

P12

Celebrity World

Botswana's Own Magazine

ISSUE NO.9 DECEMBER 2017



Mmutle On Taking The Sport Life By Storm



Ways to Know It's Time to Break Up



CW Hot Girl/Guy



From Choreographic Minds To Singers

The Bw Motswako Diehard



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China Giansou



High Court Gaborone



Garden In Beijing



Exhibition Pavilion Of Saudi Arabia At Shanghai World Expo



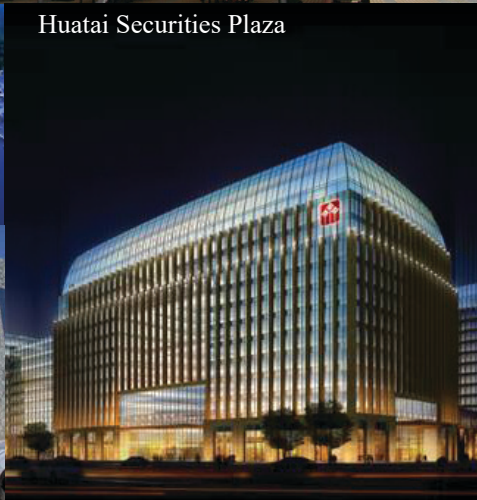
Grand Hotel China



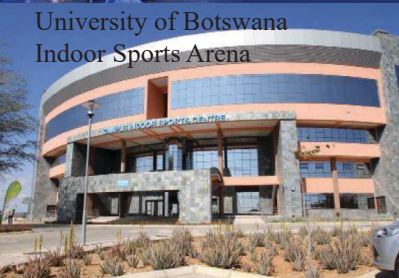
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 Celebrity World

Christmas Messages

Christmas is a wonderful time of the year when we celebrate faith, family, and the tradition of exchanging gifts. Having you as our readers makes us feel as if it is Christmas every month. The warmth and comfort that comes with this season reminds Celebrity World Magazine of you. Best happy Christmas wishes to our readers!!
From **Godiraone Ramanoko**

As we celebrate the Christmas holidays may we reflect back on our failures and achievements and strive to make 2018 way better. Christmas is a time in which families and friends get together and become one in the spirit of love. May your holidays be filled with the love of our Lord Jesus Christ. A very happy Christmas and new year to our valued readers. From **Thato Audrey Molale**

It's a month of Christmas of 2017, some did not make up to this month and year, it is by the grace of God you managed to be here today, it is the most important the year for some people, the perfect season to reach out to friends and family, a time to share the goodness of your heart and expressing your feelings through words and gifts to those who mean a lot to you. Remember one of the best gifts you can give to family and loved ones this holiday season is your time, your presence can change their bad mood. I wish this holiday season you would receive Love, peace and joy for the whole of festive season, God protect to you all time. Merry Christmas! From **Kebatsotse Matswa**

They say Santa know you good or you bad Gotta make an exception, we in the hood, living fast. The cash that we get, I admit it's kind of fast but we gotta pay the rent, put some clothes on our backs. Hope you get exactly what you asked for. **Amuchilani Rara**



Didarul Islam Bhuiyan(Babu)
Founder

Merry Christmas to our fellow readers! It is this moment of the year where we spend our most precious time with our beloved families and friends. As CW magazine team we would like to take this time and encourage you to take care of yourselves, remember ;dont drink and drive, speed kills, take this joyful and most sacred time responsibly. This is the time to reflect our values, desires, achievements and happiness. **Kesaobaka Sehunelo**

This is the time for cheer , joy and love. Let the mercies of God be with you . Enjoy be safe and drink responsibly. This is the time families and friends get together to celebrate the birth of Christ, reach your highest happiest levels. Happy holidays, Merry Christmas and Happy New Year. **Tulo Leepile**

Christmas is solely about God. Christmas is about God fulfilling his promises, saving his people, coming to us — as one of us — in Jesus. The truth can be so easily missed: Christmas is nothing but Jesus. And if Jesus is not in Christmas, then Christmas is nothing at all. HAPPY HOLIDAYS filled with much love. **Kutlwano Nthibane**



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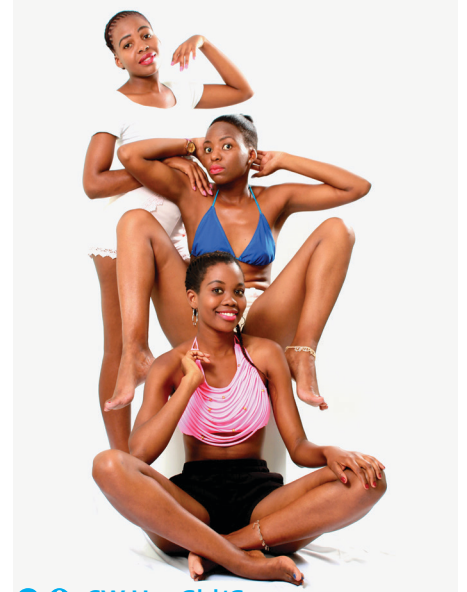
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From Choreographic Minds To Singers

A crew of four young men comprised of Thabang Teseletso (Flazer), Tumelo Bogatsu (Zwai\$), Emmanuel Modukanele (JDeSuperStar), and Thato Modukanele (Chef Gustos) started as choreographers in 2007. They were mostly seen competing on a BTV programme called My African Dream. The crew which named themselves as Amanandos joined the music industry in 2013.

When talking about “We Bechuana” issue that went viral on social media about the event which was held at My Destiny Gardens in Serowe under the theme; Koo ReTswang, Amanandos said that the response they got from their fans were negative but they managed to get through them all.

The most challenge they encounter as a group is that, they sometimes have dif-

iculties in choosing what to wear when they are going to perform or choosing songs which they are going to perform at an event. The Amanandos crew have come a long way, therefore in response to these challenges they already know each one’s strengths and weakness. When it comes to solve a matter it’s easy for them as they already know what they want.

In an interview with CW Magazine, the Kwaito crew said that before they get into the music industry their intension was to see themselves dancing for Vee, Exodus and other local artists that were famous back then. Later on they decided to seat down as a group and came up with ideas on how to explore their talents. They got into the music and that’s when their first single called “Dira Jaana” was released in 2011.

Amanandos are now working on their new album which will be released next year. They have released five singles so far. Also, they have worked with Scar, SambaT, Noello, MMP Family, Mosako, and Thabo in their music journey.



SCAR

Thato Matlhabaphiri is a dynamic hip hop sensation Scar

hails from Molepolole Botswana and since 2001, has become one of Southern Africa's most versatile MCs. Starting off at Botswana's hip hop academy P-side where a team of MCs, DJs and poets got together to learn from each other, his first studio recording was on the DJ Sid presents P-side compilation CD in 2000. A year later the young star participated in the Yarona FM Sprite Rap Activity Jam Final where his appearance led to his first recording contract. In 2002 Scar's debut album *Illegal Act* was released, which was Botswana's first solo hip-hop album.

In 2004, through the success of his critically acclaimed debut album Scar received 2 awards at the annual Botswana Hip Hop Music Awards for Lyricist of the Year and Track of the Year. In the same year, he also toured Namibia with fellow Botswana music heavyweight Stagga. In 2006 he performed at the Channel O Spirit of Africa Video Music Awards alongside Mr Doe and in 2007 he released his sophomore album, *Happy Hour* under Breakthrough Records. He also capped 2007 with performances at a Big Brother Africa 2 eviction show, and walked away with the Channel O Spirit of Africa Music Award for Best Hip Hop video, having also scored nominations in the Best Newcomer and Best Southern Africa categories. Currently Scar also hosts a show on Ice100.



DR VOM

Kangangwani Mogo-cha, who hails from Tati Siding in Francistown, is popularly known as Dr Vom. In

2007 he released a song called *Tsaya Thobane*, a huge hit that featured his friend DT Leero, it is undeniably a killer jam that always gets crowds on their feet dancing. He also released *Molepolole*, another track that generated great public interest. "The 'thobane' is a stick and this was used by Moses in Biblical times, guiding the children of Israel from the wilderness towards the Promised Land. The stick is also used to reprimand, to bring order. While his music was drawn from the traditional dikhwae music, it has also been of great interest to football fans.

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Tips On How To Do Grocery Shopping On A Budget



Grocery shopping doesn't have to be so difficult and everybody's budget varies because overall, it depends on your location, the quality of food you purchase or how much you eat, and so forth. Shared here is grocery shopping tips to help you;

1. Set a budget before you go to the grocery store

Decide how much you're willing to spend before you step out of the house. This makes all the difference in smart grocery shopping. Only you only know how much you have to spend, so decide now how much you want to spend each month. Be reasonable and smart, know your limits. That way, you will never go over the budget.

2. Make a shopping list before you go to the grocery store and stick to it

If you plan on getting ten packages of Oreos and 60 frozen pizzas at the grocery store, you still have to write that on a list before you head out to the store. At least they'd be planned purchases rather

than compulsive purchases. How many packets of apples are you going to get? How many bags of chips? Packages of spaghetti? Write it all down.

3. Try not to go to the grocery store while hungry

It happens! You're at the grocery store because you're out of food, so of course you'll be hungry. But don't be tempted to buy that pre-made sandwich or bag of chocolate because you're hungry at that very moment. You'll undoubtedly give into temptation and definitely go over budget.

4. Save your receipts and track your expenditures

There are many reasons to keep a receipt. Your receipts will allow you to keep

track of how much you spend on food so you can begin to set a budget and learn your limits.

5. Eat the seasons. In other words, shop by season

Most items will be more affordable when they are in season. During the fall, you'll get quality squashes, cranberries, etc. During the summertime, you'll find excellent fruits such as apricots, strawberries, nectarines, etc.

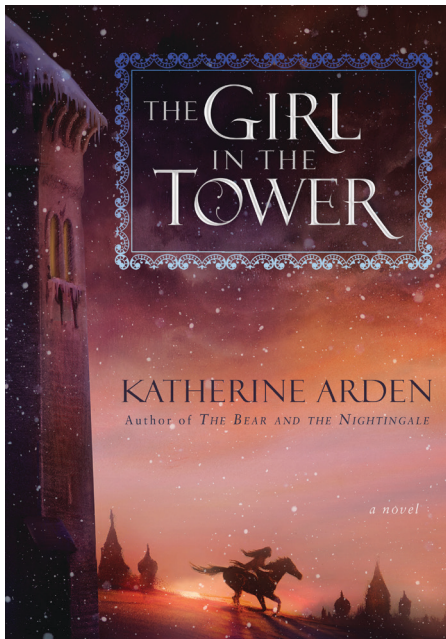


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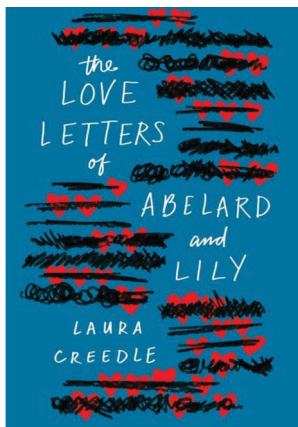
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| • Serowe | : 463 3223 | • Molepolole | : 590 7916 | | | | |



The Girl In The Tower

By Katherine Arden

Orphaned and cast out as a witch by her village, Vasya's options are few: resign her to life in a convent, or allow her older sister to make her a match with a Moscowite prince. Both doom her to life in a tower, cut off from the vast world she longs to explore. So instead she chooses adventure, disguising herself as a boy and riding her horse into the woods.



The love letters of Abelard and Lily

By Laura Creedle

This hilarious, heartbreaking story of human connection between two neuron-divergent teens creates characters that will stay with you long after you finish reading. When Lily Michaels-Ryan ditches her ADHD meds and lands in detention with Abelard, who has Asperger's, she's intrigued. Abelard seems thirty seconds behind, while she feels thirty seconds ahead. It doesn't hurt that he's brilliant and beautiful. When Abelard posts a quote from The Letters of Abelard and Heloise online, their mutual affinity for ancient love letters connects them. The two fall for each other.



Christmas with the best man

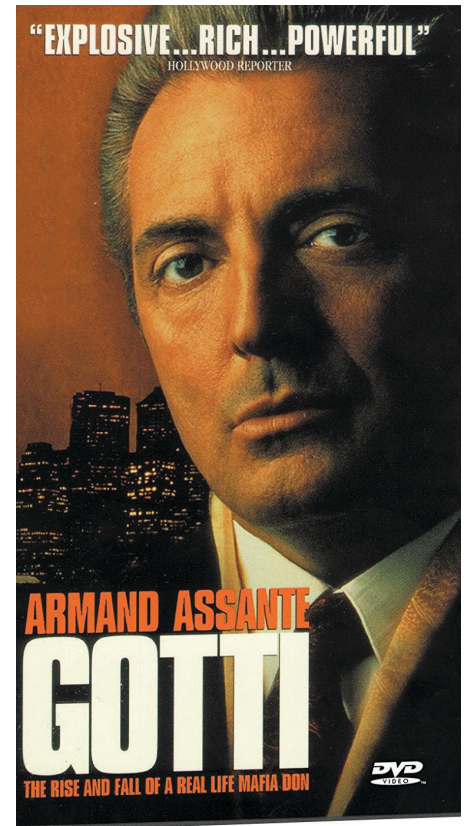
By Susan Carlisle

Dr. Helena Tate still believes in love, despite her past heartbreak, and that one day she'll have a baby of her own. Her gorgeous but brooding colleague Dr. Elijah Davenport, however, is not the man to pin her hopes on. He's no longer interested in long-term relationships. But being maid of honour and best man at a wedding in snow-covered Central Park heightens their attraction. Soon their Christmas fling becomes so much more.



Genghis Khan

This is an upcoming Chinese historical epic film produced by Jean-Jacques Annaud and directed by Hasi Chaolu. It stars William Chan as the titular Genghis Khan. The film will be released in China on December 22, 2017. Temüjin and Börte are childhood lovers who are deeply in love but news of Temüjin's father's death swiftly disrupted their relationship. Temüjin heads back to his hometown, but was faced with a sudden attack from his father's former comrades, causing his whole tribe to be destroyed.



Gotti

The film is about relationship of a father who lived and died by the mob code and a son who, while brought up to lead a life of crime, chose to leave that world behind and redeem himself and the Gotti name.

Genres: Biography, Crime, Drama

Director: Kevin Connolly

Writers: Lem Dobbs (screenplay), Leo Rossi

Country: USA

Language: English

Release Date: 15 December 2017



The Ballad Of Lefty Brown

This is a 2017 American Western written and directed by Jared Moshe, starring Bill Pullman as the titular Lefty Brown, alongside Jim Caviezel, Peter Fonda, Kathy Baker and Tommy Flanagan. It had its world premiere at South by Southwest on March 11, 2017. It is scheduled to be released on December 15, 2017.

Cast: Bill Pullman, Jim Caviezel, Peter Fonda, Kathy Baker and Tommy Flanagan

Writer & Director: Jared Moshe & Producer Neda Armanian



Tiger Zinda Hai

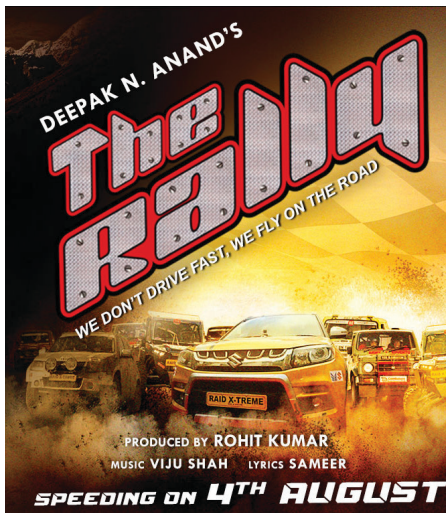
meaning "Tiger is Alive in English" is an upcoming Indian spy thriller film directed by Ali Abbas Zafar. The film stars Salman Khan and Katrina Kaif, with Paresh Rawal, Sudeep and Gavie Chahal in supporting roles. It is the sequel of 2012 movie Ek Tha Tiger and the second instalment of Tiger film series. It is scheduled to be released on 22 December 2017.



Downsizing

Downsizing is a 2017 American science fiction comedy-drama film directed by Alexander Payne and written by Payne and Jim Taylor. The film tells about a couple who undertake a procedure to shrink their bodies so they can start a new life in a new community.

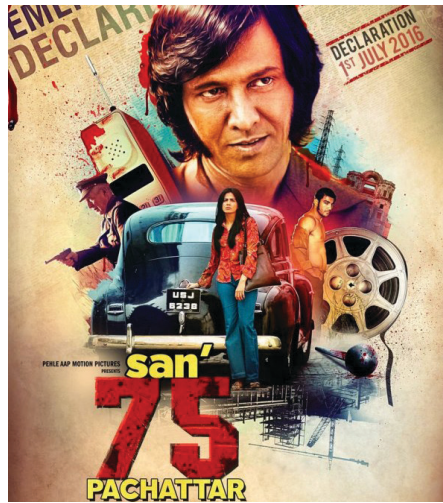
Country: USA
Language: English
Release Date: 22 December 2017
Run Time: 2h 15min
Genre: Comedy, Drama, Sci-Fi



The Rally (2017)

The Rally (2017) is a Bollywood action movie, directed by Deepak Anand. The cast of The Rally includes Mirza, Arshin Mehta, Sachhin Chhabra etc.

Director: Deepak Anand
Producer: Deepak Anand , Rohit Kumar
Genre: Action
Release Date: 11 Dec 2017

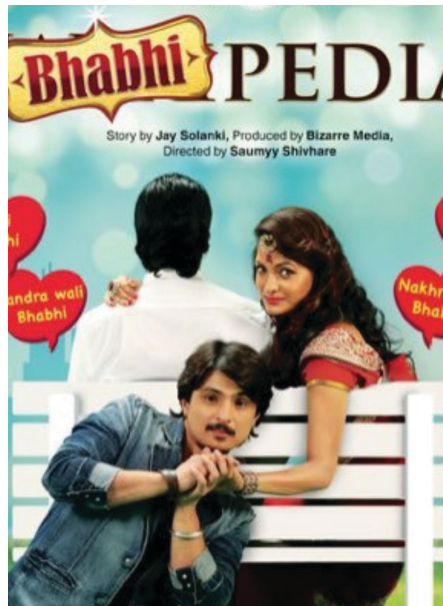


San 75 Pachattar (2017)

San 75 Pachattar movie is about a deal of the first mobile phone (prototype) being brought in India with emergency in the background.

It is the thrilling tale of the arrival of the first mobile phone in India which stole the attention of many. While people were ready to kill for the phone, a lot goes on over and under the table to acquire it.

Release Date: 19 Dec 2017
Genre: Drama
Duration: 2 hrs 6 mins



Bhabhipedia (2017)

Genre: Comedy
Release Date: 28 Dec 2017
Director: Saumy Shivhare
Cast

Meghna Naidu, Hrishitaa Bhatt, Gireesh Sahedev and Nitin Sharma

Story
 Bhabhipedia is a Bollywood adult comedy movie. Bhabhipedia literally means an encyclopedia of Bhabhis. The film revolves around Manish, a man obsessed with older women, who is misguided into picking up Bhabhis.



Padmavati (2017)

Genre: Drama
Release Date: 01 Dec 2017
Story

Padmavati is a Bollywood period drama, directed by Sanjay Leela Bhansali. The movie stars Deepika Padukone in titular character, alongside Shahid Kapoor, Ranveer Singh and Aditi Rao Hydari. The movie depicts the story of Rani Padmavati, a legendary Hindu Rajput queen, who was the wife of Ratan Sen, the Rajput ruler of Mewar. In AD 1303, due to the lusty desire towards Rani Padmini, Alauddin Khilji, the ruler of Khalji dynasty of Delhi Sultanate sieged and conquered the Chittor Fort in Rajputana.



My Friends Dulhania (2017)

Genre: Comedy
Release Date: 15 Dec 2017
Director: Op Rai and Prashamit Chaudhury
Producer: Alok Rai

Story
 Aryan and Mahira a young couple are merged into singularity by the ubiquity of Love. Geographical distance notwithstanding with Aryan having settled in Mumbai, and Mahira studying at a college in Delhi; their love blossoms with each passing day. Aryan having found his hearts true calling and a soul mate in Mahira decides to propose her and permanently seal their union through the bond of marriage. Aryan reaches Delhi with great expectations and anticipation, for he had full faith in his love. But all his aspirations were drastically shattered when found that Mahira had unexpectedly abandoned him. Like a whiff of smoke she disappeared into thin air, cutting all her ties and contacts with Aryan.



David Cassidy Cuts Estranged Daughter Katie Cassidy Out of His Will

It's no secret that the late David Cassidy had a troubled relationship with his estranged daughter, Arrow actress Katie Cassidy, but Cassidy's will sheds even more light on the depth of their divide. According to Cassidy's last will and testament, the Partridge Family singer specifically cut out his daughter out of his will, leaving money only to his son Beau Cassidy, a 26-year-old singer/songwriter. Cassidy, who died on Nov. 21 at the age of 67, stated in the will, "It is my specific intent not to provide any benefits hereunder to Katherine Evelyn Cassidy and/or any descendant of Katherine Evelyn Cassidy." While David was her father, Katie was raised primarily by her mother Sherry Williams and stepfather Richard Benedon.



Kim Kardashian Relieved Feud Between JAY-Z & Kanye West Is Ending: Double Dates?

JAY-Z is making a big effort to squash his beef with Kanye West and no one is happier than Kim Kardashian. She's hoping for double dates with Beyonce in 2018. Kimye fans rejoice the epic feud between Kanye West, 40, and JAY-Z, 48, appears to be ending and that means Beyonce, 36 and Kim Kardashian, 37, are one step closer to being BFFs. She's more than ready to forgive and forget. "Kim's so happy that the feud between Jay-Z and Kanye is finally coming to an end." "It's a huge relief and it's given her a lot of hope for where the four of them could be in 2018. Kim's a very forgiving person; she'd love it if they could all genuinely be friends.

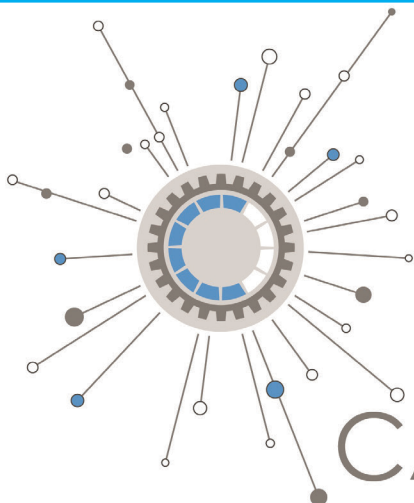


Charlize Has Reportedly Adopted A Second Child

Charlize Theron already has a three-year-old adopted son by the name of Jackson. This time the actress allegedly adopted an African-American girl by the name of August, which will surely bring considerable joy to her in the wake of her separation from Sean Penn. Charlize is a South African actress and film producer. She is known for starring in numerous Hollywood films.

Kailyn Lowry 'Feels Sorry' For Ex Javi Marroquin — Thinks He's Getting Played By Briana DeJesus

It's been nothing but bliss for Teen Mom 2's Javi Marroquin, 24, and Briana DeJesus, 23, ever since they started dating. While they seem like the happiest of couples, constantly flaunting their love on social media, his ex-wife Kailyn Lowry, 25, thinks he's getting used. "Kailyn feels sorry for Javi right now; she thinks he's getting played. She does not think this so-called love is sincere on either of their parts, but especially Briana. Kailyn has every reason to believe that Briana is more interested in upsetting her than anything else."



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Cardi B Vs Nicki Minaj: Are The Queens Of Rap Fighting After Dropping Sexy Song?

Cardi B and Nicki Minaj may be friends in public, but are they feuding? Nicki is talking about her behind her back. Cardi B, 25, and Nicki Minaj, 34, may have just collaborated on the hot Migos single “MotorSport,” but are the two friends actually frenemies? She has been hearing from her friends that the “Anaconda” rapper is dishing her in private. Cardi is really confused over Nicki and how she’s been acting. She’s been supportive publicly and whenever they’ve talked Nicki’s been cool, but Cardi’s got all these people telling her that Nicki is shady behind her back. It’s hard for Cardi to know what to believe. The old Cardi would confront Nicki over this, but she can’t act that way anymore. Cardi is holding off on approaching Nicki over the rumors she’s hearing because of Nicki’s friendship with Cardi’s fiancé Offset, 25.

Bryan Singer Sued For Allegedly Raping 17-Year-Old — He Denies Claim

Director Bryan Singer is being sued for allegedly sexually assaulting and then raping a minor in 2003. Bryan Singer, the director behind numerous hit films including several installments in the X-Men franchise, is being sued for allegedly forcing a 17-year-old to give him oral sex and then raping him in 2003. Singer has categorically denied the allegations. The alleged incident happened when the director was at a party on a yacht in Seattle. The yacht was owned by businessman Lester Waters and the event was mostly attended by young gay males.

In the suit, Guzman claims that his conversation with Singer began with the filmmaker offering to give the teen a tour of the yacht. Before long, they arrived at a bedroom where Guzman alleges Singer forced him to the ground and thrust his crotch in his face, demanding oral sex.



Brad Pitt to Angelina Jolie: Here’s \$100 Million. Now... Go Away!

Brad Pitt really wants his marriage with Angelina Jolie to be over. And the actor is willing to put his money where his mouth is. Pitt is anxious to put his failed marriage behind him, but Jolie is dragging her feet on signing the final papers. In hopes of getting Angie to sign off on the divorce, Brad started throwing huge financial settlement offers at her lawyer. Thus far, however, Pitt has been unsuccessful... despite trying really hard. Angie has rejected every single offer, including the most recent one, for \$100 million. Pitt has no interest in taking Jolie back, even if she were to come crawling.



Fergie Confesses: I Was Addicted To Crystal Meth & Had Chemically-Induced Psychosis & Dementia

Fergie, 42, has been open about her wilder younger days when she struggled with crystal meth addiction. She shared with Oprah Winfrey, 63, about how she was so miserable with the girl group Wild Orchid that she turned to drugs, first ecstasy then meth. Now the 42-year-old is going into even deeper detail about her darkest moments.



Slizer Survives Car Crash

Naledi Kaisara, known by her stage name Slizer was recently involved in a car accident and was rushed to Gaborone Private Hospital where she was admitted. Botswana kept Slizer one more time in their prayers for her speedy recovery on social media.



Porn Star Commits Suicide at 23 Following Homophobia Scandal

Shocking news as beloved performer-turned-controversial figure August Ames has been found dead. The actress was just 23 years old. Though no official cause of death has been given, it’s been reported that Ames (real name Mercedes Grabowski) took her own life. The news comes on the heels of a controversy involving statements made by Ames about her refusal to film a scene with an actor who had previously starred in gay pornography films.



About The Wood Work Guy

San Deco (Pty) Ltd is the brain child of Mr Tshenolo Samuel Keitumele. The company which was formed in August 2016 operates at extension 10, near the University of Botswana. It deals with custom furniture designs and interior designs. It includes refurbishing, recycling and product design.

Tshenolo was a freelance designer before he started his own business. He holds Bachelor of Industrial Design from the University of Botswana.

He told *CelebrityWorld* magazine during an interview that "I am a designer by profession; I love designing and am doing wood work with passion that I found in me." Tshenolo uses materials such as wood, recycled materials like pallets glass bottles, PVA glue, metal, locally available fire wood, etc.

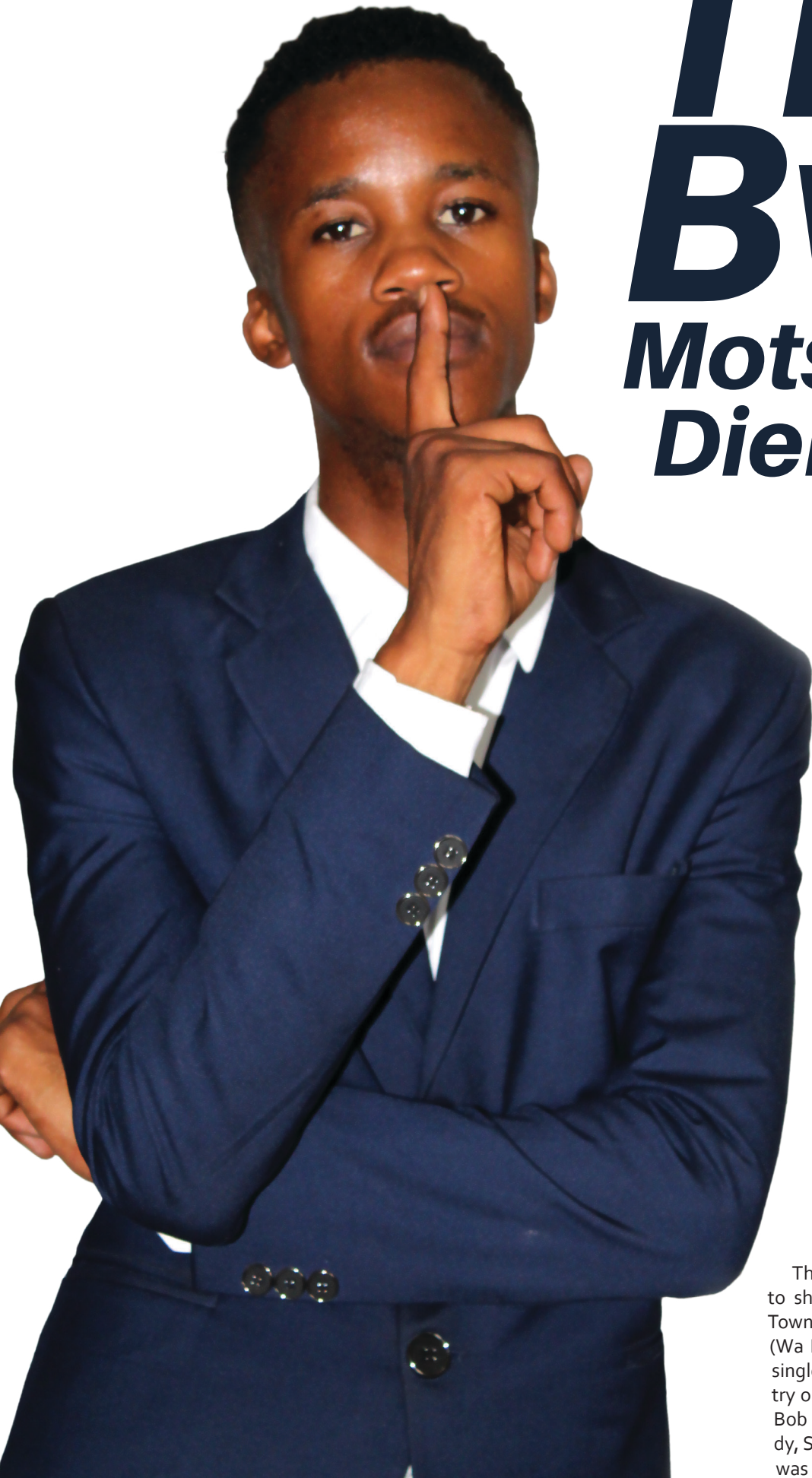
Since the foundation of his business, Tshenolo has faced challenges such as shortage of machinery, raw materials and renting to secure the space he is using right now. His competitors give him



a hard time as they already exist in the market. Companies and individual customers are also not willing to pay him; hence this negatively affects his business. He is looking forward to the Ministry of Youth Sports and Culture to fund him.

Inspiration: *you should know what you want or like in life, don't just do it because other people are doing it.*
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The BW Motswako Diehard

He never disappoints his fans; he is a highly conscious person, a story teller, a Wise and patient gentleman. Dramaboi may look younger but when he spits out his rhyming mixed English and Setswana rap lines, he leaves the audience in absolute awe.

Celebrity World Magazine held an interview with "Thuto Ricardo Ramphaleng", famously known by his stage name "Dramaboi". The Mochudi born artist joined the music industry after completing his Cambridge and he has worked hard on every song he releases. He became the best Motswako rap artist in Botswana after few years in the music industry.

At the age of 17, Dramaboi released his debut album titled Township Music with singles like "Godzilla" which sold best and gained him fame. He said since it was a start-up he wasn't concerned about the money but only for his movement.

The talented Motswako star continues to shine even brighter than before. Besides Township Music album he has other albums (Wa Makeishane and Township Music 2) and singles that reached every corner of the country outside its borders. They include; Mahala, Bob Marley, Mo sutele, Bosigokaofela, Candy, Sala lenna and the latest "Setakile" which was recently trending on social media.

Dramaboi featured his sister Katlego in his song called Sala lenna. Katlego took her own way and released a new single called "Wena Fela". The two siblings grew up going to church almost every Sunday where they used to sing a lot. He believed that his sister has potential in singing and that is why he chose her. After releasing his singles, Dramaboi became the talk of the town. He has dropped his newly released video album of Township Music 2 and it contains 14-tracks. Township Music 2 is a continuation of his first album which sold him well in the market.

The year of 2017 appeared to be the best for Dramaboi as sometime around May, ETV's Rhythm City soapie got interested on the young rapper's songs from Township Music 2 album. They signed a deal with him to play his music for a certain period of time as background music.

When asked about his relationship with Mafia Soul Clothing Company, Dramaboi said "It's true that I have been the Mafia Soul ambassador for two years. I decided not to renew the contract with them because I wanted to focus and help grow my career. I felt that Mafia Soul was wasting my time, so I did not want to get stuck in one position for too long." The 24 year old never took music for granted from the start. Getting into music for him wasn't about spot light, but his concern was based on the happiness of his family, lives of his followers and his life.

The source of his hard work is from artists who were in the spot light back then when he got into music industry the likes of Eminem, Kanye West. Also the overwhelming support from Batswana plays a crucial role in his work. He said that alone inspires him to work harder in every project.

This go getter dreams to be internationally recognised with musicians such as Kendrick Lamar, Kanye West, Meek Mill etc. "The good part is that I do music full time so my time is managed well with the music". He said.

Dramaboi has already released three albums so far. He collaborated with MMP Family in a song called "Money in the bank". He said they both have something in common that's why he chose to collaborate with them. They support each other where necessary; there is spirit of togetherness and cooperation.



"My achievement is what I am now which is not easy to become. I had to teach myself, it's an achievement to come from nothing to something. I am from unstable family and I end up taking care of them. Creating some employment for people is an achievement on its own". He said.

Dramaboi's songs represent reality things that happen and affect people in their everyday life. His song "Setakile" talks about the difference between month end and mid month, situations that people face and how they live. All these reflect the mature Dramaboi who changes peoples' lives, who educate and inspire them through his music. This differentiates him from other artists. He said "My music is going to take me to a higher power that I have never been in and that any artist has never experi-

enced before, I want to influence a lot of people".

When on stage, Dramaboi feels as better than when he is somewhere else because every time his fans connect with him and listen to him. "I like people who listen to me because I speak sense and that thing makes me happy, first of all I charge more than them, I also want to show people the power I poses. The demographic of number I have are more than theirs.....people should always expect a lot from me," he concluded.

Advice

.....For one to become what they want is through hard work, music is like any business that someone has to run.



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I HAD LOVE FOR RHUMBA FROM A YOUNG AGE

Charlie Issacs is from a family of six children, where he grew up having a passion for Rumba music from a tender age. He decided along the way that music is the path to take no matter what. AK47 as he is formally known is gifted with singing. He is a quiet and shy person, but when he hit the stage he becomes a different person.

AK47 started as a DJ in 2006. A 32 year old performed at different occasions such as weddings. In 2008 he formed a group called 'Extra Sounds' which used to perform under youth and culture concerts in the South-East district. They were once invited to a musical competition in Palapye and got position 1.

His first performance was at Ramotswa school hall which was fully packed with audience. AK47 was once a dancer for Fresh Lesokwane and enjoyed his time there as he learnt a lot from him. Nata Capricorn and Alfredo Moss inspired him a lot. He could sing and dance all their songs. His family has always told him that he is good at writing songs. "When I write a song I make sure that it feeds the soul and mind," he said.

He is currently working on his new album called "Sere lyoo", and it comprises of six tracks. The album will be out in November 28, 2017. It will feature the likes of Swagger lady, Paparuzza and Raymond to mention a few.

He records his songs at KK Music Productions in Gabane. He also mentioned that this "Sere lyoo" single released on July 2017 Batswana responded very well to it. The song gives hint of what to expect on the coming album. Fans should expect great performance in festive season, music needs passion and dedication.



AK47 said money has always been a problem especially for the upcoming artists even to promote a single it's challenging. He suggests that Botswana music industry should give a room for more upcoming artists and ensure that they are being promoted, be it in major festivals and co-operate shows. He also mentioned that he has been pushing himself so hard and went through a lot to get to where he is now and he thanks God for being the pillar of his strength from the first day. Extra Sounds song, is dedicated to Extra aka Scaro Rapulana and Ndakie aka James Bantusitse as they have been there when he formed the group in 2008. He urges all upcoming artists not to give up but to exercise their gifts and put your trust in GOD. People think that if one is a musician, maybe s/he is a looser but there is nothing like that.

His last words

Rhumba industry isn't harder as they say. We all have the same challenges. It is all about timing and opportunity. When I recorded my single I had to take care of my two year old son and I could have chosen to give up but I pushed. Music need more focus on safety and security. Never give up.



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Trendy Hairstyles

To Celebrate Your African Hair



Fashionable girls know the importance of keeping up with trends and a fashionable girl knows that a messy hair would not do. When it comes to your hair, no laziness is allowed and this is mainly because, moisture from heat gets locked into your hair causing the scalp to sweat and stick since there isn't enough air passing through, it begins to smell, first subtly but the longer you keep it in the worst the smell and accumulated dirt becomes.

Fashionable girls also love to keep up with the latest hairstyle trends, this way they can try new looks and experiments with different textures and styles. As a fashionable girl you need to remember that your hairstyle can either make or break your look therefore you need to make sure that your hairstyle game is on point and part of the ways you can achieve this by having a good and creative stylist.

Goddess Braids

What are goddess braids?

These look like oversized cornrows. They are braided close to the scalp either on natural hair or with extensions. The designs of hairstyle vary. It can be a crown braid updo, Mohawk braid and a low braided bun. Below are a variety of goddess braids to explore.

Braids with Beads: Hairstyles for a Beautiful and Authentic Look

What do box braids, cornrows, micro braids and every other braided variation have in common? Besides the fact that they require little attention and maintenance, they can all be adorned with our favorite braid accessory: beads.

How to Wear Braided Hairstyles with Beads

Box-Braided Bun

A bun is always an elegant look, especially when it's box-braided with beads with longer pieces hanging at the sides to frame the face and add an interesting and feminine element. The wooden bead adornments in this look will give you an air of royalty.

Halo Braid with Beads

The braided headband isn't exclusive to Coachella and festivals. With just a few golden beads along the crown, this look is classic, elegant and perfect for city promenades and special occasions.

Box Braid Bead Ponytail

There's nothing better than a good ponytail! This one, adorned with multiple beads at the ends, is both youthful and regal. All you need to do is box-braid the hair up into a ponytail and leave 2 single braids with beads in front of the ears. During the summer, having hair away from your face is a bonus.



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Know Your Make Up Brushes

This article is for all women who have always wondered where all those brushes in all shapes and sizes are needed.



1. Foundation brush: Use a flat foundation brush to apply liquid foundation or foundation in cream-form without streaking.



4. Powder brush: The long, soft hairs of a powder brush ensure that loose powders are evenly distributed.



7. Eyeshadow brush: Use an eyeshadow brush to apply powder and cream eye-shades evenly.



2. Beauty blender / sponge: Use the wide sides of the sponge to blend liquid products such as foundation, cream blush or bronzer on the large (er) surfaces of your face. The tip of the beauty blender works perfectly to apply concealer around your nostrils or other hard-to-reach areas.



5. Obliquely cut blush brush : The obliquely cut hairs of the blush brush make it just a little easier to apply blush to your cheekbones.



8. Blending brush : Thanks to the fluffy hairs of this brush, you can fade the hard lines of your eyeshadow in an instant and create the most beautiful smokey eyes.



3. Kabuki brush : This large brush is ideal for applying powder or bronzer.



6. Concealer brush : Use a small, synthetic brush to apply concealer to the areas where you can use just a little more coverage.



9. Smudge brush: Use a small, flat eyeshadow brush to fade eyeliner for a seductive, smokey effect.





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NICKNAME:Enhle
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OCCUPATION: Student
AGE: 22
HOBBIES:Modeling, Playing Netball, Debate, Motivational Speaker
MOTTO: To be a phenomenal Leader to strong independent women. To show the world that your integrity is not built by your career but what you poses to the world
MOTIVATION: To motivate upcoming models that, determination, dedication and hard work makes everything
FB:Maatla Bervelin Seloiso



NAME:Abigail Lepothwe
CONTACTS:75 537 102
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Nickname: Venom
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Works as a Supervisor at Steel Company called Rely Engineering. A sport person who can do any kind of sport but love football. He eats balanced diet to stay in shape. He is a fitness model at X Models Agency, Runway Model. He is a dancer and in a relationship.





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On Balancing Newborn and Toddler Needs



Spend time with the baby while your toddler plays independently

Is your older child still not used to playing alone? Encourage independent play now so she learns to entertain herself while you're with the baby. One of the best ways to encourage independent play is to set up an area just for your toddler. This might be an art table with plenty of open-ended crafts and materials, or a play tent with her stuffed animals. You can also set up a library of children's board books she can flip through.

Spend one-on-one time with your toddler

Your toddler will want one-on-one time with you, as she should. As demanding as a newborn can be, you can still find pockets of time to spend with your older one. These moments can be simple, so long as they focus on her. You can: Play a simple game while the baby naps, read a book after the baby has already gone down to bed or ask her to help you do simple chores at home. These simple moments reassure her you still love her, no matter what.

Give your toddler responsibilities

You might be surprised at how helpful your toddler can be with simple tasks that can make a huge difference. Your toddler will feel responsible for being entrusted with bigger responsibilities than she's been used to. Don't be afraid to give her tasks a notch above what you'd normally give her—kids will meet our expectations, so might as well set them high. Not only is she being helpful and responsible, she'll also feel like a contributing member of the family.

Explain when you'll be more available

You'll come across a time when, no matter how much you've prepared or tried to avoid it, both kids need your attention. You might be feeding the baby at the exact moment she wants to play chase. Or you need her to stop playing the guitar so you can put the baby to sleep. Rather than feel flustered that you can't do both things at the same time, give your toddler a time frame of when she can expect you to be available.

Find activities for your toddler while you feed the baby

You'll be surprised how much you can do with your toddler while you feed the baby. You might read a book, roll a ball back and forth, or play with her toy figurines. She can read the baby a book or help hold the bottle. She'll appreciate not being excluded during the baby's frequent feedings. Your toddler won't feel so alone for all the times you're feeding the baby. Instead, you can include her during these frequent feeding sessions.



Why Social and Emotional Learning Is Essential for Students

Today's schools are increasingly multicultural and multilingual with students from diverse social and economic backgrounds. Educators and community agencies serve students with different motivation for engaging in learning, behaving positively, and performing academically. Social and emotional learning (SEL) provides a foundation for safe and positive learning, and enhances students' ability to succeed in school, careers, and life.

5 Keys to Successful SEL

Effective social and emotional learning programming involves coordinated classroom, school wide, family, and community practices that help students develop the following five key skills:

Self-Awareness

Self-awareness involves understanding one's own emotions, personal goals, and values. This includes accurately assessing one's strengths and limitations, having positive mindsets, and possessing a well-grounded sense of self-efficacy and optimism. High levels of self-awareness require the ability to recognize how thoughts, feelings, and actions are interconnected.

Self-Management

It requires skills and attitudes that facilitate the ability to regulate one's own emotions and behaviors. This includes the ability to delay gratification, manage stress, control impulses, and persevere through challenges in order to achieve personal and educational goals.

Social Awareness

Social awareness involves the ability to understand, empathize, and feel compassion for those with different backgrounds or cultures. It also involves understanding social norms for behavior and recognizing family, school, and community resources and supports.

Relationship Skills

They help students to establish and maintain healthy and rewarding relationships, and to act in accordance with social norms. These skills involve communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking help when it is needed.

Responsible Decision Making

Responsible decision making involves

learning how to make constructive choices about personal behavior and social interactions across diverse settings. It requires the ability to consider ethical standards, safety concerns, the health and well-being of self and others, and to make realistic evaluation of various actions' consequences.

The Short- and Long-Term Benefits of SEL

Students are more successful in schools and daily life when they:

- Know and can manage themselves
- Understand the perspectives of others and relate effectively with them
- Make sound choices about personal and social decisions

How Schools Can Support SEL

At the school level, SEL strategies typically come in the form of policies, practices, or structures related to climate and student support services. School leaders play a critical role in fostering school wide activities and policies that promote positive school environments, such as establishing a team to address the building climate, adult modeling of social and emotional competence, and developing clear norms, values, and expectations for students.



Oral Thrush In Babies

Oral thrush is a yeast infection of the mouth that is caused by a fungal micro-organism called *Candida albicans*. Oral thrush is most common in infants and is generally not a serious condition in itself. However, it can be uncomfortable and lead to difficulties with eating or infant feeding if it does not resolve or is not treated.

Causes

When the immune system is weaker, the fungus can grow, leading to sores and lesions in the mouth and on the tongue. Oral thrush may occur in babies because their immune systems take time to mature, making them less able to resist infection.

Oral thrush infections can also happen after treatment with antibiotics. This is because antibiotics reduce the levels of healthy bacteria in a baby's mouth, which allows fungus levels to increase.

Symptoms

Thrush appears as whitish, velvety lesions in the mouth and on the tongue. Underneath the whitish material, there is red tissue that may bleed easily. The lesions can slowly increase in number and size.

The first sign may be that the baby is unsettled, especially when feeding (his mouth is sore). However, many babies are not bothered by thrush.

Thrush shows as white patches on the roof of the mouth, inside the cheeks and on the tongue. There may be redness around the patches, and they might look like ulcers. Unlike bits of milk, the patches



es do not wash or rub off easily.

Treating babies for oral thrush

If you think your child may have thrush in the mouth, one needs to go to a doctor or child health nurse to be sure, and to get advice about treatment.

Preventing oral thrush

Nursing women who have nipple discharge or pain should also notify their health provider so they can be examined for a thrush infection in the nipples, which could be transmitted to the mouth of a nursing infant.

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Medical Q & A



Is Greek yogurt healthier than regular yogurt?

A: Typically, Greek yogurt has more protein than regular yogurt but it is not necessarily healthier. No matter what type of yogurt you choose, look for one that is fat-free or at least low-fat and that is not loaded with sugar. Plain yogurt will obviously not have added sugar; and, typically, yogurts that are 100 calories or less for a 6 oz. container will be moderate in added sugar.



Do childhood earaches cause hearing loss later in life?

A: Recurrent ear infections during childhood can sometimes lead to chronic hearing loss. If an infection is suspected, the child should be seen by a physician for appropriate treatment.



What alternative therapies can be used to treat migraine?

A: The most common non-medical treatment for headache is relaxation training. Relaxation training is equally as effective for treatment of migraine as medications. This training takes more time and effort than using a medication, but once learned, it is free, can be used whenever the patient wishes, and has no negative side effects. Exercise has been shown to reduce headache risk and psychotherapy often helps patients learn to identify and manage headache-triggering emotional stress.

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10

Ways to Know It's Time to Break Up



The road to a fulfilling, enduring relationship is almost always littered with a few attempts that turned out to be unfulfilling. That's what dating is all about, finding out if two people have the qualities and compatibility to sustain a relationship over the long haul. Sometimes you know for sure when it's time to break up. But other times you're not so sure. Should you hang in there and give it a chance? Or should you move on so that you don't squander precious time and energy? Here are some of the indicators that, yes, it's time to move on and seek better prospects:

- 1. Questions keep popping up in your head** - It's natural and healthy to evaluate a relationship at critical steps, but don't ignore those nagging concerns that are trying to tell you something.
- 2. You've lost that loving feeling way too soon** - If you don't feel consistent sparks and fireworks while dating, it's a sure sign that the chemistry isn't there.
- 3. The people closest to you express concern** - If several people sound the alarm about your relationship, it's wise to at least take it seriously.

4. Mistrust has crept in - Trust is the glue that holds couples together. If you have legitimate reason to doubt your partner's trustworthiness, you can be sure that more trouble is coming.

5. You wonder about your partner's emotional health - If your partner is very self-absorbed, paranoid, overly defensive, easily angered, or anything else that indicates an emotional health deficit, it's best to move on.

6. You've realized the two of you have missions in life that don't mesh - Sometimes two good people simply have goals and ambitions that don't complement each other's.

7. The two of you differ on important aspects of life - If you have significantly different perspectives on social issues, religion, politics, parenting, environmentalism, and use of finances, it's best to find a partner whose convictions align more closely with your own.

8. Your partner is holding too tightly to the past - Take note if the other person often talks about his ex, or is held back by old friends. Thriving relationships live in the present and plan for the future.

9. Your communication is strained or superficial - If you and your partner struggle to have open, heartfelt communication, the relationship will surely suffer.

10. You can't resolve conflicts - In solid relationships, two people learn to manage their conflicts thoroughly and efficiently so that harmony prevails most of the time. Relationships fall apart when conflicts don't get resolved.



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Ask Babu



Hi am Gorata what should I do if my boyfriend is not allowing me to talk with another guys?

Dear Gorata: First of all learn that no one has the right to control your behaviour but you and that anyone who tries to control you has no place in your life. There is nothing wrong in feeling insecure, it sometimes means your boyfriend really likes you. The way your boyfriend is, it is common though is a warning sign of an unhealthy relationship. He is absolutely 100% wrong. The reality is, he doesn't know how to deal with his own jealousy and insecurity, so his strategy is to make you believe it's acceptable for him to control you. What you can do if you are not flirting with any other guy talk to your boyfriend. Let him know all your feelings and thoughts and make him see where you stand in the situation. The best you can do is to introduce him to your friends, to be 100 percent honest about who they are in your life. Don't avoid talking about them, because that reinforces the idea that they're accessories to betrayal. Don't apologize for the fact that they exist, because this is your

community the more he sees how these men fit into your world, the more confident he should feel. If not, he'll bail and if he does, he's not the guy for you. You need someone who shares your philosophy about friendship.

Hi I am Lesedi, when I initiate sex with my boyfriend; there are times he can't perform. It makes me wonder what's wrong with me. Or doesn't he love me or want me and does he have someone else? What should I do?

Lesedi my dear know that sex is like having a new car, you want to drive it every day. But as time goes by you won't have the urge to wash and drive it daily. Sex between two people is the same. Maybe you're so used to sex with him that it has become predictable, and the flame has died. Sex is an activity that needs innovation and creativity. Keep it! But remember intercourse is an activity that heightens connection; it's not a tool to prove how faithful we are.

My girlfriend wants to spend time with family instead of me at Christmas. I

asked my girlfriend of 9 months if she'd like to spend Christmas with me and my family. I am 25, and she's 22. We are still working on our relationship. Despite being together for 9 months, she's still tense with me, though has been relaxing as time goes on. When asking, I realised that Christmas for some is a very family orientated occasion, and that she may just want to spend it with her family added to the fact that she's still not completely comfortable with me.

I don't think you should be upset or worried: you've only been together for nine months and Christmas is very family orientated. Think how her parents and siblings would feel if she chose to spend Christmas with a relatively new boyfriend instead of them. I know for a fact that my parents would be hugely annoyed with me if you were engaged and been dating for a few years then I would think you would have reason to worry but in your case I would just accept her view point. Family is important. Give her room to chill with her relatives.

Seekers

I am a 42 year old man seeking for a Christian partner to marry. I have a harder time in seeking compatible partners for the simple reason that there are not as many Christians out there in Botswana. I hope this time I will find one. The ideal partner must be a Motswana woman aged 32, whether working or not, she is still welcome.

A 26 year old woman in Mochudi is looking for a Christian male partner to be friends with. This partner should be also staying in Mochudi. He must be aged between 30 and 35. He must

be having a stable job and a car. Single Christian fathers are also welcome.

I have always been wondering what the meaning of love is. I therefore want to experience it with a single lady from any part of Botswana. I am a 23 years old young man from Ramotswa looking for a single lady to love and enjoy life together. The ideal lady should be staying in Ramotswa or surrounding areas. She must be also 23 years old.

Am looking for a pretty looking Motswana lady who is ready to settle down and have a family. She must working and has

a driver's license. She must be a responsible lady who can look after her family. The said lady must be aged 30-35. This lady must be able to allow his man to fully lead the family.

Hello there! You know, I used to wonder what the big deal was with Christians at least dating non-Christians. Well, there is no big deal and that is why I am here looking for a Christian life partner. I am a non-Christian man looking for a Christian lady in Gaborone. I am 27 years old and I am financially stable.

How to Enjoy Christmas

without Going Broke

Believe it or not, it is time to start preparing financially for Christmas already!

Make a Christmas Budget (and stick to it)

There are a couple ways to make your Christmas budget if you haven't started saving already. Look at your current monthly budget and figure out how much money you can save from each paycheck

Shop Deals (but make sure it's really a deal)

Find all the deals that you can! If you have an idea of what you want to get the people on your list, start browsing for prices now. Beware of Black Friday. Many times the black Friday advertised deals are not even the best prices of the season. Stores will use a few door buster items to lure you in the store and purchase other things.

Check Return Policy & Save Receipts

If you decide to buy a Christmas present early, make sure you check the return policy and save the receipt(s). Depending on how early you shop, many stores incorporate special return policies for the holidays giving you more time return gifts where you have changed your mind or no longer need.

Just say no to:

- Spending more than your budget.
- Opening a credit card to spend more than you saved.
- Charging Christmas gifts on credit cards and racking up interest.
- Withdrawing money from your emergency fund for Christmas.



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Saving Strategies

Now that we have approached the end of the Year, it's the perfect time to start planning and following through with our goals. ...

Either way, we have to take into account the minor and major emergencies that seem to present themselves in our lives at those oh so perfect times, and take serious the goals we set for ourselves. We created two budgets that will help you save some money for those unexpected low points and hopeful high points. Here's to each and every one of you with a taco budget and caviar dreams

KEEP YOUR EYES ON THE GOAL 2018		
JANUARY	P 25	P 25
FEBRUARY	P 50	P 75
MARCH	P 75	P 150
APRIL	P 100	P 250
MAY	P 125	P 375
JUNE	P 150	P 525
JULY	P 150	P 675
AUGUST	P 125	P 800
SEPTEMBER	P 100	P 900
OCTOBER	P 75	P 975
NOVEMBER	P 50	P 1025
DECEMBER	P25	P 1050

Reverse Bulk Saving Plan

JANUARY P250	FEBRUARY P182
MARCH P166	APRIL P155
MAY P150	JUNE P134
JULY P100	AUGUST P98
SEPTEMBER P62	OCTOBER P45
NOVEMBER P26	DECEMBER P10

TOTAL: 1378

Some people use the shower, bath tub, sink, mirror and toilet as the main appliance to make the bathroom useful. These kinds of appliances give the useful design of interior housing ideas. Mirrors are essential to every bathroom as they help us in daily lives though we rarely ever appreciate their usefulness.

The existence the bathroom is very helpful because more people use bathroom mirrors to build their self confidence in general, especially women. Bathroom design also needs the lights to perform the reflection of the body by the mirror. This will make the completion of the bathing process. Some people use mirrors to make a great reflection into their bathroom. Lighting ideally needs to be dimmable to create different moods for ultimate relaxation in the bathroom. Different light levels are required depending on the time of day and use of the bathroom. Lighting can also help your bathroom look its best, as shown in the pictures here;



Bathroom Mirrors And Lighting Design Ideas





Gallery Of Awesome

Color Schemes For Modern Bedrooms

Are you struggling to achieve that ideal balance between comfort and functionality in your bedroom? Maybe it's the lack of space that is impeding your quest for the perfect bedroom? If you are looking for a trendy bedroom addition, then these bedroom colours are indeed perfect, as they also add a hot tint to your cozy bedroom.



Of all the spaces in your home, the bedroom is undoubtedly the one place where you can fully and freely be yourself without any inhibitions. It is a safe and comfortable haven and the perfect bedroom is all about finding what works for you best. Beyond the obvious like a cozy bed and a lovely color scheme, there are little details that make your bedroom a lot more pleasant and functional. Colour combination is definitely on the top of this list.



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Clever Ways to Organize a Tiny Bathroom

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.

Streamline Your Vanity

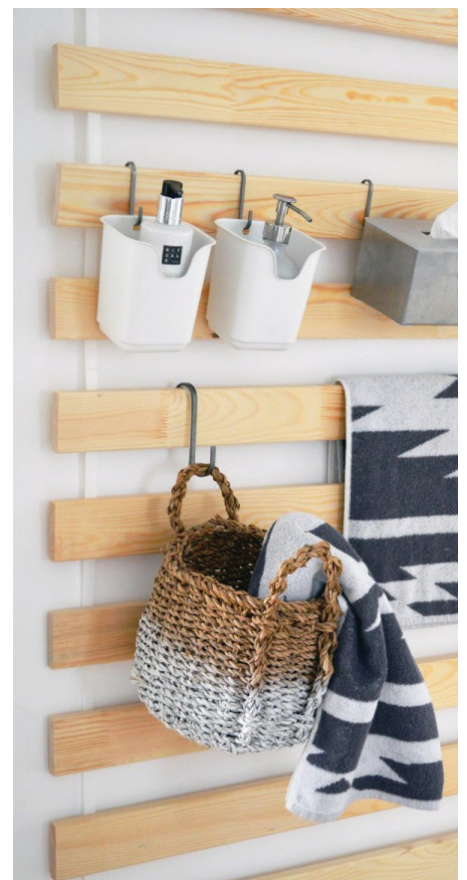
Open-shelf bathroom vanities start off pretty and organized, but they're easy to make a mess of when the day-to-day reality sets in. That's why containers are a no-brainer when it comes to keeping this spot clutter-free. Make sure to use storage baskets in the same style or in a consistent color scheme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

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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Cute DIYs To Decorate Your Backyard

Good news: Summer's officially here! Steal some of these tips to make over your patio or porch into the ultimate outdoor lounging space.

Instant Fire Pit

Construct a fire pit by arranging curved paving stones in a circle. Its tip-proof, even without mortar, and the entire undertaking takes just 20 minutes from start to finish.

Pocket Planter

Hang an over-the-door shoe holder on the fence, tucking herbs into the compartments for a fun twist on a vertical planter.

Wood Rake Rack

Mounting a wooden-toothed rake by the back door provides a handy spot for both hats and snapdragons.

Vertical Herb Garden

Keep your basil close at hand by screwing hose clamps onto a freebie wood

pallet. The backboard leans against a railing, so you can keep fresh herbs right on the deck.

Flower Wall

One flower box is never enough. Load up on annuals in every color with this stacked planter project

Why You Shouldn't Rake Your Leaves

The reality is that fallen foliage isn't a just nuisance that's hiding your manicured lawn — it's an active and necessary part of the ecosystem. Beds of leaves provide shelter and even food for animals like box turtles, and earthworms. Butterfly pupae use the layers for protection as they grow over the chilly months. Plus, as the leaves decompose (no, they won't litter your lawn forever), they form a natural mulch and help fertilize the soil.

Of course, many communities have rules regarding curb appeal and leaf collection, and you should clear away side-

walks and paths to your house. But if you must get rid of your leaves, the NWF suggests placing them in a compost pile, using them for mulch in planting beds, or dropping them at your recycling center for municipal composting.



This adorable project will take you an hour from start to finish. First off you need: Flowers, hot glue gun, sharpies, scissors and a sheet of cardboard.

Diy Floral Letter

Step 1:

Start by finding a variety of flowers that you like, and that look good together. As shown in the pictures flowers are stuck with pinks, white, cream, and a hint of light green. Also get a few different sizes; adding different sized flowers into your arrangement makes a huge difference. Just pluck the flowers right off their stems, and remove all the leaves and clip off any extra wires.

Step 2:

Draw or trace a letter onto a piece of cardboard, cut it out. OR you could purchase letters at a craft store.



Step 3:

Start placing your flowers and gluing! Here the larger flowers are placed first, then filled in the rest of the space with smaller ones.

Step 4:

This is the fun part, deciding where to put your letter. You can hang your flower on the wall or wherever you want; it looks adorable in a darling gold frame as shown in the picture.



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How to Get Ink Out of Clothes

For ballpoint pen ink

Place a paper towel under the stain and sponge it with rubbing alcohol. Use an eyedropper to apply alcohol directly onto the stain or, for a larger spot, pour the alcohol into a small dish, immerse the stained area and soak for 15 minutes. The ink should begin to dissolve almost immediately. Continue sponging and blotting the stain until no further ink is released from the fabric. Rinse under cool water, apply a pre-wash stain remover and wash the garment in hot water. Check that the ink is completely removed before tossing the item in the dryer.

For felt-tip pen ink

Removing felt-tip ink is a bit more time consuming — but not impossible. First, rinse the stain under cold water to flush out as much of the ink as you can. Then



fill a basin with hot water and pour in a bleach-free, liquid laundry detergent. The amount you'd used to hand wash a blouse should do, plus a couple splashes of ammonia. Stir the solution and immerse the garment. Give the stain a rub with your fingers, and let it soak for 30 minutes to an hour.

If it's a stubborn stain, let it soak overnight, giving it a rub every so often. Soon you'll see it starting to fade. To help it along, mix up a fresh solution or add a bit more ammonia. When the stain is gone, rinse the garment, rub in a bit more liquid laundry detergent and wash as usual. As with any stain, air dry the garment until you are certain the stain is completely removed.



4 Materials You Shouldn't Use Fabric Softener On

Whether you use liquid fabric softener or dryer sheets, these products soften fibers to help reduce wrinkles, diminish static cling and add a bit of fragrance to your laundry. But using them on certain materials can actually have a negative effect on fibers. Carolyn Forte, director of the Good Housekeeping Institute Cleaning Lab, says to read the care label before adding it to your rinse cycle — and think twice about using fabric softener on these four materials.

1. Microfiber

What's great about microfiber is that its intricate threads have the ability to trap dust and absorb spills. However, if you toss it in the wash with fabric softener, you could end up destroying their effectiveness.

2. Sportswear

Many types of athletic wear have wicking technology to absorb sweat from your skin and keep you cool when you're working out. If you use fabric softener on these garments, it'll leave a coating that will prevent them from well, wicking.

3. Towels

While everyone loves to dry off with a soft towel, liquid fabric softener and dryer sheets can reduce the absorbency of terry cloth and other fluffy fabrics. If you feel like your towels aren't drying as well as they did when they were new, skip the softener every few washes.

4. Flame-resistant clothing

To reduce the risk that kids' sleepwear will catch on fire, it's required to be flame-resistant. But washing your children's pajamas and nightgowns with fabric softener impacts the flame-resistant properties in the fabric.





DJ SWAPS

Name: Mompoti
Surname: Mokalake
Stage Name: DJ Swaps
Place of Birth: Serowe
Country: Botswana
 Dj Swaps started his career in 2010, he currently signed under the Teflon Don (PTY) Ltd and works closely with various event organisers in Botswana's music industry.
 He became a resident Dj at Manila Bar (Francistown) in 2010. That's the time he started to gain confidence and experience. In 2011 Dj Swaps moved to Mon-

key Lounge club which is now known as club LAGOS. He is now a resident Dj at Pat Kay Jazz Pub in Serowe.

He performed in various occasions across Botswana and shared the stage with big names locally and internationally, the likes of NdigaGaba from SA, Shota, Ringo Madlingozi, Mobi Dixon, Black Motion, Kwesta, Heavy K, Busiswa.

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Mmutle On Taking The Sport Life By Storm

Leatle Mmutle is a producer of "Home and Away" show and also a sports presenter; we hear his voice in Duma FM radio every Sunday evening. CW got in touch with him to take us through the journey of his career in presenting both local and international football.

Which words describes you?

Hard worker, smart and very responsible.

Tell us about yourself.

I am a proud father and I find joy in reading. Above all I believe remaining humble in all I do is very important. As for education, I did Purchasing and Supply (CIPS) at IDM institute and also did Sports Management under Botswana National Olympic Committee. I believe in lifelong learning. I continue my studies by doing short courses as I also believe in diversity in qualifications because it makes one well rounded.

When did you start the journey of presenting football news?

In 2012 but I spent years following sports shows on Botswana Radios and South Africa. I loved sports and radio from my younger age.

How far do you think you will go to make it the industry?

I'm confident in my abilities and I had no doubt that I will make it.

Tell us exactly what your work entails.

I read and follow international sports news and events, also going to sporting events in Botswana and sometimes outside the country and report on them. At times meeting sources to get exclusive news. Conducting interviews and produce for my Sunday show "Home and Away" from 7pm to 10pm on Duma FM.

What are the challenges that you are engaged in during the career journey?

Limited resources enable me to execute my duties to the best of my abilities.

Apart from being a sports presenter what else are you doing? And how to you balance the time between?

I am a business man and a President of Sports Writers Association Botswana (SWABo). The best thing I do is sleeping late and waking up late. I report to work at Duma FM at 11am and knock off at 6pm. I normally do my work for my company and SWABO before work and after work.

How do you plan to accomplish your dreams?

I have long term plans and whatever I do is informed by my plans. There is a basic principle that accompanies the journey.

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

In my next 3 years I want to dominate the international world. I want to be a renowned sports journalist in Africa. Describe your typical weekend. Mostly my weekends are sporty; I go to sports events or watch on TV, but if there is nothing sporty then its family time.

What is your favorite quote?

I don't take much significance in quotes, I value principles and approach. One principle I believe in is that everything that happens in my life I am to blame or to commend. I am fully responsible for everything that happens in my life.

Your motivational message to upcoming sports presenters.

Nothing in this profession comes as an accident. Be it from passing the interview and staying for long in the industry, you work for it.



Rick Ross

Album: Port of Miami 2: Born to Kill
Release Date: Feb 2 2018



Jason Derulo

Album: 777
Release Date: April 13



Toni Braxton

Album: Sex & Cigarettes
Release Date: May 25



Tory Lanez

Album: Memories Don't Die
Release Date: March 23



Wiz Khalifa

Album: Rolling Papers 2
Release: Apr 27



Owl City

Album: Cinematic
Release Date: June 1



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John Felix Anthony Cena

is an American professional wrestler, actor, rapper and reality television show host. Cena is currently signed to WWE, where he is a free agent, appearing for both the Raw and Smack Down brands. He started his professional wrestling career in 1999 with Ultimate Pro Wrestling (UPW) and won the UPW. Cena was labeled "the most polarizing professional wrestler ever" by industry commentator Jim Ross, as his character has many supporters and detractors. Outside of wrestling, Cena released the 2005 rap album *You Can't See Me*. He has starred in the feature films *The Marine*, *12 Rounds*, *Legendary*, *The Reunion*, *Train wreck* and *Sisters*. He has also made appearances on television shows including *Manhunt*, *Deal or No Deal*, *MADtv*, *Saturday Night Live*, *Punk'd*, *Psych* and *Parks and Recreation*.



Margot Elise Robbie

started her career by appearing in Australian independent films in the late 2000s. She was later cast in the soap opera *Neighbours* (2008–2011), which earned her two Logie Award nominations. After moving to the United States, Robbie starred in the short-lived ABC drama series *Pan Am* (2011–2012). In 2013, she made her big screen debut in Richard Curtis's romantic comedy-drama film *About Time* and co-starred in Martin Scorsese's biographical black comedy *The Wolf of Wall Street*. In 2015, Robbie co-starred in the romantic comedy-drama film *Focus*, appeared in the romantic World War II drama film *Suite Française* and starred in the science fiction film *Z for Zachariah*.



John Legend

Prior to the release of Legend's debut album, he collaborated with already established artists. At various points in his career, Legend has sung in Magnetic Man's "Getting Nowhere," Kanye West's "Blame Game," on Slum Village's "Selfish," and Dilated Peoples' "This Way". Other collaborative appearances include Jay-Z's "Encore", backing vocals and other American artists. For his solo work, he earned a Billboard Hot 100 number-one single with "All of Me" in 2013. He won the Academy Award for Best Original Song in 2015 for writing the song "Glory" from the film *Selma*. He has also won ten Grammy Awards and a Golden Globe Award. In 2007, Legend received the Hal David Starlight Award and a Tony Award for co-producing *Jitney* for the Broadway stage. While in college, Legend served as president and musical director of a co-ed jazz and pop a cappella group called *Counterparts*.



Brenda Wairimu

pursued a major in International Business Administration and a minor in Broadcast Media. This gifted model is the face of Alcott Kenya a campaign that includes a host of other young Kenyan celebrities. Brenda has acted in *Changing Times*, one of Kenya's leading youth entertainment drama shows which has received a Kalasha Award. She has also received a nomination for best supporting actress. In the near future she hopes to double her volunteer work, and use her position in the media to make a positive difference in people's lives.



Willard Carroll "Will" Smith Jr.

In April 2007, he was called "the most powerful actor in Hollywood". Smith has been nominated for five Golden Globe Awards and two Academy Awards, and has won four Grammy Awards. In the late 1980s, Smith achieved modest fame as a rapper under the name *The Fresh Prince*. His popularity increased dramatically when he starred in the popular NBC television series *The Fresh Prince of Bel-Air*. After the series ended, Smith transitioned from television to film, and has gone on to star in numerous blockbuster films. He is the only actor to have eight consecutive films gross over \$100 million in the domestic box office, eleven consecutive films gross over \$150 million internationally, and eight consecutive films in which he starred, open at the number one spot in the domestic box office tally.



Tasila Mwale

is a Zambian singer and songwriter. She got her start as a singer at an early age. She was an active member of the Scripture Union singing group at her school. Tasila first came to the public eye when she won the Zambian version of the *Pop Idol* competition, 'MNet Idols Zambia'. As an award for her performance she signed a one record recording contract with Zambian music label *Mondo Music Corporation*. The result was her debut album *Uchi* (meaning "honey"). This album featured collaborations with several established Zambian musicians.



Calvin Cordozar Broadus Jr.

Formerly called Snoop Doggy Dogg and Snoop Lion, is a singer, songwriter, record producer, television personality, and actor. His music career began in 1992 when he was discovered by Dr. Dre, and as a result he was featured on Dre's solo debut, "Deep Cover", and then on Dr. Dre's solo debut album, The Chronic. After leaving Death Row Records, Snoop signed with No Limit Records, where he recorded his next three albums. Da Game Is to Be Sold, Not to Be Told, No Limit Top Dogg and Tha Last Meal. Snoop also coaches a youth football league and high school football team.



Lupita Amondi Nyong'o

She is a Kenyan-Mexican actress. She was born in Mexico to Kenyan parents and raised in Kenya. She attended college in the United States, earning a Bachelor's Degree in film and theater studies. Nyong'o began her career in Hollywood as a production assistant. In 2008, she made her acting debut with the short film East River and subsequently returned to Kenya to star in the television series Shuga. She wrote, produced and directed the documentary In My Genes. She then pursued a Master's Degree in acting from the Yale School of Drama. Soon after her graduation, she had her first feature film role in Steve McQueen's historical drama 12 Years a Slave, for which she won the Academy Award for Best Supporting Actress. She became the first Kenyan and first Mexican actress to win an Academy Award.



Jada Koren Pinkett Smith

She is an American actress, dancer, singer-songwriter, and business woman. She made a guest appearance in the short-lived sitcom True Colors. She starred in A Different World, and she featured Eddie Murphy in The Nutty Professor. She starred in dramatic films such as Menace II Society and Set It Off. She has appeared in more than 20 films in a variety of genres, including Scream 2, Ali, The Matrix Reloaded, The Matrix Revolutions, Madagascar: Escape 2 Africa, and Madagascar 3: Europe's Most Wanted. Pinkett Smith launched her music career in 2002, when she helped create the metal band Wicked Wisdom, for which she is a singer and songwriter. Smith also created a production company, in addition to authoring a book, published in 2004. She has been married to actor Will Smith since 1997.



Salma Sky

She was born to entertain from her humble beginnings. The Zambian born singer and song writer had a passion for singing, her talent and destiny was evident at an early age. She took a break in music and pursued a modeling career that proved successful landing her several endorsement opportunities. Salma's musical versatility has allowed her to share with her fans various hit records. On her quest to deliver such hits, Salma has collaborated with many Zambia's top musicians and entertainers. She won Zambia's highly viewed Born & Bred Award for best R&B video. In September 2013 she represented Zambia at the Grand Finale of Big Brother Africa.



Ram Kamal Mukherjee

He is an Indian film journalist. He is best known for his coffee-table book on actress Hema Malini, Hema Malini Diva Unveiled from 2005. He has been a journalist for Screen (now hot star). The Asian Age, Stardust and the Mumbai Mirror, and is the former Vice-President of Pritish Nandy Communications. After working with Stardust, now he is writing his first fiction for Lead start Publishing. In 2016 he was working as a producer with Rajshree Ojha for the TV series Bin Kuch Kahe. He released the short story collection Long Island Iced Tea, a collection of eight short stories.



Inder Kumar

He was an Indian actor best known for playing supporting roles in Hindi films such as Wanted, Tumko Na Bhool Paayenge, Kahin Pyaar Na Ho Jaaye and Khiladiyon Ka Khiladi. He was born on 26 August 1973 in a Marwari family in Jaipur as Inder Kumar Saraf. His mentor in movies was film publicist Rajoo Kariya who introduced him to film producers during early days of his career. He had been married thrice. His first marriage was in 2003 with his mentor Rajoo Kariya's daughter Sonal Kariya and they separated that year after 5 months while his wife still pregnant with his first daughter Khushi. Before his death, which was a day before Khushi's birthday, he had been unsuccessfully trying to meet her for 3 years; he died without being able to meet her. He made his debut with 1996 film Masoom, featuring in over 20 movies in a career lasting over twenty one years. His career had started to suffer when he was bed ridden for five years due to broken vertebrae from helicopter fall while doing his own stunt on the set of the film Maseeha in 2002.



Bandipur TIGERS India

Words And Images By Prakaash Hari

About The Tiger Reserve

Bandipur Tiger Reserve is situated in the Mysore of Karnataka State in Southern India. It is part of the Western Ghats Tiger Landscape consisting of Mudumalai, Nagarahole Tiger Reserves and the Wayanad Wildlife Sanctuary. Lies between the North Latitudes 11° 35' 34" and 11° 55' 02" and between the East Longitudes 76° 12' 17" and 76° 51' 32"

The Bandipur Tiger Reserve forms a very important component of 5520.00 Sq. Km landscape, the first biosphere reserve in the country. This Landscape of Bandipur, Nagarahole, Mudumalai & Wayanad complex is a home to single largest Asian elephant population and tigers roughly populated 200 in Bandipur and Nagarhole Reserve. The Reserve is endowed with rich floral and faunal diversity and is recognized as one of the mega biodiversity areas in the country. The viable population of these two species is indicative of a healthy ecosystem.

Approach

A very convenient and easy approach to the Tiger Reserve exists through NH 67. It is located midway on NH 67 about 80.00 Km. from the heritage city of Mysore and the Nilgiri Hills Station Ooty. Regular state transport buses, taxis and other modes of road transport provide easy access. The nearest airports are at Mysore (80 Km), Bangalore (230.00 Km) & Coimbatore (200 Km) in Tamil Nadu.



Lion VS Tiger

Lions are the king of the plains. Tigers rule the jungle. Tigers are heavier, weighing up to 800 pounds to the lion's 550. But the two cats aren't so different in size. Tigers are solitary cat unlike Lions are in pride. Lions are excellent hunters. They live in prides and enforce terrible dominance, each pride consists of 13-15 lions and each pride is protected by the most powerful male, they mark their pride by roaring, and scenting marks from their droppings.

Tigers execute deadly strikes, their enormous weight enable them pin down big targets. Tigers are a formidable force in the cat family, they are distinguished by large black or White stripes and stripes on each tiger is unique, and can be termed similar to fingerprints found in humans. Most tigers prefer to stay alone, they hunt their prey undetected, and cannibalize them solely. Tigers can deliver up to 7 clubs, the clubs rely on the mother for protection and survival.



Savuti LIONS Botswana



Mother teaching cubs how to deal with cobra

I have seen many documentaries about lion prides in Nat Geo at Savuti marsh but being there witnessing and photographing the lion pride and the cubs encounter with cobra and mother teaching them how to behave was an ultimate experience.

It was around 0800 in the morning and the overcast clouds were dispersing. The male lions were rolling and dozing on the green carpet and kept checking visitors to make sure their cubs are safe. A playful lion cub running around and don't care by the surrounded guest circling in the 4x4 vehicles. We were lucky enough to be in the right place at the right time while the mother teaches her cubs how to behave with the cobra. The Savuti is famous for this incredible lion activity, al-

though it's still likely to occur here more than anywhere else.

The drive over sprawling wetland and savannahs that make up the Savuti Marsh (a 10,878 square kilometre stretch of land on the western corridor) provide a diverse portion of wilderness for the inhabitants of Chobe National Park. Savuti Marsh, an oasis that is fed by the Savuti Channel, an overflow from the Okavango Delta flood waters, teemed with life. The Savuti area is renowned for offering spectacular game viewing opportunities. During the dry season, you can expect to see Savuti's famous Lion prides and resident bull elephants, antelopes, black-backed jackal, bat-eared fox, tsessebe, kudu, impala, giraffe and ostrich. During the summer months thousands of zebra and antelope species mi-



Elephant kill by Lions

grate to the area offering fantastic predator viewing including lion, hyena and cheetah species. The buffalo herds and migrant birds also arrive. Savuti has a resident population of over 300 species.



Alpha male lion guarding its pride.

The second largest zebra migration happens in the Savuti before the rains arrive. Generally in November and December; and between February and April, the zebras move from the rivers in the north in search of rain-ripe grasslands and full waterholes in the southwest of the park. The migration is always followed by large numbers of predators.

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Public Relations



Some are born great, some achieve greatness, and some hire public relations officers," said the historian Daniel J. Boorstin. His point? In public relations (PR), your job is to make your client seem great without anybody knowing you were trying.

Of course, those in PR do more than make their clients seem great. They speak on behalf of client organizations; inform constituents; educate audiences about important issues; help mitigate harmful negative publicity; and generally represent a client to various audiences, including the media, in order to get the most favorable publicity possible.



What Pr Is

While many people equate public relations with publicity-or more generally, gathering media attention-the field is actually quite a bit broader. In addition to media relations, PR agents coordinate activities such as events, meetings, educational programs, speaking engagements, and other forms of communication. One of the objectives in PR is to use the media to reach the target market because, when mediated by a supposedly objective third party, the message will become more powerful.

What You'll Do

- Media Relations
- Community Relations
- Employee Relations
- Marketing Communications
- Special Events
- Fundraising

Requirements

To get in, you'll need a good general education and the proven ability to communicate well both in writing and speech. An English degree will help; so will need training in marketing, communications, and writing. Some universities offer public relations degrees. If you want to

break into PR mid-career, you'll still need these skills. Knowledge of mass media and how they work also is relevant-many journalists make the switch into public relations.





Paper Christmas Ornaments

It's the season for holiday crafts and decor that are easy, fun, giftable, and perfect for all ages. Used here is a set of colorful papers for a variety of paper Christmas ornaments. It feels great to make money from them as holiday décor around the house to brighten up the house on Christmas day. These Christmas ornaments will brighten up your festive season and would make a very attractive gift too. We bet you'll love to do these and sell them to your friends;

Materials: 12 X 12 piece scrapbook paper (one per ornament), paper cutter, tape, hot glue and glue gun, twine, ribbon and scissors.

Instructions:

Step 1: To maximize the use of paper, first cut 12" strips as follows:

- 2- 1" strips
- 4- 1.25" strips
- 2- 1.5" strips



- Step 2:** Next, make the following cuts:
- The 2- 1" strips will stay the same at 1" X 12"
 - The 2- 1.25" strips will each be cut into 2- 8" strips
 - The 2- 1.5" strips will each be cut into 2- 10" strips



Step 3: Tape the corresponding strips together as shown below.

Step 4: Fold each strip like an accordion.

Step 5: Use hot glue to glue the ends of each strip together.



Step 6: Bend the circle strip inward to form a medallion. Add a drop of hot glue in the middle and hold the medallion together for a few seconds until the glue is dry. Blowing helps! Repeat for each strip until you have five medallions.

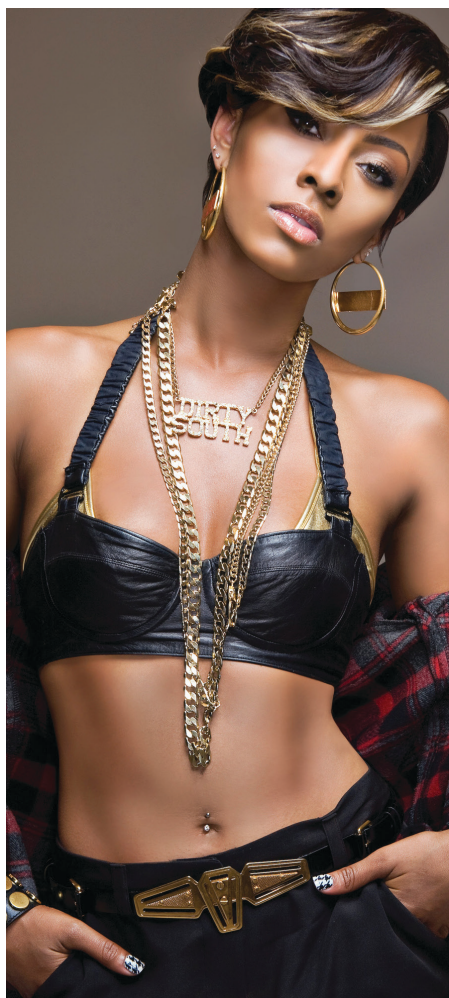
Step 7: Hot glue each layer together to form a sphere as shown.

Step 8: Cut a piece of twine and hot glue it to the top of the ornament for the hanger.



Step 9: Tie a ribbon bow around the top. It seems like a lot of directions, but once you do it one time it's a piece of cake after that and you can make money from it!





Keri Hilson

Singer, songwriter, and actress
(born December 5, 1982)



ARIES

(March 21 - April 19)

The December 2017 monthly horoscope predicts that the Aries person will be spiritual and intellectual in the coming month. You will be aggressive when it comes to your investments. Love life will be interesting with great Aries compatibility. Career growth will be fantastic.



TAURUS

(April 20 - May 20)

The Taurus sun sign will be rewarded for their hard work in December 2017. Salary hikes, promotions, new jobs, new business can all be expected by the bulls this month. Marital conflicts will be resolved with no taste of bitterness.



GEMINI

(May 21 - June 20)

The Gemini native will have a prosperous December 2017. You will be blessed with abundance, prosperity and wealth. Your health can be used with the help of these natural herbal remedies. Overall, this will be a busy month for the Twins.



CANCER

(June 21 - July 22)

The Cancer sun sign people need to be very cautious this month. This is because of the Mercury retrograde of December 2017. There will be some confusion regarding important decisions that you need to make. Keep a cool mind and you will soon find the answers.



LEO

(July 23 - August 22)

The Leo zodiac sign will be more interested in their own psychological well being in December 2017. You will be innovative and creative in all your ventures. The lions will need to cut down on their need to be independent this month and rely on support of family and friends.



VIRGO

(August 23 - September 22)

The Virgo person will do better to work in a team. This month is better spent with your family rather than trying some new business venture. You will be sexually active and make an excellent partner.



LIBRA

(September 23 - October 22)

The Libra star sign will struggle to avoid chaos in their lives. You will want to do multiple things at the same time which might leave you angry and short tempered. Plan your days in advance and proceed with a positive mind.



SCORPIO

(October 23 - November 21)

The Scorpio person will be in demand in

December 2017. Be it your job or your love life, you need not go behind what you desire. You will get it right in your hands. Your intuition will work overtime and help you make some extra money. But you need to definitely take care of your health.



SAGITARIUS

(November 22 - December 21)

The Sagittarius zodiac will be interested in new love relationships. Your job will be stable and provide you with a regular income. This is a month to be enjoyed with your loved ones. You might even be ready to get pregnant.



CAPRICORN

(December 22 - January 19)

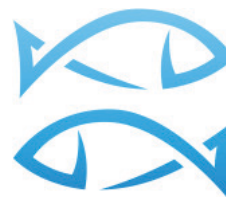
The Capricorn person will have progressive time in December 2017. You will be your boss and do not need others support to fulfill your dreams. You can also divert your aggression towards exercise and fitness. Financial prosperity too is on the cards.



AQUARIUS

(January 20 - February 18)

The Aquarius native in December 2017 can have an excellent month provided they are able to have balance. Romance and marriage might face some conflicts. But professionally, you will have a favorable period. This is a good time to start a new business.



PISCES

(February 19 - March 20)

The 2017 December forecasts predict that though there will be challenges in your life, you will come out a winner. Money flow will be good for the Pisces sun sign and career prospects will improve. You are mature enough to take your own decisions without any outside help.

And The Lord Separated His Paper From His Plastics...

My sister-in-law was teaching Sunday school class. The topic for the day: Easter Sunday and the resurrection of Christ. "What did Jesus do on this day?" she asked. There was no response, so she gave her students a hint: "It starts with the letter R." One boy blurted, "Recycle!"

Confessions of a Store Santa
While I was working as a store Santa, a boy asked me for an electric train set. "If you get your train," I told him, "your dad is going to play with it too. Is that all right?" The boy became very quiet. So, moving the conversation along, I asked, "What else would you like Santa to bring you?" He promptly replied, "Another train."

Entrance to Heaven

Three men die on Christmas Eve and go to heaven, where they're met by Saint Peter. "In order to get in," he tells them, "you must each produce something representative for the holidays." The first man digs into his pockets and pulls out a match and lights it. "This represents a candle of hope." Impressed, Peter lets him in. The second man pulls out a tangle of keys and shakes them. "These are bells." He's allowed in too. "So," Peter says to the third man, "what do you have?" The third man proudly shows him a pair of red panties. "What do these have to do with Christmas?" asks Peter. "They're Carol's."

New Year, Old Problems

It's New Year's Eve, and the restaurant is hopping - revelers, band, overworked waiters. Wending his way through the crowd is a drunk, staggering back to his seat. Spotting an attractive woman sitting alone, he says, "Pardon me, miss, did I step on your feet a few minutes ago?" "Yes," she says testily, "you did."

"Good! I knew my table was around here somewhere."

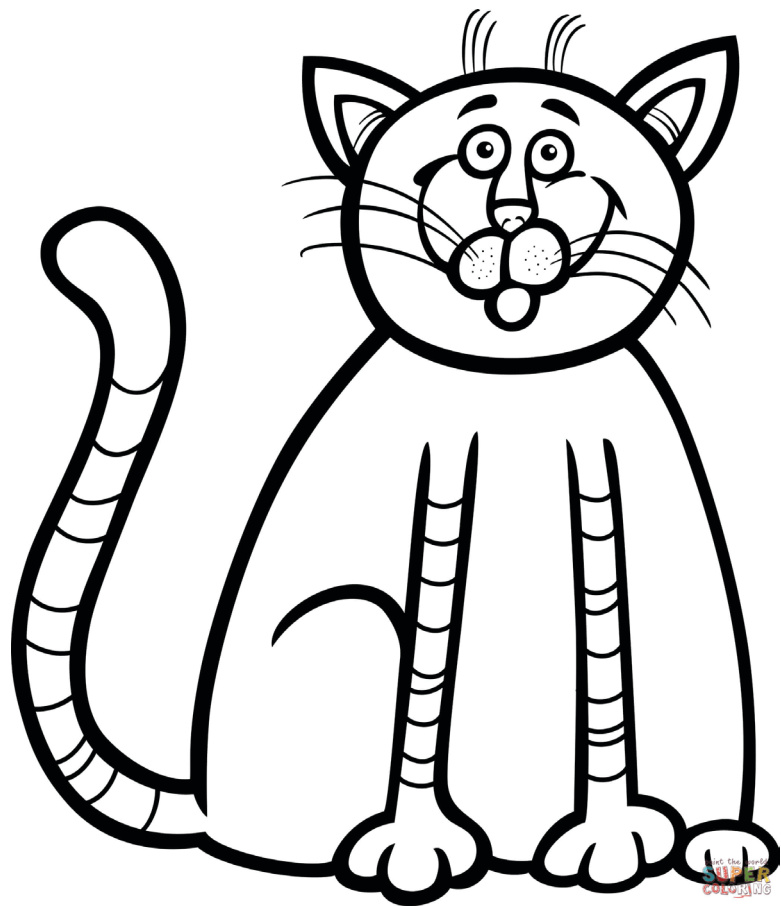
Into the Church

Three buildings in town were overrun by squirrels—the town hall, the hardware store, and the church. The town hall brought in some cats. But after they tore up all the files, the mayor got rid of the predators, and soon the squirrels were back. The hardware store humanely trapped the squirrels and set them free outside town. But three days later, the squirrels climbed back in. Only the church came up with an effective solution. They baptized the squirrels and made them members. Now they see them only on Christmas and Easter.

Spending more time with family:

Families are complicated enough, but things became even more confusing after my father decided to get married to my brother's mother-in-law. "Now I can't make up my mind whether he's my dad or my father-in-law," says my brother, "or if my mother-in-law is now my stepmother, or whether my child is my daughter or my niece."

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Cheesy Garlic Bread



Ingredients

- 1 loaf French or Italian bread
- 1/4 cup salted butter, softened
- 2 Tbsp olive oil (not extra virgin)
- 1 Tbsp minced garlic, or 1 tsp granulated garlic
- Salt and freshly ground black pepper, to taste
- 1 1/4 cups shredded mozzarella cheese
- 1/3 cup finely shredded parmesan cheese
- 1 Tbsp finely chopped fresh parsley

Instructions

- Preheat oven to 400 degrees. Slice bread in half lengthwise (though height of bread). Cut two sheets of foil about 24-inch long and place side by side letting one slightly overlap the other on a rimmed cookie sheet. Place bread, cut side up, on baking sheet.
- In a mixing bowl, using a fork, stir together butter, olive oil, garlic, salt and pepper. Spoon and spread mixture evenly over entire surface of both bread halves (working to coat the edges too so they don't burn). Wrap foil over bread and crimp edges together and roll ends of foil up. Bake 10 minutes.
- Remove from oven, open foil and roll foil inward. Sprinkle bread evenly with cheeses. Return to oven, bake uncovered, 5 - 6 minutes longer (broil during last 1 - 2 minutes for a crisper bread and more golden cheese if desired, no need to move rack upward). Sprinkle tops evenly with parsley. Cut into slices and serve warm.

Homemade Frozen Lemonade



Ingredients

- 3 cups water (divided)
- 1 cup sugar
- 1 cup fresh lemon juice (about 5 to 6 lemons)
- 1 tablespoon lemon zest (optional)
- 5 cups ice
- 1 lemon, sliced (garnish)
- maraschino cherries (garnish)

Instructions

- Make simple syrup by heating 1 cup water and 1 cup sugar in medium saucepan. Bring to a boil.
- Cook until sugar is completely dissolved. Cool completely.
- Blend 2 cups water, simple syrup, lemon juice, lemon zest (if desired) and ice in quality blender.
- Garnish with lemon slices and a cherry, if desired.
- Serve immediately.

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10

The Best Yoga Poses For Sleep

1 Easy Forward Bend

The easy forward bend pose is accessible even to beginners, and it's a great one to try before bedtime. If you're tight in the hips, sit on top of a pillow to make the pose a bit more relaxing. This one is good for sleep.

**2 Standing Forward Bend**

To perform this pose, stand with the feet about six inches apart and fold the torso to the ground, reaching toward the ground or bending the arms and grabbing opposite hand to opposite elbow. In addition to helping to relieve headaches and insomnia, the pose can also be helpful for lowering stress levels.

3 Child's Pose

The quintessential resting pose in many yoga classes, child's pose helps to calm the mind and relieve tension in the body. Fold the torso over the legs with the arms extended or by the sides, and rest the forehead on the ground. Take long deep breaths, and massage the forehead left to right easing tension at the brow point.

**4 Plow Pose**

Stay in the plow pose for one to five minutes to fall asleep easier. Lie down on your back, lifting your legs over your head and then to the ground behind you, with your hands either on your back for support or on the floor. By turning the flow of blood around, you bring new vitality into the body.

5 Legs Up The Wall Pose

This simple pose, performed against a wall, is excellent for evening relaxation and stress relief. Stay in the pose for as long as five minutes, with the eyes closed and use a soothing eye pillow as desired. When we flip the legs up, the blood can rush back down to the heart. It has a soothing quality.



6 Corpse Pose

Get your body into sleep mode with a simple corpse pose, focusing the attention on the body and breath, and letting go of the day's worries. By focusing the mind and bringing awareness in, you take the mind off of what is causing stress or restlessness.



7 Supine Spinal Twist

This reclining twisted pose can easily be performed in bed before you fall asleep. Lie down on your back and bring the right knee into your chest and then across your left side. Extend the right arm out and gaze to the right, taking several deep breaths and then repeating on the other side. You can also try bringing both legs up and then over to each side, as pictured. Gentle twists relieve tension throughout the whole spine.

8 Seated Spinal Twist

Like the supine twist, the seated spinal twist can create a sense of relaxation in the body while gently stretching the spine. The stretch can be practiced with both legs bent or with one outstretched.



9 Reclining Butterfly

A variation of the basic butterfly pose, the reclining butterfly can help the body get into rest mode. Lie down on your back, on your bed or on a mat and bring the feet together, splaying out the knees in a diamond. If your hips are tight and the pose feels too intense, put a folded blanket or cushion under each of the knees. Bring one hand to your heart and one hand to your belly. Breathe deeply observing the breath move in and out of the body.

10 Left Nostril Breathing

To try this relaxing breathing exercise, you can either sit up crossed-legged or lie down on your right side. Cover the right nostril with your thumb and extend the fingers out. Then take five to ten deep breathes out of your left nostril.



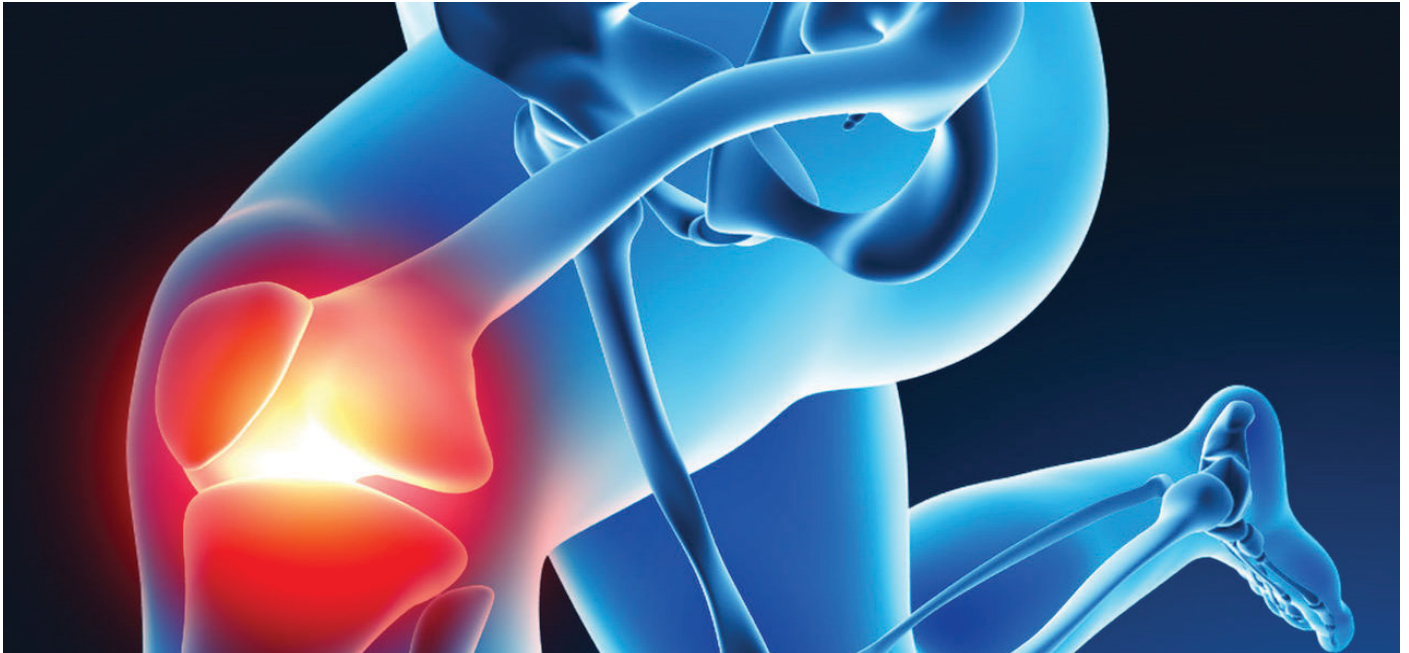
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CASH AND CARRY



(THE HAWKERS SPECIALISTS)

Hypocalcaemia (Calcium Deficiency Disease)



Calcium is a vital mineral. Your body uses it to build strong bones and teeth. Calcium is also needed for your heart and other muscles to function properly. When you don't get enough calcium, you increase your risk of developing disorders like: osteoporosis, Osteopenia or calcium deficiency disease (hypocalcaemia)

What causes hypocalcaemia?

Many people are at an increased risk for calcium deficiency as they age. This deficiency may be due to a variety of factors, including: poor calcium intake over a long period of time, especially in childhood, medications that may decrease calcium absorption, dietary intolerance

to foods rich in calcium, hormonal changes, especially in women and certain genetic factors.

Symptoms

Severe symptoms of hypocalcaemia include: confusion or memory loss, muscle spasms, numbness and tingling in the hands, feet, and face, depression, hallucinations, muscle cramps, weak and brittle nails and easy fracturing of the bones.

How's calcium deficiency disease diagnosed?

Contact your doctor if you have symptoms of calcium deficiency disease.

Possible complications of hypocalcaemia

Complications from calcium deficiency disease include eye damage, an abnormal heartbeat, and osteoporosis. Complications from osteoporosis include: disability, spinal fractures or other bone fractures or difficulty walking

How can hypocalcaemia be prevented?

You can prevent calcium deficiency disease by including calcium in your diet every day.



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What Your Eyes Say

About Your Health Eye Twitches

These are extremely common and almost always harmless -- they usually go away on their own. They can be associated with alcohol, fatigue, caffeine, or smoking. In extremely rare cases, they can be a sign of a problem with your nervous system, like multiple sclerosis. But if the twitches are linked to MS or another problem with your nervous system, you would have other symptoms, too, like difficulty walking, talking, and going to the bathroom.



Drooping eyelids

This can be a symptom of myasthenia gravis, which makes your immune system attack and weaken your muscles. It affects your eye, face, and throat muscles more than others and can make it difficult to chew, swallow, or even speak. Your doctor may filter your blood to help ease your symptoms, but that doesn't work for long. There's also medication for it. But in some cases, surgery is needed to remove the thymus gland.

Sudden Blurry Vision

An abrupt and dramatic loss of vision may be a sign of a problem with the blood flow to your eye or your brain. Immediate medical attention can prevent serious damage and may even save your life. Even if your vision gets better quickly, it might still be a warning of a stroke or the beginning of a migraine headache.



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Making Your Smartphone Smarter



I still live with a 16gb phone. It isn't impossible, but it's difficult. The world isn't moving towards adapting to low storage, it's increasing it. So what do you do when you run low on storage? Delete photos and apps? NO! Back everything to the cloud? You could, but you'd need constant access to it to retrieve data. What else can you do? Transfer it to your laptop via cable? Sure, but who's got the time for that. You could maybe use an OTG pen-drive... but not many people have those.

With Type-C USB ports becoming increasingly popular, there's one more solution. The Hyper drive Type-C connection kit. It easily fits in your pocket, and expands your phone's possibilities. Plug it in, and you've got a regular USB port and two card-readers for SD and MicroSD cards. You can now literally plug any USB drive into your phone and either transfer data to it, or retrieve data from it. Or you could use the SD card reader to pull photos off your DSLR. What's better is that the Hyper drive's Type-C works with laptops too. With most new laptops having a Type-C port for fast transfers and faster charging, the Hyper drive plugs into your laptop too, not just expanding the number of ports on it, but even allowing you to easily transfer data between your laptop and phone. Without a cable!



Designer: Sanho



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Future Bikes: Bold, Brilliant Bicycle Concepts



Cube Urban Street Bike Concept - This fierce, folding fixie-style bicycle concept adds an entirely new frame philosophy to high speed bike design. It ditches the seat tube and top sections of the traditional bike frame for this three-piece system that leaves the back wheel floating. Technically, this design could remove a significant amount of weight from the modern bicycle, but this design appears a bit bulky.



Furious Sports Bike Concept is another experiment with the traditional bike frame. Unlike other concepts, however, this one appears to provide the support and stiffness needed for an efficient, comfortable and stable ride. Speed, location, calorie consumption and other information is shown to the rider front and center throughout their session, be it for pleasure or a daily commute.



Bowden Space Lander Bicycle is a marvel of postwar biomorphic design. Its curving lines and amoeba-like voids represent the mutation of the pre-war streamlined style into a new expression based on organic, rather than machine made. Conceived in aluminum, the dynamic form featured a direct drive hub dynamo that stored the downhill energy and released it on uphill runs.



Arboform is made from 100% renewable raw materials and is mainly used for injection moulded wood applications. It enables the wood processing industry to make products with design geometries that were previously cost-feasible only in plastics.



The Intelligent Bike Concept features a solar-powered backup motor, an on-board computer, a fingerprint security scanner and a spoke-free wheel design.

Electric Bicycle Mountain With Battery, 26x4.0 Wheel scooter
Extrbici Man XF66o 48V 500Watt Li-battery Electric Bike Mountain Snow Beach 7 Speeds 26" 4.0 Fat Tire ebike Hydraulic Disc Brake. It is suitable for all road conditions.



Sacha Lakic Bicycle Concepts

Lakic branched out on his own, creating Sacha Lakic Design in the centre of Paris, overlooking Montmartre. Once there he launched his first collaborative efforts, designing scooters and bikes. He came up with bicycle concepts BZZZ, FIZZ and BUZZ for MBK.



Peugeot eDL-132

The Peugeot eDL-132 mid-drive electric bicycle is a gorgeous example of a car company that wants to get some publicity with the growing trend of cars and motorcycles adding an electric-drive to their model line.



The Power Of Gifted Artistic Hand And Mind

Ronald Kegomoditswe is a very humble passionate and determined young Motswana with dreams of becoming one of the greatest fine artists in Botswana and abroad. Born in Sefhophe, Ronald said that Art to him is a way of communicating and expressing his feelings depending on how he feels at that moment. He chose to communicate through paintings and drawings unlike other means such as writing, visuals, poetry, songs, etc.

He does realistic art, abstract and semi abstract using paints and pencils. Ronald started his work in 2014 after he didn't do well at senior school. "At first no one understood what I wanted; people thought that I was crazy when I told them that I wanted to be an artist. But this is a source of my happiness". He said.

According to Ronald, his passion in art started from a young age. He remembers that during his childhood, he used to draw on the ground with fingers with others and he would sometimes steal his twin brother's work and pretended that to be his. Ronald used to be the only student chosen to draw diagrams on the chalkboard. He said that at Form 1, he used to help form 3's with their art projects. This motivated him and augment-

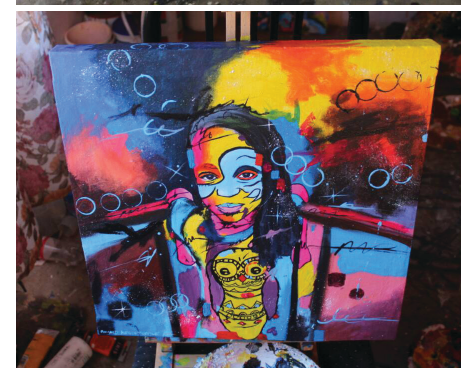
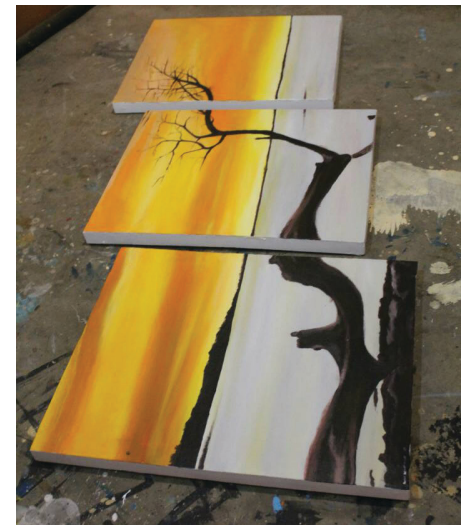
ed his desire to keep on going forward with art more even that at senior school he passed it with an A*, whereas he performed bad in other subjects.

“ I totally love art; there is nothing in this world that I will be apart from being an artist. I also do photography, but not at a professional level. I use all of my other talents that come after art to strengthen it, ”

Ronald is mentored and inspired by one of the Botswana's greatest artists, Mr Wilson Ngoni. He said that he gets some artistic residue to nourish his artistic bough to become a title holder. He said "After almost three full years of doing art full time, I am now selling my work overseas like UK, USA, Philippines and I might send some to India soon.

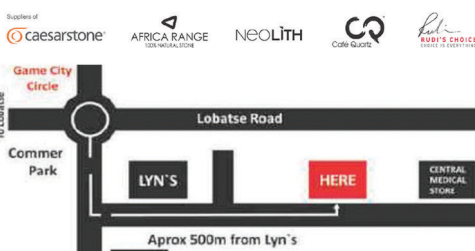
My biggest achievement was realising that I am a talented artist and knowing my purpose, otherwise I wouldn't be where I am today. The number of art artists increases with time but at the end of the day our work will tell the best. Ronald is not in a competition with other artists because he believes that a creative man is motivated by the desire to achieve, not by the desire to beat others.

The multi-talented Ronald will have an exhibition on the 9th of December in Phikwe at Syringa Lodge with other four young talented artists. He invites people to come and sightsee and experience the beauty of Batswana's art works.



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100KM Walk Against Women And Child Abuse (Gaborone-Ramonaka)

Date & Time: Thu Dec 14 2017 at 07:30 am

Venue: Sebele Centre Shopping Mall, Block 10, Gaborone, Botswana

Event Details

The walk aimed at creating awareness, education, highlighting this serious issue and encouraging victims to stand up and seek help. Let's all stand up and protect women and child freedom, report any form of abuse.



Cultural Night 2017

Date & Time: Fri Dec 15 2017 at 06:00 pm

Venue: Stanbic Bank Piazza, P O Box 1553, Gaborone, Botswana

Event Details

A Cultural event of note, not to be missed, head lined by Mafkizolo, Seretsi and The Natives, Amantle Brown, Bosetu Cultural Groups, and the Incredible T The DJ!



Free Zumba Party in Support of SOS Botswana

Venue: Thornhill School, Gaborone
Date & Time: Fri Dec 15 2017 at 06:00 pm

Event Details

This year Zumba in Gabz is 'adopting' SOS Botswana Children's Village. SOS Botswana used to receive over 70% of funding from SOS International. Unfortunately Botswana has been identified as a capable country and is expected to raise funds and support its own children. Please do help. The attached flyer shows the essentials that the children at SOS villages need. If you would like to know more, feel free to contact us and also come join us for our FREE XMAS PARTY. The SOS representatives will be there to provide more information :) Pula!



Gabz Mega Party (Fashion Meets Music)

Date & Time: Sun Dec 31 2017 at 10:00 am

Venue: Gaborone, Botswana

Event Details

Gabz mega party its annual fashion and music festival which promotes Lifestyle, fashion trends, classy, elegant, swag, vintage, hair trends. Let your style speak.



Heart of the City Carnival

Venue: Main Mall area

Date & Time: December 16, 2017 at 15:00hrs to 00:00hrs

Event Details

The Carnival is an annual event that happens at the end of the year staged to herald the Christmas Season. It will be hosted under the theme Heart of the City. The carnival is aimed at reviving and celebrating the history of the Main Mall as well as showcasing the diverse cultures of the people of Botswana. The carnival will showcase a variety of culinary offerings - celebrity chefs' demonstrations, and a carnival parade of different types of cultures and dances, fashion displays from Botswana, as well as local and international music artists.

Botswana Travel & Tourism Expo

Venue: Kasane

Date: Tuesday, 5 December 2017 to Wednesday, 6 December 2017

Organizer: BTO

For more information on this event; email to marketing@botswanaturism.co.bw or call +267 3913111.



Blue Clothing Launch



Botswana's Finest "Sedilame" Makes History



It's a very great achievement not only for herself but also for Botswana to be seen by other countries that there is talent here in women's football. A Gold medallist and a trophy brought nothing but happiness to her and to the country as whole.

Sedilame "Tsonso" Boseja developed the love for soccer at the age of 13. The talented Sedilame who has relocated to South Africa helped her current club, Bloemfontein Celtic to win the Free State Region Women's Football League Championship.

It's been six years now since Sedilame has joined football. She has been considered Botswana's finest ever since she joined the national team in 2015 when she was 17 years old. Sedilame who hails from Tutume, signed with Celtic team in



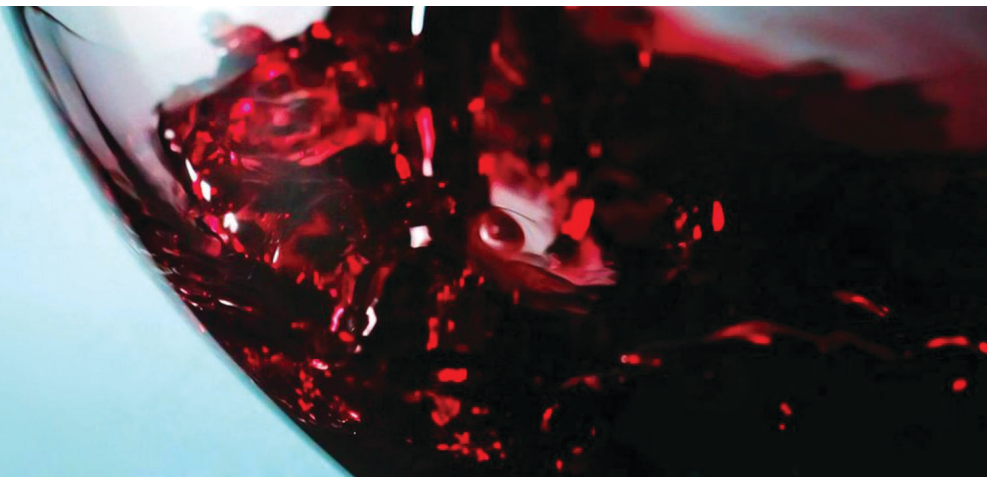
July 2017 and played only eight games before the team get a league.

It's been only four months after her relocation to South Africa where she is currently contributing big for Bloemfontein Celtic Ladies Team. The team finished the league with solid points and goals and retained their title after defeating Nigol FC with 2 – 0 in the 2017-2017 season in Bloemfontein. Celtic went into the game leading the log standings with 90 points.

Sedilame said that she feels honoured since she has been given an opportunity to show off her talent as a Motswana in different countries. She said that at first, she didn't take it as a career until her coaches, friends and family members saw the potential in her. That's when she started working harder until today.

When asked about the challenges she faces, Sedilame said that since she is new in Celtic team there is too much competition. She always has to push harder every day though it's not an easy thing. She also said that in Botswana and South Africa women's football is not taken seriously especially here in Botswana. She mentioned shortage of sponsors for women's league adding that they don't get enough training camps yet they are expected to perform well.

Sedilame is still Botswana Women's National Team goal keeper. She previously played for Township Rollers for about four years and she won the league two times in a row before she moved to Double Action in January 2017. She is currently holding a 2014 COSAFA silver medal and gold from Celtic for region championship and others.





Serena Williams has entered to play Australian Open

Serena Williams has entered to play in the first grand slam of the season at January's Australian Open. Defending champion Williams, 36, gave birth to her daughter Alexa in September and married Reddit co-founder Alexis Ohanian in a star-studded New Orleans wedding in November. Decision would be made during an upcoming training session in Florida on whether or not the 23-time grand slam champion would make her comeback and compete in Melbourne, where play starts on January 15.



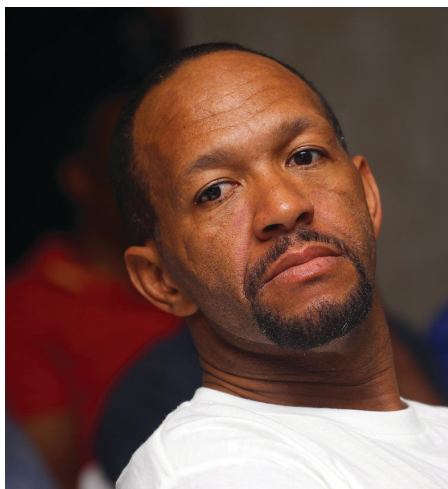
No Billiat Here Claim Bucs

Orlando Pirates have come out to say that they have not signed Mamelodi Sundowns attacker, Khama Billiat, amidst reports indicating that the Zimbabwean international is facing an exit from Chloorkop. Pirates and Kaizer Chiefs are leading the race for the Zimbabwe international's signature. Pirates have informed the Siya crew that they have not agreed to a deal with the player.



Ajax In For The Next Katsande?

A Zimbabwean midfielder is being linked with a January move to the PSL, with a possible move to Cape Town on the cards. Following the progress he has made with his performances for FC Platinum in Zimbabwe, Gerald Takwara has been linked with a move to South Africa's top tier. Ajax Cape Town is one of the clubs interested in the player. The 23-year-old caught the attention of clubs with his performances for the Zimbabwe national team when they won the COSAFA Cup played in South Africa earlier this year.



Williams: Chiefs Need A Messi Or A Ronaldo

Former Kaizer Chiefs striker, Mark Williams says that Amakhosi need to sign strikers who are able to score week in and week out like Lionel Messi and Cristiano Ronaldo. The January transfer window will be opening next month and Chiefs will be keen on strengthening their squad, especially their attacking department. The 51-year-old thinks that there is currently no South African striker who has proven their capabilities and should Chiefs look to sign a goal scorer they should be looking at Didier Drogba, Messi and Ronaldo.



Messi: How I Feel About Being Benched

FC Barcelona superstar Lionel Messi has explained how he feels about being a substitute on occasion at the Catalan club. The Argentine has been named among the substitutes in Barca's past two UEFA Champions League matches, a spot he has not had to get used to since his breakout season in Barca's senior side when he was just 17 years old. The 30-year-old understands how important rest is as the constant game time takes its toll on his body more now than in his younger days as a footballer. Messi has been in great form for the Blaugrana so far this season, scoring 17 goals and assisting a further six strikes in 22 matches.



City In For Tanzanian International?

Tanzanian international striker Elias Maguri is looking to secure the deal with PSL club. There is a Tanzanian international striker who is looking at landing a deal with a PSL club. Tanzania international striker Elias Maguri could be looking at joining a South African PSL club in the upcoming January transfer window, if all goes according to plan.



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