

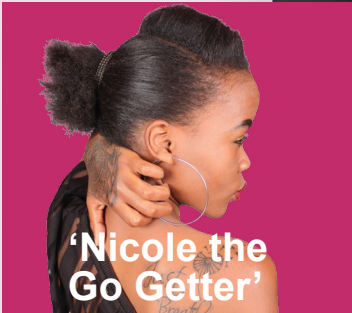
Celebrity World

Botswana's Own Magazine

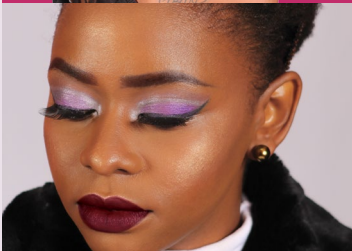
July 2018



Igniting The Past
With Poetry-Mothusi
Mothemele



'Nicole the
Go Getter'



Perfectly Matte
Look with a velvety,
moisturising feel

The Undoubtedly Talented Kgomotso Ratsie

Meet the Sensational
local artist - Maino

"MY GOALS CAN PAVE
MY WAY TO VICTORY"



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China Giansou



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



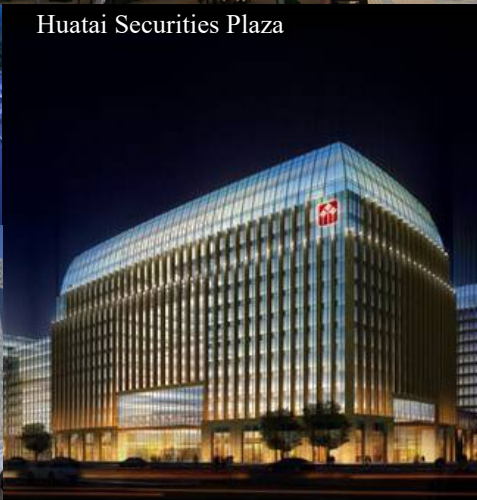
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 @celeb_bw  **Celebrity World**

Greetings and a warm welcome to our 16th issue of Celebrity World Magazine. What you will find while you flip in the pages of the Magazine is a collection of inspiring articles by Batswana for Batswana. We hope you will enjoy learning some delicious recipes and menu ideas from kitchen cooks and nutrition specialists, giving tips styles on fashion, entertainment, Sports activities and interests that provide positive opportunities for children and others. We also have upcoming events to keep you updated on what's hot and what's not. International Gossip, different talents of Batswana and finance are included. Please do take some time to read and get to know our cover Kgomotso Ratsie, a talented and ambitious lady whose story we believe will inspire and motivate!

We appreciate your continued support!!!!



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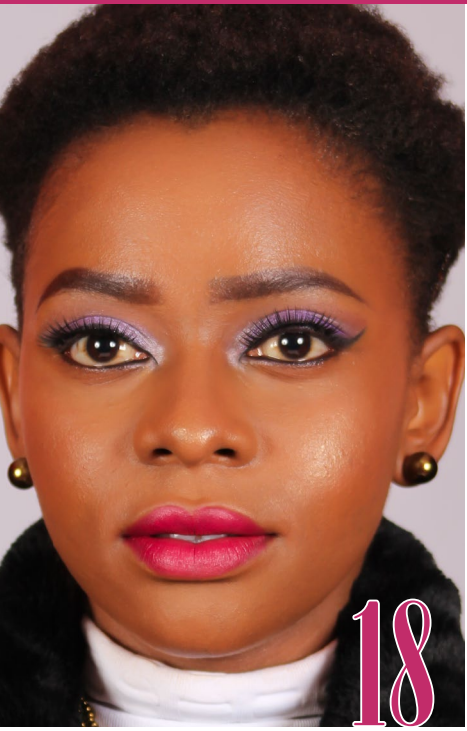
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‘Nicole the Go Getter’



A graduate from Limpokweng University, Amantle Gatiwane a.k.a

Nicole Martinez

recently visited CW magazine to open up about her music career.

Although she spent most of her childhood in Bontleng, she had a dream of making it in arts one day as she used to dance in the streets even in variety shows just to showcase her talent. Nicole realized her talent of singing when she was in senior school. ‘At first, I was a dancer just from an early age, when I was doing form one I started writing new songs everyday but not knowing that I can sing up until I entered and won the school singing competition and everyone loved my voice,’ she said.

There was another show she entered ‘Battle for young stars’ where she took position 1 and that is where she had the conviction that she can go somewhere with music. Nicole auditioned at My Star, though she didn’t make it to top 40 it opened doors for her as someone spotted her and offered her the opportunity to record her music at the studio for free. She started being part of the music industry in 2014 right after her Cambridge. Asked how music changed her life, Nicole said that as Batswana we are not taking ourselves to where we are supposed to be and as for her she believes she is going in the right direction looking at how she has matured, how her voice changed and the kind of songs she sings.

Her music is inspired by lot of things like love, small objects, the place she is in and even people around her. Nicole used to sing Rihanna’s songs and she inspired her a lot as she wanted to see herself where she is. When she listens and dances, people like Mafikizolo, Brenda Fassie and Yvonne put some kind of seed inside

of her to sing because she can imitate them with ease.

Nicole has worked with Slym, JT SpecialBoy from Blxckmail Entertainment, Amanando’s JDe Superstar and there are still that she is currently working with for upcoming events. Her best experience was when she performed at Flavor Dome for the first time.

She believes that if she can skip the country, music will take her far with bright future because right now she is not exposed to many things like getting to perform on TV, getting airplay, being invited to big cooperate events.

Nicole is working in an EP which focuses in different genres so she can reach out to different people. Apart from singing she is a cardiographer, actress and she is featured in an upcoming local series ‘the challenge’.

What to know about Nicole;

- She is short tempered
- She eats too much
- She is short but looks taller in photos
- She spent her childhood in Bontleng and is from Shoshong



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

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Inside front page P7 000



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Food Shopping Safety Guidelines



Food shopping is the first step in providing safe and healthy foods for your family. It is important to carefully select, package and transport food from the grocery store to home and keep it safe. Follow these tips for a safe shopping experience:

Make Cleanliness a Priority

- Check for cleanliness and only buy food from reputable businesses that follow food safety regulations. Determine the general impression of the facility and make sure it looks and smells clean.
- If provided, use the hand sanitizer at the store's entrance. Wipe hands and the handle of the shopping cart.
- Clean hands before sampling food.
- If you use reusable grocery bags, wash them often.

Shop in Order

- Gather non-perishable items first. Then, select refrigerated and frozen items.
- Stop at the deli counter last. Place deli meats near the other cold items in your grocery cart.

Pick Your Produce

- If you go to a farmers market, go early in the morning to avoid produce that has been sitting out

all day.

- Choose loose produce rather than packaged so you have more control over what you select.
- Purchase only the amount of produce you will use within a week.
- Buy only pasteurized juices that have been kept refrigerated.

Inspect Food Packages

- Check food packages. There should be no holes, tears or openings.
- Check safety seals. A loose lid on a jar means the vacuum has been lost and the product may be contaminated.
- Avoid buying any cans that are deeply dented.

Check Dairy and Milk Products

- When buying dairy products, choose cartons and containers that are cold.
- Make sure the eggs are clean and aren't broken or cracked.
- Buy milk and other dairy products toward the end of your shopping trip. This will lessen the time these items are out of refrigeration.

Be Selective with Fish and Seafood

- Buy fish only from reputable sources like grocery stores and seafood markets.

- Check for proper refrigeration of fresh fish.
- Make sure packaged seafood is well-packed in ice and that packages are tightly sealed and free of dents and tears.

Look Over Meats and Poultry

- Make sure packaging is tightly sealed and is very cold to the touch.
- Choose packaged chicken that looks pink, not gray.
- Always look for the Safe Food Handling label on packages of bacon and fresh sausage.

Separate Certain Foods

- Put raw meat, poultry and seafood in plastic bags before placing them in your cart. This keeps packaging from leaking and dripping onto ready-to-eat foods like bread or produce.

At Home

- Take groceries home immediately and store them right away.
- Keep perishable foods out of the hot trunk in summer and place in the air-conditioned car instead.
- Promptly refrigerate or freeze perishable items as soon as you get home.



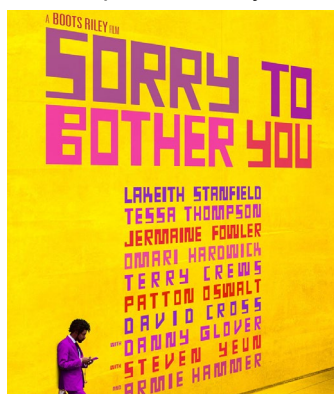
Ant-Man and the Wasp

Release Date: July 6, 2018

Produced by: Marvel Studios

Directed by: Peyton Reed

Set between the events of Captain America: Civil War and Avengers: Infinity War, Scott Lang, now under house arrest after the events of Civil War, tries to balance his home life as a father with his responsibilities as Ant-Man. When Hope van Dyne and Hank Pym present him with a new mission to bring to light secrets from their past, Lang teams up with Van Dyne as the new Wasp.



Sorry to Bother You

Release Date: July 6, 2018

Produced by: Nina Yang Bongiovi, Kelly Williams, Jonathan Duffy, Charles D. King, George Rush and Forest Whitaker

Directed by: Boots Riley
In an alternate present-day version of Oakland, Cassius "Cash" Green is having a rough life - living in his uncle's garage and struggling to find a job. Strapped for cash and desperate, he lands a position as a telemarketer, but has difficulty getting people to listen to him - until he discovers a magical key to customers' attention: using his "white voice". Cash quickly rises to the top of the telemarketing hierarchy, but risks losing sight of his morals as he achieves greater and greater success.



Hotel Transylvania 3: Summer Vacation

Directed by: Genndy Tartakovsky

Release Date: July 13, 2018

Produced by: Michelle Murdocca

Taking place 6 years after the events of the previous film, the story centers on Dracula, Mavis, Johnny and the rest of their family, both human and monster, and friends as they take a vacation on a luxury Monster Cruise Ship, where Dracula suddenly becomes attracted to the ship's mysterious captain Erika. What Dracula doesn't know is that Erika is secretly the great-granddaughter of Abraham Van Helsing, the notorious monster slayer and Dracula's ancient archenemy. Now it is time for Mavis to be the leader of the "Drac Pack" and rally up everyone so they can stop Erika and save Dracula, before it's too late.



The First Purge

Produced by: Jason Blum, Michael Bay, Brad Fuller, Andrew Form, Sebastien Lemercier and James DeMonaco

Release Date: July 4, 2018

Directed by: Gerard McMurray



Skyscraper

Release Date: July 13, 2018

Directed by: Rawson M. Thurber

Produced by: Beau Flynn, Dwayne Johnson and Hiram Garcia

Former FBI agent and amputee Will Sawyer lives in the tallest and "safest" skyscraper in Hong Kong with his family. The skyscraper itself, known as "The Pearl" houses several floors that function as their own society and despite the risks highlighted by Sawyer, who is the building's head of security, his bosses insist that it is impenetrable. True to Sawyer's belief, the building comes under attack by terrorists, forcing Sawyer to take action. Matters are complicated further when he finds himself framed for the attack, and his family trapped above the resulting fire line.



Mamma Mia! Here We Go Again

Produced by: Judy Craymer and Gary Goetzman

Release Date: July 20, 2018

Directed by: Ol Parker
Ten years later, in the greek island of Kalokairi, Sophie is pregnant with Sky's child while running her mother's villa.



Don't Worry, He Won't Get Far on Foot

Directed by: Gus Van Sant
Produced by: Charles-Marie Anthonioz, Mourad Belkeddar, Steve Golin and Nicolas Lermite

Release Date: July 13, 2018

The film had its world premiere on January 19, 2018. Gus Van Sant wrote the screen adaptation and directed the film. The cast includes Joaquin Phoenix, Jonah Hill, Rooney Mara, and Jack Black.



The Equalizer 2

Directed by: Antoine Fuqua
Release Date: July 20, 2018

Produced by: Jason Blumenthal, Todd Black, Danzel Washington, Steve Tisch, Mace Neufeld, Alex Siskin and Tony Eldridge. Robert McCall learns that one of his longtime friends, Susan, has been murdered. McCall decides to return to his old ways and seek out and find and punish the perpetrators.



Mission: Impossible – Fallout

Produced by: Christopher McQuarrie
Directed by: Christopher McQuarrie
Release Date: July 27, 2018

When an IMF mission ends badly, the world is faced with dire consequences. As Ethan Hunt takes it upon himself to fulfill his original briefing, the CIA begins to question his loyalty and his motives. Hunt finds himself in a race against time, hunted by assassins and former allies while trying to prevent a global catastrophe.



Teen Titans Go! To the Movies

Release Date: July 27, 2018
Directed by: Pete Rida Michail and Aaron Horvath
Produced by: Warner Bros. Animation

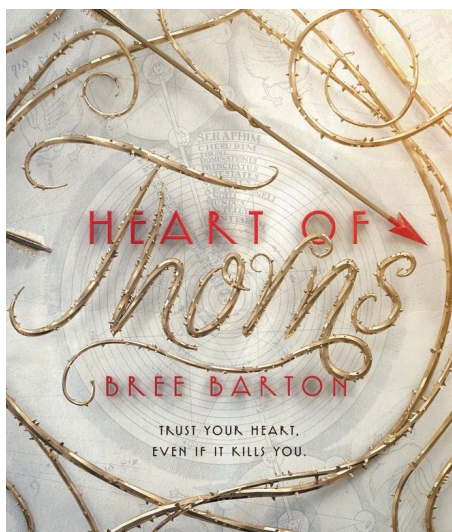
The Teen Titans learn that almost every hero the DC Universe has their own films, so the search for a director for their movie. But the director later rejects their offer due to the fact the Titans can't be taken seriously. However, they find a window of opportunity for their own movie by having their own nemesis, in the form of Slade.



Blindspotting

Directed by: Carlos López Estrada
Produced by: Jess Calder, Keith Calder, Rafael Casal and Daveed Diggs
Release Date: July 20, 2018

The film follows two childhood friends, convicted felon Collin (Diggs) and troublemaker Miles (Casal), through the last three days of Collin's year-long probation. Collin lives in a probation house and struggles with trying to get his life in order and put his criminal past behind him, while the short-tempered and rowdy Miles searches for trouble and embraces the "street" lifestyle. One night while waiting anxiously for a red light to change in order to get home for his 11pm curfew, Collin witnesses a white police officer (Embry) gun down a black civilian; an incident that haunts Collin over the next few days. Miles purchases a gun which ends up in the hands of his young son Sean, an incident which horrifies Sean's mother Ashley (Cephas Jones). Collin begins to realize that the Miles' recklessness will likely land him into trouble, and the two are set on an explosive collision course.



Heart of Thorns (Heart of Thorns #1)

Author: Bree Barton
Expected publication: July 31, 2018
Genre: Young adult, Fantasy

In the ancient river kingdom, touch is a battlefield, bodies the instruments of war. Seventeen-year-old Mia Rose has pledged her life to hunting Gwyrach: women who can manipulate flesh, bones, breath, and blood.

Not women, Demons. The same demons that killed her mother without a single scratch. But when Mia's father suddenly announces her marriage to the prince, she is forced to trade in her knives and trousers for a sumptuous silk gown. Only after the wedding goes disastrously wrong does she discover she has dark, forbidden magic—the very magic she has sworn to destroy.



Competence (The Custard Protocol #3)

Author: Gail Carriger
Expected publication: July 17, 2018
Genre: Fiction

All alone in Singapore, proper Miss Primrose Tunstell must steal helium to save her airship, the Spotted Custard, in a scheme involving a lovesick were cat and a fake fish tail. When she uncovers rumors of a new kind of vampire, Prim and the Custard crew embark on a mission to Peru.



World cup's hottest fan a porn star

Natalya Nemchinova, the Russia supporter who has been dubbed the 'World Cup's hottest fan' has been revealed to be a porn star. It turns out that the Russian has appeared in X-rated movies and has used various aliases such as Natalia Andreeva, Delilah G, Danica, Amanda, Asya and Annabell. Fans found out the identity of the Russian fan and it appears she's featured in both soft and hard-core films since her debut in 2016.



Sophie found dead

The 32-year-old former Love Island contestant Sophie Gradon was found dead at her parents' home in Ponteland, Northumberland after taking her own life following her struggles with multi personal issues including financial problems. It was reported that Sophie had previously spoken of the devastating impact internet trolls had on her and said the abuse she faced was "horrific". Sophie's shock death came just days after she attended the funeral of friend Paul Burns.



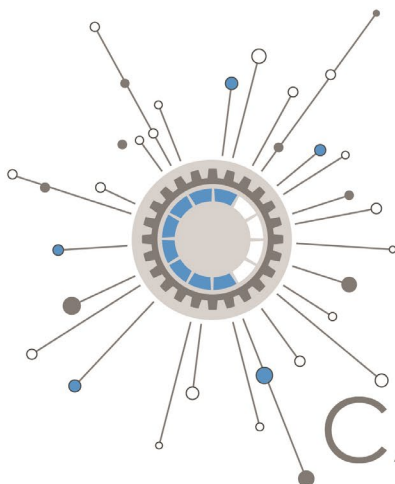
Soldier Kidd has demanded an apology

Soldier Kidd has demanded an apology from the people who accused him of killing rapper XXX Tentacion a 20-year-old who was killed in Florida after leaving a motorcycle dealership. The music star, whose real name was Jahesh Dwayne Onfroy, was gunned down in a fatal shooting as he sat in his car. Soldier Kidd posted a picture of himself on Instagram with a red mask. After that people began theories that Soldier Kidd was behind the crime as the police released a description of suspects, saying they were 'black men wearing hoodies' and that one of them was 'wearing a red mask' but he took to social media to deny any involvement. Now, in a new video, Soldier Kidd is demanding an apology from the people who accused him of the fatal shooting.



Celine Dion shocks fans with unrecognizable new look

Celine Dion's makeover from power balladeer to fashion-forward icon continues — so much so, some fans couldn't even recognize her latest Instagram post. The "My Heart Will Go On" singer, 50, posted a photo of herself looking something like a long-lost Olsen twin in a JW Anderson dress, Gucci scarf, Dior sunglasses and Saint Laurent shoes today. She finished off the ensemble with an Hermès bag — and a new blond hairdo, complete with fringe.



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Are Brad Pitt and Margot Robbie dating?

Superstar Brad Pitt has made many headlines before for his love life. The former half of Brangelina has been under the radar thus far following his split from ex-wife Angelina Jolie. But the movie star has been rumored to no longer be so shy. Recently, rumors have been circulating about Pitt and his latest crush: actress Margot Robbie. Even though the blonde bombshell is already married, the rumors of sparks between the two have been going strong. Robbie's said to have "all the qualities he loves in a girl and if she wasn't married there's no doubt whatsoever he'd be asking her out in a heartbeat."

Meghan Markle and Prince Harry were trying to make a royal baby ASAP

After the royal wedding, reports came out that Meghan Markle and Prince Harry were trying to make a royal baby ASAP. They returned from their royal honeymoon just recently, but a report says that there's already good news. Not only is Meghan reportedly pregnant, but she is allegedly carrying fraternal twins: a boy and a girl! It sounds like they got right to work after their wedding. Meghan found out they were pregnant as soon as they returned from their private honeymoon to East Africa.

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is a bonus as the business is gaining this share even through the Facebook page business.

What strategies do you use to keep your business going?

I use the open market strategy where I use anyone to market the business. I come with a certain percentage to give to the person who brings more clients. The other one I use is the Facebook page and it is so effective because I manage it very well. The product itself speaks more for the business when it is displayed in an event where many people will see it and would ask the information of the maker.

What is the most difficult part of your business?

Sometimes we find clients who don't want to pay or fail to pay in the agreed time. The other one is people who devalue the cake making industry where they will sell their cakes at a lower price especially those who are not professionals thus make it hard for us. Generally, the clients will go for cheaper things though they are below standards.

What makes you wake up every day to your business?

The fact that I can make a difference and that I am an entrepreneur who have goals of not being an ordinary cake maker but a cake maker with difference, having goals as well as to make cakemyday brand to go beyond borders really motivates me because it is not easy so as it is to achieve I have to put more effort every day.

If you could choose any job anywhere, where would it be?

I don't want to lie, if I were to choose any other job apart from cake making , it will be cake making because this is where my passion is. We all work to earn a living but I believe that whatever you do have to be something that you love whether is profit or nonprofit making.

Describe yourself in three words?

Am about conquering.

Meet the Unique Differentiator

Celebrity World Magazine caught up with Edison Mpfu a young entrepreneur who is in the cake crafting industry to create some unforgettable special moments of life to see how his business is doing.

having known how the cake market in Botswana is like, came to realize that I can make a difference through customized cake.

Tell us about yourself

My name is Edison; I am a culinary artist by profession. I was born in 1989 and I hold a Bachelor of Arts in Culinary Arts from the University of Zimbabwe where I graduated in 2013. My business name is Cakemyday Botswana. We specialize in making cakes, trying to create memories for people's special events weddings, birthdays, baby shower, cooperative events and any kind of event.

When did your business start?

In 2014 soon after my graduation.

How is your business doing in the market?

Four years now still new but is doing well, we have a Facebook page; cakemydaybw and we have many likes.

How are you different from your competitors?

I do customized cakes done to the specific details of what an individual want. In supermarkets they make cakes in batches and most of them are the same but as for me I personalizes; a client tells me what he wants and I'll do exactly that and you will think it is real.

What was the inspiration behind your business?

It was a twofold inspiration, first and foremost was all about the passion because culinary art is a program where you are groomed to be a professional food specialist and cake making is just a part of culinary artist and I decided to focus on cake making because it is one area where my passion is so much rooted and realized that going through

What has been your greatest achievement to date?

So far is how much I have gained in the market share. Gaining a market share in terms of how people react to the product and for me everything



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The Undoubtedly Talented

Kgomotso Ratsie



A vibrant and diversely talented actress Kegopotswe Kgomotso Ratsie is our greatest screen and stage actress who was one of the four winners from Signed International Season 1 and signed by one of the leading artist management agencies, Talent-ETC in South Africa. In a year, Kgomotso has had a chance to appear on Z'bondiwe as a young widow, Saints and Sinners as a sexy girl, and co-actress as Jemina in one of the well-known South African soaps called Scandal.

Kgomotso who has been a very talkative and a full of energy kind of person is better known by her industrial name "Motso". She resides at Mmathubudukwane in Kgatleng District of Botswana. The village is located 60 km east of Gaborone, close to the border with South Africa. She is a workaholic, a lover and extrovert person. According to her, acting can be used as a therapy where one is able to heal the hidden wounds.

Kgomotso started her acting career at a tender age when she was at primary school and never quit after. She got into every drama activities, choirs, dance and all sports activities at school until she finished tertiary education. That is when she decided to settle for drama, she continued honing her artistic acting pathways. In 2010 she won overall best actress in BOTA national drama competitions which gave her a scholarship. She also acquired Human Resource Certificate in 2006 from Maranyane Tertiary Private Institute.

Motso relocated to South Africa in 2014. She has been doing this craft for a very long time. She got some inspirations from Connie Ferguson, a Motswana actress born in Lobatse who in 1994 aired on South Africa's most popular Soap titled "Generations".

Kgomotso believes her acting is a gift from God; she did not study it but mastered it through self-study researches and workshop trainings. All that she wanted was to be in company with people who are successful in the industry. After relocating to South Africa she registered an online class called master class with different Hollywood big actors, script writers, directors, producers and learnt different new things there.

She said young ones should pursue with this craft education to have theory and basic background information of all this. Kgomotso also advised that being on stage or screen isn't all about beauty, it takes a lot to be a successful actor. One has to be passionate, work hard and should have principles since it's not an easy thing to do. When asked about her acting style, Kgomotso said that she is not that one person who has monotonous style of acting; you can have the struggles of finding new opportunities around, but her intention is to expand her knowledge on directing and writing. She appears on TV commercials, radio jingles, TV prints, cooperate theatre productions and she is a motivational speaker.

Motso also mentioned that her preferences are on both TV and theatre acting. She differentiates them as external and internal; in TV you have to communicate with audience with your internal being but in theatre acting, you have no second chance of the audience's energy.

"...Once you're on stage, one can't take back any mistakes that are made. There is no additional footage to use, like in film acting. You get multiple chances to fix any mistakes that are made. You will need to be able to pull the audience's focus from what's happening on the other side of the stage..," she said.

On the challenge that she faces as an actress, Kgomotso said that the local



industry is sexism and there's been a lot of talk in recent days about the situation of women in film and theatre industry. The talent and the good ideas that women have and /or their work capabilities are less likely to be recognized or rewarded than those of men. According to her, female directors are being played down in the industry because men at the top of the film industry don't trust women abilities.

In addition to her acting career, Motso is currently the founder of the mother body company called House of Comfort in Botswana which has two arms; social development and creative industry. She is also the founder and director of "Ke go gopotse" Trust where she works with other women from five villages along Madikwe River. They go around offering motivational talks, toiletry, tutoring services more in creative arts with intention to expand, groom their talents and to follow their dreams in different activities to all students in the village. With the help of sponsors she said she will be able to expand it to Kgatleng district.

Her intention is to bring something greater to the country by developing the theatre industry. She also wants to see women involved in the industry and making it beautifully in the right way by leading the industry without being abused. Motso added that Batswana should be ready for a homemade 26 Episode Colours TV series which is coming soon on BTV. In the series, Kgomotso is a lead actress among males and a focused boss lady who plays as Amanda Kulube. It is produced by Samuel Ngwenya.

Motso advises "Identifying oneself and their talents is an important thing in achieving your dreams. The main thing here is having self-confidence, no matter how hard it is god is king The Bible promises that if we seek God, developing a relationship with God is very important". She also said that she wants to venture into singing and she plans to release a single which is expected to be out soon.



Meet the Sensational local artist - Maino



youth through his music and dance. He released his debut single song in Kalanga titled “Mmanseche” which gained airplay in South Africa at Kopanongfm and made it into top 5 in the charts. He shot a video of the song “Mmanseche” with “MEO AFRIKA” and he has performed at many different events.

Innocent believes that he inherited dancing skills from his mother who was one of the best traditional dancers back then. He watched too much TV and all the growth in his dancing came from that time. He said in an interview that he will be the best performer of all time looking at the kind of work he is putting in. It’s going to be amazing to just attend his shows in the next five years. His consistency comes from his uniqueness, as he is not limited to anything and very creative beyond boundaries. He developed the spirit of working with different people to learn new things and to give others a chance to learn from him.

Innocent also said that his music is inspired by what he see every-day as we all know that music is art and art is always around us he likes to dig from all the corners to find what hasn’t been found. In his conclusion, he requested Batswana to provide full support to local artists adding that most of the people would rather support international music than local. But he believes that providing support to local music can help boost their self-confidences as artists.

Maino is one of the upcoming house music artists to look out in the near future. He specialises in beat making, vocalist, and choreography. Maino is capable of singing in four different languages; Setswana, English, Kalanga and Zulu. His real names are Innocent Keitshokile.

As he grew up in Francistown, Maino had a great passion and enthusiasm with unique skills to perform on stage from his early age. He started his career at the age of seven as a dancer. His vision is to change the odds, simplify entertainment and help to reach out as a voice of hope to the

For bookings

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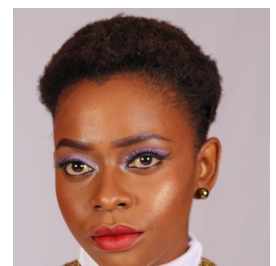
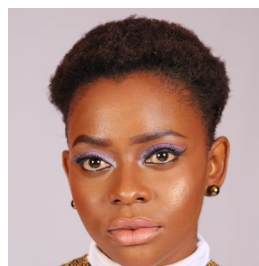
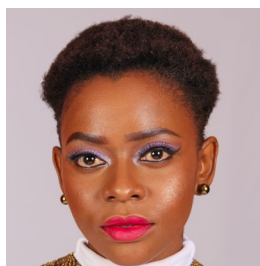
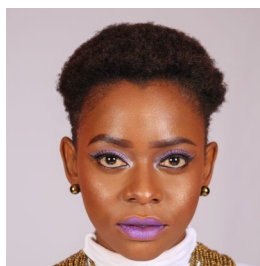
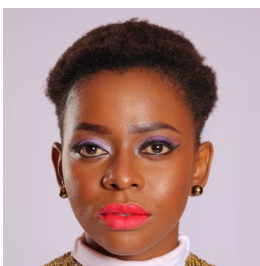
Vibrant Melon

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Do You Know Your Hair Type?



Find out your hair type and how to take care of it. Here is a quick guide on four common hair textures and how to manage them.

4C Hair

This hair is kinky and dries easily because of its zig-zag curls. It has no movement and needs a lot of moisture. The curls don't retain moisture well and shrinks under humidity and water.

Handling: Moisturize in the morning and evening, with weekly treatments and minimal combing. Wash every other day.

Styling: Do Bantu knots for a defined curl pattern, and twist outs to stretch

it out. Structured cuts also work best for this type.

4B Hair

This is similar to the 4C type in terms of the zig-zag shaped curl. However, it is denser and shrinks less. This type is fragile and dries and knots easily.

Handling: Frequently condition and moisturize. You can also comb this type better than 4C type hair.

Styling: Frequently condition and moisturize. You can also comb this type better than 4C type hair.

4A Hair

This hair is great, depending on how you handle it. It's suitable for most

hairstyles, but also prone to being dry and tangling. It has volume, but limited movement. The curl shape is spiraled in the form of a tight S.

Characteristics: This hair is great, depending on how you handle it. It's suitable for most hairstyles, but also prone to being dry and tangling. It has volume, but limited movement. The curl shape is spiraled in the form of a tight S.

Handling: Detangle this hair with your fingers. Do this while it is wet, and saturated with conditioner and light oils that won't weigh it down.

Styling: Styled in an up-do, or use curl defining products to make curls more noticeable.

3C Hair

This type has thick spirally curls that resemble a corkscrew pattern. The curl type is less likely to shrink compared with the 4C and B types. It frizzes easily.

Characteristics: Curl defining creams and sprays come in handy. Always use wide-tooth combs. It frizzes, tangles and dries out.

Handling: Curl defining creams and sprays come in handy. Always use wide-tooth combs. It frizzes, tangles and dries out.

Styling: It has movement and a lot of volume. The curls can be defined. Style it in buns, twists and cornrows.

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Model: Esther Tapiwa Mpenga



Phemelo Mooketsi also Known as Fresh, works at Fresh Muscle Series as a Nutritional Advisor. He sells and supplies nutritional supplements for weight loss and building muscles. Phemelo is a student at Botho University and a personal physical trainer. He started bodybuilding lifestyle in 2015. The first competition he attended was Gaborone classic and he got position 5. The second competition he attended was Mr Botswana 2016 which placed him in first position. The third competition was Gaborone classic 2016 and he got position 1. Phemelo also competed in WFF NABBA, Gauteng province where he got position 4. He Qualified for WFF NABBA nationals and was placed 2nd position under Athletics bodybuilding. His 2018 goals are to compete for first position at Gauteng province and first position at the SA Nationals.



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Stylist and Make Up by: Queen Kolobe of Madame Queen Modeling Agency
Dressed by: Fashion World Station
Models from: Madame Queen Modeling Agency

The Thirsty Crow Story For Kids



It was a hot summer's day. A thirsty crow flew into a village in search of water. The crow flew over the houses, fields, and trees. But he didn't find any water. After a long time, he came across a farm. Under one of the trees on the farm was a pitcher of water.

Happy that he found some water finally, he swooped down to the tree and then down to the ground. He quickly moved towards the pitcher and looked inside. There was very little water in the pot. The crow put his beak inside the pitcher but could not reach the

water. The water level was too low, and the narrow opening prevented his neck from going all the way down.

He tried to push the vessel down to let the water out, but it was too heavy. The crow was disappointed. He was really thirsty and needed a drink of water badly. He could have given up and flown to another farm, looking for water.

But he didn't. Instead, he looked around and thought, "What else can I do?" He saw that there were a lot of pebbles on the farm. And, he had an

idea! He collected a pebble and put it into the pitcher. He collected another pebble and another and put them all in the pitcher. As he added more and more stones, the water level came up to the brim.

The crow drank the water and flew back home happily!

What Is The Moral Of The Thirsty Crow Story?

"Thoughtfulness is superior to brutal force or strength".



How To Organize Kids Toys

A Place For Everything And Everything In Its Place

As you have probably already noticed, kids thrive in an ordered and predictable environment. That means, to organise kids' toys start by giving a place for every type of toy to be stored when not in use. This will make the pack away routine much easier because your kids will know where to put their toys.

Depending on the size and layout of your home, toy storage options could be the kids' bedroom, the family room or living area, a closet and/or a separate playroom.

Limit Quantity

Take note!! This is the secret sauce to keeping the kids' toys from taking over the entire house.

You could limit the quantity of toys by:

- Discarding broken toys and toys with missing pieces etc.
- Donating toys that the kids have outgrown or no longer play with yet are still in good condition.
- Buying less.
- Asking family members to gift non-toy presents for birthdays and Christmas.
- Storing toys away to bring out on rotation.
- Downsizing the number of items in a set. For example; if you have a toddler, you probably won't need all 100 blocks that comes with a set. Reduce the amount to 20. Put those in a basket and store or donate the rest.

Store Like Items Together

Yes, exactly what it says! A simple but effective way to organise kids' toys is by grouping similar items together.

Common types of toys are building

toys, dramatic play or imagination toys, educational toys, manipulatives (blocks etc.), dress-ups, active toys, noisy toys, puzzles, and so on.

Invest In Shelves and Baskets

Unlike toy boxes, shelves naturally encourage you to limit the quantity of toys. Remember, less toys equals less mess!

Baskets are great for keeping like items together and encouraging children to select one or two toys to play with at a time. Shelves and baskets come in all different shapes, materials and sizes.

One of the best ways to organize kids' toys by creating shelving storage space is with a cube bookcase. Large toys can be stored directly on the shelves and smaller toys can be stored in the storage boxes you choose.



Lightning Facts And Safety Tips For Kids

What Is Lightning?

Lightning is a powerful outburst of electricity that occurs in an instance of second due to a thunderstorm. You can observe lightning when there is an unbalanced electrical charge in the atmosphere. The movements of ice and rain inside a thundercloud develop an unbalanced electric charge such that forming the negative charge at the bottom of the cloud and positive at its top. Since opposites attract negative charges works on to seek out positive charge and cause lightning.

Safety Tips To Follow During Lightning For Kids:

You need to follow certain safety precaution when there is a lightning storm in the atmosphere. Find below prominent safety precautions to follow.

Safety Tip 1:

Avoid standing outside during a lightning storm as standing outside you are at a high risk of being the victim of the lightning bolt. Avoid standing in

the open area, near rail tracks, metal fences, and in tents.

Safety Tip 2:

Avoid seeking shelter under a tree when lightning occurs, as lightning targets tall, pointed objects like trees.

Safety Tip 3:

Stay in your car during a lightning storm, as the metal of the car safeguards you from the external electric field that prevents lightning from hitting you.

Safety Tip 4:

Avoid talking on corded phones during a lightning storm, as it is extremely dangerous to talk over the wired phones. You can prefer cordless or cellular phones.

Safety Tip 5:

Avoid touching electrical equipment, such as television, computers, stereos, and other electrical appliances,

during the thunderstorm. It is safe to unplug the appliances to ensure your safety.

Safety Tip 6:

Avoid plumbing activities during a lightning storm, as it is highly dangerous.

Safety Tip 7:

Do not take a shower, wash your hands, or wash dishes when a thunderstorm is about to occur.



How to Prepare for Private School Interviews



Private school interviews can be stressful. You are trying to impress the school and put your best foot forward. But, this doesn't have to be an interaction that makes you lose sleep at night. Here are some tips to make the interview go more smoothly:

Do your research before the interview
If you really want to attend a given school, be sure you know some basic information about the school before the interview. For example, you shouldn't express surprise that the school doesn't have a football team during the interview; that's the kind of information that's readily available online. While you will find out more information on the tour and during the actual interview, be sure to read up on the school before hand. Make it clear that you know something about the school and you are eager to attend by making such remarks as, "I know your school has an excellent music program. Can you tell me more about it?"

Prepare for the interview

Practice makes perfect, and if you've never been interviewed by an adult before, this can be an intimidating experience. It's always a good idea to study potential questions they may ask you. You don't want to have scripted answers, but being comfortable talking off the cuff about given topics will be helpful. Be sure you remember to say thank you and to

shake hands with the admission officer at the end of the interview.

Practice good posture and remember to make eye contact with your interviewer, too.

Older students may also be expected to know about current events, so you might want to be sure that you're keeping up on what's happening in the world. Also be ready to talk about potential books, things that are happening at your current school, why you're considering a new school, and why you want that school in particular. Younger children may be asked to play with other children on the interview, so parents should be prepared to tell their child ahead of time what to expect and to follow rules for polite behavior.

Dress appropriately

Find out what the school dress code is, and be sure to dress in attire that is similar to what the students wear. Many private schools require students to wear button-down shirts, so don't dress in a tee-shirt, which will look impolite and out-of-place on the day of the interview. If the school has a uniform, just wear something similar; you don't need to go buy a replica.

Don't stress out

This goes for both parents and students. Admissions staffs at private schools are far too familiar with the

child who is on the brink of tears on interview day because his parents have given him a bit too much advice and stress that morning. Students need to remember to just be themselves. If you're the right fit for a school, then everything will come together.

Be polite on the tour

When on the tour, be sure to respond to the guide politely. The tour is not the time to voice disagreement or surprise about anything you see, keep your negative thoughts to yourself. While it's fine to ask questions, don't make any judgments about the school.

Common questions you may be asked on the tour or in the interview:

Tell me a bit about your family

Describe the members of your family and their interests, but stay away from negative or overly personal stories. Family traditions, favorite family activities, or even vacations are great topics to share.

Tell me about your interests

Do not fabricate interests; speak about your true talents and inspirations in a thoughtful and natural way. Tell me about the last book you read? Think ahead of time about some books you have read lately and what you liked or didn't like about them. Avoid statements such as, "I didn't like this book because it was too hard" and instead speak about the content of the books.

Fever in Babies: Things You Might Not Know



Fever is a rectal temperature of 37°C or higher

Your baby wakes up with flushed cheeks, his skin radiating heat. You take his temperature with a digital rectal thermometer, and it reads above normal degrees Celsius. It is time to grab medicine or call the doctor. Babies' temperatures like adult temperatures can rise slightly for all kinds of reasons, from physical exertion to a warm bath to being a little overdressed. Even time of day can have an impact, with body temperatures rising in the late afternoon and dropping in the early morning.

Rectal temperatures are the most accurate

You may be reluctant to use a digital rectal thermometer to take your baby's temperature, but this is the best way to get an accurate temperature reading in a baby or child younger than 3 years old. These other types of thermometers can read too low or too high, so not using a digital rectal thermometer can make you miss a fever, or cause extra stress and lead to unnecessary emergency room visits.

Bacterial or viral fever? The difference matters

A viral fever results when your baby's body is fighting off an illness caused

by a virus. Antibiotics aren't necessary because they have no effect on viruses. Bacterial fevers, on the other hand, are caused by a bacterial infection, such as an ear infection (which can be bacterial or viral), a urinary tract infection, bacterial meningitis, or bacterial pneumonia. Bacterial infections are less common than viruses and more concerning because they can lead to serious illness if left untreated. Antibiotics are usually required to treat bacterial illnesses.

For babies younger than 3 months, fever is urgent

In babies younger than 3 months, a higher rectal temperature needs to be brought to a doctor's attention as soon as possible. Call your baby's doctor immediately to let her know that your baby is younger than 3 months and has a fever. If you can't reach your baby's doctor, go to an urgent care clinic right away, even if it's the middle of the night. Don't give your baby any medicine to reduce fever unless the doctor advises it.

Treat the symptoms, not the number. Many parents believe that the higher the fever, the sicker the child, but that's not always the case. A baby with a higher temperature may appear perfectly comfortable, contentedly playing on his mat, while a baby with

a lower temperature may be fussy, tired, and need to be held constantly. Keep in mind that fever actually helps the body fight infection. Fever makes the body less hospitable to germs and triggers the body's immune defenses, such as the white blood cells that battle invading viruses and bacteria. Pay attention to your baby's symptoms and behavior to determine how sick he is, and ask his doctor for treatment advice based on those signs.

Use medications judiciously

Some medicines such as ibuprofen (for babies who are at least 6 months old) temporarily reduce fever and can help to relieve discomfort. But before using these, try bringing down your baby's temperature with a sponge bath. Use slightly warm water to wipe down your baby's skin, particularly the forehead and underarms. This home remedy can be surprisingly effective. Another way to help your baby feel better is to keep her hydrated, so offer plenty of breast milk or formula. It may also help to dress your baby in light clothes and keep the environment comfortably cool. For example, if the room is warm and stuffy, use a fan to keep the air moving. If your baby still seems uncomfortable, fever-reducing medication may be a good way to go. Don't give medicine to a baby younger than 3 months without a doctor's approval.



Is It True That A High Fever Can Cause Brain Damage?

It's possible, but it's extremely unlikely. It's not unusual for a sick child to run a high temperature. To cause brain damage, a child's temperature would need to reach higher degrees Celsius hard to imagine, unless the child was trapped in a hot car, for instance, or was much overdressed while feverish. So try not to panic when your child has a fever. In fact, while a fever is a sign that something's wrong, in many instances it will help your child fight a bacterial or viral infection, both by raising his temperature, most bacteria and viruses thrive at high degrees Celsius and by spurring the immune system to make more infection-fighting white blood cells and antibodies.



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8 Things He's Thinking but Won't Say Out Loud

1. "Your family really scares me."

Either the constant contact, or the gruff father, or the crazy sister... there's some aspect here that he will never name (you don't mess with a girl's family) but it scares the hell out of him.

2. "I'm not sure how good I am at that sex thing you seem to enjoy."

Whatever "that thing" may be, however much you've encouraged or praised it, he's still not sure if he's a pro at it and feels a little self-conscious each time. The female body is an elaborate and wondrous thing.

3. "I'm not 100% where I want to be professionally."

Who is he, really? Even if he's wildly successful he'll still have ambition to continue to climb whatever ladder he's on. The more a man says how amazing he's doing professionally, the more insecure he usually is about it.

4. "I have a body complex as well."

He sucks in his gut every time he

takes off his shirt and hopes you don't notice.

5. "I have occasional doubts about us."

No one in a relationship is 100 percent sure all of the time. Mostly he's head over heels for you, but once in a blue moon he does a double take while contemplating your future.

6. "Playing with my friend's kid completely triggers my paternal instinct."

He doesn't want to freak you out and he's not necessarily ready for kids, but damn is that baby cute.

7. "He's scared to say 'I love you' first, too."

Unless you get him drunk. Then he might just blurt out "I love you," on the third date. True story.

8. "I am completely in love with your [insert strange trait here]."

There is one thing about you that every time he sees or hears it he softens a little bit inside. But that's his secret, and maybe it's okay that he keeps that particular treasured act to himself.





Ask Babu



I cheated on my Husband now I'm 3 months pregnant, should I tell him and how?

My dear your husband needs to know the truth. You can't let him assume that he was this child's father because when it does come out you will tear apart his whole world. You made a mistake, and you love your husband but you do not have the right to lie to his face about this baby. If he loves you enough he'll understand and you guys can move on. Maybe do some marriage counselling.

What should I do if my boyfriend only ever calls me cute or precious, but then when he checks out other girls he calls them beautiful or pretty?

Then you need to learn to ask for it. A good way of asking for this is to say, "How do I look?" or Talk to him about this. There's this thing about girls and boys communication, and I'm hugely generalising, that girls communicate

to express feelings but boys communicate to pass information. He's told you once that you're cute, right? Why does he need to tell you again?

Hi! My boyfriend has started calling me "love" instead of calling me "baby". He used to call me "baby" for quite a long time. What does this mean?

My dear, did the way your boyfriend communicate with you change? Or only just your call sign? Maybe he realized that he wants to call you "love" for realization that is suits you better. Try asking him why he changed the way he calls you. It means his love for you as grown since baby is just a cute way to call someone dear, and love is the way you call people you do have that feeling for them.

My girlfriend of nine months stopped calling me sweet nicknames. I have to keep reminding her. What does this mean?

Maybe she doesn't want to be cutey with you anymore. Or maybe she's done with you. Do you want her to baby you, or do you want to build your relationship to be a partnership based on communication? Talk it over with her and figure out where you stand, and what you both want going forward. Accept her the way she is and call her the sweet names you want to hear, after a while she will do the same.

Possible reasons that brought your Ex back

- 1) Your Ex hasn't fully recovered: If your Ex hasn't fully recovered from the breakup then they might contact you back to see if there is any hope in re-establishing the relationship.
- 2) Vengeance: One of the normal stages of recovery from a breakup is anger. Under the effect of anger your Ex can feel like wanting to take revenge and so might come back for that purpose.
- 3) Testing their powers: Your Ex might be contacting you to see whether you can still get attracted to them or not.
- 6) Regret: Regret is a powerful emotion that can bring your Ex back. If your Ex felt that they lost someone valuable then they might try to get back.

Hi there! I am a 28-year-old woman seeking a man aged 45-78. He must be single and never married. Am a beautiful fun loving person but ready to settle down and have family.

I am looking for a sugar daddy, whether married or not you are welcome. Am a chubby sweet Pet and I am a beautiful loving woman desperately looking for an old man in Gaborone.

I am a 25 year old Motswana lady, now staying in South Africa, looking for a matured loving and caring man. I am a short in height not fat but average body, I love being indoors and watching television, the right person can kindly reply on this page.

I'm a fun and easy to love person,

Seekers

I'm a full time mother at the same time I love to have fun in a descent way. I am easy to talk to and I forgive so easily. I am ready to start life afresh. I am a full figured 40 year old woman looking for a ready to settle 50 year old man.

I have two kids who I love so much and my two nieces who I dare them so much. I live with these four kids. I am therefore looking for a man who is ready to settle down and help me raise these kids. I like going out with friends sometimes, I am a loving and caring person. I am a short lady with a thick body, but beautiful a one. In a relationship I want someone who loves, respects other people and who loves children.

Hello! I am a fun and bouncy, not much to handle young lady looking for a man mature enough to have a relationship with. I am always up for a good time and I just want a man that is fun and open minded. I am part-time employee who works overtime most days and make a comfortable living. My perfect match should reply here. Thank you.

A lonely 47 year old man is desperately looking for a 30-40 year old woman to fall in love with. I am a friendly loving person who just divorced last year. I have three kids but they stay with my ex-wife therefore I would love to have a pretty woman with or without children to have a family with. She must be staying in Gaborone or the surrounding areas.

5 Smart Ways to Improve Your Financial Health



Taking steps to achieve financial health is just like setting a goal to lose weight – it doesn't happen overnight. Setting yourself up for financial success requires time, dedication and maintenance. Still, many people want to see results quickly or they lose the drive to make critical financial changes.

If you're looking to get your finances in shape, here are five easy ways to save more.

1. Automate savings

When living paycheck to paycheck, it can seem impossible to put money away. But if you prioritize savings before other expenses, you'll be forced to live within your means. The act of

saving money every month requires motivation and that can fade over time. To remove willpower from the equation, experts suggest automating savings.

2. Cut recurring expenses you don't need or use

You can make extra room in your budget instantly by reducing and eliminating recurring monthly expenses that you don't use or value. Start by reviewing your cable bill, cellphone plan, streaming services, gym membership and monthly subscriptions. When it comes to your TV package or mobile data allotment, you may be able to opt for a lower-cost plan without affecting your usage level, so make sure to

review and compare price options. With others, you may have to cancel your membership or subscription completely. Even if you're only saving small amounts, cutting discretionary living expenses can help you stay on budget.

3. Switch banks

With the hefty fees banks charge these days, you could be throwing away more money than you're saving. Compare bank fees among financial institutions online to stay informed.

4. Compare insurance rates and raise deductibles

Consumers often spend time researching the best price on a homeowner's or auto insurance policy when they first need it, but then forget about it. Consumers can also save by raising their deductible or dropping coverage levels. You're balancing risk and reward, so this may mean more out of your pocket, but if you have a good driving record and a fairly clean homeowner's experience, it may save you money in the long run.

5. Sell unwanted items

Give your finances a boost by purging possessions you no longer use or want. Clear out closets, drawers and your garage to find items that are worth selling online, such as furniture, electronics, clothing, jewelry, sporting equipment, toys and gift cards.

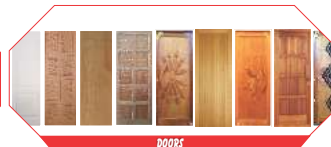


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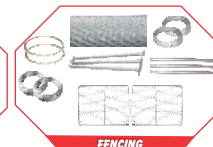
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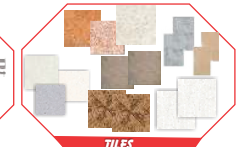
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Money Matters

Avoid a credit crisis. Know and understand the difference between good and bad credit so you can establish a healthy credit record. The word credit does not have to be associated with negativity. There are two types of credit – good and bad. Good credit is created

Good credit is created when you pay your bills on time and making sure you catch up when you skip a payment. Keep the amount in your credit card balanced by not using your total credit limit. This way, you get to enjoy the benefits of a credit card without ruining your credit score.

Bad Credit is a result of failing to pay back your credit cards, loans, bonds or store cards on time. A track record of bad payments leads to bad credit. This leads to credit lenders rejecting

your application for credit and loans.

What is a credit score?

This is used by credit lenders, such as banks, to measure your credit worthiness. A high credit score increases your chances of getting credit, while a low score affects those chances.

Overcoming bad credit

Changing your credit score means shifting your spending behavior, such as:

- Having a budget detailing your income and expenditure.
- Spending wisely – avoiding impulse buying.

Master your budget

So you've just started budgeting, yet something unexpected always seems

to take you off track, right? Try these tips to help you stay on your budget and reap more benefits from it.

The beginning of budgeting

The early stages of a budget are usually the hardest. Although you can control your budget, you cannot control life's events. This is why the moment you start a budget, you seem to be faced with a lot of unfortunate events that require you to divert from it. So, when you are tempted to break your budget, the key is to:

Remember why you started – such as the need to gain control over your finances or having extra cash to put away every month.

Picture yourself enjoying the benefits that come with having enough to save and spend on the things that really matter – such as life cover, education or a dream vacation.

What happens if I fail?

Start again. Always approach your budget as a lifestyle, not a one-time event. Each failure means you are heading in the right direction to break unhealthy spending patterns.

More tips

Write it all down – Journal your budget goals and victories to track your progress.

Rewards – Always celebrate every budget victory.

Be saving savvy – Never dip into your savings, even if an unexpected event comes up.

Plan ahead – Save the extra cash you have left for emergencies and unexpected events.

Refinement – Keep refining and adjusting your budget – the more you budget, the less you'll start spending on things you don't need.

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Our Favorite Kitchen Countertop Materials

Choosing the right kitchen countertop can be tricky (and expensive!). Before splurging on such a big update, check out the pros and cons of the top kitchen countertop materials to help you select the right one for your space.

1. Quartz Countertops

Practically maintenance free, engineered quartz countertops are stain, acid, scratch, heat and impact resistant and, thanks to their non-porous surface, don't need to be sealed like natural stone countertops.

2. Polished Granite Countertops

Still the top choice of most homeowners, traditional granite countertops offer a high-end look that adds to your kitchen's value while providing a durable prep surface. Because granite is a natural material, variation in the stone's pattern is common and, for most people, adds to its appeal but can make matching up slabs tricky.

3. Laminate Countertops

By far the most budget-friendly option, laminate countertops are enjoying resurgence in popularity thanks to new patterns that resemble natural stone, wood or even quartz at a fraction of the cost. Retro, mid-century looks like the ubiquitous boomerang and bright, saturated colors are other trendy choices to consider.

4. Wood Countertops

For a warm, cottage kitchen look, opt for butcher-block-style wood countertops. Both decorative and functional, this hardworking surface is ideal for food prep — properly sealed, wood countertops are sanitary even for chopping meat. Unlike other budget-friendly options, like laminate, wood is highly heat-resistant so you don't have to worry about putting hot pots and pans on the surface.

5. Marble Countertops

With timeless appeal, this stone gives any kitchen a decidedly high-end look

and, although the cost is comparable to some granite, marble is porous so staining can be a problem. Regular sealing and special care with anything acidic to prevent etching will keep the creamy surface looking its best.

6. Honed Granite Countertops

A twist on popular polished granite, honed granite gives a soft, matte finish instead of the traditional glossy look. Like polished granite, honed granite is just as resistant to scratching, chipping, cracking and heat, making it one of the most durable kitchen countertop options around.

7. Stainless Steel Countertops

Stainless steel lends a modern, industrial look to this stylish kitchen. The metal surface coordinates with any color and is one of the easiest countertop materials to clean — just wipe off stains with a cloth and mild soap.

8. Glass Countertops

Aside from its sleek, streamlined appearance, glass countertops have many benefits. Glass can be cut into any shape and texture and the color options are endless. Although it's a pricier option, the popularity of glass countertops is on the rise thanks to its modern look.

9. Concrete Countertops

Concrete countertops are highly customizable; you can choose any stain color and texture. Concrete mixes well with many different materials, such as glass, tile and marble to create a one-of-a-kind look. Aside from its eye-pleasing appearance, it is energy efficient.



10. Soapstone Countertops

Highly stain and bacteria resistant, soapstone is a non-porous natural stone that's available in a range of gray tones from light to dark, all with subtle veining. Unlike other natural stones, it doesn't require yearly sealing but regular applications of mineral oil will help to disguise any surface scratches, add sheen and deepen the stone's color over time.



11. Travertine Countertops

A creamy travertine countertop lends a classic Old World look to this neutral kitchen designed. If you don't fill and seal its pitted surface, it can trap food and bacteria and absorb liquids, which make it more high maintenance than other countertop surfaces. Despite



12. Tile Countertops

Tile countertops are a great choice if you want an inexpensive material that's easy to maintain. It's simple to coordinate with or mix and match with different design styles. Best of all, if you're handy, a tile kitchen countertop is a do-it-yourself project that you can tackle in a long weekend.



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Indoor Container Gardening Ideas



With you could enjoy the outdoors even when you're stuck inside? Bring the earthy greenery, colorful flowers, and intoxicating aromas of your favorite outdoor retreat into your home with an indoor container garden. We're showing you our favorite indoor planter ideas ever, from playful arrangements of unfussy succulents to pots overflowing with vibrant primroses. No matter the season, there are plenty of ways to bring your garden inside with these container garden ideas. Indoor planters are easy to create, and work in any area of your home, from the dining room to the den. Simply combine your favorite complimentary plants onto a tray, and show them a little attention every now and then. With tips on maintaining your indoor

planters, location recommendations, and design tips, we've made it easy for you to bring these indoor garden ideas to life on your own. Freshen up your home with the glorious textures and colors of your favorite outdoor plants with these creative indoor planter ideas.

Steal the Stage

Against a boldly patterned wall like this one, a planter must be dramatic enough to hold attention. Dark foliage gives a container impact and gravity.

Bring Spring Indoors

Here, we've paired an assortment of popular bulbs with an industrial-style galvanized-metal container you might find at a flea market, antiques store, or online. Search local garden centers

for inexpensive forced bulbs. Select small pots of individually forced bulbs, or look for large pots with multiple blooms for dividing. Make sure to buy healthy, firm bulbs with tightly closed buds. Pack bulbs closely to intensify their fragrance and beauty. Top off your living arrangement with lush, green moss.

Revisit a Classic

Now is the time to stroll down the primrose path. These beauties produce vibrant color in late winter and early spring, offering shades of blue, purple, red, orange, yellow, pink, white, and more. Primroses thrive in containers, either on the countertop or out on the patio. For extra fullness, add button fern and narcissus, and then finish with a spray of ivy.



How Many Gardening Mistakes Can One Guy Make?

From time to time, it's necessary to point out common planting errors so that you don't commit the same ones.

Forgetting to water

The photo shows five recently planted arborvitae. Three are dead. The most likely reason is transplanting shock

due to inconsistent watering. August is very hot in the South and September isn't much better. Newly planted trees and shrubs, whether they came from pots or burlapped balls, have compact root systems that dry out quickly when the plants are growing actively. If they dry completely, even

for one day, they die. Therefore, make sure the roots stay evenly moist until the plants go dormant in fall. Mulching will help. Don't depend on lawn sprinklers to do the job. Use a hose to soak the roots.

Planting tall things in front of a window

Even shorter arborvitae, such as 'Emerald,' grow 15 feet tall. Taller selections grow 35 to 40 feet. Why plant something like this in front of a window? Are you nudists? If you don't want to look out or anybody looking in, board it up.

Planting too close together and too close to the house

Most arborvitae grow six feet wide, so that's how far apart you plant them. You don't want them choking each other, because they'll start thinning out and losing foliage at the bottom. And you should always plant things far enough from the side of the house that you maintain a foliage-free zone of at least 12 inches. This allows free air circulation and reduces the chance of mildew, rot, and termites.

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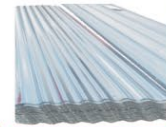
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Corr. Iron
3.0mtr to 6.6mtr



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I.B.R. 0.58mm
3.6 mtr to 6.6 mtr

I.B.R. 0.4mm
3.6 mtr to 6.6 mtr



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CREATE AN ALL-IN-ONE WALL ORGANISER IN 5 SIMPLE STEPS



Are you looking for a quick weekend project that will help you maintain order in your kitchen. Then this all-in-one wall organiser, featuring a writable blackboard with hooks, a storage shelf and built-in pinboard, is perfect for you. It will take you less than three hours to complete.

You will need:

- 1 MDF board (60cm x 90cm x 1,9cm)
- laminated edge-glued beech wood (60cm x 18cm x 1,9cm)
- cork board (60cm x 30cm)
- blackboard paint
- brush
- 3 hooks and screws to match
- two 8-mm wooden plugs
- wood glue
- 3 wood screws (4mm x 55mm)
- four 8-mm wall plugs and screws to match
- 1 flower pot for herbs

- a Bosch Uneo Maxx cordless rotary hammer and a Bosch GluePen cordless glue gun

Step-by-step guide:

Step 1

Get the MDF board and laminated wood cut to size at your DIY store. Mark on the MDF board where the shelf will be fixed, leaving enough room for the shopping list above. Mark three drill holes on the line you have drawn, two 5cm from each end and one in the middle. Midway between the marks, make two more marks for the wooden plugs. Transfer these marks to the laminated wood. Be precise, as the plugs will otherwise not fit. To ensure that the marks for the wood screws can later be seen on the back, use a thin drill bit between 1mm and 2mm, and drill the marks through

the MDF board.

Step 2

Drill the holes for the two wooden plugs in the MDF board and the laminated wood, using the Bosch Uneo Maxx cordless rotary hammer, and activate the impact stop function. Use a drill with a diameter of 1mm to 2mm less than the size of the plug. It's important not to drill right through the board and that the plug is fixed correctly.

Useful tip: Tape the drill bit about half the length of the plug, in this case 4mm to 4,5mm; don't drill further than this mark.

Step 3

Use the proper hole saw attachment to saw a hole for the herb pot in the shelf. Before joining shelf and wall board, apply blackboard paint to the board and let it dry.

Step 4

Insert the wooden plugs with glue into the pre-drilled holes on the shelf. Run some glue along the edge, and push the shelf into the plug holes on the wall board. Fix the shelf by screwing three wood screws into it from behind, using the tiny holes described in Step 1 as your guide. In the lower part of the wall board, fix three hooks with screws to hang your tea towel, apron and shopping bag.

Step 5

All that remains is to glue the cork for the pinboard to the wall board with the Bosch GluePen, and to fix the finished kitchen organiser to the wall with wall plugs and screws. Your perfectly organised kitchen is now ready, and your guests will appreciate not only the delicious meals on offer, but also the neat, tidy and stylish surrounding.



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DIY Nebula Jar

Materials:

- clear glass jar with a lid
- water
- tempera paint
- glitter
- cotton balls
- a spoon to push the cotton balls down

Instructions

1. Fill your glass jar with a little water.
2. Add a little tempera paint and stir.
3. Add cotton balls and then glitter.
4. Keep adding layers of water, tempera paint, cotton balls and glitter, pressing down the cotton balls with a spoon until you reach the top.
5. Screw on the lid and your Nebula Jar is all set!



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D J K O O L Y K

Name: Katlego Mochai
Stage Name: DjKooly K
Age: 21 years Old
Home Village: Serowe
Resident Dj: Malinaro Beer (Mogoditshane)

Djkooly's career started in 2015 after completing his junior school. He had passion for music from a tender age and started as a choreographer then moved on as a DJ. In 2017 he released his debut single titled 'Thandolwaam' in which he features Garozz. The single played in local radio stations such as Yaron-aFM. Early this year he released his second single titled 'U Malome'. DjKooly K is also a producer; he worked with Rumess, Yun Tornado, DjBino, Dj Man Dee, DjSkilash, DjRicoman and DjBasbanda (RB2).

Facebook Page: DjKooly K Bw
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A Hysterical Moment with Sports Presenter Edwin



who guided him into sports.

It's been a great experience for Edwin 'Professor' Mashiakgomo who has a lot of exposure in areas of television production such as MaruTv. The young man's goals are to stand for the good, be honest to Journalism and to present the facts without fear, favour or any prejudice.

TV and Radio have always been his dream, and it came true when he got an attachment. It was his very first professional experience as a sports reporter and news anchor at Botswana Television in 2017 for three months.

He has worked at MaruTv as a news anchor for the past 6 months. He has

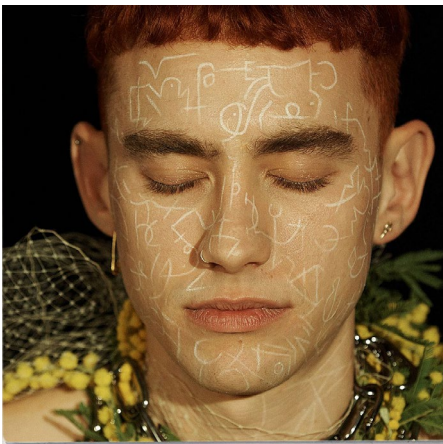
also presented Sunday sport with Edwin Mashiakgomo, 360 Sports update shows, and worked as a sport producer and presenter of all codes. Edwin is a Limkokwing University Associate Degree holder in Television and Film Production. He said in an interview with this magazine that he grew confidence in communication, presentations and broadcasting skills at MaruTv.

At a young age, Edwin played a lot of sporting activities such as football, tennis and volleyball but he developed the love for sports at junior school where he acquired more skills in sport activities. He gives gratitude to his former Physical Education teacher

He prefers presenting local sports than international because it has been taken for granted. It's not an easy job to do for Edwin since he has to research more for a particular sport code before presenting. His editor at MaruTv also has a part he plays in helping him especially with the history. Edwin said Botswana has grown in terms of sports nowadays as a lot of local journalists are now paying attention to local sports news.

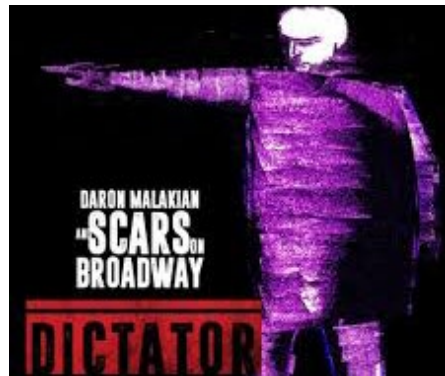
He encourages upcoming sport presenters to stop doubting what they are capable of. "Talent is a gift but success is earned. Whatever you hold on your mind on a consistence basis is exactly what you will experience in your life. I'm leaving half of my dream, nothing worth having will come as easy without hard work. All you have to do is to feed your Faith and your doubts will starve to death #GODFIRST," added Edwin.





Years & Years

Album: Palo Santo
Release Date: July 6, 2018



Daron Malakian and Scars on Broadway

Album: Dictator
Release Date: July 20, 2018



Emily Burns

Album: Seven Scenes from the Same Summer
Release Date: July 20, 2018



Amy Shark

Album: Love Monster
Release Date: July 13, 2018



The Internet

Album: Hive Mind
Release Date: July 20, 2018



Halestorm

Album: Vicious
Release Date: July 27, 2018



Ariana Grande

Album: Sweetener
Release Date: July 20, 2018



Wiz Khalifa

Album: Rolling Papers 2: The Weed Album
Release Date: July 13, 2018



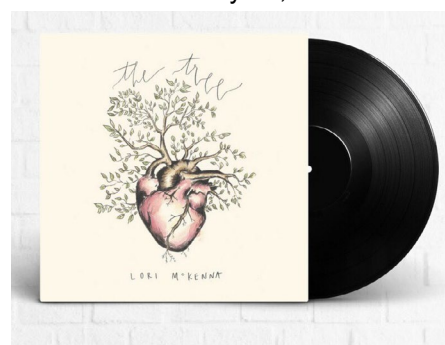
Ty Segall & White Fence

Album: Joy
Release Date: 20 July 2018



Meg Myers

Album: Take Me to the Disco
Release Date: July 20, 2018



Lori McKenna

Album: The Tree
Release Date: July 20, 2018



Oh, Weatherly

Album: Lips Like Oxygen
Release Date: July 27, 2018



James Dornan

He is an actor, model, and musician from Northern Ireland. He played Sheriff Graham Humbert in the ABC series *Once Upon a Time* (2011–2013), and serial killer Paul Spector in the BBC Two and RTÉ One crime drama series *The Fall* (2013–2016), the latter of which was nominated for British Academy Television Award for Best Actor. His father, Jim Dornan, is an obstetrician and gynecologist who had also considered becoming an actor. Dornan played rugby and participated in the drama department. He later attended Teesside University but dropped out and moved to London to train as an actor. He took part in the Channel 4 reality show *Model Behaviour*. He was eliminated but signed a modeling contract with Select Model Management. In 2003, he modeled for Abercrombie & Fitch. He then modeled for Aquascutum, Hugo Boss, and Armani. Notable works include ad campaigns with Dior Homme and Calvin Klein (with both Kate Moss and Eva Mendes).



Karim Kharbouch

better known by his stage name French Montana, is a Moroccan-American hip hop recording artist. Born in Morocco, he immigrated to the United States with his family when he was 13 years old. He is the founder of Coke Boys Records, and its predecessor Cocaine City Records. French Montana began his career as a battle rapper in his teens under the name Young French. French and close friend Cams created a series of street DVDs called Cocaine City, drawing inspiration from the Smack DVD series popular at the time. The series featured interviews with major and upcoming rappers, personalities, and a focus on street music and hip hop beefs.

Initially as Young French, he used the DVDs as a means of showcasing his talent as an underground artist, including in it his own original music, free-styles, and collaborations with other artists. The first volume in the series featured Pee Wee Kirkland, Remy Ma among others. What started out as a medium for developing an audience quickly grew into one of the top-selling street DVDs. The series ran for eight years between 2002-2010, totaling 14 volumes, and multiple spinoff films. Based out of the Bronx, French ran the series with the help of childhood friends including Brock, Droop Pop and Cheeze, who went on to become the first rappers that formed the Coke Boys.



Stephanie Nicole Garcia-Colace

is a professional wrestler, model, actress, businesswoman and YouTuber signed to WWE under the ring name Nikki Bella, performing on the SmackDown brand. She made her first national TV appearance on the Fox reality show *Meet My Folks*. Following this appearance, the Garcia twins were hired to be the World Cup Twins for Budweiser. Nikki and her sister Brie were contestants in the 2006 "International Body Doubles twins search". Nikki and Brie later participated in the 2006 WWE Diva Search, but they did not make the cut.



Cardi B

Born Belcalis Almanzar and known professionally as Cardi B first attracted attention for discussing her career as a stripper on social media; coupled with her "no filter attitude". He became an Internet celebrity through Instagram. From 2015 to 2017, she appeared as a regular cast member on the VH1 reality television series *Love & Hip Hop: New York*. In February 2017, she signed her first major label record deal with Atlantic Records after releasing two mixtapes. Her debut single for Atlantic, titled "Bodak Yellow", reached number one on the US Billboard Hot 100 chart, making her the second-ever female rapper to do so with a solo output, following Lauryn Hill



Osita IHEME

He was born in 1982 into a family of five children. He hails from Mbaitoli, Imo State, Nigeria. Born and bred in Abia State, Osita has a Bachelor of Science in Computer Science from Lagos State University. Early in his career Osita was often typecast in the role of a child. In 2003 IHEME rose to fame when he starred together with Chinedu Ikedieze in the comedy film Aki na Ukwa in which he played the role of 'Pawpaw'. In this role, Osita played a mischievous child. He has played the role of a child in many of his films but later has adopted more mature roles. He has since displayed his versatility as an actor, taking on more mature and dramatic roles. This bold move has garnered him a number of awards most notably the Lifetime Achievement Award at the 2007 Africa Movie Awards and Best Actor Africa Magic Viewer's Choice Awards 2014. He is the New Generation Ambassador for Rotary International District 9110 and the Author of an inspirational book titled INSPIRED 101. Osita has wowed audiences and critics with his comedic timing, talent and versatility in playing different roles, starring in numerous movies. Like his onscreen partner Chinedu Ikedieze, the multi-talented Osita has a small physique and the two are sometimes referred to as the midget duo.



Sanaa Lathan

Her first name means "artistry" in Swahili and "shining light" in Arabic. Her mother was an actress and dancer. Her father, Stan Lathan worked behind the scenes in television as well as a producer on shows such as Sanford & Son and Russell Simmons' Def Comedy Jam. Lathan attended Manhattan Center for Science and Mathematics. She graduated from the University of California with a Bachelor's Degree in English. Lathan attended Yale University, and earned a Master's Degree in drama.

Following her training at Yale, Lathan earned acclaim both off-Broadway and on the Los Angeles stage. Encouraged by her father to make Los Angeles her professional base, Lathan found early television roles on episodes of such shows as In the House, Family Matters, NYPD Blue, and Moesha. During that same period, she won raves and a Best Actress from the Los Angeles NAACP Theatrical Award Committee for her performance in To Take Arms. Lathan earned a degree of recognition with her role as the mother of Wesley Snipes' title character in Blade. She followed this the subsequent year with a role in Life. Her performance in Love & Basketball earned her the 2001 NAACP Image Award for Outstanding Actress in a Motion Picture, as well as an Independent Spirit Award nomination for Best Actress and a BET Award.

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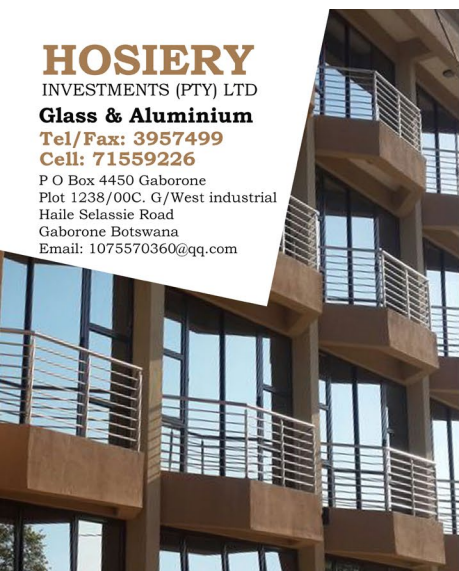
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The Chobe River

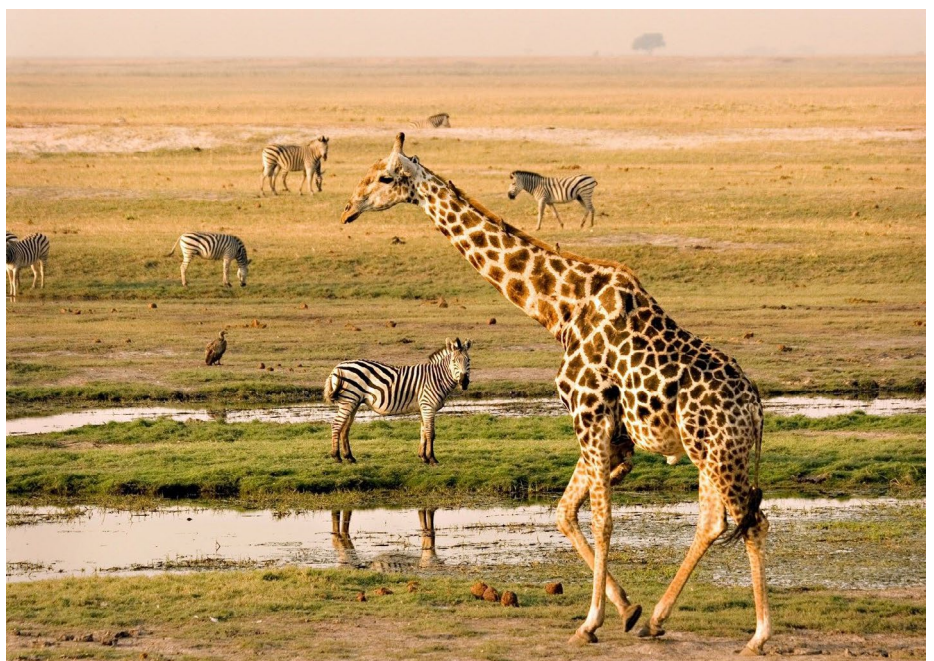
The Chobe River runs along the northern border of Chobe National Park. It rises in the northern Angolan highlands, where it is called the Kwando, and travels enormous distances through Kalahari sands before reaching Botswana; here it becomes the Linyanti until it reaches Ngoma where it becomes the Chobe.

Like the Okavango and Zambezi, the Chobe's course is affected by fault lines, which are extensions of East Africa's Great Rift Valley. These three mighty rivers carry more water than all other rivers in southern Africa.

There is a close association between the Okavango, the Chobe and the Zambezi. The Okavango River is connected to the Chobe and Zambezi via the Selinda Spillway where high floods from the Okavango escape from the southern end of the Panhandle and flow into the Chobe. A current theory holds that millions of years ago the Okavango, Chobe and Upper Zambezi flowed as one huge river across the middle Kalahari, joined the Limpopo River and emptied into the Indian Ocean. Earth movements stopped this flow and caused a damming back of the river and the formation of the Linyanti Swamps.

The Chobe River first flows directly south, but at Divei, the former capital of the Bayei people, it is caught by a rift, drops out onto a swamp and then turns north through Lake Liambezi, finally turning east and passing Kasane before joining the Zambezi at Kazungula. They flow briefly together before spilling over the deep cataract at Victoria Falls.

The Chobe River twists and turns through swamps of wide reed and papyrus beds, forming hidden lagoons, which sometimes fill with water lilies. Its south bank alternates from open flood plains dotted with pans to thick woodlands. Across the river from Botswana lies the Caprivi Strip and there the scene of grazing cattle contrasts sharply with the scenes of wild animals in the Chobe National Park.





Top 5 Pieces Of Career Advice:



Everything you decide to do in life will influence your career which can go on to last for years and years. Below we've listed some of the best pieces of advice; hopefully you'll find them as useful as we have;

1. Don't Leave A Good Company Because You Dislike One Or Two Of Your Colleagues

You're never going to love everyone you work with and there will be days when even your 'work bestie' will get on your nerves. If you're reading this and thinking 'wait a minute, I do love everyone' then consider yourself very lucky. So many people leave a good job that they love simply because they can't bear working alongside someone, but if there is real potential for you to progress where you are just stick with it and remember you won't have to work with the same people forever.

2. Be Patient – Getting What You Want Takes Time

Success takes time – you're not going to go from Filing Clerk to Director in a couple of years. In these days of social

media it's so easy to look at celebrities and wonder why you aren't as rich or as successful as them. But try not to be too disheartened, in 'real life' success takes time, stay committed and eventually you'll achieve your goals.

3. Everyone You Meet Is A Potential Open Door

Try your best to make friends with everyone you ever work with as you never know what opportunity they could bring you. Someone you're currently working with may go on to join a great Company in the future, if you stay in touch with them and have impressed them in the past it's likely that they'll recommend you when a suitable vacancy comes up.

4. Always Take The High Road

If you really dislike one of your Managers, the chances are some of your colleagues do too, but resist the urge to join in when people having a good old moan about the boss. Keep yourself away from all negativity, if you're brought into a conversation try to deflect it and change the topic.

5. Trust Your Instinct

Think of your instinct as your closest ally, it will always let you know if something is wrong or not quite what it seems – always consider this when making an important decision about your career and go with what you think is right.



Making A Box Frame Clutch Purse

This box frame clutch purse measures about 9.5 inches long and 4 inches tall. It's gorgeous, and it can be recommended to small business people to give this project a try. These would make lovely bridesmaid clutches too.

Here's how to do it;

Materials needed for 1 box frame clutch purse;

- Fabric – depending on the size of your frame, outer and lining fabric
- A box frame
- Tacky PVA-type glue for the case
- Clear epoxy-type contact adhesive glue for the frame
- A brush for the glue
- Some Clover Wonder clips, paperclips or small pegs
- Patience and drying time



Just keep in mind that the box is dark coloured, and can show through on a very light colored or very thin fabric. Cut yourself two pieces of fabric large enough to cover the box and have about an inch over on each of the 4 edges.

and then find it's upside down when you glue the box to the frame.

Make sure to protect your work surface from any drips of glue and then add plenty of glue to your case and spread it out with a brush.

When it comes to the corners, fold the corners neatly and use a little glue on the overlapping fabric to hold it down. Use some clips or pegs to just hold those corners firmly while it dries.



Now patience, leave it to dry. Once it's fully dry, trim off the excess fabric.



Repeat the process for the outside of the box, and create some nice neat corners. Take a bit more care. Clip the corners in place, but keep the clips close to the edge or they may create a mark in the fabric as it dries.



Glue the boxes into the frame

Using your contact adhesive, add a line of glue all around the frame in the groove and in the corners. Also add glue around the edge of the boxes trying not to let it drop down onto the fabric.



To cover the box frame

You'll need a good quality quilting cotton, or a home decor fabric, or even a beautiful embroidered silk or satin would look stunning.



Check out your frame to see which way the boxes fit into the frame. This is important to know if your fabric has a directional print – you don't want to glue on the fabric

Don't miss any parts or the fabric won't stick properly and you may get a bubble. Then simply smooth on your fabric over the glue.



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Aries

(Mar. 21st – Apr. 20th)

Home, family and personal security get your attention. You've been spending quite a while already restructuring your foundation for future success and achievement. Intellectual and mental pursuits keep inborn initiative razor sharp. You may spend a lot of energy playing or fall in love quite passionately.

Taurus

(Apr. 20th – May 21st)

There will be numerous conversations. Some take a nostalgic turn. Watch out for confrontations with family members. Financial opportunities, negotiations and investments still favored. Beautiful things and places still attract you. Enlightenment comes regarding your need to expand your personal horizons then in regard to your career/public image.

Gemini

(May 21st – June 21st)

Ensure the power of your words doesn't become a destructive weapon. Continue asking for what you want. You might get it, at least until early August. Enlightenment comes regarding intense emotional/joint financial issues then in regard to expanding your horizons.

Cancer


(Jun. 21st – Jul. 22nd)

Pay attention this month to what you value in life materially, intellectually, and spiritually. Negotiations with others concerning money or property may begin. Loved ones may need your care. Month's end may reveal emotional experiences more intense than usual.

Leo

(Jul. 22nd – Aug. 22nd)

Many of you are still working on your spirituality



Emma Wareus is a Botswana model and beauty queen born July, 28 1990.

- Leo woman is someone with a great smile, the inner sense of self, a big heart and the ability to make anything happen.
- This is a woman that will want to be treated well.
- She wants to dance and spread the smell of joy, smiling and simply being happy.



and learning to accept you for who and what you are. Enlightenment is yours this month in the areas of work and health, and then later in regard to partnership/relationship issues.

Virgo

(Aug. 22nd – Sept. 22nd)

People you associate with are a reflection of yourself. You're still being asked to consider whether they deserve you or whether you must move on. Your ultimate life vision is still being restructured. Meditation helps open your mind to higher visions and calms edginess that's hard to pin down. Say everything that needs to be said. Unspoken words – keeping secrets – this month might be held against you.

Libra

(Sept. 22nd – Oct. 22nd)

Your personal reputation becomes public. Your creative words will be communicated in group activities and amongst friends. Don't be overbearing with your burning passion for goals and ambitions. Enlightenment comes first regarding home, family or security issues, and then in regard

to some romantic, creative, or pleasurable pursuit.

Scorpio

(Oct. 22nd – Nov. 21st)

Use your inborn need for deep involvement and intense transformations to help expand your personal horizons through metaphysical, religious, or spiritual pursuits. You're still in a period of searching for the meaning of life. This is a good month for travel. Communicate what you need in your professional life.

Sagittarius

(Nov. 21st – Dec. 21st)

You're still learning the limitations of your own resources and how much you need to cooperate with and how much you depend on others. New courses of study not only broaden your scope of life but they might awaken something deep in your soul. Relationship issues continue to progress smoothly. Some may finally decide to get married.

Capricorn

(Dec. 21st – Jan. 20th)

Relationship issues continue needing to be addressed. Look inward. Reflect on deep

psychological truths. Get in touch with hidden aspects of yourself. Expect intense and profound conversations. Work related matters relationships continue smoothly. Your ability to handle sudden urgent situations is being tested.

Aquarius

(Jan. 20th – Feb. 19th)

You're still in a period of learning the value of daily work and service, and of keeping your body functioning in a healthy manner. Communication flows in a creative fashion in relationships. A new relationship could begin. Make sure conflicts that arise are worth fighting over.

Pisces

(Feb. 19th – Mar. 21st)

Summertime – is when you are drawn most to romance, creativity and pleasure. You've been in an extended period of exploring personal creativity and self-expression. The purpose of your existence is one of your biggest concerns. Health issues surface. Watch out for disputes and arguments with co-workers.

A young ventriloquist is touring the clubs and one night he's doing a show in a small club in London. With his dummy on his knee, he's going through his usual dumb blonde jokes when a blonde woman in the 4th row stands on her chair and starts shouting: "I've heard enough of your stupid blonde jokes. What makes you think you can stereotype women that way?" what does the colour of a person's hair have to do with her worth as a human being? Its guys like you who keep women like me from being respected at work and in the community and from reaching our full potential as a person because and your kind continue to perpetuate discrimination against not only blondes, but women in general... and all in the name of humor! The ventriloquist is embarrassed and begins to apologize, when the Blonde yells: "You stay out of this, mister! I'm talking to that little idiot on your knee."

Two hillbillies walk into a restaurant. While having a bite to eat, they talk about their moonshine operation. Suddenly a woman at a nearby table who is eating a sandwich begins to cough. After a minute or so, it becomes apparent that she is in real distress. One of the hillbillies looks at her and says, "Kin ya swallar?" the woman shakes her head no. then he asks, "Kin ya breathe?" The woman begins to turn blue and shakes her head no. the hillbilly walks over to the woman, lifts up her dress, yanks down her drawers and quickly gives her right butt cheek a lick with his tongue. The woman is so shocked that she has a violent spasm and the obstruction flies out of her mouth. As she begins to breathe again, the hillbilly walks slowly back to his table. His partner says, "Ya know, I'd heard of that there "Hind Lick Maneuver" but I ain't never seen nobody do it!"

A man shopping in a



supermarket took his purchase of two cans of dog food to the checkout counter. The cashier asked, "Sir, do you have a dog?" "Yes," replied the man. "Well, where is it?" asked the cashier. "I left him home." He answered. "Sorry," Cashier said, "You can't buy the dog food if I can't see the dog. That's the rule." The next day he returned to the store and bought some cat food to the checkout. "Do you have a cat?" asked the cashier. "Yes," he said, "but I left him home." "Sorry," she said, "If I can't see the cat, I can't sell you the food. That's the rule." The next day the man walked into the same store with a brown paper bag. He walked up to the cashier and said, "Put your hand in

here." The cashier put her hand in and said, "Its soft and warm. What is it?" the man replied, "I'd like three rolls of toilet paper please!"

Q: What do you do if a teacher rolls her eyes at you?

A: Pick them up and roll them back

Q: What did the ghost teacher say to the class?

A: Look at the board and I will go through it again?

Q: Why did the teacher write on the window?

A: Because she wanted the lesson to be very clear!

Q: Why didn't the quarter roll down the hill with the nickel?

A: Because it had more cents.

Q: Why was the math book sad?

A: Because it had too many problems.

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SLOW COOKED GANTSI BEEF Bourguignon

Author: Koketso Sheleni

I had always wanted to learn how to cook. Credit watching my mother in the kitchen for my obsessive love of food, but ever since I was seven or eight, I have been fascinated with preparing meals and watching the finished product being devoured by an army of hungry family members and friends.

Slow Cooker Beef Bourguignon has crazy tender melt in your mouth beef and hearty veggies slow cooked to perfection in a rich sauce. This meal is comforting and perfect for the cold months ahead!

This is THE BEST BEEF STEW I HAVE EVER HAD!!!! If you guys are looking for a comforting, hearty and blow you away with flavor beef stew this is your recipe. Ok I am getting a little ahead of myself because I am so excited about this beef stew.

This has the craziest tender beef inside with hearty vegetables and it has the absolutely best rich and delicious sauce! I am a total beef stew lover especially when it cools down. It took me a couple of recipes to get it right.

Slow Cooker Beef Bourguignon-Recipe

Prep time: 20 mins

Cook time: 150 mins

Total time: 2 hours 30 mins

Slow Cooker Beef Bourguignon has crazy tender melt in your mouth beef and hearty veggies slow cooked to perfection in a rich sauce. This meal is comforting and perfect for the cold months ahead!

Serves: 6



INGREDIENTS

- 5 slices bacon, finely chopped
- 3 lbs. boneless beef chuck, cut to 1 inch cubes
- 1 cup red cooking wine
- 2 cups chicken broth
- ½ cup tomato sauce
- ¼ cup soy sauce
- ¼ cup flour
- 3 garlic cloves, finely chopped
- 2 Tablespoons thyme, finely chopped
- 5 Medium Carrots, sliced
- 1 pound baby potatoes (I used tri color)
- 8 ounce fresh mushrooms, sliced
- fresh chopped parsley for garnish

INSTRUCTIONS

- In a large skillet cook bacon over medium high heat until crisp. Put bacon in slow cooker. Salt and pepper the beef and add to the skillet and sear on each side for 2-3 minutes. Transfer beef to the slow cooker.
- Add the red wine to the skillet scraping down the brown bits on

the side. Allow it to simmer and reduce and slowly add chicken broth, and tomato sauce, and soy sauce. Slowly whisk in the flour. Add the sauce to the slow cooker.

- Add garlic, thyme, carrots, potatoes, and mushrooms to the slow cooker. Give it a good stir and cook on medium heat until beef is tender for 4-6 hours or high heat for 2-3 hours. Garnish with fresh parsley and serve with mashed potatoes if desired.

SHOP FOR BEEF like a pro!

Tip No. 1: LOOK FOR MARBLING. The white flecks in the red meat means marbling - it melts during cooking to naturally baste the beef from within.

Tip No. 2: LEARN THE CUTS and their characteristics.

Tip No. 3: I KEEP ON FALLING, off the bone. Absolutely nothing tenderizes meat like soda. Put some beef in a plastic bag seasoned with salt/meat tenderizer and let rest overnight in fridge.

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Ways to Build Ankle Strength for Top Performance

A physically active body must achieve a stable balance around each active joint for top performance. Ligaments connect the bones to each other, and provide much of the joint's stability. Muscles are connected to bone by tendons, allowing for movement at the joints. Although the ligaments connecting the bones in the ankle are necessary for proper function, there are several muscles that also help support the ankle during any type of activity.

Why is it important to keep the ankle strong?

When an athlete performs any movement—whether running or jumping the ankle and surrounding muscles are put under a great deal of stress. If the ankle musculature is strong, the athlete can withstand greater force before an injury is sustained.

Balance Training

Standing on one leg: Hold for 30 seconds, working up to one minute per leg.

Balance and catch: Standing on one leg, catch and throw a ball with a partner. Make certain to throw the ball right, left, high, low. Perform three sets of 30.

One leg mini squats: On one leg do a half squat with the opposite leg out front for 10 reps, out to the side for 10 reps and behind for 10 reps. Repeat three times.

Strengthening

The ankle can be strengthened in several ways.

The first exercise uses thera-band for resisted range of motion. Thera-band can be purchased at a medical supply store. When performing the following exercises, place the band around the top of the foot and curl the toes at the end of the movement to work the internal muscles of the foot. Perform three sets of 20 in each direction.

The second way to strengthen the muscles that surround the ankle is through a calf raise. Calf raises should be done both seated and standing to strengthen both calf muscles and the Achilles tendon. Perform 3 sets of 20. The third way to strength your ankle is by doing plyometric workouts. Plyometric training uses jumping type movements to strengthen muscles and make them more explosive. Perform each exercise 10 to 15 times.

Scissor Hops

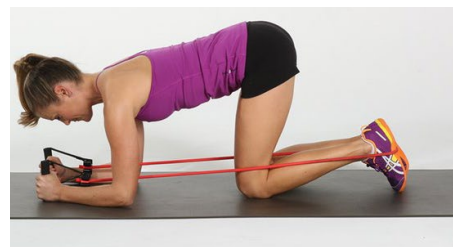
Begin in a lunge position. Jump and switch feet in mid-air landing with the opposite foot forward.

Standing Squat Jumps

Begin in a quarter squat position. Jump from that position and land softly.

Bounding

On the toes, take large bounding steps at about 50 percent of your maximum running speed. One repetition should be about 50 feet.



Dumbbell Romanian dead lift & Bench Press as the Most Important Exercises for Men



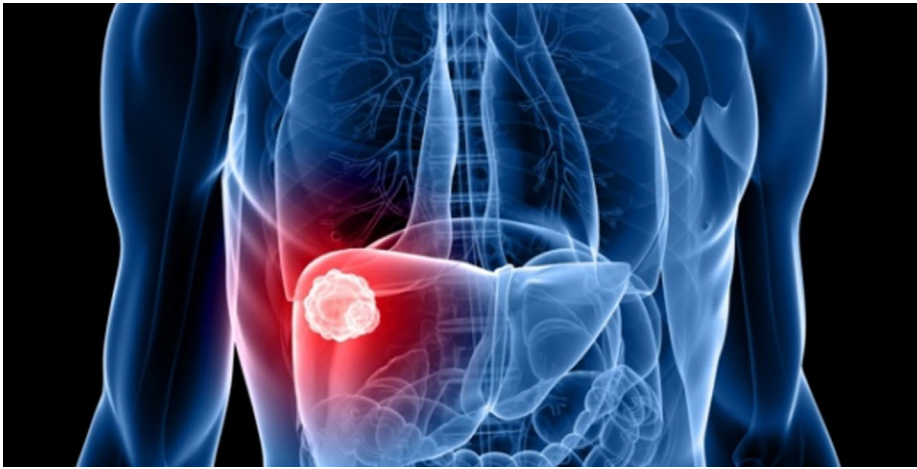
Every gym-goer in the world has been asked “What’s their bench?” at least once. This move is responsible for developing powerful, well-defined Pecs, shoulders, and triceps, which lead to a more commanding presence, with or without a shirt on. Combine that with the muscle-building effects of the testosterone this move releases and all you have left to do is watch your “little black book” fill up.

Dumbbell Romanian dead lift

This could be the most important exercise there is for lower-back health and developing an impressive set of glutes. Any seasoned lifter will tell you they’re truly impressed by a good set of legs, and a butt usually comes with it. Also, this move helps to make the hamstrings more flexible, meaning less back pain after sitting all day.



Viral Hepatitis



Hepatitis means inflammation of the liver. Many illnesses and conditions can cause inflammation of the liver, for example, drugs, alcohol, chemicals, and autoimmune diseases.

Hepatitis viruses replicate (multiply) primarily in the liver cells. This can cause the liver to be unable to perform its functions.

The following is a list of major functions of the liver:

- The liver helps purify the blood by changing harmful chemicals into harmless ones. The source of these chemicals can be external, such as medications or alcohol, or internal, such as ammonia. Typically, these harmful chemicals are broken down into smaller chemicals or attached to other chemicals that then are eliminated from the body in the urine or stool.

- The liver produces many important substances, especially proteins that are necessary for good health. For example, it produces albumin, the protein building block of the body, as well as the proteins that cause blood to clot properly.

- The liver stores many sugars, fats and vitamins until they are needed elsewhere in the body.

- The liver builds smaller chemicals into larger, more complicated chemicals that are needed elsewhere in the body. Examples of this type of function are the manufacture of a fat, cholesterol, and the protein bilirubin.

When the liver is inflamed, it does not perform these functions well, which brings about many of the symptoms,

signs, and problems associated with any type of hepatitis.

Who is at risk for viral hepatitis?

People who are most at risk for developing viral hepatitis are:

- Workers in the health care professions
- Asians and Pacific Islanders
- Sewage and water treatment workers
- People with multiple sexual partners
- Intravenous drug users
- HIV patients
- People with hemophilia who receive blood clotting factors

Symptoms and signs

- Loss of appetite
- Nausea
- Vomiting
- Fever
- Weakness
- Tiredness
- Aching in the abdomen

Less common symptoms include:

- Dark urine
- Light-colored stools
- Fever
- Jaundice (a yellow appearance to the skin and white portion of the eyes)



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Fibroid Tumors

Fibroid tumors are a common growth in the uterus of women in their 20s, 30s and 40s. Between 20-50% of women of childbearing age have uterine fibroids. Fibroids are usually benign (non-cancerous) uterine tumors. Medically, fibroids are also referred to as myomas or leiomyomas, and are generally a woman's fibrosis condition associated with estrogen dominance.

Symptoms and Complications

- Abnormal Menstruation and Bleeding
- Anemia
- Pelvic pain and/or cramping
- Bladder and Bowel Problems
- Miscarriage, Pregnancy Complications, and Infertility
- The appearance of weight gain, especially in the abdomen

There are four types of uterine fibroids, classified according to location in the uterus:



Subserosal These fibroids develop in the outer portion of the uterus and continue to grow outward. This type can cause the uterus to grow.

Intramural The most common type of fibroid. These develop within the uterine wall and expand making the uterus feel larger than normal (which may cause "bulk symptoms").

Submucosal These fibroids develop just under the lining of the uterine cavity. These are the fibroids that have the most effect on heavy menstrual bleeding and are often associated with infertility and miscarriage.

Pedunculated Fibroids that grow on a small stalk that connects them to the inner or outer wall of the uterus.

Diet for Fibroid Tumors

Utilizing a specific diet can make a big difference in the effectiveness of a fibroid tumor management protocol. When working on balancing hormones and shrinking fibroids, keep these diet guidelines in mind:

Eat a Whole Foods Diet

This means including whole, unprocessed foods for the bulk of your diet, while limiting or avoiding refined, highly processed foods. Be sure to include the following as a part of your daily diet:

- 4-6 servings of vegetables.

Abundant vegetables including leafy greens, cruciferous vegetables like broccoli and cauliflower, and crunchy vegetables like cucumber and bell peppers.

- 3-4 servings lean protein. Protein is necessary to support phase 1 and phase 2 liver detoxification, which is where estrogen is largely metabolized. Be sure to get protein in at every meal from sources including:
 - Hormone and antibiotic free poultry and fish
 - Legumes (beans), but avoid soy beans

- Eggs (antibiotic free)
- Nuts and seeds
- 1-2 servings' gluten-free whole grains. This includes brown rice, quinoa, and buckwheat. You may consider eliminating glutinous grains like wheat, spelt, barley and rye from your diet for a few weeks to see how it makes you feel.
- 1-2 servings' fruit. Choose fruit in a variety of colors to acquire the many vitamins, antioxidants, and nutrients available.
- 0-2 servings of dairy. Small amounts of dairy from plain unsweetened cultured yoghurt and fresh cheese (hormone and antibiotic free).
- What to Avoid
- Foods with refined flour or sugar
- Strong phytoestrogens including soybeans
- Xenoestrogens, or environmental estrogens.



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Hardware-level VR

Immerse yourself with a whole new experience with Mi VR that comes with a dedicated, hardware-level motion sensor and system-level optimizations, breaking the limitations of what normal VR glasses offer.

Dedicated motion sensor Reduces motion sickness

Experience a whole world of difference with Mi VR. With system-level optimizations, sensitivity it increases 16 times and detects the slightest movements. This ensures that the movements and the picture are in sync. So even prolonged use, you won't experience motion sickness.

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The integrated spiral headgear is ergonomically designed and tested numerous times for comfort. The weight is spread across evenly and feels comfortable even after wearing for a long time. Easily adjust the length with the adjustment wheel or quickly loosen it with just a click of a button.



9-axis inertial motion controller supports touch controls

Extend and experience more with the 9-axis inertial motion controller. Shoot light rays or fly high just by waving your hands.

content, also expect an all-new MIUI VR dashboard where you can easily switch to on your phone and other VR platforms. Only available in China.

MIUI VR edition a step ahead in virtual reality

MIUI VR edition is specially tailored for the VR platform. On top of new



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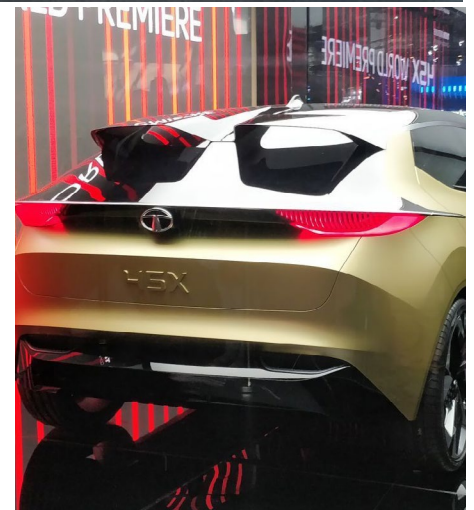
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Tata 45X



Tata Motors is on a path of transformation. The Indian carmaker wants to move away from its old-school rickety style to a modern marquee. And the shift is underway with the introduction of successful products like the Tiago and Nexon. Now Tata is working on an all-new premium hatchback which is codenamed 'Project 45X'. The premium hatchback will be showcased at the 2018 Auto Expo at least in the concept guise.



The all-new hatchback will be the first car to be built on the Advanced Modular Platform (AMP) that has been developed by Tata Motors. In terms of size, the 45X is visually longer than the Tiago but Tata will certainly not go over four meters in length to benefit from the tax regulations. Tata's first AMP-based car is expected to debut in late 2018.

Igniting The Past With Poetry-Mothusi Mothemele



together grazing cattle. He never attended poetry or literature lessons and explained that his poetry is a gifted talent from God as he doesn't write poems, memories nor prepare them, he said when he is invited to an occasion he just listens to the message being delivered by speakers and by the time he hit the podium the poem just sets up itself and he would just flow.

His poetry can't be written because it is something that comes from within. He indicated that most of time when listening to people especially elders he picks up unusual words that helps in boosting his vocabulary which allow him to recite poems reach in Setswana words, therefore making him unique from other poets.

He performed in different occasions like in the President meetings, weddings and other cultural events; polka festivals. His poetry took him to different places as he went to Stardom, South Africa and Kenya and he is looking forward to go and perform in Namibia.

Poetry has over the years been part and puzzle of Botswana cultural component and this use of rhyming and verses to either communicate or transmit cultural information continues today.

Junior school where he didn't do well, that's when he tried some course which didn't work out and ended up settling to earn a living through traditional activities; dancing, majoring in poetry.

Mothusi Mothemele 'Two- six' as is affectionately referred to is one of the youthful poetry devotee who ensures that poetry lives on. Born in Tshane 1979, he started at Tshane Primary school and proceeded to Lehutshelo

His love for poetry started way back before he even started school as he used to listen to RB1 Dipina le maboko program, and he also had the privilege to live with Sam Raditsebe who used to play a guitar whenever they were



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Manufacturing Exhibition 2018

Date and Time: Thu Jul 05 2018 at 08:00 am

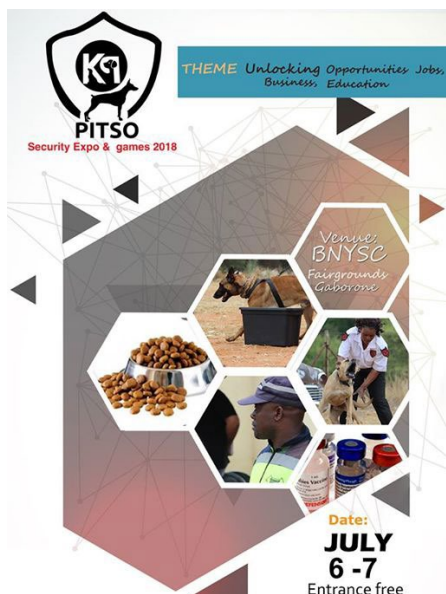
Venue: Game City Shopping Centre, Gaborone

The perfect platform for Manufacturers and Distributors from Botswana and around the world to meet, interact and do business.

About Organizer:

The Annual Manufacturers, Distributors and Suppliers Expo provide manufacturers a unique opportunity to connect, and Cultivate Client Sales Relationships.

<https://www.madebotswana.co.bw>



2018 Marketing Expo

Date and Time: Thu Jul 05 2018 at 05:00 pm

Venue: Fairground Holdings, Gaborone

It is the Southern African foremost marketing, advertising & promotional products expo, bringing re-sellers and corporate visitors together with the manufacturers who create the promotional products trends within the local market. It is a vendor-agnostic forum for understanding the breadth of marketing automation to help us all do what we do best.



International Comedy Day

Date and Time: Sun Jul 01 2018 at 07:00 pm

Venue: Gaborone

Come witness the best of BW celebrating International Comedy Day. The show will be one of the best comedy shows under the comedy calendar in Botswana. Every year, July 1st is International Comedy Day. The day was designated to highlight the uniqueness and value of comedy. In many countries the International Comedy Day celebrates the contributions of comedians in the popularization of theatre. This is why most events created to celebrate this day feature stand up comedians. This, in many respects, is recognition of the view that effective merchants of comedy and the most successful theatre practitioners in the whole world today are stand up comedians. It is also an indication that stand-up comedy is the fastest growing theatre art form as can be demonstrated by the emergence each year of very viable comedy festivals.

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K 9 Pitso Security Expo & Games

Date and Time: Fri Jul 06 2018 at 08:00 am

Venue: BNYC, Plot 54499, Fairgrounds

An Event focused on Unlocking Opportunities Jobs Education & Business and Exhibitions by Pet food Suppliers Veterinarians and Dog Demonstrations



Smile On Travel Winter Bush Picnic

Date and Time: 1st of July 2018 at 9:30 -18:00

Venue: Mokolodi Nature Reserve
SMILE ON TRAVEL & TOURS PRESENTS "WINTER BUSH PICNIC 2018" (1st Edition)

Fee: P250.00 per adult

Fee for kids

*4yrs-12yrs : P100.00

***Toddlers under 4years** : Free!!!-Free!!Free!!

Theme: Denim and White/Military Color's (for photoshoot)
Entertainment (Poetry,bush music,) Games (60 seconds,Traditional games,Socializing e.t.c)

RSVP : 267 71755981 / 3981942

email: smileontravelandtours@gmail.com



Gaborone Fashion Day-Out

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

Venue: Gaborone, Botswana
Gaborone Fashion Day-Out ?

Join dress to K*ll and have fun at the 1st GABORONE FASHION DAY OUT.

Tickets: P100

Call: 76752580

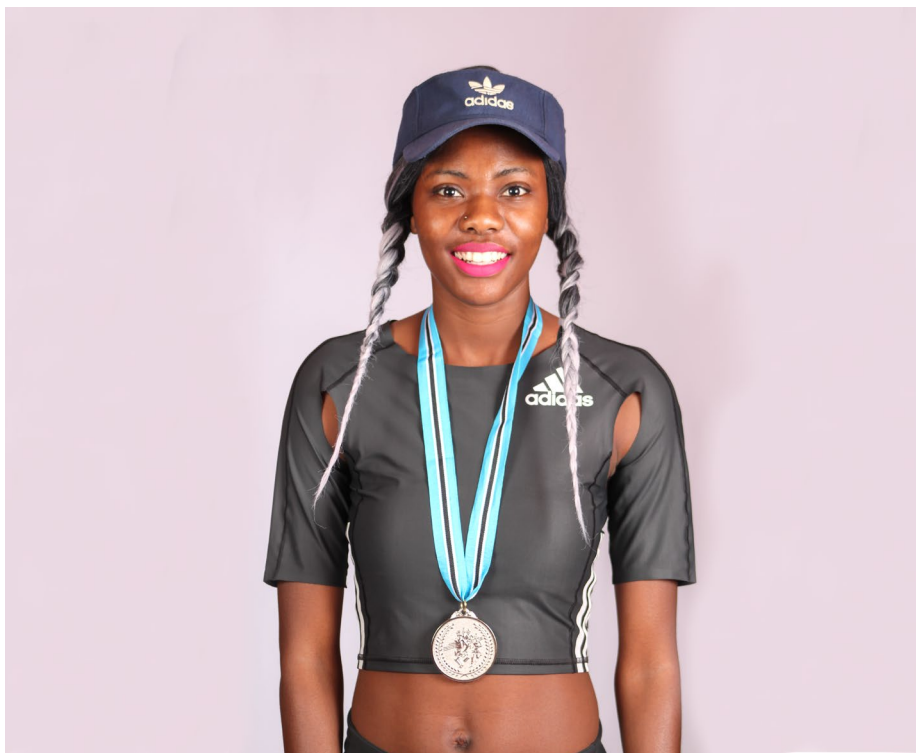
Official Handing Over Of Administration And Classroom Block



Project Donors: Kiron Care Association



“MY GOALS CAN PAVE MY WAY TO VICTORY”



Ontiretse Molapisi is a 100 and 200m track athlete from Serowe, Botswana. She is a degree holder of Physical Education, Health and Recreation; she graduated in 2017 at UB. Ontiretse is to continue studying Exercise and Science Technology at Tshwane University and Technology in South-Africa.

When did all these start?

It all started while I was at Makhubu Community Junior Secondary School in Phikwe. Back then everyone was meant to take part in Track and field competitions that's when my talent started to show.

What motivates you to do athletics?

It's a one man show. It teaches oneself discipline, patience and

independence. All in all it challenges me every day to better me than yesterday.

How do you expect a coach to help you achieve your goals?

Athletics comes up with a lot of challenges one couldn't see from far so I'll simply expect to work efficiently with my coach to pave way out of these challenges.

Which areas do you feel that you need improvement in?

Technique and mental toughness.

Do you think you get the support you deserve?

From family and friends yes but with the Sports Board it's a no. Most of the time athletes at the top are the one

who gets the attention though it's not really sufficient.

How important is athletics in your life right now?

It is very important for me. Ever since I started in 2009, it's been part of my life and is what defines me.

Are you worried about how you look or enjoying what you are doing?

I don't really concentrate much on what people reckon of a female having a masculine body. I really love what I do and enjoy it; being toned is my definition of sexiness.

Take us through an award you won last year? Was it your first and how you felt about it?

I won UB sports Woman of the Year and UB sports person of the Year. After being a nominee for 3 consecutive years last year I finally got it, the award just added value to my dignity and gave me the drive and motivation to keep going. I was really elated and surprised at the same time.

Achievements

Cucsa 200m Record Holder and Champion in 2016, I Represented Botswana at the World University Games in South-korea 2015 and world University in Taiwan 2017, 2 Africa Seniors championship semi-finalist 2016. Durban SA. Africa University Games 200m silver medallist and 100m Bronze in 2016. Botessa (Botswana Tertiary schools Sports Association) Sports Woman of the year 2017, Botswana Nationals 100m silver and 200m bronze in 2018.

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Chiefs to announce new coach in next two weeks

Kaizer Chiefs' football manager Bobby Motaung has promised that the club will hire a top coach who will restore the club's dignity and bring back the glory days at Amakhosi after three trophies-less seasons.



Wayne Rooney is Moving To DC United Draws

Everton striker "Wayne Rooney" is still in talks with DC United over a deal. The discussions with the MLS club have been ongoing since May; with Everton's new head coach Marco Silva insisting the 32-year-old forward still had a future at Goodison Park. Silva has been keen to talk to Rooney before any move was confirmed, although he admitted the final decision would be the former England captain's. Despite the seemingly protracted negotiations, it is now understood the deal is moving closer to completion although no contract has yet to be signed.



Pogba and Mourinho fell out towards the end of the season

Mourinho and Pogba appeared to have a disagreement at Wembley during their defeat to Spurs Pogba also scored six league goals for the Premier League runners-up who finished 19 points off champions Manchester City. Jose Mourinho and Paul Pogba's relationship became a big talking point for Man Utd last season. Paul Pogba has admitted he had "small issues" with his Manchester United manager Jose Mourinho last season. The Frenchman's relationship with his boss was notably strained in the second half of the campaign.



"James Harden" Houston Rockets guard named Most Valuable Player at NBA Awards

The 28-year-old beat the Cleveland Cavaliers' four-time MVP LeBron James and the New Orleans Pelicans' Anthony Davis to the prestigious award. Houston Rockets point guard "James Harden" thanked his mother for being his "backbone" as he was crowned Most Valuable Player at the 2018 NBA Awards. He scored an average of 30.4 points per game last season, adding 8.8 assists and 5.4 rebounds per game. The Rockets won the Western Conference but were beaten by eventual NBA champions Golden State Warriors in the play-offs. Philadelphia 76ers point guard Ben Simmons was named the NBA's Rookie of the Year, while Utah Jazz centre Rudy Gobert won the Defensive Player of the Year award. Dwane Casey was crowned Coach of the Year after guiding the Toronto Raptors to first place in the Eastern Conference.



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