

Celebrity World

March 2017

ONLY
P10.00

JUJU VINE

The Man behind
peoples
laughter

Norah
Passion For
Beauty,
Passion for
Make-up

**Amantle
Montsho**
Takes Over The
Battlefield!

Teko
Turns
trash into
ca\$h

2017
BMW 440i
M-SPORT GRAN
COUPE

Parenting
101
Is Your Kids
Money Wise



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Editor's note

Welcome to the first Issue of 2017 Celebrity World Magazine. Our magazine is designed specifically for people who enjoy celebrating our very own talents as Batswana. Celebrity World Magazine will now help our local artists, fashion designers and the upcoming ones to be renowned locally and across borders. We aim to give the best of the entertainment, current affairs and business world. We intend to discuss a wide range of topics indicating the spirit of Batswana as a cultured nation featuring fashion, entertainment, health and beauty, events, international gossip, lifestyle, food, news, sports and business.

We hope you will enjoy our first issue. Our Magazine is giving you the opportunity to voice out your opinions which may benefit us in future.



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Cover Story

The Man

Behind

Peoples Laughter



Cover Story

He is the man of many talents with about 80 000 followers on social media. The man is commonly known for his comical videos trending everyday on social media. *Celebrity World* magazine sat down with Junior Sekolokwane 'Jujuvine' at Botswana Craft as he shares his life journey.

Jujuvine Sekolokwane was born and raised in Gabane, where he attended his primary to senior education. He served his Tirelo Sechaba at Palapye. Juju is based at Windhoek with his family (wife and two sons), where he worked as news anchor at the Namibian Broadcasting Corporation. He is now in Botswana pushing his projects.

The man is multi-talented, but many people don't know a lot about him. He is the producer of his own radio station called Juju FM. Jujuvine is a comedian, an actor, a traditional dancer, a farmer, a businessman, a motorbike racer, and a musician.

He has managed a group of 3 boys called Alkhaidas who performed in *My African Dream* in 2005 and recorded their first album called *Jika-Jika*. His music career started at Namibia where he released his first album in 2011 and continued with the music industry until 2014.

Jujuvine started doing comedy after being noticed by Geespot Kediemetse of Major Moves and Motsweding FM from South Africa in 2015. "I thought Geespot was just in jokes, I didn't believe that someone can do a living out of comedy," He said.

Juju said he started performing in various shows which include; his first show was at Mahalapye home coming comedy in December 2015, performing alongside Pheny the Master, Boniface and K-Lo. His second show was at the comedy and cocktail event which was held in Railpark mall where he performed alongside Pheny the Master and Mawee. The third event was in South Africa-Mafikeng where Jujuvine performed alongside Khanyisa Bunu, Vuyo Jiya.

During an interview, Jujuvine mentioned that he once worked in the academic services at the University of Botswana but left the job in 2009 to enter the business industry. He became a fashion designer and designed for weddings. "I got the talent from my mother, after she passed away I took over. I would not let the sewing machines go to waste, so I started the business and hired a Zambian man. My company operated at Middlestar mall but it didn't have a brand name," says Jujuvine.

According to Jujuvine, 2016 was the busiest year for him, as his comedy career started growing and it was the year in which his DVD titled *Metlae ya ga Jujuvine Volume 1* was released. Talking about his Kgatleng FM radio station which was trending in 2016, Juju said that he decided to change the name to Juju FM because there is a radio station called Kgatleng FM in South Africa. As most of Batswana are not into streaming, Juju introduced an easier way by recording live through Facebook as it is more accessible for Botswana. He uses his Caravel as his office. Juju FM is live every Monday, Wednesday, Friday and Sunday.

Asked about the support he gets from his wife, Juju said that his wife used to tell him that his videos are too extreme. But she is now used to them and she supports him a lot. Their sons too are always happy when watching his videos. "My wife was wondering what comedy is and how it will benefit me, I remember the time I did this other clip of washing panties, ditante and diparachute. After a shoot I hanged them on the washing line at my own risk, after work my wife came home and went outside.

She found those panties, got angry asking whose panties were those, only to find out that I did a comedy clip," added Jujuvine.

Juju is an inspiration to his followers; currently he collaborated with Thabang mj.com aka Mjamaica. Thabang is his Facebook follower who got inspired by Juju's videos. They made a couple of videos together. In his next volume, Juju will be combining with Mjamaica.

He will be releasing his single album very soon titled; *All I want*, which will be a house track. Juju encourages his followers on social media to use their talents. "Anything is possible, I can do whatever another person can do, but if I fail, I would say at least I have tried." He quoted.

"My wife was wondering what comedy is and how it will benefit me, I remember the time I did this other clip of washing panties, ditante and diparachute. After a shoot I hanged them on the washing line at my own risk, after work my wife came home and went outside. She found those panties, got angry asking whose panties were those, only to find out that I did a comedy clip,"

La Timmy

He is one of the few local artists who can sing love songs in his native language, Sesubiya. La Timmy's slow songs have a thing of touching his fans to the core.

NAME: Timothy

SURNAME: Sabuta

STAGE NAMES: Dj Timmy/
La Timmy/ Mc Timmy

PLACE OF BIRTH: Kasane

DATE OF BIRTH:

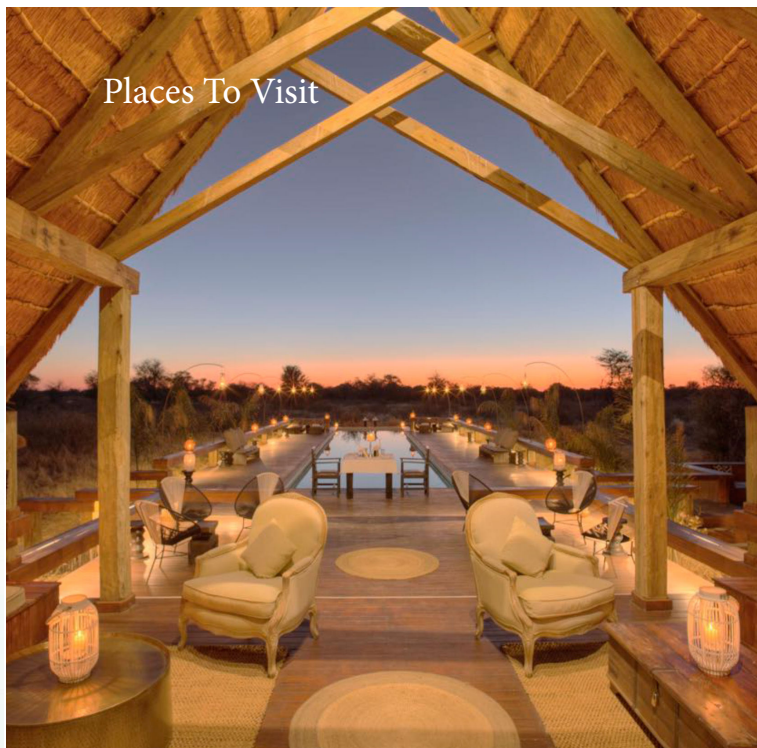
20/04/1984

MARITAL STATUS: Married

TALENTS: artist, singer, DJ,
MC, and record producer



Places To Visit



The Lodge

In the midst of the endless Kalahari, discover a secluded retreat offering the finest levels of comfort and extraordinary warm service.

Guests of The Lodge at Feline Fields are left in awe of the untouched beauty of its surroundings. Crafted from the Earth, this stylish home leaves its unforgettable mark on all those who visit.

This undiscovered region welcomes just a handful of visitors each year, making it an ideal destination for those seeking a very private and peaceful African escape.

The main lodge boasts a contemporary lounge overlooking an inviting twenty-five metre pool.

Designed without walls to bring the Kalahari closer, guests dine on the raised deck which frames uninterrupted views of the savannah.

Indulgent meals created by the talented chef combine freshly prepared produce with a taste of Africa. The local wine selection is hand-picked by the owner.

A welcoming bar, a library wing and decked lapa seating around a warming fire complete this desert haven.



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Pool Suites

Three luxury two-storey pool suites are built upon a raised platform, with a spacious upper deck offering all-encompassing views of the bush.

Guests sleep cooled by the Kalahari breeze and wake to splendid African sunrises.

The lounge has a relaxing daybed which can be used as a further sleeping area for children, while the sumptuous bathroom is the perfect place to relax or refresh after a day in the savannah.

Relax and unwind from the intimacy of the suite's galleried lounge, whilst being cooled by a soft breeze. Here, guests may experience a luxurious Africology treatment or body massage set to the rhythm of the bush.

A private pool completes these stunning homes away from home.



Places To Visit



A full range of sports activities are available to guests at The Lodge.

Invigorate the body at the open-air, well-equipped bush gym or dive into the refreshing twenty-five metre lap pool.

Alternatively, guests may take advantage of the tennis court crafted from old termite mounds, creating a red clay effect, or practise their golf swing on the driving range.

Exploring the environment on a Shimana sand bicycle is also a must for a sense of adventure: these are available for every guest to travel on around The Lodge. The surrounding landscape, dotted by undulating dunes, is perfect for horse-riding.

Glimpse into the world of the Bushman community by embarking on a one night fly-camp to the Kaure Bushcamp.

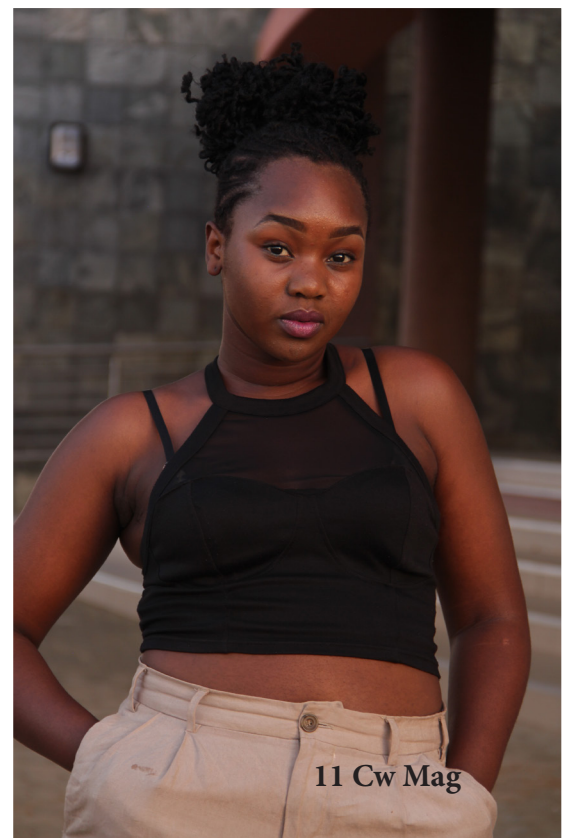
Guests enjoy the traditional trance dance of the San Bushmen and learn about their way of life in harmony with nature.

In the morning, head out on foot to learn about their survival in the arid desert environment, traditional natural medicines and healing, and the different roles within the tribe.

The ultimate private
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Play it the vintage way!



Animal print is still in style, so give it a stylish curl by pairing it with a high waist vintage pants that has wide legs. The pants also go well with a black plain cropped top. Match it with black heeled vintage shoes for perfection.



Photographer: One Motlhabane

Call: 76220987/77048778 for more information

What You Wear This Summer defines who you are!

Be a smart lady and don't be left behind this summer. Improve your look by adding this outfit to your wardrobe because the outfit is a must have item for a smart lady in a hot weather.



Men are also fashion enthusiasts. Look out what CW magazine has for them.

This summer, every man should have a pair of sandals, short pants, t-shirt, a handbag and sunglasses. The outfit will make you feel much better in a hot day.



NORA

SIMPLY ELEGANT



NORAH COSMETICS-PASSION FOR BEAUTY , PASSION FOR WOMEN

Norah cosmetics is a make-up line locally produce by the humble and down to earth Mrs Norah Mc Aslin. During an interview with the former model, she mentioned that her make up line was inspired by her passion for beauty and women. In her own words she said 'I love beauty and I want women to look beautiful, make up is about enhancing beauty and when you look good you feel good. At the moment Norah cosmetics has a cream to powder foundation, she started with a cream to powder foundation because a foundation is the main ingredient for make-up and they are currently working on their lipstick line. Norah aspires to have a full range of make-up (mascara, eyeliners, and powders) which will employ and empower other women.



Know Your Skin Type!!!

Women around the globe use makeup for various reasons. Others use it to enhance their beauty, some admittedly use it to cover uneven skin tone and others use makeup to hide major skin problems like acne or sun spots, but whatever our reason is, at the end of the day we all use makeup to feel good about and express ourselves.

Despite our love for makeup, we know that achieving beauty does not only mean being a professional makeup artist or really good at doing your own makeup, but it primarily means having glowing, flawless skin. In order to get to that point, you have to know what your skin type is.

Beauty Basics:

Understanding Your Skin Type

Is your skin neither oily nor dry? Does it accumulate shine throughout the day? Or maybe it's blotchy and red? It's time to take your skin's appearance into consideration and find out what imperfections and more can mean with this detailed skin type chart!

Caring for your skin means first being aware of your skin type and using the right products. Skin types can change so you may need to update your routine at some point of life. Stress and hormonal changes can also affect your skin, plus you may need different skin products during your menstrual cycle or during different seasons.

Dry Skin

- flaky, dry or red patches
- tight appearance with small pores
- looks dull
- wrinkles and fine lines may develop more easily

Normal Skin

- it's either oily or dry
- very few discolorations or variances in skin tone
- blemishes free
- appears smooth and clear-pores barely visible

Combination Skin

- Areas around chin, nose, forehead and nose may be oily.
- Areas around eyes, hair and jaw lines are often dry
- Prone to blackheads
- large pores

Oily Skin

- shiny appearance
- enlarged pores
- prone to acne and blackheads

Sensitive Skin

- Blotchy patches
- redness spots
- may feel itchy or irritating

Every woman a skin care routine to follow, Facials are so much more than an hour of indulgent pampering. They have enormous benefits to the health and wellness of your skin, both in the short and long term. Whether you choose to have a facial in your home in the one hour you have free, or go to see professional, regular facials can have a benefit on both your physical and mental being.



What Is Included In A Facial?

A facial is more than just a few cucumbers on your eyes and some moisturizing cream on your face. A good facial will include a mask that deeply cleans pores you can't see with the naked eye. A facial will also include moisturizers, toners and a facial massage that will leave your skin looking younger and healthier.

Why Do We Need Regular Facials?

Your face is the one area of your body that is almost always exposed to the outside elements including wind, sun, and cold. In order to keep your face looking young and jubilant, you need to take care of your face. A deep cleansing and moisturizing facial is one way to do so.

Also, a regular facial has the obvious outward benefits of youth and vitality with psychological effects of improved self-esteem.

How Often Should You Get A Facial?

Facials are beneficial at least once every thirty days. You do not want to do them too often because that can have an opposite effect on the skin, but once a month will keep

your skin looking its best. Then, when you are at home, or in between facials it is very important to take care of your skin by washing your face and moisturizing it daily. You also need to remember to use sun protection on your face either in your moisturizer, your foundation, or on your own. If you have oily skins make sure to find an oil free moisturizer and sunscreen.

Facials are best thought of as a regular part of your beauty and cleansing routine. Either receiving regular facials or giving yourself facials at home is important for proper care of your face.

For all you beauty and m make up needs visit: SMINKA HAIR AND BEAUTY STUDIO

They offer exceptional, professional make up and make over, hair services and scalp treatment, relaxing, beauty services that leave you feeling pampered, rejuvenated and renewed

- massages, manicures, pedicures, facials and waxing.

-Also offering a youth section with nail artistry, funky hair do's, styling.

-And specialize in Beauty training for both therapists and public.

From professional make up artistry, expert hair coloring and design to relaxing massage and purifying skin care, Sminka Hair and Beauty Studio services bring balance and calm into your lifestyle. Choose from a 30 minute massage to shed the stress, or a complete beauty package that will leave you rejuvenated for days.



Hair Care

Hair Care Tips: Undoing Damage To Your Hair

Bleaching, perms and heat treatments will give you the look you want, but over-doing it can cause serious damage to your hair and scalp. Keep on reading to learn how to reverse the signs of damage with these hair care tips! With the spotlight on celebrity hairstyles and stylists, Instagram hair goals and hair trends, it's only natural that we are frequently inspired to change or upgrade our own signature look. That's where bleaching, straightening, dyeing, and heat treatments come in and while these methods work to give us great-looking hair, going overboard can also cause some serious damage.

These hair care tips are here to reverse the signs of damage and restore your hair back to its natural, lustrous state.

What Causes Hair Damage?

Bleaching: It makes your hair weaker making it open to damage

Perms: Chemical straightening or curling leaves your hair dull and damaged

Hair treatment: overusing flat irons, curling irons and blow dryers may lead to permanent damage

Over brushing: Brushing too much leads to splits ends and broken hairs, especially with an inexpensive brush.



How To Repair Damaged Hair

- Use product before heat
- Shampoo wisely
- Over washing can strip hair off its natural oil
- Use a good dryer



High quality dryers work faster to minimize the heat on your hair

- Keep the dryer at least 2 inches away from your hair
- Straighten with care
- Don't apply flat iron for longer than recommended
- Use a good conditioner
- Condition after every time you shampoo to lock moisture



Tips For Growing Long Natural Hair



-Consume fruits, vegetables, vitamin c, zinc, iron and healthy fats such as omega 3's.

Trim your ends when needed, don't hang on splits ends because they will accelerate breakage

-Shampoo your hair in sections
-Drink 8-12 glasses of water per day.

-Pretreat your hair with natural oils like coconut oil, olive oil and conditioners before shampooing for strength

-Do a protein treatment every 6-8 weeks to strengthen your hair.

-Deep condition your hair weekly for at least 30mins

-Exercise regularly for increased blood flow to promote growth.

Parenting

101

Effective Parenting is learning to parent the child you have, not the child you wish you had. It's not about being a perfect parent; it's about being a 'good enough parent'. Effective parenting techniques focus on holding your child accountable for misbehavior and on developing better problem solving skills.

Here Are Some Parenting Tips To Help You Start Being a More Effective Parent:

Coach From The Sidelines

When they get stuck, ask 'what's the next step you need to do now?' And be ready with encouragement when they don't get it right away: "that's frustrating, why don't we try again?"

Praise The Effort

"We don't want to just praise the results, but what it took to get there, "such as patient and focus."

As they get older and they are away you want them to be confident in their own ability, learning that if they try something and it takes several tries they can do it. They are also learning that if they make a mistake they can try again.

Dont Expect Perfection

If a child manages to put their shirt or dress on by himself but its inside out, tell them "great job, I'm so proud of you that you were able to get your clothes over your head," then if you are not going out leave the shirt the way it is.

Break It Down

There is no law that says children should do every part of a task. Think about which piece they can start with. Can they put on their own shoes and socks? Can they hold the cup while you pour the fabric softener? Speaking of clothes washing, if you are waiting until their teens teach them about laundry, that's a mistake. A ten year-old can separate colours from white and look at a tag to see if it can go in the wash.



Is Your Child Money Wise?

Teaching younger kids the value of money through real life situations and examples will help them understand where money comes from and how it is earned. Giving your kids a good foundation and teaching them about money matters is critical for their personal development. Showing children the basics such as how to budget, spend and save will establish good money habits for life.



Savings

Have your child set a goal, such as buying a gift for a friend's birthday, talk about why this goal is important to them as they make progress towards their goal.

Spending

Explain how you weigh your options and make choices about how to spend, save, give and manage the family's money so it aligns with your values, not just when there is enough in the bank. Kids develop their real attitudes about money, by observing their parent's day to day actions.

Sharing

Allow them to learn by example. Show them the value of donating to those in need. Giving to something they truly care about will make kids experiences more meaningful.

Ultimate Goal

Teach money, math and meaning

Practice making change with 1 Pula worth of coins and paper money, talk about what money could buy. Then ask them about how much things like love or friendship are worth, so they think about what money can't buy.

Help your children balance saving, spending and sharing. This can be done by giving them three banks to use, and help them allocate allowance, chore money and gifts into each bank.

Give your children the gift of giving

Provide them with funds for a charitable contribution, and ask them to research options and discuss their decisions with the family and then make a donation.



Kiddie's Closet

Dress your baby this summer

Summer is a great time to dress your children nicer. See what taste Celebrity World Magazine has for your kids.

Baby Girls' clothing



Flowered baby girls dress goes well with these dotted beach sandals. They better put a hat in this hot weather.

Girls' loose pink skirt with a white t-shirt, matching sandals and cap are suitable for summer. Colour pink goes well with white.

Boys summer clothing



To wear is to match! Boys usually look nicer in matching clothes. Short pants and sandals are good for summer.



Water bottles



Boys also need caps this summer. Caps are essential for hot summer days as they help kids from over-heat.

Get your kids water bottles this summer to store water for themselves. Kids need water in hot days to cool their bodies.

SEX Tip's For Women From Men

What Men really want in the bedroom and why?

1 *.Do your part* – Nothing is worse than a partner who just lies there, seemingly disinterested. Show enthusiasm, be vocal and move with the action. Otherwise, you are just a slightly warmer blow-up doll.

2 *.Don't forget the romance* - This is another symptom of the belief that guys are just cavemen looking to score. Romance, seduction, and the emotional aspects of sex work on us, too.

3 *.Remember that communication is key* - Don't let us waste 5 minutes doing something that's not working for anybody. Sex isn't the time to be shy and polite. Tell us what's working or what you need, and everyone will be happier

4 *.Take control every now and then.* The guy is generally expected to be the aggressor/dominant one in a sexual encounter. Turning this around on him is an exciting way to keep him on his toes and even help him out if he's tired.

5 *.We Respond to Praise-* It's believed that men are so consumed by our libido that we have no self-consciousness surrounding sex. But men are no different from women when it comes to compliments as catalysts for sexual confidence. This praise can be delivered before reaching the bedroom (give us the once-over and tell us how buff we look), and after (give us the once-over and tell us how buff we look naked). Along those lines, men worry about the size of their guts (and other measurable organs), their hair (or lack thereof) and other attributes.

Try to be extra affirming about those sensitivities.

6 *.We Fear Intimacy.....* but not for the reason you think! Studies have shown that boys are more affectionate, even more expressive, than girls until they reach school age. At that time, social repression begins—of words, thoughts, feelings—and our desire for human connection goes underground. So taboo is this desire for intimacy that its possibility can terrify men—not because it's smothering, but because we realize how desperate we are for it. What's a woman to do? First, understand that your guy's hasty retreat post-sex may be about his own shock at how much he craves a connection with you (and how much he's denied it in life). Then, retreat a little yourself. This gives him time to see that his boyhood habits are, in fact, perfectly manly.

7 *.We Appreciate Sex for Sex's Sake-* Having said that about intimacy, sometimes a little “throw-me-down sex” is the right medicine. According to Joe Kort, PhD, a psychotherapist and sexologist, “Men want their wives to enjoy raw sex, not just endure it or take it personally. For men, it's not about dominating a woman, but ravishing her.” On occasion, try letting him ravish you.

8 *.We Are Not Just Our...* The penis gets all the press, but men have “many erogenous zones,” says psychologist Melodie Schaefer, PsyD. “Men tend not to correct women because they're afraid women will shut down and not touch them at all. But there are many places a woman should touch.” Like the chest, the inner thighs and face.

Two other key areas: Gently gripping a man's testicles can be a real turn-on, as it blends control with release. Also, stimulating the perineum, the area between the scrotum and anus, will heighten pleasure during oral sex.



9. *We Encourage Fantasies*

“Men want to share their fantasies but worry their wives will shame or judge them,” says Dr. Kort. Similarly, Dr. Schaefer reports that men wish women would reveal their imaginings. Want to open yourself to these possibilities? Try making a game of it. First, and most important, promise not to judge the other; then, privately write out scenarios that have tantalized you and place them in a box. When you are next intimate, pull one out. If you’re both comfortable, give it a shot. If not, Dr. Kort recommends asking the author a key question: What about this fantasy do you like? Sometimes, its themes can be addressed in different, more comfortable scenarios.

10. *We Like It When You Talk*

Talking during sex stimulates more than our ears. What kind of talk? Dirty, praising and instructive are great starts. As amusing as it may sound, a woman’s words can make a guy feel as potent and virile as a Roman gladiator, even if he’s a suburban banker.

11. *We Need Your Honesty-*

Sex can solve the stresses of a relationship, but it’s often where the stresses show up. If we complain about a lack of sex (or your doing certain things only on our birthday), we may be overlooking serious issues that underpin such withholding. We need you to enlighten us.

The male ego is often tied to sex, so it’s easy for us to dismiss bedroom problems as female disinterest rather than issues we have a part in. Avoiding these problems, however, only perpetuates your feeling unseen and our frustration.

12. *We Enjoy the Dance-*

Men like a good quest; unfortunately, these days, there are so few. But romance earns that distinction. Allow us to court you; make us deserve your desire.

Dr. Kort makes an additional point: “Emotional intimacy is about closeness, but sustaining sexual desire demands a certain amount of distance.” How do couples strike this tricky balance? By allowing each partner to have what he calls “separate sexuality”: a sexual life that doesn’t include, but doesn’t betray, the other. “For him, that might mean allowing his wife to use toys or letting other men look at her; for her, it might be permitting him to watch pornography in order to experience a fantasy.” Such indulgences help maintain the balance of desire and devotion for both parties.

13. *We Can Explain Pornography-*

Finding a spouse using pornography is a top reason couples seek counsel, says Dr. Kort, but it shouldn’t be overreacted to or pathologized. A few things to clear up: 1. Sex addicts represent only 4 percent of the population, so it’s unlikely your man is one. 2. Because childhood experiences influence sexuality as an adult, people are very idiosyncratic about what turns them on. In other words, says Dr. Kort, “no woman can, nor should she, be everything to a man.” Still, the question remains: How does a woman not take pornography personally?

First, determine if your mate is compulsive, or can only have sex, with pornography. If so, you may want to seek counseling. If not, Dr. Kort recommends taking the secrecy out of pornography by discussing it. Use the lens of “what about it turns him on versus what turns you off.” That way, a dialogue is created that allows for honesty, dignity and closeness.

Spend Smarter



They say money is the root of all evils. It can be easy to overspend at the same time it can't buy happiness but we need it to survive. If you want more money use it wisely. But when it comes to actually doing it, all kinds of questions arise!

Here are the tips that will help you to begin thinking over the issue. There are only five things you can do with money; earn it, spend it, save it, invest it, and give it.

Earning

People have to earn an income some way or another. Either way you earn your money, a key decision in this area is determining how much money you actually need to survive.

Spending

Here is the rule of spending money, 'always spend less than you earn.' The minute you start spending more than you are earning, you experience what is called "deficit". When you keep overspending each and every month your debts keep on rising, you and your entire family will become a slave to it. Create a monthly budget with different categories for things like shelter, food, clothing, transport, and so on will help to spend money wisely. A financial planner can also help you develop a budget that is right for you.

Saving



The extra money you have left over at the end of each month after paying your living expenses, taxes, debts, and meeting your giving budget is called savings. Your savings should always be planned and regular. Determine what percentage of your income you can save each month and then divide that amount into short-term and long-term savings. Use the short-term savings for things like family vacations and acquiring smaller items such as electronic equipment. Long-term savings should be set aside for a new vehicle or other expendables that require a significant amount of funds.

Investing

Investing is just like any other financial decision. Consult a financial planner prior to making any major decisions in this area. Any financial planner will tell you that your portfolio should contain a mix of low, medium, and high-risk investments. How much is allocated to each area depends on your risk tolerance and your financial goals. Areas to invest include government bonds, mutual funds and individual stocks.



Giving

Your giving's should always be planned and regular. It is fine to keep some money aside for "spur of the moment" donations. Choose your charities wisely, do your research and find out where your money will go. However, regular giving allows you to budget from month to month. It also enables you to take full advantage of the tax credits available, thus increasing your margin. You can use this extra money for additional giving to cover living expenses.

Wheelbarrow Planter Ideas for Your Garden

Add a wheelbarrow planter to your garden and create an old-fashioned look to your backyard and home. All you need is an old wheel barrow and some imagination!

Did you know that any old wheelbarrow can become a spectacular new planter for your garden? With a little bit of effort and style, you can create your own unique design!

Old and retired gardening gear makes for a great addition to the garden itself. For an easily planted, whimsical landscaping idea, you can roll an old wheelbarrow into any open space in the garden, planting it with a beautiful collection of flowers.

The portable nature of this type of planter means that you can move it for special occasions like garden parties, or simply reset your garden's focal point on a whim. With a broad base offering plenty of planting space, you can easily rearrange the look of your garden once the centerpiece is on wheels!



One tip we've picked up is to line metal wheelbarrow vessels with some heavy duty plastic. This will keep it from degrading further and rusting into the soil. If you notice any holes, pull the plastic through and snip it to allow for drainage. Once you've filled the wheelbarrow with soil, let your imagination run away with planting ideas!

Your Ultimate DIY (do it yourself) Garden Ideas

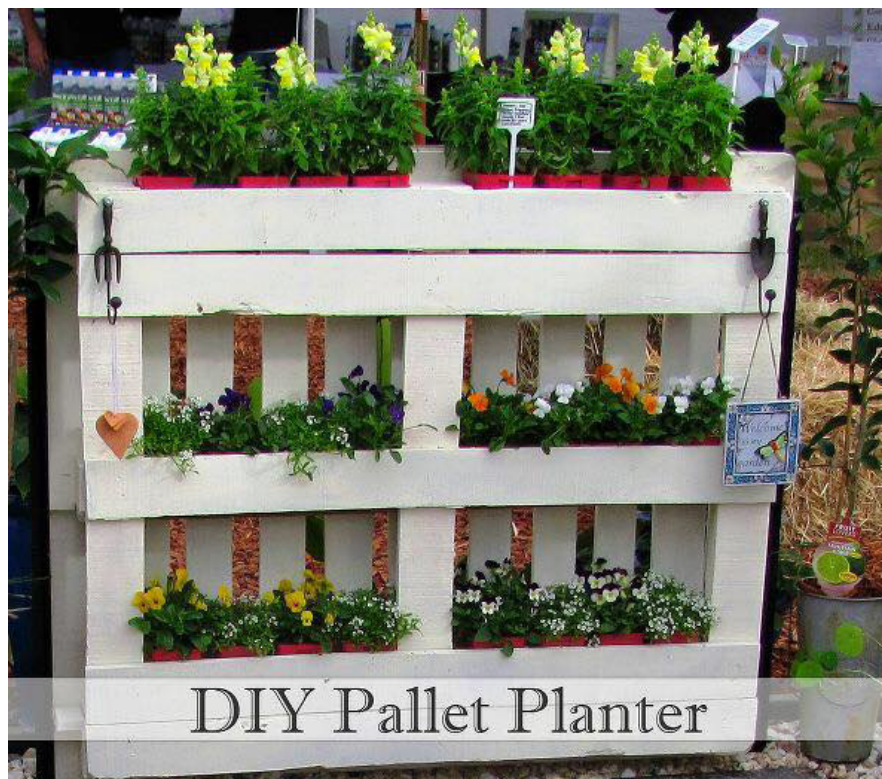
Why not to add a little bit of charm and whimsy to your yard with items that you already have in your home and are waiting to be thrown away. Instead of throwing things away you can turn that old things in your home and make it usable again. Please enjoy some of the ideas that CW magazine has that you can use to decorate your home.

Palette Ideas

Is your garden crying out for some new accessories that you just can't afford? Our DIY garden pallet ideas will take your outdoor sanctuary from derelict to delightful with minimal expense and effort! You don't need any special carpentry skills; these quick and easy DIY ideas require nothing more than some basic tools and a measure of creative foresight.



The most important step with these projects is proper design and meticulous planning. More often than not, you won't need to disassemble the whole pallet as you can incorporate its existing frame into the layout.



Tea Cup and Coffee Mug Gardens

If you live in a small apartment or house and you don't have much space for indoor gardens, then you are on the right destination. These small, yet marvelous and very charming gardens don't take too much space and will add freshness to your space. You all have some cups and mugs that you don't use anymore, but for some reasons you don't want to throw them away yet. So, let's check them out and get inspired to turn them in some cute small indoor gardens and enhance our interiors





Blend Your Colours To a Brighter Room

When coming up with a room's colour palette, one needs to take three important things into consideration; personal preferences, your lifestyle (how you intend to use the space) and the room's physical structure (lighting and architectural details). With this information, you then can determine which colours and colour scheme will best match your décor objectives. It is extremely important to balance colours with a lot of energy because what might seem fun and exciting can become exhausting over time.



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Madamz Bed & Breakfast

Madamz BnB is an upscale designed Boutique Bed & Breakfast which precedes over the peaceful bright city of Gaborone fashioned for suitors of sophistication. Located in Block 7, it offers sophisticated furniture that blends well with today's typical modern interior. Below are the snippets of the B&B's interior décor;



Madamz Bed & Breakfast
Plot 060551 Block &
Gaborone
+267 3184499
+267 74703756



Giwawa DECO



Elegant is the only word to describe Giwawa's decoration style. The décor defines itself by the look of the eyes.

Goabaone Showa, owner of Giwawa Decorations started managing a family business in 2006 and that is where her passion and interest in décor evolved.

In 2010 she bought the business to be a sole proprietor called Giwawa Decorations.



Giwawa Decorations



+267 77000030

Demonstrating her hand work at Madamz Bed and Breakfast, Giwawa Décor described the setup used as a trending décor setup that people prefer nowadays. She said that wood is the in-thing nowadays that is simple, natural and elegant. Goabaone said that the décor suits all occasions like magadi, pholoso, kgoroso, white weddings parties, showers and family dinners.

Kitchen cleaning tips



Have you noticed just how difficult it is to clean your stove and your countertops, and to remove that stubborn grease that simply won't go away? How much money have you invested in professional-grade cleaning products, hoping that they will dissolve the dirt and make it easier for you to clean your kitchen? If none of these solutions worked for you and you are looking for cheaper, better and eco-friendly alternatives, then you are in the right place.

Bring out the good old baking soda



Sprinkle baking soda onto a clean damp cloth and scrub the cabinet. Rinse with a clean sponge and dry the area.

White vinegar is an effective all-purpose cleaner



Add 1 cup white vinegar to the dawn dish soap and water mixture. The solution now 2 cups water, 2 tablespoons dish soap and 1 cup white vinegar.

Lemon as an ecofriendly cleaner

Cleaning your kitchen sink and garbage disposal unit can be very challenging, and the truth is that there are many products designed to dissolve and eliminate the food remains and other debris that may clog your sink's drainage.



However, if you want an eco-friendly and cheaper alternative, then look no further than this one: you will be amazed to see just how powerful lemon can be, when combined with some vinegar and baking soda!

How To Keep Your Fridge Squeaky Clean

It's important to keep your fridge clean and tidy, a clean refrigerator promises to keep food fresher. Scuffs and stains can be removed by rubbing with non-abrasive tooth-paste, while grease spills will succumb to a little lemon juice and water. To prevent odors from lingering, store an open packet of bicarbonate soda in your fridge.



If it's a modern solution you're after, some refrigerator manufacturers, use a special coating in the fridge prevents airborne bacteria and mould from forming – be sure to ask about this when buying a new fridge. Turn the temperature control off then unplug your fridge. Remove all food (store perishables in a cooler), discard out of date items and place uncovered foods in airtight containers. Remove shelves, racks and drawers then wash in hot soapy water and dry. Using a soft sponge, wipe down all surfaces with a solution of 2 cups water and 2 tablespoons of bicarbonate soda (pay particular attention to door seals). Rinse then dry with a clean tea towel.

Teko turns trash into Cash

Starting a business to become a successful, young entrepreneur can be challenging but setting your goals and making your start-up capital safe can beat all.

CW magazine caught up with Teko Simons Villander, a young Motswana entrepreneur who is hoping for the best from what he is doing now.

Teko is a 30 years old self-employed young man from Tsabong whose business is about making cups and drinking glasses out of used alcohol bottles. He said that his business idea came as a hobby in 2015.

Although his business operates at the Gaborone bus rank, Teko started schooling at Tsabong, but he did carpentry and Joinery at Lobatse Brigade from 2008 to 2010.

Opening up about his business, Teko said that 80% of people respond positively to it and 20% is their negative response. He also said that he gets motivations from his customers and reading books. The Ordinary Glass Cutter is one of the machines that Teko uses and the epoxy resin glue for joining glasses. Teko says that what challenge him most are complaints from the community about the noise his machine makes. “The competition is not tough since most of those who want to do the same business as mine come and go because they say it is hard to run,” he said.

According to Teko, recycling is important in today’s world as it is good for the environment and people’s lives. Since bottles are thrown away and some break to cause hazard to people’s lives Teko has decided to make a living out of it.

“Patience pays but having that mentality of what people will say will take you nowhere. Always be prepared for the good and bad responses from customers,” prompts Teko.



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 gwest@fours.co.bw

 Lot 4802 Old Lobatse Road
Behind Motovac. Gaborone

 +267 3180 410

 +267 3180 411

 oldlobatse@fours.co.bw

MAUN

 Lot 292. Old Moremi Road Maun

 +267 6861 377

 Fax: 6863 840

 Email: maun@fours.co.bw

SELEBI-PHIKWE

 Plot 11272 Unit 4 Selebi Phikwe Industrial Next To Jumbo Warehouse & Napro

 +267 260 0700

 Fax: 260 0400

 Email: maun@fours.co.bw

Where You Simply Pay Less



MOVIE REVIEWS

1. Logan

In the near future, a weary Logan cares for an ailing Professor X in a hide out on the Mexican border. But Logan's attempts to hide from the world and his legacy are up-ended when a young mutant arrives, being pursued by dark forces

Genre: Action, Drama, Sci-Fi

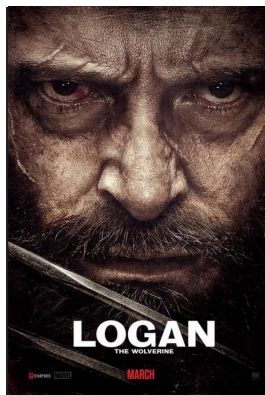
Duration: TBA

Release Date: Fri 3rd Mar 2017

Age Restriction: 16

Directors: James Mangold

Stars: Doris Morgado Dafne Keen
Boyd Holbrook Hugh Jackman
Patrick Stewart



2. Kong: Skull Island

A team of explorers and soldiers travel to an uncharted island in the Pacific, unaware that they are crossing into the domain of monsters, including the mythic Kong.

Genre: Action, Adventure, Fantasy

Duration: TBA

Release Date: Fri 10th Mar 2017

Age Restriction: 13

Directors: Jordan Vogt-Roberts

Stars: Brie Larson Tom Hiddleston
Samuel L. Jackson Toby Kebbell
Tian Jing



3. John Wick: Chapter 2

The continuing adventures of former hitman, John Wick.

Genre: Action, Crime, Thriller

Duration: TBA

Release Date: Fri 17th Mar 2017

Age Restriction: TBA

Directors: Chad Stahelski

Stars: Keanu Reeves Ruby Rose Ian
McShane John Leguizamo Bridget
Moynahan



4. Fast & Furious 8

When a mysterious woman seduces Dom into the world of crime and a betrayal of those closest to him, the crew face trials that will test them as never before.

Genre: Action, Crime, Thriller

Duration: TBA

Release Date: Fri 14th Apr 2017

Age Restriction: TBA

Directors: F. Gary Gray

Stars: Dwayne Johnson Charlize
Theron Jason Statham Scott East-
wood Vin Diesel



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Book Review

Book Name: Botswana's Top 50 Ultimate Experiences

Author: Thalefang Charles (photographer & writer)

Subject: Travel/Guide

Publisher: Mmegi Publishing House (MPH)

Coffee Table: Size: 245mm X 245mm

Pages: 260

Price: P350

Released: November 2016



About the book

This is Botswana's ultimate bucket list. Top 50 of all the incredible things any traveller, whether local or foreigner, needs to see, do, eat and attend in Botswana. It is Botswana's ultimate itinerary, presented with amazing photographs and language that travellers relate to. The book is divided into four main sections namely, Sights, Activities, Food and Events. It is for everyone who is interested on Botswana from her wildlife, arts & culture, natural wonders, manmade landmarks, beliefs and people's way of life. For anyone who wish to explore Botswana whether by getting out there or from the luxury of their arm-chairs. This is the list that if one could exhaust, they can proudly say, "I know and experienced Botswana."

About the author

Thalefang Charles is a self-confessed 'travelholic' who has been trekking Botswana ever since he was allowed to leave house. Charles is a writer, photographer, traveller, blogger, arts lover and journalist based in Gaborone. He has travelled throughout Botswana and extensively through Africa. He has climbed Kilimanjaro Mountain in Tanzania to Uhuru Peak 5895m – the highest point in Africa. He has successfully led two intrepid Cross Okavango Delta Expeditions travelling by mekoro. He was part of the National Geographic Expeditions in the Okavango and Angola exploring the headwaters of the Okavango river basin. Charles is also the pioneer New Media Coordinator at the Mmegi group.

Upcoming

Theater Directors

Local Artists

Film Makers

Single Tracks

Albums

Lizibo released his second album

The Afro pop singer Lizibo Simon recently released his second album entitled Malebeswa. Currently he has one album titled Better Man which was released in 2012. The singer has been releasing singles including the hit song Tjjimunyamunya. He believes that tracks like turn around and hit girl will sell him best.



“...Giving up is something that we relate to intruders. So a lot of people need to hear Poelo Morago. They need to hear the message it has because it passes the information that we don’t hear in today’s music. It is a smash that will definitely sell A.T.I to the masses, and its horizons beyond already exist,” added A.T.I.

A.T.I has many albums, it’s quite important to highlight that he has made more than 150 features with other artists. His 1st album was Polao ya Motho which came out in 2012 and Envelope is his 2nd album. A.T.I began his music journey during his time of My African dream.

Single Tracks

A.T.I Poelo Morago

The truly believer of true art, A.T.I recently dropped a new single called Poelo Morago. It is a song that talks about the challenges and struggles of any human being. Poelo Morago is basically a song that focuses more on describing how it’s not the number of times life can beat you up to the ground, but the number of times you could try to get up yourself back into shape and keep on with life. It is a single from his upcoming album called envelope, which he has been trying to release for the past three years.



Makau ft. Mmp Family

Makau is a combination of 3 gentlemen; Leo Malomo, Tiro Thebe and Bakang Mph- ele featuring the 3 MMP Family members; Tebogo Baipidi (Mzico), Modiri Nage (Mod) and Mothusi Jackalas (Ples). The combination released their single track called Judas in February. The track talks about crooks who don’t want to pay people for their jobs.



Film Makers

Ricardo Mokwena is the director and producer of a Production studio called 7 years of famine. The studio is in Gaborone. He produced a movie titled Man of War, which is an action thriller. It is about a contract killer who wages a one-man war against taxi drivers who brutally assaulted a woman at the taxi rank for turning down their acquaintances love proposal. He uncovers an illegal arms trade that involves corrupt police officials, high ranking politicians and the man who hired him. The movie was inspired by actual events and is a searing attack on South Africa’s apathy towards violence against women. It will be filmed in Johannesburg. Ricardo Mokwena is working with Connie and Shona Ferguson.

Dj ● Darkboy Masey

Masego Ntshotsi otherwise known as 'Dj Dark Masey' is a local Dj whose career started back in 2004. He played music in small parties which pioneered his way into bigger events like Christmas and fundraising parties of companies such as Botswana Building Society, Morupule Coal Mine. He also performed at different tertiary institutions fresher's balls. His comprehensive knowledge of Dj equipment and decks has made him a way to do mixes at Motsweding FM, Sid FM, Trail FM and Gabz FM only to mention a few.



PERSONAL DETAILS

Full names: Masego Ntshotsi
DJ Name: Darkboy Masey
Date of Birth: 05/01/1990
Club DJ Since: 2009

PERSONAL SKILLS

Communication skills
Organizational skills

AREAS OF EXPERTISE

Live music mixes
Technically competent
Event management

INFLUENCES

DJ Fresh
Black Coffee
DJ Tira





Dj Snake ft. Justin Bieber "Let Me Love You"

Wife: "How would you describe me?"

Husband: "ABCDEFGH-IJK."

Wife: "What does that mean?"

Husband: "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."

Wife: "Aw, thank you, but what about IJK?"

Husband: "I'm just kidding!"

I asked a Chinese girl for her number. She said, "Sex! Sex! Sex! Free sex tonight!" I said, "Wow!" Then her friend said, "She means 666-3629."

A thief stuck a pistol in a man's ribs and said, "Give me your money." The gentleman, shocked by the sudden attack, said, "You cannot do this, I'm a congressman!" The thief replied, "In that case, give me MY money!"

[Pre-Chorus: Justin Bieber]

Say go through the darkest of days

[Justin]

Heaven's a heartbreak away

(Never let you go, never let me down...)

Oh it's been a hell of a ride

Driving the edge of a knife

(Never let you go, never let me down...)

Don't you give up, nah, nah, nah

I won't give up, nah, nah, nah

Let me love you

Let me love you

Don't you give up, nah, nah, nah

I won't give up, nah, nah, nah

Let me love you

Let me love you

Oh baby, baby...

Don't fall asleep
At the wheel, we've got a million miles ahead of us

Miles ahead of us

All we need

Is a rude awakening to know we're good enough

Know we're good enough

Say go through the darkest of days

Heaven's a heartbreak away

Never let you go, never let me down!

Oh it's been a hell of a ride

Driving the edge of a knife

Never let you go, never let me down!

Don't you give up, nah, nah, nah

I won't give up, nah, nah, nah

Let me love you

Let me love you

Don't you give up, nah, nah, nah

I won't give up, nah, nah, nah

Let me love you

Let me love you

Oh baby, baby...)



Horoscopes

Aries-(March 21 - April 19)



Welcome back to the world of living. You've been working hard lately and haven't taken time out to do much of anything else -- so play, of course, has been at the very bottom of that list. Well, it's time to make up for all that, starting tonight. Get in touch with your friends and family members. The universe has arranged for all of you to be in the mood for love, laughter and lots of hugs.

Taurus-(April 20- May 20)



Here's another blessed day off from feeling as if you and you alone are responsible for everything that happens in and around your world. This makes two in a row, so you may begin to feel a bit spoiled, but that doesn't mean that you should let guilt creep into the equation. You've earned this, so enjoy it with the companion you've chosen to share in the good feelings.

Gemini (May 21 - June 20)



Gemini go everywhere together, hand-in-hand, symbolizing your dual nature. Our world comes in pairs: good and evil, male and female, in and out, yin and yang -- and you Geminis are living proof.

Some might say Geminis are an entanglement of paradoxes, but the truth is that Gemini has an easy acceptance of opposites. Gemini world is one of duality. Gemini can like this and that, one thing and its opposite. It's like you see your world through a radio and Gemini can tune experiences and points of view in and out as your interests change.

Cancer-(June 21-July 22)



Someone you love is acting as if you're the one and only priority in their life -- and while you're not used to this, you're not about to argue about it. They've been working far too hard for far too long, and you're just glad to be seeing them. While you have their attention, of course, you might want to schedule one of those nice, long heart-to-heart chats. Make some coffee.

Leo-(July 23-August 22)



That invitation to get out of the house and celebrate sounds good, doesn't it? So no matter what you're up to tomorrow morning, why not pretend that you have nothing but time and the luxury of sleeping in as late as you like? You might be tired, but you'll amble into work with a great big grin and a terrific attitude, and just about everyone will be tickled for you. Oh, go ahead party hearty.

Libra-(September 23-October 21)



There's only so much you can do, and you can still only be in one place at a time. So when your family members and your best friends all insist on your time and attention at the same moment, you'll have a decision to make -- and you'll need to make it quickly. Your only option is to figure out what your personal priorities are and to act on them.

Scorpio-(October 22- November 21)



It's time to start recognizing all of the attention you have been getting for what it truly is -- praise and admiration! That hottie is not looking at the clock behind you, they're looking at you -- and wondering if you're single. Those complimentary emails you keep getting from your boss are not the kind of emails that they send to everyone else -- you're someone they are watching with an eye toward the future. Recognize the impact you have on the world

Enjoy *life today,*
Yesterday
& *is gone*
Tomorrow
may never come.

Virgo-(August 23 - September 22)



An authority figure that isn't exactly across the street is still reachable, and you know it. So whether you decide to consult with them via a long-distance call or an email, you can still reap the benefits of their experience -- if you're smart enough to back away from your pride long enough to ask. There's no shame in looking for advice. What's shameful is refusing to ask for it when you know that you need to.

Sagittarius (November 22 - December 21)



The Sagittarius is really a centaur -- the lower half is horse, the upper half is a man. The man is holding a bow with an arrow aimed upwards toward the sky. This symbolizes the Sagittarius' drive to overcome basic animal instincts by aiming his thoughts into the divine realms of the heavens. In other words, Sagittarius is hunting for ideas and experiences that draw you into greater awareness. As such, Sagittarius tend to love adventure, travel and philosophy -- all ways of extending beyond your immediate surroundings



Capricorn-(December 22- January 19)



If anyone is fond of 'just the facts,' it's you. Embellishing those facts or adding details that have more to do with wishful thinking than the absolute truth just isn't your style. Mention all those things to anyone who approaches you now and insists that you give them your opinion on the story they're just dying to share. Otherwise, mention that you also won't be shy -- or gentle -- about letting them know what you really think

Aquarius-(20 January- February 18)



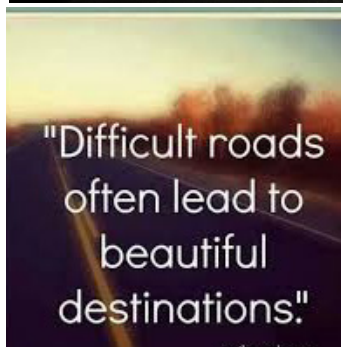
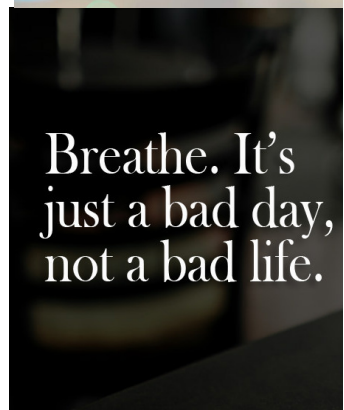
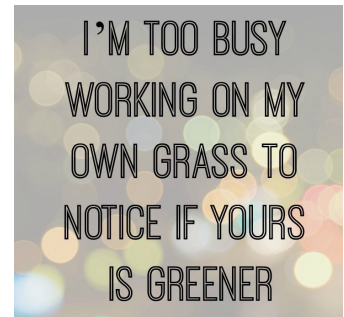
You come off as freewheeling and risk-loving, but when it comes right down to it, you're as bound to duty and responsibility as any of your famously diligent friends. You don't advertise it for precisely the reason you won't be happy about letting it show now: because there's always someone who wants to put you in a position of authority. At the moment, though, you won't be upset about that position. Honestly? You may even enjoy it.



Pisces (February 19 - March 20)



Fish appear to be individuals, but have you ever seen a school of them swimming together? They act as one. Each is part of a greater whole. And you Pisces Fish are more aware of your interdependency than any other sign. It's as if Pisces live in an ocean and the spirit that flows through you is like the one ocean that flows through all fishes. The symbol of the Fish is also the symbol of Christianity, the predominant religion during the past two thousand years -- also known to astrologers as the "Age of Pisces."

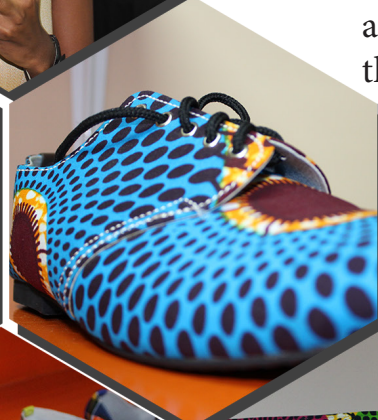


Bust Out Those Wallets At The Newly Opened Boutique Concept Store

It just got easier to shop from local designers at the Boutique Concept Store. The store is a new initiative that brings all the local designers under one roof.

It houses designs of clothes, shoes and accessories such as neck pieces, watches and handbags done by local designers.

The shop recently opened up on the first floor of the Northgate Mall. On February 09, 2017 the Boutique Concept Store brought together models, artist, and photographers to view the newly opened store.



The show was an opportunity for the media and potential clients to appreciate local designers housed by the Boutique Concept Store and to introduce the store to masses.



At first, the shop started as an idea of Mollz and Kellz in 2012. They operated their designs at their house in Extension 2. Later the two met Nora of Nora Cosmetics and collaborated with her. They conversed about the idea with her and she introduced them to the house of Kay, owned by Koane Moremong who agreed to partner with them.

They all decided to invite more local designers like; Botho Challegwa of Botocy Creations, Aobakwe Molojiwa of Gilded Sands and Tankiso Motlhwane.

Artist Feature

One on 1 With Nono Siile

Make Up By Kayla Goabaone
Damba
267 71292395

The “borre” song is a hit song that has been trending in local radio stations. The hit maker is a Shoshong native, Nono Siile. *Celebrity World* magazine had a chat with the jazz singer at Coricraft as she narrated her music journey.

CW: Hi, please take us through your music journey

Nono: I started singing at church and I was a lead singer. My music journey started in 1997. I met the late Gomolemo Motswaledi at KTM Choir and we had a choir called Love Supreme Choir which was under KTM Choir.

I released my first album as a solo artist called Kgarebe in 1997. The album features songs like “nthekele ring”, second album is called “tlhala nna” which was released in 2001. I had collaboration with Punah Gabasiane Molale in 2013 with the album “re tsetswe jalo”. My fourth album was released in 2014, it is called Rranchekgwane. It is a lovely album dedicated to men. The album won two best Botswana Music Union (Bomu) Awards; best album and best female artist. I am releasing my fourth album end of April this year. The album is called “kwete”.

CW: Interesting! So who are the other people you worked with?

Nono: The late Duncan Senyatsa is one of the people I worked with. I also worked with Ndingo Johwa and recorded 6 albums with him. I have albums recorded with Punah Gabasiane Molale, Lista Boleseng and other jazz singers.

A JAZZ SINGER, BELIEVER, SELF MOTIVATED...

CW: When was your last overseas performance?

Nono: I performed in Japan twice in 2015. I also performed in South Africa, in July 2016 and my last overseas performance was in Sweden last year September during independence celebrations.

CW: OK! now tell us what is it that people don't know about you?

Nono: People don't know I am a Christian, they just think if I am under guitars there's no God and I can't even pray. But I believe in Christ and everything I do it's him first. The Holy Spirit guides me.

CW: Please, share with us your inspiration to the upcoming jazz artists

Nono: Being a singer is not an easy journey, focus and believe in oneself. Saving money for recordings and updating profiles is the best thing to do in order to curb the challenge of money.

CW: Thank you for your time, we wish you the best in your endeavour.



Location
Coricraft Game City



Have You Ever Had A

Pap Test Before

It has been realised that most women in Botswana are nowadays affected by one of the dangerous silent killer called cervical cancer. CW magazine had a chat with a medical doctor at Blessing Medical and Physio Centre, Dr Made Afata, who described Pap smear as a screening routine procedure for cervical cancer.

Research states that cervical cancer occurs when abnormal cells on the cervix grow out of control. The cervix is the lower part of the uterus that opens into the vagina. Cervical cancer can often be successfully treated when it's found early. It is usually found at a very early stage through a Pap test.

According to Dr Made Afata, the Papanicolaou test (abbreviated as Pap test, known earlier as Pap smear, cervical smear, or smear test) is a method of cervical screening used to detect potentially pre-cancerous and cancerous processes in the cervix (opening of the uterus or womb). He said that it was discovered by George Papanicolaou

Cervical cancer can affect any other lady who is sexually active, it is hidden and a race does not play a role in how the body is affected by the disease therefore it is better for a person to go for Pap smear.

He says that the Pap test is not painful but may be a little uncomfortable added Dr Afata.

The research further states that cervical cancer starts in the cells of the cervix, then the cancer cells grow abnormally and spread in an uncontrolled way into surrounding tissues of the body by entering blood vessels like any other cancer. It also states that cervical cancer travels to the body parts causing damage to tissues and organs.

Symptoms of cervical cancer may include:

- Bleeding from the vagina that is not normal, such as bleeding between menstrual periods, after sex, or after menopause.
- Pain in the lower belly or pelvis.
- Pain during sex.
- Vaginal discharge that isn't normal.

Materials used during pap smear test

Speculum metal- is sterilised before use or disposable which has to be lubricated with warm water. It is used to widen the opening of the vagina so that the cervix and vagina can be examined.

Slide- it should be labelled patients details and labelled on the other side using a pen or pencil.

Cytological fixative spray



Brush- endocervical /Craig brush or ectocervix /rovers brush are used to collect cells from the cervix.

Dr Afada says that all these devices are gentle but can feel a bit odd to the patient when used, some women have a very tender cervix and may experience more discomfort than others. Several women may have a more fragile cervix that bleeds a small amount when scraped, but this is only a temporary problem with no major side effects. The Pap test should be done by trained medical doctors and mid wives

High risk chances

- Early sexual activities
- Having multi concurrent sexual partners
- Prostitution
- HIV + patients

Most cervical cancer is caused by a virus called human papillomavirus, or HPV. You can get HPV by having sexual contact with someone who has it.

Early detection can save your life Dr Made Afada recommend ladies to do the Pap smear to help detect cancer early, "this will give you treatment options and help increase the chances of surviving cancer".

Pap smear should not be done by pregnant women as it may lead to abortion or premature labour. Ladies on menstruation or abnormal bleeding should also not do the test as the doctor would not see clearly

Baby Colic

Crying is a natural occurrence with a newborn, but what do you do when you have a baby that cries nonstop? Chances are your baby may have colic.

Colic is a condition where there are repeated bouts of excessive crying in a baby who is otherwise healthy. The definition doctors use is: a baby crying for more than three hours a day, for more than three days a week, for at least one week. Colic is common and can be distressing for parents. It usually goes away by the age of 3-4 months.

Ways that may help to ease colic in some cases, and some tips on how to cope, are given below:



Despite a huge amount of research on this condition, the actual cause is still not clear. The term colic is used as it is thought the baby has pain in the tummy (abdomen). Research suggests this may be related to a change in the level of hormones that control the movement of gut muscles. Another theory is that babies with colic may have an abnormal balance of germs (bacteria) in their gut, which gradually corrects itself over a few weeks.

How is colic diagnosed?

Colic is diagnosed by excluding other causes of persistent crying. Babies with colic are otherwise well and continue to put on weight normally. In the majority of babies who cry a lot, no illness can be found and colic is often the cause of this. Remember, a baby with colic will have spells when they are perfectly fine in between bouts of crying.

What causes colic?

Helping colicky babies and their parents

There is no treatment that cures colic. Every parent has their own way of coping and may find different things helpful. Try not to despair. You have to remember that there is nothing that you have done to cause the colic. Also, be aware that colic usually goes away by 3-4 months of age, often much sooner.

One or more of the following may help:

- Check for causes of discomfort
- Make sure the baby is not cold, is not hungry and is changed often enough.

• Reducing anxiety

Even newborn babies may sense anxiety. This can make things worse. Try to create a relaxed atmosphere. If possible, have a rest and meal before the colic begins

(usually in the evening). The more rested and relaxed you are, the better you will be able to cope.

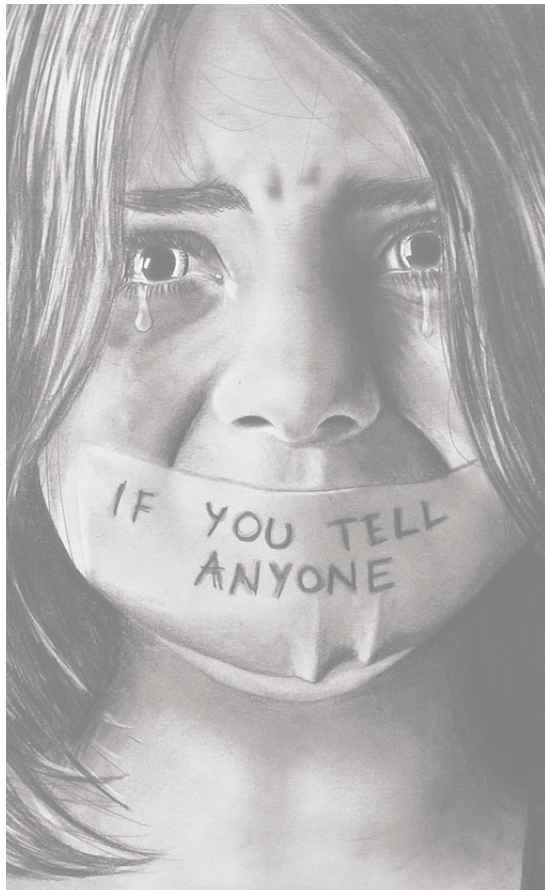
Colic happens more frequently when the mother has postnatal depression or feels very down after the baby has been born. If this is the case, see your doctor for some help.

• Your feelings

Sometimes parents become angry, tearful, or resentful towards a baby with colic. These are normal and common emotions. The crying can seem distressing, intolerable and very frustrating. But if you are finding it hard to cope, then your doctor.

What The Law says

Protect Your Children, Know Their Rights !



The following information under the Botswana children's act, of 2009 has been used to sensitize Batswana on the protection of children. It states that;

PART II – Application, Objects and Guiding Principles of the Act,

7. The following principles shall be observed in the administration of this Act ;

- (a) No decision or action shall be taken whose result or likelihood is to discriminate against any child on the basis of sex, family, colour, race, ethnicity, place of origin, language, religion, economic status, parents, physical or mental status, or any other status;
- (b) Every child shall be cared for and protected from harm;
- (c) The parents, family and community of a child have the primary responsibility of safeguarding and promoting the child's well-being;
- (d) Every child shall have stable, secure and safe relationships and living arrangements;
- (e) a child's parents, other relatives, guardian and any other people who are significant in the child's life shall be given an opportunity and assistance to participate in decision-making processes under this Act that are likely to have a significant impact on the child's life;

- (f) the people referred to in paragraph (e) shall be given adequate information, in a manner and language they understand, regarding —
- (i) decision-making processes under this Act that are likely to have a significant impact on the child's life,
- (ii) the outcome and implications of any decision about the child, including an explanation of the reasons for the decision, and
- (iii) any relevant complaint or review procedure;
- (g) decisions about a child shall be consistent with cultural, ethnic and religious values and traditions relevant to the child; and
- (h) decisions about a child shall be made promptly having regard to the age, circumstances and needs of the child.

CHOPPIES

VALUE FOR YOUR MONEY!

Choppies promotes an active lifestyle and wellness to employees

Gaborone: Greg Anderson once said “wellness is not a medical fix but a way of living- a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever.” Choppies shares the same sentiments for her staff. Choppies hosted a fitness fun day for its employees at the BNYC Sport complex. The day began with a series of aerobics and step exercises hosted by Gaborone based fitness trainers Prince Matsheka (AKA The Fresh Prince of Fitness) and Oreage Mogale .

This was also followed by a tough Zumba class from Kutlwano and a Boot Camp class by Sam who are both fitness trainers from Virgin Active Fitness Club. The Virgin Active team had partnered with Choppies in order to encourage the Choppies staff members to be fit and lead active lives.

On the other side of the BNYC Sports Centre was 4 team football tournament of which included employee teams from; Choppies Distribution Centre, Choppies Hyper Game City, Choppies Mogoditshane and lastly a guest team called Pivotal Social Club from Gaborone. The highly vibrant football tournament was witnessed by many supporters throughout the entire day and Choppies Distribution Centre came out victorious in a riveting afternoon final.

Choppies would like to extend its heartfelt gratitude to Virgin Active gym for availing their exceptional services as well as BNYC for opening their doors for us to host the wellness day.



Around The World

BOTSWANA-THE AFRICAN GEM

Botswana is well known for having some of the best wilderness and wildlife areas on the African continent. With a full 38 percent of its total land area devoted to national parks, reserves and wildlife management areas.

Experience here the stunning beauty of the world's largest intact inland Delta – the Okavango; the unimaginable vastness of the world's second largest game reserve – the Central Kalahari Game Reserve; the isolation and other-worldliness of the Makgadikgadi – uninhabited pans the size of Portugal; and the astoundingly prolific wildlife of the Chobe National Park.

The first – and most lasting impressions – will be of vast expanses of uninhabited wilderness stretching from horizon to horizon, the sensation of limitless space – astounding natural

wildlife and bird viewing, night skies littered with stars and heavenly bodies of an unimaginable brilliance, and stunning sunsets of unearthly beauty. As well, with more and more cultural tourism options on offer, you will be charmed by the people of Botswana, visiting their villages and experiencing first-hand their rich cultural heritage. But perhaps most of all, Botswana's greatest gift is its ability to put us in touch with our natural selves. It offers that vital link so keenly felt by inhabitants of the developed world, a pervasive void we feel but often cannot name – our connectedness with Nature and the astonishing diversity of plants and animals to be explored.

Botswana at a Glance

Location: Botswana is a land-locked country situated in southern Africa. It borders South Africa, Namibia, Zambia and Zimbabwe. Approximately two-thirds of the country lies within the Tropics. Country Size: Botswana covers an area of 581 730 square kilometers – about the size of France or Kenya.

50 Cw Mag

Topography: Most of the country is flat, with some small hills in the eastern areas. Kalahari sands cover 84 percent of the surface area. With the exception of the northern areas, most of Botswana is without perennial surface water.

Capital: Gaborone
Urban Centres: Francistown, Lobatse, Selebi-Phikwe

Tourism Centres: Maun, Kasane
Independence day: 30 September 1966

Government: Multi-party democracy
Head of State: His Excellency Lt. Gen. Seretse Khama Ian Khama
Population: 1.85 million, with an average annual growth rate of 2.4 % (2006 statistics)

National Language: Setswana

Official Language: English

Currency: Pula

Main Exports: Diamonds, copper, nickel, beef, soda ash, tourism

Major Crops: Maize, sorghum, millet
<http://www.botswanaturism.co.bw>

DUBAI, THE EMIRATE CITY

Dubai is a city and emirate in the United Arab Emirates known for luxury shopping, ultramodern architecture and a lively nightlife scene. Burj Khalifa, an 830m-tall tower, dominates the skyscraper-filled skyline. At its foot lies Dubai Fountain, with jets and lights choreographed to music. On artificial islands just offshore is Atlantis, The Palm, a resort with water and marine-animal parks.

Local time: Saturday 12:19
Weather: 21°C, Wind W at 26 km/h, 45% Humidity
Population: 2.724 million (Feb 11, 2017)

It is located on the southeast coast of the Persian Gulf and is the capital of the Emirate of Dubai, one of the seven emirates that make up the country. The city of Dubai is located on the emirate's northern coastline and heads up the Dubai-Sharjah-Ajman metropolitan area.

Dubai has become iconic for its skyscrapers and high-rise buildings, in particular the world's tallest building, the Burj Khalifa.

CULTURE & HERITAGE

Dubai's culture is rooted in Islam, providing a strength and inspiration that touches all aspects of everyday life. Virtually every neighborhood has its own mosque. One of the largest and most beautiful mosques is Jumeirah Mosque, a spectacular example of modern Islamic architecture. The mosque is particularly attractive at night when subtle lighting throws its artistry into sharp relief.

Courtesy and hospitality are among the most highly prized of virtues in the Arab world, and visitors will be charmed by the warmth and friendliness of the people. The Sheikh Mohammed Centre for Cultural Understanding has been set up to bring down barriers between people of different nationalities, and to help understand the traditions, customs and religion of the UAE. One activity carried out to bring this vision to life is the popular Jumeirah Mosque visit, which takes place four times a week as a fixed public tour. Guests at the mosque are treated to a talk on the UAE Culture and the UAE's official religion, Islam. A question and answer session is held afterwards.





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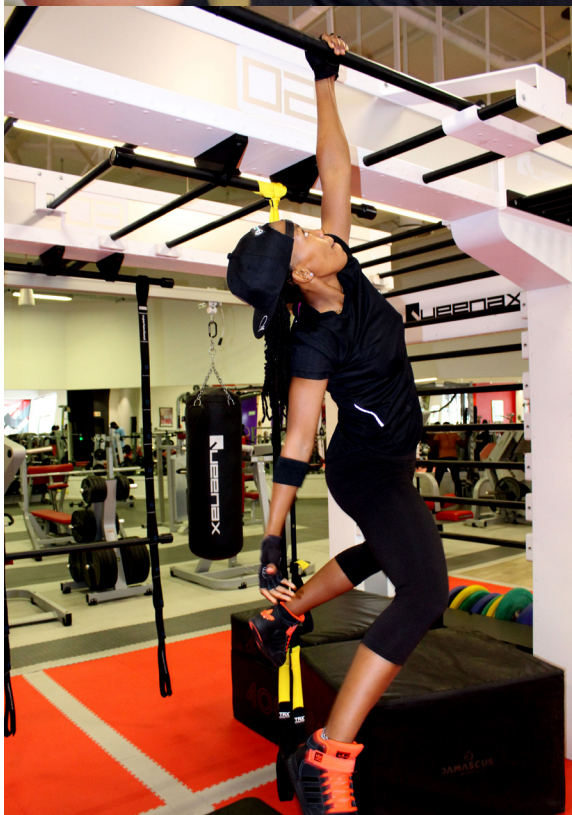


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Health & Fitness

Fitness With Lady




Name: Tlotlo Nfila
Date of Birth: 18 January 1991

Place of Birth: Palapye
Hobbies: Sports, Currently plays rugby, body building
Relationship status: In a relationship

Inspiration: "I was chubby as a child, when I started doing sports recreation and leisure; it opened up a whole new view of what fitness can do for me. Then I started implementing what I had learnt into my life and my body started changing. Then I thought that if I can change myself why not share it with others".

Educational Background: Certificate Level, sports recreation and leisure at Francistown College of Technical & Vocational Education (FCTVE), Qualified Spinning Instructor.

Awards and Achievements: -Competed in the Body Building classic 2015, 3rd position
-Competed in Gabz classics, Came in 1st Position
-Competed in Iron Man and came in 1st position
For personal Training and Team training: Cell: 76138317

 Deepheart bodyshop

Instagram: Ladynfila

Yoga Exercise

Ease your way into dreamland with this one of five-move yoga routine. The move will relax your body and mind, but the best part is that you can do them all on the floor.

Calf stretch

Stretching Exercises using a foam roller

How to do it

Sit on the floor with your legs stretched out in front of you. Place the foam roller under the lower half of your lower right leg. Cross your left leg over your right. Push up with your arms and roll back and forth on the foam roll. Slowly roll yourself over the foam roll back and forth working your way up the muscle toward the knee. Do not cross over the knee. Perform this with your toes pointing inward and outward.

Upside-Down Relaxation

It is also advised not to go upside-down if you are on your moon cycle or pregnant. If you have a healthy neck and back and know this pose, 2 minutes is enough for the exercise.



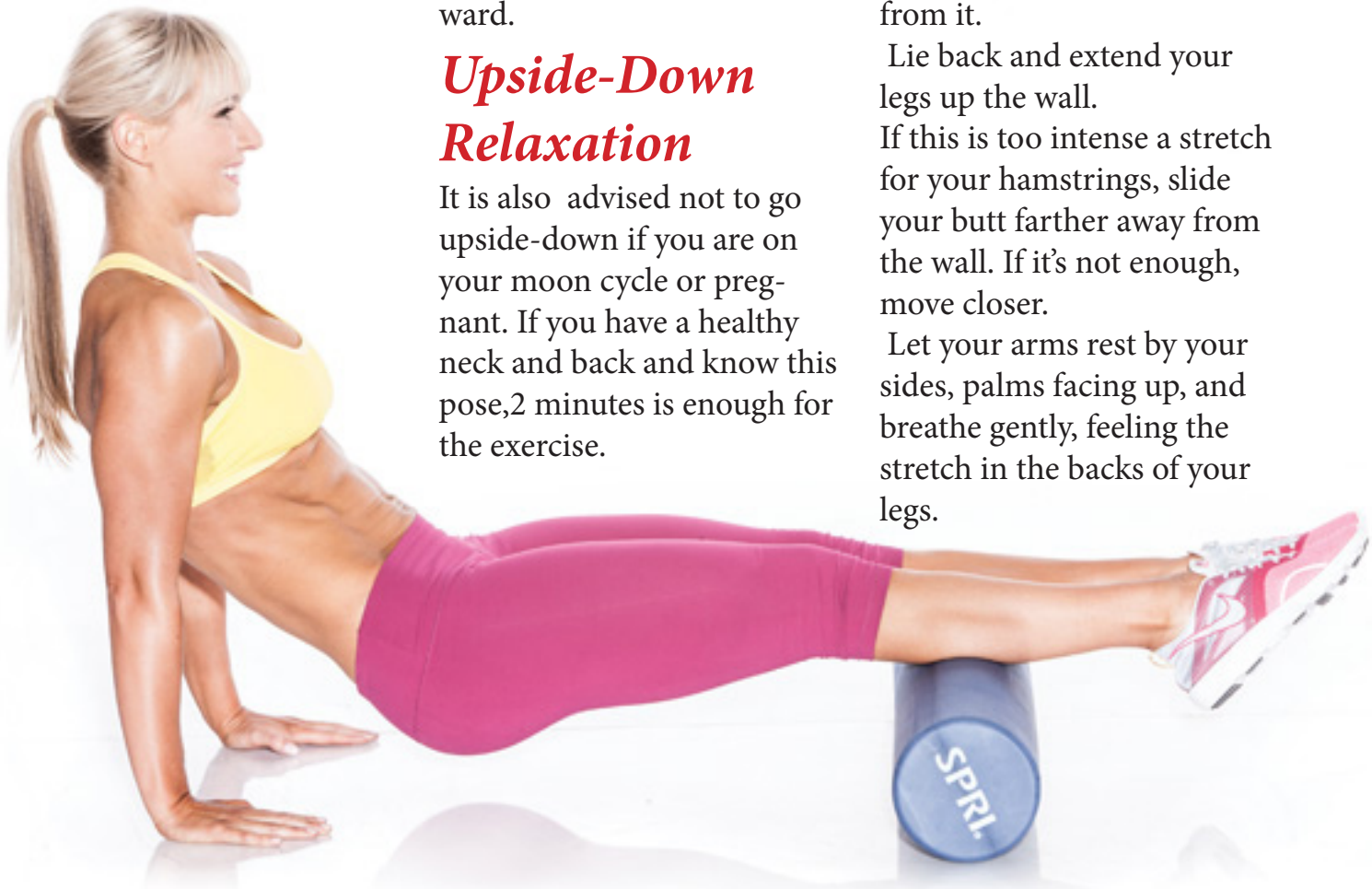
Steps on how to do it

Sit facing a wall with your butt about 6 inches away from it.

Lie back and extend your legs up the wall.

If this is too intense a stretch for your hamstrings, slide your butt farther away from the wall. If it's not enough, move closer.

Let your arms rest by your sides, palms facing up, and breathe gently, feeling the stretch in the backs of your legs.



Your 5ve Colour Salad

By Unami Makali

Celebrity World caught up with Unami Gracious Makali, a local student chef whose passion for cooking began at a tender age of 7. Despite graduating with a Bachelor of Social Sciences from the University of Botswana, her passion for the kitchen has never stopped burning.

Where do you get your inspiration?

My inspiration comes from everything that happens around me, when I see veggies and meat or anything new I get excited to see what I can make out of it. I also get inspired by my family and friends. Every time i try something new and they love it, that means I am on the right track.



“Being a chef is more than just cooking fancy foods, its a discipline”

What makes you different from other chefs?

There is relentless passion that burns inside me. When I cook I do it with every bone in my body and I will not serve anything less than the best! I am always trying new things as well. I read a lot of classical books with techniques that guide my everyday cooking.

What does the future hold for you?

I would really love to own a cooking studio and a wedding destination. Tashy Royal Gardens and Serokolwane Lawns inspire me a lot. I want a one stop shop for all events throughout the year. I know it will take a lot of work, but I am more than ready to face the challenges.

When did you know that you wanted to be a chef?

It all started when I was 7 years old. I remember cooking Christmas lunches and New Year’s dinners for family and friends. I would make turkey, gammon roasts and all the trimmings.

They would enjoy it so much. Now I am here and I am about to complete my training as a Qualified Chef.

Being a Chef is more than just cooking fancy foods, it’s a discipline, a profession and a title that I respect immensely.

The kitchen is definitely my happy place, that’s for sure.



What advice would you give to an aspiring chef?

Be prepared to work hard! It takes a lot of guts to be in this profession, especially in an industrial kitchen. Get your training right; I took training for granted until I got into it. It has helped me a lot especially with the food that I prepare now.

Spinach salad

Instructions

1. Wash the spinach and shred it thinly. Transfer into a bowl.
2. Chop the onion and peppers, halve the cherry tomatoes and then add to the spinach.
3. Cut the feta into small cubes and add to the spinach. Add Sweet chilli sauce, salt and pepper. Gently mix the salad and set aside in the fridge.
4. To make the dressing, combine water, honey, soy sauce and ginger over a medium heat. Allow to reduce until it thickens into a paste. Blend the mixture and set aside.
5. Preheat the oven to 160 degrees. Cut the Hake into desired small shape (i went for triangular shapes). Season well with thyme, salt and pepper.
6. Place the fish in an oven pan, place a small knob of butter on the fish and drizzle with lemon juice.
7. Bake for 10 minutes. Place spinach and hake on the plate, pour over the blended dressing, finally drizzle lemon juice and enjoy.

Smoothies *Help Keep You Hydrated*

One of the many benefits of having a fruit smoothie every morning is that they are easy to make. Good Smoothies Are Nutrient-Dense & Contain Fat. The best smoothies are made with natural, all real, nutrient-dense ingredients that provide vitamins and oils necessary for good more complete nutrition. Fat is required for biological functions and is burned by your body for energy. A truly healthy smoothie should have some dietary fat for the body to use in assimilating the vitamins. Simply blending a banana with ice and skim milk does provide a great deal of benefits or nutrients. A smoothie for breakfast helps you get hydrated for the day, something soda and coffee won't do. Since your body pulls water from many foods in order to stay hydrated, you won't have to drink water when you're sipping on a smoothie (especially a homemade one without sugar). Milk and yogurt are largely water, so if your smoothie is dairy-based, you'll quench your thirst. In hot weather, add some ice cubes to the blender for extra water.



CARROT CUCUMBER KIDNEY CLEANSE JUICE

Ingredients

- 8 Carrots
- 2 Green apple
- 1 Large Cucumber

Method Blend all the ingredients



GOLDEN LIVER FLUSHING DRINK

INGREDIENTS:

- HALF A TEASPOON OF TURMERIC
- A BIT OF GINGER
- THE JUICE OF HALF A LEMON
- HALF A CUP OF WATER



Super Healthy 365

Summer Splash

3 tablespoons basil, chopped
 1 1/2 cup blueberries
 2 Pinches cayenne pepper
 1/2 lime
 5 cups watermelon, diced

Add all ingredients to juicer and juice.



Super Healthy 365

Strawberry Mango Sunrise Smoothie

- 1 3/4 cups unsweetened coconut milk drink
- 1 cup baby spinach
- 1 cup frozen strawberries
- 1 cup frozen (or fresh) mango
- 4 tablespoons protein powder
- 1 cup ice

Add all ingredients to blender and blend until smooth.



Cinnamon Pineapple Smoothie

INGREDIENTS

- 250 ml of water
- 7 g. of cinnamon
- Two cups sliced pineapple chunks
- 1 cup Instant oatmeal
- 1 cup raw natural orange juice
- 40 g almonds crushed almond
- 40 g raw honey

DIRECTION

First prepare the oatmeal then squeeze the pineapple juice, blend together the orange juice, cinnamon, honey and almonds. Add the oatmeal and pineapple juice and blend them again.



Super Healthy 365

TURMERIC SMOOTHIE

INGREDIENTS

- 1 cup of coconut milk
- 1/2 cups of frozen mango chunks
- 1 fresh banana
- 1/2 tbsp turmeric
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tbsp chia seeds

DIRECTION

Place all ingredients in a blender and blend until smooth.

Health benefits of TURMERIC

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- Prevent alzheimer's
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- Reduce risk of blood clots
- Prevents Stroke
- Reduce bad cholestrol
- Improves digestion



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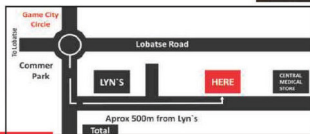
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Botswana Craft- A POT OF GOLD

The Botswana Craft has become a tourism hub in Gaborone. It was established in 1970 by the Botswana Development Corporation to develop the rural based handcraft industry of the country.

The Botswana Craft has grown to be Botswana's largest retailer and exporter of handicrafts. Privately owned since 1993, it now directly employs over forty citizens and indirectly creates work for numerous rural craft producers throughout the country. It complements locally made products by importing handicrafts.

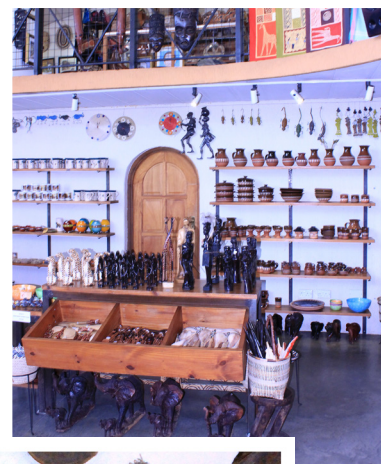
Botswana Craft complements locally made products by improving handicrafts from the Southern African region and other developing countries. The company is dedicated towards improving the quality of life for rural Botswana and the management and utilization of the country's natural resources.

Botswana Craft has the Mogopong functions and conferences, which is an ideal for conferences, press briefings, small live musical or dramatic performances. Mogopong can seat up to 80 people cinema style.

The conference package includes lunch in the courtyard restaurant, where a firm favourite is a signature dish; traditional seswaa with morogo wa Setswana and phaleche.

The company also has the courtyard restaurant tucked away behind the retail store, and is the ideal meeting place for a business breakfast or a relaxed lunch. The restaurant serves traditional food and a delicious selection from the more conventional menu.

Botswana Craft has partnered with Orange Botswana to host the Annual Orange Letlhafula which is aimed at celebrating Botswana's culture. The event showcases different local cultures through; music, dance, food and traditional games. Each year Botswana come dressed up in their best traditional outfits and spend a day out enjoying the diverse Botswana culture at Botswana Craft. They have also partnered with Mascom to host the annual Mascom Live Sessions which has been running since 2011 and has featured an array of musical talent from across the world.



Making Something Out Of Something Is Something

Benjamin One Boitumelo is a young Motswana who makes art by painting shoes. The Events Management Limkokwing student came up with idea 2 years back after he completed his BGCSE in 2013. His dream was to see himself doing his own work to find pocket money. CW team took time to sit down with this talented artist as he opens up about his business.

Benjamin studied art at Bonnington Junior and Naledi Senior School. In an interview he said he has always wanted to own a brand from a young age and has never been interested in being employed. He said most of the people around him are supportive and grateful of him. Benjamin said he was always familiar with art through television in countries like the USA and South Africa. He then decided to grow the art as he found it very interesting as it helps one to have their shoes revamped and unique. He added that the art has better recognition in the said countries than Botswana.



International Gossip

HOLLYWOOD GOSSIP

CHRIS BROWN'S STYLIST RESPONDS TO PHYSICAL ABUSE RUMOURS

Chris Brown was recently exposed by his ex-girlfriend Karrueche Tran for allegedly physically abusing her while they were together. Now someone close to the singer is speaking out. The singer's stylist and the star of About the Business, EJ King, shared his two cents on the domestic violence claims, saying neither he nor anyone who was not directly involved in the relationship should judge.

"It's not for us to dissect why somebody did something or didn't do something," he said in a video. "I love both people. I'm not in it. I don't know what transpired, and if I did, I would never say anything because that is not my place."

"I think it's sad when people attack anybody because of a situation they don't know what drove whomever to do what, you know?" he continued.

BOLLYWOOD GOSSIP

'Lipstick Under My Burkha' row: Censor Board defends action, says movie content is 'unacceptable'

Reacting to the controversy over the certification of the upcoming movie 'Lipstick Under My Burkha,' CBFC member Mamta Kale justified the Board's action saying that the content of the movie is the core issue.

"The kind of content and the abusive language they have put in the movie is unacceptable and they should not have done this. Any movie that comes to CBFC, the board sees it really critically. The whole team sits together and analyses the movie and then a decision is taken," Kale said.

She further noted that the movie is absolutely not about women empowerment, adding that the filmmakers should be cautious when they picturize such controversial topics.

"Being a woman, you can talk about your sexual rights but you have to keep one thing in mind as to how you are showing that issue. Can families go together to watch such a movie? No, they cannot," she added.

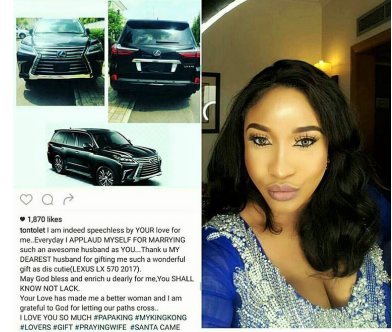
NOLLYWOOD GOSSIP

"MY MARRIAGE WAS BASED ON DECEIT AND LIES, NO ONE KNOWS KOW MANY STDs I TREATED" – TONTO DIKEH

Gossip Mill Nigeria has reported that Nollywood actress, Tonto Dikeh, whose marriage is in crisis, has revealed a dark secret about her marriage that no one knows. Responding to this, Tonto said everyone can laugh at her as long as she didn't end marriage in a body bag. She also went ahead to reveal that no one knows how many STDs she has treated and the pain she felt in her marriage.

Just 4 months ago, Tonto Dikeh was gushing about her AWE-SOME HUSBAND who just bought her an SUV – Lexus LX 570 for Christmas, Tonto applauded herself for marrying Olakunle Churchill and prayed that God enriches her baby's daddy dearly for her. Out of that same mouth, Tonto said her awesome husband gave her STDs and fans called her out for speaking evil about a man that showered her with expensive gifts during the good days.

Alleging that she used her platform as a popular star to lie about the gifts to make her ex-husband, Churchill, the man he is today.



MOTSWAFERE PREMIERS HIS NEW LOOK

We can't keep track of how many times Motswafere has transformed and changed his look these past years, because the brother man is always a step ahead of his peers. He has shared an epic picture of himself with a totally new look captioned, "new look, new music, dilemma," on Twitter.

For his Facebook followers, the singer and fashion guru shared the same picture with another caption, "New Hair, New Me, New confidence, New Elevations. Motswafere is not shy to experiment with hair, and he always gets it right. He has had dreadlocks, Mohawk, brush cut to name just a few, and he has killed them all!

Motswafere refers to himself as a musician, songwriter, creative director, fashion mogul, risk taker and survivor, henceforth one needs different looks for these many tittles. His latest project is his Fashion and Beauty studio, and it is coming up very well. He hints that he is working on some new music and we cannot wait for that too. You go Motswafere!



OZI AND BABY MAMA SERVING US RELATIONSHIP GOALS!

Even the most uncensored rapper in the country has a weakness, and that's his woman! Rapper Ozi F Teddy recently shared a picture of himself with his baby mama on Twitter. The two were all lovey dovey in a picture captioned, "Mom & Dad."

Ozy doesn't let out much about his woman, but judging from the picture is quite clear that the couple is in love. The two have just been blessed with a baby boy named Prince and Li Dwayne. The baby already has his own Twitter account with the handle @BabyLi_Dwayne and Instagram @Babysummertheprince.

We only hope that when Ozy is with his woman, he disses his foul speech and just whisper sweet nothings to his baby mama. He seems to be beefing with every rapper in the country. Ozy is doing well musically and he was one of the artists who got to perform alongside American rapper Rick Ross ushering in the New Year.

VEE'S METRO FM AWARD VICTORY A DUAL HISTORY

Botswana's most hard-working musician, Odirile Sento popularly known as Vee Mampezy to his legion of fans has humbled critics and naysayers alike by becoming the first Motswana to scoop the coveted Metro FM Music Award. History was written on Saturday night at the star-studded awards held at Durban's ICC when the pint-sized star accompanied by his drop-dead gorgeous wife, Kagiso was announced as the winner, beating Africa's music industry heavyweights such as Komanda Obbs, Tekno, Pato Ranking and Tiwa Savage.

Vee's Metro FM Award triumph has seen congratulatory messages rippling across various social mediums, after the Hukuntsi native proved that hard work indeed pays ultimately. But just how did this come about? Last month, January 18th to be precise, when the South African urban radio station, Metro FM announced its 16th annual awards nominees, Vee's name came up under the new category, #OneAfricaAward alongside some of Africa's most sought-after artists being Nigeria's trio of Tekno (Pana), Pato Ranking (Kissing) and Tiwa Savage (If I Start To Talk) as well as Komanda Obbs (Ke Tauwa) from Lesotho.

Natasha Olopeng, the queen of Miss Plus Size

The Miss Plus Size Universe Botswana saga seems to be far from over because the recent developments looks like the drama is only beginning. After keeping the nation waiting and guessing, the 2nd runner up Natasha Olopeng who has stepped in to take over from the Queen has now decided to speak her side of the story.

In response to the allegations that she got the privilege to represent Botswana because of her surname, Natasha had this to say; "I find it so sad and pathetic how people never want to make it on their own they always want to put other people down or even blame other people for their own failures."

Listen here I was born into this life that I never picked it, or asked for it so if you gonna try use me to get people's sympathy then please go find a job to try and change your situation and stop using me as an excuse!"

Amantle Montsho prepares for up-coming competitions

Amantle Montsho is a female sprinter who specializes in 400m. The Botswana's best female athlete was banned from the track for two years.

She has now started training with one of the best coaches in the country, Mogomotsi Otsetswe to prepare for any competition that might come her way this season. Although she had not been competing, she started training on her own in October last year just to keep herself fit.

Montsho was the first athlete to win the first gold medal for Botswana at the 2010 Commonwealth Games with a time of 50:10.

She continued with her good performance at the World Championship in Daegu in 2011, winning yet another gold medal in a best time of 49:56 ahead of Allyson Felix of United States and Russia's Anastasiya Kapachinskaya.

Watching competitions during her suspension, made the situation worse on her side. Even though she was missing in action, other Botswana female athletes managed to stand up for the country. This made Montsho happy seeing Lydia Jele and Christine Botlogetswe qualifies for the 2016 Olympic Games.

Montsho has two years without competition and this was a challenge to her. But she remains focused in training harder for the world championship scheduled for London in August. Her other training partners like Nijel Amos are confident that Montsho is back on track and she could still run sub 49.

IN CONVERSATION WITH 'SKEMS'- DUMA FM SPORTS PRESENTER

Born the third in a family of four, the Moiyabana native Kamogelo Madikwe shared what his work entails with CW magazine. Nicknamed 'Skems' by his siblings, the 29 year old Duma FM sports presenter said that his everyday work entails going out to find sports stories, writing and editing them then present them on radio.

When asked about the challenges he faces when doing his work, Kamogelo said that sometimes it is difficult for him to find information because at times the sports codes do not have offices hence resulting in delays and failure to find someone to interview.

'Skems' started working for Yarona FM in December 2007 as a sports presenter. In September 2012, he parted ways with Yarona FM and did makgabaneng radio drama which played in RB1 and RB2. He joined Duma FM as a sports presenter in August 2016. Skems is currently a stand inn sports presenter. He has done the morning & afternoon sports updates at 06:25 & 07:25 and 16:25 & 17:25. He described Duma FM as conducive to work in, saying that the colleagues too are good to work with.

'Skems' attended his education in Gaborone. He started his primary school at Lesedi, then Nanogang and proceeded to Naledi Senior where he finished his form 5 in 2007.

Questioned about the support he gets from his family, Skems said that his siblings and cousins are always supporting him. Although he has always wanted to be an accountant, his parents discouraged him as his siblings are accountants too. Skems remained determined to do sport presenting and he finally got promoted. While still at radio, the sports presenter did part time short courses to upgrade his educational certificates. Other than sports, his dream is to venture into other businesses like doing sports on television.

Skems said that people don't know that he is a baptized UCCSA member and a shy man who has been dating only one lady for about three and half years, unlike what people would think about him as a radio personality.



Grand Cherokee SRT 2017



The Grand Cherokee SRT is an exercise in overkill, but its sports-car-rivalling grip and roaring Hemi make it a performance powerhouse. A 475-hp 6.4-liter V-8 pairs with an eight-speed automatic and all-wheel drive, and launch control optimizes all relevant systems for maximum acceleration. The steering is quick, but given its sporting intentions, it feels more disconnected from the road than it should. The way the Grand Cherokee SRT can hustle around a track, it's easy to forget it's an SUV.

2017 BMW 440i
M-Sport Gran
Coupe



Get behind the wheel of the M4 and prepare for explosive acceleration and razor-sharp handling. Power comes from a 425-hp twin-turbo inline-six, with either a six-speed manual or a seven-speed automatic and rear-wheel drive. The Competition package makes 444 hp, but for the ultimate M4, there's the GTS with 493 hp. The GTS is only offered with the automatic and as a coupe; the regular M4 offers a convertible option. All versions have the legendary performance of the M cars that came before it. What a beast!!



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