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Celebrity World

ISSUE NO.3

APRIL 2017

*In Dialogue
With Sereetsi
& The Natives*

**NISSAN
NAVARA
2017**

How To Tell If The
Relationship
Wont **LAST**

**Hydration –
The Key To
Good Digestion**

Man Of The Moment *Kast*

*Beauty made with
nothing but hands*

**Meet Thea Khama-
Phenomenal Woman**

*In the
kitchen with
Thulaganyo Moiladijo*



*Meet The Reigning
MISS MILLENNIUM
GIRLY TSHIRELETSO*

**Dress to
Walk in Power**

*Rethinking
childhood*

#TlatsaLebala #100%BwMusicFestival

#TLAX

#ATLATSALA LEBALA

KAST

06

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Inside The April

Issue!!!

Founder **Bhuiyan Didaru Islam (Babu)**

We are very excited as we are now offering our 2nd 2017 issue. The CW magazine team has been working tirelessly to bring you nothing but the best features and we strive to bring you as much local content as we can since our magazine celebrates Batswana as a whole. On this issue we are happy to introduce the makeover page. This month's issue is also a reflection of who we are as Batswana as you will find a mixture of art, traditional games, upcoming musicians only to mention a few. Feel free to tell us what you love and don't love, the more we hear directly from you, the better for us and for you. The month of April is a month for the Easter holidays. Celebrity world magazine team would like to wish you a happy Easter, filled with love and laughter but we would mostly love for our readers to be safe!!!



Nmd Estaq Farthous Bhuiyan
Managing Director
Pinky Aysha Siddiky
Marketing Executive
Ashok Kumar Parmatma Mishra-
Finance Manager

The Team

Editor

Thato Audrey Molale

Deputy Editor

Godiraone Ramanoko

Writers

Kesaobaka Sehunelo
Kebatshotse Matswa

Photographer

Travolta Mogampane
Ophadile Tshegofatso Gofamodimo

Graphic Designer:

Amuchilani Rara
Rorisang Mogampane

Manager

Koketso Mogampane

Contact us

@HEAD OFFICE: Old Nokia House, 1st floor Plot 14456 Gaborone

West Industrial

Cell: 76220987

Tell: 3937886

Email:celebrityworldbw@yahoo.com

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Man Of The Moment - KAST

Born in Gaborone on the 1st of February 1982, Tshepiso 'Kast' Molapisi took us through his childhood in Francistown where he was raised by a single mother who made a livelihood by selling liquor. Through her efforts and hustle, his mother managed to go for further studies to give him a better life.

Singing praises about his mother Kast said that growing up his life kept getting better through his mother's individual hustle. "I appreciated this more when I got older" he added. He says that even though he went to public school, he was very fluent in English. During that time when a child could fluently speak English, they would be associated with a higher class. He continued to say that even though he did not write notes in class, he did pretty well academically as he went on to graduate in his Bachelor's

Celebrity World Magazine

Degree in Political Science.

HIS MUSICAL JOURNEY

Kast's musical journey started when he was in junior school. He attended a third mind show, he remembers rapping to vanilla ice's lyrics and that's when his music career evolved. When he was in form five, he was in a collective called P.Side. It was a hip-hop collective that comprised of Mr. Doe and Scar.

Kast had noticed that most rappers in Botswana rapped in English and he decided to rap in Setswana so that he could stand out. His first popular hit was 'Bantuka' and he put it out as a single which instantly made him a household name. He then recorded 'Daz it' which is still the highest hip-hop selling album to date. His current album is called 'King' with the

hit song 'Mpolelle re Babedi' featuring Anafiki.

ON MEETING HIS WIFE AND FALLING IN LOVE

He met his wife 14 years ago when she was only 15 years and he was 21 years old before he even recorded his first album. They have seen each other grow up and change. He says the time he met his wife he was done with women but when they started speaking they clicked. His wife is the only one who gets all his jokes as he has a weird sense of humor. They have been officially married for four years now, but have been married traditionally for six years.

The 100KM Walk For Local Music

Kast did not have to convince his family to take on the 1000 km walk because they know

him well enough that once he has made up his mind he would not change it. He decided to take on the walk in November 2016. His decision was inspired by the fact that local music is big, but it has very poor perception. The idea was to bring more publicity and focus to local artist so that corporates can focus more on local artist. The idea also intended to help artists' bookings for big local shows that are hosted by corporate companies and local promoters.

He wants the media to take more pride in local music as musicians are more popular than soccer players and politicians citing that politics has people who follow politics, but everyone that follows politics listens to a certain type of music. "There is a saying that music is the soul of anytime tune, you would know a musician easier than you know a politician". He continued to argue that if local artists were paid more and booked more they would contribute to the economy by producing better music and build empires. "My argument is; Mingo is more popular than Lira if you segment it into Botswana. When you ask someone who doesn't live in Gaborone they would not know who Lira is, but would definitely know who Mingo is. We have this limiting belief that is going to keep holding us down as Batswana, we have fertile local artists but failure to put them on fertile ground would not grow them," he added.

Adding to his statement, Kast said that 'Tlatsa Lebala' and the 1000km was a demonstration of dedication and strength

for me. This is the power that we hold as local musicians, so we can take over the media."

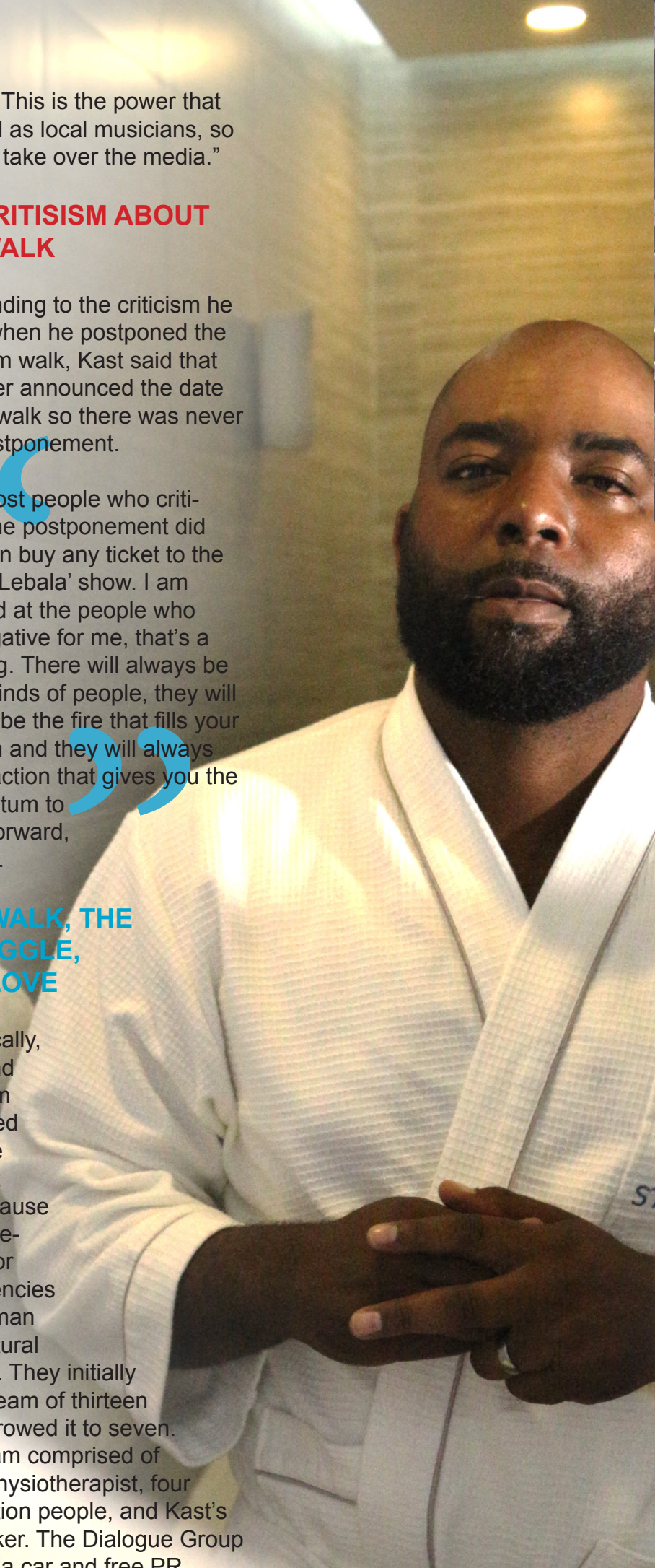
ON CRITISISM ABOUT HIS WALK

Responding to the criticism he faced when he postponed the 1000 km walk, Kast said that he never announced the date for the walk so there was never any postponement.

Most people who criticized the postponement did not even buy any ticket to the 'Tlatsa Lebala' show. I am not mad at the people who are negative for me, that's a blessing. There will always be those kinds of people, they will always be the fire that fills your passion and they will always be attraction that gives you the momentum to move forward, he said.

THE WALK, THE STRUGGLE, THE LOVE

Logistically, Kast and his team struggled with the support car because they needed it for emergencies like human and natural causes. They initially had a team of thirteen but narrowed it to seven. The team comprised of Kast, physiotherapist, four production people, and Kast's co-worker. The Dialogue Group offered a car and free PR





.They had planned to walk on the 12th February, but when the date approached they did not have a support car, enough money for food and accommodation. They were given P1000.00 which they used before they even left. Kast told himself that regardless of everything he is going to Maun. The Dialogue Group flew Kast to Maun and the crew followed him later.

They left Maun without enough money but along the way, they received a lot of pledges. People were giving them money and some of them took selfies with them. At some point they had more bottled water as a pledge than they could fit into the car and P10 000. "If you were to ask me to say something bad about Botswana, I would not say anything. The first 400km was hell; I was in pain so I was walking very slowly. We covered 30 km in maybe 9 or 10 hours, but I noticed that every day I was getting stronger," he added.

There was a time before Gweta, when it rained heavily and the team was all wet with their clothes and blankets. Luckily

they had money to cover up accommodation costs and they booked into Gweta Lodge where they slept for two nights. They did not have any security in place even when they passed the Game Reserves. "I was so sunburnt on the way, but I had accepted that it had to be done. I could not connect with my family in Francistown because of the state of mind I was in. After 500 km it became better as people were pledging lodges and the only stress we had was to just walk. We started walking faster and doing 30km in 6 hours," he lamented.

Kast continued by saying "I feel amazing; the mission is to fill up the stadium. I am not stressed out we are going to do 'Tlatsa Lebala' as an annual event. We have ample time to get it right and learn. We all want the same things so let's lift each other up and work together because we don't need cheerleaders to do something right. When someone falls off let's help them get back on the horse. I met Kgosi Motsamai, we met in the rain and his entire village came out to walk with us. He told me that; fear is the devil himself and it's stuck with me."



HIS QUOTE

"Chase your dreams; if you can conceive it you can achieve it, if you are fearless you will grow out of hardships because they are there to make you grow stronger."

**Celebrity World
Hot Guys**





Meet THEA KHAMA – The Phenomenal Woman

Born in California, USA, Thea Khama has been in Botswana for many years. During her life here, she has explored and enjoyed many aspects of the country. Thea takes Celebrity World Magazine through her life journey.

Married into the Khama royal family of the Bamangwato tribe, Thea Khama is the mother of two children: a son Kaedi Sekgoma aged 23 years, and a 21 year old daughter Tahlia Naledi. Thea is the wife of the Minister of Environment, Natural Resources, Conservation and Tourism, The Hon. Tshekedi Khama, whom she met through a mutual friend in the late 80's. It was the time when she visited her mother who was working in Botswana. Thea was 18 years and her husband was 30 years old at the time. Their age difference was not a limit for the love-struck pair and they set out to develop their relationship almost immediately.

Thea shared with Celebrity World Magazine that she faced some difficult challenges in her early life. At the age of 15, she left an abusive and broken home-life and struggled to fend for herself working after-school jobs and babysitting on weekends. Even though this was hard, she sought out mentors and found people who cared for her and finally made it in life. Like most couples, she and her husband had their share of arguments, but persevered to make their relationship last. The couple fought a lot for many years and many reasons but they kept the candle burning. Thea says:

“ I believe in self-awareness and transformation. What worked for me was to focus on transforming my own point of view and as I did so he transformed his. We like to say: it takes two to tango however; each person must find their own reason to dance. We had major gaps in age, cultural sensitivities, and vastly different upbringings to contend with but we had equal love for our children and we cherish many of the same ideals for this nation.”

That is why they decided to marry after spending 10 years together, and they continue loving each other today after 26 years living together.

As much as she enjoys the dish she advises other women to avoid too much red meat and heaped plates of food and instead counsels smaller portion sizes, plenty of vegetables and staying hydrated with water to keep healthy. People should go for regular checkups to clear their health status and she follows her own advice.

Touring is one of her favorite leisure activities. “I travel a lot; there is so much beauty in this land. If you haven't travelled through Botswana you won't realize what is here.

There are a lot of attractive places with the country that one can appreciate as a domestic tourist such as the Okavango Delta and Goo-Moremi Gorge, which boast beautiful waterfalls,” she confides. Thea also said that tourism in Botswana is another way of boosting the country’s economy. Still, it is facing a few challenges in marketing that stunt the country’s tourism potential. She believes that to improve its tourism sector, Botswana should improve its social media presence and use online marketing better. Botswana need to understand the value of visitors more and be educated on how this boosts the economy in communities. There is so much more we could do to welcome and share with tourists here, she says. Tourism awareness and education should be provided in Botswana schools starting with primary school.

As a mother, Thea has been driven by her heart to focus on youth development in Botswana. Her work with youth is extensive and it is plain to see that her plan is to see the youth of Botswana empowered, staying drug free, and away from alcohol abuse and streets. Thea suggested ways that can help curb these problems. She said that youth should focus on what will benefit them, and that communities need to pull together to develop creative options for entertainment to keep people occupied in healthy and progressive activities.

“The responsibility to find solutions doesn’t lie with the Government alone.” She smiles. “There are mentors in this country; if one has a problem s/he should seek out a coach, mentor, or leader of the community to be comforted emotionally and physically. Mothers and fathers alike need to show more love and spend quality time with their children to understand their difficulties no matter what.” She continues with passion, “Sharing realistically and openly with our children about love, sex and the challenges they face is important, especially with adolescents, as this will make them confident and better able to come up with their own solutions. Discipline comes from self-awareness and self-awareness only comes from knowing you matter.”

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Thea said her dream was once to become a singer. Her favorite singer when growing up was Joan Baez a famous political activist and folk singer of the late sixties and early seventies, but who she says is still relevant today. Baez’s music influenced Thea’s own singing songwriting style that she shyly shares only as intimate gatherings. Thea is an avid reader and prefers philosophy over novels and fantasy over science fiction. She loves biographies and is writing her own memoir of some of her childhood experiences that she says has taken a bit of a backseat to her current work. She loves different movies: action, fantasy and drama. Her favourite movie is Lion featuring Dev Patel, made famous in Slumdog Millionaire, who portrays the true story of a young adopted Indian man in search of his lost identity and biological family. Thea says it touched her as it related to her own search for her familial roots years before. One of her favorite female actresses is Meryl Streep who she appreciates most for her versatility and daring.

When asked to comment on her take on Botswana culture, Thea enthuses that Botswana culture is lovely; however it has been difficult for Batswana to come up with a definitive fashion style since they adopted Western dress hundreds of years ago.

“I love traditional Leteisi, known as German print, but traditional dress for Batswana was once simple tanned skins and hides. This German print has become synonymous to Botswana-style only in the last 50+ years and people wear contemporary Leteisi clothes for traditional events such as weddings. I would love to parade wearing my own style of these outfits one day. I always love seeing people in them...I don’t have any fashion designer, currently, but would love to have one and create my own fashion,” Thea reveals. “There are different tribes in the country who are still holding onto their tribal cultures. This is great as it helps the upcoming generation to know their roots. I believe we need to support with more exchange programs in and out of the country to expose young people and help them appreciate and sensitize one another to the lives of other people’s tribes, cultures and also to socialize more for mutual awareness purposes.”

Thea also loves African jewelry and would like to see more Batswana support Batswana artists. She says she would like to see more crafts concepts by artists to support our local communities. The tourism sector is engaged in supporting these initiatives, but we need more engagement from Botswana entrepreneurs, private sector and business moguls as well as community development in this regard.

Asked about how she maintains her glow despite all her hard work, Thea relates that having purpose and passion within, is critical to longevity and it is inner beauty that counts the most. She also shares her best kept secret that her daughter is a qualified makeup artist. “She trained me how to apply make-up and I enjoy creating my own look.”

When asked about things people don’t know about her, Thea divulges that she has called five different African countries home in her lifetime, owned three different companies; and that she is an artist, public speaker, and a coach who specializes in transformation and personal development for individuals, groups, teams and relationships. She has also developed and is implementing her own youth camps and mentorship programs in Gaborone. Thea is also very open to people through her social media and webpage where she reveals that she is most concerned about conservation and youth development.



THE REIGNING MISS MILLENNIUM 2017- TSHIRELETSO



Girlie Sohea Tshireletso was recently crowned the 9th Miss Millennium 2017. The Mahalapye bred beauty queen is also a mother of two kids and an entrepreneur at the moment. Girlie said it was her first time in life to enter beauty pageant and she entered the challenge as a dare from her two sons.

Miss Millennium is a project aimed to support Botswana's vision of being a compassionate, just and caring nation. It is an Annual event that targets women aged 40 years and above.

The theme of this year's competition was Education for all. The event entailed activities such as; back to school activities and strength of a woman where the contestants performed differ-

Celebrity World Magazine

ent women responsibilities. Girlie says she was acting the hawker part where she sold different foods and she did it exceptionally.

Girlie Tshireletso told the magazine that "Along the way I realised this is a community based beauty contest. By that time I was not competitive and I did it with the love I have for my country, because it is a community thing." She continued to say "I was there; I told myself that I am going to get the crown and own it, I am now ready to serve my country. There are a lot of underprivileged children, the elderly and orphans; and others with different backgrounds who needs assistance. So during Miss Millennium high tea, I learnt a lot about former beauty queens who helped orphans, built houses and some adopted them."



On the event day that's when I felt ooh! This is a competition they put makeup on me, then I went out and washed it off, because am not a make-up person and I just told myself that if I have to win I will win without this. I just entered the competition putting on mascara and lipstick," she said.



Although she is a teacher by profession, the old but young at heart Queen walked away with Miss Millennium 2017 crown. She mentioned that she has been given a project to work on, where she will adopt any junior secondary school in Botswana and show the country that if teachers, parents, ministry, students and the society work together students' results can escalate. The project is also aimed to avoid a situation whereby one puts the blame on another and; professionals, friends, retired teachers, tutors, career fairs will be involved to achieve the goal.

The other project she has is for pensioners. "Most of the time will find that they have nothing to do, some of them are literate some are not, so they are going to be both involved in different parts of the project. The educated ones will be teaching others how to read and write for busy self-keeping purpose," added Girlie. She lives with an inspirational message that says; Do not limit yourself!

Travelodge



Situated just 4 km from the central business district, Travelodge features a restaurant, meeting and banquet facilities, and a tour desk. Free Wi-Fi is available in all areas of the hotel.

The air-conditioned rooms come with satellite TV, a minibar and tea-and-coffee making facilities. The en suite bathrooms are equipped with a shower.

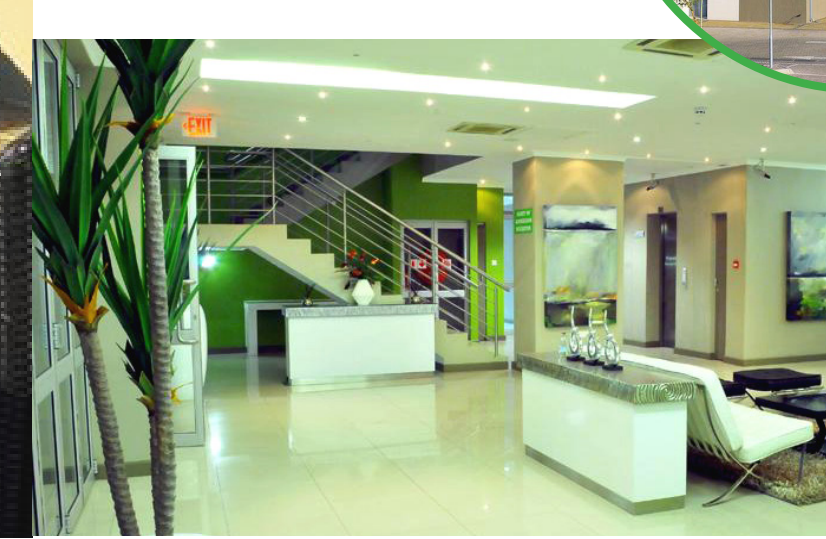
A breakfast buffet can be enjoyed in the mornings. The restaurant also offers a bar area. Tour assistance is provided by the reception desk.

Travelodge is located within a 10-minute drive of nearby shops and restaurants. Kgale Hill and Sir Seretse Khama International Airport are both 10 km from the hotel.

This property is also rated for the best value in Gaborone! Guests are getting more for their money when compared to other properties in this city.

We speak your language! Travelodge has been welcoming Booking.com guests since December 10, 2013

Hotel Rooms: 82
Most Popular Facilities
Free WiFi, Free Parking and Airport Shuttle (free)



Get The Power Look



Model: Winnie
Dressed by : Power Link
72770600
Location: Staywell Hotels

Florish This Summer

**Dress
P580**



**“ Fit and Flare
never get out of fashion,
match a floral dress with a
bold color to create
the perfect look”**



**Hand Bag
P650**

**Shoes
P1150**



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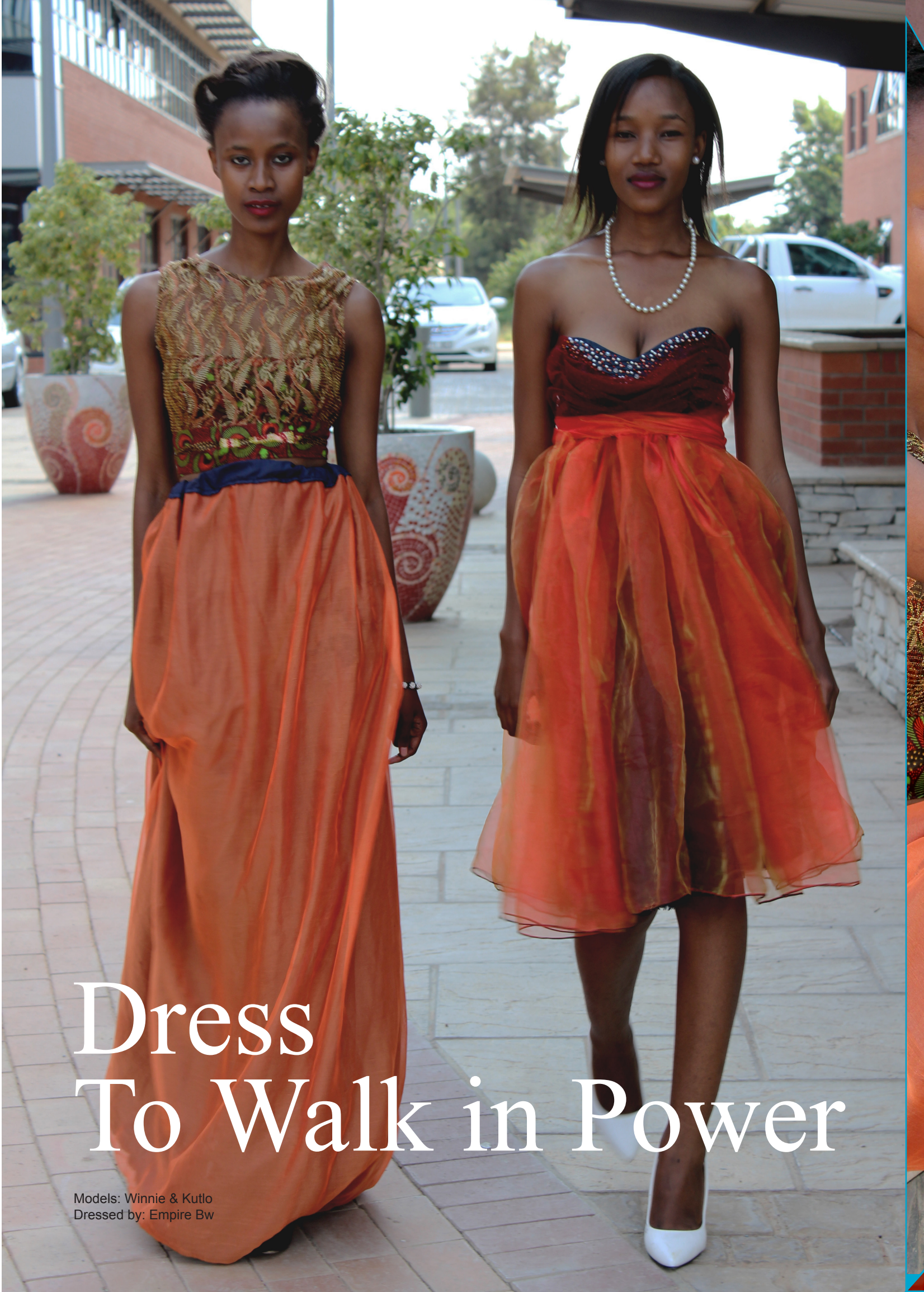
FOLLOW
THE
FASHION RULE
ITS TIME TO OWN THE
EMPIRE



Model: Kutlo
Dressed by: Empire Bw



Model: Winnie
Dressed by: Empire Bw



Dress To Walk in Power

Models: Winnie & Kutlo
Dressed by: Empire Bw



Models: Winnie & Kutlo
Dressed by: Empire Bw

CW MAGAZINE DIY

The phrase cleanliness is next to godliness. This is never truer than with regard to your home and personal space. As many of you might be aware, the overall hygiene of every appliance and item in your house is a direct reflection of the kind of person that you are. If you are living in a gated community and are generally a social person, this practice of being clean and hygienic is bound to get you into the good books of many people. In this article we take a look at some cleaning tips that are not only useful but have been proven to be extremely efficient.

Tip of the Day # 117: How to clean your Iron

How To Clean Your Iron:

1. Sprinkle a generous amount of salt onto your ironing board
2. Turn your iron to the highest setting, ensuring that the steam option is set to OFF
3. When heated, iron over the salt-- what happens is that the dirt sticks to the salt, leaving nothing but a wonderfully, shiny iron!

It is good to do this every so often to prevent debris or dirt from your iron melting or sticking to your articles of clothing!

Remove Hard Water With Epson Salt

If you've got tile in your tub or glass shower doors that show each and every hard water stain, here's a simple Epson salt scrub that will make things sparkle.



If you've got glass shower doors or tiles that show every hard water stain in your bathroom, then you understand the constant frustration of keeping everything looking clean. Hard water stains make things look dingy — even when they're not. Stop scouring with harsh chemicals and attack hard water stains with eco-friendly Epsom salt that leave your shower sparkling. Think of it as an exfoliating scrub for your bath!



Ingredients:

small mixing bowl, 1 cup Epsom salts, 1/2 cup baking soda, 1/4 cup liquid dish soap.

Put all ingredients in a small mixing bowl and blend them well. The result is your eco-friendly Epsom salt scrub that will remove hard water stains in seconds!

METHOD 2

Using Baking Soda



1. Mix baking soda and water. Use 1 tablespoon of water and 2 tablespoons of baking soda. Mix in a small bowl until no water remains and the mixture becomes a paste.

2. Use a spatula to spread the paste onto the iron. Focus on areas with particularly strong buildup. Make sure to coat the steam vents as well. Don't lay the paste on too thick, just enough to evenly coat the soleplate

3. Wipe off the paste with a damp cloth. Don't hesitate to scrub at more tenacious spots. Wipe until no paste remains and the grimy buildups have been removed.

4. Clean the steam vents with cotton swabs. Dip a cotton swab into water and insert it into the steam holes. Scrub to remove mineral deposits and the baking soda paste.

- After cleaning the steam vents, bring the iron to your sink. Pour out any water that may have entered the steam holes.

- Avoid the temptation to use paper clips or other hard, metal items that could scratch your iron's steam vents.

5. Fill the iron with water and iron a cloth. Make sure to use a cloth you're not too attached to, as some tenacious residues may end up staining it. Turn the iron to its highest setting and iron for a few minutes; the clean water will flush out any remaining deposits.

- Pour out any remaining water over a sink.

- Let the iron dry. Make sure not to leave it on a sensitive surface, in case sediments drip out of the steam vents.

Nasal Congestion: How To Clear Your Baby's Dry, Stuffy Nose



Stuffy nose or nasal congestion happens when the tissues inside the nose swell or produce mucus. A newborn with a stuffy nose may snort when breathing and sound "snuffly." In the first few days of life, a newborn may sound like they have a stuffy nose because in the womb they were surrounded by fluid. Sometimes they sneeze for the first couple of days as they try to get rid of this leftover fluid in their nasal passages.

If your baby has a stuffy nose they may breathe through their mouth, which can make it harder for them to feed. In rare cases, a stuffy nose can cause breathing problems. Usually, nasal congestion goes away on its own within a week.

What causes stuffy nose in babies?

- dry air
- irritants such as dust, cigarette smoke, or perfumes
- viral illnesses (such as a cold)

Try the measures below to help your baby's dry or stuffy nose. If your baby keeps having difficulty breathing or feeding, check with your baby's doctor to rule out any infection or condition that may be causing the stuffy nose.

How to soothe your baby's dry nose

If a dry or irritated nose seems to be bothering your baby, try these tips:

Moisten your Baby's nose

You can buy salt water (saline) drops at the drug store.

1.Lay your child on their back. Place a rolled towel or a small blanket beneath their shoulders or gently press on the tip of the nose to make it easier for the drops to go in.

2.Put 2 or 3 saline drops into each nostril. Wait 30 to 60 seconds before draining your baby's nose.

Run a humidifier or cool-mist vaporizer near your baby's crib. If your baby has a dry nose they may also have a stuffy nose. Water vapor can help moisten and loosen the mucus inside your baby's nose. Clean out and re-fill the vaporizer every day. You can also steam up the bathroom shower and bring your baby in the room before he sleeps.



How to clear your child's stuffy nose

In addition to running a humidifier or vaporizer near your baby's crib, you can also clear the mucus using saline nose drops.

Clearing mucus using saline nose drops

- 1.Lay your child on their back. Place a rolled towel or a small blanket beneath their shoulders or gently press on the tip of the nose to make it easier for the drops to go in.
- 2.Put 2 or 3 saline nose drops into each nostril. Wait 30 to 60 seconds.
- 3.Turn your child onto their stomach to help their nose drain. Catch the mucus outside the nostril with a tissue or swab. Your baby might cough or sneeze the mucus and saline out.
- 4.Roll the swab or tissue around the outside of the nostril to draw the fluid out of the nose. Do not insert a cotton swab into your child's nostrils.

When to see a doctor

Call your doctor if your child develops any of the following symptoms:

- fever
- rash
- A stuffy nose together with swelling of the forehead, eyes, side of the nose or cheek. a stuffy nose that lasts longer than two weeks
- difficulty breathing or breathing quickly
- significant trouble feeding or not interested in feeding
- your baby is extremely fussy or seems to be in pain

Source: <http://www.aboutkidshealth.ca>

Birdhouse Crafts

Author: CraftCreateCook.com

Recipe type: Easy Kid Craft

These Birdhouse Crafts for Kids will be enjoyed by children of almost any age.

Materials

- Nail or screwdriver
- Empty cartons, washed and dried
- String or yarn
- Acrylic paint
- Scissors
- Paint brush
- Utility Knife
- Water
- Bird Seed
- paper towel

Instructions

With help from an adult, use a utility knife to cut the sides out of a carton. Place the carton on a protected surface and paint with acrylic paints. Let dry. Poke a hole into the top on each side of the carton with a nail or screw driver. Thread a piece of yarn or string through the carton and knot at the top to hang. Fill with bird seed and find the perfect location outside to bird watch.



The Fast and The Furious

U	O	G	Y	C	A	L	I	F	O	R	N	I	A
S	B	R	I	A	N	A	T	O	R	R	E	T	O
O	A	A	T	N	F	A	A	Y	E	V	O	L	T
D	N	A	S	S	I	N	T	F	G	U	N	S	E
U	O	L	F	D	A	T	F	S	D	O	M	A	M
O	Y	K	O	T	E	T	R	I	M	B	O	I	B
U	R	G	R	L	Y	R	M	N	T	E	J	Y	U
N	S	E	P	L	A	N	E	S	O	B	T	N	L
U	A	T	I	S	P	T	S	A	F	L	N	S	L
R	A	C	I	N	G	I	B	E	A	O	N	F	E
M	N	T	F	A	M	I	L	Y	I	R	A	A	T
I	J	L	L	O	N	D	O	N	A	S	M	T	S
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- TOKYO
- CALIFORNIA
- NISSAN
- LOYALTY
- BULLETS
- PLANES
- LONDON
- LETTY
- ROMAN
- MIA
- FURIOUS
- GUNS
- TORRETO
- DOM
- RACING
- LOVE
- BRIAN
- TEJ
- FAMILY
- FAST



Play this puzzle online at : <http://thewordsearch.com/puzzle/12240/>

Kiddies Closet

Boy's autumn-winter kids' set matches with blue autumn Nike Kids Air Max running shoes. They go well with a set of four black-gold hoodie when wore with navy blue flight pant.



The blue shoes also goes well with a black freedom bomber jacket wore with a midnight grey super star track pant. Scurf can be added to both outfits.

Add a bit of candy-pink colour to your kids' outfits this autumn-winter season. This brushed indigo midnight pinafore looks best when wore with plain boys-girls casual black long sleeved t-shirt and black half boots. Add candy-pink colour with my-pocket-scarf and a head-band.



Make another match with these winter autumn girls' puffy nylon boots and a dress jersey. It looks good with leggings.



You can also have this set for your kids this autumn; pretender jean with a knitted magenta roll-neck and breathable girls' flat casual shoes. Add fashion fingerless gloves and a beanie for a perfect match.



How to Tell If the Relationship Won't Last

Celebrity World Magazine shares with you the signs on how to tell if the Relationship won't last, inspired By Lars Tramilton.



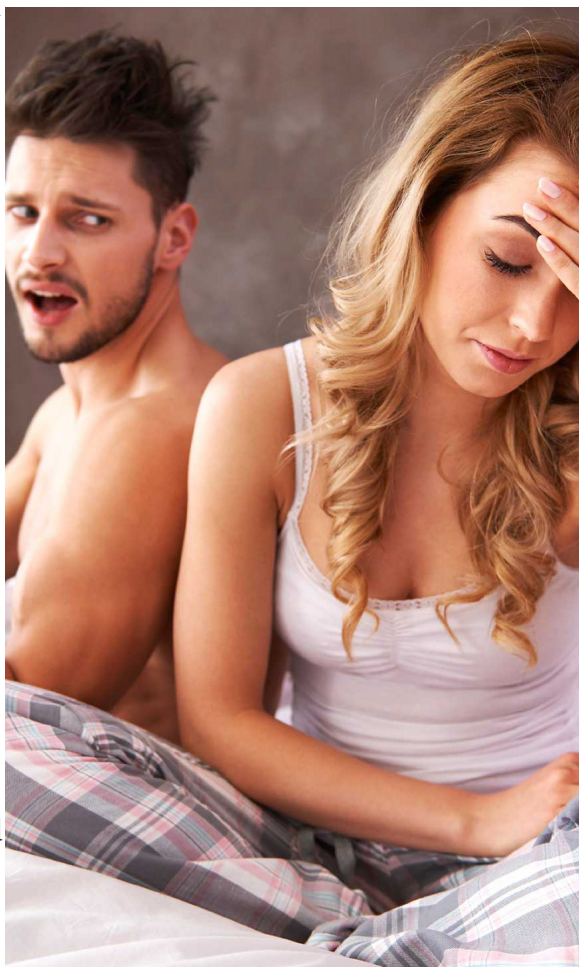
If you are in a relationship and feel that something just isn't quite right, you are most likely onto something. Many people find themselves in the unhealthy situation of remaining in dead-end relationships, even when they are fully aware that they are not happy and that they don't want to spend the rest of their lives with the other person. Learn how to identify key signs that your relationship doesn't have much more life left in it.

Ask yourself if you are

bored - In the beginning of a relationship, you probably were excited to see your boyfriend. You may have even counted down the hours until your next date. However, those things can change quickly. If you are bored with your relationship and cannot envision it going anywhere, then the situation is probably doomed. You have already moved on in your heart

Think about how much time you spend with your partner

- If you never see your girlfriend anymore, it's probably because both of you do not care enough to make the time for each other.



If you find that you have been spending more and more time at work, participating in other activities or with friends and less time with your significant other, it is probably because you are not feeling as connected with your girlfriend. Relationships thrive when both parties invest a lot of time and effort in the other.

Consider whether cheating has been in the picture

- If either you or your boyfriend has cheated, the prognosis for the relationship isn't too hot. Very few relationships are able to get past the stresses of cheating. If you and your boyfriend want to deal with the cheating issue and put it in the past, however, a lot of time, patience and effort will be necessary.

Analyze your goals

- Incompatibility when it comes to what you want out of life is a major indication that a relationship is not to last. For example, if you want children and your girlfriend does not, or vice versa, your relationship probably doesn't have much of a future. These goals also do not necessarily even have to be about the big things in life they could be about things as small as what you like to watch on television at night.

Determine whether having time along is a priority for you

- If you and your girlfriend are longing for alone time away from each other, the relationship is not long for this world. If you would rather be by yourself doing nothing than with your significant other, the relationship is at this point, essentially meaningless.



Think about how much you care

- If you have no interest in impressing your boyfriend anymore (and vice versa), the relationship is over. If you don't care if you look like a slob in front of your boyfriend and make no effort to impress him, you simply have lost all interest in the relationship.

Signs of a Relationship Breakup

By Brian Vaughan

Many relationships reach a point of discontent where one or both parties begin to wonder if the other is going to end things. It is hard to focus on everyday life when things have gotten so tough in your relationship that you wonder if it is going to last. When certain signs of a breakup begin to appear, it is time to talk to your significant other and see what can be done to patch things up.

Aversion

It may sound simple, but when someone is getting ready to initiate a breakup, the person is less likely to want to talk to you or be around you. Your significant other may seem to be avoiding personal encounters, phone calls, text messages and emails. If you are supposed to meet or talk, your partner might make an excuse to get out of it. This often happens when a person can't figure out how to start the breakup process.

Possessions

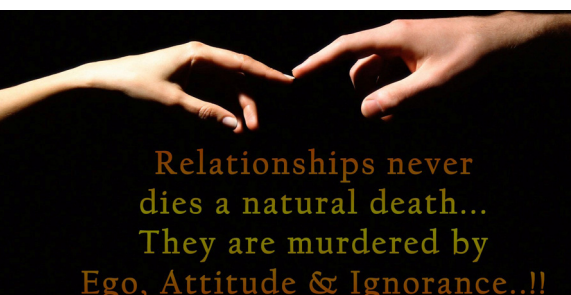
If you have been in your relationship for a long time, you may live with your significant other or at least have possessions at each other's residences. Right before a breakup, the person who wants to initiate the separation may begin getting their things out of the other person's residence so as to make it easier when cutting ties. Keep an eye out to see if your partner is slowly taking things out of your home.

Arguments

Most relationships that are getting ready to end feature a heavier volume of arguments prior to their end. The reason for this may be that you are both simply getting on each other's nerves and find more of what you each say and do annoying. Things you might not normally care about become big issues because you are always on edge and ready to strike. If you become afraid to say anything to your partner for fear of the response, a breakup may be on the way.

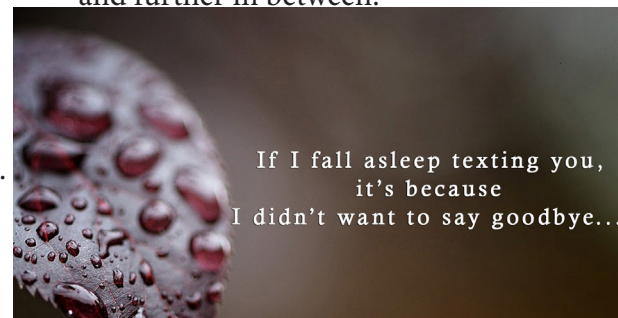
Affection

Prior to a breakup, all signs of affection begin to fall from previous levels. This applies not only to a couple's sex life but to smaller things. You may notice that the person you are with has stopped hugging or kissing you. Even slight touches and terms of endearment are becoming fewer and further in between.



Relationships never dies a natural death... They are murdered by Ego, Attitude & Ignorance..!!

Celebrity World Magazine



If I fall asleep texting you,
it's because
I didn't want to say goodbye...

Bad Money Habits You Can Break Today

By Jeff Rose / Credit.com
Bad habits, they're pesky, aren't they?

Every once in a while I catch myself in a bad habit. They almost seem inevitable. But I'm always determined to squash them as soon as I recognize them. I'm sure you're in the same boat.

When it comes to bad financial habits, there are some serious ones that can cost you thousands of dollars. Which of these habits are you guilty of committing?

Spending With Credit Cards When You Can't Afford It

Credit card interest rates are regularly well above 10%. That translates into a lot of interest charges if you don't pay off your credit card every month. Worse yet, many people get stuck in a cycle of credit card debt – a habit that seems to just not go away.

If you're living paycheck to paycheck, even small emergency expenses can be enough to make you late on your credit card payments. And if you're late once, it's so easy to push off paying your credit card debt until you're really hurting. Furthermore, late payments can hurt your credit, and if your credit score drops low enough it can mean higher interest rates for you in the future.

Celebrity World Magazine

Not Tracking Your Transactions with a Budget

One of the best advantages of tracking your transactions is that you can see very clearly where you spent your money over time. When the month is over, categorize and add up your expenses. Many people overspend on the following categories:

Groceries
Clothing
Entertainment
Eating Out



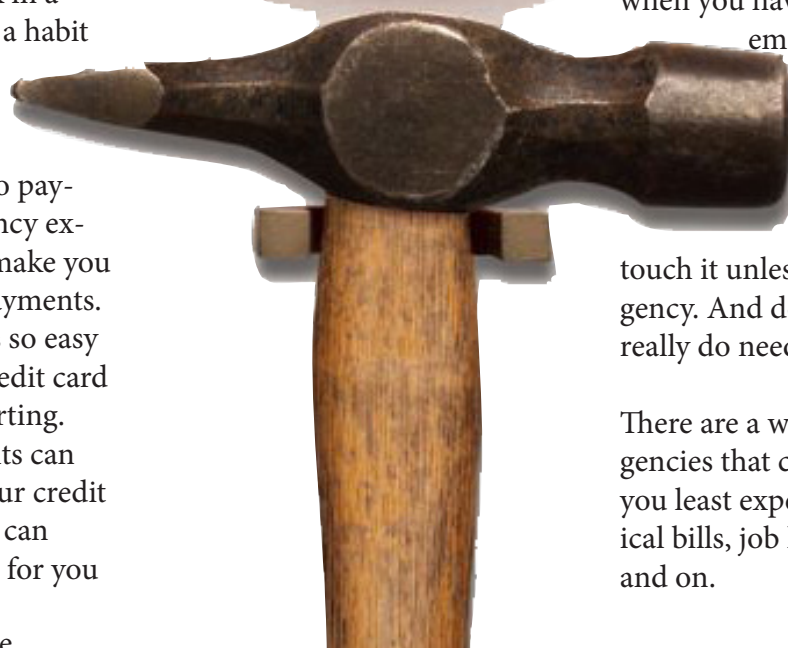
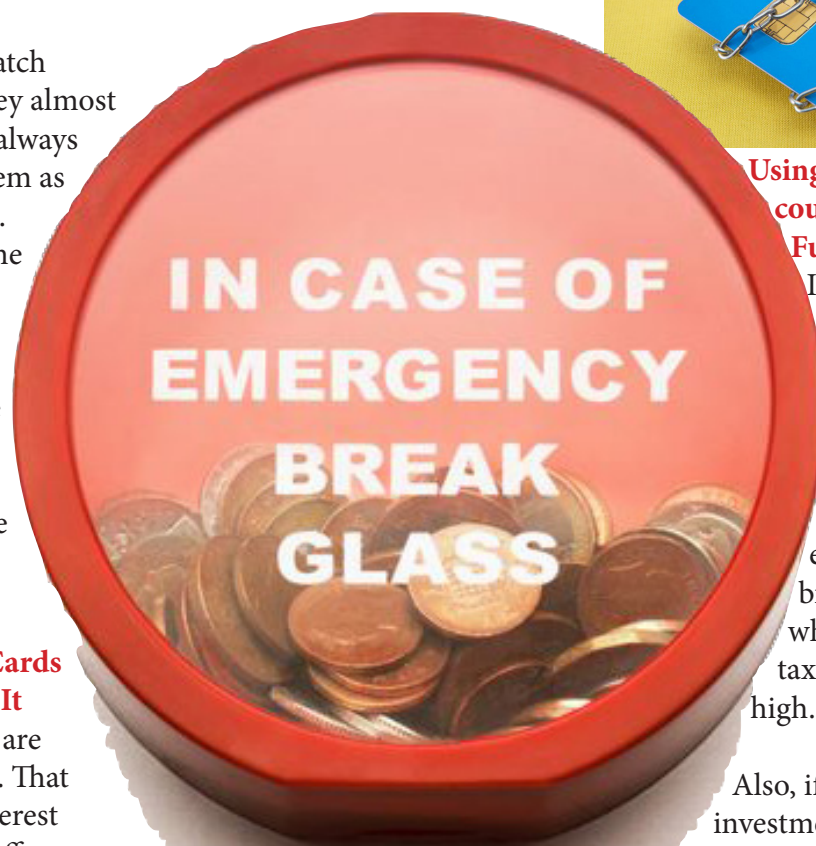
Using Investment Accounts as Emergency Funds

It happens from time to time. I've seen a few of my clients raid their investment accounts to pay for emergencies. Sometimes, it even becomes habitual. I understand why they do it, but the tax penalties can be high.

Also, if you use your investment accounts as emergency funds, you'll lose all that potential earning power when you have to dip into it for emergencies.

A better plan is to have a high-yield savings account nicknamed "emergency fund" and not touch it unless there's a true emergency. And don't fool yourself; you really do need an emergency fund.

There are a whole host of emergencies that can crop up when you least expect it: lawsuits, medical bills, job loss, the list goes on and on.



HOW TO COMPOST MANURE

COMPOSTING FOR BEGINNERS

YOU NEED TO KNOW THE MIXTURE:

The mixture for compost is green material (kitchen leftovers like fruits and vegetable remnants or peels, and grass clippings), brown material (leaves, branches, coffee grounds, tea bags, dryer lint, egg shells etc.), water and oxygen. You can start your compost by layering the materials or just mix them all together. You will need more brown material than green.

Compost is a natural nutrient rich soil that anyone, even beginners, can make. It can be made from your kitchen leftovers, grass clippings, dead leaves, branches, wood chips, water, and oxygen. It can be made in any container or even a pile designated as your compost pile. There are a few things every farmer needs to know and do to ensure you have your recycled and valuable mineral laden soil for your garden.

IT IS IMPORTANT TO ROTATE OR MIX THE COMPOST EVERY FEW DAYS: Rotating it is a very important component of composting because it ensures that oxygen is introduced to all areas of your compost. The bacterium that primarily breaks down the compost is aerobic, meaning it needs oxygen. Rotating your compost will help accelerate the breakdown process.



CHOOSE A CONTAINER OR AREA THAT IS EASY FOR YOU TO ACCESS:

It is important for you to access your compost container or pile because you need to make sure it is moist enough. It needs to be moist but not overly wet if it is too dry pour some water and green materials to moisten it. If it is too wet add some brown materials and mix or rotate it. Getting an indoor compost bin with a lid is a great alternative this way you only need to venture outside once the bin is full! With bio-degradable compost bags you can use an existing container you already have.

Composting is a great way to recycle materials while giving you the benefit of free, usable, nutrient rich material for your garden. It doesn't require a lot and is a natural process that occurs when organic material decays, and is amazing to help your plants and flowers grow.

<http://www.mommymoment.ca>



INTERIOR DESIGN

Lounge Design

Determine what you plan on using your lounge for.

Furniture arrangement

Keep the entryways clear-to make the lounge more inviting and also for guests to have plenty of clearance.



Make sure the space is well defined -Arrange furniture in such a way that you will be able to walk around the room and design to fit the size of the room-It is best to match furniture's scale to the room's overall scale.



Lighting

Keep the room properly lit
Do not rely on a single source of light, try to blend several layers of light from multiple sources to achieve balanced lighting in your lounge. Convert your light switches to dimmers to provide a number of lighting options.



Adding accents & deco

Hang mirror to open up the room and add some art work to add life to your lounge.



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Kitchen Design

When designing a kitchen,
Put function first

Make sure the space is well defined; ease of movement around
the kitchen.



Upgrade the Kitchen Cabinets at the
same time making it functional
Install overhead cabinets right up
to the ceiling for additional storage
space and you won't have to worry
about having to clean dust at the top
of cabinets.



Make lighting a top priority
Choose the right lighting for a better look. Use floor to
ceiling windows to enhance suitable amount of natural light
during the day. Also use suitable amount of artificial light-
ing at night.



Plan for garbage

cleverly disguised behind a cabinet
door



*Functionality
and simplicity
always work*

Clean the air

A range hood helps ventilate cooking odors. Buy one
that's efficient, quiet and vented outside.



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oldlobatse@fours.co.bw

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Lot 292. Old Moremi Road Maun



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Fax: 6863 840



Email: maun@fours.co.bw

SELEBI-PHIKWE



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Fax: 260 0400



Email: maun@fours.co.bw

Where You Simply Pay Less

With Love Samuel Is In Line With Fashion Lovers

Jeff Bezos quoted that one of the huge mistakes people make is that they try to force an interest on themselves. You don't choose your passions, your passions choose you.

"I started this business with one guy, he was not casual in the business, I then took it into the next level, I improved it because I do it with love and passion", he added.

The bracelets are punched using a puncher, cutting knife. He mentioned that he buys leather at Morongwa stores, he then use cutting knife to cut leather into a certain shape, either of a key holder or



bracelet. He uses water to make leather wet, so that it becomes easy to punch. He uses alphabet set to write on leather to turn into a bracelet. Most of bracelets are written people's names.



Since Samuel started the business in September 2016, his business is improving and growing rapidly. As there is competition, but not high, because they do different types of products with leather, Samuel

Though his target audience is both males and females, ladies are the ones who mostly respond quickly to the business, as they go frequently with fashion.

"There are challenges, don't do a business because there is a need, do it because there is a vision in it" encourages Samuel.

We see most of people wearing bracelets, written names or quotes, CW team hunted around to see who does this beautiful bracelets, they came across, Samuel Malome a young Motswana entrepreneur who specialises on leather products. The Kalamare born is 32 years old, he also sell and repair watches, bags, shoes, wallets and belts. With the leather products he do embroidered, personalised bracelets and key holders.

told the CW team that he always go with what is new in the market, fashion and comes up with a unique ideas.



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MOVIE REVIEWS

Baywatch

1. A new hotshot lifeguard (Efron) butts heads with the infamous, badass, and universally loved, Mitch Buchannon (The Rock), head lifeguard of BAYWATCH in Miami. Although the bay seems like any other beach, mysterious activity arises at a local beach club, leading Mitch to believe his beloved Bay is in danger, and his team must come together to save it.

GENRE: Action, Adventure, Comedy

AGE RESTRICTION: R

RELEASE DATE: Friday, May 26, 2017

DURATION: TBA

DIRECTORS: Seth Gordon

STARS: Pamela Anderson, Dwayne Johnson



King Arthur: Legend Of The Sword

3. When the child Arthur's father is murdered, Vortigern (Jude Law), Arthur's uncle, seizes the crown. Robbed of his birthright and with no idea who he truly is, Arthur (Charlie Hunnam) comes up the hard way in the back alleys of the city. But once he pulls the sword from the stone, his life is turned upside down and he is forced to acknowledge his true legacy... whether he likes it or not.

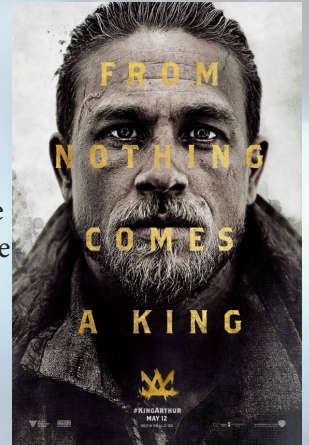
GENRE: Action, Adventure, Drama, Epic

RELEASE DATE: Friday, May 12, 2017

AGE RESTRICTION: 13

DIRECTOR: Guy Ritchie

STARS: Charlie Hunnam



Pirates Of The Caribbean

2. Thrust into an all-new adventure, a down-on-his-luck Captain Jack Sparrow finds the winds of ill-fortune blowing even more strongly when deadly ghost pirates led by his old nemesis, the terrifying Captain Salazar (Bardem), escape from the Devil's Triangle, determined to kill every pirate at sea...including him. Captain Jack's only hope of survival lies in seeking out the legendary Trident of Poseidon, a powerful artifact that bestows upon its possessor total control over the seas.

GENRE: Action, Adventure, Wide

DURATION: 2hrs, 33m

RELEASE DATE: Friday, May 26, 2017

AGE RESTRICTION: 13

DIRECTORS: Joachim Roenning
Espen Sandberg

STARS: Johnny Depp, Kaya Scodelario, Brenton Thwaites



Snatched

4. After her boyfriend dumps her on the eve of their exotic vacation, impetuous dreamer Emily Middleton (Amy Schumer) persuades her ultra-cautious mother, Linda (Goldie Hawn) to travel with her to paradise. Polar opposites, Emily and Linda realize that working through their differences as mother and daughter - in unpredictable, hilarious fashion - is the only way to escape the wildly outrageous jungle adventure they have fallen into.

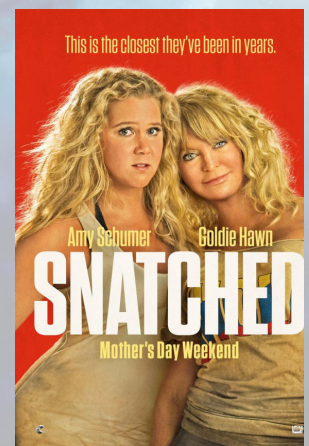
GENRE: Comedy

RELEASE DATE: Friday, May 12, 2017

DURATION: TBA

DIRECTORS: Jonathan Levine

STARS: Amy Schumer, Goldie Hawn



Team Distant, BK Proctor Collaborate

Team Distant is a house music quartet which is into production under the self-owned stable Khawa Recordings.



According to the Team Distant Manager, their collaboration with BK Proctor was brought about by the urge to collaborate with a local legend so that they could bring about a new sound, and that's what came out - "Mangwane Mpulele" "BK Proctor approached us with an interest to work with this young and talented band, looking at recent collaborations with the likes of Dr. Malinga and Gaone Rantlhoiwa," he said.

The collaboration will sell the band immensely as it is a new and modern Western African sound largely common in Nigeria, etc. so such markets are in their target list. This was the first ever collaboration between the two brands. Team Distant will be putting this very song in BK Proctors new upcoming album. As for the Team Distant, their album is still in the bakery.

"The Real Magosi Duo Re-Branded & Now J.I.K (Jesus Inspired Kings)

The Real Magosi have now revamped and rebranded themselves to Jesus Inspired Kings (J.I.K)



This transpired after their realization that there is more to life than leading an irresponsible, reckless behaviour orientated and unaccountable lifestyle which lacked good character, obedience, discipline and humility of which God regards highly of His children. Now as music group made up of two God fearing gentlemen they have built themselves a strong foundation based on God's principles.

The dynamic duo consists of Kabo Moroka (Khaba Khaba) and Lancelot Bartlett (Modiratiro). They are back to the music arena after taking a long time without doing music. For the past four years they have been clean and rehabilitated from alcohol and drug addictions.

After all the four years of transformation they were now positioned to offer valuable and meaningful music. They finished released their life changing album titled Jerusalem. It features the likes of Tshepo Lesole, Kayzee, KingKose Da Boss, P Lyte, Malaika, 3point 10 and Hope. The lead single titled Jerusalem is on heavy rotation in the local airwaves.

Upcoming Artist

Mpho Major is a 23 year local rapper. His stage name is Major King. Mpho started writing music at the age of 11, but professionally he started recording four years back.



He sings motswako/hip hop under his producer Qbio, stable name-Sinewave. 80% of his music is focused on the youth; mostly people aged 13-36. The Major King is having collaboration with an upcoming artist in South Africa called Voice.

KNOW YOUR DJ



FULL NAMES:

Eddyson Phillimon

DJ NAME:

Dj Cheestos

DATE OF BIRTH:

06/02/1994

PLACE OF BIRTH:

Mochudi

PERSONAL SKILLS:

Computers, Gym instructor

INFLUENCES:

Kast, Dj Anthem, Dj Shimza,

AREA OF EXPERTISE:

Live music mixes



Eddyson Phillimon aka Dj Cheestos is a Motswana Dj whose career started in 2015. He performed previously at Serowe battle of Djs, Palapye clap your hands, Palapye all white party, Duma FM and Serowe pop bottles. His Dj home residence is Duma FM and RB2 where he plays every Friday & Saturday at 2am.

Cheestos released his single last featuring Raptured Roots, Cindy and Thabo which was played locally on RB2 and Duma FM. It also played at Kopanong FM and Motsweding FM in South Africa where it was performed by Raptured Roots.

Yeah ah ah
Aye ah aa
Yeah ah ye
Are you ready now?

CHORUS

You go do me nice
You go make me wise
You might as well ago ahead
Marry and make your wife
Anywhere you go

Babe

I go follo
Anywhere you go

Babe

I go follo
Follo
Follo

You go do me nice
You go make me wise

You might as well ago ahead
Marry and make your wife
Anywhere you go

Babe

I go follo
Anywhere you go

Babe

I go follo

Follo

Follo

You say am the most prettiest
girl in the world
Jaanong mathata keng, why o
sa nnyale?

Oh no no no

Ke mosadi wa hao jwale bona
gore o dira jang

You said you go see me later
Coz I been grinding for that
paper

We go celebrate

Boy coz... you my appreciator

REPEAT CHORUS

Everywhere you go
I go follo
Um so stupid for your love ka
tlhanya
Ama make you feel like a prin-
cess
Even though o goletse ko kazi
you are my princess
And am trying to promote you
Tryna make you be my queen
Um a king and I wasn't even
born in this shit
Saw the throne and I thought
um going for this shit
Everywhere you go I go follo
Coz I know everywhere I go
you will follo

Coz you do me right
You do me right
Everywhere you go
Everywhere you go
Everywhere you go

**REPEAT CHORUS UNTIL
THE END**

AMANTLE BROWN
ft. JUJUBOY

FOLLO

APRIL HOROSCOPES - 2017 PREDICTIONS



April 2017 Horoscope for Aries zodiac sign foretells that this month will be full of frenzy, turmoil and dynamism. April 2017 is ideal for commencing new ventures and to attain your desired objectives. You have to decide the course of action and follow it with diligence. You have the force and strength to bulldoze your way and overcome all obstructions, Aries. After the 15th of the month, your furious pace will subside and you will be more pragmatic and concentrate on financial progress.



Cancer April 2017 Horoscope foretells that this will be a month that seems like a yo-yo to the crabs. Sometimes your enterprise will be stronger and during other times you will have to seek the cooperation of others. Thus you have to juggle between conflicting areas of interest. Both autonomy and social grace are equally important this month for the Cancer star sign.



Taurus April 2017 Horoscope predicts that professional matters will be in focus during the first three weeks of the month. In the last week of April 2017, you will have enough time to relax. You can use this period to enhance personal image and fulfill special desires. The Taurus personality should be able to harmonize their career and other interests.



Leo April 2017 Horoscope foretells that the House of Career will be dominant after mid-month. Career and success will be a major factor in the life of the Leo star sign in April 2017. Domestic issues and emotional matters can be in the back burner for the present. Social charm of the Leo personality and collaboration will be important to start with in April 2017. This will slowly yield to personal initiative and strong action that will help you attain your goals in life. Your success depends on how well you balance the conflicting requirements in April 2017, Leo.

Hence career will be more prominent than domestic issues and psychological concerns for the Gemini zodiac sign. Family will be important and any problems that arise can be tackled from time to time in April 2017. April 2017 will be favorable for the Twins till the start of Mercury retrograde. You can then execute your plans which you have thought of earlier and your bold actions will yield positive results. Gemini, you can be independent and others will follow suit.

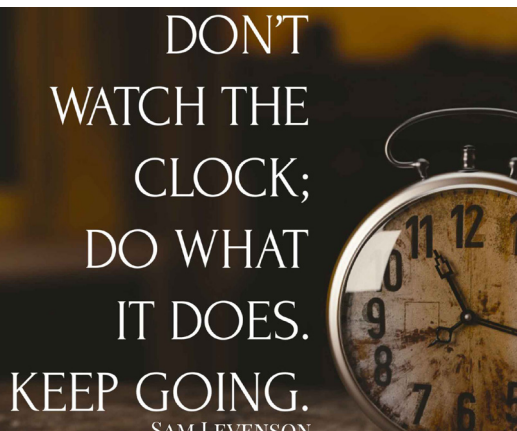


The April 2017 Virgo Horoscope forecasts that until the 20th, there will be lot of frenetic action around you and it requires great effort to remain poised. After those things will cool down and there is a sense of sanity. The April 2017 mercury retrograde will be beneficial for the Virgo sun sign. This will remove most of the obstacles in your life. The Eclipse will make positive changes to your spiritual and religious practices. Social work and humanitarian efforts will undergo major alterations. The Virgo personality's general outlook on sex will be subjected to major transformations. The Lunar Eclipse of April 2017 will impact Virgo students and their academic environment with important changes.

Your neighbors will be forced to make significant alterations in their lives. This month is ideal for chasing your academic interests and travel plans. The Virgo born people can spare their time for intellectual development and understanding of self.



April 2017 Gemini Horoscope forecasts that the House of Career is more dominant than the House of Family.





Libra April 2017 Horoscope forecasts that this will be a balanced month. Your job is to handle professional issues, domestic problems and psychological matters with necessary importance. Success depends on your ability to solve the various obstacles properly and promptly in April 2017. The April 2017 mercury retrograde will affect your activities during the month. You should reduce the pace of your work during those days. Socially this will be a very active month for the Libra zodiac sign. While you make some new contacts, you will lose some. You will be more dynamic and will try to improve your intellectual capabilities.



Scorpio Horoscope for April 2017 predicts that the House of Family is stronger. Hence professional matters will not be in focus this month for the Scorpio zodiac sign. Domestic issues and the emotional aspect of your life will be dominant. You can review your career plans and keep your blueprint ready for action in days to come in April 2017. Scorpio, other interest in your issues will bring you more contentment and a sense of accomplishment. Personal enterprise and ambitions will not be important in April 2017 for the Scorpions. Adaptability and cooperation from others will help you to attain your goals.



Sagittarius April 2017 Horoscope forecasts that the House of Family is more powerful than the House of Career. This is the time to attend to domestic problems and to enhance your psychological stability. Career success is dependent on your emotional well-being. Right now career takes a backseat this month for the Sagittarius zodiac sign. Other people and their prosperity will be more important than personal ambitions and free-will in April 2017 for the Sagittarius personality. It is advisable to take the advice of others and adapt yourself to situations. Compromise and partnerships are the keywords to succeed in your objectives. During the first half of the month, the Sagittarius born will have unlimited buoyancy and dynamism. Your originality will be at its peak and you can accomplish whatever goals you set sight upon in April 2017.



Aquarius April 2017 Horoscope predicts that you can design your own life and work hard to achieve your objectives this month. Personal enterprise and self-will are important and you are not dependent on others. There is no need to adapt to others. However things change and planetary strength will move to the western sector for the Aquarius personality in April 2017. You have to seek the cooperation of others and you have to make necessary compromises if you have to succeed in life. The Mercury Retrograde of April 2017 will have a bearing on your academic activities. Students will have to face disturbances in their studies.



Capricorn April 2017 Horoscope forecasts that this will be a month when you will be your own boss as well as listen to others. When the eastern half of your birth chart is powerful Capricorn, you can use your personal initiative and concentrate on your ambitions. When the western half is strong, you have to seek the cooperation of others and you have to be flexible. The Solar Eclipse of April 2017 and the favorable position of planet Jupiter may result in either buying or selling of a house. Family environment will be volatile and various defects in the family set up will be thrown up. This gives an opportunity for the Capricorn zodiac sign to rectify the situation.



Pisces April 2017 Horoscope predicts that this month will affect those following an academic career. There will be major alterations in the subjects you study or a change over to a new institution. The future educational career of the Pisces zodiac sign may be modified to a great extent. Pisces, spirituality and financial affairs will occupy your attention in April 2017. Till the 20th there will be hectic activity in your life and after that life will become more peaceful. You may travel extensively inside the country.



WOODPECKER HOSTS FIRST ANNUAL NOTWANE COOK-OFF

The first annual Notwane Cook-off recently brought together people aged 18 and above to indulge in cooks at the Woodpecker. The event was organized by a social club called Views travel club. It is a group of seven friends who enjoy outdoor life in the city outskirts. It consists of five males and two females.

The event was open for everyone.

It had five groups which participated in cooking, namely: Linay group, the Flowerress, Riddim, Patrick cooks and Team Hubbah T. Each group consisted of two participants except Patrick Cooks. They were given only 2 hours to cook and present their dishes. CW held an interview about the event with one of the event organizers and also the Director, Pheny Maiketso. "We have realised that more attractive places are at the north side of the city, so our main idea was to raise funds, promote art and tourism in Botswana by starting the events from south to North. Notwane cook-off is one of the events we are going to hold along the year because we are trying to promote tourism in the southern side like Notwane river, Dikgathong river and all," he said.



The competitors scoring differed on what the competition was, but failure to follow the competition rules would have been hard for them. It was necessary for them to be told the rules and what the scoring was based on. There was a point value for each item, it was based on the best food. To tell the best cook, the event had 3 judges in panel that looked at creativity, Taste, Presentation, Plating techniques and team work.

Team FlowerRes scooped position one. It consisted of two ladies; Chike Yezo and Leepile. They went away with a night stay at the Centre Guest House with breakfast, dinner and a view courtesy of travel views. The also won belatore caps, News travel club apparel, wine and goodies, dinner over view at Notwane Cookoff. The winners were fairly chosen by the judges





IN DIALOGUE WITH SEREETSI & THE NATIVES

The Matsiloje native, Tomeletso Sereetsi is the four string folk guitarist with a unique voice in Sereetsi & the Natives. CW magazine had a chat with this delightful musician.

Tell us about yourself

I was born in Matsiloje but I grew up in Francistown. I have worked in the media. I started as a freelancer at The Voice while I was a student at the University of Botswana. After I completed my

studies at UB, I worked for Mmegi/Monitor, before I was recruited by the Echo where I was managing the whole operation by the time I left. I went back to Mmegi/Monitor as a sub-editor while I worked on my instructional book/CD, The Solo Four String Guitar of Botswana

na. I have edited copy for the Botswana Guardian, The Patriot and the Botswana Daily News. I have also worked as Head of News at Yarona FM. I have also had a stint as a presenter at Duma FM. I have served as a manager for publications and media relations at the Botswana International University of Science and Technology where I left to start a career as an artist.

Tell us about Sereetsi & the Natives

We do the kind of music called Botswana Contemporary Folk. You can also call it world music. Sereetsi & the Natives started around 2010 with the first album, Four String Confessions, coming out in 2015.

Who is in Sereetsi & the Natives?

I am Sereetsi and you are a native if you love the music. You are also

a native if you are from Botswana because the Sereetsi sound is built on the rhythms of Botswana.

When did you join the music industry?

I joined the music industry in 2015, when the album came out.

Tell us about your biggest achievements

The biggest achievement is simply that I am doing this for a living. It is a dream come true for me. Just waking up in the morning to play my guitar, rehearsing and doing the gig after gig and seeing the world has been great. It doesn't feel like I am working. I am having fun doing the things that I really love. I have been blessed to share the stage with some of the biggest artists in the world. It is a cherry on top that I have been able to win

awards early in my career.

What are the challenges you have faced since you joined the in Music industry?

Art as a profession is a relatively new concept in Botswana so there is a lag in appreciation. A good number of people are not willing to pay a fair price for the value that artists offer. We have gradually moved from a point where people didn't believe that art is a thing of value to a point where they believe there is value in what we do though they are not willing to pay what we believe is a fair price. It has to be said that it keeps us alive that a lot of people increasingly see the value of engaging us in their events. Let me also appreciate that the public keeps us going by buying our music, suggesting our names to festival promoters and request our music





on the radio.

The other challenge in this country is simply that we don't have well developed distribution channels for our products. We find that it's very difficult to sell to people as far as Shakawe, Maun or Francistown. The problem could be an opportunity for enterprising individuals as there is demand for local music.

What inspired you to do music?

Its life, as long as I have been alive, I have been so much aware of music. There has to be music around me. I can still remember the sounds I used to hear as a kid, listening to the Radio Botswana programme called Come Together. In the late 80s when I was growing up there was no private radio station but only Radio Botswana. It played almost all kinds of music and that was my education; I love all kinds of music.

Do you have anything new that you are working on right now?

I am always working on something new every day. I have ventured into production so I am producing other artists. I am currently working on a new band called Songs About Her. They have a new single out called 'Kgarebe'. I am also writing music for them. I have been receiving requests to collaborate with other people, so I am also working with them. I am also working on some international projects with some international musicians.

I will be touring Africa starting in South Africa, Pretoria on March 30, 2017 with Mumba Yachi from Zambia and AusTebza from South Africa as part of a project called Kgalagadi Soul Tour 2017. We will be opening Maitisong festival on April 4, 2017. We are looking to tour the project for a year. If it doesn't get too hectic this winter, I will be recording my next album.

What is your inspiration to the upcoming contemporary music singers?

They should work hard and find their own voice. They need luck to crack it but it's important to have your own voice.

How do you feel about the attention you get from the audience whenever you go on stage?

Well, that's one of the best feelings in the world. I can't put it into words but it's a spiritual thing. It's out of this world. It is a wonderful thing. It is confirmation that we are one. When the music plays, we cease to be strangers. It's a beautiful communion.

What do you do during your free time?

I like spending time with my family. My kind of work can be tough, in that it can sometimes keep me away from my family for extended times.



Prostate

Prostate cancer is a disease which only affects men. In the vast majority of cases, prostate cancer starts in the gland cells, this is called adenocarcinoma. In this article, prostate cancer refers just to adenocarcinoma.

Prostate cancer is mostly a very slow progressing disease. In fact, many men die of old age, without ever knowing they had prostate cancer. It is only when an autopsy is done, that doctors know it was there. Several studies have indicated that perhaps about 80% of all men in their eighties had prostate cancer when they died, but nobody knew, not even the doctor.

Experts say that prostate cancer starts with tiny alterations in the shape and size of the prostate gland cells - Prostatic intraepithelial neoplasia (PIN). They say that nearly 50% of all 50 year old men have PIN. The cells are still in place, they do not seem to have moved elsewhere - but the changes can be seen under a microscope. Cancer cells would have moved into other parts of the prostate. Doctors describe these prostate gland cell changes as low grade or high grade; high grade is abnormal while low grade is more or less normal.

Any patient who was found to have high grade PIN after a prostate biopsy is at a significantly greater risk of having cancer cells in his prostate. Because of this, doctors will monitor him carefully and possibly carry out another biopsy later on.

Signs And Symptoms Of Prostate Cancer

During the early stages of prostate cancer, there are usually no symptoms. Most men at this stage find out that they have prostate cancer after a routine checkup or blood test.

When symptoms do exist, there is usually one or more of the following:

- *The patient urinates more often
- *The patient gets up at night more often to urinate
- *He may find it hard to start urinating
- *He may find it hard to keep urinating once he has started
- *There may be blood in the urine
- *Urination might be painful
- *Ejaculation may be painful (less common)
- *Achieving or maintaining an erection may be difficult (less common).

If the prostate cancer is advanced the following symptoms are also possible:

- *Bone pain, often in the spine (vertebrae), pelvis, or ribs
- *The proximal part of the femur can be painful
- *Leg weakness (if cancer has spread to the spine and compressed the spinal cord)
- *Urinary incontinence (if cancer has spread to the spine and compressed the spinal cord)
- *Fecal incontinence (if cancer has spread to the spine and compressed the spinal cord).

Causes Of Prostate Cancer

Nobody is really sure of what the specific causes are. There are so many possible factors, including age, race, lifestyle, medications, and genetics, to name a few.

Age

Age is considered as the primary risk factor. The older a man is the higher is his risk. Prostate cancer is rare among men under the age of 45, but much more common after the age of 50.

Prostate Health

Medication

Some studies say there might be a link between the daily use of anti-inflammatory medicines and prostate cancer risk. A study found that statins, which are used to lower cholesterol levels, may lower a person's risk of developing prostate cancer.

Obesity

A study found a clear link between obesity and raised prostate cancer risk, as well as a higher risk of metastasis and death among obese people who develop prostate cancer.

Sexually transmitted diseases (STDs)

Men who have had gonorrhea have a higher chance of developing prostate cancer, according to research from the University of Michigan Health System.

Diet

A review of diets indicated that the Mediterranean diet may reduce a person's chances of developing prostate cancer. Another study indicates that soy, selenium and green tea offer additional possibilities for disease prevention. However, a more recent study indicated that combination therapy of vitamin E, selenium and soy does not prevent the progression from high grade prostatic intraepithelial neoplasia (HGPIN) to prostate cancer. A diet high in vegetable consumption was found in a study to be beneficial.

Treatments For Prostate Cancer

The following treatments are separated into early stage and advanced stage prostate cancers.

Early Stage Prostate Cancer

If the cancer is small and contained it is usually managed by one of the following treatments:

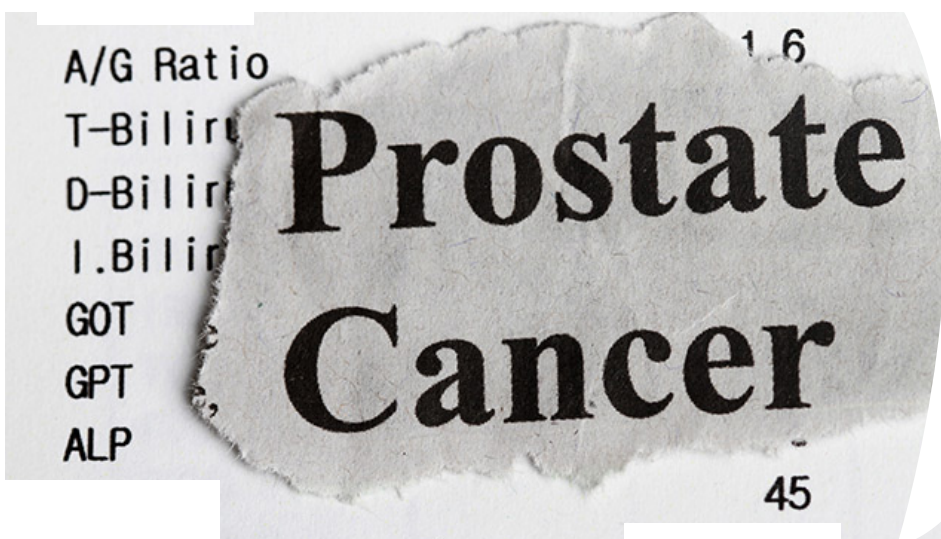
- *Watchful waiting - not immediate treatment is carried out. PSA blood levels are regularly monitored.
- *Radical prostatectomy - the prostate is surgically removed.
- *Brachytherapy - radioactive seeds are implanted into the prostate.
- *Conformal radiotherapy - the radiation beams are shaped so that the region where they overlap is as close to the same shape as the organ or region that requires treatment, thus minimizing healthy tissue exposure to radiation.
- *Intensity modulated radiotherapy - beams with variable intensity are used. An advanced form of conformal radiotherapy usually delivered by a computer-controlled linear accelerator.
- *Treatment recommendations really depend on individual cases. In general, if there is a good prognosis and the cancer is in its early stages, all options can be considered. However, they all have their advantages and disadvantages. The patient should discuss available options thoroughly with his doctor.

More Advanced Prostate Cancer

If the cancer is more aggressive or advanced, the patient may require a combination of radiotherapy and hormone therapy. Radiotherapy requires treatment on an everyday basis for up to about eight weeks. Radical surgery is also an option, the prostate is removed. Traditional surgery requires a hospital stay of up to ten days, with a recovery time that can last up to three months. Robotic keyhole surgery has the advantage just a couple of days in hospital, followed by a much shorter recover period. However, even robotic keyhole surgery may not be ideal for very elderly patients.

In advanced prostate cancer hormone therapy is very effective in slowing down and even stopping the growth of cancer cells. Even if the hormone therapy stops working after a while, there are still other options the patient will be able to discuss with his doctor such as participating in clinical trials.

Radioactive injection helps advanced prostate cancer patients live longer, scientists at The Royal Marsden NHS Foundation Trust and The Institute of Cancer Research, UK, reported in NEJM (New England Journal of Medicine) that radium-223, a radiation injection, directly targets tumors in the bone delivering short range radiation, causing minimal damage to healthy tissue. Radium like calcium is absorbed by the bone. Delivering estrogen through skin patches may be an easier and safer way to treat prostate cancer than the hormone therapies that are currently used, British researchers explained in Lancet Oncology.



In the kitchen with Thulaganyo Moiladijo

Being a chef is not a choice but a calling. Celebrity World magazine took time to visit Capello restaurant where they met one of the chefs, Thulaganyo Moiladijo whose career began way back as a waiter.



What does the future hold for you?

I wish I could my own restaurant.

What challenges do you get as a chef?

The challenge that I have, is that sometimes when serving customers they are not being happy with my food.

Where do you get your inspiration?

I started working as a waiter and since then I always saw food passing by as I distributed food. I had an interest of becoming a chef, since I like playing with food like playing maths.

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

I have 7 years in cooking experience. I was a waiter at Wimpy Riverwalk mall and I started being a chef when Capello opened. Before I started working as a chef, I always asked



What makes you different from other chefs?

I put effort in everything that I do and I do it with love and passion.

myself what makes it hard for me to try new things. I tried my luck at Capello and I made it.

How much support do you get from your family and friends?

Since it is my profession, my friends encourage me and they are happy for me. My parents were criticising me at first as they associated my work with ladies, but as time goes on they supported me a lot.

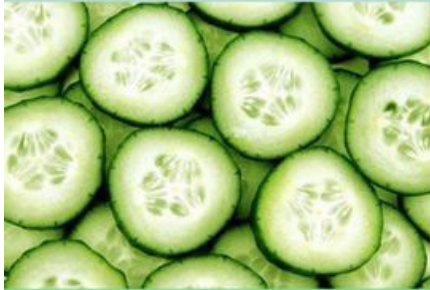
What advice can you give to an aspiring chef?

I would like to say; don't be afraid, always learn to grow into what you want.

6

Foods That Keep You Hydrated

VITAFUL



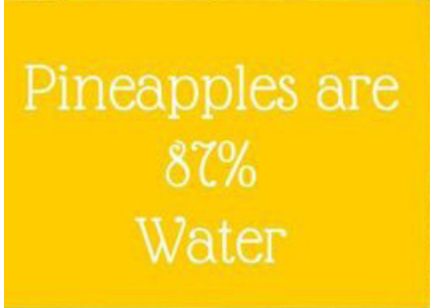
Cucumbers are
96%
Water



Zucchini are
95%
Water



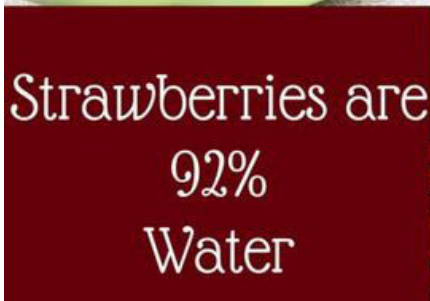
Tomatoes are
94%
Water



Pineapples are
87%
Water



Watermelons
are
92% Water



Strawberries are
92%
Water



Hydration – The Key To Good Digestion

Do you suffer from chronic constipation? If the answer is yes, then you should drink up.

One of the main causes of chronic constipation is dehydration. The reason why? Because drinking enough water keeps your intestines smooth and flexible. It also helps keep the food you eat moving through your intestines and ultimately allows food waste to exit the body. If your body doesn't have enough water, then stools will become hard and difficult to pass.

What Causes Dehydration?

You become dehydrated when your body is getting rid of more fluid than you're absorbing. When you breathe, sweat, urinate and pass a bowel movement, your body is getting rid of fluid. If you don't drink enough to replenish your body with the necessary amount of H₂O, then your body doesn't function properly. We'll talk about tips to stay hydrated in just a minute.

Tips to Hydrate

*Always carry around a bottle of water and keep refilling it throughout the day. You should have to refill your water bottle several times.

*Drink a glass of water with every meal

*Drink more water when you're exercising

*Drink more water when you're outside in hot weather

What to Avoid When You're Dehydrated

Not all drinks will help keep you hydrated. If you're dehydrated you should stay away from alcohol and caffeinated drinks, such as coffee, tea and caffeinated sodas. These beverages are diuretics, which mean they rid water from the body.

Beauty Made With Nothing But Hands



With the inspiration from her beloved mother, Onkemetse Daisy Bailelwang makes hand-made beaded jewelry to make a living. She operates her business at Thapong Visual Arts. “My mother was used to making beautiful flowers, she is also an artist and I got some ideas from her, with her encouragement. Through the help of the Ministry of Youth, I was guaranteed to start the business as they provided me with materials and machines, though I am not using them but my hands instead,” added Onkemetse. The use of recycled cloths from tailors, beads, polystyrene, boxes, makes it easy for her to complete earrings, neck pieces, flowers and bracelets and sell to people. Onkemetse says she uses the German print in different ways such as for bridal flowers, necklaces and headband.

Since she started her career in 2013, she has made achievements during the presidential competitions where she scooped the first prize in regional competitions and in every year. Onkemetse also has scooped the third prize in the national competitions and with these achievements; her products are reaching far places like China. To beat her competitors, Onkemetse always comes up with new ideas to make something new.



Traditional Games - Rethinking childhood

Traditional games used to be played by children some time ago but some of them are still being played now. The games are usually played by children between the ages of 7 and 12, some by elders. There are local games such as mhele, morabaraba, koi, horse and donkey race, diketo and others in Botswana. CW magazine takes you back to the days by reminding you the following games:

Diketo

This is a coordination game played mostly by young girls. Ten stones are placed in a circle or a square. Each player then tries to grab the most stones, throw them in the air and catch them in one hand until all the stones are back in the circle or square.



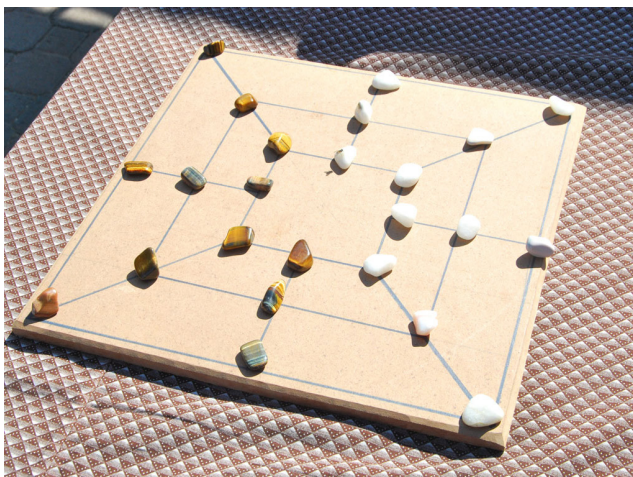
Koi

Koi refers to skipping rope routines that go with singing and rhythmic chants.



Mhele

Mhele is one of traditional games similar to chess. It was played on a stone or a rock, or the lines were drawn on the ground and players would use stones or bottle caps as movable bargaining pieces. Like chess, this abstract strategic game sees two players trying to beat each other by moving the pieces from one joint to another until a winner appears.



Morabaraba

Morabaraba is one of the traditional games played by two people. It's a board game played in Botswana and other countries. Morabaraba was used to teach herd boys appreciation for tactical thinking.

The board is empty when the game begins. Each player has 12 pieces, one player has white 12 pieces and the other has black ones. The player with the white pieces moves first. Each turn consists of placing a piece on an empty intersection on the board. The aim is to create a "mill": a piece of three pieces on any line drawn on the board. If a player forms a mill, s/he may remove or "shoot" one of the opponent's pieces. The shot piece is removed from the board and not placed again. A piece in a mill may not be shot unless the opponent's entire piece is in mills, in this case any piece may be shot.



Lady Gaga's New Magazine Cover Is Sure... Unexpected



Nothing stops Lady Gaga. Not body-shames, not heartbreak, not her PTSD, not Metallica's mic issues, and definitely not hip pain. The pop queen makes as clearer on her unexpected new cover for Arthritis magazine. While it doesn't look like she posed for a photo shoot, she evidently did an interview with the publication (which, while currently unavailable online, can be found in doctor's office waiting rooms). She is quoted on the cover as saying "Hip pain can't stop me!" and "I fought RA pain with my passion."

"Nobody knew, and I haven't even told the fans yet," she revealed to Women's Wear Daily. Giant craters, a hole in my hip the size of a quarter, and the cartilage was just hanging out the other side of my hip. She added, "The surgeon told me that if I had done another show I might have needed a full hip replacement. I would have been out at least a year, maybe longer."



Celebrity World Magazine

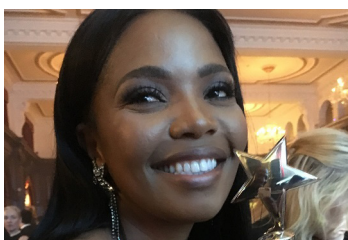
Terry Pheto wins international film award



Cape Town – Big congratulations are in order for Terry Pheto. The actress took home the award for Best Supporting Actress at the National Film Awards UK for her role in A United Kingdom. On the news of her win Terry expressed her excitement and thanks on Instagram.



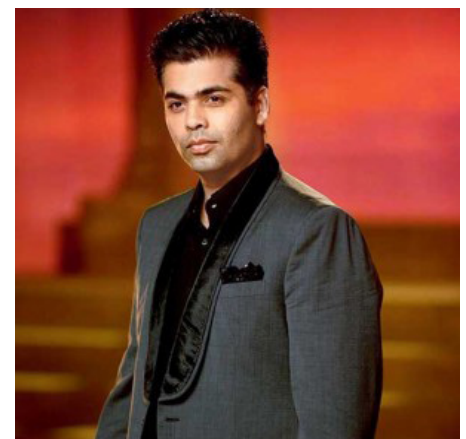
Alongside a picture of her with her award she wrote, "I won. I won. I won. Thank you #National-FilmAwardsUK."



Karan Johar opens up on Yash, Roohi's premature birth: 'My heart sank'.



Karan Johar has written a long post in which he reveals that the beginning of his journey as a father was not a smooth one. His babies, whom he has named Yash and Roohi, were premature and he expresses the pain he felt for the first few months as he was concerned about their well-being. In the note, he reveals his feelings as he came to terms with his children's premature birth. Karan wrote, "My children were born two months premature and worryingly underweight. Like any person in this situation and on the brink of fatherhood, my heart sank. Knowing that there were complications with my babies birth owing to how soon it was, I was terrified. All I wanted to do was hold them and protect them but they needed to be in the NICU. It was painful to see how tiny they were..."





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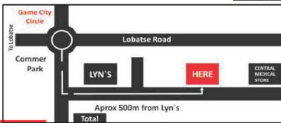
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DIY Homemade Skin Tightening & Firming Mask | Natural Facelift Mask

Your skin will look firmer, toner and younger, but it won't take a fortune to do it. Using three ingredients most people already have in their house, you can get a smooth younger looking skin in just 20 minutes. You probably already have the three ingredients in your house and it will only cost you a few Pulas to make your skin look beautiful. However, if you are allergic to eggs you might want to test it on your skin first. You may want your face to look dazzling, young and tight, but don't want surgery or find expensive treatments out of the question.

Here's a quick way to get a facelift in a minute in three easy steps. Your skin will look firmer, toner and younger, but it won't take a fortune to do it.

WHY THESE INGREDIENTS?

The first of the three ingredients is egg white. Egg white has been used for centuries in beauty products. Egg white acts like an astringent, tightening and shrinking pores, while also tightening the skin in the process.

The essential nutrients can help reverse sagging skin, while also reducing oil. It not only lifts out blackheads, but it also helps remove facial hair and smooth wrinkles. The good news is that you can use the yolk left over for a fantastic hair treatment.

Celebrity World Magazine

Lemons or limes are often used in homemade beauty treatments, for a good reason. They both have fabulous beauty powers. They both contain exfoliates known as AHAs—alpha hydroxy acid, a well-known exfoliate often found in commercial beauty products. They can help fight oily skin and have antibacterial and anti-oxidant properties.

The last on the list is magical raw honey. Honey is an antimicrobial and antibacterial properties. It's also a great natural moisturizer, especially as it contains not only natural emollients that retain skin moisture, but also humectants that attract moisture. It contains natural proteins, vitamins, enzymes and other nutritional components. It also helps regulate the pH of the skin. Best of all it's an antioxidant to help keep your skin cells protected. When you put the three together, you have a dynamic facial that will have you looking years younger in just twenty minutes.

The Instant Face Lift Mask:

- 1 egg white (tightens, lifts, and firms)
- 1 lemon or lime wedge, squeezed (brightens, balances)
- 1 tsp of raw honey (moisturizes, hydrates)

Instructions:

- *In a little bowl, separate the egg yolk from white.
- *Add 1 tsp of raw honey
- *Squeeze the lemon or lime wedge
- *Whisk the ingredients together until it becomes a whipped, foamy broth.

How to Apply:

- *With your fingertips or a makeup brush, use as much as necessary to spread evenly to a cleansed face and neck, completely avoiding the lips and around the eyes.
- *Leave on for 20 minutes, or until it dries completely. You may feel a tingling sensation, and the mask may begin to feel extremely tight.
- *Once dried, use your hands to splash off the mask with cold water, as the cold will seal the newly tightened pores.
- *Follow with a light, oil-free moisturizer such as Neutrogena Oil-Free Sensitive Skin.
- *Store the leftover in the fridge and use it within 2 days.



THE 3 STEP
FACE LIFT
FACE MASK

Cw Makeover

By Mpiwa



BEFORE

Make-up artist Mpiwa takes us through the steps to create a luminous look for our model Winnie.



STEP 5-Apply eyeshadows



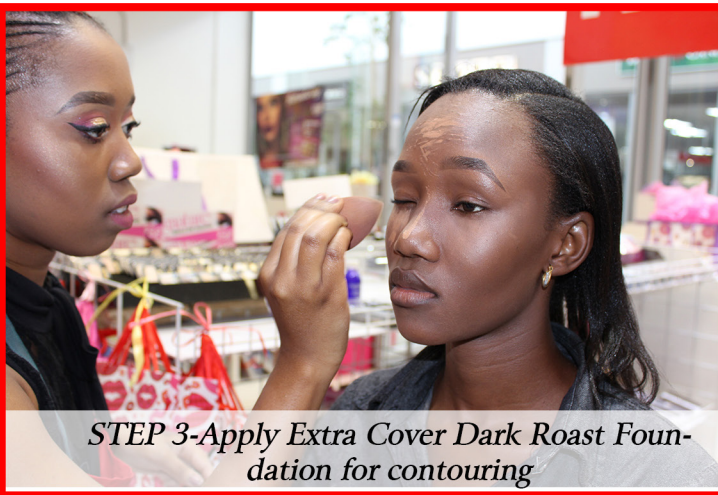
STEP 1-Apply fudge foundation

STEP 2-Apply fudge powder



STEP 6- Apply Eye shadow primer

STEP 7-Apply Liquid black liner



STEP 3-Apply Extra Cover Dark Roast Foundation for contouring



STEP 8-Apply eyebrow pencil

STEP 9-Apply eyebrow concealer



STEP 4- Apply Highlight with loose translucent powder



STEP 10-Apply lipstick

AFTER



How To Deal With Natural Dry Hair

You wake up and walk sleepily over to the mirror, yawn, and then — shock! Frizzy hair yet again. To help mend dry hair, you'll need to add some steps to your routine, as well as omit some damaging behaviors you might have been doing before.

Condition your hair every time you shower. Although you shouldn't over-shampoo your hair, condition it whenever possible. Conditioner doesn't strip dirt away from hair, like shampoo does, but adds in the moisture and reduces cuticle swelling. Invest in a high-quality conditioner if you suffer from dry hair.



Apply leave-in conditioner after you've showered. It comes either in cream or in spray-bottle form; use whichever method feels better on your hair. Towel-dry your hair until it's partially dry. Apply leave-in conditioner and allow your hair to air-dry the rest of the way.



Purchase and apply a hair mask. Alongside your daily routine, once or twice a week, you should apply an intensive moisturizing mask to your hair.



Use natural alternatives to store-bought masks. They are a great source of nutrition and moisture for hair. Apply the oil throughout your hair from root-to-tip, cover it with a shower cap, and let it sit in your hair for at least an hour before rinsing it out.



Use honey to condition your hair. Again, some of the best products for your hair occur in nature. Honey is a great source of nutrients and adds moisture to dry or damaged hair.



Use avocado to condition your hair. You can use either avocado oil, which can be purchased in salons, beauty supply stores, some grocery or convenience stores, and online, or just use the actual avocado.



Use banana to condition your hair. Just like avocados, bananas are a cheap, natural way to add nutrients and moisture to your hair.



A *Guide* For Teaching Your Child How To Respond To Peer Rejection

Children may run into issues with their peers even at a young age. If your child has struggled with peer rejection, check out the tips below on how to respond to them and teach them what to do when they are in these situations:

One afternoon after picking up my daughter from Pre-School, she began crying while telling me about her day. A new classmate had been shunning her, telling her that she would not be her friend and stating that she would be the only one not invited to her birthday party.

Seeing my daughter hurting from the rejection of another child broke my heart and brought fears into my mind of her going through what I went through in school. I had a rough few years in Primary school from being bullied. It shaped my personality and behavior for many years.

I became very quiet in public — afraid to speak up. I tried to blend into the background so that I would not be noticed. I hoped that if I did not draw attention to myself, then I would not become a target.

Though I do not consider this Pre-School incident a bullying situation, I want to begin now to teach her how to handle peer rejection, so she is not affected the way I was. I want her to know that she is not alone and to teach her how to respond in this type of situation.



REJECTED
How I Responded

1. I empathized with her
I told her that I understand how she feels because I have been in the same situation. I wanted her to know that she is not alone, that I want to know about what she's going through and how she feels, and that I am there for her. I wanted her to feel safe telling me her problems because she knows that I will listen to her.

I needed to remind myself to see things from her perspective

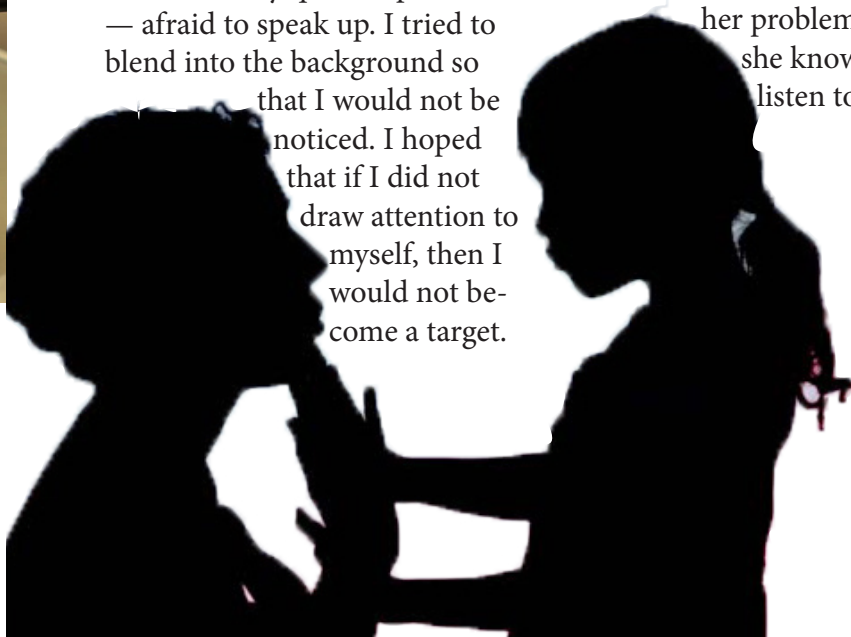
Something that may not be a big deal to me may be huge to her. I don't want to tell her to just "brush it off" and end up preventing her from coming to me with her problems. I want to encourage her to talk about things and not bottle them up.

I talked with her about reasons children may act that way and that it is not her fault.

We spoke about how sometimes a person can be angry about some other thing and take it out on those around them. For example, being the new kid at school and feeling insecure, having problems at home, being hurt over others and treating them badly. I let her know that it does not excuse the other child's behavior.

However, I want her to be empathetic and forgiving. I gave her an example of a time that I had to ask her forgiveness for being snippy to her when I was mad about something unrelated. I talked with her about how to respond when she is treated this way. I told her that retaliating and saying hurtful things back is not the way God wants her to respond.

Instead of retaliating, I instructed her to tell the classmate that "It hurts my feelings when you say/do ____." Then, if the child continues to say hurtful things, leave the situation and find a friend to play with.



Loveless Love Letter

By Larona Siana



You unleashed her and let her
roam free
A work of art indeed
A mustang roaming the dandelion
fields of my being
Now every adventurer wants to
claim her as his

You picked her shattered pieces
And like jigsaw pieces tried your
best to piece her back together
You held your breath waiting for
her to exhale
She waited for you to embrace
her while you were busy trying to
avenge her scars
Instead of beauty in her you saw
pain

Scared of being hurt just like her
You were like two chess players
Worse you were like two Mafia
bosses
Trode around her like she was a
bomb waiting to explode
And man did she explode
She shattered herself to pieces and
waited for the one who would pick
them up
Instead of being there
Like a coward
With your tail between your legs
you ran
He found her...you weren't cheated
You cheated yourself
You lied to her face
Claiming maturity
Owning up to responsibilities you
knew you couldn't handle
Made empty promises
Whilst fucking all those other
hoes

Did my body disgust you?
Was it because I am a victim of
rape?
Years of sexual harassment?
Well you got what you wanted
An heir
Since I cannot give birth
Wolf in sheep's clothing
You made me raise my head above
the other maidens
Made me hope for things
I only saw in my dreams
Strung me enough rope to hang
me by
You were a welcome comfort in a
painful world
But that's all you will ever be

Was it our shared love for under-
ground music
Or the Sabbath that brought us
together
Whatever it is it doesn't matter
anymore
Because given a second chance
you'd still fuck her
She is quite the wet dream
But are you the dream boat?

We were going to get married and
have kids
Six you said
Though you knew my womb
would never let me
We named them even
Yet it was so easy for you to walk
away
Replace me with her, her, her and
her
Four girls in three months
Yet I'm the Bitch

It was good while it lasted
Don't get me wrong
But I just wanted to make things
clear
I'm not spiteful hence I've moved
on
You keep asking if I'm gay
What if I said yes?
What if I told you the hole you left
Is now being filled by a Finger-
smith
Not dick like you lie to yourself
What if I told you
My fav thing is now lips and hips
pressed against mine
And not beard and brawn like you
say
What if I told you
That it was so f****g easy letting
go
Because you were a front....





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HARDWARE AND SUPPLIES



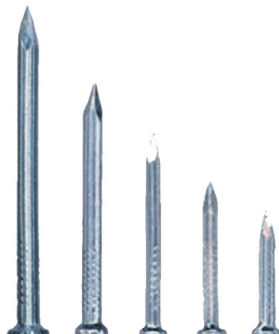
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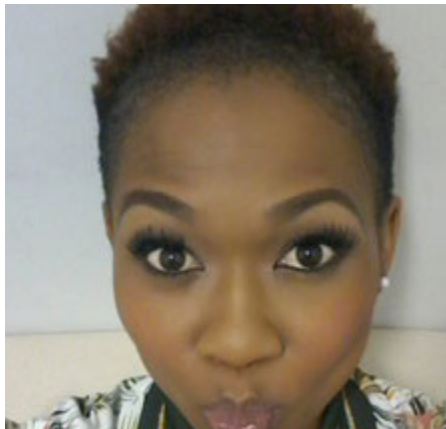


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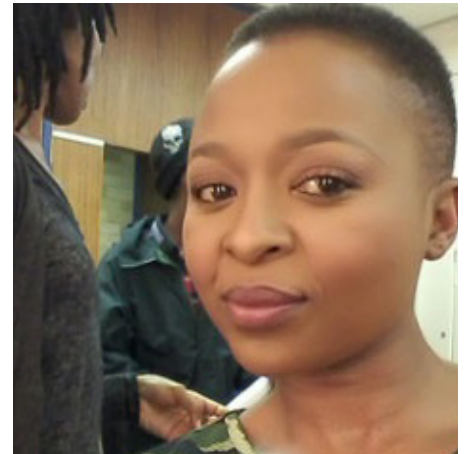
Winnie Khumalo And Rethabile Khumalo

The younger Khumalo has already been featured in two albums. She was on Kwela Tebza and multi-award winning hip hop act Deep Level's albums; the 17 year old is heard to be the daughter of the Lazaro hit maker Winnie Khumalo. Rethabile Khumalo is to be featured in her mother's upcoming album.



Dineo Ranaka and Manaka Ranaka

Manaka Ranaka - South African actress, most famous for her role as Lucy Diale and the mother of Namhla Diale in the soap Generations, is an older sister to famed radio DJ and television personality Dineo Ranaka.



Rudolph Mpho Kgaswane and Kaelo Kgaswane

The two football stars, Rudolph Mpho Kgaswane and Kaelo Kgaswane are born as siblings in the Kgaswane family. The Manyana born players are currently playing at Gilport Lion football club. Mpho, aged 27 plays jersey number 28 as a Midfielder. He is a brother to the 24 year old Kaelo who plays right back in the same team.



Trevor Gumbi and DJ Spectacular

Many people don't know that DJ Spectacular and comedian, Trevor Gumbi, are actually brothers. Trevor who have been nominated for Golden Horn Award for Best Actor in a TV Comedy, Golden Horn Award for Best Actor in a TV Drama, a comedian and a DJ under one roof – family get-togethers must be a blast!

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 A photograph of athlete Nigel Amos celebrating a victory. He is wearing a white and blue striped singlet with 'botswana' and 'SEIKO' printed on it, and a bib with the number '93'. He is holding a large Botswana flag (light blue, white, and black) behind his back with both arms raised. The name 'Nigel Amos' is written in a large, stylized blue font across the bottom of the image.

Nigel Amos

The most important thing for any athlete is to know their ability. If you know your ability and have even a little bit of a strong mind-set, you can get success because your ability takes you to success. Quote by Virender Sehwag.

Nijel Carlos Amilfitano Amos is a Botswana middle-distance runner who specializes in the 800 metres; he is a father to a 1 year 4 months daughter. He started his career in 2011 when he was at senior school. Nijel was a football player before he became an athlete. His coach advised him to start athletics because he had speed. Nijel mentioned that in 2012 he

won sports man of the year two times and this was his first win in Botswana, which was Botswana's first ever Olympic medal. Amos has qualified for the upcoming London 2017 IAAF World Championships together with his teammates; Baboloki Thebe and Karabo Sibanda.

Date of Birth: March 15, 1994

Place of birth: Marobela Village

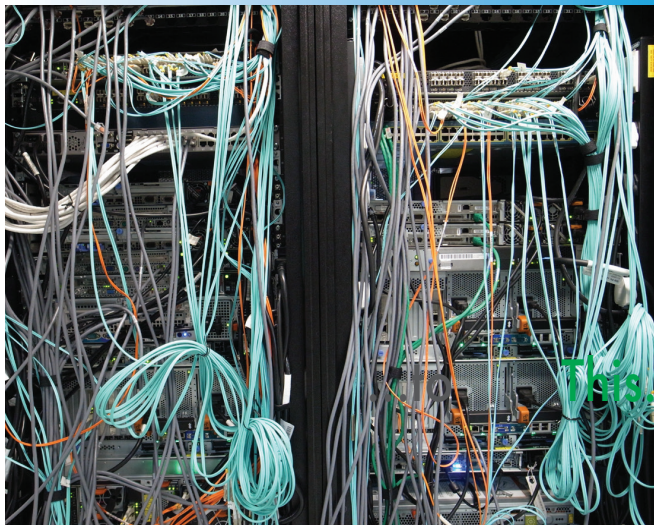
Field Name: Zoro

Relationship Status: In a relationship

Achievements:

2012 1 x Olympic Games Silver medallist
 2014 1 x Commonwealth Games winner
 2015 1 x All-African Games winner
 2014*2 and 2016 3 x African champion
 2014 1 x World (Continental) Cup winner
 2015 1 x All-African Games Silver medallist
 2012 1 x World Junior champion
 1 x World University Games winner
 7 x Diamond League meeting winner
 2011 1 x African Junior Championships Bronze medallist
 2 x Diamond Race winner

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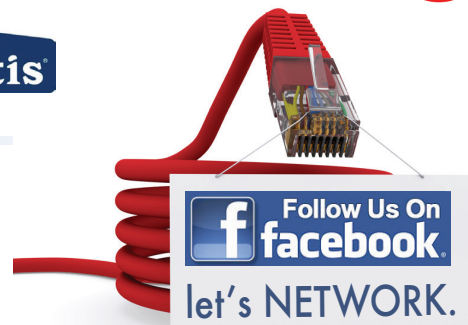
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The front, with a large chrome grille flanked by LED-equipped headlights, is clean if less dramatic than the outgoing model.

Two trim levels are available in the form of SE (16-inch alloys) and the better-appointed LE, with standard diamond-cut 18-inch alloys. All models come with 4x4, with the SE available in six-speed manual, while the LE is available in both six-speed manual and a competent seven-speed automatic — already offered in the 370Z and Infiniti products. The electrically operated rear cab window is nothing new to the segment, with the previous generation Triton offering something similar.

The load box takes up to a one-tonne payload. Towing capacity is pegged at a weight of 750kg unbraked and 3.5





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