

Celebrity World

ISSUE NO.4

MAY/JUNE 2017

Wizards

*Of The Desert, The Dance
Kwasa Legends Are Back!!*

DIY

Monogram Planter

HOW TO

make candles from crayons

Create A Signature

Glow With Mpiwa

IT ALL BEGAN WITH DANCING -

Flay-C



Topics To Talk
about in a happy
relationship

How To
Encourage Siblings To
Be Best Friends

kiddies
closet-protect
your boys and
girls this
winter



**CHINA JINGSU INTERNATIONAL
BOTSWANA (PTY) LTD**

Physical Address: Plot 20635, Block 3, New
Broadhurst Industrial , Gaborone, Botswana
Tel: +267 3185296 Fax: +267 3164449
Post Address: P.O.Box 202124, Gaborone
E-mail: cjibots@gmail.com

Inside The May/June Issue!!!

Greetings and a warm welcome to our 4th issue of Celebrity World Magazine. Inside of this May/June 2017 Issue would like you to take some time to get to know the layout of our magazine. What you will find in the pages of Celebrity World Magazine is a collection of inspired and educational articles written looking at local and international lifestyles of people, biographies of people and information which involves the public and the whole Batswana about some issues such as health, education. We included some delicious recipes and menu ideas from kitchen cooks and nutrition specialists, giving tips styles on how to wear for this winter season, entertainment like Sports activities and interests that provide positive opportunities for children and others across borders, upcoming events, gossip, different talents of Batswana and finance are included.

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



**Didarul Islam
Bhuiyan(Babu)**
Founder

 @celeb_bw

 **Celebrity World**

The A Team

Editor

Thato Audrey Molale

Deputy Editor

Godiraone Ramanoko

Writers

Kesaobaka Sehunelo
Kebatshotse Matswa

Photographer

Koketso Mogampane
Ophadile Tshhegofatso Gofamodimo

Graphic Designer:

Amuchilani Rara

Cover and Cover Story Make up done by
Sammuel Snowwhite 71830182

Manager

Tasnim Piyersoap

Managing Director

Nmd Estaq Farthous Bhuiyan

Marketing Executive

Pinky Aysha Siddiky

Finance Manager

Ashok Kumar Parmatma Mishra



Contact us

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

West Industrial

Cell: 76220987

Tel: 3937886

Email:celebrityworldbw@yahoo.com

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Wizards

OF THE DESERT THE DANCE KWASA LEGENDS ARE BACK!!

Wizards of the Desert was formed around 1995 when all the members were still high school students. It has changed from Hip Hop group to local House-Kwasa group in Botswana. Some of their hits are Koko, Phokoje, Moken-to and Busa Monate Wame.

The music group was formed by Llyod Mwape and Kealeboga Kaylo Leruele. They began their talent where they used to rap in the school corridors and were caught in between gospel and hip hop. They then decided to do hip-hop to entice girls and fans and to be recognised; as a result Batswana loved and appreciated them.

The group then comprised of Lloyd, Kaylo, Gobe, Oscar and others who came and left. They were brought together by different skills each of them possessed. The group released their first album called Sangoma which was released in 1998. It was recorded at Master Dee's studio and it was mastered at South Africa.

By then, when the first album was released, there were no much people and performances in the music industry. Wizards of the Desert sometimes

performed for free to promote their products, by then the radio stations that existed were RB1 and RB2 and they depended on them.

In 2001 Wizards of the Desert released their second album, Kalahari's Most Wanted. It was a hip-hop album. During their process of producing this album, they realised that hip-hop was not working for them because kwasa-kwasa and kwaito were emerging into the music industry. People went with the flow, they jumped into house-kwasa. Their second album, Kalahari Most Wanted did not do well in the industry.

They released their third album titled Khoisan in 2003. It was a mixture of hip hop and house kwasa. The group was not sure of what they were doing and they transformed from hip-hop to kwasa-kwasa rhythms. They decided to do half hip-hop and half house-kwasa after realizing that people like the house-kwasa.

Amongst the challenges they have faced, Wizards of the Desert faced sponsorship challenges. This is a challenge faced by most Batswana artists as they finance their own projects. Like other artists,

they have to pay for each process of producing an album. There can be money for recording an album but to market it becomes inflexible as it involves money. It is like doing the music for the love of it but nothing pays in return.

During the interview with Celebrity world magazine, Kealeboga said that do not know that Wizard of the Desert has inspired a lot of people in the music industry. They are the legends of the industry. When asked about the evolution of music in Botswana, Kealeboga said that back then Wizards of the Desert were putting much effort on music and nowadays they have realized that anyone can wake up in the morning and start singing or make a studio or even be a producer. Software's are available and it's easy for anyone to make music and the quality becomes low hence other artists lose quality.

Currently Wizards of the Desert are working on a single titled "Busa Monate wame" which is doing quite well. They are doing singles because according to them, albums are no longer recognised. Of the albums that Lizards has released, Phokoje (released in 2005) and Koko (released in 2004) are the most albums that sold them best and they put them on the map.



YOUTH CULTURAL FASHION AND FOOD COMPETITION

Do you want to make your dream/talent to become a reality?

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Time: 10am-4pm

Registration fee: P100

Date: 30/06/2017

Venue: Old Nokia Warehouse

Enquiries: 71305561

Anti-Alcohol And Substance Abuse Campaign

ALCOHOL AND DRUGS

The abuse of alcohol and other drugs including prescription drugs is common and costly. It can cause or worsen many medical problems and if left untreated can destroy families and lives.

Frequent abuse of alcohol and other drugs can lead to addiction, a disease that affects the brain and behavior.

DO YOU NEED HELP

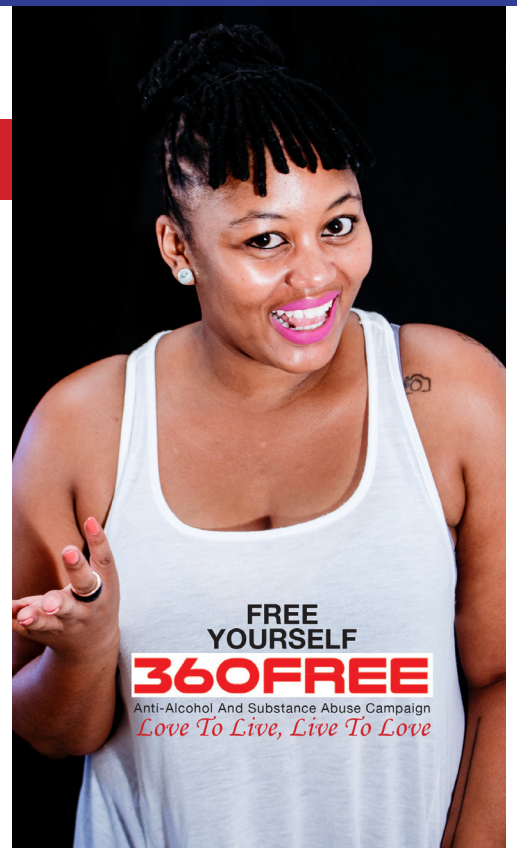
First you need to accept that you need help, seek help by talking to someone, you have the power within you, you are the solution.

There is more to life. Free yourself. Love to live and live to love.

Find something you are passionate about; sports, music, dance, fishing, movies etc. to keep your mind busy. Replace your negative habit with a more positive one.



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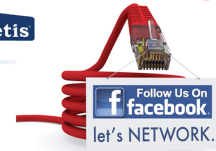


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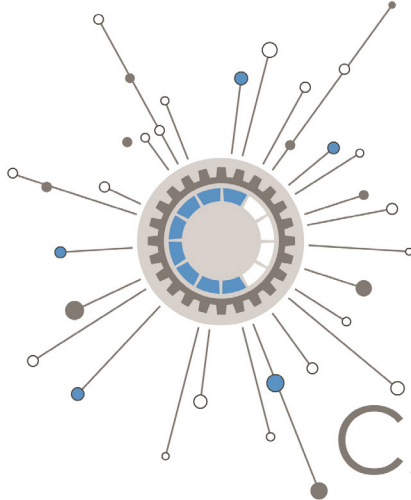
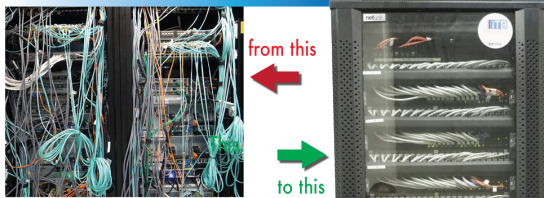
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Movies and Book Reviews



Bahubali 2: The Conclusion

When Shiva, the son of Bahubali, learns about his heritage, he begins to look for answers. His story is juxtaposed with past events that unfolded in the Mahishmati Kingdom.

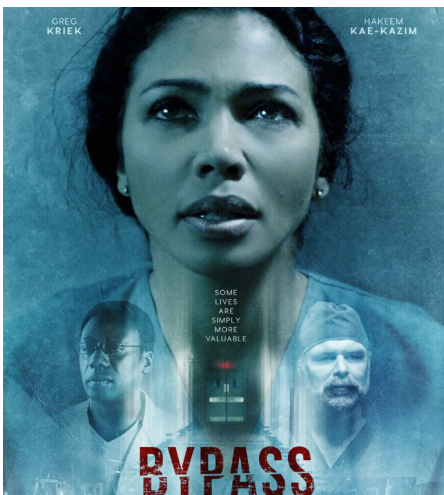
Director: S.S. Rajamouli

Stars: Prabhas, Rana Daggubati, Anushka Shetty

Genre: Action, Adventure, Drama

Duration: 2h 47min

Released date: 28 April 2017 (USA)



Movie name: Bypass (2017)

Duration: 1h 32min

Genre: Thriller

Release date: 12 May 2017

Country: South Africa

When Dr Lisa Cooper, a renowned cardiac surgeon, is forced to make decisions regarding the life of her son SAM COOPER, she has no choice but to turn her back on the medical system she has devoted her life to.

Director: Shane Vermooten

Writers: Bianca Schmitz, Diane Vermooten | 1 more credit »

Stars: Hakeem Kae-Kazim, Natalie Becker, Melissa Haiden.



TRANSFORMERS: THE LAST KNIGHT

The Last Knight shatters the core myths of the Transformers franchise, and redefines what it means to be a hero. Humans and Transformers are at war, Optimus Prime is gone. The key to saving our future lies buried in the secrets of the past, in the hidden history of Transformers on Earth. Saving our world falls upon the shoulders of an unlikely alliance: Cade Yeager (Mark Wahlberg); Bumblebee; an English Lord (Sir Anthony Hopkins); and an Oxford Professor (Laura Haddock).

GENRE: Action, Adventure, Sci-Fi, Sequel

RELEASE DATE: Friday, June 23, 2017

STARRING: Mark Wahlberg -Cade Yeager

Josh Duhamel -Lt. Col. Lennox
Anthony Hopkins



NAME: Quentin Tarantino

OCCUPATION: Film Actor, Television Actor, Director, Producer, Screenwriter

BIRTH DATE: March 27, 1963 (Age: 50)

PLACE OF BIRTH: Knoxville, Tennessee

FULL NAME: Quentin Tarantino

ZODIAC SIGN: Aries

MOST KNOWN FOR: "Pulp Fiction" (1994), "Reservoir Dogs" (1992), "Kill Bill: Vol. 1 (2003), "Kill Bill: Vol. 2 (2004)

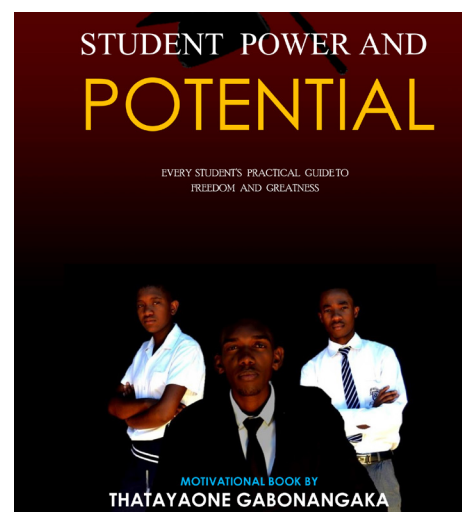
AWARDS: Won two Academy Awards, another 85 various award wins and 74 nominations.

QUOTE: "If I've made it a little easier for artists to work in violence, great! I've accomplished something."

Born in Tennessee in 1963, Quentin Tarantino grew up loving movies more than school. In his early 20s, he got a job at the Video Archives, where he wrote the scripts for "True Romance" and "Natural Born Killers." His directorial debut came with 1992's "Reservoir Dogs," but he received wide critical and commercial acclaim with "Pulp Fiction" (1994), which earned more than \$108 million at the box office—the first independent film to do so. In 2003 and 2004, Tarantino released his "Kill Bill" series, which led to a Golden Globe nomination for Uma Thurman, who starred in the films. Tarantino was later nominated for two Academy Awards (best director and best original screenplay) for the film "Inglourious Basterds" (2009).

Nelson Phoga: Executive Director at Mareledi

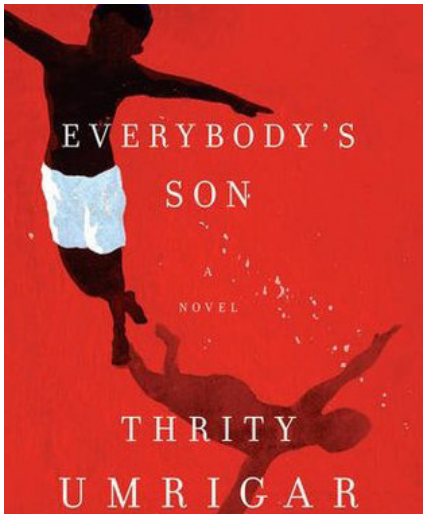
Nelson Phoga is the Executive Director of Mareledi Drama, which is an adaptation of Makgabaneng Radio Serial Drama. Mareledi is aired on BTV every Monday at 2030hrs. It started airing on December 2, 2013 until December 8, 2014. The second episode of Mareledi drama started airing on September 2, 2015. The next episode will hopefully air on BTV around the second quarter of this year between April and June. Mr Phoga holds Bachelor's degree, Electrical and Electronics Engineering from Ohio University.



Book Title: STUDENT POWER AND POTENTIAL

Author: Thatayaone Gabonangaka

A motivational book for high school students that is focused more on motivating students and enlightening them to know and learn more about how and why they are in school. The writer wrote about his high school life experiences and how he tackled the challenges he faced as a student. He gives students advice on which subjects he deems most important and how to set their priorities right.



Everybody's Son: A Novel

Author: Thrity Umrigar

Published: June 6, 2017

When nine-year-old Anton first enters foster care, he still believes his mother is coming back for him. However, his new foster father, David Coleman hopes she stays away for a long time. Since his biological son's death five years ago, David's been searching for someone to fill the void in his and his wife's lives. David never imagined the child they'd take in would be black, but Anton seems to be adjusting well to the world of the rich, white, and privileged. David rationalizes that if he must do something dishonest to keep the boy, it is only because he wants to protect him and give him a better life.



DESPICABLE ME 3

Continuing adventures of Gru, Lucy, and their adorable daughters — Margo, Edith and Agnes — and the Minions.

GENRE: Comedy, Family , 3D, Animation, Sequel

AGE RESTRICTION: PG

DATE OF RELEASE: Friday, June 30, 2017

STARRING: Steve Carell Gru (voice)
Trey Parker Balthazar Bratt [villain] (voice)



CAPTAIN UNDERPANTS: THE FIRST EPIC MOVIE

Tells the story of two overly imaginative pranksters named George and Harold, who hypnotize their principal into thinking he's a ridiculously enthusiastic, incredibly dimwitted superhero named Captain Underpants.

GENRE: Adventure, Family, 3D, Animation

AGE RESTRICTION: PG

DATE OF RELEASE: Friday, June 2, 2017

STARRING: Ed Helms Mr. Krupp / Captain Underpants (voice)
Kevin Hart George Beard (voice)



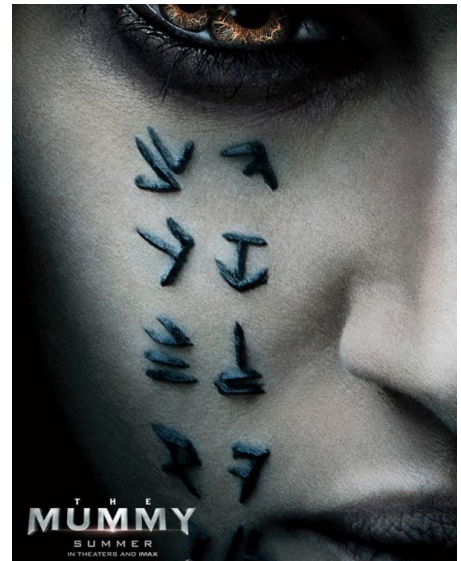
BABY DRIVER

A talented, young getaway driver (Ansel Elgort) relies on the beat of his personal soundtrack to be the best in the game. When he meets the girl of his dreams (Lily James), Baby sees a chance to ditch his criminal life and make a clean getaway. But after being coerced into working for a crime boss (Kevin Spacey), he must face the music when a doomed heist threatens his life, love and freedom.

GENRE: Action, Crime

RELEASE DATE: Wednesday, June 28, 2017

STARRING: Ansel Elgort
Lily James
Kevin Spacey



THE MUMMY

Thought safely entombed in a crypt deep beneath the desert, an ancient queen (Sofia Boutella) whose destiny was unjustly taken from her is awakened in our current day, bringing with her malevolence grown over millennia and terrors that defy human comprehension.

GENRE: Action, Adventure, Reboot
DATE OF RELEASE: Friday, June 9, 2017

STARRING: Tom Cruise
Jake Johnson



79 Likes
Rebelleous99 Moving in today #NewBeginnings
review all messages
TerrenceLives Looks haunted lol
TotesMarissa Did u get my texts?? Please call me!

FROM THE PRODUCER OF THE VISIT, THE PURGE AND INSIDIOUS
AMITYVILLE
THE AWAKENING

AMITYVILLE: THE AWAKENING

Belle and her family move into a new house, but when strange phenomena begin to occur in the house, Belle begins to suspect her Mother isn't telling her everything and soon realizes they just moved into the infamous Amityville house.

GENRE: Horror, Suspense, Sequel

RELEASE DATE: Friday, June 30, 2017

DURATION: 1hr, 40m

AGE RESTRICTION: PG13

STARRING: Bella Thorne
Jennifer Jason Leigh
Madison Pettis

Local and International Gossip



The Queen's Goodness is the 'perfect fit' for Zenande Mfenyana

Zenande Mfenyana's debut on *The Queen* on Monday night had her receiving praise from industry greats and viewers alike, and she still can't believe how quickly people have "fallen in love" with the character. She said that she is excited to be on the drama series and couldn't believe the amount of love she has received already.

BRAD PITT ASSURES FANS "I'VE GOT NOTHING TO HIDE" FOLLOWING ANGELINA JOLIE DIVORCE

Brad Pitt continues to be an open book for his fans and followers. Hollywood actor is speaking out about his life following a public divorce from Angelina Jolie. In a new interview with the Associated Press, the A-list star discussed his present state of mind where he couldn't help but get personal. According to the outlet, Brad said he's spending his time by "keeping the ship afloat" and "figuring out the new configuration of our family." "Kids are everything," he said of the six children he shares with Angelina. "Kids are your life. They're taking all the focus, as they should anyway." "I'm not suicidal or something," he added while chuckling. "There's still much beauty in the world and a lot of love. And a lot of love to be given. It's all right. It's just life."



Sonu Nigam complains he isn't a Muslim but still has to wake up to azaan, angers fans

Sonu Nigam has angered several of his fans and followers with an insensitive tweet on Monday morning. The singer complained of 'forced religiousness' on being woken up to the sound of azaan (a mosque's call to prayer) even though he is not a Muslim. God bless everyone. I'm not a Muslim and I have to be woken up by the Azaan in the morning. When will this forced religiousness end in India," he wrote

The tweet has not gone down well with a lot of his fans and followers. "I am a fan of urs but this was definitely a bullshit statement. U gotta respect other religions beliefs. It's a democratic country," wrote one.

Nicki Minaj Hates Seeing Drake Dragged Down By Love Child Drama: Making Sure He's OK

Aww! Nicki Minaj and Drake have always been ride or die when it comes to their friendship.

That's what friends are for! Nicki Minaj, 34, is just as shocked as the rest of us over accusations made by Instagram model Layla Lace that Drake, 30, got her pregnant. "Nicki's torn between hurt and disappointment in Drake and this baby drama. For real, Drake is like a family to her. They've got eyes for each other and when it's not all flirty-flirty he's like a brother. She hates to see him being dragged like this.



MARATHI FILMMAKER COMMITTED SUICIDE AFTER POSTING ABOUT IT ON FACEBOOK

Marathi filmmaker, Atul B. Tapkir reportedly committed suicide in a Pune hotel on Sunday morning. Before ending his own life, Atul wrote a Facebook post mentioning that he was going through tough times, both professionally and personally.

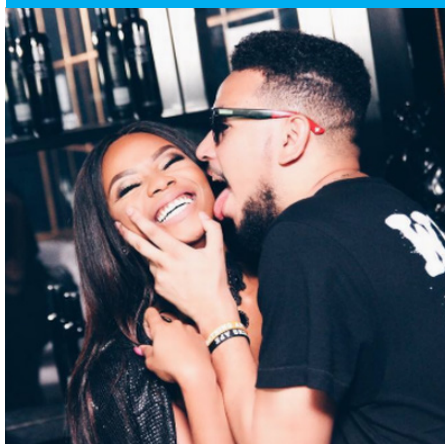
He revealed that he went into losses after he produced the film *Dhol Taashe*. While his father and sister supported him, his wife had allegedly started abusing and harassing him. She even threw him out of the house, abused and defamed him in the neighborhood. Not only that, it has been reported that she separated him from his children and sent her brothers to beat him up.

He further stated that his wife filed a false police complaint against him. He appealed to Maharashtra CM, Devendra Fadnavis to make sure that when a woman files a complaint, the police listen to the man's side of the story as well. In his Facebook post, he also expressed that his last wish was that his children should be raised by his father, not by his wife. He alleged that he left behind the proof of his innocence in a pen drive.



Tiwa Savage Is Loving Her Melanin As She Stuns In Black Outfit

Tiwa Savage, is a Nigerian singer, songwriter, performer and actress who is currently signed with Jay Z's label Roc Nation in the USA. The sexy songstress and mother of one wows in new photos in a fitted black dress and thigh-high boots, captioning one: *"I appreciate my melanin so much nowadays " Gorg!*



CUDDLES & SONGS: INSIDE BONANG AND AKA'S MIDNIGHT LOVE SESSION

It's no secret that AKA and Bonang have manic schedules, which probably doesn't leave them with much time to just lie on the couch every night and chill. Sonia Sedibe opens up about watching the Generations mass exodus from the outside. So when they got the chance over the weekend, B and her boo made the most of the opportunity. It was also icy-cold in Joburg this weekend, which meant their quality time involved loads of cuddles.

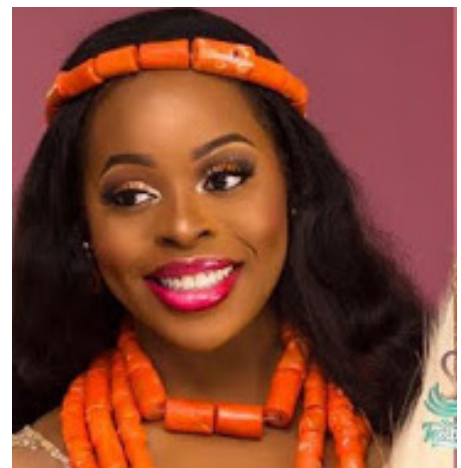


SONIA SEDIBE OPENS UP ABOUT WATCHING THE GENERATIONS MASS EXODUS FROM THE OUTSIDE

Actress Sonia Sedibe has finally spoken out about why she was not surprised when the much-publicized Generations mass exodus scandal happened in 2014. The actress resigned from Generations after nine years on the soapie and shortly after she left the soapie, she watched the mass exodus unfold. She explained to the Trending SA team that she was not surprised when all the actors eventually left. "I knew it was going to happen. It was long time coming because every time we negotiated contracts, they would promise to do right by us the next year but it never happened," she said. The actress resigned from Generations after nine years on the soapie and shortly after she left the soapie, she watched the mass exodus unfold. Despite the challenges at the soapie Sonia admitted that Generations "paid better" than other soapies at the time. However, she emphasized that after nine years on the show, she felt she deserved more. "The lowest paid on Generations, was the highest paid on other soapies," she said.

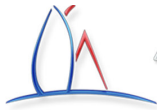


Born October 6, 1946 in Peshawar, North-West Frontier Province, British India, actor **Vinod Khanna** succumbed to bladder cancer at the age of 70. He died in April 27, 2017 (aged 70) in Mumbai, Maharashtra, India. The spokesperson of Sir H.N. Reliance Foundation Hospital and Research Centre, where he was admitted briefly released an official statement which read, "Veteran Actor and Member of Parliament Mr. Vinod Khanna who was admitted at Sir HN Reliance Foundation Hospital breathed his last at 11:20 am due to advanced bladder carcinoma.



Former Mr Nigeria and Nollywood Actor, Kenneth Okoli Traditionally Weds US Based Girlfriend

Mr. Nigeria 2011 and Nollywood actor, Kenneth Obinna Okoli held his traditional wedding ceremony to US-based wife, Jessica Nwakah on Saturday 15th April. The couple got engaged early this year, after Kenneth called off his engagement to his former girlfriend Mariam in 2012.



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IT ALL BEGAN WITH DANCING - Han-C

The popular adage dynamites come in small packages is a perfect description for this young musician. He is literally still in his youth; nonetheless his voice can bring one to tears. Bursting into the music scene in 2015 with the ground breaking Sedi laaka by DJ Chrispin the drummer and Team Distant, there is no stopping for this dynamo. Featured on five chart topping singles in a short space of two years, he is now the industry's hottest property. Celebrity World magazine team took time to sit down with Han-C at Coricraft, Gamecity to get an insight on his musical life.



A Mahalapye native did his primary education there and then moved to Maun to continue with his schooling. Throughout his stay in Maun, Han-C fell in love with dancing which led him into music. His love for dancing saw him make an attempt at My African Dream competitions in 2013. Even though having made it to the grand finale, he felt dancing was not his forte. Born into a family of music fanatics, he cites his grandfather as his greatest inspiration and influence. He started singing at the tender age of five, where he used to have a piano that was bought for him by his grandfather who also owned a guitar. They would chill in the living room making music and he would sing with his little voice. Because his grandfather loved music, sometimes during power cut he would sit down with his family and sing random rhythms sometimes not even knowing whose song they are singing. Han-C gets support from his entire family, which has made things easy for him as it did not stop him from his achievements thus far. After his grandfather died Han-C stopped singing and fell in love with dancing, this was during his secondary schooling.

It was during 'My African Dream' rehearsal breaks that Han-C would go and join the singers to learn what they were taught, and thus came to realise that he could sing. After 'My African Dream' competitions ended he felt that dancing was not what he wanted and he started singing again. He made very good songs, recorded them and stored them in his computer. He submitted his songs to be listened to by other people and they always liked them. Han-C also posted videos and he had positive feedback from the listeners. People liked his voice hence felt he had to do singing and be thoughtful about it. Social media has played an important role in him garnering support. He did a cover version of Justin Bieber's song 'Sorry' and posted it on Facebook and it attracted over 20 000.00 views. This was a big deal for him, he then sent DJ Chrispin the Drummer an inbox message, sharing with him the songs hoping that he would help him. In return, he sent him the 'Sedi Laaka' beat, the song he wrote with his uncle, and the rest as they say is history.

Since the release of 'Sedi Laaka' and Team Distant, he has been featured in songs by DJ NT Base (Moengele), the recently passed on Steez (We belong together), Yarona FM Dj Izzy (Our golden year) and DJ Kuchi (Love hates me). Doing features was his strategy to penetrate the music industry. People who have featured him were already recognised artists in their own right, but now Han-C is working on his first full length album where he will be the one featuring other artists.

Continues To Page 12



One of the greatest challenges Han-C faces has so far been people not believing in what he wants to do. He added that some people have tried to discourage him by saying negative things but the best fuel in pressing on regardless is self-determination. He also mentioned that when he started in the music industry, his videos had to be paid for from his pocket. But, he says money is a challenge faced by most of the artists and yet they fight harder to attain their dreams.

This lad sings songs of reality and he believes that it makes him a unique artist. He likes writing about love to help inspire people. The reason he would not sing about things like fancy cars or about drinking alcohol is because it is not what is important to him as an artist. He likes making writing about things that matters, uniquely merging both Setswana (mostly) and a bit of English together.

Han-C mentioned Odirile aka VEE Mampezy Sento as his role model because he has shown that no matter where you come from, you can still excel. Most of Batswana have low self-esteem and we think music cannot work for us, but as it has worked for Vee, Han-C believes that as much as it worked for VEE, it can work for him and for anyone else who desires it. All he wanted to be was an artist. He has told himself that if he is not going to be a professional dancer, he is going to be a professional singer. Besides music, Han-C loves graphic design and he hopes that one day he will also be a graphic designer.

Growing up being exposed to a variety of music genres with the likes of different family members has helped Han-C to come up with an idea for every song he writes. At first he used to perform for five people then it kept growing. Now he can perform for 10 000 people or more. He expressed the feeling as amazing, overwhelming and he thanks God for it.

Han-C does not take any alcohol or smoke. During his free times, he plays FIFA video games. He scooped Best New Artist Award at Yarona FM Music Awards in 2016. Sedi Laaka tune got the best house song and it has helped him gain recognition.

"I would like to tell the upcoming singers to keep on singing; you will never know, maybe you quit today and your day is tomorrow. Keep making music, because it's all about oneself", uttered Han-C.

Meet Blvckmail



Blackmail is a crew of fifteen artists with different music genres, poetry, and photography and fashion industry. The team met back in 2012 during their senior studies at Oriel international school and that is when they formed the movement.

First it was formed by JT Special-BOY, Honestbeatz, Official Twiss and TH-BLX-CKMAIL. In a conversation with the team, they said that they inspire and motivate each other. Their vision is to be an internationally recognised record label doing more music and they want to expand as a brand.



They said that since they started like any other emerging company, they have money issues and an endorsement to overcome these challenges they are looking for sponsors.

The Blackmail entertainment officially launched their record label on February 11, 2017 at Element executive accommodation. The sound, quality, mentorship and struggle are what make them unique.





Passion for fashion, for that feel good moment. Even the youth of this golden era are smitten by the only irresistible gear that sent our grandmas on their weak knees whenever our hunky grandpas passed wearing the so called back in the days 'in thing gear'. Vintage is the name that can never be erased from generations minds, from generation to another vintage got us like the sweet summer day.

So...You want to go out on that cool date in a cool winter morning. Make sure to cling onto yourself a cool vintage look that will set people's attention your way.

For an easy happy moment go the vintage way!



Model: Sakshi Bhargava from Madam
Queen Modelling Agency
JMB make-up and Stylist Queen Kolo-
be: Madam Queen Modelling Agency
Clothing: Fashion World Station
Venue: Old Nokia warehouse



NAME: CAVIN M MOLATEDI

HOBBIES:

interaction with people, taking pictures, singing

FACEBOOK: Model-Mister Gaborone 2017/2018

Singer-My Star 2017 top 38

NAME: THUTO ITSING MATSETSE

HOBBIES:

reading, writing, poetry, watching make up tutorials

FACEBOOK: Thuto Matsetse

INSTAGRAM: tweetz_xlx

TWITTER: @lts_TweetzXOXO



NAME: YOLISA LETSHWENE

Currently studying at AFDA (The South African School of Motion Picture Medium and Live performance in Cape Town)

HOBBIES:

Writing, reading, meditating and performing, both singing and acting

FACEBOOK: Yolisa Letshwene
INSTAGRAM: galactic_ocean
SNAPCHAT: yoyo_lisaa



NAME: MELVINT. NTUARA

HOBBIES:
Dancing // modelling // eating // playing basketball





Make up Artist: Mpiwa Signature Located at Railpark Mall Contact: 76248917

The Science Of Beautiful Skin, The Glow Of Signature

As a beauty artist, I am in awe of beautifully packaged products that land on my desk regularly for someone who loves the element of new-whether in my beauty closet or fashion cupboard. Each time I unwrap a box, I am intrigued by the multitude of colors, textures and scents that add to my space.

As for our women around the globe, they are so eager to learn more on how to use and play with makeup. I could say they always dig deeper, go beyond the surface to gain insight into why a new product has launched. As much as we make-up as women, we should always remember the basics, a consistent skin care through our diet taking note of what to eat and what not to eat. Drink a lot of water every day to create the very best of beautiful skin, because at the end of the day we use make-up to express ourselves and to feel good.

ALL ABOUT THE GLOW

To create radiant look, use your illuminating face primer with your foundation to keep your skin hydrated and to prevent makeup from looking too matte.

WINDOWS TO THE SOUL

Many struggle with keeping eyeshadow on their lids or stopping it from creeping into their eye creases. Applying the eyeshadow primer before putting on eyeshadow will help make your eyeshadows long wearing, non-creasing, water proof and smudge proof.

LINE IT UP

When it comes to perfecting your graphic liquid liner techniques, first create your preferred shape with black eye pencil. Once you have created symmetrical shapes on both eyes, apply the liquid liner over it. It's easier to edit the shape before securing it with liquid liner.

RICH LIPS

After applying lipstick, use high definition concealer just around the edges of the lip to ensure your lipstick application has super sharp edges.



The Best Facial Moisturizers



Best SPF

Aveeno Positively Radiant Daily Moisturizer SPF 30

This nongreasy multitasker protects with SPF 30 and has light-reflecting minerals to make skin look more evenly toned.



Best for Dry Skin

Burt's Bees Intense Hydration Day Lotion

Like a refreshing cocktail for parched skin: Mafura butter (from the tree) softens, and clary sage helps skin retain moisture.



Best for Oily Skin

Cetaphil DermaControl Moisturizer SPF 30

This oil-controlling hydrator delivers an all-day matte finish, even along the shiny T-zone. Plus, it won't clog pores or exacerbate breakouts.



Best Texture

Dr. Dennis Gross Skincare Age Erase Moisture With Mega 10 for Face

The lightweight lotion glides onto skin and acts as a makeup primer, creating a smooth canvas and allowing foundation and blush to last longer.



Best for Sensitive Skin

Perricone MD Hypoallergenic Nourishing Moisturizer

A velvety, vitamin E-infused cream that's free of common allergens, like fragrance and sulfates, so it's gentle enough for easily irritated faces.

How to Take Care of Your Skin This Winter

Determine your skin type. Most skin is oily, dry, combination, or normal. If your skin type is extremely oily or dry, reference general guidelines on how to care for oily skin.

Determine if your skin is sensitive to harsher ingredients. If your skin already becomes red, irritated, or acne-riddled when exposed to the sun, other skin products, or perfume, then you have sensitive skin.

Determine target concerns for your skin. These might include wrinkling, acne, dull skin, or dark spots.

Stay Hydrated. Water is an amazing beauty product. 8 glasses a day will give your skin a noticeable glow, and you'll feel much better in the process.

Exfoliate. For a home remedy, mix sugar and olive/almond/coconut oil (Whichever is available). Rub in circular motions over the body. Rinse thoroughly.

Bathe. For healthy, antioxidant-nourished skin, add at least 3 tea bags while the water is running for a bath. While you bask in this bath, take 2 of those tea bags and rest them on your eyes to avoid tiredness and puffiness.



Begin a skin regime. Make sure it consists of cleansing, exfoliating, and moisturizing the face. The extra money will go to good use.

Slather on a rich body lotion after every shower/bath. Lotion with shea butter is amazingly moisturizing, not to mention it smells great.

Boys Closet



Your boy will always have a smile on his face when he is wearing any set of these winter clothes. Our magazine is sure to keep your kids' bodies warm and comfortable this winter, whether they are playing, jumping or going to the shops. Protect their bodies with these winter outfits for boys that they are sure to love.



Girls Closet



Winter is more fun when you add a dash of style to your baby girls' closet. These winter outfits are easy and toasty enough to get her around town comfortably. Show love by getting her any of these outfits to get beautifully with all of her favorite looks.



HARD WORK PAYS OFF

Whitney Murambwa, a 15 year old girl at Maikano Junior School is the best among the rest in academics followed by Keneilwe Dikoloti, a 15 year old girl who is also one of the best students in the school.

In an interview with Whitney she told us that for her being the best she reads ask teachers questions, she reads a lot, visits the library a lot for reading, tutoring and using past exam papers also adds value to Whitney's performance.

Parents play a good role on children's success. She added that her mother and father allows and encourage her to read a lot, so that she becomes a Doctor when she finishes school. She also said her parent spoils her after her massive performance which gives her pride.

"I would like to encourage my age mates to stop playing; they should use teachers, ask questions and read a lot" she said.



DIY CRAYON CANDLES



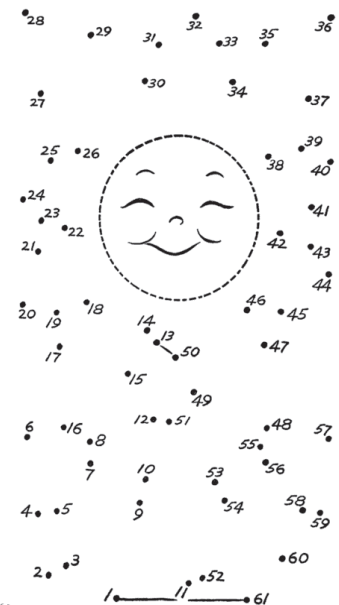
Help your kids make a fun and colorful candle for mother's day. Plan a backyard sleepover and let them light the night with their homemade candle.

To make homemade crayon candles you will need wax, wicks, old crayons, and containers. To color the wax for these candles, my daughter picked out 4 different colors of crayons. It's best if you can grate or chop the crayons in to the smallest pieces possible.

To melt the wax, create a double boiler using an empty coffee can and a pot. Fill the pot with about 1-2 inches of water and bring to a slow simmer. Add the wax to the coffee can and allow the wax to melt until clear. Use an old spatula to help stir.

Once the wax is melted, turn the burner down to low. You want to keep the wax warm, but making the layers takes a bit of time. Work one color at a time. Pour hot wax in to the bowl or container with the broken crayon. Use a craft stick to stir and allow the crayon to melt. Because our crayons weren't in small pieces,

they never melted completely. Just stir the wax around and poured the wax in the jar keeping the chunks of crayon in the bowl. This is also the point where you would add any essential oils if you want to have a scented candle. You can use 1 drop of lavender oil per layer. We are pretty sure that mummy is going to love this gift.



RaisingOurKids.com



How to Encourage Strong Sibling Relationships

4 Ways to Encourage Siblings to be Best Friends

Inspired by LaToya Edwards

These days sibling rivalry is viewed as something to be expected, like it's not a big deal to have brothers and sisters going at each other all the time. I completely disagree and it breaks my heart to see siblings behave this way. Over the years I have tried to instill in my boys the importance of cherishing the relationship they have with each other.

No Fighting, Period

This has been a rule as long as I've been a mommy. I do not tolerate my boys hitting, kicking, pushing, etc. Now that doesn't mean that they can't rough house and wrestle. They are boys and I realize that is just built into how they were created. I'm talking about intentionally hurting each other. That's not allowed. Have been reminding my boys for years that God gave them a brother to love, help and play with not to hurt and hit.

Heartfelt apology

It took a few years but my boys are well trained in how to truly apologize. "I'm

sorry" just doesn't cut it around here. When my boys are unkind to each other I make sure that they take the time to apologize to each other. That means admitting that they did something wrong, asking for forgiveness and then taking steps to repair the relationship.

Is it easy to get my boys to truly apologize? Nope. Sometimes pride gets in the way and they have to take some time to get their hearts right before going to talk to each other. That's fine. I would rather it take them 30 minutes to apologize instead of throwing a casual "I'm sorry" to the wind without addressing the sin in their hearts.

Sharing

My boys share just about everything. All the toys belong to both the children; I don't say this toy belongs to my oldest or the other way around. Why? Because we are a family we share the toys, the dishes, the chores, the love and the fun. I want my boys to understand that it's not about "me" when it comes to family and relationships. It's about the other person.

Before you start throwing tomatoes, the boys have things that are special to them. They are still required to share but we make sure that everyone is respectful and careful when playing with that special item. Likewise, the boys have spots in the house where they can go to be alone. They know to ask permission before climbing into brother's bed because that is his special place.

Serving each other

I am constantly encouraging my boys to look for ways to serve and help each other. They help each other with chores. My oldest has been helping his little brother sound out words he doesn't know when they read together. If they are cleaning up and someone finishes their job first I encourage them to go ask if the other needs some help. I have found that this one thing really goes a long way especially when there's ongoing tension or conflict between my boys. Working all of these ideas together can work wonders for the relationship of your children. The key is being consistent and intentional with it all.



DIARRHOEA AND VOMITING IN CHILDREN

Why do children get diarrhea more often than adults? How can you treat your child's discomfort?

Celebrity World magazine interviewed Dr. Made Afata on this issue at Blessing Medical Center.

Dr Afata defines diarrhea as symptoms of bowel or intestine bacteria (gastroenteritis) that is caused by a virus or bacteria and these can be a result of food poisoning.

CAUSES

Virus

Diarrhea often occurs with fever, nausea, vomiting, cramps, and dehydration. Viruses are the most common cause of a child's diarrhea. Along with loose or watery stools, symptoms of a viral gastroenteritis infection often include vomiting, stomachache, headache, and fever.

Bacteria

Food poisoning can also cause diarrhea in kids. Symptoms usually come on quickly and may include vomiting. They tend to go away within 24 hours. Treatment for food poisoning-related diarrhea is the same as for the diarrhea caused by infection.

MEDICATIONS

Medications like laxatives or antibiotics can also lead to diarrhea in children as well as adults. For mild diarrhea caused by medication, keep your child safely hydrated. If a course of antibiotics is causing your child's diarrhea, be sure to continue the medication and call your doctor. The doctor may recommend reducing the dose, changing your diet, adding a probiotic or switching to a different antibiotic.

Studies show that yogurt with live cultures or probiotics can help ease diarrhea caused by antibiotics. Cultures and probiotics help replenish healthy gut bacteria killed by antibiotics. Dr Afata said that antibiotics disturb natural balance flora, cancer medication like antacid and magnesium.

SYMPTOMS

- Loose or watery stool
- Abdominal cramp
- Blood stool
- Sunken eyes in children
- Pain
- Fever (when body reacts)
- Foaming, greenish
- Nausea

PREVENTION IS BETTER THAN CURE

On the preventive measures precautions should be taken.

- Wash hands before eating.
- Eat healthy food
- If the food is left over, warm them.
- Put food well covered to avoid flies and cockroaches.

Dr Made Afata encourages people to drink clean water, boiled, sterilized water or buy clean water. On the curative measures, he said that Oral rehydration solution is recommended and water alone doesn't have enough sodium, potassium, and other nutrients to safely rehydrate very young children.

For further advice, visit your nearest clinic or feel free to visit Blessing Medical Center or call Dr. Made Afata on 3190653 or visit Blessing Medical Center located at Bodiba Mall-next to Mogoditshane Police Station, Shop No. 9.



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Topics to Talk About in a Happy Relationship

Running out of topics to talk about while talking to your boyfriend or girlfriend? Happy conversations are the difference between a happy relationship and a boring one. Conversations can help both of you understand each other better, and help both of you bond better. Have you ever felt like you are running out of things to talk about, be it over the phone on an all-night call or while you are just spending an afternoon together?

When you are in a relationship, it is easy for the right topics to talk about to slip right past your fingers.

If you are in a new relationship, both of you may have so many questions to ask each other.

But the fear of sounding rude or getting too personal may leave a lot of empty space in a conversation.

And if you are in a seasoned relationship, both of you may be so accustomed to each other that silence may seem perfectly normal.

But every now and then, you do need to bring the excitement and life into a relationship by talking about the right things.

No matter how long you have been in a relationship, it is always communication that brings two lovers closer together, and leads to better understanding.

Almost all of these conversation ideas can be repeated in your together time, and the best part about these topics is that your partner will always have a new answer each time you ask most of these questions. You can use these questions with your boyfriend or girlfriend, or use them even if you are married.

Use these topics, and you will realize just how easily you can build the chemistry and love in your relationship, just by talking about the right things.

Plans for the weekend. Talk about your weekend plans together even if it is still Monday evening. It is exciting and fun, and it will give both of you something to look forward to after a long week of work.

By having something to look forward to, it will even help both of you get through the week with enthusiasm because you know you have a good weekend coming up.

Compliments. Talk about the things you like or admire about your partner. Let them know just how much you appreciate them, be it about their personality or about something they did the earlier week.

Daily worries. 'So what's been worrying you lately?' sounds so simple, but yet, it is something that can make your partner feel grateful and cared for. Even if they have no worries, just knowing that you care would make them feel good about being in the relationship.

Work. There is always something to talk about work, be it a new project or a bad boss. By talking about each other's work life, it will help both of you understand each other's professional sides and ethics better.

The little secrets. Secrets are always fun to talk about. You can talk about secrets as a game where each of you have to take turns to reveal one new secret. It will be a lot of fun, and both of you can get to know each other more intimately.

Movies and TV shows. There is always something new and fun every week when it comes to movies and shows. Talk about each other's favorite shows or the movies both of you are excited to watch. Food and restaurants. Even if your lover is not passionate about cooking, they would at least appreciate good food. Talk about new restaurants or places both of you should visit over the weekend or on a special day. It will give both of you a chance to explore cuisines together and also make dinner plans for the weeks to come.

Personal dreams. Talk about your dreams with your partner. Tell them what you intend to do or what your visions and dreams are. It will make for great conversations, and help your partner get to know your personal side better.

Vacations. Plan your vacations or weekend getaways weeks or even months earlier. Vacations are almost always the highlight of an entire calendar year, so even dreamily planning it ahead of time can get both of you excited.

Hobbies and personal interests. What do you enjoy doing in your own private time? Share your thoughts with your lover. Chances are, your partner too may have a few hobbies that you like.

Friends. It is always good to know more about each other's friends. It is a step closer to learning more about your partner's life and what they do, especially when you aren't around.

Proud moments. Ask your boyfriend or girlfriend to tell you about the moments in life when they have felt really proud of their own achievements. Memorable moments and childhood memories always provide for hours of fun, hilarious conversations.

Offer help. Ask your partner if you could help them with something, even if it is as silly as a chore. Working together on tasks always brings two people closer. And it will always make your partner feel grateful for having you around.

Five year plans. If you have been dating for a while, talk about where you see yourself five years from now as a couple. Having shared goals always makes the relationship stronger and gives both of you something to work towards.

Self-improvement. When you talk about your own flaws and where you would like to improve, it helps your partner feel more relaxed and comfortable, and they would break down their own high walls and talk about their vulnerabilities too.

Families. Talking about each other's families gives hours of interesting details and gossip. And it also helps make first introductions and spending time with family more fun.

Problems in the bedroom. Never push problems in the bedroom under the carpet. At some point, they will always come back to haunt both of you. If you are not able to perform or do not feel like having sex all of a sudden, talk about it so both of you can overcome any issues together.

Sex talk. For a relationship to be successful, sexual intimacy is as important as romantic gestures. Talk about your sexually sensitive spots and erogenous zones, positions you like or want to try, your secret sexual fantasies and whatever it is that turns you on in bed. It will be exciting and revealing at the same time.

Wellbeing and wellness. While health issues may not be easy to talk about, it is still a great way to get to know each other and enhance each other's lives.

Advice. Communication is not always about getting to know more about each other. Every now and then, offer advice and share your suggestions on what your lover could do to improve their life or their work.

Your past. The past is always exciting and fun to talk about. You do not need to talk about past relationships or your sexual details if that makes you feel uncomfortable. But talk about your childhood, your young dreams and all the little things that make you who you are.

The future. What do you want to do with your life? This topic can make for intellectual conversations that can help you get to know your partner's view about life and the pursuits that matter to them. Preferences. Sometimes, it is the little things that can give both of you hours of fun conversations. Talk about each other's likes and dislikes. After all, preferences always change with time, and the more you know about your partner's present preference, the better you would know them.

Shared goals. Plan shared goals together. It could be about painting a wall, running a marathon the next year or just about anything else. When you plan things or try something new together, it brings both of you closer.

Personal opinions. If you truly love each other, do not hold your thoughts back if you want to share what is on your mind with your lover. It does not matter if it is a suggestion or a warning, if you feel it, say it. Your partner will feel good to know that you are always looking out for them no matter what.



HOW TO PREPARE YOURSELF FINANCIALLY BEFORE AND AFTER RETIREMENT

Retirement is a big decision. Along with marriage, divorce, having children and moving, it is one of the biggest life transitions that you will encounter. The happiest retirees start planning at least five years before their desired retirement date. Unfortunately too many people wait until the last minute such as when their company offers an early retirement package. It is better to start planning long before you have to.

Some may find retirement enjoyable for a few months, but without a new project to work on too much leisure time may get old for you. Business owners and working professionals are those most likely to get bored in retirement. First start your analysis by looking into what factors play into the retirement decision at various ages. All retirees need to work through calculations to determine how long their money may last, but someone who wants to retire at 50 has a different set of underlying assumptions they will need to use when compared to someone who wants to retire at 70.

Make a Retirement budget

Having a plan, you will have less stress. Making a retirement budget helps you avoid one of the biggest retirement mistakes people make, which is spending too much too soon. Working through before and after retirement budget is important. You must come up with an accurate estimate of what you spend now and what will change after retirement.

Another way is that if you are one of those who consider an early retirement, you will also want to decide what you plan on doing with your time. Read stories from other retirees and see which ones you identify with. When you know what to expect you will be more likely to have a successful transition into retirement.

Decide if you think you will 'work' in retirement

Some define early retirement as the day they no longer have to work in their current profession or career but they would like to earn income pursuing a new career, hobby or passion. For others, retirement means they will have reached a point where they will never work for money again. If your definition of early retirement means you do not want to pursue any money by making ventures. You will need to save significantly more than those who plan on earning money in some way or another.



Even if you plan on continuing to work part time, keep in mind that statistics show that many people who planned on continuing to do some kind of work in retirement do not actually do so, either because they cannot find work or they change their mind and decide they would rather live on less and have their time free.



Saving

is your key to financial independence and building wealth.

Let us face it: if you stash your money away in a drawer or under your mattress, it is not very safe. The amount you have definitely will not grow any larger. But if you deposit your money in accounts that pay interest, your money will be safe and it will grow with interest.

Get into the habit of saving

Keep your money safe
Earn interest
Be prepared for surprise expenses
Afford large purchases
Achieve major goals

Here are a few reasons why we save:

Emergency cushion - This could be any number of things: a new roof for your house, out-of-pocket medical expenses or sudden loss of income. You will need money set aside for these emergencies to avoid going into debt to pay for your necessities.

Retirement - If you intend to retire someday, you will probably need savings and/or investments to take the place of the income you will no longer get from your job.

Average Life Expectancy - With more advances in medicine and public health, people are now living longer and needing more money to get by.

Volatility of Social Security - Social Security was never intended to be the primary source of income and should be treated as a supplement to income.

Education - The costs for private and public education are rising every year and it's getting tougher to meet these demands.

Without money put away in savings or investments, you open yourself up to other risks as well. For example, not having enough money to pay for emergency dental care may force you into taking a loan that your savings might otherwise have covered.

How much can you potentially save?

It is important that you develop a budget using your net income as it reflects your take home pay after taxes and deductions. A common mistake people make is developing a budget off of their gross income. It is a mistake because you are budgeting money you never possessed. Remember your potential savings is the difference between your net income and your expenses.

Save windfall income - Any unexpected money such as income tax return money.

Collect loose change and deposit it in the bank - Use a piggy bank and deposit its contents when it is full.

Try frugality - Purchase cheaper off brand items and save money.

Break a habit - Try doing one less thing you expensive ventures a week and apply that money to your savings.

Have a "buy nothing week"

Compare costs of major items before purchasing anything. Do your due diligence; shop around before making major purchases.

We save, basically, because we cannot predict the future. Saving money can help you become financially secure and provide a safety net in case of an emergency.

When developing a saving plan ask yourself these questions:

Are there any variable expenses that you can reduce or eliminate?

Is there anything you spend money on, that you could eliminate and apply towards saving?



Bedroom &



Theme

use neutral colors, warm colors, earth colors and pastel colors. These should be used in your walls, ceilings and even your furniture.



Choose the right flooring materials

Make use of laminated flooring, wood, or carpet. It is not advisable to use ceramic

tiles because it will only make your floor cold. But if you already have cold flooring in your bedroom, put a rug or a carpet near your bedside.

Use the right lightings

Instead of using lights in the middle of the ceiling, use lampshades, up lights and pin lights. Using these type of lightings will give a great mood to your room. It would even be easier for you to rest with that ambience.

Have good ventilation

You wouldn't want to stay in a place that is too hot or too cold. If you want to have that fresh and cool air inside your room, use an exhaust fan. Put in on the ceiling or wall that is farthest from the window. You may also opt to have wide glass windows if you want. This can allow sunlight to get into the room.



Bathroom Design



Flooring

Select hard flooring tiles as they are durable, impervious to water and stain. Choose tiles with a slip resistant finish and make sure they are attractive too.

Lighting

Skylights are great idea for modern bathrooms because they add more natural light and interest to your bathroom.

Mood

Use neutral colors to make your bathroom feel calm and aesthetically pleasing.

Greenery

To create connection between the indoors and outdoors.



LIVING ROOM

IDEAS FOR YOU

If you're looking for living room inspiration, you have come to the right place.

Pallet sofa with cushions

The use of the pallet in the decoration of your home can result in a pleasant and cozy environment. This item is increasingly used and so are replacing the traditional sofas. These supports are used by companies to transport materials and can be reused to give a stripped-down feel to your décor. The sofa on pallet may have several styles; this will depend on how you will mount it. To complement the sofa, it is necessary to use cushions; this is what will give style to your sofa. As they are rustic pieces, they should be part of a decoration with this language and the use of cheerful prints or floral prints well.



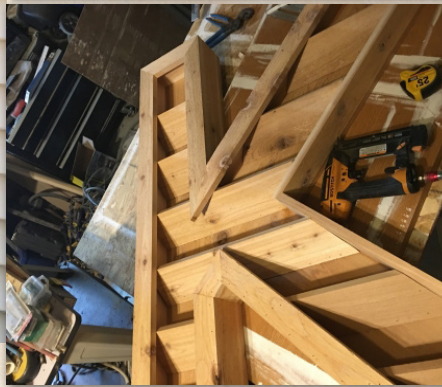
Hand-paint a lampshade

The painterly trend is easy to achieve – a few brush strokes and no artistic skill required. Why not have a go at updating your lampshade?

How to: Mark out your pattern in pencil before you begin, but ensure your fabric paint is undiluted so the marks don't show through. Use a good-quality flat brush to create strokes on the lampshade. Allow it to dry before switching on the light.

Match your lamp with this exquisite living room. Cushions in various colors and prints make for a fun and relaxed look.





DIY OUTDOOR MONOGRAM PLANTER

This beautiful outdoor DIY monogram planter is an inspiration of Michelle and her husband Ryan. The couple shared all the details about how to build your own outdoor monogram planter on Instagram and CW magazine is also sharing with you this tutorial.

Materials

- Cedar
- 1x12 cedar for the back of the letter
- 1x4 cedar for the sides
- 1x3 cedar for the front
- 1x6 cedar for the planter slats
- 18 gauge 1 3/4 brad nails (and nail gun)
- Gorilla Wood Glue (used on all of the joints with the brads)
- Compound Miter Saw
- Kreg-Jig
- Miracle Gro Potting Mix
- Flowers

Step by Step Tutorial

First, Ryan built the base/backside of the K – no, he didn't trace anything just kind of created it as he went. He made the base of the K using 1x12's and used his kreg jig to piece this together. Next, he used the 1x4 pieces of cedar to complete the sides. He used his compound miter saw to make all of the cuts. Each piece is secured with brad nails and Gorilla Wood Glue.

After the sides are complete, next are 1x3's for the front pieces, the letter "frame". Again, a lot more cuts! Next, he completed the inside planter slats using 1x6 cedar, mitered along the back edges and using brad nails to secure in place at a 45 degree angle. He drilled small holes on the bottom of each one to allow for water to drain properly. The slats are about 7 inches apart. Lastly, he hung it up by screwing it directly into the siding using extra-long screws. Time to plant- since this is a fully shaded area; his options were limited as to which flowers would work in shade only, so went with colorful impatiens. Only water these about every three days or so since these flowers are very easy to keep alive and low maintenance.



HOW TO GROW AN ORANGE TREE FROM SEED

Cut open the fruit and expose the seed, remove the seed and wash off any fruit residue. Always clean seed collected from within fruiting bodies as they will normally contain chemicals which actively prevent seed germination.

Place the 'clean' seed into a glass of water and discard anything that immediately floats to the surface as these will not be viable. Soak the seeds for a couple of hours or so before planting them into 2-3 inch pots. Only sow one seed per pot using a good quality, free draining soil based compost.

Place the pots into a heated propagator at a temperature of 16 degrees Celsius; otherwise transfer them to a warm, bright position such as a kitchen windowsill. Water periodically so that the compost doesn't dry out.

Germination should occur any time from 4 – 6 weeks.

The newly emerged seedlings can be left in their pots for a further 3 – 6 months depending on how they develop but once they get to about 4 or 5 inches they can be potted on to the next size pot using a John Innes ericaceous mix or No 2 potting compost.

During the growing period they can be regularly watered and feed with a water soluble fertilizer once a week.

Tip out the seedling depending on whether you are growing your orange plant as a bush, wall shrub or standard, or allow it to take on its natural shape.

Unfortunately oranges are not particularly cold hardy although they will tolerate temperatures as low as 4 or 5 degrees Celsius for short periods without too much trouble.

Best Cleaning Hacks Using Toothpaste

Polish Diamond with toothpaste:

Toothpaste can make your teeth sparkle but did you know that it can also add sparkle to your favorite diamond ring or any other diamond jewelry? Just take some toothpaste on an old toothbrush and rub it gently on the desired diamond jewelry. After rubbing for 5-10 minutes, wash off with wet cloth and wipe off the excess toothpaste. This is a great way to polish diamond at home.

Clean your sneakers with toothpaste:

Easily clean and whiten the rubber part of your sneakers by using toothpaste. Use non-gel toothpaste and an old toothbrush. Use the toothbrush and paste to scrub the rubber part of the sneakers and then wipe off with a damp cloth.

Remove scuffs from shoes:

Toothpaste does an amazing job to remove scuffs from leather shoes. Just use a dab on the scuffed area and rub with a soft cloth. Wipe clean with a damp cloth to make your leather look like new.

Orange INFUSED VINEGAR FOR CLEANING YOUR HOME

By whistlepighollow.com

In a mason jar, add however many orange peels you have and then fill the jar with white vinegar. Place lid on jar and let it sit for a week or more until the vinegar turns an orange color.

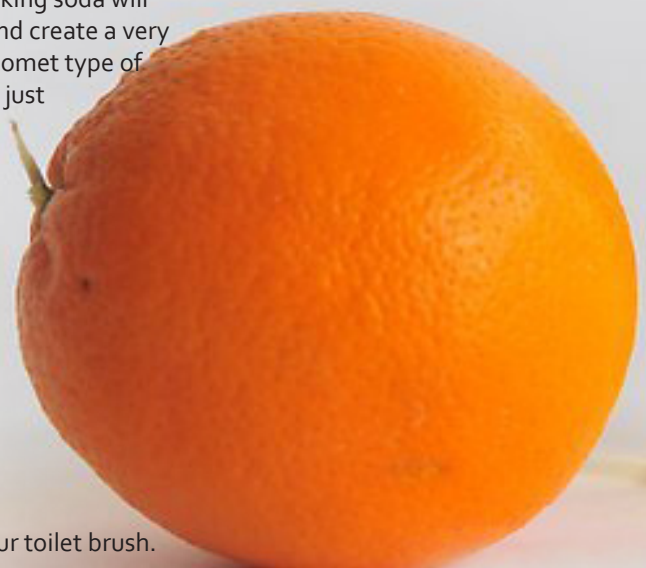
HOMEMADE BATHTUB, SHOWER, AND TOILET BOWL SCRUB

Countertops: Equal parts orange-infused vinegar and water. Combine in a spray bottle. Spray on countertops and wipe down like normal.

Bathtub and Shower: Spray undiluted orange-infused vinegar all over bathtub and shower walls. Then sprinkle baking soda liberally all over bathtub and shower walls. Scrub with a cloth towel

use a bristled scrub brush and a scrubby sponge but the plain old washcloth works the best. The baking soda will clump in the vinegar and create a very similar texture to the comet type of scrubs, and soap scum just comes right off.

Toilet bowl: Use the bathtub concoction to clean my toilet bowl too. Spray undiluted vinegar into the toilet bowl, coating the bowl above the water level. Sprinkle baking soda in bowl, coating sides. Scrub as usual with your toilet brush.



How to

Get Rid of a Foul Odor in the Kitchen from the Sinks and Pipes

Foul odors in kitchen pipes and sinks are caused by bacterial growth in the damp, dark pipelines. To keep them fresh or odor-free, use something natural and safe enough for drainpipes. It should be strong enough to get rid of the odor and bacteria. Use a cleaning solution once or twice a month to keep your pipes clean and odor-free.

Step 1

Pour a pot of boiling water down the drain to loosen odor-causing residue.

Step 2

Pour 1 cup of baking soda into the drain opening and follow quickly with 1 cup of white vinegar. The ingredients form a reaction that cleans the drainpipe's walls, kills bacteria and eliminates odor. Let the foam move down the drain for an hour.

Step 3

Pour another pot of boiling water down the drain to flush away the entire lifted residue.



How to Use Homemade Floor Cleaner

Ingredients:

- 2 cups warm water
- 1/2 cup white vinegar
- 1/4 cup rubbing (isopropyl) alcohol (surgical spirits)
- 3 drops liquid dish soap (See Note below)
- 5-10 drops essential oils (optional)

Important notes: We all like to swap things around in DIY cleaning recipes, but before you do there are some things you should know:

Do not use a dish soap that contains moisturizers, antibacterial ingredients, or "oxygen bleach". Use Dawn Original (Classic), which is similar to Sunlight

Do NOT swap Castille soap for the dish soap. It is an oil-based soap and will, therefore, leave streaks and smears.

If you use essential oils be sure they aren't compounds (i.e. those with fragrance added to grapeseed or some other form of oil).

You CAN use this on granite, marble, and natural stone floors. I've been doing it for years without a problem. The reason is because the vinegar in this solution is diluted by the water and other ingredients, so it doesn't remain acidic enough to cause etching.

How to Use Homemade Floor Cleaner

Follow the recipe above. This works equally well regardless of whether you use a bucket or spray bottle to dispense your floor cleaner as you mop. Of course, you'll have to dump out what is left in the bucket after use, while anything left in the spray bottle can be stored in a dark, cool place for future cleanings.

So now what will you do with those different bottles of cleaning products taking up space on your shelves? Use them up if it bothers you to have spent money on them, or get rid of them now and make the switch to homemade floor cleaner. Just, please, dispose of them properly.



DJ Collaps



DJ NAME: DJ COLLAPS
AGE: 29
LOCATION: Mogoditshane
OCCUPATION: Auto mechanic & DJ
MARITAL STATUS: Single
INTERESTS: Having fun, acting, working with loads of both Local and International DJs, artists & producers.
MUSIC INTERESTS: Afro-House, Hip/RnB, kwaito, commercial, Soulful House & Deep House.
EXPERIENCE: Doing it since February 2006 to date and did it in clubs for several times.

his work in February 2006. His first gig was at a friend's 21st Birthday Party and since then he has been tearing up.
FULL NAME: Ishmael Joina



Emmanuel Seiphetho-Not just a sports presenter

CW had the courtesy to interview Emmanuel Sephetho, a very energetic sports presenter. This is what he had to say....

Tell us about yourself and educational background?

Well I am Emmanuel Seiphetho grew up in the dusty village in central called Mosu. I did my primary and junior school in Mosu. I am the second born in a family of five.

I hold BA (hons) in Broadcasting & Journalism and planning on doing my Master's Degree in Mass Communication. I started working at Limkokwing University in August 2015 at the age of 26 and in five month into my work, because of my hard work I was trusted with the position of Principal Lecturer. It is the position I am still holding to date.

Why did you choose Journalism?

I grew up with the interest to work on radio. I remember how I fought with my parents in 2009 when they said I should go study nursing at the Institute of Health Sciences (IHS) but I followed my dream.

How much do you think you will make it?

I am a fan of sports hence sports influ-

enced my career.

Tell us what exactly what your work entails

I am currently the sports presenter for the government radio station, RB2. I present sports at 07:35-08:00 at 15:35-15:45 on week days. Sports reporting include doing interviews and investigations of sports issues. I am also the anchor of Upper Cut program on Saturdays.

What challenges do you face when doing your work?

To tell u, the challenge I have is time. I am always busy; you can imagine preparing for classes, going to the studio and all that. But because of the hard work, I am doing it very well.

How do you balance the time between work and studying?

I am a hard worker so I always create time.

Describe your typical weekend

My typical weekend is, normally I attend events of sports and always on roads over sports.

Tell us anything that people don't know about you



I am much into farming, if am not in Gaborone I am at the cattle post.

What is your favourite quote?

Today is the present, yesterday is history. Tomorrow is inspiration.

Are you in a relationship?

Yes! I am in a committed relationship and very happy

Dream Car: Latest Jeep wrangler

Car driving now: Golf 5

Favourite Color: Blue

Highlight of my career: Very heated interview with Clifford Mogomotsi

Upcoming Albums and Artists



LIL WAYNE SAYS 'THA CARTER V' IS 'COMING SOON'

C5 has been teased several times since 2012, but it's also been the subject of controversy. In fact, it's currently entangled in a \$51 million lawsuit that Wayne filed against his label, Cash Money.

Even as all of this has been happening, Wayne teased C5 in a Facebook post back in January. This came after pharmaceutical mogul Martin Shkreli claimed he bought the album and previewed a snippet online in December.

Mixed messages have also confused fans. In the midst of this, Birdman said that the album is "definitely coming out" back in January. "The situation with me and my son, I'm going to put it all behind us and just let it move forward," he said. "Wayne is one of the best artists ever to do the game, and I want to see him continue to do what he's been doing, and I'm going to support whatever he's doing. But you're definitely going to get that C5



LINKIN PARK - ONE MORE LIGHT

One More Light is the upcoming seventh studio album by American rock band Linkin Park. It is scheduled to be released on May 19, 2017 through Warner Bros. Records and Machine Shop, following the 2014 album *The Hunting Party*. It is the first Linkin Park album to feature a title track. "Heavy" was the first single released from the album. The official music video for the song was released on March 9, 2017, by the band on YouTube.

The album features guest appearances from Pusha T, Stormzy, and Kiiara, the last being the first female singer featured on a Linkin Park studio album. The album also includes Jon Green, Julia Michaels, Justin Tranter, Ross Golan, Michael Leary, Andrew Goldstein, blackbear, and Eg White as co-songwriters, marking the first time Linkin Park has collaborated with other songwriters on a studio album.



FLAVOUR

We know it's about that time again. After his successful albums *Blessed & Thankful*, Flavour is definitely due for another album this year. I mean, it's been three years. From what we understand, that album is in the works. The singles, 'Obianuju' & 'Une Soul' are the lead singles of the project, and you can expect another one before the album drops.

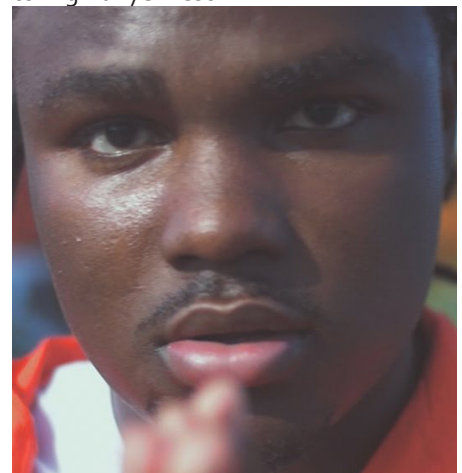


MARY J. BLIGE'S NEW ALBUM 'STRENGTH OF A WOMAN'

The Queen of Hip-Hop Soul reigns again. Mary J. Blige is showing the Strength of a Woman with the release of her latest album.

Recorded in the midst of an agonizing divorce from her longtime husband Kendu Isaacs, *Strength* finds Mary going through and overcoming the heartache that comes with the end of a relationship.

The 14-track effort features the Quavo, DJ Khaled, and Missy Elliott-assisted "Glow Up," as well as the previously-released singles "Thick of It," "U + Me (Love Lesson)," and "Love Yourself" featuring Kanye West.



TERRY WALLACE

Terry Wallace (born March 23, 1994), known by his stage name Tee Grizzley, is an American hip hop recording artist from the West Side of Detroit, Michigan. He is best known for his singles "First Day Out" which was first released in 2016 and was posted on YouTube. He gained over 2 million views in less than three weeks and released his second single, "Second Day Out" in February 2017. His debut mix tape *My Moment* was released on April 7, 2017.

THE LEGENDS



Elizabeth Rosemond Taylor

Dame Elizabeth Rosemond Taylor, DBE was a British American actress, businesswoman, and humanitarian. She began as a child actress in the early 1940s, and was one of the most popular stars of classical Hollywood cinema in the 1950s

Born: February 27, 1932, Hampstead Garden Suburb, London, United Kingdom

Years active: 1942–2007



Marilyn Monroe

Marilyn Monroe was an American actress and model. Famous for playing comic “dumb blonde” characters, she became one of the most popular sex symbols of the 1950s, emblematic of the era’s attitudes towards sexuality.

Born

Norma Jeane Mortenson
June 1, 1926

Died

August 5, 1962 (aged 36)

Other names

Norma Jeane Baker

Years active

1945–62



George Michael

Georgios Kyriacos Panayiotou, known professionally as George Michael, was an English singer, songwriter, record producer, and philanthropist who rose to fame as a member of the music duo Wham.

Birth name

Georgios Kyriacos Panayiotou

Born

25 June 1963
East Finchley, London, England

Died

25 December 2016 (aged 53)

Genres: Pop, post-disco, R&B, dance-pop, blue-eyed soul

Years active

1981–2016



Ranbir Raj Kapoor

Ranbir Raj Kapoor, also known as “the greatest showman of Indian cinema”, was a noted Indian film actor, producer and director of Hindi cinema. Raj Kapoor

Born:Ranbir Raj Kapoor

14 December 1924

Died:2 June 1988 (aged 63)

Other names

The Show Man

Years active:1935–1988



Elvis Presley

He is often referred to as the “King of Rock and Roll” or simply “the King” Elvis Aaron Presley was an American singer and actor. Regarded as one of the most significant cultural icons of the 20th century

Born

Elvis Aron Presley
January 8, 1935

Died

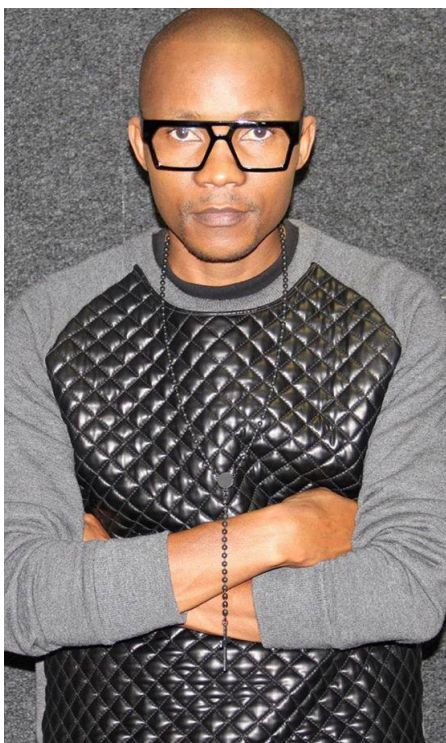
August 16, 1977 (aged 42)

Musical career

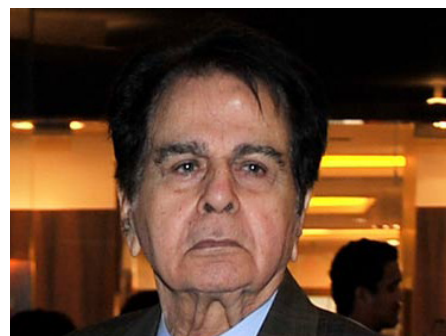
Genres: Rock and roll, pop · rockabilly · country · blues · gospel · rhythm and blues, Instruments Vocals, guitar, piano

Years active

1953–1977



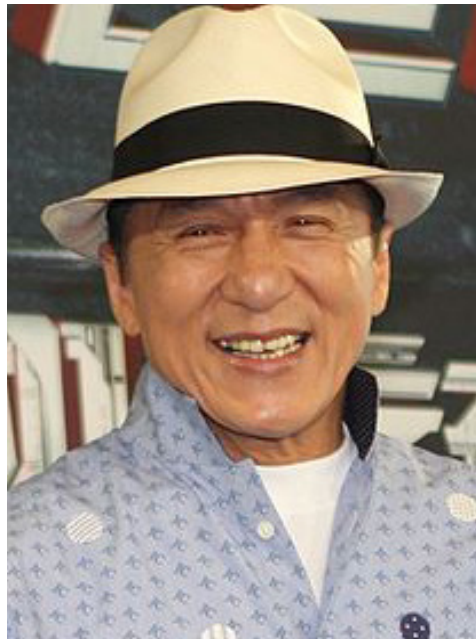
Mpho Vincent 'Steez' Tiro
 Born: September 05, 1981
 Died: April 22, 2017
 Media personnel, Mpho Vincent 'Steez' Tiro lost his life in a car accident at Rakops on his way from Maun in April. Mochine O Ichenchang, as he was better known was a man of many talents; he was a television and radio presenter and a rapper. Steez was born and raised in Mahalapye. He was the presenter for Botswana Television's Meribo show in 2003. Steez also cohosted Flavadome show at BTV from 2005 to 2007. He was one of the first presenters who joined Duma FM radio station.



Dilip Kumar
 Dilip Kumar is an Indian film actor, producer and activist known as Tragedy King, He has been described as "the ultimate method actor" by Satyajit Ray. He debuted as an actor in the film Jwar Bhata in 1944 produced by Bombay Talkies.
Born:Muhammad Yusuf Khan
 11 December 1922 (age 94)
Nationality:Indian
Years active:1944–1998



Lata Mangeshkar
 Lata Mangeshkar is an Indian playback singer, and occasional music-composer. She is one of the best-known and most respected playback singers in India. Mangeshkar's career started in 1942 and has spanned over seven decades. She has recorded songs for over a thousand Hindi films and has sung songs in over thirty-six regional Indian languages and foreign languages, though primarily in Marathi and Hindi. Phalke Award was bestowed on her in 1989 by the Government of India. She is the second vocalist, after M. S. Subbulakshmi, to have ever been awarded the Bharat Ratna, India's highest civilian honour.
Born: September 28, 1929 (age 87 years), Indore, India
Nickname: The Nightingale of Bollywood
Awards: Bharat Ratna, Padma Bhushan



Jackie Chan
 Birth name: Chan Kong-sang known professionally as Jackie Chan, is a Hong Kong martial artist, actor, film director, producer, stuntman, and singer.
Origin
 British Hong Kong
Born
 7 April 1954 (age 63)
 Victoria Peak, British Hong Kong
Other name(s)
 元樓 (Yuen Lou)
 大哥 (Big Brother)
Genre(s)
 Cantopop, Mandopop, Hong Kong English pop, J-pop
Years active
 1962–present



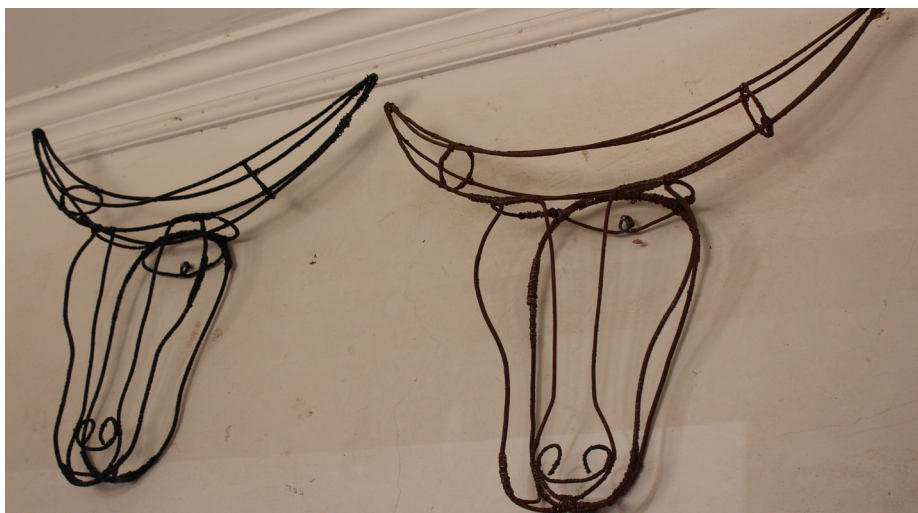
Madhuballa
 Madhuballa was an Indian film actress who appeared in classic films of Hindi cinema. Along with her contemporaries Nargis and Meena Kumari, she is often regarded as one of the most influential personalities of Hindi cinema. She is also considered to be one of the most beautiful actresses to have worked in the industry and is highly regarded as "The Venus of Indian Cinema" and "The Beauty with Tragedy".
Born
 Mumtaz Jehan Dehlavi
 14 February 1933
 Delhi, India
Died
 23 February 1969 (aged 36)
Years active
 1942–1960

The Ability Of Making Money Out Of Art

At some point you will realize that one can make a career out of art work, real artist find it better to make money from art.

Celebrity World magazine caught up with Mr. Gosego Motlogelwa, a 33 year old Motswana entrepreneur. The Lerala village lad owns Gos Creations at Thapong Visual Arts Centre. Mr Gosego earns a living through this full time business which entails of contemporary art work such as sculptures and drawings. He started the business at Selibe-Phikwe in 2006 before he moved to Gaborone.

Mr Gosego said that he got the foundation of art work during his school days at Shoshong Junior School, where he did pencil drawing, wood carving and wire sculptures. Gosego then felt the art idea can positively benefit in his future career. In his work, Mr. Gosego uses tools such as; the chain saws, chisels, dye grander and pencil grander. He also uses wood from trees such as; Morukuru, Mosetlha and Motswiri which he sometimes get from construction companies. Mr. Gosego buys copper wire from building materials companies to make tables. The passion he has for his work makes him grow each and every day, learn and



experience new things. He gets business motivations from himself and by reading magazines, booklets and art books. Other things that Gosego makes are trees from recycled milk cartons, wires and tins. A lot of his art work is displayed at Thapong Visual Art Centre and some are even displayed at River Walk Mall.

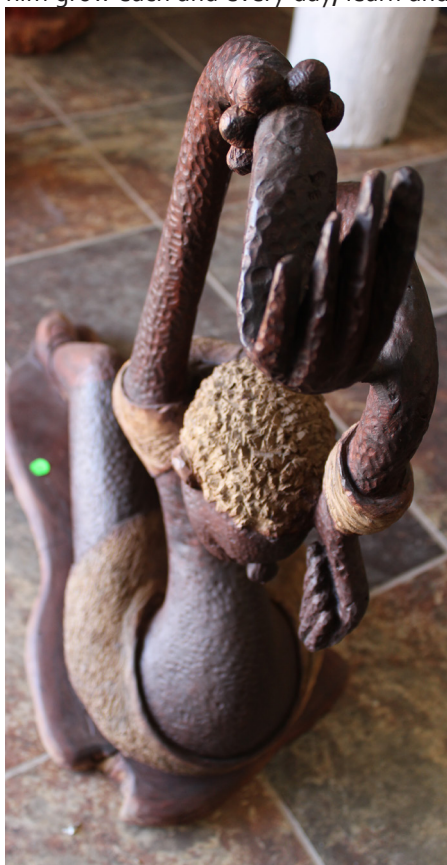
"My customers respond very well to my work and I appreciate it; they sometimes encourage me to add some new things to make it more attractive. I once had a workshop trip to Tanzania and China where I learnt a lot of things there in terms of carve wood. The trip I took to china was for wood carving show where I learnt how to carve a piece so fast because it was a show where people watch us carve a piece and I managed to finish that in less time," added Gosego.

Each and every type of a business faces its own challenges, but knowing that



other businesses are going through the same thing make it easier to cope with them. Gosego faces few challenges like material shortage, which are sometimes hard to find. Another challenge is that; tools like chisels and chain saws are dangerous more even that he sometimes gets minor injuries resulting from them; therefore he tries by all to wear safety clothes in order to reduce injuries.

In 2012 Gosego participated in the president competition, where he got position 2, in 2013 he got an award as artist of the year and outstanding youth at Thapong Visual Arts Centre, he walked away with an amount of P15 000.



Makgadikgadi Pans National Park

Botswana offers the travellers a choice of accommodation options from top class hotels, luxury lodges and safari camps, to budget guesthouses and camping grounds. The major tourist areas have a choice of private lodges, safari camps, and public camping sites.

Makgadikgadi Pan National Park is technically not a single pan but many pans with sandy desert in between, the largest being the Sua (Sowa), Nwetwe and Nxai Pans. It is situated in the middle of the dry savanna of north-eastern Botswana, is one of the largest salt flats in the world. The pan is all that remains of the formerly enormous Lake Makgadikgadi, which once covered an area larger than Switzerland, but dried up several thousand years ago.

The Makgadikgadi is part of the Kalahari basin and has some of the largest salt pans in the world. The shimmering, cracked, salty crust doesn't look like it could support any form of life. After good rains however, this desolate landscape

transforms when new green grass attracts thousands of Burchell's zebra and blue wildebeest. When the pans fill up, flocks of pelicans and flamingos settle in as well. The national park is located on the western border of the pans, covering only a small part of it.

At makgadikgadi pan, there is Amazing geological feature of the salt pans. Off-the-beaten track and little visited, open plains make wildlife viewing better. There are concentrations of animals at the Boteti River in the dry months, animal migration to the pans in the wet months. There is less wildlife than in Chobe or Moremi and very little accommodation in and outside the park.

Makgadikgadi was initially state land. People have never been resident in its waterless interior, but in times of drought, surrounding villagers were permitted to graze their livestock within the area, withdrawing them to their homes when conditions improved. The area was declared a game reserve in 1970 and in December 1992, the boundaries were

extended and National Park status was attained. The present park covers some 4,900 square kilometres.

Most wildlife activity in the park is at the Boteti River and this is where the lodges are situated. This area gets jam-packed with grazers in the Dry season. Burchell's zebra, blue wildebeest, giraffe and greater kudu all gather here. Lion, leopard and spotted hyena are regulars as well. When the grass starts to grow in the Wet season, these animals migrate east to the pans.

The park has a variety of habitats. The Boteti River has beautiful, riverine forest on its banks. The pans in the east of the park don't have much animal activity in the dry winter months, but this is when their stark beauty is best appreciated. At this time, 4x4's can drive onto the pans to experience this strange environment up close.

Glamping is a blend of the great outdoors of a traditional camping experience without compromising on a luxurious lifestyle. It's the adventurous outdoor experience but all the comforts of a safari lodge with hot water, electricity and decadent meals.



THE LAND OF ETHIOPIA

Ethiopia, in the Horn of Africa, is a rugged, landlocked country split by the Great Rift Valley. With archaeological finds dating back more than 3 million years, it's a place of ancient culture. Among its important sites are Lalibela with its rock-cut Christian churches from the 12th–13th centuries. Aksum is the ruins of an ancient city with obelisks, tombs, castles and Our Lady Mary of Zion church.

Capital: Addis Ababa
Population: 94.1 million (2013) World Bank
President: Mulatu Teshome
Currency: Ethiopian birr
Official language: Amharic
Federal Democratic Republic of Ethiopia
Capital: Addis Ababa
Population: 86.5 million
Area 1.13 million sq. km (437,794 sq. miles)
Major languages: Amharic, Oromo, Tigrinya, Somali
Major religions: Christianity, Islam
Life Expectancy: 58 years (men), 62 years (women)

Society and Culture

The People

Ethiopia is a multi-cultural and multi-ethnic country. Religion is a major influence in Ethiopian life. Nearly half the population belongs to the Ethiopian Orthodox Church but there is also large Muslim population. Others adhere to an ancient form of Judaism.

The Ethiopian Orthodox Church is proud of its origins. The country embraced Christianity in the 4th century, long before Europe. The feast of the Epiphany ("Timkat") is the largest festival of the year. The Orthodox Church dominates the political, cultural, and social life of the population. It was the official religion of the imperial court and of the establishment until Haile Selassie was deposed in 1974. Muslims are important in the business community. They tend to live in the eastern, southern, and western lowlands, although there are considerable numbers in Addis Ababa.

Etiquette and Customs in Ethiopia

Meeting Etiquette

- Ethiopian greetings are courteous and somewhat formal.
- The most common form of greeting is a handshake with direct eye contact.
- The handshake is generally much lighter than in Western cultures.
- After a close personal relationship has been established people of the same sex may kiss three times on the cheeks.
- Across genders, men should wait to see if a woman extends her hand.
- Greetings should never be rushed. Take time to inquire about the person's family, health, job, etc.
- People are addressed with their honorific title and their first name. "Ato", "Woizero", and "Woizrity" are used to address a man, married woman, and unmarried woman respectively.
- Elders should be greeted first.
- It is customary to bow when introduced to someone who is obviously older or has

a more senior position. Children will often be seen doing so.

DRESS

The Ethiopian traditional costume is made of woven cotton. Ethiopian men and women wear this traditional costume called gabbi or Netella. Women often wear dresses (Kemis) and netella with borders of coloured embroidered woven crosses, but other designs are also used.



Croatia Most Touristy Mediterranean Country

Croatia

Despite being one of Europe's most fashionable places to visit, Croatia doesn't feel like a place that has been thoroughly worked over by the tourist industry. Though development continues apace along the more commercialized stretches of the coast, Croatian tourism has spun off in a number of positive directions. Whether backpackers or touring families, long-distance cyclists, yachters or spa-hotel surfers, all travelers have seen a big leap forward in the range and quality of what the country has to offer.

Food in Daily Life

The main meal of the day is a late lunch. In the north and inland, the majority of the foods has an Austrian or Hungarian flavor. A typical lunch includes chicken or beef soup, cooked meat (often pork), potatoes, and bread. Greens with vinegar and oil are served in the spring and summer, and pickled vegetables in the winter. Along the coast, a meal usually includes fish and pasta, risotto, or polenta. Lamb is common in the Dalmatian highland region. Breakfast

is simple, usually consisting of strong coffee and bread with jam. The traditional dinner typically consists of leftovers from lunch, cold meats, and cheese with bread. People usually eat in their own homes, although they also eat snacks on the streets. Restaurants are usually very formal and expensive. A variety of fast foods are available, including foods typical of ethnic minorities. While people rarely eat in restaurants, almost everyone has coffee in cafés on a regular basis.

Gender Roles and Statuses

Division of labor by gender traditionally, a loose division of labor allocates housework and child care to women and outside work to men. But women have long been part of the labor force. Before socialism, rural women worked alongside men in fields and on the farm. They also prepared meals and processed food for storage, kept the house, did laundry, and minded the children. Under socialism, women were encouraged to join the workforce. Today, most women expect to have a job or career.

Etiquette

People stand close to one another and talk loudly. Strangers stare openly at one another. Formality is maintained in language and behavior when people do not know each other well. Strangers nod their heads in passing. In stores, offices, and places of business, people use formal language for greetings and good-byes. Failure to greet someone in a context that requires a greeting and an overly familiar greeting are serious breaches of etiquette. People who are on friendly terms greet each other more informally and usually kiss on both cheeks. Men and women kiss, women and women kiss, and men kiss other men who are family members or very close associates. Young people are expected to offer the first greeting to older people, and women to men. The formal "you" is used unless people are age mates, good friends, or coworkers or have reached a stage where the dominant person invites the person of lesser status to address him or her informally.






Dwayne Douglas Johnson

(born May 2, 1972), also known by his ring name The Rock, is an American actor, producer, singer, and professional wrestler. He holds American and Canadian citizenships.

Currently signed to WWE on a part-time contract, Johnson gained mainstream fame in the World Wrestling Federation (WWF, now WWE) from 1996 to 2004 as a major figure in the company's Attitude Era, and was the first third-generation wrestler in the company's history. He returned to wrestling part-time for WWE from 2011 to 2013 and continues to make sporadic non-wrestling appearances for the company. Johnson has 17 championship reigns in WWE, including 10 as a world champion, winning the WWF/WWE Championship eight times (seventh reign was as WWE Undisputed Champion) and the WCW/World Championship twice. He won the WWF Intercontinental Championship twice and the WWF Tag Team Championship five times. Johnson is the sixth Triple Crown Champion in WWE history and won the 2000 Royal Rumble. He is widely regarded as one of the greatest professional wrestlers of all time.

Taurus 
Taurus May 2017 Horoscope foretells that your emphasis is shifting from career to domestic issues and emotional aspects of life.


Gemini 
Gemini May 2017 Horoscope foretells that the aspect of Mars is favorable for the House of Career this month. Your profession will occupy the center stage, while family and emotional issues will be on the back burner for the Gemini zodiac sign in May 2017.


Cancer 
May 2017 Cancer Horoscope foretells that career and personal accomplishments will rule over domestic issues and psychological matters this month. Change of residence is indicated for the Cancer star sign, but the time is not auspicious for moving.

Leo 
Leo May 2017 Horoscope foretells that the House of Family is very weak this month. Hence you have to focus on your professional matters and allow the domestic issues to wait for the time being.

Virgo 
Virgo May 2017 Horoscope forecasts that your career commitment is very powerful this month. Family and emotional aspects are in the background during this month while profession is zooming. You have the support of your family in your professional ambitions.


Libra 
May 2017 Libra Horoscope forecasts that career issues, family affairs and psychological matters crave for equal importance during the month. Your success depends on how you manage all the facets of life.


Scorpio 
Scorpio May 2017 Horoscope predicts that there is a change over from family and emotional aspects of life to profession and personal ambitions. Family cannot be ignored altogether, and you require their support in your career progress in May 2017.

Sagittarius 
May 2017 Sagittarius Horoscope forecasts that the focus will shift from domestic and emotional concerns to professional matters. Once the move is complete, the Sagittarius personality can start working on their outer ambitions and career objectives.

Capricorn 
May 2017 Capricorn Horoscope predicts that family concerns and psychological matters rule over career. Situation in the family environment appears to be highly disturbing and it requires lot of your patience to keep peace.

Aquarius 
Aquarius May 2017 Horoscope forecasts that you will be more family centered and will enjoy the company of your family members. You are trying to achieve happiness by attending to the needs of your family. Career plans for May 2017 can be made in the emotional comfort of a family. This can be enforced later when profession becomes important due to planetary influences for the Aquarius zodiac sign.

Pisces 
Pisces May 2017 Horoscope predicts that the House of Family is more powerful than the House of Career, and Mars is in your zodiac sign. Planetary aspects for Family are favorable while for Career they are regressive in May 2017. So there is a need to work on the harmony of the family environment and establish psychological stability first for the Pisces zodiac sign.

Aries 
Aries May 2017 Horoscope forecasts that you have to give equal importance to your professional life and family concerns this month. Psychological balance also has to be maintained by the Arians in May 2017.

jokes

Teacher: What exactly is MATH?
 Boy: Mental Abuse to Humans.
 Teacher: Who answers my next question can go home.
 One boy throws his bag out of the window.
 Teacher: Who just threw that?
 Boy: Me and I'm going home now.

Q: What is the difference between a girl and a cell phone?
 A: You can put a cell phone on silent.

Little Johnny was sitting in class doing math problems when his teacher picked him to answer a question, "Johnny, if there were five birds sitting on a fence and you shot one with your gun, how many would be left?" "None" replied Johnny, "because the rest would fly away." "Well, the answer is four," said the teacher, "but I like the way you're thinking."
 Little Johnny says, "I have a question for you. If there were three women eating ice cream cones in a shop, one was licking her cone, the second was biting her cone and the third was sucking her cone, which one is married?" "Well," said the teacher nervously, "I guess the one sucking the cone."
 "No," said Little Johnny, "the one with the wedding ring on her finger, but I like the way you're thinking."

Father: I was really good in soccer
 Son: Have you played for Barcelona dad?
 Father: Mind your school work...

This guy comes back from the toilet, when a woman says to him, "Hey, you have left your GARAGE door open!" As the man is zipping his fly up, he says with a big smile, "Did you see my big black hummer?" The woman replies, "Nope just a MINI COOPER with two flat tires."

Your mama so fat, she can't even jump to a conclusion!
 Your mama is so fat that when she died Jesus couldn't lift her soul to heaven.

Son - "Dad what's the difference between confident and confidential?"
 Dad - "Hmm, you are my son. Of that I am confident. Your friend Timmy is also my son. That's confidential."

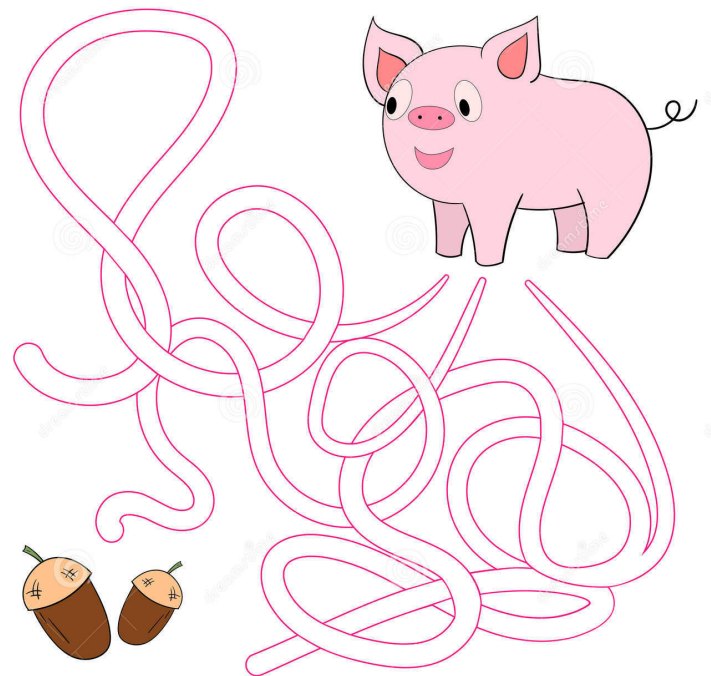
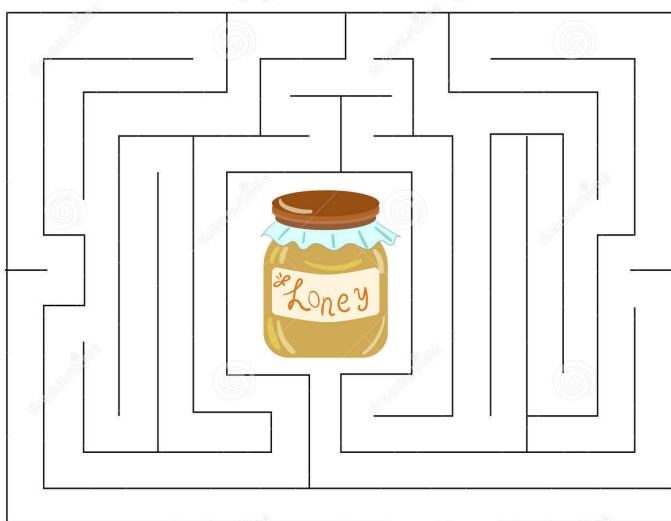
Teacher: Name two days of the week that start with "T".
 Pupil: Today and Tomorrow.

Five people are sitting under a Bayan tree. First person is a Dumb. Second is a blind man. Third person is a Deaf. And fourth person have no legs. A mango dropped from above; now tell who will pick it up first?

A man joined a big multinational company as trainee. On his first day he phoned the cafeteria and shouted " give some coffee quickly!" the voice from the other side responded, "You fool; you have dialed the wrong extension! Do you know who you are talking to?" "No," replied the trainee. "It's the Managing Director of the Company!" the man shouted back, "And do you know who YOU are talking to?" "NO.", replied the Managing Director. "Good!" replied the trainee.

In a party two friends, Mark and Steve ordered single malt whisky on the rocks. Mark drank five of those while Steve was able to drink only one in the same time. Steve died as soon as he finished his glass and Mark was feeling normal. It was found that both the drinks were poisoned. How did Mark Survive?

Help find a honey bear



Food to Warm Up Your *Winter*

Indian Lentil Soup



1 1/2 cups mung beans or 1 1/2 cups red lentils or 1 1/2 cups yellow lentils
1 teaspoon turmeric
1/2 teaspoon cayenne pepper
1 teaspoon cumin
1/4 teaspoon cardamom
2 -3 curry leaves or 2 -3 bay leaves
6 cups chicken stock (preferably home-made) or 6 cups vegetable stock (preferably home-made)
3 tablespoons vegetable oil or 3 tablespoons ghee
2 teaspoons mustard seeds
2 garlic cloves, finely chopped
salt and pepper
1/2-1 lemon

Directions

Rinse the beans or lentils. Bring to a boil with the stock, turmeric, Cayenne, cumin, cardamom and curry/bay leaves. Let simmer until the beans or lentils are very soft (ca 30 minutes). If using bay leaves, remove them now. Curry leaves can be left in the soup. Run the soup quickly in a blender to a not too smooth consistency (or mash the lentils/beans with a ladle). Sauté the garlic and mustard seeds lightly in the fat and add to the soup. Let simmer for another 5 minutes. Add salt, pepper and squeezed lemon to taste. Serve hot with pita or paratha bread.

Samp And Beans

What You Need

For a serving of 5

3 cups of samp (i.e., dried, dehusked maize kernels or hominy) to 2 cup of sugar beans
1 large onion
1/2 a green, red and yellow bell pepper
2 bay leaves
2 tablespoons of tomato purée
1 tablespoon each of garlic powder, ground red and black pepper and onion powder
1 tablespoon of curry powder
salt to taste
(Optional)
Include 500g of cubed beef
1 beef stock cube or 1 tablespoon of beef seasoning
Soak the samp and beans overnight.

Preparation

When you're ready to start cooking them, rinse and transfer into a large pot. Add water and salt, cover and boil the samp and beans for 45 minutes at medium heat. Check that the water does not dry up. If it does, top it up with warm water. (Optional: After this time, add your beef). Cover and boil at medium heat for a further 1, 5 hours. Again, ensure that there is always enough water. When the samp, beans and beef

are tender, cook to allow the remaining water to dry up. Remove from heat and set aside.

In a separate pot, fry the onion and bell peppers together at a low heat, adding the spice blend. Add the tomato purée and cook gently, adding a little water. After ± 10 minutes cooking time, stir this into the samp, beans and beef. Cover and cook at a low heat, stirring intermittently for 30 minutes. The samp

and beans should be soft and the meat should fall apart easily.



SLOW COOKER CHUNKY BEEF & POTATO STEW

Ingredients

2 pounds lean chuck or other beef stew meat, cut into large bite-sized pieces
 1/4 cup flour
 2 tablespoons extra-virgin olive oil, divided
 3 large potatoes, peeled and chopped into large bite-sized pieces
 1 (14.5 ounce) can diced fire-roasted diced tomatoes, with juice (BPA-free cans)
 1 clove garlic, minced
 1/2 cup chopped onion
 1 teaspoon balsamic vinegar
 1 bay leaf
 1/2 teaspoon kosher or sea salt
 1/2 teaspoon black pepper
 1-1/2 cups low sodium beef broth
 2 teaspoons worcestershire sauce
 1 teaspoon dried oregano or 1 tablespoon fresh, chopped oregano leaves
 1 teaspoon paprika

Calling

all meat lovers with massive appetites!
 This Slow Cooker Chunk Beef & Potato Stew is a hearty, protein-packed dish that will warm your stomach and fill you for hours. Cooked potatoes offer savory starch with a soft, buttery texture.

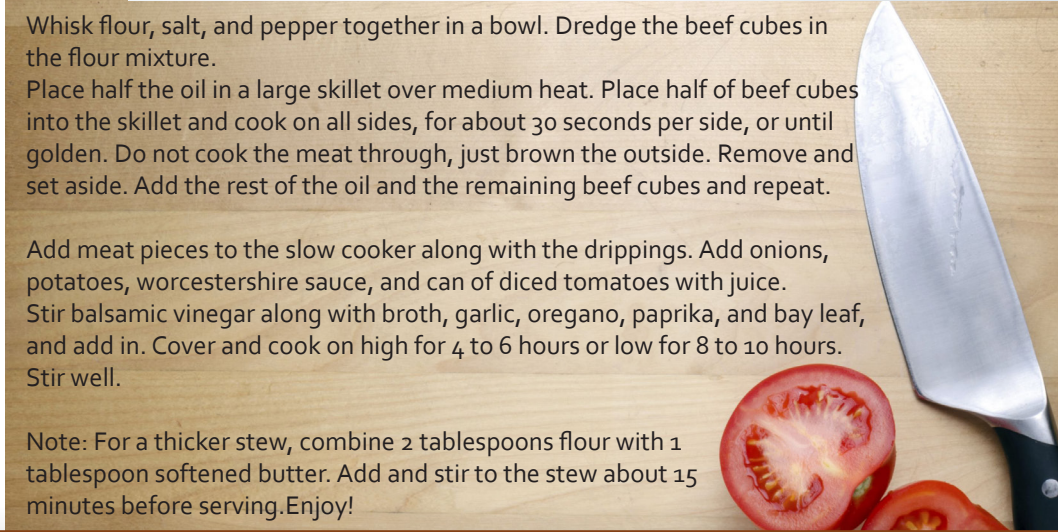
Directions

Whisk flour, salt, and pepper together in a bowl. Dredge the beef cubes in the flour mixture.

Place half the oil in a large skillet over medium heat. Place half of beef cubes into the skillet and cook on all sides, for about 30 seconds per side, or until golden. Do not cook the meat through, just brown the outside. Remove and set aside. Add the rest of the oil and the remaining beef cubes and repeat.

Add meat pieces to the slow cooker along with the drippings. Add onions, potatoes, worcestershire sauce, and can of diced tomatoes with juice. Stir balsamic vinegar along with broth, garlic, oregano, paprika, and bay leaf, and add in. Cover and cook on high for 4 to 6 hours or low for 8 to 10 hours. Stir well.

Note: For a thicker stew, combine 2 tablespoons flour with 1 tablespoon softened butter. Add and stir to the stew about 15 minutes before serving. Enjoy!



Beating Cold And Flu

It is cold and flu season is here. There is no better way to treat and prevent them but eating lots of fresh fruits and veggies or juices are perfect. As we remove the fiber when we make them, they're more nutritious and perfect for people that struggle to eat enough fruits and vegetables. Here are the steps that can help you beat cold and flu, inspired by Jessica Espinoza @ Delicious Obsessions.

Cold and cough tea

Ingredients

1 chunk of sliced ginger
 1 cinnamon
 Stick 4 cups of water Juice of half a lemon and add raw honey to taste.
 Place ginger and cinnamon in a pot and cover with 4 cups of water Bring to a boil and let it simmer for 15 minutes. Strain and add the juice of half of lemon. Add raw honey to taste.



Immune booster juice

This immune booster juice is just perfect to treat and prevent the cold, besides, it tastes awesome!

Serves: 1

Ingredients

2 cups raw spinach (60 g)
 2 oranges
 2 stalks of celery
 1 inch piece of ginger root (about 2 cm)



Cold and flu season tea

1 tablespoon of grated ginger
 1 slice of lemon or orange
 1 teaspoon of rosehips
 1 teaspoon of raw honey
 Steep herbs in boiling water for 10 minutes and add raw honey just before drinking.

AEROBICS



Work your body at Jack's Gym as you work some seriously cool moves. A great cardio and strength challenge. Shake, strut and shimmy your way to fitness, burn calories, buff your booty and tone your turn and learn some killer moves for the dance floor while you are at it!

Aerobics is a form of exercise that blends dance moves with strengthening exercises. Most of the time, this sort of aerobics is designed to feel more like dancing than exercising. It is usually paired with fast-tempo music and incorporates many of the moves common to the dance style. People participate in aerobics in order to get a good cardiovascular workout and to tone muscles in the arms, legs and abdominal region.

Aerobics music is very fast paced. Dance and exercise moves in aerobics usually try to follow the music's tempo with clapping hands, pulsing elbows, and jumps. Songs often flow seamlessly into each other, creating a more or less continuous workout experience. Most aerobics sessions are designed to last for about an hour, but much of this is up to the individual instructor.



JACK'S DANCE 101

This is an easy dance class at Jack's Gym, where you can easily participate even if you have not danced before. The class is combining different styles. The fitness uplift is done without noticing, when you are moving in a big group in your own style and effectiveness. You do not need any previous dance experience to be able to join the sweaty workout. The class is started in a calm way and the rhythm and pace is increased during the class.

Most of the moves in aerobics derive directly from the dance style of the same name. Aerobics is a decidedly American dance style that draws from elements of African, Latin American, and Asian traditional dance. Steps are typically very fast and the full body is involved in creating the central dance expression. This can involve anything from gyrations to headstands and arm waves.

In aerobics, the main goal is usually to capitalize on the body-moving moves of hip-hop and repeat them in sequence such that muscles get

Zumba



Zumba is a Latin-inspired dance workout offered at Jack's Gym. It uses footwork and rhythm such as Salsa, Merengue, Cumbia and Reggaeton.



Zumba is one of the most funs and versatile fitness crazes to come along in a long time. Classes can be geared for just about any fitness level. Though most Zumba involves high-impact moves like bouncing and jumping, it can be modified to meet your needs. If you want an overall strength training program, look for a Zumba class that incorporates some light weights for your upper body. You can start slowly if needed, or you can dance your heart out if you are in great shape. If you just love to move your body to the music, then Zumba is for you. Zumba is a great way to lose weight and build muscle.



Jack's GYM

HEALTH & FITNESS

Visit Any
Jack's GYM
For Class Descriptions
& Prices

Phakalane
Unit 43, Shop no.19,
Plot 63724, Mowana Park
Shopping Centre, Gaborone
3926723/75772628
phakalane@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw

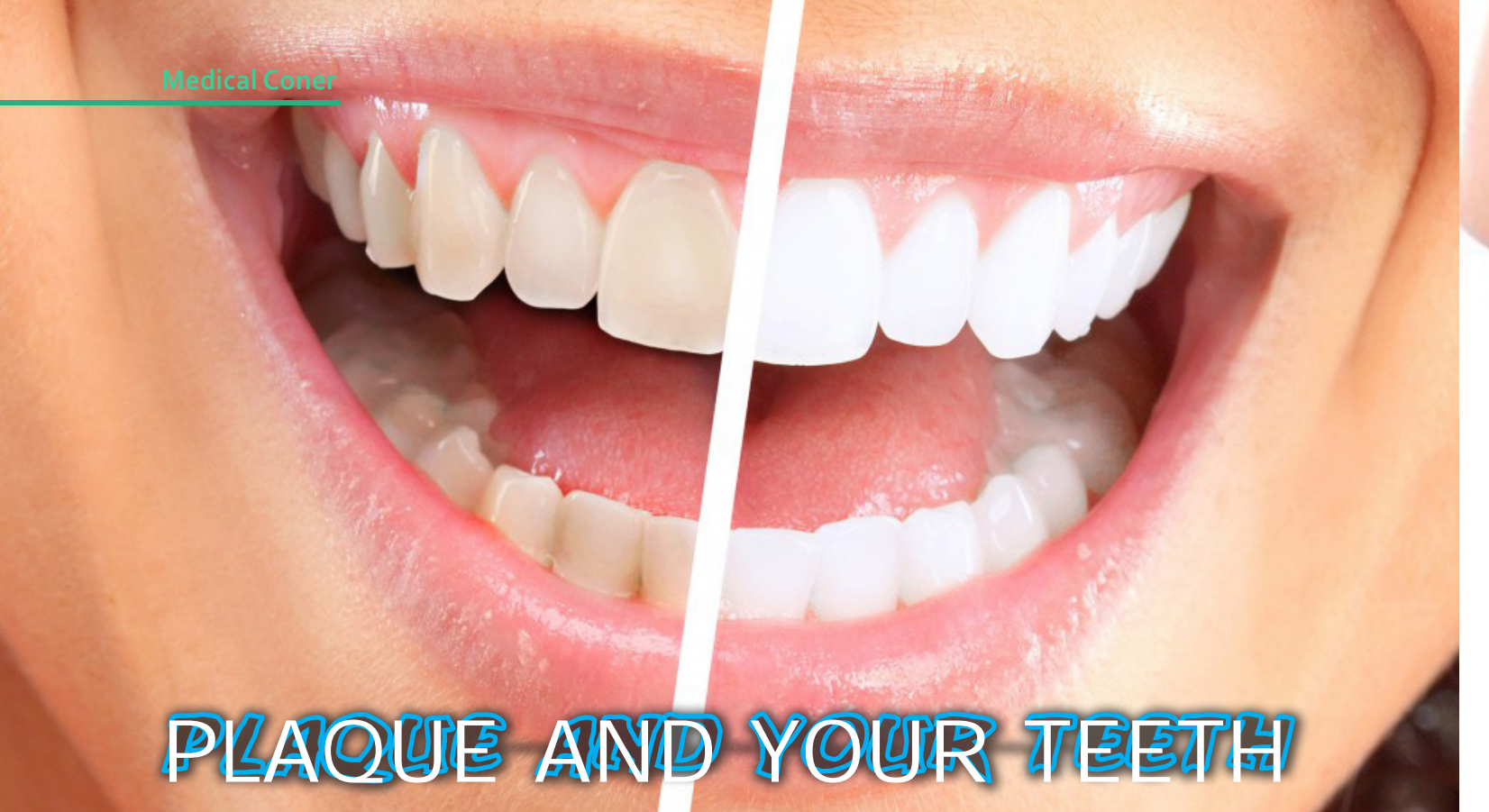
I-Towers
Plot 54536, I-Towers
New CBD, Gaborone
3951248/71635598
itowers@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw

G-West
Plot 17881, G-West
Gaborone
3918625/74124973
gwest@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw

Village
Plot 4921, The Village
Gaborone
3905222/72205058
village@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw

Lansmore Masa Square
3rd Floor, Plot 54353,
New CBD, Gaborone
72669880
lansmore@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw

Mountain View - Block5
Unit 1, 1st Floor, Plot 53915,
Block 5, Gaborone
3905226/71321221
mountainview@jacksgym.co.bw
moraks@jacksgym.co.bw
www.jacksgym.co.bw



PLAQUE AND YOUR TEETH

Plaque is the sticky, colorless film of bacteria that forms on teeth. It makes teeth “feel fuzzy” to the tongue and is most noticeable when teeth are not brushed.

What Causes Plaque

Plaque develops when foods containing carbohydrates (sugars and starches), such as milk, soft drinks, raisins, cakes, or candy are frequently left on the teeth.

How Can Plaque Formation Be Prevented?

- To prevent plaque buildup, brush your teeth at least twice a day with a soft, rounded-tip bristled toothbrush.
- Floss between teeth at least once a day to remove food particles and bacteria.
- Use an antibacterial mouth rinse to reduce bacteria that cause plaque and gum disease.
- See your dentist or oral hygienist every 6 months for a check-up and teeth cleaning.
- Ask your dentist if a dental sealant is appropriate for you. Dental sealants

are a thin, plastic coating that are painted on the chewing surfaces of teeth to protect them from cavities and decay.

- Eat a balanced diet and limit the number of between-meal snacks. If you need a snack, choose nutritious foods such as plain yogurt, cheese, fruit, or raw vegetables. Vegetables, such as celery, help remove food and help saliva neutralize plaque-causing acids.

Normal



Eye with cataract



Cataracts

A cataract is a clouding of the eye’s natural lens, which lies behind the iris and the pupil. Cataracts are the most common cause of vision loss in people over age 40 and is the principal cause of blindness in the world.

A subcapsular cataract occurs at the back of the lens.

A nuclear cataract forms deep in the central zone (nucleus) of the lens.

A cortical cataract is characterized by white, wedge-like opacities that start in the periphery of the lens and work their way to the center in a spoke-like fashion.

Cataract Symptoms and Signs

A cataract starts out small and at first has little effect on your vision.

A cataract may make light from the sun or a lamp seem too bright or glaring.

What Causes Cataracts?

The lens inside the eye works much like a camera lens, focusing light onto the retina for clear vision. It also adjusts the eye’s focus, letting us see things clearly both up close and far away.

Cataract Prevention

Good food sources of vitamin E include sunflower seeds, almonds and spinach. Good sources of lutein and zeaxanthin include spinach, kale and other green, leafy vegetables.

Ovarian Cyst

Ovarian cysts are fluid-filled sacs or pockets within or on the surface of an ovary. Most ovarian cysts present little or no discomfort to women and are harmless. CW Magazine shares with you, part of information about ovarian cysts inspired by Mayo Clinic Staff.

Symptoms

The signs and symptoms of ovarian cysts, if present, may include:

- Pelvic pain — a dull ache that may radiate to your lower back and thighs
- Pelvic pain shortly before your period begins or just before it ends
- Pelvic pain during intercourse (dyspareunia)
- Pain during bowel movements or pressure on your bowels
- Nausea, vomiting or breast tenderness like that experienced during pregnancy
- Fullness or heaviness in your abdomen
- Pressure on your bladder that causes you to urinate more frequently or have difficulty emptying your bladder completely

Causes

Most ovarian cysts develop as a result of the normal function of your menstrual cycle. These are known as functional cysts. Other types of cysts are much less common.

Functional cysts

Your ovaries normally grow cyst-like structures called follicles each month. Follicles produce the hormones estrogen and progesterone and release an egg when you ovulate. Sometimes a normal monthly follicle keeps growing. When that happens, it is known as a functional cyst. There are two types of functional cysts:

- **Follicular cyst.** Around the midpoint of your menstrual cycle, an egg bursts out of its follicle and travels down the fallopian tube in search of sperm and fertilization. A follicular cyst begins when something goes wrong and the follicle doesn't rupture or release its egg. Instead it grows and turns into a cyst.
- **Corpus luteum cyst.** When a follicle releases its egg, the ruptured follicle begins producing large quantities of estrogen and progesterone for conception. This follicle is now called the corpus luteum. Sometimes, however, the escape opening of the egg seals off and fluid accumulates inside the follicle, causing the corpus luteum to expand into a cyst.

The fertility drug clomiphene (Clomid, Serophene), which is used to induce ovulation, increases the risk of a corpus luteum cyst developing after ovulation. These cysts don't prevent or threaten a

resulting pregnancy. Functional cysts are usually harmless, rarely cause pain, and often disappear on their own within two or three menstrual cycles.

Other cysts

Some types of cysts are not related to the normal function of your menstrual cycle. These cysts include:

- **Dermoid cysts.** These cysts may contain tissue, such as hair, skin or teeth, because they form from cells that produce human eggs. They are rarely cancerous.
- **Cystadenomas.** These cysts develop from ovarian tissue and may be filled with a watery liquid or a mucous material.
- **Endometriomas.** These cysts develop as a result of endometriosis, a condition in which uterine endometrial cells grow outside your uterus. Some of that tissue may attach to your ovary and form a growth.



Best waterproof phone 2017: get these smartphones wet

The best waterproof phone has become a necessity in 2017, whether you're accident prone or just a bit paranoid. It can put your mind at ease knowing your expensive new smartphone can withstand a dunk in the pool or a spilled drink at the pub.

We're seeing more water-resistant and waterproof phones at the flagship level. We know even have a waterproof iPhone from Apple. But which ones are the absolute best? Waterproof phones are clearly the future, but a majority of new phones we've liked still don't offer more than basic splash protection. The Google Pixel and Google Pixel XL, for example, are splashproof phones, which can survive in the rain. But they won't be able to escape a dunk in water, so we won't include them in this list.

WATERPROOF VS WATER-RESISTANT

Just a note before we weigh in on the best waterproof and water-resistant phones. Most phones on this list can be submerged in water, but there's a literal breaking point. Samsung's newest phones should survive 1.5 meters down (nearly 5ft) for up to 30 minutes. The new iPhone can do the same to a depth of 1 meter (3.3ft). Smartphone waterproofing has its limits. Your waterproof seal can wear away and speakers can still sound muffled after everything dries out. Nothing in life is guaranteed here, but this is as good as it gets in the smartphone world.



IPHONE 7 PLUS

Weight: 188g | Dimensions: 158.2 x 77.9 x 7.3mm | OS: iOS 10 | Screen size: 5.5-inch | Resolution: 1080 x 1920 | CPU: A10 Fusion | RAM: 3GB | Storage: 32/128/256GB | Battery: 2900mAh | Rear camera: 12MP+12MP | Front camera: 7MP

SAMSUNG GALAXY S8

Weight: 155g | Dimensions: 148.9 x 68.1 x 8mm | OS: Android Nougat | Screen size: 5.8-inch | Resolution: 1440 x 2960 pixels | CPU: Snapdragon 835 | RAM: 4GB | Storage: 64GB | Battery: 3,000mAh | Rear camera: 12MP | Front camera: 8MP



HP ELITE X3

Weight: 195g | Dimensions: 161.8 x 83.5 x 7.8mm | OS: Windows 10 | Screen size: 5.96-inch | Resolution: 1440 x 2560 | CPU: Snapdragon 820 | RAM: 4GB | Storage: 64GB | Battery: 4,150mAh | Rear camera: 16MP | Front camera: 8MP

THE STREET ROD



From the XR1200, to Buell, to the V-Rod, to the Roadster, to the Street 750, every few years and decades, Harley-Davidson takes a swing at cracking the “urban” market. Harley-Davidson isn’t going to just stop trying and to roll that rock up one more time it went all-in with a brand new model based on the Street 750 platform, the Street Rod.

The Street Rod has been so thoroughly revised over the Street 750; it is really an all-new bike. The scope of design changes makes a compelling case. Aesthetically, the Street Rod has been revised with a shorter sub frame, new tail section, headlight, fairing, LED lighting (except the headlight), longer swing arm and a significant degree of quality enhancement. These enhancements include bar-end mirrors, higher quality foot pegs, tucked-in wiring, and improved fit and finish. Only the fuel tank (which has been raised and placed farther forward) and some frame sections are shared with the Street 750.



The Cuban Embassy in Botswana brightens National Museum

The exhibition was held to celebrate the Cuban Revolution of 1959 that made Castro a national hero in Cuba. The photo exhibition titled Fidel Castro at 90 was held by the Cuban Embassy in

Botswana in association with the Department of National Museum and Monuments.

The National Museum is currently illuminated by the black and white

photographs of the Cuban leader Fidel Castro who died last year on November 25 aged 90. Every photo in the gallery has a description of time and place in order to help the viewer understand each stage of Castro's life.



World Strongest Man

Dead lift Sport
World Strongest Man
Date: 20th-23rd May 2017- Quali-
fiers in Gaborone
27th-28th May 2017-Finals in
Gaborone



1000 Toyota Dessert Race



Botswana Tourism Organisation (BTO), SA National Off Road Car Racing Association (SANORA) & Mascom annually bring together Toyota Kalahari Botswana 1000 Desert Race which takes place in Jwaneng ev-

ery year in June and the 2016 race is scheduled for the 24th -26th June. This is the biggest off road race in Africa, with a following of over 120 000 spectators. This family event starts off in the morning at 0800hrs with

an epic and electrifying start that is always witnessed by elders, families and motor sport enthusiasts as well. People literally brave the cold winter mornings to reach the start off point and witness the start. (Source www.botswanaturism.com)

KHAWA DUNE CHALLENGE & CULTURAL FESTIVAL 2017

The Khawa Dune Challenge and Cultural Festival is an event organized by Botswana Tourism Organisation (BTO), Ministry of Youth, Empowerment, Sport and Culture (MY-ESC), Botswana Motor Sport (BMS) in collaboration with the Kgalagadi District Council. The event is a family oriented event involving a Quad and Motor Bike Challenge,

visual art exhibitions, motorbike stunts, cultural activities as well as quad fun rides. (Source www.botswanaturism.com)

RACE FOR RHINOS

Thursday, 29 June 2017 to Sunday, 2 July 2017
Race for Rhinos, Aviation race for aircrafts, LEKHUBU ISLAND (KUBU)
Done in collaboration with Gaing-O Community Trust





The long waited exciting event Tlatsa Lebala finally arrived. Featuring 100% local music, 100% Botswana artist with Tshepiso Molapisi aka Kast, the national stadium was filled up with Batswana from different places around Botswana, fans, supporters, and lovers of Botswana music on the epic event Tlatsa Lebala aka #TLAX. It was all about different genres, kwa-sa-kwasa, kwaito-kwasa, house, traditional, gospel, rock'n'roll and other genres.

As the voting line was open for upcoming artists, they were thankful for being in the line-up as they got recognition from Batswana, local radios and newspapers.

Batswana did not want to miss the performances; they came with huge numbers to support local music. Batswana were having a lot of fun, they were cheering, dancing and singing along.



Botswana 4x400m Relays grabs Silver medals at IAAF World

The men's 4x400m group of four, Isaac Makwala, Baboloki Thebe, Onkabetse Nkobolo and Karabo Sibanda performed well and got position 2 against powerhouse USA, which had a squad comprising of David Verburg, Tony McQuay, Kyle Clemons and the highly experienced former World Champion LaShawn Merritt, for the forthcoming competitions IAAF World Champions in London.

Jele made it to London world games

Lydia Casey Jele is a Botswana athlete competing primarily in the 400 metres. She participated in the relay at the 2013 World Championships without qualifying for the final. Now she has qualified for the 2017 IAAF World Championships to be held in London in August. Jele qualified after clocking 51:69 in a competition held in Pretoria, South Africa on March 4. She is the first woman to qualify and she joins other 400m runners.



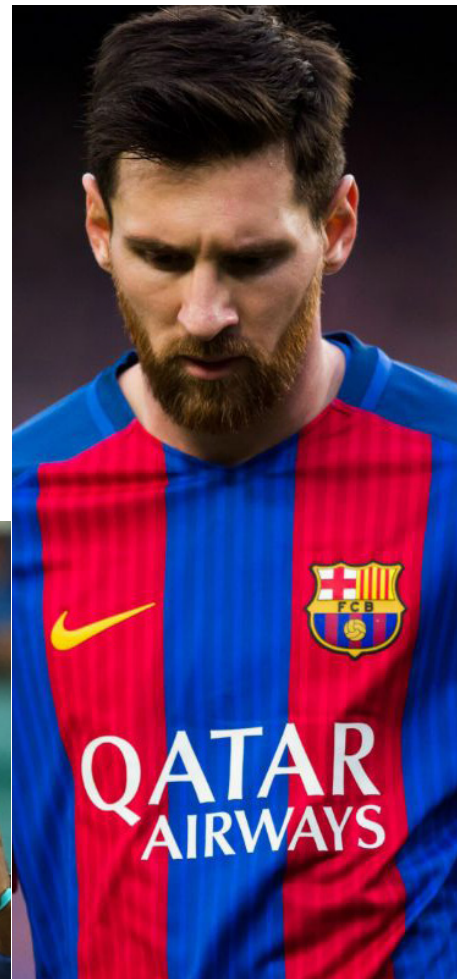
Lekgwathi backs Bucs for silverware

Orlando Pirates defender legend Lucky Lekgwathi is confident about his former club have the kind of momentum needed to go and win the Nedbank Cup. Lekgwathi, who was in the team the last time the Buccaneers won the competition, in the 2013/14 campaign, feels that the chemistry in the current team under Jonevret suggests they could go all the way in 2017.



Champions Trophy: Sri Lanka recall

Lasith Malinga in 15-man squad for prestigious event
Sri Lanka will begin their Champions Trophy campaign against South Africa on June 3 at the Kia Oval, followed by games against India (June 8) and Pakistan (June 12) at Kia Oval and Cardiff respectively.



Lionel Messi scores 500th goal for Barcelona to beat Real Madrid to win El Clasico

Barcelona legend Lionel Messi produced yet another brilliant show for his team during 23/04/17 match against Real Madrid where he scored his 500th goal for the club. Barcelona moved to the top of the La Liga table with a 3-2 win on the 92nd minute. Messi's 500th goal, second of the match, came at a crucial time, after he netted one off his left foot from inside the area after a cross by Jordi Alba.

RISING STAR- SKEMS

Name: Kemmony Madikwe

Date of birth: 08/11/1991

Place of birth: Gaborone

Education:

Letlole and Lesedi primary school

Nanaogang Junior School

Gaborone Senior School

Damelin (Imperial School of Sciences)

Achievements: I received medals from BISSA Games, under 17 national team, Botswana Games, Botswana Basketball League and national champions. I got trophies for best defensive player and best shooting player. I also got two trophies for best team at Nanogang CJSS.

I started playing basketball in 2006 played for under 17 and 20. Currently I am playing for Police Academy Basketball Team and the National Team. My passion was to play tennis but then I got approached to try basketball and that is how I started it. I am playing for Police Academy Basketball Team. We train once a day from 7pm-8:30pm.

My nickname is 'Kemms' or 'Skems' and I play as a Point Guard (PG) in the Basketball field. I am a fan of volleyball and athletics.

Besides basketball, I work as warehouse clerk at CA Sales Distribution Company. I am not a big fan of gym but I visit it twice a week because I am a sports lady. Gym is essential for me to be strong because basketball is a contact sport.



Remembering Herbert Nkabiti and Gofaone 'Sbida' Tiro



Gofaone 'Sbida' Tiro

Born: January 21, 1991

Died: April 28, 2017

The 26-year-old Francistown born Gofaone 'Sbida' Tiro met his fate after he collapsed during the team's morning training in Tlokweng. He was rushed to a nearby health facility where he was confirmed dead on arrival. According to the club's website, Gofaone Sbida Tiro was an influential performer with a flawless blend of class, intelligence, panache and uncompromising physical strength can terrorize from either of the flanks. Growing up in a family of football, Sbida started football at a tender age and he played for teams such as Chiefs Botswana, UF Santos and Rollers.



Herbert Nkabiti

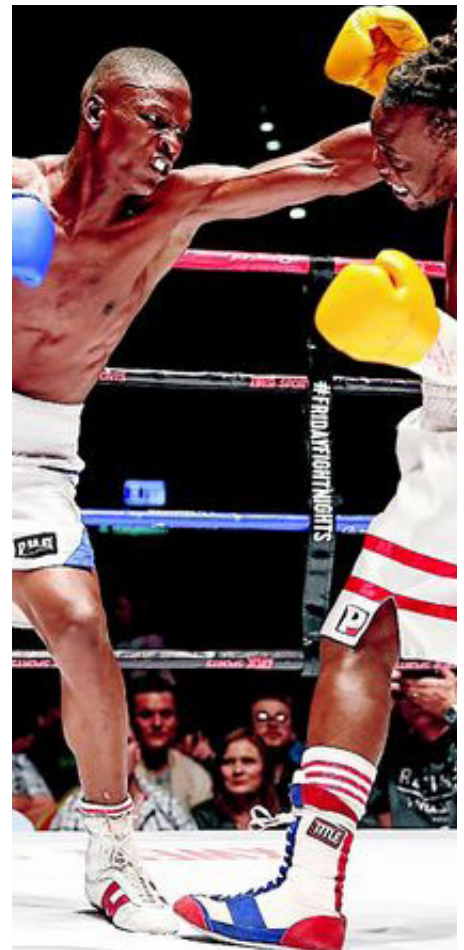
Born: March 27, 1981

Died: April 30, 2017

Botswana international junior welterweight boxer Herbert Nkabiti has died following a head injury suffered in South Africa.

Nkabiti fought South African Willers Baloyi at the Big Top Beat Down Friday Fight Night at Carnival City, in a six-round international junior welterweight bout when he sustained the injury.

Nkabiti died in hospital in Vosloorus the following day. The tragedy is compounded when one considers Nkabiti was recently married and had a four-month-old child. He had, in fact retired from boxing, but returned to the ring recently, ostensibly to make ends meet.





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Lot 4802 Old Lobatse Road
Behind Motovac. Gaborone



+267 3180 410



+267 3180 411



oldlobatse@fours.co.bw

MAUN



Lot 292. Old Moremi Road Maun



+267 6861 377



Fax: 6863 840



Email: maun@fours.co.bw

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



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Fax: 260 0400



Email: maun@fours.co.bw

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