

P12

Celebrity World

Botswana's Own Magazine

ISSUE NO.8 NOVEMBER/DECEMBER 2017

6 Essential Things You Should Do After Every Workout

The future kwaito Luminary, RavinTladi

Easy Ways To Be A Fantastic Parent

Ways To Promote Passion-Based Learning In Your Classroom

Celebrating BW Talent

Biggest Signs

Okavango Delta
- Blues And Pastures

That He Is In Love With You

Skavenja

Best Face Scrubs For Oily Skin

Is Back With A Classic Storm Album



China Giansou



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



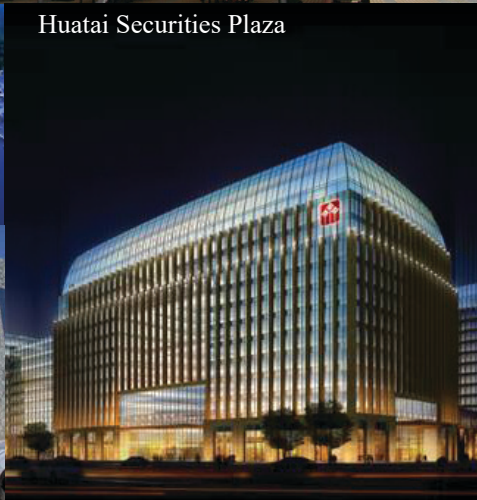
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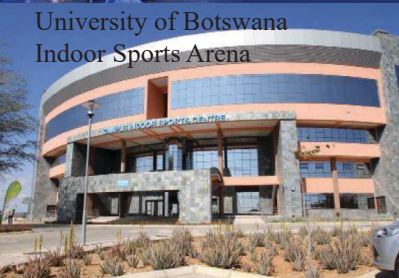
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Tel: +267 3185296 Fax: +267 3164449
Post Address: P.O.Box 202124, Gaborone
E-mail: cjibots@gmail.com

The A Team

Editor
Thato Audrey Molale

Deputy Editor
Godiraone Ramanoko

Writers/ Photographer
Kesaobaka Sehunelo
Kebatsotse Matswa

Graphic Designer:
Amuchilani Rara

Manager
Meera Vineeth

Finance Manager
Ashok Kumar Parmat-
ma Mishra

Marketing Executive
Pinky Aysha Siddiky

Managing Director
Nmd Estaq Farthous
Bhuiyan

Cover and Cover Story

Credits
Shot by
Kesaobaka Sehunelo

Dressed by
Skavenja Dressed by Himself

Shot at
Coricraft Game City
313 3883

Make Up by
Celebrity World



Contact us
@HEAD OFFICE:
Plot 14456 Gaborone
West Industrial
Cell: 76220987
Tell: 3937886
Email:celebrityworldbw@ yahoo.com

 @celeb_bw

 **Celebrity World**

Editor's Note

Greetings and warm welcome to our 8th edition. We couldn't be more excited to have made it to this point. Celebrity World Magazine is for a patriotic Motswana who enjoys and appreciates local talent. Celebrity World Magazine cares about the latest trends, if there are hot new products we want to know about them. We bring you thoughtful articles about entrepreneurs, artists and exciting events that took place. 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 entertainment and celebrate local talent 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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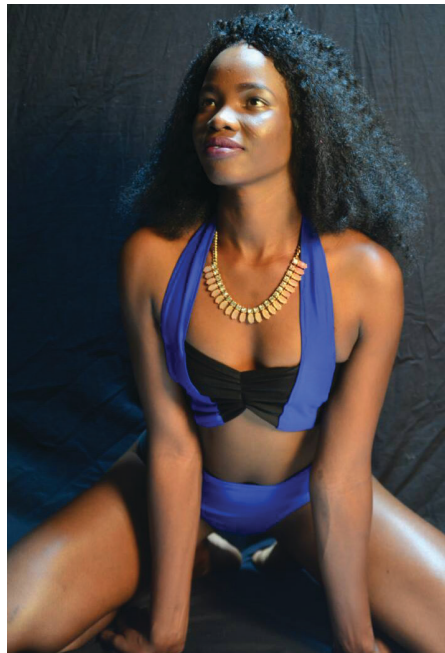
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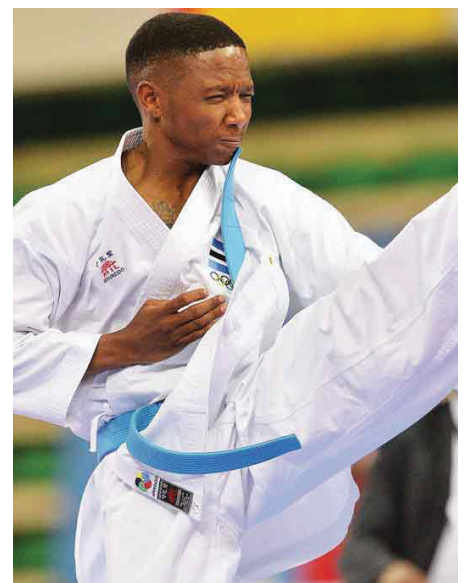
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Celebrating B/W Talent

Koketso Mophuting

(Actress)

Hails from Kanye, Botswana. She is a Motswana actress best known for her chronic role of acting in the Mzansi Magic drama miniseries *Single Mothers*, in 2013. In 2014 she had a guest starring role in the Mzansi Magic soap opera *Isi-Baya* and her role on *Isibaya* has since grown. She acts as Kaone in *Isibaya*. She relocated to South Africa from Botswana to pursue her studies in live performance. Koketso studied Bachelor of Arts (BA) Live Performance at AFDA in Johannesburg. Koketso also acted as Katlego in the Botswana television series *Thokolosi*. She is also a music videos producer and voice-over artist.



Lydia Jele

(Athlete)

Lydia Jele is a Botswana athlete competing primarily in the 400m. She participated in the relay at the 2013 World Championships without qualifying for the final. She ran the 400m at the 2016 Summer Olympics. She qualified by winning the Botswana Athletics Association Championships. Lydia Jele who represented the country well at the recent IAAF World Relays with the other ladies in the Bahamas is the first woman in athletics to qualify for the Olympic Games.

Zeus (Rapper)

Game Goabaone Bantsi, better known by his stage name Zeus was born in Serowe and raised in Gaborone. He is also a hip-hop artist, MC and businessman. He released his debut album *Freshly Baked* in 2008 which included the hits "Back in the days" and "Gijima". The album was generally well received and garnered him a Channel O Music Video award nomination and win in the Best Hip Hop video for "Gijima". Zeus was ranked seventh in a list of the Top 15 South African Rappers and 4th on MNET's Top 10 African Rappers for 2010 compilation. He established his own record label and events company, D.I.Y Entertainment. He also serves as the Director of Business Development. He has championed for progress and growth in the Botswana Music Industry.



Motamma Sesinyi

(Former Big Brother Africa Actress)

Motamma Sesinyi is Miss Tourism Botswana 2012 and Tourism Ambassador. She represented Botswana at the Miss Tourism 2012 World Final in Thailand. This beautiful and intelligent lady obtained a Master in Science (MSc) at BUAN, formally known as Botswana College of Agriculture. Motamma is best known as one of the Big Brother Africa season eight housemates who represented Botswana in 2013.



Karabo Sibanda

(Athlete)

Karabo Sibanda is a Botswana sprinter who specializes in the 400m. Originally a junior chess player, after he saw Usain Bolt competing at the 2012 London Olympic Games Karabo got so inspired by his performance, and he decided to be an athlete. He won two medals at the 2016 African Championships as well as multiple age group medals. He competed at the 2016 Summer Olympics. Sibanda recently scooped two awards at the 37th Botswana National Sport Commission (BNSC) awards. He walked away with the junior male sportsperson of the year award and the sportsperson of the year award. Sibanda pocketed P97, 000 on the awards night.

Shona Ferguson

(Actor)

Born and raised in Botswana, Shona Ferguson is a South African actor. He started his journey of entertainment in Lesotho as a club DJ in 1992. Shona is married to a South African based Motswana actress, Connie Ferguson. The couple has been married since 2001. In 2013 they produced and starred in the Mzansi Magic drama series called Rockville. He co-owns a production company Ferguson Films with his wife and business partner Connie. He is also best known for his acting role in a variety of South Africa's soapiers. He is best known for his Jerry Maake on The Queen. His production company produces The Queen, Igazi, The Gift, The Imposter and Rockville





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The Best-Fitting Jeans For Your Butt

Butts: We all have them and we're all flaunting the curves Mother Nature gave us. We also cherish getting on the perfect pair of jeans, which means something different for everyone. A go-to pair of denim one that flatters you in all the right places has a way of instantly elevating your look and attitude.

Maybe you're not sure which styles and fits — flared, skinny, boot cut, are going to give your rear the most bang for its buck. Well, school is officially in session: We've come with denim-fits to break down common butt types and the best pairs of jeans to shop for each.

Butt Type: Bubble

Take a look at your backside in the mirror: If your butt is round all the way around, then you've got a bubble butt. You likely have a very full shape, and will be best complemented in dark-wash skinnies in a stretchy fabric or boyfriend jeans. Low-rise denim could potentially reveal more than you'd like when you're sitting or bending down.

Butt Type: Flat

Flat-butt women have rears that are, well flat. The key to jean shopping is searching out styles that help better define your butt region. When you buy, choose denim that has pockets with de-

tails, like zippers and welts that add extra thickness to the back pocket. Look for sanding on the butt of the jean, the sanding acts as a highlighter and gives the illusion of volume.

Butt Type: Low

If you have a low butt, try lifting and separating the cheeks a bit, a jean that acts like a butt bra will do the trick. Low butts can sometimes benefit from a little boost. Fabric choice actually plays a more important role for this butt type than for others. Look for denim with less stretch and a little more structure this will help with lift.



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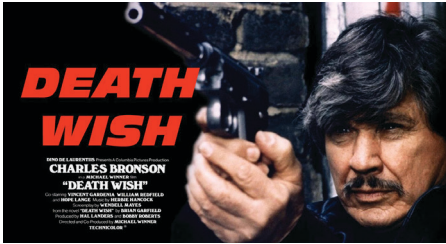
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Death Wish

A mild-mannered father is transformed into a killing machine after his family is torn apart by a violent act.

Director: Eli Roth

Genres: Thriller

Release Date: November 22, 2017

Language: English

Country: USA

Blade Of The Immortal

Starring Takuya Kimura, Hana Sugisaki, Sota Fukushi, Hayato Ichihara, Erika Toda, Ebizo Ichikawa, Chiaki Kuriyama, Kazuki Kitamura

Director: Takashi Miike

Genre: Action, Drama

Release date: November 16, 2017

Runtime: 140mins

Language: Japanese with English subtitles

Country: Japan, UK



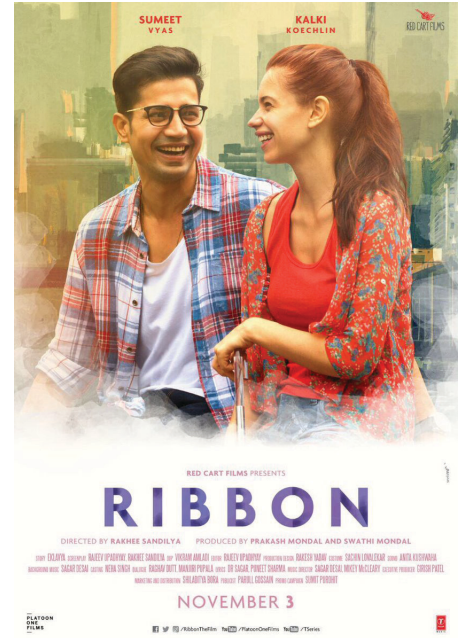
Tera Intezaar

Tera Intezaar is a Bollywood musical-romantic film. The movie star Arbaaz Khan and Sunny Leone are in lead roles.

Genre: Romance

Release Date: 24 Nov 2017

Director: Raajeev Walia



Ribbon

Ribbon is a Bollywood drama movie showcases the happy life of a young couple. Things become complicated once an unexpected pregnancy arrives.

Release Date: 03 Nov 2017

Genre: Drama

Director: Rakhee Sandilya

Producer: Prakash Mondal Swathi Mondal

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Inked Hearts

Author: Lindsay Detwiler

Genre: Romance

Detwiler will leave a permanent mark on readers' hearts with this first book of her new Lines in the Sand series. The main characters are instantly relatable and sympathetic, and their growing romance warms the heart. Secondary characters, especially Avery's quirky roommate, add a delectable layer of fun and point toward future installments of the series.



PITCH PERFECT 3

After the highs of winning the World Championships, the Bellas find themselves split apart and discovering there aren't job prospects for making music with your mouth. But when they get the chance to reunite for an overseas USO tour, this group of awesome nerds will come together to make some music, and some questionable decisions, one last time.

PG-13

Genre: Comedy

Language: English

Release date: December 22, 2017

Country: USA



Thor: Ragnarok

Director: Taika Waititi

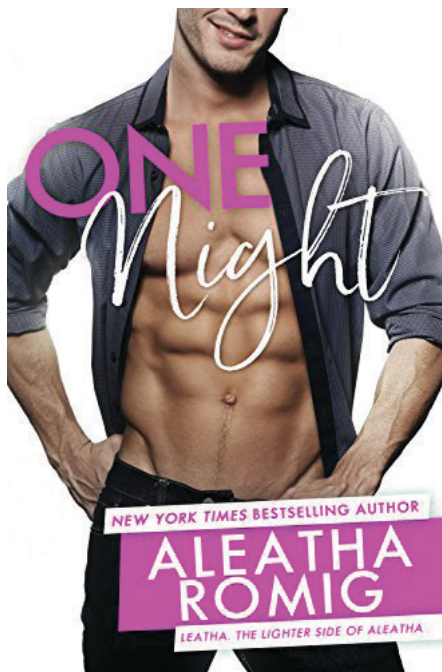
Script Writer: Christopher Yost, Craig Kyle and Stephany Folsom

Cast: Chris Hemsworth, Tom Hiddleston, Jaimie Alexander, Tessa Thompson, Cate Blanchett and Mark Ruffalo

Release Date: Friday, November 3, 2017
PG: 13

Story Line

In Marvel Studios' Thor: Ragnarok, Thor is imprisoned on the other side of the universe without his mighty hammer and finds himself in a race against time to get back to Asgard to stop Ragnarok—the destruction of his home world and the end of Asgardian civilization, at the hands of an all-powerful new threat, the ruthless Hela. But first he must survive a deadly gladiatorial contest that pits him against his former ally and fellow Avenger, the Incredible Hulk!

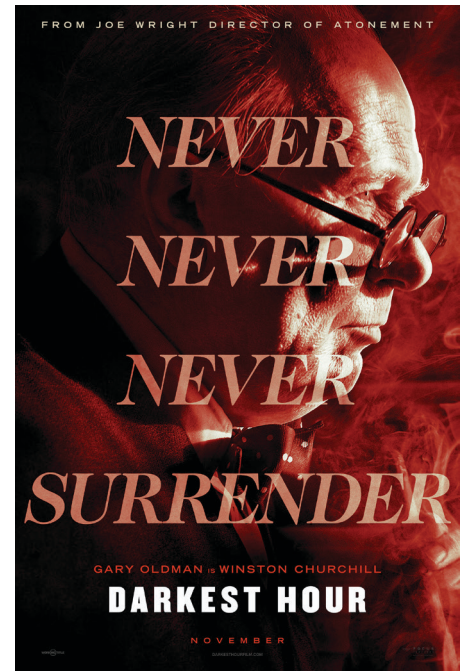


One Night

Author: Aleatha Romig

Genre: Romance

Romig's stand-alone novel delivers a captivating story about unexpectedly stumbling on love that checks all the boxes for high emotion, romance, and unfettered passion. Romig's easy style and expressive voice conveyed in dual points of view enhances the connection between readers and characters; Mandy and Malcolm's honesty and sincerity will have readers smiling through tears.



Darkest Hour

Within days of becoming Prime Minister, Winston Churchill must face his most turbulent and defining trial: exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty and freedom of a nation.

Director: Joe Wright

Genres: Biography, Drama, War

Release Date: November 22, 2017

Runtime: 1 hr 54 min

Language: English

Country: United Kingdom



You Can't Save The World Alone

Release Date: Friday, November 17, 2017

Cast: Henry Cavill, Ben Affleck, Gal Gadot, Jason Momoa, Ezra Miller and J.K. Simmons

Director: Zack Snyder

Screen Writers: Will Beall, Chris Terrio

Story Line

Fueled by his restored faith in humanity and inspired by Superman's selfless act, Bruce Wayne enlists the help of his new-found ally, Diana Prince, to face an even greater enemy.



Twitter On Nasty C Having Sex With A Minor

The rapper from South Africa who is 20 years old slept with a girl who is said to be aged between 14 and 15. The girl is called Sihle Kibido who's claiming to have been blocked by Nasty C afterwards. According to one twitter account, Nasty C slept with the young girl two times until she started bragging about it to her friends. Now the investigation is on to see if Nasty C committed a crime by having sex with a fifteen year old.



Will Justin Bieber Win Her Heart?

After years of break up Justin Bieber and Selena Gomez are seen hanging out together since early summer, taking pictures in the public, going to church together and the gift that keeps on giving, but they haven't made anything official, it looks like these two are back together again. So what's different about this time? "He will do anything he can to prove he can be a great boyfriend."



Mel B and Stephen Belafonte Settle Domestic Violence Claim Amid Divorce

Mel B and estranged husband Stephen Belafonte have reached an agreement regarding their divorce that removes her domestic violence claims against him. Mel had filed the divorce papers in March after 10 years of marriage. She and Stephen then began a custody battle. Mel is the mother of three daughters, including two minors. Stephen is the biological father of one of them, who is 6, and helped raise all the kids. He was granted temporary visitation rights of their child. Meanwhile, Mel obtained a temporary restraining order against her ex and an extended one against their former nanny, Lorraine Gilles. She accused Stephen of physically assaulting her as well as making verbal threats.

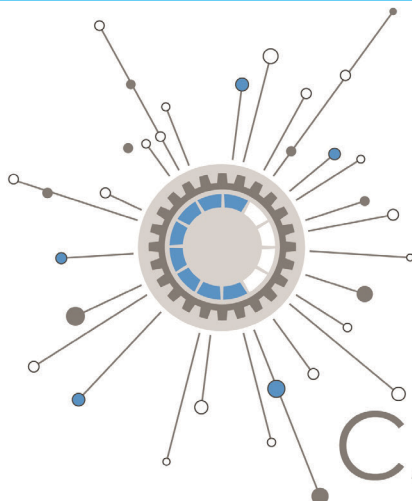


HE IS IN LOVE! Is Casper Nyovest Falling For Nadia Nakai?!

It seems like Casper has fallen for Nadia Nakai who has been single for a while, but they haven't made it official with anyone yet. Recently The Family Tree crew headlined the cookout in Bloemfontein and enjoyed some down time by the pool. Nadia took to Instagram sharing some hot bikini pictures but one photo caught fans' attention. This left fans with thinking's of what's really going on between the two! Time will tell.

Charlie Sheen "Categorically Denies" Sexually Assaulting Corey Haim When Starring Alongside Then-13 year Old In Lucas

Charlie Sheen has "categorically denied" that he sexually assaulted Corey Haim when the child star was 13 years old. The former Two and a Half Men star has been accused of abusing the late actor, who died in 2010, at the age of 38 after fighting long battles with drink and drugs while they worked together on the film Lucas in 1986. Co-star Corey Feldman has claimed that the addictions were linked to childhood sexual abuse. The claims were made by Haim's friend, fellow actor "Dominick Brascia", who told the National Enquirer that Sheen had sexually assaulted his friend during the film's production. He offered no evidence for the unproven allegations.



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Heritage Legacy



Celebrity World Magazine caught up with two young entrepreneurs at the recently held Global Expo at Ditshupo hall, and this is what we learnt from them about their business.

What is the name of your business?

Heritage legacy

Who is the founder?

It is owned by two founders namely; Lorato Bogopa and Pheko Seleke.

When was it founded?

Our company was founded in 2016, but it has been working behind the scenes for two years. We only started selling 6 months ago.

What does your company do?

Manufacturing of highly detailed hand crafted mokolwane bags as well as accessories and home décor pieces. Our products range from laptop bags; lady bags and we also custom make our products. Our products are hand crafted; no machines and we use natural dyes from what nature has given us like shrubs, roots and leaves to color our mokolwane.

What inspired you to get into this business?

It is a company that was aimed to preserve culture by juicing it up with innovative means to make it part of the modern

world. Our culture is our history, and future so we wanted to bring the old and mix it up with the modern. We also wanted to share our culture and showcase it to the world.

What challenges have your company faced since its inception?

Our biggest challenge is manpower; we have noticed that Batswana only want results more than putting up the work. People lack patience more especially that our products are hand crafted. We struggle to keep people who are willing to go through the hardships with us. The other challenge we have is reaching the target market for our products. We would like local people to celebrate culture with us, but our products seem to be more of a tourist product.

Any future plans for your business?

We would like to have our products showcased all over the world, but if we narrow it down we would like to have a HERITAGE Legacy shop in Paris. We would also like to have a training institute to teach people how to weave and share it as a skill instead of sharing it as a product. We would like to move into décor and other cultural artifacts that we have locally and modernize them.

Do you have any trade secrets that you would like to share with aspiring entre-

preneurs?

Let's move away from trying to make money from the Western culture and focus on what we have around us. Let's pay attention to our culture and celebrate it, concentrate on arts and love our culture, be patient and strive to reach the unthinkable and the unreachable.



**SKAVENJA IS
BACK WITH
A CLASSIC
STORM ALBUM**



Popularly known for his husky voice, this young talented man is not only a singer but also a musician, afro pop singer, choreographer and a fashion designer. Kabelo Tiro alias Skavenja is the hit maker of the newly released "Morweetsana" song. He mentions himself as a man who believes in himself, living with the quote "I was born a winner and I will always be a winner." Skavenja looks forward to everything that he wants to achieve and he swears that he has to achieve that.

In an interview held at Coricraft, in Game City, he came dressed on his multi-coloured trousers made by his hands. Celebrity World magazine team took time to sit down with the vigorous Kabelo Tiro as he took us through his fantastic journey in the music industry.

Mr Monyopi is commonly known as Skavenja in the music scenes, he is now re-branding to his birth name Kabelo Tiro. The Manyana bred Kabelo Tiro was born and raised in the capital city Gaborone, in the family of five siblings, three boys and two ladies.

He joined the music industry as a dancer during his school days before he went to Johannesburg where he contributed more on his dance skills and got to know more on the dancing industry to a stage of being a choreographer. It was not easy for him but he worked harder to achieve his dreams; he stayed focused and dedicated. His passion for music saw him emerge from being a dancer to a choreographer.



Cover Story

Skavenja has since released three albums under his belt, namely; Nango Skavenja being the first one which he released in 2006, and then Maratong in 2010. He dropped electric afro pop album with the hit song Morweetsana this year which was recently nominated for best single in 2017 BOMU Awards. The album contains 18 songs and it was nominated for seven different 2017 categories being best afro pop album, best collabo (Skavenja and DJ Anthem), song of the year (Monyopi), album of the year, best male artist, best single (Morweetsana) and best packaged album. He walked away with two awards achieved under the best afro pop singer album award 2017 and best packaged album.

Taking us back to 2010, the song that sustained him for 7 years and sold him the best, with many bookings under weddings and corporate events is a song called Buhle. Skavenja gives credit to Franco Lesokwane as he has learnt a lot from being his dancer. He took his time to travel with him all around Botswana and outside.

"Do not forget that God exists, kneel down and pray. Everything will go according to the plan," he added. The energetic Kabelo Tiro has also worked with Double Impact, who produced Monyopi and a song called Choto. He has a new song with Nasty Boy whom he wants take to the best average. The song is called "raga ka leoto".

"As we all know that there is no business without challenges, for now I am not complaining about anything, but the challenges are always there. I am just amazed about the support that people give me," added Kabelo Tiro. In life we do not have to always think of complaining but also rejoice when we are happy and give thanks to the Lord. Kabelo Tiro is a spiritual man who lives by the word of God and it gives him motivation. He gets the inspiration in music by listening to afro pop singers, soul and jazz as his music is always relevant, its afro soul, the support he gets from Batswana shows that his music is growing and it will continue growing.

He encourages upcoming singers to never give up, but to keep aiming high and never believe in negativity because negativity brings negative results. "Believe in yourself and you will reach where you want to reach" he uttered.



The Future Kwaito Luminary, RavinTladi



Kwaito music genre is one of the popular genres in Botswana that has fully grown to be people's favourite in Botswana. Celebrity World magazine sat down with one of the emerging Botswana's Kwaito artist Onalenna who shared his Kwaito music experience.

A humble, wise and talented Onalenna Dennis Leagajang known by his stage name 'RavinTladi' was born and bred in Tlokweng where he attended his education. He started recording his own song in 2014 called 'Phaa'. In 2012 he did a song called 'we rock the party' in which he featured Sparks Lehipi. He released a song called 'Mokgantutswana' in 2013. In 2016 he released 'kwaito rebel' and dropped a single called 'Bochele' this year. RavinTladi is now working on his 16 track album and the release date is to be announced. He got inspired by Mapetla.

RavinTladi grew up listening, singing and writing lyrics of Mapetla's songs. That's when he developed love for Kwaito. He started performing in different shows and he first performed in 2014 at an event called Makgasa in Molepolole. Besides music, RavinTladi owns a modelling agency called RavinBw Models.

His quote: If you willing to do something that you believe will work for you in life never give up, rather let challenges be your motivations because it takes hard work to get paid.



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Amazing Lipstick Looks for Dark Skin

Choosing a lipstick that works with dark skin tones can feel like a challenge. It may seem easier to stick to the plum and berry shades you know look fantastic with your complexion, instead of worrying about whether you can pull off an orange lip. (Spoiler alert: you definitely can.) But makeup -- and lipstick especially, in our opinion -- should be fun, and more about what makes you feel gorgeous than sticking to a set of rules.

In fact, celebrity makeup artist Nick Barose says that color-wise, lipstick options are practically limitless for dark-skinned women. We got his tips on how to wear any lipstick color with a dark complexion -- think vibrant violets, dreamy nudes, bold reds that work day and night and even an on-trend ombré look that's surprisingly easy to pull off.

Your New Power Lip

On days when you need a little pick-me-up, opt for a classic color that screams confidence. Celebrity makeup artist Nick Barose says that Chanel Rouge Allure Luminous Intense Lip Colour in Pirate is

one of his favorite shades to use on dark skin tones. This bold, bright shade pops against darker skin and complements a variety of skin tones thanks to the blend of warm and cool pigments.

Who Says Neutral Is Boring?

Nude lipstick is super versatile -- it can be the perfect partner to a sexy smoky eye or bold colored liner, or it can be a toned-down way to look polished. When choosing a nude color, Barose recommends choosing one with red or orange in it, so it doesn't look too brown ("like you're wearing foundation on your lips"). Avoid nudes that are lighter than your skin tone, which "floats strangely on dark skin," says Barose. "It should pop a little."

Take Red to the Next Level

For your next night out, try a deep, rich red -- it's sultry and sophisticated at the same time. One of Barose's favorite shades for darker skin is Lancôme L'Absolu Rouge in Rouge Velour, which he describes as "a gorgeous deep ruby red with shimmer."

A Soon to be Classic Color

Yeah, yeah, yeah ... you're sick of hearing about how orange is the "It" color of summer. But this hue has moved from a trend to a permanent place in our lipstick rotation. Barose favors Tom Ford Lip Color in Wild Ginger. "It's a rich, deep, orangey red that pops on dark skin," he says.

Vamp It Up

Dark, sultry, high-fashion -- this pretty much sums up a gothy, vampy lip done right. To pull it off, Barose says it should be "borderline black" with a bit of red. Steer clear of anything that's too matte or glossy (Barose says that glossy or shimmery shades will enlarge the lips). Instead choose a creamy or satin finish.



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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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Easy Ways to Be a Fantastic Parent



This month CW magazine shares with you the latest thinking about raising happy and healthy kids in this page of Parenting. We've gathered the advice below that will have a profound effect on your whole family;

Set Smart Limits

Take charge. Children crave limits which help them understand and manage an often confusing world. Show your love by setting boundaries so that your kids can explore and discover their passions safely.

Don't try to fix everything. Give young kids a chance to find their own solutions. When you lovingly acknowledge a child's minor frustrations without immediately rushing in to save her, you teach her self-reliance and resilience.

Remember that discipline is not punishment. Enforcing limits is really about teaching kids how to behave in the world and helping them to become competent, caring, and in control.

Create Your Own Quality

Time

Play with your children. Let them choose the activity, and don't worry about rules. Just go with the flow and have fun. That's the name of the game.

Read books together every day. Get started when he's a newborn; babies love listening to the sound of their parents' voices. Cuddling up with your child and a book is a great bonding experience that will set him up for a lifetime of reading. Encourage daddy time. The greatest untapped resource available for improving the lives of our children is time with Dad. Kids with engaged fathers do better in school, and generally cope better with whatever life throws at them.

Be a Good Role Model

Be the role model your children deserve. Kids learn by watching their parents. Modeling appropriate, respectful, good behavior works much better than telling them what to do.

Live a little greener. Show your kids how easy it is to care for the environment. Waste less, recycle, reuse, and conserve

each day.

Respect parenting differences. Support your spouse's basic approach to raising kids, unless it's way out of line. Criticizing or arguing with your partner will do more harm to your marriage and your child's sense of security than if you accept standards that are different from your own.

Know the Best Ways to Praise

Give appropriate praise. Instead of simply saying, "You're great," try to be specific about what your child did to deserve the positive feedback.

Cheer the good stuff. When you notice your child doing something helpful or nice, let him know how you feel. It's a great way to reinforce good behavior so he's more likely to keep doing it.

Gossip about your kids. Fact: What we overhear is far more potent than what we are told directly. Make praise more effective by letting your child "catch" you whispering a compliment about him to Grandma or Dad.

Trust Yourself

Trust your mommy gut. No one knows your child better than you so follow your instincts when it comes to his health and well-being.

Don't accept disrespect from your child. Never allow her to be rude or say hurtful things to you or anyone else. If she does, tell her firmly that you will not tolerate any form of disrespect.

Don't Forget to Teach Social Skills

Ask your children three "you" questions every day. The art of conversation is an important social skill, but parents often neglect to teach it. Get a kid going with questions like, "Did you have fun at school?"

Teach kids this bravery trick. Tell them to always notice the color of a person's eyes. Making eye contact will help a hesitant child appear more confident and will help any kid to be more assertive and less likely to be picked on.

Raise Grateful Kids

Show your child how to become a responsible citizen. Find ways to help others all year. Kids gain a sense of self-worth by volunteering in the community. Don't raise a spoiled kid. Keep this thought in mind: Every child is a treasure, but no child is the center of the universe. Teach him accordingly.

Always Say "I Love You"

Love your children equally, but treat them uniquely. They're individuals.

Say "I love you" whenever you feel it, even if it's 743 times a day. You simply cannot spoil a child with too many mushy words of affection and too many smooches.

Keep in mind what grandmothers always say. Children are not yours; they are only lent to you for a time. In those fleeting years, do your best to help them grow up to be good people.

Explain to your kids why values are important. The simple answer: When you're kind, generous, honest, and respectful, you make the people around you feel good. More important, you feel good about yourself.



Ways To Promote Passion-Based Learning In Your Classroom

1. Share your own passions with your students. Passion is contagious. You aren't likely to ignite the excitement of learning in your students if you aren't excited yourself. Take time to share what makes you passionate about a specific topic.

2. Indulge in your own passions when you are outside of the classroom. Whatever your personal hobby is outside the classroom, whether it's cooking, music, or gardening, be sure to make time for it. The energy you put into something you love outside the classroom will find its way to your lessons.

3. Let students share their passions. It is important to let students pursue their own passions individually, but it is equally important to let them share their passions with others. Especially in the absence of feedback or judgment, the act of sharing something personally fulfilling enhances your excitement for it and motivates you to share it further.

4. Introduce students to resources that help them exercise their passions. If a student seems especially interested in art, ask her to see you after class and present her with a list of resources such as books, gallery websites, virtual lessons, etc – that she might explore in her free time at home.

5. Help students find others who share the same passion. It is one thing to share your passion with a marginally interested classmate, but it is something entirely different and enormously powerful to share it with someone.

This is an especially useful tactic in a middle school setting, where, for students, fitting in can be an even higher priority than learning.

6. Connect students' passions to real-world scenarios. While students are preparing for their class-wide robotics competition, show them videos of engineering projects from universities and institutes across the world. Emphasize the real-life significance of machines that are built to help people, whether in life-threatening medical situations or in the kitchen at home.

7. Let students take control. When students believe they are in control of their own learning, they value it twice as much as they would otherwise. Allow twenty minutes for students to design their own school schedules. Complete with periods devoted to video games and basketball, if they want and see what interests you can identify and incorporate into your lessons.

8. Get to know a student's passion through his parents and friends. Some students have trouble opening up and revealing their passions in class. See what you can learn from their parents, friends, and former teachers about a student's personal interests.

9. Surround your students with passionate people. Call in guest speakers and show your class videos of people doing what they love. Even if a student isn't particularly interested in the topic, he will appreciate the enthusiasm and see that it's okay to express it openly.

How to cope with your baby's acid reflux

What is reflux?

When we eat and swallow, the esophagus (food pipe) automatically contracts to push food down into the stomach. At the same time, a valve, known as the lower esophageal sphincter (LES), relaxes to allow the food to pass through. Normally, the LES closes to prevent food and stomach acids from flowing back up into the esophagus. With reflux, also called gastroesophageal reflux (GOR), the ring doesn't close properly, or remains open, causing a back flow of acids from the stomach into the esophagus. This results in heartburn and discomfort. In babies, reflux is fairly common as the LES valve is still weak and may not close properly. This is why babies typically spit up or burp after eating. In some instances, this isn't painful. In other cases, the ingested milk mixes with stomach acids and irritates the inner lining of the esophagus when it travels back up, resulting in pain and inflammation.

Signs and symptoms

Your baby may also have reflux if she:

- Cries a lot at night
- Has slow weight gain
- Swallows and gags more than normal
- Sleeps better when she lies on her tummy
- Catnaps during the day and won't settle easily
- Has recurring hiccups and 'wet' sounding burps
- Suffers from congestion or appears to have a cold
- Has bad or sour-smelling breath
- Has frequent projectile vomiting



Tips for preventing reflux

- Feed your baby in an upright position
- Hold your baby upright for 20-30 minutes after each feed
- Try giving your baby smaller, more frequent feeds
- If bottle-feed your baby, burp him every 2 or 3 minutes during feeds



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Medical Q&A

Should a pregnant woman avoid alcohol? Yes! Although it may seem harmless to have a glass of wine at dinner or a mug of beer out with friends, no one knows what's a "safe amount" of alcohol to drink during pregnancy. Alcohol is one of the most common causes of physical, behavioral, and intellectual disabilities. It can be even more harmful to a developing fetus. Alcohol is easily passed along to the baby, whose body is less able to get rid of alcohol than the mother's. That means an unborn baby tends to develop a high concentration of alcohol, which stays in the baby's system for longer periods than it would in

the mother's. Moderate alcohol intake, as well as periodic binge drinking, can possibly damage a baby's developing nervous system.

Is there any idea on what causes frequent nosebleeds in children or how to make them stop for good?

A nosebleed once in a while is common, and can happen in kids for many reasons (including having a dry nose or nose picking).

To help prevent nosebleeds:

- Keep your child's nails short to pre-

vent injuries from nose picking.

- Keep the inside of her nose moist with saline (saltwater) nasal spray or dab a light coating of petroleum jelly gently around the opening of the nostrils.
- Keep the air moist in your daughter's bedroom with a cool-mist humidifier (clean it often to prevent mildew buildup).

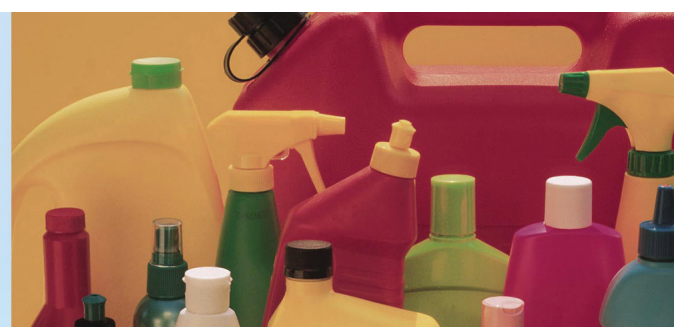
• However, if your daughter has frequent, heavy, or hard-to-stop nosebleeds, call your doctor. Having a lot of nosebleeds sometimes can be a sign of a problem, such as a bleeding disorder.

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Biggest Signs That He Is In Love With You



He loves you, he loves you not. If you suspect your new boyfriend has fallen head-over-heels for you, look for the hard-to-miss signs that he's in love with you. Read below the signs that he is in love with you:

He treats you with respect - When a man is in love with a woman, he respects her. He cares about the details of her life. He treats her well. If your guy values your opinions, compliments your character, celebrates your accomplishments, pays attention to details, and even accommodates your quirky habits.

You're always on his mind - Does he send you funny texts during the day? Do songs, signs and hilarious headlines remind him of you? When you become a very present part of his day even when you're apart, he's invested in the relationship.

He touches you in public - Most guys have no worries about touching their girlfriends in private. With public displays of affection, they can be a little more hesitant. When your man puts his arm around you in public, he's both proudly

announcing to the world that you're together and making a protective gesture.

He wants to take care of you - Women often roll their eyes at men's "fix it" instincts; and while he may not be able to fix every bad day, the fact that he tries only points to the fact that he deeply cares about you. He wants to make things better. He wants to provide for you, practically and emotionally. He wants to make you smile. When he puts in the effort to comfort and reassure you, he's saying "I love you" in both word and deed.

He wants you to love his family - Does he want you to meet everyone who's important to him? When he's ready to introduce you to people who matter most and is equally eager to meet your friends and family, he has no intentions of going anywhere. He's proud to be with you and wants his family to fall in love with you, too.

He's not afraid to fight or apologize - Sometimes it takes a fight or two to understand just how strong a relationship is. A man in love is one who isn't afraid of

conflict or apologies. Instead, he fights fair, respects you when things get rocky, listens to your perspective, hates to see you upset, and wants to resolve things well.

"We" has replaced "I"

Listen to his word choices. When he starts using words like "we," "us," and "Team Awesome" each guy will have his own way to describe the unit you've become — he's not thinking of himself as a single man anymore. You're now part of his life. And he loves that.

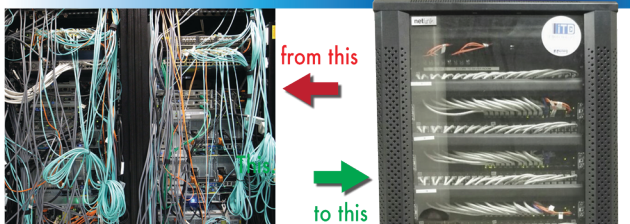
When he talks about the future, you're in it

Does he make plans for the future that include you? Did he invite you to his buddy's wedding next fall? Does he joke about your future children together? When he's got a future with you on his mind, he's already decided that he has no intentions of letting you go.

He says so

If he says he loves you, believe him. A man in love can't keep it to himself for long.

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Ask Babu



I "Lorato" have been in a relationship with my boyfriend for 2 years; he then decided to leave me suddenly without having a fight or giving me any reason, I tried to wait for a week hoping he will come back. I still love him and I think the week is too long. What should I do?

Lorato! You really love him, but I won't suggest you to wait that longer, I know it's not that easy but you will have to. You already waited for a week, if it is very difficult for you to move on, try to talk to him for the last time through some common friends or any possible way you can. Clear all your doubt's if you both can negotiate then it's good. But in the case he doesn't want to talk then please move on.

My wife is not perfect, but she has a great heart. We have been married for 10 years and we have 3 kids. She has been jobless for a year now. My mother is always rude to my wife because of this reason. When I told my mom that I don't like how she treats my wife she does not listen, how can I solve this issue? You chose your wife to marry because you

love her. You had no choice in choosing your mother. You love your wife and you had children out of that love. You live in a happy loving family relationship all based on pure love. How can a mother of all people disrespect their flesh and blood, plus want to take the father out of his own children's lives? If your mother's love is contingent against the family you love, I'm sorry but your precious family would come first. I trust you love your family enough and have an attitude of gratitude you have them, their love in your life for the best to you and kids.

I dumped my Boyfriend because he was cheating on me. It has been 3 weeks and he called me today to ask for a second chance. I am so confused, please help with advice.

He won't change unless you make him know you won't put up with that. Make no contact for a month at least. If you go back too soon, it will most likely happen again. Most people would tell you not to go back at all so you have to have boundaries. He should have to get tested before you go

back to him because he put your health in danger already by cheating. This has happened to some of people and did not take this advice. He has to take you seriously if he loves you.

I'm currently dating this other woman who has HIV and hepatitis B. She didn't tell me she had this at first. We didn't have sex as she didn't want to. A couple months went by. Then she told me she had HIV and hepatitis B. I didn't know what to say or do. She takes care of herself by taking her meds and eats right. I love and want to have a future with her.

It is really good that you love, support and want to start a family with your girlfriend. You mention that your girlfriend is taking meds. Are you referring to ARVs? It is possible for you and your girlfriend to have a baby without you catching HIV. There are a number of options available to couples like you. The simplest and safest option which carries no risk to you is artificial insemination. It is advisable that you visit any local health facility near you for more information.

Seekers

I am a 30 year old man looking for a life partner. Single mothers with one child are welcome. The ideal partner must be serious because I am ready to meet her parents and I will also introduce her to my parents. She must be 27 years old and resides from the Southern part of Botswana.

I am George from Borolong looking for a god fearing lady for a serious relationship. She must be between the age of 21-24 and ready to settle down. She must be also well educated, responsible and pretty.

My name is Joseph; I need a matured god fearing working class professional woman for a serious relationship preferably between the age of 30 and 45. She must be saying in Lobatse.

I am a 37 years old business man based in Francistown. Not fair or dark and I am average height, please I need a pretty chubby working woman to have a relationship with. She must be aged 27 and own a car. She must be very beautiful and endowed.

Am Olorato, I works as a sales consultant in Gaborone and I would love to

meet a good and responsible handsome looking guy for a serious relationship. He must be aged between 30 and 35, must own a car and financially stable.

Hi ladies, I don't need a silver or gold like other men do. All I need is a godly wife, one who is really born again from any church who loves the word of god, who is very sincere in everything, one who will obey and love his husband. She must not be slim or thin. I live in ftwn so tribe and distance does not matter.

7 Things You're Forgetting To Budget For



Special Activities

Do you enjoy going to see a play once a year? Or do you like to do a bunch of fun activities with the kids during their school breaks? Even if the amount you spend on these types of things varies, it's worthwhile to budget for special activities that typically happen during the year.

Yearly Fees

Are yearly fees something that you're forgetting to budget for? This includes fees such as AAA or other roadside service assistance, annual credit card fees, annual memberships (gyms, hobby clubs), and subscriptions (magazines, newspapers, paid website subscriptions).

Extra Taxes

Do you have a side hustle? If you make enough, you may need to pay tax on that income. Have you earned a lot of gift cards from a points program? That could be taxable too. And don't forget

that you also have to pay taxes on things like money you gained from gambling and on interest from certificates of deposit and savings accounts!

Extra Medical Expenses

While insurance can cover the brunt of your medical expenses, likely not everything is covered under your plan (especially if you want to do something labeled as alternative medicine by your insurer). And don't forget about your yearly deductible! Set aside money so that you can cover your deductible and some extra medical expenses without worry.

Extra School Expenses

Even if your kids go to private school, you still likely encounter some extra school expenses (beyond the usual back-to-school costs). Make sure you're not forgetting to budget for things like field trips, yearbooks, uniforms or special outfits, lunch money, special project supplies, teacher gifts, and fundraisers.

Extra Holiday Expenses

Gifts aren't the only expenses you'll encounter during holidays! Don't forget about holiday food (especially for Christmas!), and travel costs.

Extra Travel

Something you really want to make sure you're not forgetting to budget for is extra travel occasions. You may be remembering to budget for your holiday travel and a vacation, but are you also remembering to budget for your holiday travel and a vacation, but are you also traveling at other times of the year? Do you travel to check up on family? Is a relative graduating, expecting a baby, or planning to get married soon? All of this may result in extra travel costs for you!



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HOW TO GET OUT OF DEBT

Debt is stressful. But you can change that by learning how to get out of debt. You just need to take action — the right action.

To get out of debt, you need to:

- Learn why you need to get out of debt
- Create a plan to get out of debt
- Implement and monitor your plan

Here's the 5 step plan for you to get out of debt:

- **Evaluate your debt**
Take inventory of the debt you have. Write down the details and get organized.
- **Set a goal with a deadline for when you want to be debt free**
Set a hard deadline for when you plan on being debt free. This will make the goal an actual goal

and not a wish.

- **Make paying off your debt your number one priority**
Prioritize paying off debt above everything else. Give yourself daily reminders that this is your focus. It will make saying no to things easier, which you'll ultimately have to do because you can't do everything. Make debt repayment your number one priority.
- **Decide which debt you want to payoff first**
Choose either the highest interest rate debt, or choose the smallest debt to repay first. It's up to you, do whichever makes you feel better.
- **Pay the minimum payment on all debt except the debt you're paying off first**
Make sure you only pay the minimum payment on all your debts except the debt that you're focused

on paying off first. Pay as much extra to that one debt.



Bedrooms with beau-



Because it's such a private and intimate area, the bedroom offers unlimited potential for expressive decor. This post examines creative bedrooms that took big chances with bold patterns and unusual materials, each one appealing to a different aesthetic. These rooms encourage the exploration of accent wall options like oversized headboards and dramatic lighting treatments, adventurous textures and distinctive decorations – and a few of these techniques are possible to recreate at home.

Designer: *Penint Design Studio*

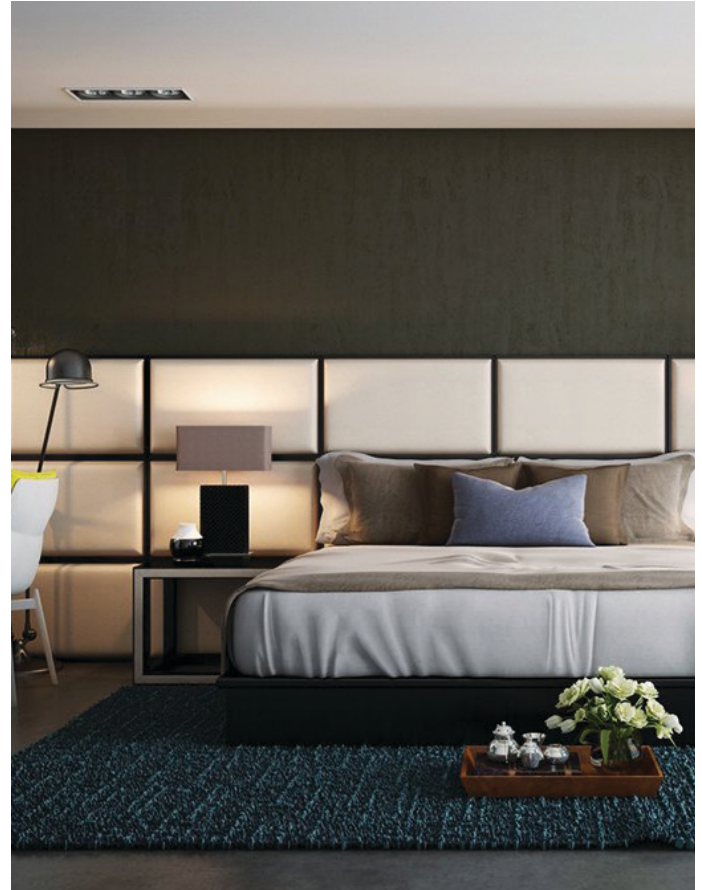
This bedroom makes an immediate visual impact with rough textured concrete in a sharp geometric pattern, with oversized headboard panels above and below.

Designer: *Elena Sedova*

This artistic monochromatic room uses subtle white-painted panels as a backdrop to the stunning portrait on the wall behind the bed. A striking, textural rug draws the eye toward the artwork to maximize its position as the focal point of the room. The singular brown chair balances the distribution of visual weight.



tiful Adjacent Walls



Architect: Đình Dũng Hoàng

Don't you just want to reach out and touch the smooth plush-looking panels behind the bed? This type of accent wall doesn't require expensive materials, and as you can see from this excellent bedroom, an oversized like this one can add a tremendous amount of character to an otherwise simple space.

Designer: Elena Sedova

This artistic monochromatic room uses subtle white-painted panels as a backdrop to the stunning portrait on the wall behind the bed. A striking, textural

rug draws the eye toward the artwork to maximize its position as the focal point of the room. The singular brown chair balances the distribution of visual weight.

Designer: Sequoia design studio

Geometry is the language of expression in this attractive bedroom. The centered headboard is especially interesting – a variety of painted and unpainted boards come together at matched and unmatched points. Even cooler is the cubic bed frame that continues the diagonal lines of the headboard.



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Clever Ways to Organize a Tiny Bathroom



Streamline Your Vanity

Open-shelf bathroom vanities start off pretty and organized, but they're easy to make a mess of when the day-to-day reality sets in. That's why containers are a no-brainer when it comes to keeping this spot clutter-free. Make sure to use storage baskets in the same style or in a consistent color scheme to give order to the room and prevent it from looking busy.

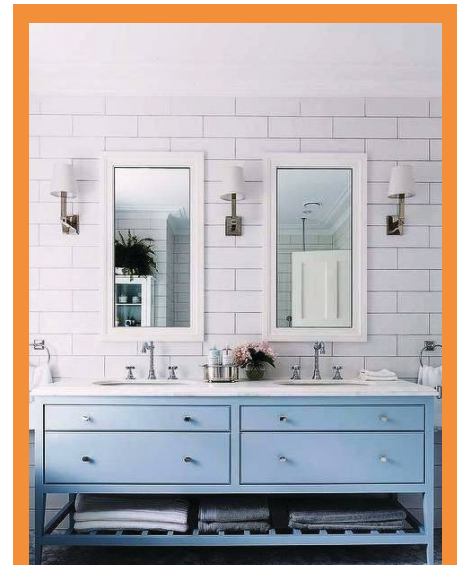


Makeup Display

Instead of spending your precious morning minutes searching for your favorite lipstick in an overcrowded makeup drawer, upgrade your beauty storage by transforming empty wall space by the mirror into a chic makeup cubby. Your morning routine just gained an extra five minutes.

Make Extra Room for Towels

A freestanding ladder is an instant storage solution for renters if your landlord won't allow you to put holes in the walls. Drape washcloths on the rungs for a stylish space-saving display, or opt for a ladder with shelves on each level if you need more room for fluffy towels and toiletries. Stock it with a basket or two to help add dimension to the room.



Double Duty Mirrors

If you do your makeup in front of the bathroom mirror and have limited countertop space, keep your go-to products within arm's reach by swapping out your run-of-the-mill mirror for something with easy-to-access storage, like this one's subtle shelf or one with a barely-there ledge.



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Petunia

Petunia is a flower of 35 species. It's a flowering plant that originates from South America. It comes in assorted colours such as pink, white, purple, red and light pink.

Petunias are tolerant to heat; you have to water them regularly. You also have to fertilize them monthly to ensure good growth.

To take care of petunia, you have to remove dead leaves to prolong its blooming. Petunias can grow in part shade, but they will have few flowers if they are getting less sun.

They grow best in full sun and they are the ideal for borders or massed bedding. They also require rich well drained

soil. Petunias grow to the final height of 30cm.

Two Types Of Petunias Are Grandiflora And Multiflora.

Grandiflora Petunia is the oldest model. They perform best in summer and grow up to 25cm.

Multiflora Petunias are smaller plants with more flowers and strong stems. They are suitable for windy climate and grow up to 30cm.

- Common pests for petunias are mites, leaf miner, spider mites and thrips.
- Common diseases are root rot, powdery mildew and gray mold.



Article by Landmark

Tree Stump Pumpkins Are Here to Make Your Porch Look Adorable

Stumped on the perfect porch décor to last from Halloween to thanksgiving? Allow us to introduce you to tree stump pumpkins, the newest and cutest country fall craft.

Also called "log pumpkins," the name is pretty self-explanatory. When painted orange and topped with a piece of tree limb that serves as a "stem," these simple wooden stumps look like whimsical pumpkins.

Depending on your skill level with a saw, you could even add cut sloping edges and ridges to make "chamfer pumpkins" which are more realistic. If you are pretty good with a paint brush, go for the jack lantern version. Unlike the real deals, these wooden pumpkins won't rot, meaning that you can reuse them year after year. You will definitely want to have them. They look just adorable when staggered on steps or clustered beside the front door.



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3 Easy Ways

To Clean and Disinfect Sponges

Bleach Your Sponges

Mix $\frac{3}{4}$ cup of bleach in one gallon of water, and soak the sponge for five minutes. This will absolutely eliminate the germs in your sponges.

Microwave Your Sponges

In the microwave, saturate the sponge (use $\frac{1}{4}$ cup of water for scrub sponges and $\frac{1}{2}$ cup for cellulose); heat on High for one minute (scrub) or two minutes (cellulose). Keep an eye on it. Put a sponge into a regular dishwasher load, using the "heated dry" setting.

Wash Your Sponges In The Dishwasher

Put a sponge into a regular dishwasher load, using the "heated dry" setting. Put it where the utensils go to keep them from bouncing around. This method should get rid of at least 99% of germs.

Ways To Get A Clean Shower Curtain

Make a paste of vinegar and salt and spread it on the mildewed area. Let dry for 1-2 hours and then clean it off with a damp cloth.

Mix 2 tablespoons dishwashing liquid with 1 pint household bleach and spray the solution on the curtain. Any of these methods will clean your plastic shower curtain liner.



How To Clean Silver and Remove Tarnish

Start by filling a pot with water and add a crunched up ball of aluminum foil. Let the water boil. Add about a tablespoon of baking soda. Once you add the baking soda, the water boils more heavily and expands, so there should be plenty of room for that to happen.

WARNING!!! Be very careful when dipping and removing the silver from the hot water. Use a pair of tongs to remove the silver from the hot water and place them in cool water immediately and let cool before handling.

Next, dip your silver pieces into the water, baking soda, foil mixture and allow sitting for about 30 seconds to a minute. Using tongs, remove the silverware from the boiling water and rinse in cool water.



The Reigning BNYC Electronic Journalist Of The Year 2017 Award Winner, "The Charismatic 1"



Tell us about yourself.

I am Martin Molebatsi Fani, well known as "The Charismatic 1". I was born and raised in Francistown. I am 27 years old and I studied Electrical and Electronics Engineering at the University Of Botswana. I am charismatic, talented and blessed father to one boy whom I love so much.

When did you start presenting sports news?

I started in 2012 at an online radio station called Trail FM sited at the University of Botswana. I moved to Yarona FM in 2013 where I can say it made me what I am today after proving my abilities to them.

How much do you think you will make it?

Despite being an engineer by qualifications I believe that I am destined to prosper and make it in the media industry since I have discovered my other talents

such as writing and TV presenting. I am also a sports writer at Echo newspaper and I often get invitation from Botswana Television as sports analyst which I believe that it is God's calling for me to serve in this particular industry and yes I believe that I have a bright future ahead of me if I continue working hard.

Tell us exactly what your works entail.

My work entails sports news gathering and presenting. I gather local and international sports content on daily basis. I also produce voice clips which I normally use to support my stories to make them more interesting and legitimate. I present a sports show called "THE GRAND SLAM" which airs on Yarona FM every Monday 10:00-11:00 am and do the daily sports update Monday to Friday in the afternoon. Still under the same employers I am providing content (sports articles) for Echo Newspaper as a senior reporter under the convergence model (radio and newspaper).

What else are you doing?

I am a full time sports radio and newspaper employee under the same employers which is Yarona Media Holding Publishing. Apart from that I master ceremonies in sports events.

What challenges have you encountered in your career?

Time, time, time...as every hour is a deadline on my side. I am always on my toes to get the freshest news and make sure that they air as soon as possible. Also, sources never want to give information at the time you want it. So I will have to work at their speed and time.

Where do you see sport presenting taking you in 3 years to come?

I will be known worldwide because I will be a radio/TV sports presenter of note and working outside the country. Mark my words and write it down somewhere so that you can remember this day...hahahaha (giggles).



Full Name: Kealeboga Sedumedi
Age: 24
Occupation: Music Producer & DJ

DJ Name: DJ KSB
Location: Gaborone West
Marital Status: Single

Interests: Deejaying, making new music, having fun, acting, working with local and international djs, artists & producers. Music Interests: House, RnB & Old school Kwaito

DJ KSB is a very simple and honest guy who is open and strongly opinionated only when necessary. He began his career in 2011. His first gig was at a birthday party and he has been tearing up the dance floors ever since then. He does music production for various businesses both locally and internationally.

DJ KSB managed to make few songs that are already playing internationally and they took his brand to the people. The likes of Mansize ft. Alehandroh – Vumani (Prod. By DJ KSB) is under frequent air play especially in South Africa. He is currently doing his own music and working on international features from the well known brands in Southern Africa.

For Bookings
FB: DJ KSB BW
Twitter: @DJ_KSB101

Inst. @djksb_bw
Call: +267 76616169



Charlie Issacs is a rising rumba music artist from Otse village in Botswana. His stage name is 'AK47'. He is about to drop out his first album titled "Sere lyoo" on November 20, 2017.



Who Built the Moon? is the upcoming third studio album by English rock band Noel Gallagher's High Flying Birds. It is set for release on 24 November 2017, through Sour Mash Records. The album was produced by Gallagher and David Holmes.



Fake Nudes, by Canadian rock band Barenaked Ladies is the band's twelfth full-length original-material studio album and the band's fourth studio album since the departure of founding member Steven Page in February 2009. It is scheduled to be released on November 17, 2017. Fake Nudes is to be released physically on CD and vinyl.



If All I Was Was Black is an album by Mavis Staples. It is set for release on November 17, 2017, via Anti-Records. The album was written and produced by Jeff Tweedy, who also features on the fourth track. The album consists of 11 songs.



Blue Lips is scheduled to be released in November 2017. The album is by the Swedish singer Tove Lo. Blue Lips consists of two chapters, "Light Beam" and "Pitch Black", which collectively describe the "highs, lows and ultimate demise of a relationship."



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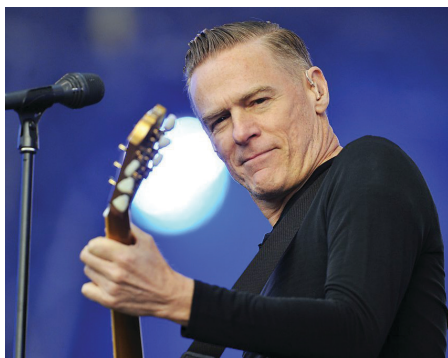
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Marco Antonio Muñoz

(born September 16, 1968), better known by his stage name Marc Anthony, is an American singer, songwriter, actor, record producer and television producer. He is the top selling tropical salsa artist of all time. The two-time Grammy Award and five-time Latin Grammy Award winner has sold more than 12 million albums worldwide. He is best known for his Latin salsa numbers and ballads. Anthony has won numerous awards and his achievements have been honored through various recognitions. He was the recipient of the 2009 Congressional Hispanic Caucus Institute (CHCI) Chair's Award. He also received the "2009 CHCI Chair's Lifetime Achievement Award" on September 16, 2009. He holds the Guinness World Record for best-selling tropical artist and the most number-one albums on the Billboard Tropical Albums year-end charts.



Bryan Adams

(born 5 November 1959) is a Canadian singer, songwriter, record producer, guitarist, photographer, philanthropist and activist. Adams rose to fame in North America with his 1983 album *Cuts Like a Knife* and turned into a global star with his 1984 album *Reckless*, which produced some of his best known songs, including "Run to You" and "Summer of '69". In 1991, he released "(Everything I Do) I Do It for You" from the album *Waking Up the Neighbours*. For his contributions to music, Adams has garnered many awards and nominations. He has sold over 100 million records worldwide, making him one of the best-selling music artists of all time.



Suzanna Owiyo

The greatest musician from Kenya, Suzanna also known as the Tracy Chapmsn of Africa, Owiyo was born in Kasaye village in Nyakach district to the East of Kisumu city. Her breakthrough came at the inauguration of Kisumu city where in front of a crowd of 60 000 people the talented singer took to stage and performed the Kisumu 100 hit single. From that day on, Suzanna has never looked back. Some of her most memorable songs include Sandore and Janyao.



Lucky Dube

(born August 1964) was a South African reggae musician and Rastafarian. He recorded 22 albums in Zulu, English and Afrikaans in a 25-year period and was South Africa's biggest-selling reggae artist. On 18 October 2007, Lucky Dube was killed in the Johannesburg suburb of Rosettenville shortly after dropping two of his seven children off at their uncle's house. As a child Dube worked as a gardener but, as he matured, realizing that he wasn't earning enough to feed his family, he began to attend school. There he joined a choir and, with some friends, formed his first musical ensemble, called The Skyway Band. While at school he discovered the Rastafari movement. At the age of 18 Dube joined his cousin's band, The Love Brothers, playing Zulu pop music known as mbaqanga.



Ndingo Johwa

He is a well known Botswana folklore music giant. Ndingo is also known as a Kalanga jazz maestro who plays his music in Kalanga lyrics that always leave the audience in joy whenever he is on stage. His dancers also put in taste to his performances they too are always appreciated by people when they dance.



Oliver Mtukudzi

is a singer-songwriter, actor, film director and entrepreneur. With over sixty albums to his name, he is one of Zimbabwe's top musicians and lead of the band The Black Spirits. He sings a music genre known as Afro-Jazz. Mtukudzi's career started in 1975. He has his own music label 'Tuku Music' which is also the name of his apparel label. Mtukudzi was a lead actor in the movies "Jit" and "Neria" released in the 90s. He is one of the few Zimbabweans whose music has international appeal. Born on September 22, 1952 in Highfield, Mtukudzi's music career started at the age of 23 with the 1975 release of his debut single.



Mercy Myra

is another greatest musician from Kenya. She has been on the scenes since 1996 when she joined the Calabash band which she later dumped to join the Destinee. Mercy ditched Destinee in 1997 to join Black Ice. Her first single Sitaki was released by Samawati Sounds in 1998. Mercy has performed far and wide both locally (Kenya) and internationally.



Nadia Buari

is a Ghanaian actress. She participated in dance clubs and drama in school and as a daughter of a musician, producer and beautician Hajia Buari (her mother) she had to be the best. In 2005 she made her debut in a TV series 'Games People Play' which helped her acquire the nomination for best actress. In 2013 she was the ambassador of a leading pharmaceutical company Tablet India Limited. In 2007 and 2008 she has been nominated for best Actress at the African Movie Academy.



Ivana Baquero

She was in Barcelona, Spain and graduated from high school at the American school of Barcelona in 2012. She got her big break in 2006 when Guillermo Del Toro cast her as the lead in his critically acclaimed fantasy thriller "Pan's Labyrinth." Ivana was awarded the 2007 Goya Award for best new actress for her performance in "Pan's Labyrinth." In addition to her Goya Award, she received various awards including the award for best newcomer by the union of Spanish actors, the Saturn award for best performance by a young actor and the Imagine award for best actress. Ivana played her first American role in the feature film "The New Daughter."



Om Puri

Om Prakash Puri (18 October 1950 – 6 January 2017) was an Indian actor who appeared in mainstream commercial Indian films, as well as independent and art films. He is best known for his author-backed roles in films like Aakrosh (1980), Arohan (1982) and television films like Sadgati (1981) and Tamas (1987) and also light-hearted roles in Jaane Bhi Do Yaaro (1983) and Chachi 420 (1997). He had various collaborations with director Shyam Benegal and Govind Nihalani. Puri also appeared in non-Indian productions in the United States, Britain and Pakistan. He was awarded Padma Shri, the fourth highest civilian award of India in 1990. He was made an honorary Officer of the Order of the British Empire in 2004.



Toni Michelle Braxton

is an American singer, songwriter, pianist, record producer, actress, television personality, and philanthropist. She rose to fame in the early 1990s as a popular R&B singer. Her self-titled debut studio album was released in 1993. It sold over 10 million copies worldwide, spawning such hits as "Another Sad Love Song" and "Breathe Again" and earning Braxton three Grammy Awards, including Best New Artist. Released in 1996, her second album, Secrets, continued her acclaim and mega success, selling over 15 million copies globally. Throughout her career, Braxton has sold over 67 million records, including 41 million albums, worldwide.



Juliet Ibrahim

is a film producer, singer, actress, and humanitarian of Lebanese in Liberian and Ghanaian descent. In 2010 she won the Best Actress in a Leading Role award in Ghana Movie Awards. She is popular for her role in 30 Days in Atlanta and 4 Play. According to A-listers Magazine, she is considered most Beautiful West African Woman. She has remarkable linguistic skills as she is fluent in studied English, Spanish, and French. Her skills have been exhibited in more than 50 movies she has performed.

Okavango Delta

- Blues and Pastures

WORDS AND IMAGES BY PRAKAASH HARI



Mokoro Ride at the delta

Okavango Delta is one of the most spectacular wetland wilderness and largest inland delta in the world which is situated in the northern parts of Botswana. Its dynamic sky and green pastures is truly an amazing treat to witness and a dream place for any photographers and wildlife enthusiasts. The Okavango Delta provides a shelter to large migrant and residential birdlife and considered to be one of the best wildlife destinations in the world.

On the 22nd of June 2014 the Okavango Delta was inscribed as the 1000th UNESCO World Heritage Site, bringing the num-

ber of Ramsar Sites that also carry the World Heritage designation to 62. (Source Ramsar site)

There are two distinct areas in the delta – the permanent swamp, which is immersed with water all year round, and the seasonal swamp which is flooded annually and dries gradually with the onset of summer.

The Okavango's flood waters arrive at the beginning of May, flowing steadily from the mountains of Angola during the early months of the year. The river flows into the Kalahari before surren-

dering to transpiration and evaporation. As the plains flood with water, wildlife migrates here from all parts of the African savannah. From May onwards the Okavango comes into its peak season, offering some of the best game viewing in the whole of Africa. It covers over 15,000km² with a lush water-wilderness of papyrus swamps, shallow reed-beds and floodplains with full of water lilies. The average size of the Okavango River as it enters Botswana is 200 metres wide and four metres deep.

Safari camps in the Delta are classified as wet, dry or mixed and many safari





Painted Reed Frog

companies offer fantastic camping trips which include walking safari. The famous mokoro (Dugout canoe) boating safaris are available throughout the year which cruise past and undulate in the water where you can witness and capture all the birdlife from your eye level. When the water level is high the safari companies offers motor boat trips but personally I do prefer to take up Mokoro because it cruises past quiet without making any noise by not disturbing the birdlife or game concentration which will help you to capture the frame you wanted unlike the speed boats due to its sound and the

perched birds will fly away and you tend to miss the opportunity to photograph. The statistics says there are more than 122 species of mammals, 71 species of fish, 500 species of birds, 64 species of reptiles and 1300 species of flowering plants.

Many think going in Mokoro is quite dangerous where you will encounter the crocs and hippos which will be submerge in the water and hippo has the tendency to charge particularly if calves are around. But this Mokoro drivers due to their years of experience and skillset they know how to manoeuvre and tackle this situation. Sometimes you will witness to see the huge bull elephants crossing the banks whilst grazing.

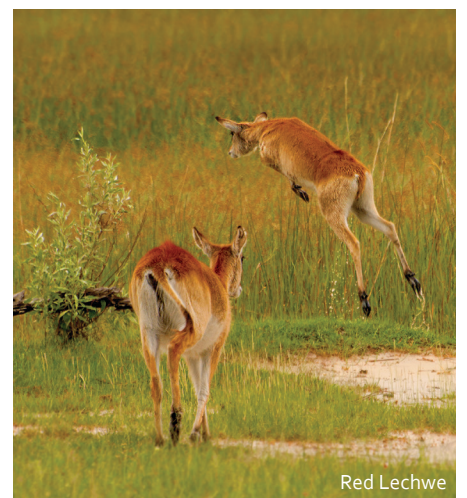
Though the game concentration is full of elephants, lions, cheetahs and variety of antelopes and amongst those the Red Lechwe are the most common antelope in the Okavango. They are seen in herds grazing on the short grasses of the seasonal floodplains in many areas of the Delta. Lion, Hyena and Wild Dogs are their main predators and these antelopes will often take to the water to escape predators.

If you would like to book your safari or Mokoro trip you can get in touch with Old



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Red Lechwe

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Interior Designers

Interior design is the art and science of enhancing the interiors, sometimes including the exterior, of a space or building, to achieve a healthier and more aesthetically pleasing environment for the end user. An interior designer is someone who plans, researches, coordinates, and manages such projects. Interior design is a multifaceted profession that includes conceptual development, space planning, site inspections, programming, and research, communicating with the stakeholders of a project, construction management, and execution of the design.

Qualifications Required

A bachelor's degree is usually required, as are classes in interior design, drawing, and computer-aided design (CAD). A bachelor's degree in any field is acceptable, and interior design programs are available at the associate's-, bachelor's-, and master's-degree levels.

Duties

Interior designers typically do the following:

- Search for and bid on new projects
- Determine the client's goals and requirements of the project
- Consider how the space will be used and how people will move through the space
- Sketch preliminary design plans, including electrical layouts
- Specify materials and furnishings, such as lighting, furniture, wall finishes, flooring, and plumbing fixtures
- Prepare final plans, using computer applications
- Create a timeline for the interior design project and estimate project costs
- Place orders for materials and oversee installing the design elements
- Visit after the project to ensure that the client is satisfied

Interior designers work closely with architects, structural engineers, mechanical engineers, and builders, to determine how interior spaces will function, look, and be furnished. Interior designers read blueprints and must be aware of building codes and inspection regulations.

Although some sketches or drawings may be freehand, most interior designers use computer-aided design (CAD) software for the majority of their drawings.

Many designers specialize in a particular type of building (home, hospital, or hotel), a specific room (bathroom or kitchen), or a specific style. Some designers work for home furnishings stores, providing design services to help customers choose materials and furnishings.

Some interior designers produce designs, plans, and drawings for construction and installation. This may include floor plans, electrical layouts, and plans needed for building permits. Interior designers may draft the preliminary design into documents that could be as simple as sketches or as inclusive as construction documents, with schedules and attachments.

Salary

The salary of an interior designer varies from one company to the other.

How to Start a Soap Making Business



Making soap is a fun hobby that can turn into a full-time business or at least a way to make a little extra money. Homemade soaps, especially those that use organic ingredients or beautiful designs, are a hit with many customers since they are an inexpensive luxury and a popular gift-giving idea.

Learn how to make soap.

Before you can succeed at selling soap, you must become an expert at making it, and refine the technique and formulae you want to use. There are two main methods for making soap, the hot process and the cold process.

The cold process of making soap is the most common method. It involves mixing an alkali (usually lye) with fats or oils. Once mixed and formed into shape, it can take weeks for the soap to cure. Develop a unique formula. Basic soap making only requires a few ingredients, but a wide variety of types of soap can be made by tweaking the formula. If you want to create a product that stands out, experiment with ingredients like scents, colors, and moisturizers until you create a soap that you think is unique and high-quality.

Get the equipment you need. Soap making requires a few dedicated tools, and a space to work in. To start out you will at least need:

- A blender
- A microwave

- Molds
- A mixing kettle
- Labelers
- Wrappers

Develop your brand.

You'll want to set yourself apart from the competition, and create a product that consumers really want. Think about who you want to buy your soaps, and what kind of niche your products will fill. For example, you might create soaps that are entirely free of any animal by-products for those consumers who care about animal rights, or soaps that are made using only all-natural ingredients for consumers who care about "green" and healthy living. Think about:

- Creating a unique and memorable company name
- Using specially designed shapes
- Embossing the soap with letters or other forms
- Wrapping the soap in special papers or ribbons
- Creating a logo for your company

Find suppliers

If you want to make soaps on a consistent scale, you will need a steady supply of oils, fats, scents, colors, wrappers, etc. Look for companies that can supply you with:

- Oils
- Molds
- Scents and colors
- Equipment
- Get professional assistance

When you are ready to get your business

off the ground, it is a good idea to talk to an accountant, a tax advisor, and an attorney for assistance with the legal and financial aspects of starting a business.

Set up your business.

To legally start a soap making business, you will have to formally incorporate a company. The exact requirements for doing so will vary depending on your location.

Determine your pricing

The amount you want to sell your soap for will depend upon your market and product. For instance, you might price luxury soaps higher than those meant for everyday use.

Consider offering specials, like sales around holidays, reduced rates on bulk orders, and offers like "buy 2, get 1 free." Don't set prices that are too low or too high. Try to set prices that will allow you to take care of your up-front costs (supplies, transportation, etc.), and hopefully leave a profit.

Advertise

To be successful at selling soap, you need to understand your market, and how to reach it. Common advertising possibilities include:

- Word-of-mouth
- Social media
- Advertisements online and in traditional media
- Business cards



Mpule Keneilwe Kwelagobe
(born November 14, 1979)



Aries
(March 21 - April 19)

Family and psychological issues are in the background, while career and personal achievements are becoming important this month. You will be dependent on others to accomplish your goals. You have to make compromises and build a consensus in whatever you do.



Taurus
(April 20 - May 20)

You can attain your goals with the help of others and by building a consensus. Others come first and your personal ambitions will be in the background. Flexibility will be necessary and compromises have to be made. Professionally you can advance as per your targets this month and Growth will be excellent.



Gemini
(May 21 - June 20)

Professional growth for the Gemini zodiac is more important than domestic and emotional matters. Majority of the planets for the twins are in the extreme West of your birth chart. You have to cater to the interests of other people. Your belief in professional growth is unflinching. Career growth will be accompanied by some turbulence.



Cancer
(June 21 - July 22)

Sometimes career will be important and during other times

family will need your attention. Personal initiative and bold actions will give way to collaboration and agreement. You have to adapt to the situations and make necessary compromises to accomplish your objectives in life. You will be pulled by different aspects of life.



Leo
(July 23 - August 22)

Leo foretells that personal will and strong actions will give way to the interest of others and consensus. You have to adjust to the situations which were a result of your past actions. There will be a conflict between the Leo's professional interests and domestic concerns. You have to give equal importance to both of them and manage the various problems that come up.



Virgo (August 23 - September 22)

All your activities should be based on happy feelings. You will need others support to attain your goals. You have to be flexible in your approach and adapt yourself to situations. Professional ambitions for the Virgo personality take a back seat this month. The focus is on family issues and emotional stability for the Virgins.



Libra (September 23 - October 22)

You should establish harmony in the family atmosphere which will improve your emotional strength in November 2017. You can use your autonomy and self-will to create your own world. Libra, you are not dependent on others and there is no need to make compromises in November 2017.



Scorpio (October 23 - November 21)

Career is on the back burner for the Scorpios. You should use this lean period to make career plans for the future and devise ways to achieve them when planets are favorable. If things are not happening as per your plans, you can just change them to suit your requirements. There is no need for

social grace or adaptability.



Sagittarius (November 22 - December 21)

Family and emotional issues will dominate over career concerns

for the Sagittarius zodiac. You should try to establish peace and happiness in the family. You can use your independence to do things in your own way and you can safely bypass the interest of others. You will have to overcome many obstacles on your way to enlightenment.



Capricorn
(December 22 - January 19)

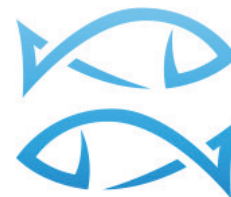
Your self-will and bold actions will help you accomplish your targets. You are not bound by situations and have the strength to change the situations to your advantage. The Capricorn birthday horoscope for November 2017 warns that it is advisable to complete existing projects and to look for emotional satisfaction.



Aquarius (January 20 - February 18)

Professional issues will dominate over domestic matters. You will be adding influential people in your social network. You can

have your own way in life and you are sure of your goals. You have the power to overcome the challenges on your way and can change situations to your requirements. This is mainly a Career month.



Pisces (February 19 - March 20)

Career will be dominant this month and is helped by the harmony in

the family atmosphere. Family members also encourage your career ambitions in November 2017. Career development will be very strong due to your initiatives and the overall support of family members. You have the support of planets for your professional achievements.

There was a lady who had a dog that she loved, and he followed her everywhere. One morning when she woke up, she went to the bathroom and came back just to realize that her dog wasn't at her feet. She found him in his bed 'sleeping'. She called his name but the dog didn't get up. She took it to the vet and told the vet that her dog wouldn't wake up. So the vet looked at the dog and said 'your dog is dead'. She asked the vet to perform another test to be sure.

The vet went into another room and came back with a cage. In it there was a cat. He let the cat out and she walked around the dog, sniffed and went back in her cage. The vet put the cat back in the other room. He came out and said again, 'your dog is dead'. The lady was like "Ok, how much do I owe you?" the vet replied "\$300". She said, "What!? How could it cost that much?" He said "\$15 for me to say he was dead and \$285 is for cat scan".

A farmer walks into a bar with a horse. He says, "I will give any of you \$1,000 if you can make my horse laugh." A man yells, "I'll take that bet," and leads the horse into the men's room. After a couple of seconds, a loud braying laugh is heard from behind the door. The farmer screams to the man, "OK, I'll give you \$2,000 if you can make my horse cry." The man shouts, "You are on!" After a few more seconds, the man exits with the horse trudging behind him with tears streaming down his long snout. Flabbergasted, the farmer asks, "How did you do it?" The man replies, "I said that my buttocks were bigger and he laughed. Then I showed it to him."

A gorilla walks into a bar and says, "A scotch on the rocks, please." The gorilla hands the bartender a \$10 bill. The bartender thinks to himself, "This gorilla doesn't know the prices of drinks," and gives him 15 cents change. The bartender says, "You know, we don't get too many gorillas in here." The gorilla replies, "Well, at \$9.85 a drink, I ain't coming back, either."

My high school English teacher was well known for being a fair, but hard, grader. One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the valentine season, I sent her an extravagant heart shaped box of chocolates with the pre-printed inscription: "BE MINE". The following day I received in return a valentine from the teacher. It read: "Thank you, but it's still BE MINE-US"

An old mountaineer and his young ex-wife were fighting over custody of their children. The mother protested that since she brought her kids into this world, she should retain custody of them. The judge asked the old mountaineer for his side of the story. After a long moment of silence, the mountaineer rose from his chair and asked, "Judge, when I put a quarter in a candy machine and a candy bar comes out, does it belong to me or the machine?"

A father shows up at his daughter's home and finds his son-in-law angrily packing his bags. "What's wrong?" he asks. "Texted my wife that I was coming home today from my golfing trip. and what I found when I walked through the door is her marking out with Joe Murphy! I'm leaving! "

My girl wants to change the engagement rules. She tells me, 'babe, why do I have to wear a ring and let guys know I am taken but you have nothing to wear?' I told her, 'babe, I wear my sad face every day.'

I could never live with you; not because I am racist or nothing. It's just because as a black man in our country, I need to have someone I can come home and complain about white people to, and just don't work with my white wife.

Q: If your wife is shouting at the front door and your dog is barking at the back door, who would you let in first?

A: The dog, at least he'll keep quite after you let him in.



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Avocado Greek salad Et Greek salad dressing

Avocado Greek Salad with a Greek Salad Dressing is a family favourite side salad served with anything!

Ingredients

For The Dressing:

- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon minced garlic (or 1 large garlic cloves, minced)
- 2 teaspoons dried oregano (plus extra to serve)
- 1/4 teaspoon salt

For The Salad:

- 1 large cucumber , halved lengthways and sliced
- 4 vine ripened tomatoes , cut into wedges
- 1 green pepper (capsicum), deseeded and sliced
- ½ red onion , sliced thinly
- 7 good quality creamy feta cheese , cubed
- ½ cup pitted Kalamata olives
- 1 large avocado , diced



Instructions

Whisk together dressing ingredients in jug or jar.

Mix together all of the salad ingredients in a large bowl. Toss with dressing. Season with extra salt ONLY IF NEEDED (depending how salty your feta cheese is). To serve, sprinkle over extra oregano (optional). Serve with chicken, fish, lamb, beef, the options are endless!

Moroccan Chicken Skewers

Ingredients

For the chicken:

- 2 teaspoons crushed red pepper
- 2 teaspoons ground McCormick turmeric
- 1 cup plain whole-milk Greek yogurt
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoons tomato paste
- 2 teaspoons coarse kosher salt
- 1 teaspoon freshly ground black pepper
- 6 garlic cloves, roughly chopped
- 1 lemon, juiced
- 1 lemon, cut into wedges/sliced for serving
- 2 1/4 pounds boneless skinless chicken (thighs and/or breasts), cut into 1 1/4-inch cubes



Serve with: • Warm pita bread • Chopped tomatoes • Fresh mint leaves

Instructions

- Combine the crushed red pepper and ground McCormick turmeric in large bowl and stir in 2 tablespoons of hot water and let stand for 5 minutes. Add the yogurt, olive oil, red wine vinegar, tomato paste, 2 teaspoons salt, and 1 teaspoon black pepper to spice mixture in bowl; whisk to combine. Stir in garlic and lemon juice, then chicken. Cover and chill for 1 hour.
- Prepare grill over medium-high heat. Thread chicken pieces on skewers, dividing equally. Discard marinade in bowl. Sprinkle each skewer with salt and pepper.
- Grill chicken until golden brown and cooked through, turning skewers occasionally, 10 to 12 minutes total. Transfer skewers to platter.
- Serve with serving suggestions and extra lemon wedges

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6 Essential Things You Should Do After Every Workout



1 Cool-down exercises

As soon as you finish your last mile on the track, you don't want to stop completely, you need to cool down. There are countless ways to bring your heart rate down: Engage in some yoga poses and stretching, if you wish, but many people opt to jog lightly, walk, or even jump in the pool for a couple laps. It's really up to you, just make sure you're taking 10 or 15 minutes to properly bring your workout to a close.



2 Stretch

Going right from the cool-down phase and into stretching is often advised by many trainers and sometimes they are one in the same. A targeted stretching routine may be just what you need. Stretching will help you build flexibility and mobility, which is important for your workouts and your everyday life.



3 Drink water

This one is pretty obvious, but some people seem reluctant to do it. Just drink water! Rehydration may be the most important element of any post-workout routine, and you're sure as hell not going to recover if you're dehydrated. After sweating out a ton of your body's resources and water reserves, your body simply needs to be replenished. So bring a water bottle and make sure you're downing enough to stay hydrated.



4 Track your progress

It's literally never been easier to track your fitness routine and diet regimen. There are a ton of apps for smartphones out there, as well as devices like FitBit, the Apple Watch, and other smartwatches that can help you out. Or, if you prefer, you can still stick to the traditional pen and paper, or even use a spreadsheet program like Microsoft Excel or Google Docs. The key here is to just make sure you know what exercises you're doing and to track your improvement. If you're not adding more weight to your routine, or running for longer pe-

riods of time, you'll notice, and be able to make the proper adjustments. But be sure to do it while you're still at the gym, as you might forget.



5 Shower and change

Making sure you take a shower and put on a fresh set of clothes can make a huge difference for your health, and for those that need to be around you for the rest of the day. Not only can you end up smelling, there's a chance that certain things can end up growing on, or around you. It's simple hygiene. After you've cooled down, had some water, and have had a chance to stop sweating, hit the showers.



6 Fuel up

In the same vein as rehydration, your body will literally be aching for sustenance. One of the most popular post-workout indulgences is, of course, the protein shake. Getting a solid dose of protein soon after working out helps to kick-off the muscle rebuilding process after they've been thoroughly fatigued. You can also go for certain foods, like greek yogurt, low-fat cottage cheese, or even beef jerky to get your protein fixed. The goal is to give your muscles something to "chew on" as they rebuild themselves.

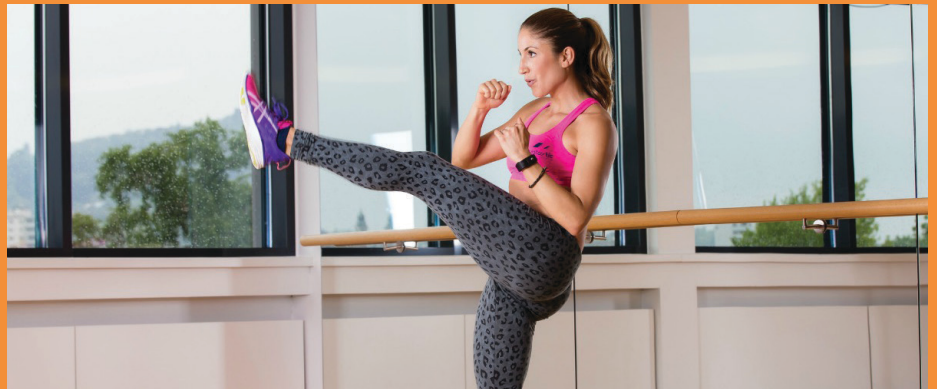


Abs

A 30 to 45 minute intense Ab work-out combined with some cardio movements to get those Abs and Core strong. Get those Abs lean and strong for summer time, you won't be sorry.

Kata-Box

This format combines various forms of martial arts and self-defence moves with aerobics producing a great workout for the whole body. Using a non-contact approach, learn how to throw a right cross, kick with purpose or bob and weave in the ring.



Kick & Tone

Kick and jab, toning, fast and slow kicks



Spinning

An indoor cycle on a stationary bike. Spinning classes can be a great way to get in a vigorous workout-burning calories and keeping your muscles in shape.

Take it easy if you are unfit or a beginner. The workout is quite cardio intensive. Great for weight loss.

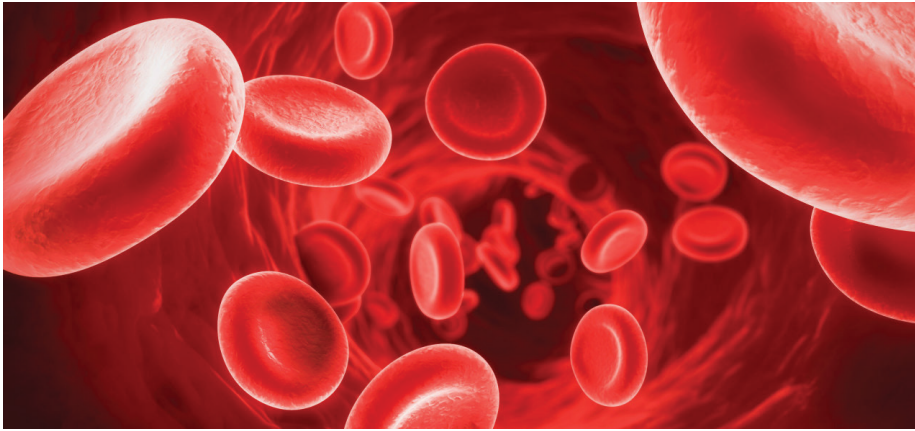


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Anemia

Anemia occurs when your blood doesn't have enough red blood cells. This can happen if your body doesn't make enough red blood cells, bleeding causes you to lose red blood cells more quickly than they can be replaced or if your body destroys red blood cells.

Symptoms

The symptoms vary depending on the cause of your anemia. They may include: fatigue, weakness, pale or yellowish skin, irregular heartbeats, shortness of breath, dizziness or lightheadedness, chest pain, headache, cold hands and feet.

Causes of anemia

Different types of anemia and their causes may include:

- Iron deficiency anemia. This is the most common type of anemia worldwide. It is caused by a shortage of iron in your body. It is also caused by blood loss, such as from heavy menstrual bleeding, an ulcer, cancer and regular use of some over-the-counter pain relievers, especially aspirin.
- Vitamin deficiency anemia. In addition to iron, your body needs folate and vitamin B-12 to produce enough healthy red blood cells. A diet lacking in these and other key nutrients can cause decreased red blood cell production.
- Other anemias. There are several other forms of anemia, such as thalassemia and malarial anemia, Sickle cell anemia, hemolytic anemia, anemias associated with bone marrow disease, anemia of chronic disease and aplastic anemia

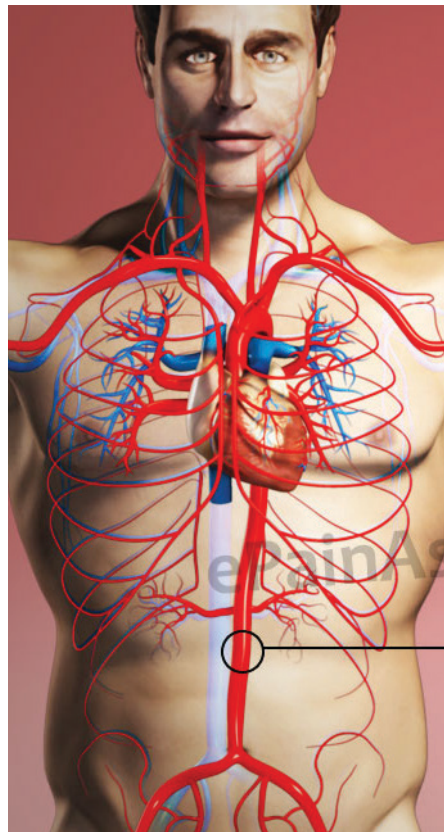
Risk factors

These factors place you at increased risk of anemia: a diet lacking in certain vitamins, intestinal disorders, menstruation, pregnancy, chronic conditions, family history, age and other factors.

Treatment

Anemia treatment depends on the cause.

- Iron deficiency anemia. Treatment for this form of anemia usually involves taking iron supplements and making changes to your diet.
- Vitamin deficiency anemia. Treatment for folic acid and B-12 deficiency involves dietary supplements and increasing these nutrients in your diet.



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Vulvovaginal candidiasis

What is a vaginal yeast Infection?

Vaginal yeast infection is an infection of the vagina by a type of fungus yeast called candida. It is also commonly known as Thrush. Vaginal yeast infection is commonly caused by the yeast *Candida Albicans* but sometimes other species like *Candida Glabrata* or *Tropicalis* could be the cause. It is an extremely common problem in women.

What are the symptoms of a vaginal yeast infection?

Vaginal and vulval itching is the most common symptoms. Women may also have pain with urination, soreness, irritation, pain with intercourse, or reddened and swollen vulva and vagina. The one symptom of self-diagnosis by women is curd-like vaginal discharge, but there can be no discharge or have clear watery discharge. If there is soreness without itching and smell, an abnormal bleeding and lower abdominal pains there could be another cause for the discharge.

What causes vaginal yeast infections?

Candida Albicans yeast can be present as a part of the normal vaginal flora in most of the women. They remain harmless, but as soon as they find the opportunity they grow rapidly and become harmful. High estrogen levels, low immunity, poor hygiene, oral contraceptive use, intravaginal estrogen tablets, recurrent use of oral antibiotics are the common causes for such an opportunity to stimulate the growth of yeast.

How are vaginal yeast infections diagnosed?

In an uncomplicated yeast infection, symptoms and signs on local examination of vulva and vagina can suggest the

diagnosis. Your doctor will ask history of the menstrual cycle, contraception, other diseases like diabetes, HIV, and other immunocompromised diseases and treatment history (recurrent use of antibiotics, corticosteroids etc) to know the cause and risk factors causing the infection.

How is a vaginal yeast infection treated?

Usually, asymptomatic thrush infection is not to be treated except if you are pregnant to avoid premature deliveries. Treatment of uncomplicated vaginal candidiasis is antifungal Azole derivatives as a topical or oral formulation. The antifungal topical and oral medications are available over the counter and if you have an experience of similar typical symptoms earlier, you may buy the medications. But if you do not get relief by the complete treatment, you must see your doctor. Oral tablets are usually avoided by the doctors in pregnant women and in patients taking some other medications to avoid drug interactions.

What are natural and alternative treatments available?

There are certain empirical treatments prevalent like yogurt (orally or vaginally) and Boric Acid but there is no scientific evidence for such treatment.

How do you prevent vaginal yeast infections?

As the fungus grows in a hot and humid climate, vagina and vulval folds are the best places for the growth of fungus. If you have a tendency of recurrent yeast infection, you must make sure to keep your vulva and vagina clean and dry. You must avoid tight and synthetic garments which can increase the warmth

and moisture, and create lack of air circulation. You must avoid antiseptic and antibiotic liquid, soap or detergent which can kill the normal protective flora.

Points to remember

- Recurrence of Vaginal candidiasis is preventable by taking simple measures.
- Do not over treat yourself by repeating the doses over the counter by assuming the diagnosis of vaginal yeast, even if you had same symptoms earlier. It could be mixed infection, Skin infection, allergies, and some underlying undiagnosed or undertreated diabetes, HIV AIDS etc.
- Oral antifungal tablets are better to be avoided during pregnancy, lactation and if you are on some other medications. Give your doctors all relevant information.
- Topical antifungal treatment can reduce the contraceptive efficacy of Condoms, so use an additional contraception.
- Although yeast infections aren't considered sexually transmitted infections, sexual contact can spread the yeast infection. It is better to avoid sexual activity until resolution of your infection.



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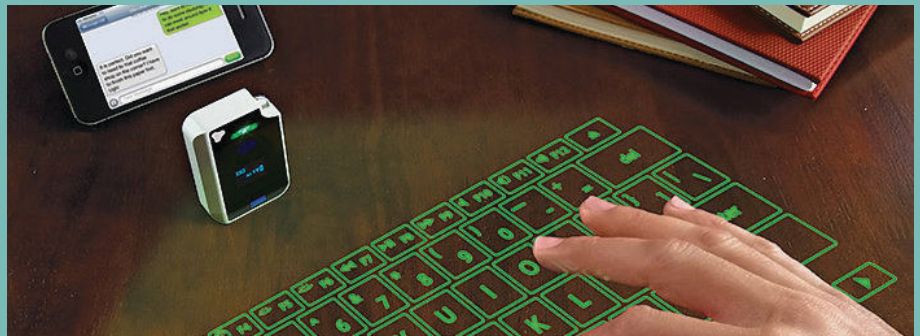


Gadget Gift Ideas



Storm Glass Weather Forecaster

The Tempo Drop transforms from clear, to cloudy, to crystalized to help predict clear, cloudy, and stormy weather, respectively.



Virtual Keyboard

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Family Robot

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Harmony CRH 380A

Harmony CRH 380A, with maximum operational speed of 380kmph, is currently the second fastest operating train in the world. The electric multiple units (EMU) set a record by speeding at 486.1kmph during its trial operation on the Shanghai-Hangzhou intercity high-speed railway. The CRH 380A operates from Beijing to Shanghai and provides daily service along Wuhan to Guangzhou route. The vibration free train was constructed by CSR Qingdao Sifang Locomotive & Rolling Stock. Its high design speed is a result of research carried out at various Chinese universities.

AGV Italo

AGV Italo is the first train in the AGV Series. It has a maximum operational speed of 360kmph. The train is fitted with traction system that broke a record speed of 574.8kmph. Considered to be the most modern train in Europe, AGV Italo was built by Alstom. The train currently runs on the Napoli - Roma - Firenze - Bologna - Milano corridor. It complies with the European TSI interoperability standard, which includes safety, reliability and availability, health, environmental protection and technical compatibility.





YOUNG AND GIFTED WITH ART "ITUMELENG"

He does a spontaneous realism art together with abstract art on music records which makes him more unique from other artists. It's been 4 years for Itumeleng Junior Boitshwarelo doing what he believes it's a gift from God.

The 19 year old young man from Francistown Tati Siding always came first in Art other than other subjects at Bokamoso Junior School. His Art teacher had always encouraged and gave him all techniques, he would pass and get an A* in Art. Itumeleng has received plenty of certificates in art at his junior school's first art exhibition. In 2014 he got position 1 and 3 in different exhibitions at Thapong Visual Arts Centre, and then in the nationals he scooped 2nd position.

He said, "What motivates me more about my work is that I want Art to grow

in our country. For that to happen, I have to make my Art unique to attract foreigners". He uses oil paints and acrylic. He also said that his grandmother plays an important role in his career as she always goes to check him at night if he is still doing his work.

Operating his business at his grandmother's place at Extension 14, Itumeleng said that he is earning less from Art but believes that when time goes on things will get better. The other challenges he faces is that his art works are not selling well, and he often run out of paints. Therefore he has to buy them with his pocket money.

When asked about his dream career Itumeleng told CW magazine that the future is in what he is doing now, and he believes he will make it. "You are what you do; therefore excellence ought to be

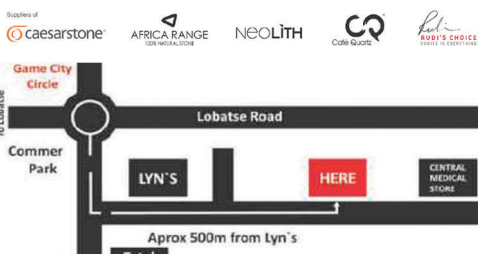
a habit, not an act. I am close to living my Dream and I won't give up on something special that God has given me" he added. Itumeleng wants to help other upcoming artists because most of them don't know which road to take after finishing the school, so he wishes to assist them in whatever way he can. He needs support from the government to help him sell and buy his artworks, not only in Botswana but outside as well. He is inspired by a local artist called Wilson Nguni and an international artist called Fabiano Millani.

I tell myself every single day to shoot for the stars and to be the best that I can be. So good enough isn't good enough if it can be better.... You can have it so claim it, work hard to get it, don't just aspire to make a living, but aspire to make a difference.



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Date & time: Friday 10 November 2017, 14:30 till Saturday 11 November 2017, 06:00

Organized by: Letstainment & Events Management

*Events Management

*Events Promotions

*Artist promoter

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Gaborone Calling Festival

Venue: Behind National Stadium - Gaborone

Date & time: Friday 24 November 2017, 14:00 till Saturday 25 November 2017, 17:00

Organized by: The Great Gaborone Calling

Description

Arts, food, wine, fireworks, led electro lights, celebs.... entertainment one show one day.... Gabz is calling



Airport Junction 10k & 5k Run

Event in Gaborone

Venue: Nandos Airport Junction Mall

Date & time: Sunday 12 November 2017, 06:00 till Sunday 12 November 2017, 17:00

Organized by: Airport Junction 10k & 5k Run

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Venue: Hotel Selebi Phikwe

Date: Friday 10th November, 2017 @ 6pm



ActVyt Fitness Botswana

Venue: Gaborone, South-East District, Botswana

Date & time: Saturday 25 November 2017, 06:00 till Saturday 25 November 2017, 11:00

Organized by: ActVyt LifeStyle

Fee: BWP300. Contact, Gio @ +27 61 440 995. Pgbixa@gmail.com.



Orapa, colour fest. 2017

Venue: Orapa Duck n Scrum

Date: Saturday 25 November 2017, 20:00

Organized by: EEE- eco express events
A fun filled history making event that is set to light up Orapa in the name of colour. It's like nothing Orapa has seen before. Be part of the party.



Lady K. Super sprint Triathlon

Venue: Notwane Road, Gaborone

Date: Sunday 3 December 2017, 06:00 till Sunday 3 December 2017, 10:00

Organized by: Lady Khama Charitable Trust

The purpose of the Trust is to support charitable organizations that focus on helping less fortunate and vulnerable Batswana women and children.

Global Expo Botswana

Celebrity World Magazine attended the Global Expo Botswana (GEB), a premier business to business (b2b) and multi-sectoral exhibition hosted and managed every year in October by Botswana Investment and Trade Centre (BITC) as mandated by the Ministry of Investment, Trade and Industry (MITI) of the Republic of Botswana. The opening ceremony was graced by dignitaries and individuals from the global business world. The Expo left us excited and intrigued as we had the opportunity to explore and experience the best of the business world.

On average, GEB mobilizes between 200 and 5000 number of exhibitors and visitors yearly. The visitors are from the following profiles: International buyers, Importers, Government procurement agencies, Agents, Wholesale and traders; and Retailers. Shared here are some of the pictures taken at GEB;



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The Future Bw Karate Legend “Bakwadi”

It’s been more than twenty years for Ofentse Bakwadi as a karateka. He currently fights under 67 kg. Karate is a sport based on principles and techniques.

The Magnificence, as he is commonly known by his friends and family told CW Magazine that his brother, Mr Mpho Bakwadi mentored him since the first day in his amazing karate career as he was always on his back, therefore he is the one to get all credits for his success. Ofentse also thanks his training partner, Sensei Kaene Pace Kago for the support and motivation he gave him.

Ofentse was born and raised in Gaborone, where he also attended his education. He studied Degree in Sports (BedPE) at the University of Botswana which added an advantage to his current career. He represented Botswana at World Championship tournaments in different countries.



Although he is a karateka, Ofentse likes playing football and enjoys spending time indoors by reading. He hasn’t fought for a while due to a recurring shoulder dislocation.

“Karate is an expensive sport and without support we are going to be played

fiddle by other financially stable countries. Financial support has been a major challenge in Botswana and in karate it is not there at all. But with enough support that I have right now I can achieve so much for my country,” he said.

His Words: Karate is a beautiful sport; you just have to stay focused and never allow anyone to tell you that you can’t make it.





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Baxter: My Mandate Was Never 'Qualify Or You Go Home'

Bafana Bafana head coach Stuart Baxter says his mandate was never 'qualify for the World Cup or you go home'. South Africa's hopes of reaching the 2018 World Cup were ended after they lost 2-0 to Senegal in Polokwane on Friday.

Bafana currently lay bottom of the group with one more game to play, and Baxter is undecided about the team he will play on Tuesday in Dakar, Senegal. "My mandate was never about 'qualify for the world cup or you go home'; I wanna make sure that we're making progress. I've seen some of the performances that we need to move more quickly. We need to make progress. We need to have everyone's backing in the country, including SAFA and that's the only way we'll get better, Baxter told media after the game.



Neymar Prioritizes UCL Over Ballon d'Or

Paris Saint-Germain star Neymar has explained why winning the UEFA Champions League with the French club is more important than a Ballon d'Or award.

Neymar's decision to leave FC Barcelona was reportedly motivated by his ambition to win the individual accolade, which he felt he couldn't do playing along side Lionel Messi. The Brazilian forward admits the Ballon d'Or award is an aim for him, but he feels winning the Champions League with PSG is more important.

"The Ballon d'Or is a dream. This is obviously an objective for me," Neymar told PSG's official club magazine. "But it's not a trophy that [has to be at the front of my mind]. We must first think in terms of the team and the whole team wants to achieve its Champions League ambition. "Thank God, I've already won one. I know this sensation and I want to know again this thrill with PSG. "Only when the collective trophies are won will it be time, then, to think of the individual rewards."



Ramos Opens Up About 'Annoying' Ronaldo Antics

Real Madrid captain Sergio Ramos has opened up about club superstar Cristiano Ronaldo's 'annoying' antics when he doesn't score. The Portuguese was reportedly annoyed with Isco after the Spaniard did not celebrate with him after he scoring off his assist in the recent 3-0 win over Las Palmas. During an interview on Spanish radio show El Larguero, Ramos addressed his teammates' antics and opened up about how they are being seen by the rest of the squad. "Well, if we're going to get into whether or not it's something that's annoying, I guess at the end of the day, it doesn't help the interests of the team, right?" Ramos said, as quoted by AS, when asked about Ronaldo's gestures.

"All of the squad probably have their own opinion, maybe some are more affected by it than others, but we're not going to change the way Cris is at this stage. He's always been the same, so it doesn't surprise me that even though we won 3-0, he had that look on his face because he didn't score. "When asked if Ronaldo's gestures could be seen as lack of respect for his teammates, Ramos admitted there is some truth in the suggestion but insisted he personally does not have a problem with them. Ronaldo has scored only once in La Liga so far this season, drawing blanks in six of the past seven games after missing the first four game weeks due to suspension.



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