

Celebrity World

ISSUE NO.7 OCTOBER/NOVEMBER 2017

Braids & Twists

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Sleep Better

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China Giansou



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



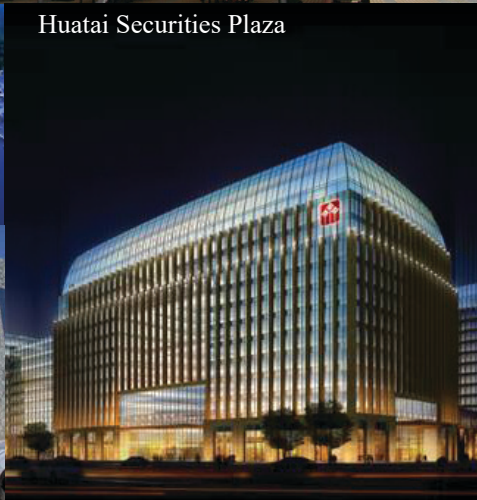
Grand Hotel China



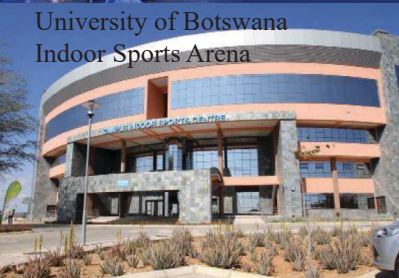
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University of Botswana Indoor Sports Arena



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Greetings and warm welcome to our 7th edition. We couldn't be more excited to have made it to this point. Please take some time to get to know the layout of our magazine. Celebrity World Magazine is for the modern Motswana who wants to lead a fashionable and beautiful life. Celebrity World cares about the latest trends, if there are hot new products we want to know about them. We bring you thoughtful articles about interior design, health and wellness. We are moving towards the end of the year and we suggest that you reflect on your achievements this year. We are extremely thankful for all of you, our readers. You inspire us to continue to do what we love. Your e-mails and involvement in social media by liking photos and sharing our posts are what keep us motivated. So, thank you for being a part of the Celebrity World Magazine team. We hope you will continue to enjoy our magazine and to celebrate life with us every day.



Didarul Islam Bhuiyan(Babu)
Founder

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Celebrating Bw Talent

More Batswana are realizing their dreams in different fields. Indeed Botswana is blessed with talented ambitious gems. Celebrity World Magazine profiles a few celebrities who are currently doing it big, not only for them but also for the country.



Thabang Mmolotsi (Professional Model)

A local professional model Thabang Mmolotsi is living her dream in South Africa. Born and bred in Morwa village, Kgatleng District. The determined Mmolotsi had a dream of becoming an international model from a younger age. Her modeling career can be drawn back from 2008 where she joined Face of Africa and made it to the top ten of Face of Africa. Mmolotsi has worked with South Africa's soopies such as Ashes to Ashes, Zabalaza and 7delaan. She has been a professional model for about nine years. Mmolotsi has done TV commercials, print and still, radio and TV presenter as a student. She is a runaway model who is ready to travel the world.



Isaac Makwala (Athlete)

Isaac Makwala is a Botswana sprinter who specializes in the 400m. He is also a sub-20 200m runner. On July 14th 2017, Isaac Makwala became the first man in history to run a 200m within 20 seconds and a 400m within 44 seconds on the same day by running 43.92 in the 400, then 19.77 in the 200, 2 hours and 20 minutes later at Madrid. He qualified for 400m final at the 2017 World Championships, before being withdrawn from the race, due to illness. Makwala then qualified for the 200m final, placing 6th. Makwala who was barred from competing for 48 hours because of norovirus made history when he reached the semi finals by running a one-man time trial at the World Championships in London. He lifted the Botswana flag by winning the 400m men diamond league trophy at Zurich.



Kgomotso Ratsie

(Actress)

A young Motswana woman, born and bred in the village of Mmathubudukwane has defied the odds and managed to break into the South African film industry. Ratsie started her acting career when she was in Standard 4. Since then, she has determinedly put so much effort to learn and obtain knowledge through interactions with other actors. She grabbed the acting opportunity without hesitation in one of the auditions held in South Africa where she was one of the lucky winners. Ratsie got handpicked by one of the leading artist management agencies, in South Africa. She acts in Scandal, which is one of the biggest soapies in South Africa.



Odirile Vee Sento

(Musician and business man)

He is popularly known as Vee Mampeey. He was born in Hukuntsi. Vee has been nothing but a hard worker who always sought professionalism in his work. He has branded himself well and his music has had a massive following all the time. Vee has been into the music industry for a long time. He is a talented young man who loves his work so much. This made him to win several awards in the music industry. He took the country abroad as he was nominated at the 16th Metro FM Music Awards 2017 that was held in South Africa.

Lerato Motshwarakgole

(Actress)

Batswana have watched the arrival of Lerato Motshwarakgole in the much-loved south African soapie, Generations. Motshwarakgole played Zimbini Tlhaole, Dineo's half-sister. Zimbini was an outgoing person who loved fashion. Lerato is a young Motswana girl from Molepolole. She has realised from a young age that she wanted to be an actress and she studied Theatre and Performance at UCT.





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Avoidable Shopping Mistakes



Buying Something Without Trying It On

Bodies come in all shapes and sizes, and clothing manufacturers know this. Since this is an undeniable fact, it's pretty silly to buy a clothing item without first trying it on. There's no guarantee how it will fit once you get home and to wear it. If you don't mind the inconvenience of having to go back to the store to return the item, this is a relatively simple mistake to remedy. There's always a risk that some people won't actually return the item at all. This is a pretty silly mistake that essentially adds up to throwing away your money. Keep in mind that not all stores have the same policies when it comes to returns. Some items, like swimsuits, cannot be returned, and some stores have a policy of only providing customers with store credit on returned items. If you purchased an item on sale, there

is a chance that the store won't take any form of return on it. It's probably far less of a hassle to just try the garment on before you leave the store, even if it seems inconvenient at the time. If you like to purchase clothing items online, it's not really possible to try them on before purchasing, however, you should definitely familiarize yourself with the return policy before hitting the "buy now" button. If you have to pay shipping to return or exchange the items, the cost of buying online might be a lot more than you expected.

you should definitely familiarize yourself with the return policy before hitting the "buy now" button

Buying Something Just Because It's on Sale

That pair of shoes might be 50% off, but do you really need them? Buying something just because it's on sale is a pitfall that many consumers fall into. "Spaving" is a term that has been used to describe these types of irrational purchases where you spend unnecessarily in order to save money. A good way to avoid this type of pitfall is to clearly define your needs versus your wants. You might want the shoes that are on sale, but do you need them? If you buy them, are you likely to use them? If you were in the mall specifically looking for shoes, then this might be a wise shopping decision. However, if you just found them while casually perusing the stores, then there's a chance that buying this sale item might simply be emotional, or impulse spending, which can ultimately lead to debt.



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THANK YOU FOR YOUR SERVICE



DAVID FINKEL

Author of *THE GOOD SOLDIERS*

Thank You for Your Service follows a group of U.S. soldiers returning from Iraq who struggle to integrate back into family and civilian life, while living with the memory of a war that threatens to destroy them long after they've left the battlefield. This is the fictional movie not at all based on the documentary of the same name.

Starring: Haley Bennett, Amy Schumer, Miles Teller, Keisha Castle-Hughes, Joe Cole, Kate Lyn Sheil, Erin Darke, Kerry Cahill, Brad Beyer, Omar J. Dorsey

Genres: Drama

Directed By: Jason Hall

Release Date: October 27, 2017

Country: United States

Language: English

Ittefaq

Directed by: Abhay Chopra

Produced by: Karan Johar, Gauri Khan, Abhay Chopra

Starring: Sidharth Malhotra, Sonakshi Sinha, Akshaye Khanna, Rajkummar Rao, Mir Sarwar

Edited by: Nitin Baid Sangeeth Varghese

Release date: 3 November 2017

Genres: Action

Country: India

Language: Hindi



Release Date: October 20th, 2017

Duration: 1 hr 30 min

Plot Summary

A violent teen and three others kidnap a young nurse while escaping from a Texas mental institution. Pursued by a vengeful sheriff, the disturbed young man embarks on a murderous rampage that shapes him into a legendary killer known as Leatherface.

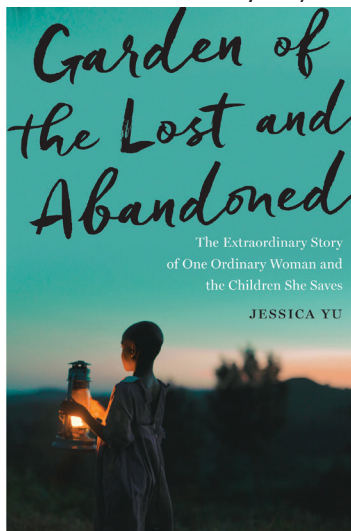
Cast: Sam Strike, Stephen Dorff, James Bloor, Sam Coleman, Jessica Madsen, Vanessa Grasse, Lili Taylor, Nicole Andrews
Director: Julien Maury, Alexandre Bustillo

Genres: Horror

Production Co: Campbell Grobman Films, Lionsgate Films, Mainline Pictures Inc., Millennium Films Inc.

Distributors: Lionsgate Films

Release Date: October 20, 2017



The problem by most lights is overwhelming: at least 5,000 children live on the streets of Uganda's capital city (Kampala). The youngest may not know the names of their parents. But Gladys Kalibbala the part journalist, part detective, part Good Samaritan does not hesitate to dive into difficult or even dangerous situations to aid a child.

Author: Jessica Yu



Release Date: October 27th, 2017

Duration: 1 hr 45 min

Plot Summary

Suburbicon is a peaceful, idyllic, suburban community with affordable homes and manicured lawns. The perfect place to raise a family and in the summer of 1959, the Lodge family is doing just that. But the tranquil surface masks a disturbing reality, as husband and father Gardner Lodge must navigate the town's dark underbelly of betrayal, deceit and violence.

Cast: Matt Damon, Julianne Moore, Noah Jupe, Oscar Isaac, Glenn Fleshler, Megan Ferguson, Michael Cohen

Director: George Clooney

Genres: Comedy drama

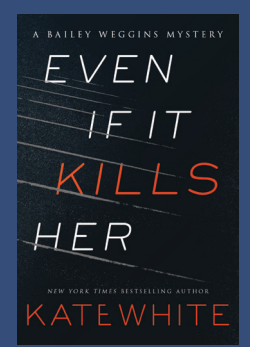
Production Co: Dark Castle Entertainment, Paramount Pictures, Mike Zoss Productions, Silver Pictures, Black Bear Pictures

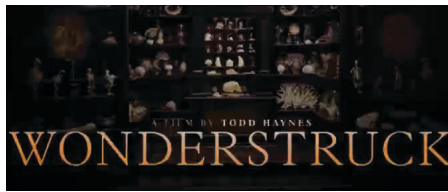
Distributors: Paramount Pictures

Keywords: Intense, Brooding, Investigation, Son, Pursuit, Murder, Underdog, House, Revenge, Father, 1950s, Rivalry

Bailey Weggins' great new friend in college, Jillian Lowe, had everything going for her. Pretty, popular and whip-smart, she lit up any room that she walked into. All of that dramatically changed during her sophomore year, when a neighbor became unhinged and murdered her family. Jillian immediately left school, and ever since, Bailey has felt guilty for not staying in closer contact and being a greater support to her friend.

Author: Kate White





Release Date: October 20th, 2017
PG

Duration: 1 hr 57 min
Plot Summary

Ben and Rose are children from two different eras who secretly wish that their lives were different. Ben longs for the father he's never known, while Rose dreams of a mysterious actress whose life she chronicles in a scrapbook. When Ben discovers a puzzling clue and Rose reads an enticing headline, they both set out on epic quests to find what they're missing.

Cast: Oakes Fegley, Julianne Moore, Millicent Simmonds, Michelle Williams, Jaden Michael, Tom Noonan, James Urbaniak, Amy Hargreaves

Director: Todd Haynes

Genres: Adventure, Drama

Production Co: Roadside Attractions, Cinetic Media, Amazon Studios

Distributors: Roadside Attractions, Amazon Studios



Release Date: October 27, 2017
PG

Plot Summary

Liam Page is a country music superstar who left his bride Josie at the altar to pursue fame and fortune. Page never got over Josie, his one true love, or forgot his Southern roots in the small community where he was born and raised. Now, he must unexpectedly face the consequences of his actions when he returns to his hometown for the funeral of his best friend from high school.

Cast: Alex Roe, Jessica Rothe, Abby Ryder Fortson, Travis Tritt, Judith Hoag, John Benjamin Hickey, Tyler Riggs, Peter Cambor

Director: Bethany Ashton Wolf

Genres: Romance, Drama

Production Co: Roadside Attractions, LD Entertainment

Distributors: LD Entertainment, Roadside Attractions

Keywords: Sacrifice, Inspiring, Love, Best friend, 2010s, Rousing, Small town, Growing up, Emotional, House



Release Date: October 20, 2017
PG-13

Duration: 2 hr 14 min

Plot Summary

Through hope, determination, sacrifice and the drive to protect families and communities, the Granite Mountain Hotshots become one of the most elite firefighting teams in the country. While most people run from danger, they run toward it -- watching over lives, homes and everything people hold dear, forging a unique brotherhood that comes into focus with one fateful fire in Yarnell, Ariz. Cast: Josh Brolin, Miles Teller, Jeff Bridges, James Badge Dale, Taylor Kitsch, Jennifer Connelly, Andie MacDowell, Alex Russell

Director: Joseph Kosinski

Genres: Drama, Adventure

Production Co: Di Bonaventura Pictures, Black Label Media

Distributors: Sony Pictures Entertainment



Release Date: October 20, 2017
PG-13

Plot Summary

International art dealer Ron Hall (Greg Kinnear) befriends a homeless man (Djimon Hounsou) to save his struggling marriage to Deborah (Renée Zellweger), a woman whose dreams will lead all three of them on the most remarkable journey of their lives.

Cast: Greg Kinnear, Renée Zellweger, Djimon Hounsou, Jon Voight, Olivia Holt

Director: Michael Carney

Genres: Drama

Production Co: Paramount Pictures, Disruption Entertainment, Pure Flix Entertainment

Distributors: Paramount Pictures, Pure Flix Entertainment



Release Date: November 3rd, 2017
Not Yet Rated

Plot Summary

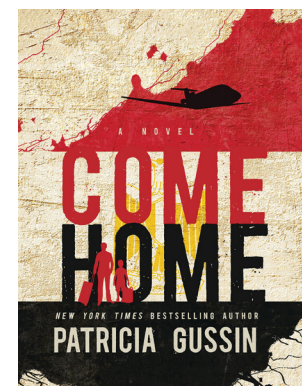
Under-appreciated and overburdened moms Amy, Kiki and Carla rebel against the challenges and expectations of the Super Bowl for moms: Christmas. As if creating the perfect holiday for their families isn't hard enough, they'll have to do it while hosting and entertaining their own respective mothers when they come to visit.

Cast: Mila Kunis, Kristen Bell, Kathryn Hahn, Jay Hernandez, Cheryl Hines, Peter Gallagher, Justin Hartley, David Walton

Director: Jon Lucas, Scott Moore

Genres: Comedy

Distributors: STX Entertainment



Nicole Nelson and Ahmed Masud are a highly successful Philadelphia couple. They are thriving plastic surgery practice, are very much in love, and they adore their young son, Alex. Meanwhile the Arab men, accumulating malpractice lawsuits for Ahmed, and most recently, pressure from Ahmed's wealthy family in Cairo for him to permanently return to Egypt with his son.

Author: Patricia Gussin



Kylie Jenner: Disappointing her family with surprise pregnancy?!

So ... Kylie Jenner is pregnant. Isn't that still just so insane to think about?! 20-year-old Kylie Jenner with the huge lips and the constant relationship drama and the makeup empire, just the most vapid girl that ever was, is going to be a mother. The father of Kylie's baby is Travis Scott, the rapper she's currently dating. She's reportedly due sometime in February, which means that she got pregnant very, very early in their relationship.



Lindsay Shookus: Pregnant with Ben Affleck's baby?!

It's been two months since we first learned that Ben Affleck and Lindsay Shookus are dating, and surprisingly, the couple has been pretty open about their relationship status. They haven't made any official announcements, but they're certainly not hiding their romance from the tabloid press. There's some truth to the rumors that they started dating while they were both still married. There have been near-constant rumors that Ben and Lindsay are secretly engaged.



Don Jazzy Is Infertile! - Facebook User, "Queen Dina Claims" claims sexual affair with Mavin Boss

A facebook user goes by the name "Queen DiNa Ikoma" took to her social media account to announce her privacy with a Nigerian record producer, singer, songwriter and Mavin record boss Michael Collins Ajereh best known as Don Jazzy. She said she had several unprotected sex with Don Jazzy but he couldn't get her pregnant. The post reads like "Don Jazzy is impotent, after several hot unprotected sex with him I still can't get pregnant. No wonder he refused to marry. He's infertile."

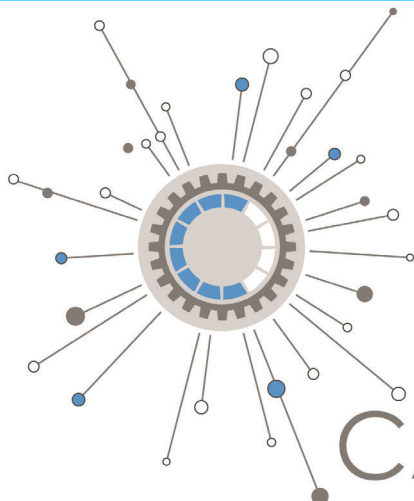


"My Family Comes First" Peter of P-square- (P-squared to split)

P-square's Peter Okoye, who declared yesterday that he is on his own while on a solo show, has further confirmed suspicion that he might be having issues with his twin brother "Paul Okoye", with his latest move. Peter, who declared that his family comes first as first questioned breakup report, has also deleted information on how to book P-square from his Instagram page.

Kelly and Michael Dodd: Divorcing!

Kelly is apparently divorcing Michael. Their relationship has been all over the place since they married 11 years ago. If you watch The Real Housewives of Orange County online, you will already know that their relationship has been a rocky road. While Kelly has a mouth on her that cannot help but say negative things about her co-stars, Michael is considerably more subdued. The duo was initially set to divorce back in 2012, but they mysteriously got back together before Kelly started filming with RHOC.



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Scott Disick, 34, and Sofia Richie, 19, for their 15 year age gap appear to celebrate going public with romance, with Kourtney Kardashian's ex

After weeks of rumour, Sofia Richie finally confirmed her romance with Scott Disick by sharing a photo of the two of them on her Instagram stories on the 24th of September. In the photo, 19 year old Sofia is seen with Kourtney Kardashian's ex boyfriend and father of her three children. Although the pair is walking away from the camera, not showing their faces, it's clear that it's the Keeping Up With The Kardashians star who Lionel Richie's daughter is strolling with.



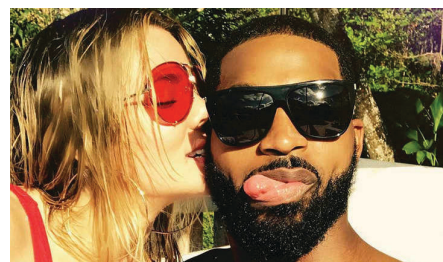
Halle Berry, 51, steps out with 35-year-old new boyfriend Alex Da Kid: 'She's having fun'

Halle, who divorced her third husband, actor "Olivier Martinez", the father of her son Maceo, last year, said she was having a break from dating. The 51-year-old actress has been seen showing off her doubtful romance with Bristol-born Alex Da Kid real name Alexander Grant to the world by sharing an intimate shot of herself on Instagram leaning into the music man, which she captioned: "My balance." Alex, 35, who lives in North London, later confirmed his identity by uploading the same picture on his twitter account with an identical caption. They have been seeing each other for about two months.



Eniola Badmus beef with Davido's baby Mama

Nollywood actress, Eniola Badmus had zero beef with Davido's baby mama after snapchat Fight: the actress has decided to be the adult and to let bygones be bygones following a growing beef developing between her and one of Davido's baby mamas Sophia Momodu. The fight which worsened on snapchat could not be traced to any issue on that the two women who each hold different places in Davido's heart were not happy with each other. To make peace, and for the sake of the man they both love, Badmus has decided to bury the hatchet going back on the beef and declaring that she has no more anger in her heart towards the younger woman. The love she has for Davido is so great and would not let her be angry towards anything or anyone related to him "heaven knows I love Davido with all my heart, his daughter is my daughter and his baby mama is my sister" she declared.



Is Khloe Kardashian ready to marry Tristan Thompson?

Is that wedding bells we hear!? Khloe Kardashian is definitely the most outspoken of all the Kardashian sisters, so it should come as no surprise that she has been speaking about family and marriage for years. Now, with the news that she is reportedly expecting her first child with NBA player Tristan Thompson, could she be getting hitched soon? The reality star has been very candid in the past about her plans to raise kids with Tristan. Could this mean it might soon be Khloe Kardashian-Thompson?



Eminem Slam President Donald Trump in New Freestyle at the 2017 BET Hip Hop Awards

Eminem is expressing his views on President Donald Trump with help from a newly released freestyle rap. In a taped segment that aired on the 2017 BET Hip Hop Awards, the Grammy winner appeared in a downtown Detroit parking garage where he voiced his disapproval towards the Commander in Chief.

The rapper goes on to question President Trump's endorsement of former chief strategist Steve Bannon and his controversial words to Senator John McCain.



Take a 'chill pill' says Khanyi Mbau

The self-proclaimed Queen of Bling, Khanyi Mbau has come out to defend the 'racist' Dove advert that shocked and offended many.

Mbau uploaded a full video of the advert on her Instagram, telling people to 'chill'. "Found the full version of this interesting ad that had the whole world in a rage... sadly we all saw the first part of it in a form of a still picture.. now that the full version is out.. your thoughts.. personally I think we all need to chill! Everything has become personal!!! Seriously people... not everything is about getting the black man!!!" she captioned the video.



Miss Millenium 2017 Launches High Tea Party

Being a queen does not grant any one the opportunity to seat back and enjoy the virtue of the crown. This unsettles the woman of dignity, Miss Millenium 2017 Girlie Tshireletso.

Speaking at a press conference where she launched her 'high tea party' which will be held on October 7, 2017 at Ba Isago University Gardenex, the motivated and inspired Christian lady said she is working hard to accomplish her mission. She said that the high tea party is a very good platform that she created for ambitious people of this Botswana. She further noted that the party is a networking

place where people will share business ideas and personal life experiences.

Girlie said that the corporate price of the table is only P400.00 while the standard cost is P350.00 and each table will accommodate only ten people. She also said that she has to give back to the community. Therefore the funds raised from the party will be directed to the special needs junior school students that she adopted some time back. "...This is not about raising funds for my own use," she added.

Girlie said that the money will be used to help the kids she identified, who pose

some disabilities in certain aspects by the experts. She indicated that she is working tirelessly to make this be one of the most outstanding events in this country. Girlie urges the community, individuals, organizations and institutions to help her with the little they can afford to offer.

In her closing, she said "As community men and women, we have to steer the change, we shouldn't be demoralized by the habit of people to never say 'thank you'. We have to keep doing for the society without boundaries because one way or the other, people we help also help our kids somehow."



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Cover Story

Blessed With An Angelic Voice





The spiritually born, Bianca Gabasiane recently had a chit-chat with *Celebrity World* magazine team to share the journey of her music career. The bubbly and sociable Mahalapye born lady was raised in a musical family where their father was a pastor. This easy to get along with young lady attended her education at government schools from primary level to senior. She did certificate in TV and Film Production at City Varsity in Cape Town, where she majored in film editing. Bianca is now studying Diploma in Hospitality Management at Limkokwing University of Creative Technology in Gaborone.

Amongst her achievements in the music industry Bianca has staged with Dr Tumi, Martin PK and three members of Joyous Celebration. She has a new single titled *Desert* which was produced by Shatiso Aron. Before she could work on this; her brother Oarabile Gabasiane played some bits on his laptop made him the vocalist in Bianca's new song. *Desert* is a song she

sings from her heart; the song expresses what she has gone through in her life. The song is for everyone who might be facing life situations, it says don't think you are the only one going through trouble; know that in whatever situation you find yourself in, look at it as something that can bring positivity in your life, embrace it, then you will get out of the situation with so much hope, shining and thinking differently. "..... even the bible says that there is nothing new under the sun, as long as someone managed to get out of the rough, you can also pass through it depending on the way you think," added Bianca.

Bianca reminisced on her primary school days when the teacher asked what they wanted to be when they grow up and her classmates were like "I want to be a soldier, I want to be a nurse. It was a difficult question as her mind was filled up with the profession of singing and it was what she really wanted to be, but she was embarrassed by it. Her time came when the





teacher asked and she proudly said I want to be a singer and everyone laughed at her....a singer???.Yes a singer". Although they always heard her singing at the assembly point the teacher asked her to sing for them, with her golden voice she did and she clapped hands for her.

The journey of singing was always there for Bianca, when she was 15 years old; she went to My African Dream which was just not like My Star. The show was mixed with poets and dancers to showcase their talents, where she was the only one chosen amongst other singers. She was crowned the winner from the singing category with second winner while the first position being dancers. Building her profession in singing, Bianca

was My Star winner of 2011. She would go to the hospitals where she sang for the sick to reduce boredom from them as a sign of giving back to the society. She ministered in different wards which gave hope to the patients. This made her so fulfilled whenever she did it.

As we still await much from Bianca, she highlighted that she wants to be different from other gospel artists. She wants to bring something different that we have not heard before. She added that she is bringing a soulful, contemporary gospel and her music is not stereotyped, but she just wishes it to be impactful not on the Christian life but also to other people.

Bianca is capable of handling music and school work, though it is not easy to balance the times. Music is her first priority and education is the key to most doors in the world. She believes that no one can take her achievements from her.

She calls all worship leaders from Pentecostal churches in one place to pray together, worship God and to share sermons from different ministers. This will be the second time being done. Bianca believes that this is what God gave her to do. She foresees local musicians coming together as one. She also plans to start a journey of ministering in churches, schools and prisons as she believes that her song can change a lot of peoples' life. Bianca advises upcoming artists that the world needs people who are open minded and educated.

Things We didn't Know About Bianca:

- Her daily pill is that she is loved and appreciated without doubt by God, herself and her family which keeps her winning.
- She is a crazy person.
- She loves kids
- Her role model in stage presence is Beyoncé and if they were born in the same country there could be a serious competition.
- Favorite bible quote is 2 Chronicles 20:17



Rising Musician

Gosego 'Seaboy' Gaobowe known by his stage name "Slym" is a passionate and ambitious local rising musician. The 35 year old Palapye lad started school in Serowe, and graduated with BSC in Urban and Regional Planning at the University of Botswana in 2006.

Gosego performed in many shows like Poverty Eradication 2013 Tour, The Revamp Tour in 2013 and Presidential Award Competitions since their inception. He shared stage with some of local artists like DJ Special boy, Slizer, Noello, Vee and Charma Gal. His wish is to feature in local cooperate big shows. Gosego gets inspirations from his parents, friends and the community.

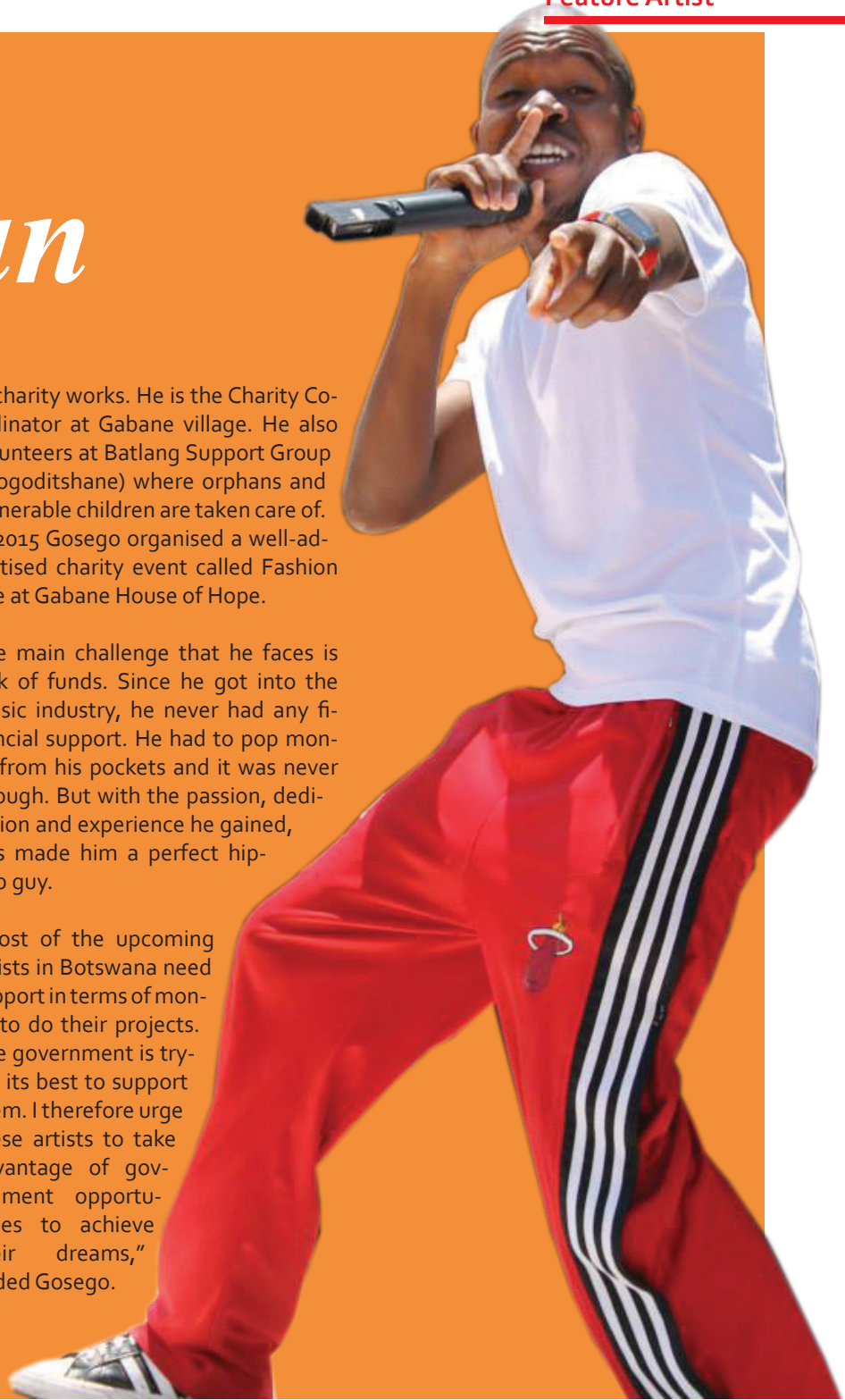
He worked with s'2 by 2 and it was a joint collaboration between Blaxk-mail Entertainment and NandoLand Empire. Gosego is now working with A1keys for his upcoming single which is to be released soon. His first performance was in 2006 at Mokaragana where he featured Tu-Mode in the song "I cry". Inspired by Dr Dre and 50 Cent, Gosego said that he is in plans to collaborate with Kast, Vavo Pound and Noello.

Besides singing, Gosego is engaged

in charity works. He is the Charity Co-ordinator at Gabane village. He also volunteers at Batlang Support Group (Mogoditshane) where orphans and vulnerable children are taken care of. In 2015 Gosego organised a well-advertised charity event called Fashion Eye at Gabane House of Hope.

The main challenge that he faces is lack of funds. Since he got into the music industry, he never had any financial support. He had to pop money from his pockets and it was never enough. But with the passion, dedication and experience he gained, this made him a perfect hip-hop guy.

"Most of the upcoming artists in Botswana need support in terms of money to do their projects. The government is trying its best to support them. I therefore urge these artists to take advantage of government opportunities to achieve their dreams," added Gosego.



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Braids & Twists 101



Braids are back and seem to be more popular than when Brandy's "I Want to be Down" was playing on the radio! With celebrities like Solange, Beyoncé, Brandy, Kerri Hilson and many more rocking flawless braids and twists, it's safe to say they're a style worth trying. Braids are a low-maintenance protective style that are versatile in styling, commitment-free and look great. They're great for transitioners and those looking to use protective styles to maintain growth. However, if they're done wrong, it can lead to frustrating damage and breakage. We've outlined some of the braid and twists basics to take care of braids and twists.

Care

The 'set it and forget it' method doesn't work if you're looking to maintain healthy hair while braided up. Here are a few things to keep in mind when caring for braided or twisted hair: Keeping your hair and scalp clean is essential. A watered-down shampoo or cleanser used only on the scalp will keep your hair free of buildup and ensure healthy new growth.

Applying oil is a must, especially with such easy access to your scalp! Using lighter oils (olive, jojoba, coconut, etc.) are great for your scalp and paired with a little scalp massage you'll stimulate blood flow, soothe your scalp and pro-

mote growth (win-win).

Cover your hair at night or sleep on a satin pillowcase to keep your braids/twists looking their best as long as possible.

Try not to keep your braids/twists in too long. Six weeks is the magic number. If you're planning on going longer be sure to include a deep conditioning routine in your regimen.

Take Down

Removing your braids/twists can be just as harmful to length retention if done as improperly as an improper hair installation. Here are a few tips:

Even if you think you know where your natural hair stops with your braids be sure to cut the extensions a few inches lower so you don't snip your own hair.

Coat your hair with light oil as you take your braids down to provide slip to your strands to ease in the detangling process.

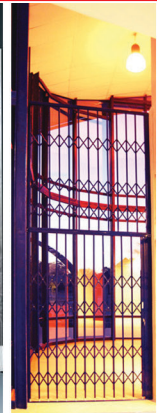
Finger detangle each braid or twist as you take them down. Detangling as you take down and removing shed hair helps keep your hair tangle free. Be sure your hair is fully detangled and shed hair is released before washing. Failure to do so will result in matted hair. Which is a nightmare and usually ends with scissors and tears.



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Best Face Scrubs for Oily Skin



Scrubbing – A process used to remove dead cells, dust, impurities and excess oil from the skin's surface, unclogs the pores and reduces the chance of getting skin problems like acne and its types.

We all know that people with oily skin are more to acne, blackheads, and zits. They also suffer from oiliness on their face, especially while they go out for parties or meetings. To get rid of these skin problems, scrubbing (or exfoliation) is the best way.



Oatmeal with Honey and Yogurt

Oatmeal exfoliates your face gently to remove excess oil, germs, dead cells and other impurities which clog the skin pores. Yogurt has lactic acid that hydrates and soothes your skin. Honey has antimicrobial and antiseptic properties that prevent skin infections.

This combination help to deep clean your pores and removes excess sebum along with nourishing your skin. This process acts as a cleansing to your oily skin.

- Mix 1 tablespoon of oatmeal and 1 teaspoon each of raw honey and yogurt in a bowl.
- Stir well to make a fine paste and

apply it on the face.

- Wait for about 5 – 10 minutes and start scrubbing it gently in a circular motion using your wet fingers.
- Scrub your face for 2 – 3 minutes and rinse off with cold water to close your skin pores.
- Repeat it regularly for 2 – 3 times a week to get rid of oily skin.

Note:

Or mix 1 tablespoon of powdered oats in enough water to make a scrub paste. Use this mix to scrub your face and neck for a couple of minutes. Rinse off.

Or mix 2 – 3 ripe mashed strawberries, 3 tablespoons of ground oatmeal and 1/2 teaspoon of lime juice. Apply on face and scrub it after it dries with your wet fingers.

Baking Soda with Honey and Lemon Juice

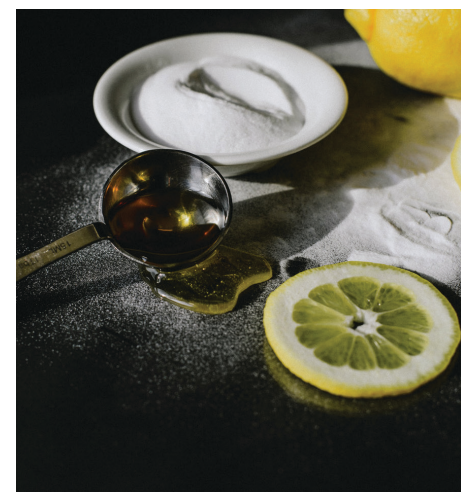
Baking soda exfoliates the skin to remove dirt, grime, dead cells and excess sebum from deep skin pores to unclog it. Honey destroys germs causing skin problems, removes excess oil and nourishes your skin.

Lemon juice acts as a natural astringent that controls the oil production. This scrub will moisturize and nourish your oily skin.

- Add 1 tablespoon each of baking soda and lemon juice in 1/2 tablespoon of raw honey.
- Stir well to make a paste and apply it on your face.
- Then wet your fingers and scrub it gently for 2 – 4 minutes.
- Wash your face with warm water followed by cold water to get relief from oily skin.

Regular follow up will give you relief from acne and other oily skin problems.

Note: Or use a mashed ripe banana instead of baking soda in this process.







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Eight Tips

To Help Your Baby Sleep Better



It's no secret that sleep is important for babies. Other than the obvious benefit of having a well-rested baby, sleep also allows for proper brain development and supports baby's physical growth by helping him gain weight and grow. Sleep also helps support a healthy, happy baby and increases the chance for good general health and emotional stability in later life.

Darkened room

We as adults find it much easier to go to sleep and stay asleep when we're in a dark room, and babies are no different. Melatonin, the sleep hormone, is released when we sleep in the dark as it makes us drowsy and helps us to have better quality sleep.

Swaddle

Almost every 'baby expert' in the world recommends swaddling as a key to getting a newborn baby to sleep, and most attribute it to helping them to sleep for longer as well. Swaddling replicates the tight, secure space of the womb that helps babies feel safe.

Eating

A hungry baby isn't going to sleep well. They might have trouble going to sleep, or wake before they're ready, so make sure that you are following some guidelines around recommended milk and food intake at each age to ensure that they are getting enough.

Wind pain

If you have a baby who struggles to release wind and is in pain, then they are going to have trouble going to sleep, and staying asleep too. There are plenty of winding techniques and potions available to help your baby.

Room temperature

Baby's room being too cold or too hot can cause sleep-time wake-ups. Make sure your baby's room is between 16°C and 20°C, with the ideal being 18°C. Dress your baby appropriately for their sleep time with more layers in winter and less layers in summer. You can tell if your baby is too hot by putting your fingers down the back of her neck, or between her skin and clothes. If she feels hot and

clammy you might need to relieve her of a layer or two.

General sleep guidelines

Creating nap and night-time routines are really helpful ways for your baby to pick up on cues that it's almost sleep time. It is helpful to know a general guideline as to how much sleep is to be expected at every age. This will help you know how much sleep your baby should be aiming for and avoid your baby getting overtired.





Reasons Why Education Is Important

For a happy and stable life

If you want to lead a happy life and enjoy the good things the world has to offer, you certainly need to get educated. A great job, a good social reputation are few of the many benefits of being an educated person. Education is a must for a promising and secure future and a stable life.

Money

An educated person has more chances of landing up a good high paying job. Everybody wants a good life. The more educated you are, the better career options you have.

Equality

Education is a must if we want to do away with the existing differences between different social classes and genders. It opens a whole world of opportunities for the poor so that they may have an equal shot at well paying jobs.

Makes you self dependent

Education makes you a self dependent

person. It helps you become financially independent. It also makes you wiser so that you can make your own decisions.

Turns your dreams into reality

However in most cases, your degree is what helps you realize all your dreams. The key to all your dreams is education.

Makes you confident

If you are educated you have more chances of being heard and taken seriously.

Society

We all live in a society which has its own set spoken/unspoken rules and one of them is education. The society expects you to go to school followed by college, get a job, settle down etc. In fact education helps you become a useful member of the society. An educated member certainly has a greater chance to contribute to his community. Education helps you become an active member of the society and participate in the ongoing changes and developments.

For economic growth of the nation

Education is vital for the economic prosperity of a nation. In underdeveloped and developing nations, where literacy rate is not as high, a number of people are still living below the poverty line.



Pinworm Infection



What is a pinworm infection?

A pinworm infection is an extremely common infection in which tiny worms infest the intestines and lay eggs around the anus. Pinworm infections can spread easily. They're most common in children between the ages of 5 and 10.

What causes a pinworm infection?

Pinworm infections are highly contagious. Children become infected with pinworms by unintentionally ingesting (or inhaling) pinworm eggs, usually deposited by an infected person onto an object. The cycle of infection begins with the ingestion of these microscopic eggs. Children transfer pinworm eggs easily because they may put infected toys or other objects directly into their mouths. The eggs can also transfer from contam-

inated fingers directly to food or liquids.

Who is at risk for a pinworm infection?

- children who attend day care, pre-school, or elementary school
- family members or caregivers of infected children and adults
- individuals who live in institutions or other crowded accommodations
- children or adults who don't practice regular and careful hand-washing prior to eating
- children who have a habit of sucking their thumbs

What are the symptoms of a pinworm infection?

Children with pinworm infections may not experience any symptoms. However, you may suspect that your child has a pinworm infection if you notice:

- frequent and strong itching of the

anal area

- restless sleep due to itching and discomfort of anal area
- pain, rash, or other skin irritation around the anus
- presence of pinworms in the area of your child's anus
- presence of pinworms in stools

What are the treatment options for a pinworm infection?

Medication

The most common and effective medications to treat pinworm infection are: mebendazole, albendazole (Albenza) and pyrantel pamoate. Creams or ointments can soothe itching skin in the area around the anus.

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Medical Q&A

Do afternoon naps for one hour or so help or disturb sleep later on at night?

A: There are two processes in the brain that create sleep drive in general. The first is the body's clock. It creates sleepiness between 3 a.m. and 5 a.m. and a little bit also in the afternoon, and it paradoxically creates wakefulness at around 8 p.m., during a time called 'the forbidden zone of sleep.'

The second process relates more directly to your question. It is called "Process S," where the "S" stands for 'sleep.' This is a process where the longer you stay awake, the more likely you are to go to

the deeper stages of sleep when you go to sleep. We think it is driven by the build-up of adenosine in the brain over time. Caffeine antagonizes adenosine.

Now, if you take a nap, the brain gets rid of adenosine at its site of action quickly. So, if you take a nap, you are indeed less likely to be able to go to sleep successfully at bedtime. However, this isn't the only thing driving you to sleep when you go to bed at night.

Is it normal for young children to stop taking or needing naps?

A: We often read many books as parents, and we hope that our children fall into

the molds that are described. This rarely happens. All biological phenomena (normal height, normal weight, normal blood pressure, etc.) are best described as ranges of normal.

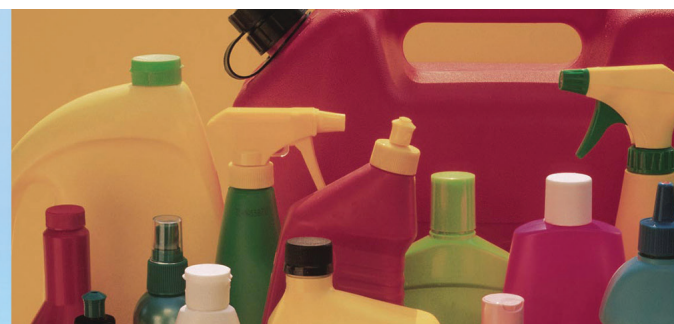
There are many normal people who are short sleepers, just as there are some people who are long sleepers. We recognize them, just as you do to your child, by the fact that they seem to behave normally when they get their quota of sleep. Your child cannot be considered abnormal and you should know that there are some first graders who still need a nap.

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What Does It Take To Make Romance Work?

Love is not easy, it is a life lesson we all know too well. No matter your status—single, dating, engaged, or married, relationships take work and whether they end with tears or last until forever may depend upon countless factors. But your own actions, words, and thoughts undoubtedly play a role. Here is what CW magazine want to share with you about love.

Do or say something daily to show your appreciation

Saying and doing small, simple expressions of gratitude every day yields big rewards. When people feel recognized as special and appreciated, they are happier in that relationship and more motivated to make the relationship better and stronger. Make small gestures that show you are paying attention: Hug, kiss, hold hands, buy a small gift, send a card, fix a favorite dessert, put gas in the car, or tell your partner, 'You're sexy,' 'You're the best dad,' or simply say 'Thank you for

being so wonderful.'

Never take your partner for granted

This may sound obvious, but you can't imagine how many people come to couples therapy too late, when their partner is done with a relationship and wants to end it. It is very important to realize that everyone potentially has a breaking point. If their needs are not met or they don't feel seen by the other, they will more than likely find it somewhere else. Many people assume that just because they are OK without things they want so is their partner. 'No relationship is perfect' shouldn't be used as a rationalization for complacency.

Stop trying to be each other's "everything"

'You are my everything' is a lousy pop-song lyric and even a worse relationship plan. No one can be 'everything' to any-

one. Create relationships outside the relationship, or the relationship isn't going to work anymore.

Don't forget to keep things hot

Many times people become increasingly shy with the person they love more as time goes by. Partners begin to take their love for granted and forget to keep themselves turned on and to continue to seduce their partner. Keep your 'sex esteem' alive by keeping up certain practices on a regular basis. This allows you to remain vibrant, sexy, and engaged in your love life.

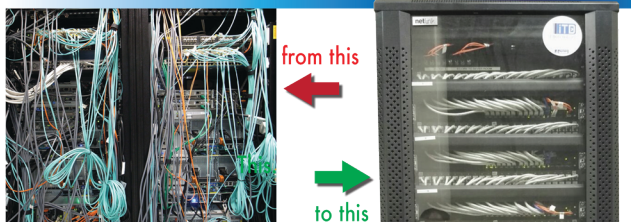
Take care of yourself

There is one major cause of relationship problems: self-abandonment. We can 'abandon' ourselves in many areas: emotional (judging or ignoring our feelings), financial (spending irresponsibly), organizational (being late or messy), physical (eating badly, not exercising), relational (creating conflict in a relationship), or spiritual (depending too much on your partner for love). When you decide to learn to love yourself rather than continue to abandon yourself, you will discover how to create a loving relationship with your partner.

Identify your "good conflicts," and work on them together

Every couple has what I call a 'good conflict.' In long-term relationships, we often feel that the thing you most need from your partner is the very thing he or she is least capable of giving you. This isn't the end of love; it is the beginning of deeper love. Don't run from that conflict. It is supposed to be there. In fact, it is your key to happiness as a couple. If you approach your 'good conflicts' with bitterness, blame, and contempt, your relationship will turn toxic.

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Ask Babu

Q. How can I tell that someone likes me back?

A. It can be difficult to tell whether or not someone likes you but there are a few nonverbal signs that instantly let you know if someone is interested in you this is broken down to their tone of voice, face, body and finally their words. Men and women share some forms of body language, but also have specific subconscious signals they'll give off if they like you. Watch for eye contact and identify the shy type. This type isn't going to be open to you and admit they like you and the other obvious indicators of attraction would be initiating contact such as asking for someone's number or finding them on social media, and then conversing with them regularly.

Q. I'm dating a woman and I really like her. However, she's not a Christian, but I am. She's an incredible person who teaches me so much and is kind with everything you'd hope for in a mate, but she just doesn't buy into Jesus. So here's the question, what do you make of a Christian dating a non-Christian?

A. Can a Christian and a non-Christian date, fall in love, be genuinely happy, get married and do great things for the world? Of course! There are countless follower/non-follower relationships that would be viewed as phenomenal by any standard. Additionally, it is possible

for you to follow Jesus and bear fruit throughout your life even if your dating relationship isn't rooted in Christ. And because the Bible doesn't specifically warn against dating a non-believer more on this later, you're OK in regard to a sinful behaviour that needs to be avoided.

Q. Is it possible to forgive your best friend for sleeping with your boyfriend few days ago? I love my best friend, please help.

A. First of all, you should NEVER tell your friend or anyone just how good your mate is in bed, yes forgiveness is hard, but forgiving helps you to direct your energy to positive things like finding a trustworthy set of friends. If she is truly sorry; it's your responsibility to give it and move forward. You have to be a strong person to forgive someone in that type of situation. To forgive is to say you've passed that situation. There are far worse situations in life than a friend sleeping with a boyfriend. Forget the boyfriend, if you want to forgive your best friend that's nobody's business. It depends on how long you've been friends, how good a friend she was to you previously and if you could ever see it happening again, a true friend would never have considered touching her best friend's partner, no matter how charming s/he might be. If you do forgive her, keep your eyes open.

Seekers

Hi, I am a single white man looking for a black female to marry. She must be aged 28-30. I would like to get a true love for marriage from here. Look for me if you're serious and interested. Time wasters, cat fishers and scammers I am begging you not to bother just. I wish could find one soon. Thanks!

My name is Mercy, I live in Lobatse. I would like to get a true lover who will be my future husband. I am a lady of 20 years and hope he won't let me down. He should be an African man. No whites allowed.

I am nice and good looking lady looking for a life time male partner. I'm from Thamaga but I am working in Gaborone. I'm looking for a good and nice man. He should reside in Gaborone. He

should also be sincerely, educated and loyal. He should own a car preferably Mercedes.

I am not looking for someone perfect but I know if we feel perfect together we are a good match. I am a 30 year old smart lady looking for a 40 year old male partner who is ready to settle down and have a family. I am open for new emotions, positive feelings, for new pages in my life with bright pictures and colorful images. He should be financially stable, staying in or around Gaborone.

A 45 year old man is looking for a single 35 year old lady in Gaborone. I'd like someone who is outgoing, playful, will try new things, and explore life with me. I'm a very curious person, so I like people with intellect and someone who keep an open mind. I also prefer coloured ladies.



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MINISTRY OF HEALTH



Financial Topics All Couples Should Discuss



Couples normally fall into roles when it comes to finances. Set some time aside and discuss the following topics with your spouse so both of you have full knowledge of what is happening with your money;

1. List of accounts

Keep a list of all your financial accounts in one secure place. If one of you has a medical emergency, the other person needs to be able to access money quickly and easily to pay the bills. For example, you might have:

- Health Savings Accounts associated with work or health insurance
- home mortgage
- insurance account
- lines of credit
- investment accounts

2. Ensure correct beneficiaries / account holders

We all think bad things won't happen to us, and hopefully an unexpected death, injury or house fire will never happen. But just in case, make sure your list of accounts is up to date and that the correct beneficiaries or account holders are

listed. As you are writing your list of accounts, also ensure that the correct beneficiary is listed on the account. Make sure your children are listed if you want them to benefit. Check that your spouse is listed correctly on all items.

3. The "just in case" documents

Everyone needs to have the following items ready and up-to date:

A. Will – A will is essential if you pass away and have anything in your name. A will is of even greater importance if you have children, pets, or family items that are important to you.

B. Medical power of attorney – If you are unconscious in the hospital, it is necessary for your spouse to have a legal document that allows him or her to make medical decisions for you. A medical power of attorney document can be drafted to allow other family members, friends, or trusted advisors to make a decision on your behalf.

C. Financial power of attorney – This document allows another person to make financial decisions/transactions on your behalf if you are not capable. This could include times that are less serious.

For example, if you were traveling out of the country and unable to sign a document.

4. Keep copies

Finally, discuss with your spouse where you will keep your list of accounts and all your important life papers. If your house were to burn down, where could you find a copy of your insurance policy and the number for your agent? Consider giving a copy of your data to a trusted family member or keep it secure in an online lockbox storage system. Once you have this conversation and get organized, you will be a financially knowledgeable couple who can handle an out of the blue situation.



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Easy Ways For Students To Make Money Quickly

On this page you will find all the best ways to make money quickly in your spare time whilst at university. CW magazine shares below some of the top ways to make money online and offline:

Online surveys

An increasingly popular way for students to make money is to fill out online surveys in their spare time. Research companies are always recruiting new members to answer surveys and test new products.

Start your own website

Interested in generating passive income? You need a website. It is the way to make money while you sleep. Starting a website costs hardly anything and can be done by an 82 year-old. It only takes a bit of plugging on social media to get your first visitors, and there are plenty of ways to monetize your site.

Become a delivery rider or driver

Got a bicycle, motorbike or car? What about a Smartphone? That's all you need to make some extra money by delivering food or people whenever you've got some spare time. They allow you total flexibility to work when you want, delivering food from restaurants to the customers' door. You can make a lot of money in an hour. Double-up your opportunities by directly contacting local takeaways to see if they have any delivery jobs going.

Affiliate marketing

If you have got a good presence on social media or perhaps you even have a blog or website, you can start bringing in money immediately by promoting all sorts of companies, products, services and offers online. If someone buys (can be within up to 90 days) using your link, you will make a nice commission. To take it a step further, set up a website or a topical Facebook page and invite all your friends to join it and post your affiliate offers on there.

A part-time job

A part-time job is the obvious first choice, opted for by most students looking to supplement their student loan. It provides a pretty steady flow of income and can enable you to gain valuable work experience. However, depending on where you live, jobs are not always easy to find. Check local classifieds, student job search, student job websites and your university careers service for vacancies.

Sell your notes

If you don't mind sharing your notes with other students it is a great way to generate a little extra cash. There are sites out there that you can upload your notes to, along with your price, and then when another student downloads them you get paid.

Become your own bank

'Peer-to-peer' lending is the future of banking. It cuts out the middle-man, passing on higher interest rates to you

and cheaper loans to borrowers. It is all managed online from the comfort of your sofa. Right now you can expect to achieve up to 5% fixed return (before tax), depending on how long you choose to lend for. You can expect to achieve up to 5% fixed return (before tax), depending on how long you choose to lend for.

Babysitting

It is a classic money-maker, and for good reason. You get paid (well) to watch TV and not very much else!

Freelance work

Perhaps you enjoy writing, managing Facebook pages or doing a little bit of graphic design in your spare time. There are so many freelance jobs out there that require simple skills or just time that someone else might not have. The best thing about freelancing is that you can work for clients where you are and around the world with just an internet connection from home, to your own hours whilst developing valuable skills.



Easy Decorating Ideas To Make Over A Room In A Day



1. Add a cheery accent color

In this case, designer added a bright yellow throw and fresh flowers to flip an otherwise tame, blue-and-white color scheme on its head.



2. Try a statement tablecloth

Before this red and white patterned tablecloth hit the table, this room was quite traditional, but with the designer it becomes an eclectic room with tons of personality.



3. Turn your floors blue

You can imagine how simple this bedroom looked before it had a bright blue floor. The quick change by the designer allows the tub to take center stage and make us want to soak in there all day long.



4. Try a patch of wallpaper

This bathroom is so small that the designer knew it would be too much to cover the entire room, but a small patch makes a statement and is much faster from start to finish.



5. Hang a colorful curtain

For the entrance hall of this house, the designer opted for a curtain instead of a door. The deep yellow fabric pops against the regal blue wall colour and adds rich texture to the space.



6. Brighten up built-ins

Just because the back of these shelves are tucked into the walls, doesn't mean that they cannot make a dramatic difference when painted a bold orange (which the designer knew all too well).



7. Move everything from the walls

Floating furniture away from the walls creates more intimate sitting. That means all you have to do is shift your furnishings a few inches away to totally transform the vibe in a room as seen in this home.



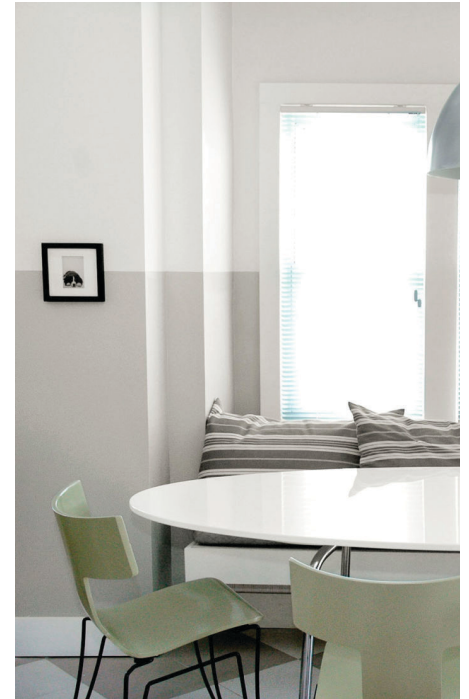
9. Display a collection

In the living room of a house, an elm plank table doubles as a dining table and a display for a collection of Chinese porcelains. The pieces don't have to match, but they do have to play together well.



11. Paint half the wall

Half of the wall means half of the time, right? Here grey creeps up to the middle, while the rest remains white, creating subtle yet super stylish statement.



8. Recover the furniture

Everything in this room has a story, the designer says of her Hampton's living room. The easy chair is covered in old dining room curtains.



10. Hang art on a bookshelf

This placement adds interesting texture when in a spot you do not usually see paintings hanging.



12. Add colour on open shelves

Here the designer opted for open shelving in this kitchen, which allows for fast and easy decor changes. Blue accents stand out against a neutral pallet.



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Simple Red Wall Decor

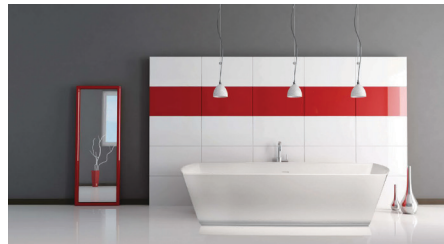
If simplicity is what you are looking for, take a look into this picture it can help you achieve your goals. It's utterly simple, but elegant.



Modern stylish red bedroom interior design with simple modern bed with headboard design ideas artistic wallpaper contemporary bedside table ceiling mounted night lamp ideas.



Breathtaking bathroom design promoting grey walls paints scheme also white and red faces features rectangular corian bathtub with cool wall mounted faucet plus beautiful rectangular mirror together with red metal frame as well as luxury bathroom designs.



Affordable red modern light wood kitchen ideas, here is a clean and stylist kitchen can be more than a status symbol.



Full size of dining room red wall breakfast table, white chair refrigerator crystal glasses faucet wooden floor ceramic bowl.



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Great Uses Of Wood Ash In Your Home And Garden



Many of you have wood stoves, fire pits or fireplaces. As long as you are burning only "clean" wood - nothing chemically treated, pressure treated, painted or stained and no charcoal briquettes or commercial products like those slow-burning logs, the wood ash can be used in various ways around your coop and garden.

1. In the dust bath - charcoal or wood ash added to your chickens' dust bath helps to suffocate parasites such as mites, lice, fleas and ticks.

2. As a feed supplement - it has been observed that animals in the wild will chew on charred branches and stumps after a

forest fire. Charcoal works as a laxative and detoxifier, flushing toxins out of the body. It will also help expel internal worms to some extent

3. To reduce the ammonia in your chickens' manure - adding charcoal in a ratio of 1-2% to your chicken feed can help prevent the creation of ammonia, leading to a more ammonia-free output from your chickens.

4. To control impurities in the water - adding a chunk of charcoal to your water can help keep algae and other bacteria from forming and help absorb and filter out other impurities, while adding minerals to the water. Remove and replace periodically.

5 Seasonal Fruits And Vegetables For Spring

You can barely hold your excitement, but you must first understand what it means to eat seasonally. Just like how eating bread freshly baked in the morning supersedes the ones left on the shelf on sale, produce at its peak during the year has a much higher quality and bargain. Seasonal produce is cheaper and more abundant than out-of-season ingredients. Thanks to technology, we have unlimited access to different foods. Fruits and vegetables taste so much better when picked fresh and when it's not shipped from the other side of the globe frozen in a box for days.

Here are some amazingly delicious picks for spring:

1. Asparagus

These stalk green vegetables are harvested from March to June and are high in vitamin C, vitamin A and foliate. They can simply be grilled, sautéed, steamed, braised or thinly sliced raw and seasoned with kosher salt, pepper and maybe some garlic and shallots.



2. Sugar Snap Peas

These bright fellas are cute, crunchy, and delicious. They are at their best and sweetest right now in the early spring without the tough strings that appear in later spring and summer.



3. Fava Beans

Favas are harvested in early spring through summer and are favoured for their slightly sweet and nutty flavour. They are usually found in gourmet supermarkets and farmer's markets and can be puréed as a spread or soup or quickly blanched for a spring salad.



4. Beetroots

Beets have a beautifully earthy and sweet taste that can't be beat. Fresh beetroots are found with their leaves still attached. They can be roasted, steamed, boiled or even fried.



5. Strawberries

Who doesn't love strawberries? You can throw them in smoothies or just eat them fresh.



Garden Lighting Ideas To Swoon Over

Looking for garden lighting ideas? Check out our pick of the best ideas to get you started on your outdoor room lighting project.

Garden lighting can help create a magical space that can be enjoyed even when the sun's gone down. Make the most of long summer evenings and transform your garden into a glowing living space you can use after dark, with our stunning garden lighting ideas to illuminate al-fresco diners.

Don't forget to work integrated garden lighting into your design as these final details will really set off your scheme and create a stunning effect in the garden by night. Go for smart spotlights in walls and pathways to light your way and uplighters to accentuate beautiful architecture, water features and sculptural planting.

Mix and match lanterns

Decorative metal lanterns are going from strength to strength as the must-have modern room accessory. The sheer joy of these contemporary beauties comes from the colour choices and shapes – there is one to suit every garden and every design personality.

Go for color-coordinating candles

If you are fortunate enough to have a garden in full bloom, light up your flora and fauna with lanterns. Especially now, with LED battery-powered candles at their most efficient and cost-effective, you can avoid any risks involved with real candles while still providing a striking glow. The gentle pinks and red of these silk and paper lanterns are just perfect for enhancing the natural palette of the rhododendrons.





Remove Rust Spots From Knives And Silverware With Lemon Juice

Even stainless steel silverware and cooking knives can start to show a few spots of rust here and there. This is especially common after your silverware (or heaven forbid your knives) go through the dishwasher a few times. It's not pretty, but there's an easy way to lift those rust stains off: a good soak in lemon juice.

Instructions

Pour some lemon juice into a tall glass, and then soak the knives in the lemon juice for a few minutes. The acid in the lemon juice should help to loosen up the rust, and make it easier to scrub away after you pull them out of the glass.

How To Green Clean The Grout In Your Bathroom



Grout is no fun. The word even sounds unhappy and the bright white stuff shows every little blemish. It is porous, hard to get to, easily stains, the list goes on. But fret not; here we have some helpful tips to make your least favourite chore a little more bearable.

What You Need

- Baking Soda
- Vinegar
- Hydrogen peroxide (optional)
- Spray bottle
- Grout brush or scrub brush (a toothbrush works as well!)
- Small bowl

Instructions

Step 1: Start with vinegar
Fill your spray bottle with a 1:1 solution of vinegar and water and spray the work area generously. Let the solution sit for about five minutes, then follow up with a grout brush or a scrub brush. If you don't have one of these, a toothbrush works in a pinch. Rinse with warm water.

Step 2: Add baking soda
In a small bowl, make a paste with baking soda and water. Dip your toothbrush or grout brush in the paste and work it into the grout. Spray the area with your vinegar + water solution. The vinegar will cause the baking soda to bubble up and will start to work away that nasty soap scum. Use your brush and get all the way into the grout lines to remove buildup. Rinse with warm water.

Ironing fabrics that are too dry

Mist creases with your iron's spray feature. This dampens and relaxes the fabric so when the iron passes over it, wrinkles vanish. Use the steam burst feature to give stubborn folds a blast.

Saving your delicates for last

Irons take longer to cool down than to heat up, so start with materials needing the lowest temperature, like polyester and silk. Work your way up to cotton and linen. Do the reverse and you risk melting the fabric?

Cranking up the heat

If the garment is made of a blend, select the setting for the more delicate fabric. It will help you preserve the garment.

Not using tap water

Today's irons can handle tap water better than older models could. Unless your area's water is extremely hard, there's no reason to use distilled water. For areas with very hard tap water, mix it 50/50 with distilled.

Storing the iron with water in it

Always empty the iron's water tank before putting the iron away, especially if you store it on its soleplate. This keeps excess water from damaging the internal parts and leaking through and discoloring the soleplate.



Major Mistakes

You Make When Ironing And What To Do Instead



Dj Villiano

Full Name: Joseph Ntumisang
Place of Birth: Francistown
Originality: Motswana

DJ Name: DJ Villiano
Date of Birth: 01 October 1988
Occupation: Self employed

Joseph Ntumisang is a house DJ who has been a producer of his own music for 7 years. He is a resident DJ at Radio Botswana 2, where he plays his decks on Fridays from 6:30 pm to 7pm. His role model is Black Coffee. DJ Villiano has 2 songs, one with Mel-D and the other with A.T.I. He is interested in music and business as he owns an entertainment and supplying company. To manage his time, DJ Villiano does business during the day and music at night.

To upcoming DJs "work hard and have that edge and passion for music"

Quote: Time is money

For bookings: 74564791

The number one sports presenter

We hear his voice on RB 2 everyday from Monday to Friday airing the sports news. During his childhood he looked up to his mentor as a sports presenter who is now his workmate.

Tell us about yourself. My name is Kenanao "Chicharito" Chelane. I am a passionate, outspoken and ambitious person. I was born on July 8, 1993 in Jwaneng but I was raised in Mochudi. I attended my education in Mochudi and I am a graduate of Limkokwing University where I studied Radio and Television.

When did you start sports news presenting? I started as an intern in February, 2017 during my last semester at the university.

How much do you think you will make it? I believe it depends on my level of effort and work ethic. I think am well on my way to making a name for myself in the media industry. When that happens I will have reached my goal.

Tell us exactly what your work entails. Being a sports presenter comes with a lot of things, I have to do research for all my shows, attend sport conferences, compile reports from the field and updating the sports social media page so that sports fans don't miss out on anything.

What challenges do you face when doing your job? There is a lot to do before the show starts so it can be overwhelming sometimes. Listeners have to be told facts and to tell facts you have to have confirmation from a reliable source; if you call and they don't respond you basically you don't have a story.

Apart from being a sports presenter what else are you doing? Well, I am an admin of a sports page on Facebook called Killer Pass. I play soccer during my spare time, I love football. I have no problem when it comes to managing times because it all revolves around sports and it's what I love doing. The internet plays a big part too because I can do all my work while still doing other things.

Who is your role model? I had the chance of working with Fundy Fundamental Gaoforwe as a co-host, even to this day. It is crazy because I grew up listening to his shows and being blown away now, I am working with him. He is my mentor. He's been in the industry for a long time and knows all the ropes so I have a lot to learn from him.

What does the future hold for you? In 3 years time I want to see myself ventured into sports analysis and having my own shows.



reputation



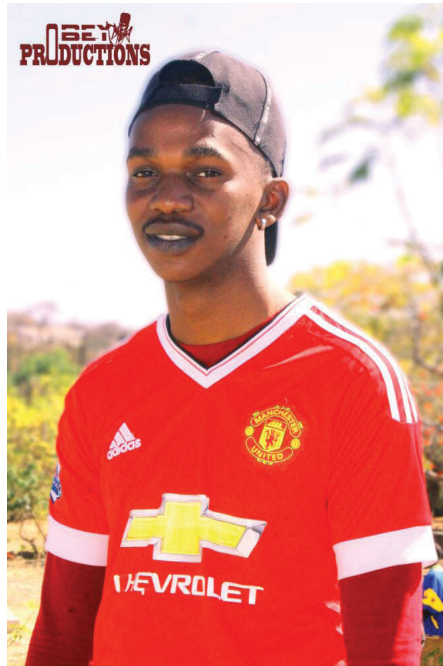
Taylor Swift

is to release her album 'Reputation' on the 10th of November, 2017.



Lil Wayne

'Tha Carter V' is the upcoming twelfth studio album by American rapper Lil Wayne. The album is scheduled to be released by Young Money Entertainment, Roc Nation, and Republic Records. The album date is not yet released but later towards the end 2017.



Obakeng Ditodi

After all the doubting and undermining received by Obakeng Ditodi "Chronic Berba" have been gone through, he is now coming strong with confidence and dedications into music industry. "TshelaThupa" is his next single which is scheduled to be released on October 13, 2017 with both kwaito and Motswako genres.



Mdziso

Kwaito Star Monametsi Bajua Thupane "Mdziso" of Lobatse, Botswana will soon shoot his video for his Kasi rap style song which features S.A hip-hop based group called Smega Cheesy. The hit song "My dream" is from his album Still Believe which was released on August 24, 2017. Mdziso is targeting international market as the song is in seven languages namely; Tswana, Sepedi, Isizulu, Izixhosa, English, Swathi and venda. The song gives people hope to continue pursuing their dreams no matter how hard it is.



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Reeva Steenkamp

The South African model Reeva Steenkamp was born in Cape Town, she began her modeling at the age of 14. She studied Law at the University of Port Elizabeth, graduating in 2005 later working as a paralegal. She contested in numerous events which can be listed, only to highlight her being ranked number 40/100 sexiest woman in the world poll of South Africa FHM magazine. The multi-talented Cape Town intrinsic also worked as a TV presenter and appeared in adverts for enormous companies like Toyota. She once worked as the live roaming presenter for Fashion TV in South Africa. The queen was born on August 19, 1983. She tragically lost her life on February 14, 2013.

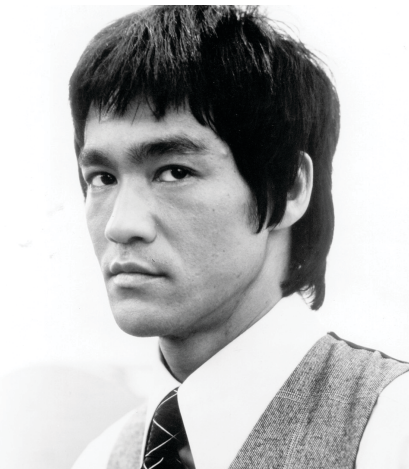


Michael Jackson

The King of Pop Michael Joseph Jackson also known as Wacko Jacko was born in Gary, Indiana on August 29, 1958. He entertained audiences for his entire life with his amazingly mature singing and dancing talent he displayed on stage. He became the dominate voice and focus of the Jackson 5. Wacko Jacko's success was inevitable and by the 1980s he had become infinitely more popular. Despite it all, Jackson's passion and artistry as a singer, dancer, writer and businessman are unparalleled and it is these prodigious talents that will ultimately prevail over the extremely negative aspects of his troubled adult life. The King of Pop died at the age of 51 on June 25, 2009.

Johnny Kobedi

The common hit 'Naledi ya Batswana,' was made by the primitive clown Johnny Kobedi, also known as 'DJ Scientist' and 'paramount chief of local music'. The man has a history of producing his albums himself. Kobedi had a tendency of dressing like ladies and even wear a make-up while performing, making him a clown. The legend only made it up to 47 years.



Bruce Lee

The late Martial arts master Bruce Lee was born 27 November 1940. He died on the July 20, 1973, at the age of 33. The Hong Kong international filmmaker is known for common movies like 'enter the Dragon', and 'fists of fury'. Lee died before the release of his last movie.



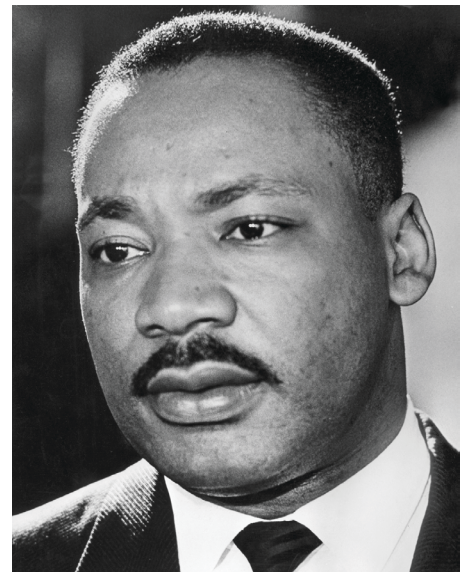
Gregory Mertens

The Belgian young football star Gregory Mertens who played for the Lokerens, and was once called up for the under 16, under 19 and under 21 national team squad. At the age of 24, Mertens collapsed on the football pitch on the April 25, 2015. His life journey was suddenly bridged by cardiac arrest.



Paul Walker

Paul William Walker IV was born on September 12, 1973 in Glendale, California. He was an actor for the first season of the family sitcom, Throb (1986) and began modeling until he received a script for the 1994 movie, Tammy and the T-Rex. He was selected to be one of the young stars featured on the cover of Vanity Fair's annual Hollywood issue in April 2000. His fighting scenes in movies led to a passion for martial arts. Several of Paul's films were released following his death in 30th November 2017. The film's closing scenes paid tribute to Walker, whose character met with a happy ending.



Martin Luther King, Jr.

Martin Luther King Jr was born on January 15, 1929 and died in April 4, 1968. King was an American Baptist minister and activist in the Civil Rights Movement for American. His advancement of civil rights using nonviolent civil disobedience based on his Christian beliefs. Luther King became a civil rights activist early in his career. Serving as its first president he led the 1955 Montgomery bus boycott and helped found the Southern Christian Leadership Conference (SCLC) in 1957.



Priyanka Chopra

After being crowned Miss World 2000, she ventured on to an actress, singer, film producer and humanitarian activities. Priyanka is one of the highest paid Indians and most popular celebrities. Chopra received numerous awards, including a national film award and five film fare awards. In 2016 the government of India honoured her with the Padma Shri, the fourth highest civilian award and time magazine named her one of the 100 most influential people in the world.



Julia Rose

Zambian-American actress, Julia Rose was born April 13, 1973. She has guest starred in many American television shows. She starred on the well known shows like 'Star Trek Enterprise' and 'Code Monkeys'. Julia was also featured on films like 'Crimson Force' and 'Return to the Batcave'. She studied Diplomatic History at the University of Pennsylvania.



Alek Wek

The South Sudanese British model and designer began her fashion career at the age of 18 in 1995. As the first black model whose looks did not conform to Caucasian aesthetics, she has been hailed for her influence on the perception of beauty in the fashion industry. She currently lives in Brooklyn, New York. Alek walked for many big named houses like 'Moschino', 'Ralph Lauren', 'Gucci' and many more. She appeared on the advertising campaigns 'Ann Taylor' and 'Banana Republic'. Alek has appeared on the cover of American, French, German and South African Elle as well.



Rory McIlroy

Born 4 May 1989, the Northern Irish professional golfer is a member of both the European and US. He is a four-time major champion, winning the 2012 PGA Championship, 2014 open Championship, and 2014 PGA Championship. At the Ryder Cup, he played for Europe against the United States in 2010, 2012, 2014, and 2016 with Europe winning the first three matches. In 2012, he became the youngest player to reach \$10 million in career earnings on the PGA Tour. McIlroy has represented Europe, Great Britain and Ireland on both an amateur and a professional level.



David Adeleke

Nigerian recording artist, record producer David Adeleke, better known by his stage name 'Davido' marked his territory. His single 'Dami Duro' which was released by 2011 was well-received throughout Africa. The 1992 musician has been nominated and managed to win most of the awards. He is the 2014/2015 MTV Africa Music Award for Best Male Artist, 2014 MTV Africa Music Award for Artist of the Year and Nigerian Teen Choice Award for Celebrity Award - Top Featured Artist. Davido has been engaged on the international music at a tender age. He collaborated with various international musicians.



Tito Paris

Born May 30, 1963 Cape Verde singer and musician mainly playing guitar and bass, moved to Portugal as a young man at the age of 19. He took part of the band named 'Os Gaiatos' before he recorded and released his first album 'Fidjo Malgado' in 1978. His recent album is titled Mozambique which featured tracks with musical styles of Cape Verde and Mozambique. Most the albums were released on the Paris-based record company Lusafrika.

Khutse Game Reserve

- Predict the unpredictable



Many people have an impression that Khutse Game Reserve is just a picnic spot to go and have fun for a day and some seriously think that this place is only to spot Lion and if they fail they will be quite dejected. Contradictory to the above statement, this African savannah is all about nature and wilderness at its best. There are Predators not only lions but other cats such as leopards and cheetahs have their own territories and even brown hyenas and variety of antelopes such as springboks, kudus, hartebeests and giraffes are found in Khutse. It is not that every time you go for a game drive you will spot all the animals and sometimes none. Wildlife enthusiasts should have patience to drive through hours and spot the game and mind that it is not a National Zoo.

In the recent past, I have witnessed even the Elephants at Molose water hole. Two

huge bulls were entering slowly during dusk to quench their thirst. They are not resident elephants; they are desperately in search of water in the dry Kalahari Desert. Once I had encountered a Cheetah approaching the waterhole slowly to quench its thirst. We almost waited more than 3 hours to witness this action. This is a place where you can predict the unpredictable event.

Khutse Game Reserve was established in 1971, and covers an area of 2,500 km². It is situated in Central Kalahari Game Reserve. Khutse forms part of an ancient river that once flowed north-east-wards to fill Lake Makgadikgadi pan. The only relics of this river system are the dry river valley and a series of pans.

There are artificial watering holes at two of the pans, making it possible for game to remain in the reserve throughout the year.

Camping facilities

There are several popular campsites at Khutse Pan; while Moreswe, Maharush-ele and Molose offer more remote and isolated camping and Molose water hold campsite is popular as the animal comes to drink water during sunrise and sunset. All campsites must be pre-booked through Bigfoot Safaris, (details given below) the campsites are undeveloped and have got only a pit latrine and a shower bucket.





Do's & Don'ts

The campsite in the park is not fenced, and it is possible for predators to enter your camp. Look around for any dangerous game before exiting your vehicle, and do not get off your vehicle while game drive especially near water hole as predators might be hiding inside the bush waiting for their prey and stay close to your campsite at all times if you are on foot. If you are taking your children make sure they stay close with you and they should not roam around freely or unattended. Taking unguided walks in the park is not allowed at any point of time. If predators enter your campsite at night, stay in your tent or vehicle. Do not keep your food inside the tent as they are always after the food. Pack away all food at night and keep it inside your vehicle safe, as this may attract scavengers especially hyenas. Do not litter the campsite or any part of terrain as I have seen many times people throw their cigarette butt, plastics and other items and protect the environment.



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Photography Workshop:

You can also contact me for a day trip during weekend for Basic and advance photography workshop at Khutse.

Prakaash Hari,
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Creative Events

Celebrity World Magazine had the privilege to interview the Managing Director of Creative Events, Thandi Masole. She plans elegant, stylish and fun weddings for sophisticated people.

How did you know that you wanted to be a wedding planner?

I have always had it in me to plan events and one time I had an aunt and uncle who were getting married but my aunt was a bit clueless and she didn't even know where to start and what to do and we only had one month, during those four weeks I had to help her from choosing the dress, the cake and the venue and everything went well and then I thought maybe this is my calling.

What do your wedding planning services entail?

I have three different packages that I offer. The first package being just consultation, like giving details of where to start, what to do and who to talk to and I give referrals and that's it. The 2nd package is on-day coordination. where the bride liaises with all the service providers and will only need me on the day of the wedding to come and coordinate but I start

working with a bride two weeks before so that I touch base with all the people involved. The third one is the full package, from the beginning we sit down, we do your budget, I engage the service providers and set the appointments and somehow I make decisions for you, somehow I also advise you if somehow I think you are wrong because I also need to protect my brand.

How do you avoid difficulties that are usually faced by your clients and their families when planning for the big day?

I sit with the couple and tell them that we need to sit down with family members so that everyone can know their place and that I am the one who is in control. The other challenge I have is during the photoshoot where I have to deal with the photographer and the paparazzi (unofficial photographers). I prefer working with the photographers to give them a list of photos of people that he has to take. Sometimes I have to deal with clients who have a low budget and expect high standards.

Have you ever been in a situation where a service provider did not deliver what was expected of them and how

did you deal with it?

I also do other social events and I have had a service provider who didn't provide on the day of the event. The better thing was that what they did not provide I managed to improvise.

Describe your most successful event.

I would say the one that I had to plan in four weeks, because it was the most challenging and most successful where I did not have a lot of time and I had to pull what people do in 12 months and 6 months and I pulled it off in 4 weeks.

How do you remain up to date with the events industry?

I do research and follow other renowned wedding planners like Precious, a wedding planner in South Africa. I also visit Pinterest a lot and get to learn what is trending and come up with unique ways to make my brides stand out.

How do you assess the success of your event?

I normally let the couple rate me. The overall say of how things were at the wedding and when I get praises from the guests then I know that the event was a success.

Making A Basic T-Shirt

There is nothing mysterious about sewing. CW magazine is taking you through the super easy steps of sewing a basic t-shirt to make money. You should now be ready to make your first project using a men's XL t-shirt (with an existing hem) as your fabric. You will be shown how to create your own hem as well. Follow the steps below:



Using a men's large or XL t-shirt, cut the sleeves, side seams, and neckline from the shirt. Now you have two large pieces of fabric to work with. Fold the first fabric in half and place the front pattern piece on one fold. Do the same thing for the back pattern piece. Place the sleeve pattern on the old existing sleeves and cut two new sleeves on the fold.

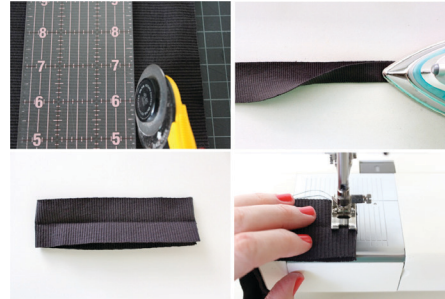
Ribbing – ribs are often used for cuffs, collars, and form-fitting clothes, such as tank-tops. The key to ribbing is to cut it slightly smaller than the space it occupies. This allows it to stretch when needed then retract back so it sits snugly around your arm or neck.



To use an old neckline, cut away the old knit fabric, cut a slice into the ribbing, use a seam ripper to open the ends slightly and you have useable ribbing.



Cut a strip of ribbing 11 to 11.5 inches x 2 inches (or whatever width you'd like). Remember to cut perpendicular to the ribs. Make 11-11.5 inches because each ribbing reacts slightly different to being stretched and sewn.



Iron the ribbing in half, then open it up and fold it in half the other direction and sew the strip together using a 1/4 inch seam allowance. You end up with a ribbed neck piece like this one below. Combine that with the t-shirt fabric pieces and you are now ready to sew.



2 SEW SHOULDERS



With right sides of the t-shirt front and back, line them up at the shoulders. Pin and sew them together using a normal stitch. Iron out your seams to make your garments look less homemade.



Lay the shirt open flat at the shoulders and place the folded neck ribbing over the neckline. Pin the ribbing to the raw edge of the neckline first at the center back of the t-shirt, then pin the other side of the ribbing to the center front of the neckline. Stretch the ribbing with your hand so that it fits around the neckline.

(Refer to below photo)
Sew the ribbing to the neckline using a 1/4 inch seam allowance and a zig-zag stitch. As you sew, use your hands to stretch the ribbing slightly so that there are no gathers or folds in the fabrics.



If you notice any gathers in the fabric after you've sewn, remove few stitches with a seam ripper, smooth it out and re-sew that area. Iron the ribbing flat at the collar. You made a t-shirt collar!

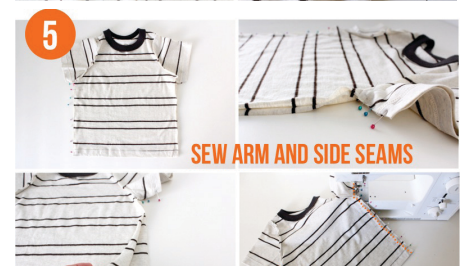


The photo below shows how the sleeves fit into the t-shirt puzzle.



With right sides of the fabric together, pin the middle of the sleeve curve to the middle of the armhole. Do this for the other side of the armhole and for the other sleeve.

Sew the sleeve to the armhole with a 3/8 inch seam allowance and iron out your seams.



With right sides of the t-shirt together, fold the front of the shirt over the Back of the shirt. Pin down the sleeves and sides. Pin the rest of the sleeve and the side seams. Starting at the end of the sleeve, sew the sleeve down to the armpit and continue sewing down the side seam with a straight stitch. And...You're done!



Mogakolodi "Tsootso" Ngele


Birthdate: 6 October 1990


Position: Midfielder

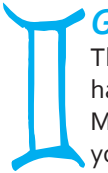
Jersey No: 11


Club: Sundowns


Hobbies: Reading, Cars


 **Aries (March 21 - April 19)**
The house of self is not powerful this month. Mars is also not favorable for your personal ambitions. Interest of others comes first and you have to keep aside your initiative and enterprise for the present. Financial prospects are wonderful. Jupiter will help you to get married if you are a single.


 **Taurus (April 20 - May 20)**
The planetary strength is located in the Northern hemisphere of the horoscope towards your nadir sign. Family and emotional concerns will be in the background while career and worldly ambitions will be predominant. Your spiritual beliefs and guides will change this month. Finances are wonderful while love Relationships are complicated and pregnancy will need to be planned.


 **Gemini (May 21 - June 20)**
The two eclipses this month will have far reaching consequences. Movement of Jupiter will alter your romantic life extensively. The Solar Eclipse of the 3rd of October 2017 will keep a present Gemini love affair on trial and may even endanger it. Dealings with your children may undergo radical changes and their lives will become this month. If you are unemployed, you will get a good job.

 **Cancer (June 21 - July 22)**
You will face significant changes in your lives this month. You are influenced by the planets Jupiter and Mars, while the Solar and the Lunar Eclipses also impact your lives for the better. There will be many conflicting areas of interest in October 2017 for the Cancer star sign. You will require all the energy at your disposal to overcome these challenges in the month of October 2017.


 **Leo (July 23 - Aug 22)**
The planetary power is located in the Southern half of the horoscope towards the mid heaven sign. Due to planetary movements, family concerns along with emotional matters will be in center stage for the Leo zodiac person. Career will be very active due to the influence of Mars in this month. Your spiritual beliefs will undergo a major shift. Money will be spent on charities. Singles will form many love relationships for fun.


 **Virgo (Aug 23 - Sept 22)**
You are deeply influenced by the two eclipses and the results are quite positive. You should reduce your activities during the period of eclipses this month. Jupiter will help you to expand their intellectual base through studies and travel. Career targets are completed successfully. The eclipses will force you to change your financial plans. Love is not serious but will be more enjoyable. There will be no complaints about your health.


 **Libra (Sept 23 - Oct 22)**
Libra foretells that you are facing two dominant eclipses this month. It is advisable to cut down your activities during those periods. You should only do important things this month. Venus will impact the Libra career and health. Professional growth depends on persistence. Jupiter will enhance your wealth. Divorces and marriages are possible due to the lunar eclipse. Health can be improved with more relaxation.


 **Scorpio (Oct 23 - Nov 21)**
You can use your autonomy and enterprise to attain your goals the way you want. There is no need for depending on others or com-

promising to their whims. Your way is the best way this month. You are free to do whatever you want in life. Jupiter will help you to change your job with better prospects. You will spend on buying luxurious items. Planets will make you highly charming and lovable.

 **Sagittarius (Nov 22 - Dec 21)**
Your destiny is affected by the two eclipses and the movement of Jupiter this. There will be significant modifications to your outlook and focus in October 2017. This will influence the Sagittarius compatibility in friendships and will examine the status of present friendships. Only good friendships will survive the test. The situation will improve after the 20th of October 2017 due to the favorable aspects of various planets.

 **Capricorn (Dec 22 - Jan 19)**
This month your professional and family lives are strongly impacted by the two eclipses. Your life will undergo changes that will be long standing. It is essential to reduce the pace of your activities during the period of eclipses. The Capricorn zodiac people should avoid taking risks this month. All voluntary activities can be postponed to a future date.

 **Aquarius (Jan 20 - Feb 18)**
The majority of planets are in the Northern sector of the horoscope this month and the house of career will become more powerful after the 23rd. Professional issues for the Aquarians will dominate over domestic and emotional matters. You should not neglect family matters. Family will be happier with your career growth and will be supportive of your professional ambitions.

 **Pisces (Feb 19 - March 20)**
Astrologically this month is quite turbulent and things look bizarre. You are affected by the significant transformations happening in the world around you. The Solar Eclipse of the 3rd and the Lunar Eclipse of the 17th of October 2017 will contribute to the confusion. Movement of Jupiter will affect the destiny of Pisces zodiac. All these changes are benevolent to you in the end of October 2017.



A Chinese Doctor can't find a job in a Hospital in the US, so he opens his own clinic and puts a sign outside: 'GET TREATMENT FOR \$20 - IF NOT CURED GET BACK \$100.'

An American lawyer thinks this is a great opportunity to earn \$100 and goes to the clinic.

Lawyer: "I have lost my sense of taste."

Chinese: "Nurse, bring medicine from box No. 22 and put 3 drops in patient's mouth."

Lawyer: "Ugh. This is kerosene."

Chinese: "Congrats, your sense of taste is restored. Give me \$20."

The annoyed lawyer goes back after a few days to recover his money.

Lawyer: "I have lost my memory. I cannot remember anything."

Chinese: "Nurse, bring medicine from box no. 22 and put 3 drops in his mouth."

Lawyer (annoyed): "This is kerosene. You gave this to me last time for restoring my taste."

Chinese: "Congrats. You got your memory back. Give me \$20."

The fuming lawyer pays him, and then comes back a week later determined to get back \$100.

Lawyer: "My eyesight has become very weak I can't see at all."

Chinese: "Well, I don't have any medicine for that, so take this \$100."

Lawyer (staring at the note): "But this is \$20, not \$100!!"

Chinese: "Congrats, your eyesight is restored. Give me \$20"

An Indian scouting party captures a cowboy from a bar and brings him back to their camp to meet the chief.

The chief says to the cowboy, "You are going to die. But we're sorry for you, so give your one wish a day for three days. At sundown third day, you die. What's your first wish?"

The cowboy says, "I want to see my horse." The Indians get his horse. The cowboy grabs the horse's ear and whispers something, and then slaps the horse on the back.

The horse takes off. Two hours later, the horse comes back with a naked blonde. She jumps off the horse and goes into the teepee with the cowboy.

The Indians look at each other, figuring, "Typical white man... only think one thing."

The second day, the chief says, "What wish today?" The cowboy says, "I want to see my horse again." The Indians bring him his horse. The cowboy leans over to the horse and whispers something in the horse's ear, then slaps it on the back.

Two hours later, the horse comes back with a naked redhead. She gets off and goes in the teepee with the cowboy. The Indians shake their heads, figuring, "Typical white man going to die tomorrow ... can only think one thing."

The last day comes, and the chief says, "This last wish, white man. What do you want?" The cowboy says, "I want to see my horse again." The Indians bring him his horse. The cowboy grabs the horse by both ears, twists them hard and yells, "Read my lips you idiot! POSSE, damn it! P-O-S-S-E-I!"

A blonde goes to a blood bank to earn a little money to pay the bills...

She steps into the elevator along with an attractive young man.

"Are you going to the blood bank too?" she inquires.

"No" he replies: "I go to the sperm bank, because I get four times the cash as I get for a pint of blood".

A week later, they meet again in the same elevator. The guy asks: "Off to the blood bank again?"

The blonde just shakes her head and says: "Mmm-Mmm"

In a murder trial, the defense attorney was cross-examining the coroner; "Before you signed the death certificate, did you take the pulse, listen to the heart or check for breathing?"

"No."

"So, when you signed the death certificate, you weren't sure the man was dead, were you?"

"Well, the man's brain was in a jar on my desk, but I suppose he could have still been practicing law for a living."



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Avocado Wheat Flour Pancakes

Ingredients

- ½ cup medium cubes of avocado
- 1 cup wheat flour
- 3 tablespoon milk
- 2 tablespoon oats bran
- 2 tablespoon finely chopped red bell peppers
- 2 tablespoon finely chopped carrots
- 1 teaspoon chili flakes
- 1 tablespoon cilantro
- 3 tablespoon olive oil
- Salt to taste



How To Prepare

1. Mash the avocado in a bowl.
2. Add wheat flour, milk, oats bran, chopped carrot and bell pepper, chili flakes, cilantro, salt, and teaspoon olive oil. Mix well and make the batter into a thick consistency.
3. Heat olive oil in a pan or you can use cooking spray.
4. Add a dollop of the avocado batter and cook it for 2 minutes each side.
5. Enjoy the savory and nutritious avocado pancakes for breakfast.

Avocado Spinach & Orange Smoothie



Ingredients

- ½ an avocado
- ½ cup baby spinach
- 1 orange
- ½ an inch chopped ginger
- ¼ teaspoon cayenne pepper
- Pinch of pink Himalayan salt

How To Prepare

1. Toss the avocado, spinach, orange, and ginger into a blender and give it a spin.
2. Pour the creamy smoothie into a glass and add cayenne pepper and pink Himalayan salt.
3. Stir well before drinking.

So, you see you can use avocado to create food magic within minutes. Now, a lot of women are obese not because they do not eat well or are not active. It's due to their lifestyle. So, here are few pointers to change your lifestyle and shed the fat quickly and permanently.

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email: oldlobatse@fours.co.bw

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email: maun@fours.co.bw

Six Bodyweight

Workouts That Actually Build Muscle

Here are four bodyweight-only workouts that'll keep your heart working hard and ensure that you're burning lots of calories.



Push ups

- a. Push-Up, 5 x failures
- b. Dead-Hang Chin-Up, 5 x 8-12
- c. Rest: 60 seconds

Back- Strengthening Exercises

How to do it: Lie on your back, feet flat and hip-width apart, arms relaxed, and knees bent. Squeeze your buttocks as you lift your hips, creating a straight line from the knees to the shoulders. Hold for a slow count of two and then lower slowly. Build up to 10 to 12 repetitions.



What it does: This move counteracts the effects of too much chair time, which puts excessive pressure on the spine. It stretches the hip flexors and strengthens the muscles that stabilize the spine, including those of the lower back, the gluteal, and the large, stabilizing abdominal muscles.



Make it harder: Lift one foot off the floor and hold it straight up toward the ceiling, foot flexed, keeping the hips even. This is much more challenging, so start by holding this pose for just a few seconds. Repeat five to eight times and then switch legs.



Lower Back Extension

Flip over so that you're lying face down on the mat to perform arm lifts and swimmers. To perform arm lifts, lie on the mat with your arms extended beyond your head as if you were pretending to fly like Superman. With your thumbs facing the ceiling, lift one arm just a couple inches off the mat before lowering it back down. Switch arms with every rep. The swimmer exercise uses the same starting position except that your wrists should be rotated so that your open palms rest on the mat. Keep your arms and legs fully straight as you simultaneously lift your four limbs until your open palms and feet are each two to three inches off the mat. Slowly lower your limbs back down to complete the rep. Perform two sets of 10 to 12 reps of both arm lifts and swimmers



Child pose

1. Begin kneeling on your mat with your butt on your heels.
2. With your toes together, open your knees to at least hip distance apart.
3. Lean forward and drape your body over your thighs so that your forehead rests on the floor.
4. Reach your arms out in front of you. Alternately, you can leave your arms along your sides. Try both and see which feels best to you.
5. Breathe deeply and relax. Release any tension you might be feeling in your back, neck, or hips. Give this exercise time to work. It can take a few minutes to allow your body to deep- en into the stretch.



Aerobics

Fun, sweaty and challenging! Class is directed for people already knowing the basic of aerobic step and people searching for more challenging step patterns. During the aerobic part, a moving choreography including jumps, turns and different rhythms is built with Abs and stretching at the end of the class.



Body Pump

Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own. You will leave the class feeling challenged and motivated.



Cardio-Bounce

Basic Bosu – balls both sides useful for core stability. Weights, bounce on ball, squats=cardio and conditioning. Excellent for weight loss, toning up those legs and building on fitness.



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Osteoporosis

Osteoporosis causes bones to become weak and brittle. It occurs when the creation of new bone doesn't keep up with the removal of old bone. Osteoporosis affects men and women of all races. Medications, healthy diet and weight-bearing exercise can help prevent bone loss or strengthen already weak bones.

Symptoms

There are no symptoms in the early stages of bone loss. But once your bones have been weakened by osteoporosis, you may have signs and symptoms that include:

- Back pain caused by a fractured or collapsed vertebra
- Loss of height over time
- A stooped posture
- A bone fracture that occurs much more easily than expected

Risk factors

A number of factors can increase the likelihood that you will develop osteoporosis including your age, race, lifestyle choices, medical conditions and treatments.

Unchangeable risks

They include; your sex, Age, Race, Family history and Body frame size.

Hormone levels

Osteoporosis is more common in people who have too much or too little of certain hormones in their bodies. Examples include: Sex hormones, Thyroid problems and other glands such as overactive parathyroid and adrenal glands.

Dietary factors

Osteoporosis is more likely to occur in people who have:

- **Low calcium intake.** A lifelong lack of calcium plays a role in the development of osteoporosis. Low calcium intake contributes to diminished bone density, early bone loss and an increased risk of fractures.
- **Eating disorders.** Severely restricting food intake and being underweight weakens bone in both men and women.
- **Gastrointestinal surgery.** Surgery to reduce the size of your stomach or to remove part of the intestine limits the amount of surface area available to absorb nutrients, including calcium.

Steroids and other medications

Long-term use of oral or injected corticosteroid medications, such as prednisone and cortisone, interferes with the bone-rebuilding process. Osteoporosis has also been associated with medications used to combat or prevent: seizures, gastric reflux, cancer and transplant rejection.

Medical conditions

The risk of osteoporosis is higher in people who have certain medical problems, including: Celiac disease, inflammatory bowel disease, Kidney or liver disease, Cancer, Lupus, multiple myeloma and rheumatoid arthritis.

Lifestyle choices

Some bad habits can increase your risk of osteoporosis. Examples include: sedentary lifestyle, excessive alcohol consumption and tobacco use. Inspired by Mayo Clinic Staff.

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Gallstones



bile to be healthy and to function properly. If it fails to empty its bile content, the bile becomes overly concentrated, which causes stones to form.

Symptoms

Gallstones can lead to pain in the upper right abdomen. You may start to have gallbladder pain from time to time when you eat foods that are high in fat, such as fried foods. The pain doesn't usually last more than a few hours.

You may also experience:

- nausea
- vomiting
- dark urine
- clay-colored stools
- stomach pain
- burping
- diarrhea
- indigestion

These symptoms are also known as biliary colic.

Risk factors for gallstones

Many risk factors for gallstones are related to diet, while some factors are uncontrollable. Uncontrollable risk factors are things like age, race, gender, and family history, which can't be changed.

Your gallbladder is a small organ below the liver in the upper right abdomen. It is a pouch that stores bile, a green-yellow liquid that helps with digestion. Most gallstones form when there is too much cholesterol in the bile.

liver makes more cholesterol than your bile can dissolve.

Too much bilirubin in your bile, bilirubin is a chemical produced when your liver destroys old red blood cells. Pigment gallstones form when your gallbladder can't break down the excess bilirubin. These hard stones are often dark brown or black.

Concentrated bile due to a full gallbladder, Your gallbladder needs to empty its

Causes

Having too much cholesterol in your bile can lead to yellow cholesterol stones. These hard stones may develop if your

Hearing Loss



Hearing loss is the result of sound signals not reaching the brain. It is a common problem that often develops with age. Some people are born with hearing loss.

General signs of hearing loss can include:

- difficulty hearing other people clearly and misunderstanding what they say
- asking people to repeat themselves
- listening to music or watching television with the volume turned up higher than other people require

There are two main types of hearing loss, depending on where the problem lies:

- sensorineural hearing loss – caused by damage to the sensitive hair cells inside the inner ear or damage to the auditory nerve; this occurs naturally with age or as a result of injury
- conductive hearing loss – when sounds are unable to pass from your outer ear to your inner ear, often because of a blockage such as earwax, glue ear or a build-up of fluid from an ear infection, or because of a per-

forated ear drum or disorder of the hearing bones.

Treating hearing loss

This depends on the cause and how severe it is. Several options that may help to improve a person's ability to hear and communicate include:

- digital hearing aids
- bone anchored implants
- middle ear implants
- cochlear implants
- lip reading and/or sign language
- Language

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The 2 Best 2-in-1 Hybrid Windows Laptops You Can Buy Right Now

Windows 8 is something Microsoft is still trying to get people to forget about. However, the entire form factor of 2-in-1 hybrid laptops is the lasting legacy from that era and they have only gotten better over the years.

Windows 10 is still not the best platform when used as a tablet, but if you love the idea of a powerful laptop that can also be used at night for casual Netflix watching or doodling with the stylus, 2-in-1 hybrids are where you want to look. The Surface Pro is the most famous 2-in-1 hybrid laptop out there, but there are some really other options to check out below as well:

Samsung Galaxy Book

Samsung is one of the only companies still making decent Android tablets. They are making good Windows 2-in-1s as well. The Galaxy Book has the same premium design that customers have come to expect from the Galaxy brand of smartphones and tablets.

Lenovo ThinkPad X1 Tablet

The ThinkPad X1 Tablet is a more rugged business alternative to Microsoft's Surface Pro, boasting excellent construction, superb keyboard ergonomics and Lenovo's own unique kickstand twist that makes the detachable more lapable when used as a laptop.



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Ultra Luxury Cruise Ships



Seabourn Encore

Exotic ports of call are the hallmark of luxury cruise line Seabourn. Pioneers of the small-ship, ocean-going experience, the company recently launched the Seabourn Encore, the fourth in its fleet. Designed to feel like a luxury yacht, the Encore embodies the finer things in life from the ship's crafted and curving lines down to the custom carpet and materials.

Launched in Athens, the Encore's first voyage occurred in December 2016, departing from Dubai on its way to Singapore, before making its way around the Java and Coral seas, the Barrier Reef and Queensland coast and New Zealand, before heading back to Dubai for excursions around various Mediterranean ports throughout 2017. The ship was born at the hands of master designer Adam D. Tihany, who saw to it that the vessel will carry 600 guests in 300 elegant suites with mahogany and nautical touches, each with a private veranda and stylish marble baths.

Encore features a casino, pool and whirlpool, plus a water sports marina offering complimentary use of kayaks, pedal boats and windsurfers. Guests can take advantage of the retreat, a top-deck covered expanse with 15 cabanas available for rent. It also offers a centrally located hot tub as well as a bar, a spa cabana, lounge chairs and food and beverage service. Seabourn is also a proud partner of UNESCO to promote sustainable tourism at World Heritage sites.



Viking Sky And Viking Sun

Destination is everything for the Viking cruise line, and its newest additions to the fleet, the 10-deck Viking Sky and Viking Sun, fully deliver. Set to launch in February 2017 and November 2017, respectively, the 930-passenger luxury liners join sister ships, the Star and Sea, in putting a distinct emphasis on longer days and more overnights in key ports, eschewing other standard cruise offerings like casinos and floor shows. But that doesn't mean it scrimps on amenities.

Much like the Viking River Cruises' so-called long ships, both offer Nordic hospitality through their indoor/outdoor aquavit terrace dining rooms, spacious promenade decks ringing the vessel, and the Explorer's and Sundeck Lounges, which afford panoramic observation areas, as well as a Sports Deck at the very top.

You will find a glass-roofed pool and a main restaurant that converts from open-air venue to enclosed cozy dining room with the push of a button. To add to the charm you can gather around a fire pit, saunter into an Armagnac bar, and take full advantage of the Nordic-influenced spa with snow room and Finnish sauna. A full-range of staterooms are all understated in their elegance and feature verandas for taking in the sights, which on Viking's multi-country trips will span from the Mediterranean to the Baltic, from Viking homelands to the midnight sun, and beyond.

Ingenious

Artworks of Boikanyo



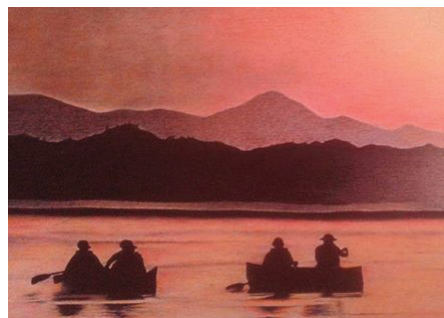
The people of Botswana are largely known to be humble, peaceful, friendly and hospitable. These qualities have a strong bearing on the quality of the crafts produced in the country. CW Magazine had a chit chat with Boikanyo who is engaged in drawings and painting (fine arts).

Limkokwing University Graphic Designer student Boikanyo Bryan Matshware from Modipane is a part time passionate fine artist. His love for art started at the age of 10 when he was in standard five. He started to put his dream in action of fine art when he was at junior and senior schools.

Boikanyo said that, he gets support from his family even though the art market in Botswana is not doing well as compared to other countries like Italy. The government plays a very important role by supporting artists in variety forms, such as giving publicity through presidential competitions. In 2016 Boikanyo got position 1 in the Kgatleng Region under artwork category titled "Modisa Yo Molemole". This year he won position 1 in his artwork titled "Modipane Village Pt.2". He prides himself with his creativity that makes him differ from other artists.

According to the artist, customers tend to set prices for themselves without knowing how much he spent on materials used to make a product. It's a challenge he faces. Time management also hinders his work because he is still a student and this makes it difficult for him to balance his times. Boikanyo is selling the country's lifestyle to tourists through art, because most of his drawings portray Botswana lifestyle such as tourism and culture.

"I have goals, and I am really working hard for success in the near future to see my talent go internationally where I will be able to compete and showcase my products worldwide," he said.



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Gabz Mega Party (fashion meets music)

Colourful People are a consortium of Botswana's leading Promoters dedicated to bring the best out of eventing. The company specializes in Event Management, Product & Brand Activation and also serves as booking agent and manager for some of Botswana's top performing artists.

Date: 31 December 2017

Organized by: Colourful People Entertainment



Gaborone Calling Festival

Date: Sat Nov 25 2017 at 11:00 am to Sun Nov 26 2017 at 03:00 am

Venue: Gaborone Cricket Club, Behind National Stadium

Event details: Gaborone Calling Festival. Arts, food, wine, fireworks, led electro lights, celebs.... entertainment one show one day.... gabz is calling!



Tsa Pereko Comedy Show 2017

Date: Fri Oct 20 2017

Time: 06:00 pm

Venue: Maitisong Hall, Gaborone

Created by: CASAWU



Jwaneng Chillas

Date: Sat Oct 28 2017

Time: 10:00 am

Venue: Jwaneng, Botswana



EAT To LIVE Art Exhibition

Date: Sat Oct 28 2017

Time: 08:30 am

Venue: University of Botswana, Gaborone

First of its kind in Botswana, is an art exhibition that will not only show the talent of artists but also teach the world about healthy eating and what really constitutes to non-communicable diseases. Expect to see paintings, drawings, health screening, health talks and entertainment. Entrance is free, because we want to teach as many people as we can. I don't think Botswana is ready for this one!!!! Call or app 74224842



Public Career Training Simulation

Date: Sat Oct 28 2017 at 07:00

Venue: GSS Grounds, GSS Grounds, Gaborone, Botswana

Event Details

BDF, Police, Fire etc shall be training public about emergency activities to give them skills to respond to any emergency situations

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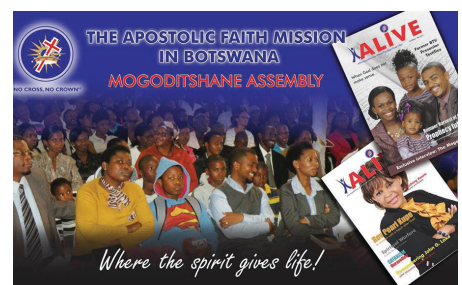
Date: Sun Oct 15 2017 at 06:00 pm

Venue: Mochudi Rd, Gaborone, Botswana

Event Details

Matte Skills Training Center advertisements

Bulldozer training courses in rustenburg at Matte skills +27722260725 / +27833143397 www.matteskillsdevelopment.com/skills



Parenting Workshop

Date: Sat Oct 21 2017 at 09:00 a.m.

Venue: Mogoditshane AFM, Private Bag 31, Gaborone

Organized by: Mogoditshane AFM

The Global March for elephants, rhinos, lions & pangolin



Botswana's ambassador to Global March for Elephants, Rhinos and Pangolin, Mrs Thea Khama hosted a march against elephants, rhinos, lions & pangolin under the theme "March against Extinction". The event was held on October 7, 2017 at the national stadium in Gaborone.

Among the participants at the event were charitable organizations such as; Tlhokomela, Lady Khama Charitable Trust, and Children of the Wilderness. They displayed their projects that complemented awareness of wildlife conservation. The event was also graced by the Minister of Environment, Natural Resources Conservation and Tourism, Hon.

Tshekedi Khama who is also the husband to Mrs Thea Khama.

Mrs Khama said that her short term plan as the ambassador is to divert her attention from the north of Botswana to Kgagadi south and north, where there is a huge population of lions that are also, if not preserved, face potential extinction of either been smuggled or through poaching.

The global march commenced from the national stadium, led by Botswana Scouts Association, through the Main Mall, via Queen's Road and back to the national stadium.



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game by challenging discrimination and lobbying for a change in the sports industry. This eliminates negative attitudes towards women playing football. According to Bonang, "the fact that ladies football is not professional is a challenge itself. Women's football in Botswana needs to be developed; there is a lot of discrimination compared to men's side. Wherever there is a game, the entrance is free and this is a challenge. It is high time women's football is taken seriously by finding sponsors for leagues like at men's league. Fans should pay to watch Women games; players should be paid at club level to avoid quitting or changing sports code. I passed through all these challenges, but I was patient and I worked hard to stop issue of discrimination between men and women in football".

She urges upcoming football players to take their studies serious and have something to fall back on when things don't go well in football.



The greatest influential sport woman

The number of women in football increases with time. This is a sign of bringing change and addressing gender imbalance in the football industry. Celebrity World Magazine interviewed one of the greatest female football players, Miss Bonang 'Bebeto Paprika' Otlhagile to know more about her.

Born and bred in Mahalapye, Bonang 'Bebeto Paprika' Otlhagile is a mother to an 11 year old daughter. Having been inspired by her mother to football, Bonang is an attacking midfielder of Double Action football team who has represented Botswana abroad. She is also a captain of Botswana senior women's national team. She started playing football when she was at Bonnington junior School, in Gaborone. It had been her dream to become one of Botswana's female legends

to talk about in future. Her aim was to prove to men that everything is possible, as long as you have love for it.

Besides football, Bonang works as an Administrative Officer at Biki and Associations Company. She played for different teams in Botswana and outside. These include Broadhurst Sisters, Juventus and Inline Soccer Academy in Zimbabwe where she played for 2 years. Bonang views teamwork as a positive thing that brings people together as one to attain a certain goal. She said that there are players who play football just to show their capability while others play it with passion. That thing alone can affect the whole team as players don't share the same dream.

Women in football aim to improve women's representation at all levels of the



Baboloki Thebe is back home

Botswana's 400metres runner, Baboloki Thebe is back home after spending some time under medical attention in Italy. Thebe missed the Diamond League final in Zurich on August 24 after sustaining an injury during the London 2017 4x400m heat. He has been taking special treatment in Milan, Italy. On September 24, 2017 the athlete wrote on his facebook page "Touch down Mama Land, I am back home. Rosa and Stefano I arrived safely, thanks for taking care of me, and all the Doctors and the clinic staff, I am home, thanks very much."



Forget Mbappe, could this kid be the future of European football?

There are many young footballers with a lot of hype around them at the moment. The eyes of the world seem to be mainly focused on the likes of Neymar, Kylian Mbappe and Paul Pogba, but has this young star flown under the radar? Let's take a look. While it seems that everyone has been scrutinizing every move that the PSG duo and Pogba have made since their record breaking transfers, they may have let another young star go unnoticed.



Man City star didn't deserve to start

Manchester City has enjoyed a fine start to the season. Leroy Sane completed his first 90 minutes of the season in the Citizens 5-0 win over Crystal Palace in a game where he also scored. However, Guardiola was not happy with the German midfielder when he arrived back in pre-season.



Mosimane: It's very sad for football

Mamelodi Sundowns head coach, Pitso Mosimane, believes that his side lost the CAF Champions League quarterfinal stages in Pretoria, in the first leg, where three of their build-up plays in front of goal was ruled off-side. The Brazilians were eliminated from the CAF Champions League quarterfinals, after losing to Wydad Athletic Club in a penalty shootout in the second-leg on, September 23. Head Coach Mosimane congratulated the Wydad Casablanca side, however believes that Masandawana's chances of progressing further in the competition were lost in the first-leg which took place in Pretoria on September 17.



Banyana crowned Cosafa Women's Champions

Banyana Banyana made history when they defeated Zimbabwe 2-1 in the final of the Cosafa Women's Championship. A goal from Thembi Kgatlana put South Africa in the lead at half time, before a dramatic stoppage time goal by Leandra Smeda broke the deadlock, and it meant the title was handed to Banyana.



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