about fertilizing.



Weekend Projects for the DIYer



If you're moderately handy, possess a willing spirit, and boast a can-do attitude, these 15 weekend projects are right up your DIY alley. Completing these tasks will improve how your home appears and functions, which in turn could improve your life.

Grab a Brush

Completely change how a room looks and feels. Schedule a room-painting project for an upcoming weekend. In just two days you'll be able to prep, prime, and apply multiple coats of paint to the walls and ceiling.

Got a little extra time? Refresh the woodwork with a coat or two of glossy white paint.

Cut Some Tile

Stylishly protect kitchen and bathroom walls from splatters by installing tiled backsplashes. Use glass mosaic tiles to introduce watery shimmer. Opt for handcrafted tiles to add old-world dimension. Like a spic-and-span restaurant look? Lay white subway tiles from countertop to ceiling. If your budget is tight, inset decorative tiles as pops of color amid a field of inexpensive stock tiles.

Build a Banquette

Extra seating, bonus storage, and attention-grabbing style -- that's what you get when you build a corner banquette or a window seat from upper kitchen cabinets. Start with finished or unfinished refrigerator cabinets, raise them on a fiberboard platform to the height desired, and top the bench with painted medium-density fiberboard. Add a thick cushion and piles of pillows to boost the comfort level.

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Gumpole Treated 2.4 - 75x100

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Things To Do With Used Tea Bags



tea leaves direct. Or you can re-brew used bags in a bucket of water and then use this weak tea solution to water your plants and protect them from fungal infections.

Add Flavour To Food

Use them to marinade meat or fish for a subtle flavour, this works well with Lapsang Souchong. You can also add them to the cooking water with rice or grains to add fragrance, or to the water when you re-hydrate dried fruit like apricots, prunes or pears. This is lovely with smoky, scented teas like Earl Grey or Jasmine.

Keep The House Smelling Fresh

Freshen the fridge, by placing a couple of used tea bags in a small bowl and leave them to absorb any strong smells. You can also deodorise trainers in the same way by popping in a couple of tea bags with a little added essential oil like lavender or lemon.

Protect Pots And Pans

Rub used tea bags over cast iron pots and pans to help prevent rust forming. Over time, the tannins from black tea leaves will build a protective layer that prevents oxidation.

Clean & Polish Wood

Tea bags also make a great polish for hardwood floors and wood furniture, because the tannins bring out the natural shine of wood and help cover marks and scratches. Rub over wooden surfaces, and then buff up with a soft cloth for a rich shine. But make sure the tea bags are only damp and not soaking wet to avoid water damage.

Who knew there were so many things to do with used tea bags? So make sure you don't throw them in the rubbish once you've made your cup of tea, make them do some over time with these great ideas for used tea bags!

Soothe Tired Eyes

Green tea or chamomile tea works best for this but ordinary used tea bags also work well too – make sure that they are chilled in the fridge first and then relax with them on your closed eyes for 15 mins to reduce puffiness and redness.

Deter Household Pests

Dry out old tea bags and then add a few drops of essential oils to keep pests away. Mice hate peppermint and moths and spiders dislike lavender, rosemary, mint, cloves or eucalyptus. You can attach the ones on strings to clothes hangers, or just place them at the back of drawers and cupboards like any other scented sachet.

Feed The Garden

Used tea bags can of course be added to the compost whole, but for a fast track way to improve your soil, snip them open and scatter the loose



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How to Get Rid of Ants Fast Naturally

During warm weather or rainy seasons, many people discover ants entering their houses and garden areas.

There are different types of ants, but the most common house-invading ants include pavement, carpenter, acrobat, pharaoh and odorous house ants. House-invading ants can get into your food, damage property or cause stinging bites. These tiny creatures can also cause damage to your plants.

Dealing with ants can be very frustrating. Pesticides for ants contain chemicals that are harmful to humans and the environment, but there are some natural, non-toxic ways to control ants. These may take some time and patience, but will provide good results.



1. Cinnamon

Cinnamon is an effective household ant repellent. Its smell discourages ants from entering your house and scrounging in your kitchen.

Add $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of cinnamon essential oil in a cup of water. Soak a cotton ball in this solution and wipe down the areas where ants may enter and dwell. Repeat once daily until all the ants are gone.

You can also put ground cinnamon and whole cloves near entry points. Note: Use the cinnamon oil spray strategically in places of ant infestation; do not put it all over the place.



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Dee'z Twins

Dee'z Twins is a duet of identical twin brothers namely Kabo Tumedi A.K.A Single D and Kabonyana Tumedi A.K.A Double D. They were born and raised in Molepolole. Growing up in a family that loved music and dancing, music became part of Dee'z Twins' life. Their aim is to take Botswana house music to another level. The duo performers always take their listeners to another musical world of happiness. With a unique style of deejaying, Dee'z Twins regularly bring in a drum set to amplify and spice up their performance and they have never disappointed.

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Alex Talks Career as Football Analyst and Coach

Tell us about yourself and educational background?

My name is Basimane Botlhe Alex Malete, I grew up and schooled in Selibe-Phikwe. I did Bachelor of Arts Humanities and Post graduate Diploma in Education at the University of Botswana.

When did you develop love for football?

I grew up with my brothers who loved playing street football, that's when I developed the love for football. I even played for a team called River Plate at Phikwe when I came to Gaborone. I could not find any other team to play for and then I joined radio station for students at UB called Trade FM in 2011. From there I joined UB Kicks as a coach until 2016.

When did you start your career as a football analyst?

I started analysing soccer games from May 2012 to date (Voluntary) at Duma FM in Home and Away show from 1900 to 2200.

Tell us what your work entails?

As a Duma FM - Soccer Resident Analyst, I do research on assignments given by head of Sports, like collecting results, fixture log standings, top goal scores, setting up interviews and anything concerning the league, I also attend sports press conferences.

What is the key to success when communicating with the public in your field?

Knowledge is the key! If you talk to the public, you have to show them that

you know what you are talking about. Reading and following everything related to football news is the other key to succeed and for me, I think attending coaching courses helps me a lot.

What do you do besides sports presenting?

I am a Double Action Ladies Football Club Head Coach, Tlokweg CJSS U-15 Girls External Football Coach and Dipsy Selolwane Football Academy Volunteer Coach.

Why do you think you qualify for coaching position?

In December 2012, I went to coaching course at Lobatse "Premier Skills". In 2013 I did my second coaching course of Botswana Football Association preliminary coaching; in 2015 I did Preliminary Certificate Fitness Course and ongoing FIFA Diploma in Football Medicine course.

Are there any Challenges you are facing as a coach?

First challenge I would say is a set up structure, the way players are not competitive enough, which end up affecting us as coaches. Teams don't have enough necessary equipment and players have commitments because for some of them, football is not their fulltime career. One more thing is lack of coaching education in Botswana.

Have you ever had a conflict with any of your player?

Yes we have conflicts with players, but sometimes if you are wrong you have to apologise to solve a certain conflict. With all teams I have worked with, we had mutual respect, for them to respect me I had to do that to make it easy for them to respect me.



Roger Daltrey

Album: As Long As I Have You
Release Date: June 1, 2018



Bebe Rexha

Album: Expectations
Release Date: June 22, 2018



Mike Shinoda

Album: Post Traumatic
Release Date: June 15, 2018



Jorja Smith

Album: Lost & Found
Release Date: June 8, 2018



Bullet for My Valentine

Album: Gravity
Release Date: June 29, 2018



Ben Howard

Album: Noonday Dream
Release Date: June 1, 2018



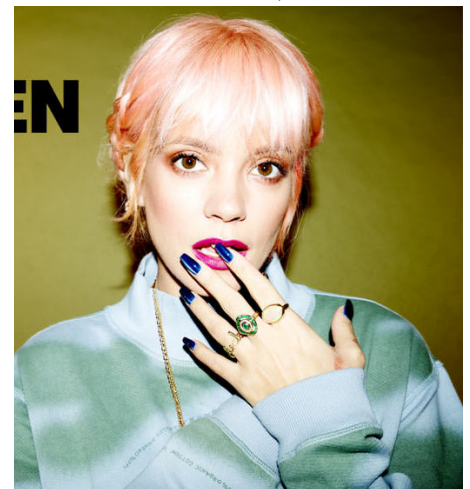
Kanye West and Kid Cudi

Album: Kids See Ghosts
Release Date: June 8, 2018



Panic! At the Disco

Album: Pray for the Wicked
Release Date: June 22, 2018



Lily Allen

Album: No Shame
Release Date: June 8, 2018



Christina Aguilera

Album: Liberation
Release Date: June 15, 2018



5 Seconds of Summer

Album: Youngblood
Release Date: June 22, 2018



Sugarland

Album: Bigger
Release Date: June 8, 2018



Lucas Radebe

Born on 12 April 1969 in Diepkloof, Soweto. When he was 15 years old, his parents sent him away to Bophuthatswana to avoid the violence in the township. Soccer was one of his favourite pastimes, and his talent was soon spotted by Kaizer Chief Scouts, who signed him up.

In 1991 he was shot in the back while doing shopping in Soweto. Fortunately, no vital organs were damaged and the incident would not prevent him from returning to soccer. It is not known who shot him, but Radebe thought that the shooters might have been hired to stop him from moving clubs. In 1992 he made his first appearance for the South African national team, Bafana Bafana. Two years later, in 1994, he moved to England, where he joined Leeds United. Despite several injuries and a troubled relationship with the team manager, Radebe would become a very popular player in his adopted country. Under the new manager George Graham his career began to flourish, and Leeds fans quickly named him "The Chief".

In 1998 he was appointed captain of the team. In the same year he returned to South Africa to lead the national soccer team in the World Cup tournament.

Under his leadership, Leeds came fourth in the Premiership in the 1998-99 seasons, and in the next year they came third. In 2000 he suffered a knee injury and later ankle injuries, which plagued him for close to two years. However, in 2002 he was ready to lead the South African team in the World Cup once again. Since then, he has become South Africa's most capped soccer player. His main soccer position is centre-back, but he has also played as goalkeeper, sweeper, right-back, and left-back and defensive midfield.

His involvement with soccer goes further than his time on the field. However, in 1998 he became an ambassador for SOS Children's Villages. In December 2000 he received the FIFA Fair Play Award for his role in fighting racism in soccer, and also for his work with children.



Jordan Michael Houston

known professionally as Juicy J is a rapper, songwriter and record producer from Memphis, Tennessee. He is a founding member of the Southern hip hop group Three 6 Mafia, established in 1991. He is the younger brother of frequent collaborator and fellow rapper Project Pat. Juicy J was featured in Katy Perry's single "Dark Horse" from her fourth album Prism (2013). On August 5, 2016, Juicy J announced a new album called Rubba Band Business (named after his acclaimed mix tape series) which was set to debut in the fall of 2016. He released a new single "No English" featuring Travis Scott. On September 28, 2016 Juicy J released a new song "Ballin'" with Kanye West on the hook. On November 21, 2016, Juicy J premiered a new song, "Gimme Gimme" featuring Slim Jxmmi of Rae Sremmurd. On September 18, 2017, Juicy J released a mix tape called Highly Intoxicated featuring production largely by \$uicideboy\$.



Zola Budd

Born on 26 May 1966 in Bloemfontein, Free State, South Africa. Budd burst into national prominence in 1983. In 1984 she gained international recognition when, at the age of 17, she broke the women's 5000m world record. As this performance took place in apartheid South Africa, the world track and field establishment refused to recognize the record. Despite being a world class athlete she could not compete in the 1984 Olympic Games as South Africa had been banned from competing before the start of the Tokyo Olympic Games in 1964. In 1984, Budd was granted a British passport and participated in the British team in the Los Angeles Olympic Games in that year.

In a low key event in Crystal Palace, England, Budd on 26 August 1985 broke the 5 000m world record set by Ingrid Kristiansens of Norway sixteen years previously by more than ten seconds to set a new mark of 15 minutes 1.83 seconds.



Barbara Bush

the only woman besides Abigail Adams to be both a wife and a mother to a president of the United States, was born in New York City on June 8, 1925. In 1945 she married George H.W. Bush, who became vice president in 1981 and president in 1989, the same year she started the Barbara Bush Foundation for Family Literacy. In 2001 her son George W. Bush was inaugurated president. The former first lady passed away at her home in Houston, Texas, on April 17, 2018.

Her father, Marvin Pierce, was a distant descendant of 14th President of the United States Franklin Pierce and president of the McCall Corporation, which published the well-known magazines McCall's and Redbook. Growing up in an Episcopalian family in the bedroom community of Rye, New York, Bush was an athletic and witty child who loved above all things to read. She received her primary education at Rye's Milton Public School and Rye Country Day School before going off to Ashley Hall, a boarding school in Charleston, South Carolina, in 1940.



Jordin Sparks

A songwriter, and actress. She rose to fame in 2007 after winning the sixth season of American Idol at age 17, becoming the youngest winner in the series' history. Her self-titled debut studio album, released later that year, has sold over two million copies worldwide. The album earned Sparks her first Grammy Award nomination for Best Pop Collaboration with Vocals. Following the release of Battlefield, Sparks ventured into acting, pursuing television and Broadway. She made her stage debut as Nina Rosario in the musical In the Heights (2010), and her feature film debut as the titular character in Sparkle (2012). Sparks has also released several perfumes, including Because of You... in 2010 as well as Fascinate and Ambition in 2012. After a five-year absence from music, she released a mixtape, #ByeFelicia (2014).

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Chobe National Park



Chobe National Park is the third largest park in the country after the Central Kalahari Game Reserve and the Gemsbok National Park, being the most biologically diverse.

The original inhabitants of this area were Basarwa people (Batswana). They were nomadic hunters and gatherers. Nowadays one can find San paintings on the rocky hills of the park.

The park has been divided into four parts. The Savuti Marsh area, (10,878 km²) constitutes the western stretch of the park. The marsh is fed by the erratic Savuti Channel, which dries up for long periods then curiously flows again, a consequence of tectonic activity in the area.

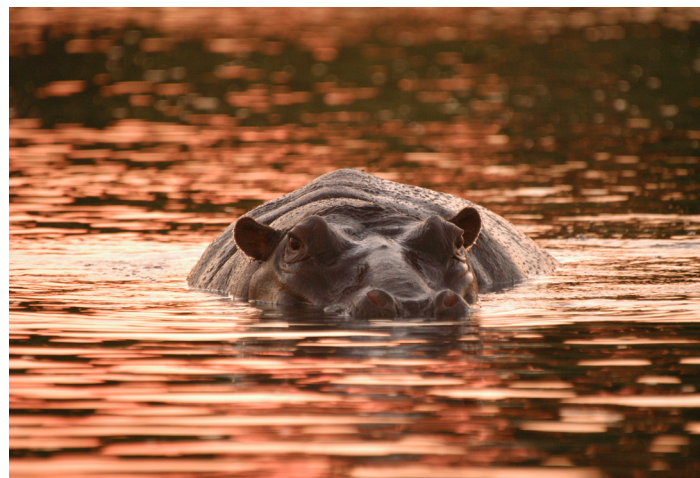
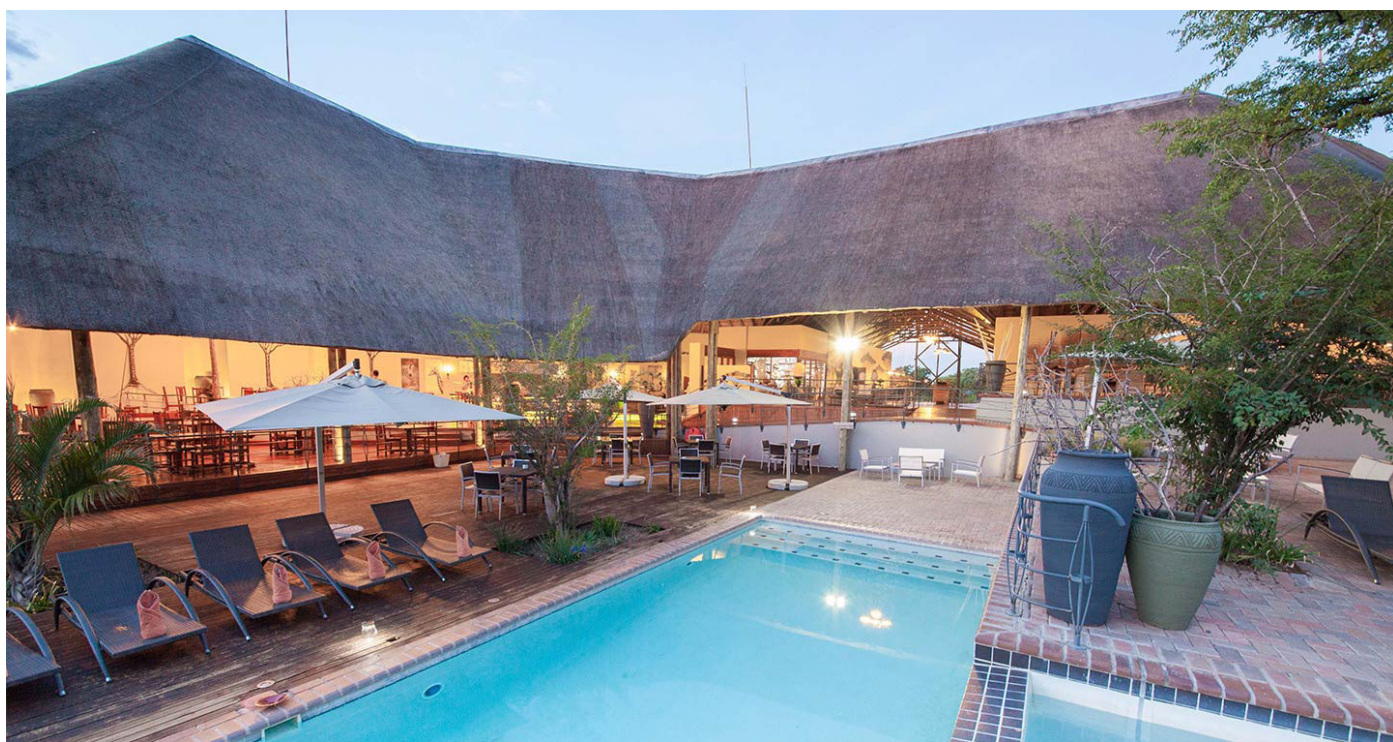
The Serondela area, situated in the extreme Northeast of the park, has main geographical features; lush floodplains, dense woodland of mahogany, and teak which are now



reduced by elephant pressure. The Chobe River, which flows along the Northeast border of the park, is a major watering spot, especially in the dry season.

The Linyanti Marsh, located at the Northwest corner of the park and to the North of Savuti, is bordering Linyanti River. West of this area lies Selinda Reserve and on the northern bank of Kwando River is Namibia's Nkasa Rupara National Park.

Between Linyanti and Savuti Marshes lies hot and dry vicinity, mainly occupied by the Nogatsaa grass woodland. This section is little known but a great place for spotting elands. The park is widely known for its spectacular elephant population with an estimated number of 50,000. Probably this is the highest elephant concentration in Africa. Meanwhile most of the found elephants here are Kalahari elephants.





Best Pieces of Career Advice for Millennials

Giving advice to millennials is extremely important. Good career choices are also important early in your career because you can set yourself up for success later on. Even though you might end up in a completely different career, the skills you acquire and the people you meet are what will open the doors for you. The following are things that all millennials should do to get ahead in their careers:

1. Think of your career as a series of experiences. The most optimistic and intelligent way to look at your career isn't how long you stay with one employer or that you focus on what you majored in at college. You need to collect experiences throughout your careers, whether that is with five employers or ten, with one business function or five. The idea is that you need to be a lifelong learner if you want to make an impact, succeed and feel accomplished. The experiences you have expand your world view, give you new perspectives and make you a more interesting person.

2. Don't settle for a job you're not passionate about. A lot of people

are pushing college graduates to just get a job to pay the bills and that isn't the greatest advice because research shows that you won't last long there if you do. No smart company is going to have someone who is only there to make money because there's always someone else who wants it more. When you're passionate about your job, you're excited; you work longer hours and end up accomplishing much more. Life is too short to settle for a career that you hate!

3. Focus on making a big impact immediately. The quicker you make an impact in a company the more attention and support you will get. Millennials understand this well because they won't want to wait five years to get on a project where they can make this type of impact. Starting on day one, you have to learn as much as possible and start mastering your job so you can latch on to the bigger projects faster and prove yourself. By doing this, you will explode your career and become more valuable in your company, which will increase your pay, title and you'll get to work on better projects.

4. Take risks early and often in your career. One of the important lessons this economy has taught us is that not taking risks is risky. There is so much out of our control and if we just keep doing what we did yesterday, we can't get ahead. By taking a risk, you are putting yourself in a position to learn, whether you succeed or fail. You're also showing to your management that you're willing to put your reputation on the line to make things happen. As we become an ever more entrepreneurial society, those that take risks, both inside and outside of the corporate walls, will become more successful.



Fight The Freeze and Learn How To Knit Yourself A Blanket



The big chill is finally here at and all we want to do is snuggle up under a big blanket. Luckily we have the skills and the yarn! To make it happen, we want to share them with you so that you can do a business out of it. A blanket is just a big square or rectangle, so no construction needed!

For maximum warmth and speedy progress, we recommend using Crazy Sexy Wool and super chunky 25mm needles, around 7-8 balls of Crazy Sexy Wool should get you a small blanket; double it for a larger blanket. Here are stitches and a couple of techniques you may want to use;

Garter Stitch

This one's for all the absolute beginners, as well as anyone who enjoys the simple things in life. Anyone can knit a garter stitch blanket.

Herringbone Stitch

If you're looking to level-up your knit skills, and want something classic and chic, herringbone stitch could be the one for you.

Making Stripes

You can change colour and decide on what colour of your choice to use as well as how to carry your yarn up the side of your work.



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| • Serowe | : 463 3223 | • Molepolole | : 590 7916 | | | | |

Aries

(Mar. 21 – Apr. 19)

Be patient with your burgeoning innovative ideas. They will see the light of day but let the Universe help you with the timing of their implementation. Be here now! It is vacation time, so unwind a bit. New friends may offer fresh insight. A shift in energy at the solstice helps you to feel closer to that future dream.

Taurus

(Apr. 20 – May 20)

There may be a hiccup of unbullish self-doubt early on and even a little reticence about reaching beyond your safety zone. On your path, however, there is no going backwards so embrace the new currents. Creative energy is strong this month and giving full expression to it will be a steadying influence. Go shopping and buy an inspiring book.

Gemini

(May 21 – June 20)

Happy Birthday to you, Gemini... both of you! Your birthday gift this month will be a great adventure. It's all about feeling, passion and possibility this month but don't be alarmed, intelligent one. It's really an awesome opportunity to re-balance your sometimes overused right brain and underappreciated left brain.

Leo

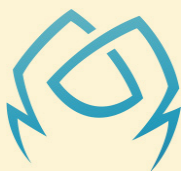
(July 23 – Aug. 22)

It is time to hone in on creative fulfillment through career. Your energy and talents need to be expressed more fully and opportunities in this area are coming into focus. You might feel you are bursting at the seams for some creative shift, but don't take any short cuts. Be as clear as you can be about your goals and what you need for cellular level creative

Cancer

(June 21 – July 22)

You may be inspired to go back into your shell for respite and safety but consider the ramifications if you do. Communications, teaching or writing are generally strong now. This is a particularly good time to connect, network and make important new friends and associations but be cautious about romance. Promote yourself or advertise your business.



A retired South African soccer player, Theophilus "Doctor" Khumalo was born June 26, 1967.

- Cancer men are deeply caring and sympathetic lovers they will do anything for a partner whom they're in love with.
- Loving, gentle, intimate and understanding he is kind hearted but not soft, and will often know exactly what you're feeling and how best to support you emotionally.

satisfaction.

Virgo

(Aug. 23 – Sept. 22)

This is the best time to practice the art of conscious intention and thereby let go of some of those encumbering control issues. Although you have a flawless capacity to make things happen, don't get so swept away or overconfident that you lose sight of your relationship with the All That Is.

Libra

(Sept. 23 – Oct. 22)

Things have been spacey or uncertain recently. Let that be okay. God does move in mysterious ways sometimes but you can rest assured she won't keep you in the mist too much longer. Career will likely emerge as an area of focus after Venus changes from retrograde to forward motion at the end of the month.

Scorpio

(Oct. 23 – Nov. 21)

You are on a roll as the month begins. Things will be heating up as time goes on. The energy of transformation abounds and we all know that is appealing to scorpions. Your optimism is on an

uptick. Friends are looking for you to be the life of the party. This could be a month for profound illumination. Balance fun and inspiration. If a new path or direction are what you are looking for then give them a chance. Listen to the whispers.

Sagittarius

(Nov. 22 – Dec. 21)

This month gives you an opportunity to clear away thoughts that might block your optimism and confidence about those approaching changes. Feelings and passions may get stirred up but clarity and wisdom will win the day. Friends might disappoint you but maybe it is a message about being among those who are more supportive of you. Vacation or rest and relaxation are a requirement this month.

Capricorn

(Dec. 22 – Jan. 19)

The ruler of your sun sign is Saturn which is transiting through your relationships house. Put yourself on notice... I am not responsible for his or her happiness. Focus on breaking through this month around your fear of letting others down. It is an

old story that has outlived its usefulness.

Aquarius

(Jan. 20 – Feb. 18)

Avoid the temptation to escape to your ivory tower of idealism. Being smug simply won't solve anything now. Focus instead on home, nest and comfort. Nurture yourself big time. Be on guard about falling into an old rut at work. Your developing more patience now will pay huge benefits in a couple of months. A summer romance is possible now. Do something wonderful with the family. Make a meaningful connection with the children.

Pisces

(Feb. 19 – Mar. 20)

Take a look at how you put the needs and expectations of others above your own needs. Take notes, keep a diary, communicate, and be honest to yourself. Get things out in the open. The sky is not going to fall if you define your life on your terms! Be with the family. Keep the company of like-minded, inspiring friends. Start a new, self-nurturing discipline like a yoga class or membership at the gym.

Police: Where do you live?
 Me: With my parents
 Police: where do you all live?
 Me: together
 Police: where is your house?
 Me: next to my neighbours house
 Police: where is your neighbours house?
 Me: If I tell you, you won't believe me
 Police: Tell me
 Me: Next to my house

One night, as a couple lay down for bed, the husband gently tapped his wife on the shoulder and started rubbing her arm. His wife turned over and said, "I'm sorry honey, I have got a gynecologist appointment tomorrow and I want to stay fresh." Her husband rejected, turned over and tried to sleep. A few minutes later, he rolled back over and tapped his wife again. This time he whispered in her ear, "Do you have a dentist appointment tomorrow too?"

There once was an old couple who had been married for thirty years. Every morning the old boy would wake up and give off an enormous fart, much to his long suffering wife's annoyance. "You'll fart your guts out one of these days," she always complained. After a particular bad week the wife decided to have her revenge and got up early, placing some turkey giblets in the bed next to the old boy's arse. While making breakfast downstairs she heard his usual morning fart reverberate through the floorboards followed by a scream. Twenty minutes later a rather shaken man came downstairs. "You was right all along Missus," the old man says, "I finally did fart my guts out, but by the grace of God, and these two fingers, I managed to push them back in!"

My kindergarten aged daughter suddenly announced just before school that she needed to take a clean tee shirt to class. She told us that the

teacher was going to iron an anti-drug message on it. My wife frantically swept through my daughter's room, finding nothing usable but one tee shirt that already had something printed on one side. She sent it off to school with my daughter. That afternoon, my daughter returned and happily showed off her shirt. On one side it said, "Families are forever." And on the other, "Be smart, don't start."

For decades, two heroic statues, one male and one female faced each other in a city park, until one day an angel came down from haven. "You've been such exemplary statues," he announced to them, "That I'm going to give you a special gift. I'm going to bring you both to life for thirty minutes, in which you can do anything you want." And with a clap of his hands, the angel brought the statues to life. The two approached each other a bit shyly, but soon dashed for the bushes, from which

shortly emerged a good deal of giggling, laughter and shaking of branches. Fifteen minutes later, the two statues emerged from the bushes, wide grins on their faces. "You still have fifteen more minutes," said the angel, winking at them. Grinning even more widely the female statue turned down to the male statue and said, "Great! Only this time you hold the pigeon down and I will crap on its head."

A woman has twins and gives them up for adoption. One of them goes to a family in Egypt, and is named "Ahmal." The other goes to a family in Spain; they named him "Juan". Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Ahmal. Her husband responds, "They're twins! If you've seen Juan, you've seen Ahmal."



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Quick Meals For Cold Nights



Pilchards and Butternut Pasta

Prep time: 15 minutes

Cooking time: 20 minutes

Serves: 3-4

Ingredients

- 1 can pilchards
- 2 cups butternut, cubed and cooked
- 3 cups spaghetti, cooked
- 2 tablespoons (30ml) oil
- 2 garlic cloves, crushed
- 1 tablespoon curry powder
- 1 cup (250ml) tomato passata

- 1 cup Parmesan cheese, grated
- Fresh basil leaves, for serving

Steps

- Heat oil in a frying pan. Fry garlic or until soft.
- Add curry powder, tomato passata, pilchards, butternut and spaghetti. Gently stir until covered with sauce.
- Top with grated cheese and basil leaves. Serve immediately.



Creamy Chicken, Spinach and Pasta

Prep time: 15 minutes

Cooking time: 15 minutes

Serves: 3-4

Ingredients

- 3 chicken breasts, cooked and chopped
- 2 handfuls spinach, finely chopped and cooked
- 2 tablespoons butter
- 1 onion, chopped
- 2 garlic cloves, crushed
- Salt and pepper
- 3 cups (750ml) cream
- 3 cups penne pasta, cooked
- 1 cup feta cheese, crumbled
- 1 cup cheddar cheese,

grated

- Handful fresh thyme, chopped

Steps

- Heat butter in a frying pan. Fry onion and garlic for 3-5 minutes or until soft.
- Add chicken and spinach, and stir. Season with salt and pepper.
- Add cream, pasta and cheeses. Cook for 8-10 minutes or until the cheeses have melted.
- Sprinkle with thyme, and serve.

Prep time: 15 minutes

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Road Maun
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Keep Fit At Home



1. Stand on a plyo box under bar. With hands slightly wider than shoulder – width apart, grab bar with an overhead grip.
2. Step off front of box and hang. Keep your neck long, drawing shoulder blades together. Tighten abs and inhale.
3. Exhale and pull body straight up, driving elbows toward rib cage.
4. Clear bar with your chin. Pause and inhale; exhale as you slowly descend. High-five, badass!

Know the difference
 Pull-ups use an overhead grip. Flip your wrists and you're actually doing a chin-up. Also a great upper-body move but has less gym cred cuz its easier-biceps pitch in.

Cheat it
 Loop a superband around the bar, then step one foot in and pull yourself up using a little extra help.





Moves for Ripped Lower ABS

Hanging leg raise

Initiate each rep slowly to de-emphasize the hip flexors and keep tension on the abs. At the top, crunch your pelvis upward and hold for a second.

Land mine

Place one end of a barbell in a corner, with weight on the other end. Holding the weighted end, wave the barbell from side to side in an inverted U-shape.

Weighted crunch

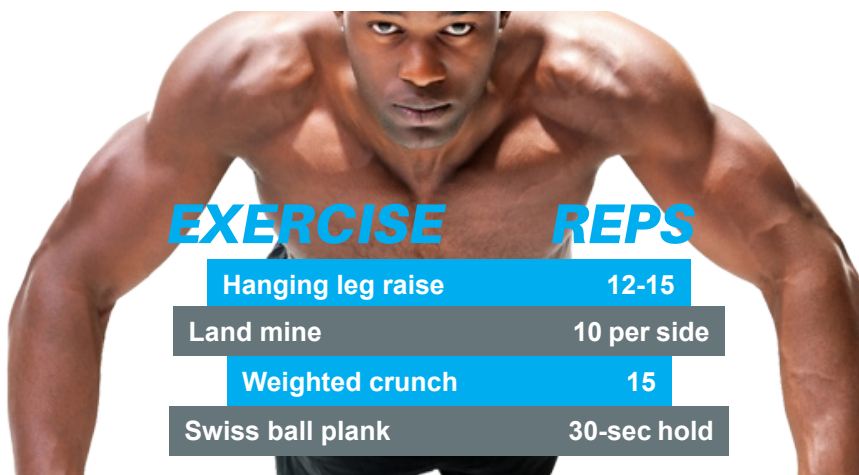
Lie flat on your back with your knees bent, holding a plate over your face. Bend at the waist and crunch up, hold for a second, and then lower your torso until your shoulder blades touch the floor.

Swiss ball plank

Rest your elbows on a Swiss ball and get into plank position. Focus on keeping your entire body in a straight line from head to toe.



The Lower Abs Workout



EXERCISE

REPS

Hanging leg raise	12-15
Land mine	10 per side
Weighted crunch	15
Swiss ball plank	30-sec hold



Brain Tumor in Adults

The brain is a soft mass of tissue that has three major parts, the cerebrum, cerebellum and the brain stem, all of which are effectively surrounded and protected by the bones of the skull; the brain is the tissue that controls people's voluntary and involuntary actions (that is, bodily functions, thoughts, and sensations).

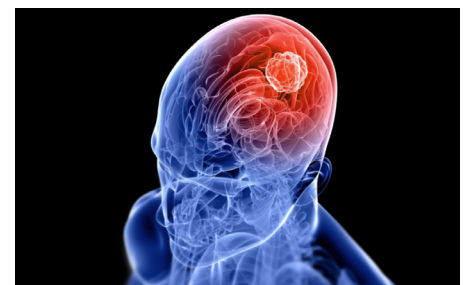
Primary brain tumors are composed of abnormal types of brain cells with unregulated growth; the most common type is termed gliomas that arise from brain glial cells, but there are many other types (for example, astrocytomas, ependymomas, medulloblastomas and oligodendrogliomas). Secondary brain tumors are metastat-

ic tumors comprised of cells from other organs where cancers have started and then spread through the bloodstream to the brain tissue.

Symptoms of adult brain tumors, many of which are non-specific and occur in other diseases, may include headaches, nausea, vomiting, speech, hearing or vision changes, memory problems, personality changes and paresthesias (an abnormal sensation of the skin such as numbness, tingling, prickling, burning, or creeping on the skin that has no objective cause), and seizures.

Treatment choices for a brain tumor depends on joint decisions made by

the patient and the patient's physician team (team members may include oncologists, neurosurgeons, and others the patient may choose, including other doctors who may give a second opinion); treatment methods are based on the individual's disease and may consist of surgery, chemotherapy, radiation therapy, combinations of these methods or no treatment.



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Dizziness

Dizziness is a term used to describe a range of sensations, such as feeling faint, woozy, weak or unsteady. Dizziness is one of the more common reasons adults visit their doctors. Frequent dizzy spells or constant dizziness can significantly affect your life. But dizziness rarely signals a life-threatening condition. Treatment of dizziness depends on the cause and your symptoms. It's usually effective, but the problem may recur.

Symptoms

People experiencing dizziness may describe it as any of a number of sensations, such as:

- A false sense of motion or spinning
- Lightheadedness or feeling faint
- Unsteadiness or a loss of balance
- A feeling of floating, wooziness or heavy-headedness

These feelings may be triggered or worsened by walking, standing up or moving your head. Your dizziness may be accompanied by nausea or be so sudden or severe that you need to sit or lie down. The episode may last seconds or days and may recur.

Causes

Dizziness has many possible causes, including inner ear disturbance, motion sickness and medication effects. Sometimes it's caused by an underlying health condition, such as poor circulation, infection or injury.

Other causes of dizziness

Neurological conditions. Some neurological disorders — such as Parkinson's disease and multiple sclerosis — can lead to progressive loss of balance.

- **Medications.** Dizziness can be a side effect of certain medications — such as anti-seizure drugs, antidepressants, sedatives and tranquilizers. In particular, blood pressure lowering medications may cause faintness if they lower your blood pressure too much.
- **Anxiety disorders.** Certain anxiety disorders may cause lightheadedness or a woozy feeling often referred to as dizziness. These include panic attacks and a fear of leaving home or being in large, open spaces (agoraphobia).
- **Low iron levels (anemia).** Other signs and symptoms that may occur along with dizziness if you have anemia include fatigue, weakness and pale skin.
- **Low blood sugar (hypoglycemia).** This condition generally occurs in people with diabetes who use insulin. Dizziness (lightheadedness) may be accompanied by sweating and anxiety.
- **Overheating and dehydration.** If you're active in hot weather, or if you don't drink enough fluids, you may feel dizzy from overheating (hyperthermia) or from dehydration. This is especially true if you take certain heart medications.





LG G7 ThinQ design and display

- 6.1-inch Quad HD+ resolution with 'optional' top notch
- An all-screen design and glass body in five different colors
- A side-mounted power button and rear fingerprint scanner
- Waterproof IP68 and has a 3.5mm headphone jack

The LG G7 ThinQ looks like the G6 with a smaller chin and larger all-screen display that measure 6.1 inches. That's a small, but pleasing upgrade from last year's 5.7-inch screen.

LG G7 ThinQ camera and battery

- Dual-lens 16MP rear cameras, one for wide angle photos
- AI-powered scene recognition and Super Bright mode
- Upgraded 8MP front-facing camera
- 3,000mAh battery, smaller than the G6 battery

LG G7 ThinQ power and storage

- Powered by the Snapdragon 845 chip and Android Oreo
- 4GB of RAM, 64GB of storage, microSD card slot
- Variant with 6GB of RAM and 128GB of storage exists – somewhere

Other LG G7 ThinQ features

- Powerful 'Boombox' speaker
- Far-field voice recognition

The LG G7 ThinQ has been announced recently. This is LG's new flagship phone for 2018; it has an 'optional' notch at the top of the display and takes on the AI-focused ThinQ name along with an AI button on the side. The G7 timing is a little behind the competition, with the Samsung Galaxy S9, Galaxy S9 Plus, Sony Xperia XZ2, Huawei P20 and P20 Pro already launched. But that just means that LG has more to prove. The price is what remains a big mystery even after the launch. In line with the other LG flagships, it might be a lot of cash, but it's not as expensive as some other flagships, including the iPhone X, Samsung Galaxy S9 and Galaxy S9 Plus.



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2019 Toyota Corolla Hatchback



car, but if you're trying to drive on an enjoyable winding road, or just trying to stay away from the stoned freeway driver who's wandering over into your lane, the Corolla will complain at you and tug at the wheel. Lane-tracing assist works with the adaptive cruise control and tracks the exact center of the lane around the curve.

Features

Other features included in TSS 2.0 are road sign assist, which will read the road signs and sound an alert if the driver is spacing out, and automatic high beams. These are worthwhile features. Having the car say, "Hey dummy, the speed limit went to 35 back there. Apply some brake unless you want a ticket" would have saved us some money over the years. Auto high beams are a feature designed more to help the rest of the motoring public than the owner of the Corolla, but it's good tech anyway.

Toyota offers the new Corolla with an 8-inch touchscreen display, mounted up high near the driver's natural field of vision. There's no "sad trombone" base model stereo in the base model. Every Corolla gets the 8-inch screen. The upgrade XSE trim adds HD Radio, Sirius XM satellite capability, and Entune 3.0 connected services. From there, you can upgrade to the 800-watt JBL stereo with GPS navigation and all the trinkets.

There are two transmission options for the 2019 Corolla Hatchback: a 6-speed manual and a continuously variable unit (CVT). The CVT is new, and features a real fixed-ratio first gear. That's critical because it gives the Corolla hatch a confident and decisive feeling when pulling away from a stop. There's none of that rubber-band slingshot feeling where you inch along while the engine whines, then finally take off. The Corolla just moves out smartly.

The manual comes with rev-matching programming and also some code to help drivers avoid stalling the engine when leaving a stop. That all works pretty well for learners, but it blunts the engine, which is the opposite of what you want and expect from a manual transmission.



The 2019 Corolla Hatchback follows the best Toyota traditions with two easy-to-understand trim levels: SE and XSE. That's all, and it's refreshingly easy to track all the goodies. The car comes with just one engine for both trims, two transmission options, and a good safety and tech story. The SE is not a penalty box, and the XSE just adds some nice features like leather upholstery, heated power-adjustable seats, and a really nice upgraded digital gauge pod. The SE makes do with traditional gauges, but as the base model, it still includes paddle shifters for the CVT, electronic parking brake, smart key, and support for Apple CarPlay.

Interior And Tech

The new Corolla hatch will feature the latest Toyota Safety Sense (TSS) 2.0. That package includes a pre-collision system with pedestrian detection, which will notice pedestrians along your way even at night, and will now identify bicyclists during the day. The

system will warn the driver if things look close, and automatically apply the brakes to prevent or mitigate an accident.

Navigation

If the Corolla is equipped with the continuously variable transmission (and almost all of them will be) then it includes adaptive cruise control, which Toyota calls Dynamic Radar Cruise Control. This is a great feature, and Toyota gets points for including it on base trim cars as well as the upgrade trim. DRCC works down to a full stop. The system understands when the driver applies the turn signal to change lanes, and the following distance function works flawlessly.

TSS 2.0 also includes lane-departure control with steering assist and new lane-tracing assist functions, which help keep the car dead-center in its lane at all times. This is fine if the driver is in the habit of applying minimal attention or control to the



Kutlo Improves Art Skills Through Pointillism

How Do You Explain The Word Pointillism?

Pointillism is the technique of painting with distinct dots of color, which are meticulously applied in patterns to compose a cohesive image.

Who is Kutlo?

My name is Ewetse Kutlo Mabua, a Fine Artist (Sketch Artist & Painter) from Mahalapye, Botswana. I first encountered with Art when I was at primary school days as it was for every child to develop their creative skill.

What Materials are you using?

I use Micro fine liner pens for my works; I haven't really stopped using pencil or acrylic, look at it and as taking a break to explore. Also looking to the point that not most artist are using the technique or method I am currently exploring. I still do works in pencil or acrylic.

Where did you Get Art skills?

I got the basics from junior and

senior schools, now I read books, do researches so got the techniques there and tried to apply it and it worked.

When did you realize your Potential in Art?

I fully realized and fell in love with Art in 2015 when I received positive responses from the people around me when I first publicly shared my artworks.

What does your art work entail?

My work is characterized by people within the community I live in, and rich cultural pieces of different African ethnic groups. My work has been included in a local art showcasing event (Chill-Step Sundays).

Take us through the challenges that you are facing?

Getting the right materials to work with and unpaying clients which may be lack of exposure because one can't be without the other. Selling work and commissions is a way in which I can get most of my work out and seen by

more people.

How do people react to your business?

They have different opinions, when I started with paintings the feedback was amazing because they were sort of abstract, but the best one I would say is the current one the thing is people do appreciate it

Why did you choose to do Art?

I just enjoy it because its very nice to work on a piece, because you shut out the whole world, my interest is in art, it is also very nice and funny to see stuff in a different way

When did you have your first Exhibition?

I had my first exhibition which was a collection he titled "The Last Tribes of Africa" held towards the end of 2016. I was included in the 2ndArts and Creative Workshop hosted by DM Creative Brands as one of the showcasing artists.

Any word of encouragement?

We have a very long way to go in terms of art that we do here. Botswana is a very small country compared to other countries that are Art driven, so people are going to take time to appreciate what we do.

Exhibitions attended?

Redd's ChillStep Sunday, 2016, 2017, The Last Tribe of Africa Exhibition, 2016 2ndArts and Creative Workshop, and 2017 Ideas Expo.

Details

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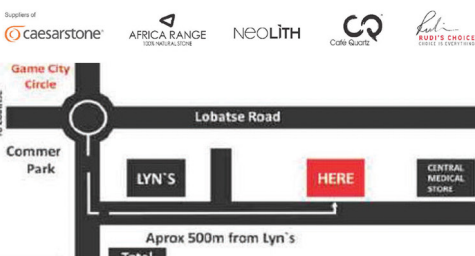
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Dinokeng Business Expo

Date and Time: Sat Jun 30 2018 at 06:00 am

Venue: Dikalakana, Mmathubudukwane

Dinokeng Business Expo (DBE), formerly Dinokeng Youth Business Expo, is an annual expo focusing on entrepreneurship development in Kgatleng District and the Country at large. DBE is premised to provide a perfect platform for entrepreneurs (Inclusive of Youth) and aspiring entrepreneurs to extensively interact, subsequently, exploring various approaches on business undertaking.



The 70's, 80's Party

Date and Time: Fri Jun 15 2018 at 07:00 pm

Venue: GICC, Grand Palm Hotel, Gaborone

The Grand Palm resurrects the 70's and 80's groove once again in 2018! Doors open at 6pm on the 15th of June! Get your funk back on with that 70's 80's inspired killer outfit for a night of sparkle!

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Refreshments to be served

Feminine Royal Vessel Annual Conference

Date and Time: Sat Jun 02 2018 at 09:00 am

Venue: Cresta lodge, Gaborone
Feminine Royal Vessel Annual Conference



Mommy and Me workshop

Date and Time: Sat Jun 23 2018 at 09:00 am

Venue: Hibiscus Pre-School Phase 4, Gaborone

Spend some fun time with your toddler with a sponsored workshop. Learn more about activities you can do with your pre-schooler.

About Organizer:

Ready, Steady, Grow!
Registration now open for 2015/2016/2017
<http://www.hibiscuspreprimaryschool.com>



SACCS Toyota 1000 Desert Race Jwaneng

Date and Time: Fri Jun 22 2018 at 10:00 am

Venue: Jwaneng

Its back again.....2018 it's going to be one hell of an event... The most exciting event of the year.....The Toyota Desert 1000! Round 3 of the SACCS

About Organizer:

4x4 Megaworld's Dedicated Racing Channel Find out the latest on South Africa's off-road championship this year, including upcoming events.

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Botswana Beauty XPO 2018

Date and Time: Fri Jun 29 2018 at 06:00 am

Venue: Extension 12 Park, Gaborone
BOTSWANA's first beauty expo this event will be focusing to the so called informal sector of the beauty industry with the aim to make a number of essential contributions, we are concerned with job creation & professional services.

The Stanbic Bank Gaborone Motor Show



The Gaborone Motor Show was held on the 4th -6th of May 2018 at Game City Parking Lot. The show was powered by Liberty General.

The event was held to review and showcase new cars that were brought to Botswana. The featured brands were MC CLAIN, FORD, MERCEDES

BENZ, BMW and many more. Tickets were being sold at the gate for 50Pula going upwards.

Photography by: Innoe Pics

Winter Passion Fashion Show



Event By Blue Clothing And J/B Sport In Game City On May 25Th

I Am the Toughest Opponent That I Will Face “Mmoloki”

Mmoloki Thipe is a 23 year old man from Moshupa. He is also a fourth year student at Baisago University pursuing a Degree in Banking and Finance. CW magazine had a chat with Mmoloki to get more about his career in boxing.

What is the difference between armature and professional boxers?

Professional is three rounds, armature is four rounds and above to twelve rounds, the other thing is professionals gets paid, but us armatures don't get paid.

Have you ever thought of becoming a professional?

Yes! That's my wish after the year 2020 because I want to try to go for Olympics.

When did you join boxing?

I joined boxing in 2014 at Village Boxing club. It's been 3 years now ever since I joined this sport.

What motivated you to join boxing?

My father used to talk about boxing that he used to play it back then. After that I kept watching, downloading and doing some researches on the internet about boxing. It all started when I was at senior school level.

What makes you a good fighter?

Discipline to the sport is the key.

How many medals do you have?

I have 5 medals - 3 gold medals and 2 Bronze medals. I got my first medal at the Intervarsity games. The games are between Botswana, Lesotho and Swaziland universities.

The second medal is bronze on 56kg category for Botswana National Boxing Championships. In 2017 I got 3 gold medals at Booyseens Boxing tournaments in South Africa, another one at the DSCUD tournaments and I received the last one at the national championships. Now I am the lightweight champion for 2017-2018 title holders.

How do you rate the support from Batswana?

Batswana don't support boxing as compared to other sport codes like

football, but I think advertising can help bring boxing to people.

So far, what is your greatest achievement in boxing?

In 2017, I won National champions league 60kg category at the University of Botswana.



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Could Ajax Lose These Players To Chiefs, Sundowns And Co?

Ajax Cape Town is at risk of having the likes of Kaizer Chiefs and Mamelodi Sundowns approach them for some of their key players, should their circumstances remain unchanged. The Urban Warriors have been tied up in court cases with the Premier Soccer League after the association punished the club for the ineligible fielding of Tendai Ndoro.

The ruling saw Ajax relegated from the Absa Premiership, having docked seven points, with Platinum Stars taking their place in the play-offs. Ajax's appeal to interdict the play-offs has since been dismissed by the judge, with sources indicating that the Urban Warriors have not yet given up on their legal fight. However, should their situation remain unchanged and the club is set to campaign in the National First Division next season, they might be faced with a strong possibility of losing some of their key players.

Mosa Lebusa has recently been heavily linked with a move to both Chiefs and Sundowns and these Gauteng teams could pounce on the player in the upcoming July/August transfer window. Brandon Petersen has also been linked with a move to Sundowns, with the Siya crew recently revealing that he has caught the interest of the Tshwane giants. As reported in the past, Ajax are keen on having Zakri on a permanent basis, although it is likely that the player may return to Sundowns, with the club set to make a decision on his immediate future.



Argentina Announces Final World Cup Squad, Snub Goal Machine

Argentina coach Jorge Sampaoli has now cut his preliminary squad for the 2018 FIFA World Cup down to his final 23 players, and shockingly axed Serie A's top goal scorer. Despite scoring 29 goals in the Italian top flight, Inter Milan striker Mauro Icardi was left out of Sampaoli's final selection.

Lautaro Martinez, who has been banging in the goals in his native Argentina, Everton's Ramiro Funes Mori and Zenit St Petersburg midfielder Leandro Paredes were also among the players who were cut from Sampaoli's initial list.

Here is Argentina's final 23-man squad:

Goalkeepers: Sergio Romero (Manchester United), Wilfredo Caballero (Chelsea), Franco Armani (River Plate)

Defenders: Gabriel Mercado (Sevilla), Cristian Ansaldi (Torino), Nicolas Otamendi (Manchester City), Federico Fazio (Roma), Marcos Rojo (Manchester United), Nicolas Tagliafico (Ajax Amsterdam), Marcos Acuna (Sporting CP)

Midfielders: Javier Mascherano (Hebei China Fortune), Eduardo Salvio (Benfica), Lucas Biglia (AC Milan), Giovani Lo Celso (Paris Saint-Germain), Ever Banega (Sevilla), Manuel Lanzini (West Ham United), Maximiliano Meza (Independiente), Angel Di Maria (Paris Saint-Germain), Cristian Pavon (Boca Juniors)

Forwards: Paulo Dybala (Juventus), Lionel Messi (Barcelona), Sergio Aguero (Manchester City), Gonzalo Higuain (Juventus).



'Touching the trophy' curse strikes again in Europa League final?

Footballers are known to be a superstitious bunch. From only stepping onto the pitch with a certain foot to spitting gum into the opposition's half, many have their own individual pre-match rituals. However, there is one superstition which everybody can agree on: Don't touch the trophy before a final! Everybody, that is, except Marseille captain Dimitri Payet, who touched the Europa League trophy as he walked out onto the Parc Olympique Lyonnais pitch. It turned into an evening to forget for the Frenchman as he limped off injured after half an hour in his side's 3-0 defeat to Atletico Madrid.

Fans on Twitter were adamant that Payet's pre-match contact with the coveted silverware was the reason for Marseille's loss ... not a dominant Atletico being the far superior side. Liverpool fans were quick to urge their players not to touch the trophy ahead of the Champions League final against Real Madrid on May 26, recalling an incident from their famous night in Istanbul in 2005.

Despite being 3-0 down to AC Milan at half-time in that Champions League final, Liverpool mounted a second-half comeback to eventually win the game on penalties. Did they achieve the seemingly impossible through grit and determination or were there other sources at hand? Before the match striker Fernando Morientes had urged his teammates not to touch the trophy but Milan's Gennaro Gattuso did as the two teams walked onto the pitch.

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