

Celebrity World

Botswana's Own Magazine

August 2018



Albert 'Mavilos' Malahlela Reveals Details of His Music Career



All Hail!!! The Queen Of Mosakaso



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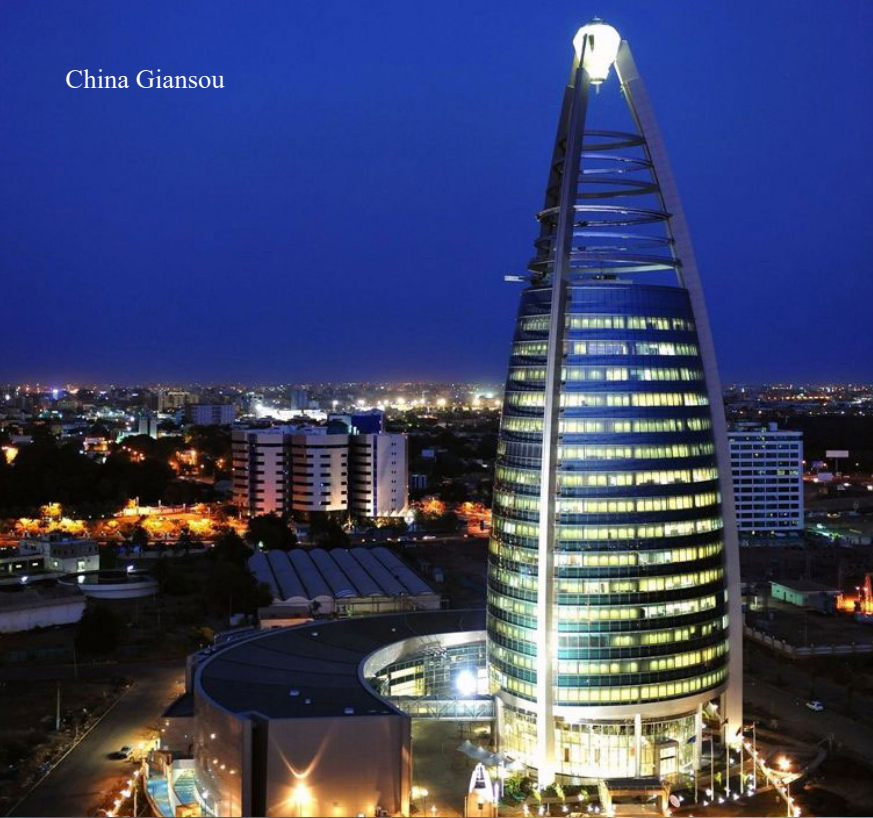
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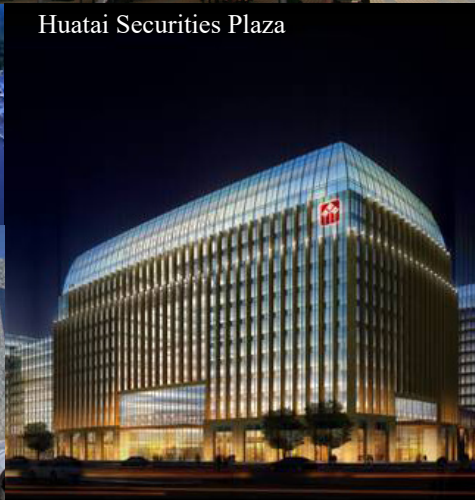
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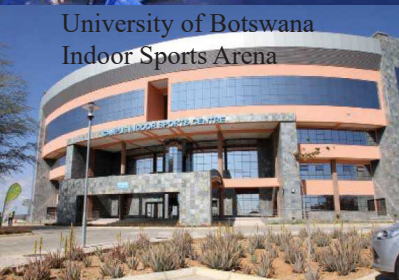
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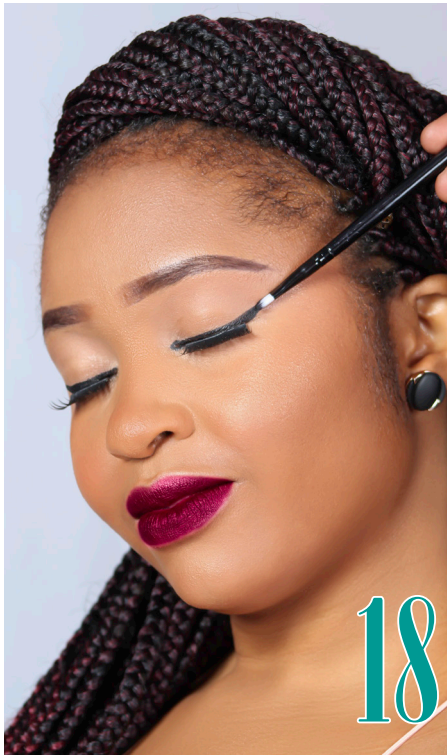
The CW magazine team has been working tirelessly to bring you nothing but the best features and we strive to bring you as much local content as we can since our magazine celebrates Batswana as a whole. This magazine is also a reflection of who we are as Batswana as you will find a mixture of art, traditional games, upcoming musicians only to mention a few. Feel free to tell us what you love and don't love, the more we hear directly from you, the better for us and for you. Please do take some time to read and get to know our cover "Charma Girl", an enormously talented and strong woman whose life we believe inspires many.

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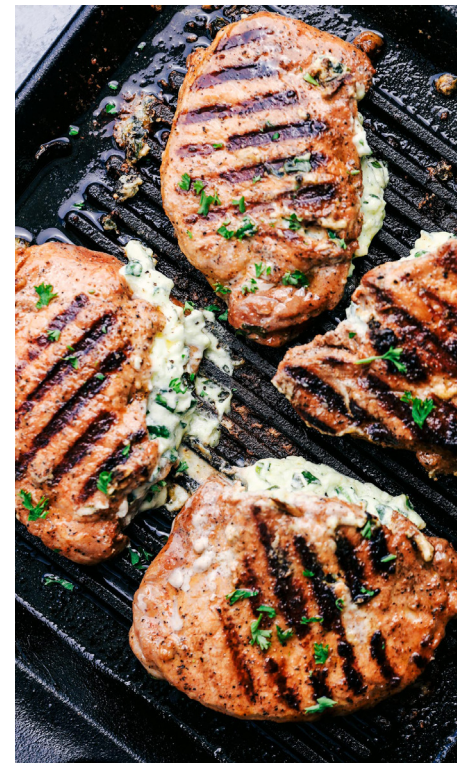
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Albert 'Mavilos' Malahlela Reveals Details of His Music Career



Born in the musical family, by his mother as a singer and his inspiration, Albert 'Mavilos' Malahlela found himself in the music industry as well. He is a musician, music producer, composer, an actor and entrepreneur. He had a role in *Isibaya* and *Isidingo*. We can say he is a jack of all trades.

CW Magazine had the privilege to have one on one with 'Mavilos' and he opened up about his career. Studied until high school didn't mean it was the end of everything for him as he had passion for music which took him to higher heights. After his completion 'Mavilos' thought of ways to sustain himself but music dominated everything.

His first performance was when he was doing standard two at a teacher's farewell party; that was when he realized his talent because everyone liked his piece. From that time onwards, 'Mavilos' never looked back. He started choir groups especially in his village where he composed songs and they started singing in different occasions; weddings, graduation parties and even funerals and people trusted his choir.

In 1997 he met a doctor who saw him singing at the graduation party and was overwhelmed by his performance. The doctor encouraged 'Mavilos' to pursue his music career. He then relocated with him to Johannesburg where he (doctor) bought him a keyboard. Mavilos learnt how to play that keyboard which took his craft to another level as he used to sing AL Capella. He never learnt how to play people's music but every time he will compose a song of his own. His first demo was done in Joe Nina studio in 1999 and he started to work with legends like Condry Ziqubu, Banza Kgaswane, Mango's groove trumpet player and the father to Mo-T Mi Casa trumpet player. In 2000 'Mavilos' released his first album 'Tsenalethabong' and he joined Matshikos as a lead singer in 2003.

He started touring the world, came to Botswana and went to Zimbabwe, United Kingdom and Namibia. He is now working on his sixth album.

He recorded another album in 2006

with Matshikos called 'E Jele', he gave them the taste of Mavilos because they used to sing in Zulu and English but he used Sepedi in the album for a better change. Mavilos wrote songs like 'Kegodile and Bana baaka' in the album. In 2008 he started Mavilos music production record label and it didn't do well because of the budget. The company closed and he focused on trying to put things together. He registered yet another record label in 2013, named Dust-2-Gold Entertainment which is doing very well. Mavilos also has an online distribution and his latest single called 'I wanna be your hero' is making waves so much that it can be used as caller tunes almost every where in the continent. The song also plays in channel O.

Mavilos explained that music is a business not just entertainment. He also explains it as a talent that through it someone can place food on the table, so as musician it can't be taken for granted. Without fear and doubts, music can take a musician far.

According to Mavilos "having passion can help you go up the ladder of music industry and always understand that your voice is your gold, don't allow people to use you but work with them in order to make it..." He advises upcoming musicians to follow their hearts not to follow the noise or take the music career just because they saw someone doing it.

Asked if someone has to go to school before becoming a musician Mavilos said, "I always oppose when people say without education you are nothing. It's not true, education is the key yes but it's not everything that can make you successful...you are something as long as you put your mind on what you are passionate about but go to school if you are able to..."

Things you don't know about Mavilos:

- He doesn't do drugs or drinking
- He trains a lot
- His quote: Be like an egg that doesn't break when exposed to too much heat
- His holiday get away: I want to go to Chobe
- He likes wrestling

WHY YOU SHOULD ADVERTISE WITH US

Celebrity World magazine will cover top celebrity profiles, influential business people and the vibrant urban cultures that are carving out the trends that define the nation at large.

Celebrity World magazine will be distributed nationwide to all major retail points. Our coverage reaches major cities being Gaborone and Francistown.

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Guidelines to Online Shoppers for Good Shopping Experience



The following points may help the online shoppers for a good shopping experience.

Know your Vendor

The customer before buying the goods must collect information about the vendor through third parties and friends. It is better to get advice and recommendations about good sites from third parties. The online shopper must collect ample information about the company and its background to avoid getting cheated.

Physical presence of the Vendors

The customers must assess whether the merchant enjoys good business status in the society. There are few online merchants who may disappear after collecting personal and credit card information. There are many good online retailers but do not have physical presence on the streets. It is essential to check that there are proper contact details including postal address and phone number so that the customers are able to get in touch if any queries arise.

Finding out the hidden cost

Hidden cost, shipping charges and additional charges push up the price

of online purchase. Postage and packing costs VAT and customs duties for goods from overseas can add greatly to the final cost of the product. Sometimes, the final price of the product purchased through online may be expensive than the product available in the local physical store. The customer should analyze and find out the hidden cost before purchasing goods through the web.

Know the Shopping Process

The shopper should get accustomed with merchants' purchasing processes. The methodology of online shopping process may differ from merchant to merchant. It is better to know the online purchasing process before purchasing a product or a service.

Use only Secured Transactions

It is good to deal with the online merchants who use secured online transaction system involving credit cards. It is better to verify whether the merchant site is trustworthy to reveal personal and financial information before submitting credit card details. Credit card details should not be given in an e-mail as it is not a secured means of transmitting information and

can be copied easily to others.

Be aware of law

E-commerce contracts and cyber laws, laws with regard to consumer protection vary from country to country. The customer must be aware of the laws when purchasing goods from international websites. The buyers should be familiar with all such laws.

Read the Terms and Conditions first

The buyer should go through the terms and conditions of the contract and after sale service available to the online shopper.

Avoid too much offers

If the online advertisement or junk e-mail offer sounds too good to be true or offers heavy discounts or cash rewards, it is better not to make online purchase as it may involve some kind of fraud.

Check Security Certificates

Before committing purchase, it is better to check the quality and/or security certificates if relevant.

Disney Christopher Robin

Sooner or later,
your past
catches up to you.



Christopher Robin

Release Date: August 3, 2018

Produced by: Brigham Taylor

Directed by: Marc Forster and Kristin Burr

Christopher Robin, the

little boy from the Winnie-the-Pooh stories, is now all grown up and has lost all sense of imagination. Pooh and his friends from the Hundred Acre Wood re-enter Christopher's life to help him find it again.



The Darkest Minds

Release Date: August 3, 2018

Directed by: Jennifer Yuh Nelson

Produced by: Shawn Levy and Dan Levine

After a plague kills nearly all of America's children the ones left acquire special

abilities. Sixteen-year-old Ruby Daly, one of the most powerful, runs away from her government internment camp with other teenagers. The group comes to realize they can foment a rebellion and exact revenge upon those in power who have tortured their generation.



The Spy Who Dumped Me

Release Date: August 3, 2018

Directed by: Susanna Fogel

Produced by: Brian Grazer and Erica Huggins

Audrey and her best friend Morgan find themselves embroiled in a major international conspiracy when Audrey's ex-boyfriend unexpectedly re-enters her life with a team of assassins on his trail and reveals that he is actually a CIA agent.



The Meg

Release Date: August 10, 2018

Directed by: Jon Turteltaub

Produced by: Lorenzo di Bonaventura, Colin Wilson and Belle Avery

Two hundred miles off the Chinese coast, a 95-foot-long prehistoric shark called megalodon, thought to be long extinct, rises from

the depths of the ocean and attacks a research submersible, leaving its crew stranded. Diver Jonas Taylor (Statham) who has encountered the monster before is called into action to help rescue the crew and stop the meaty monster before it attacks the mainland.



A.X.L.

Release Date: 24 August 2018

Directed by: Oliver Daly

Written by: Oliver Daly

A.X.L. is a top-secret, robotic dog created by the military to help protect tomorrow's soldiers. Code named by the scientists who created him, A.X.L.

stands for Attack, Exploration, Logistics, and embodies the most advanced, next-generation artificial intelligence. After an experiment gone wrong, A.X.L. is discovered hiding alone in the desert by a kind-hearted outsider named Miles (Alex Neustaedter), who finds a way to connect with him after activating his owner-pairing technology. Together, the two develop a special friendship based on trust, loyalty and compassion. Helping Miles gain the confidence he's been lacking, A.X.L. will go to any length to protect his new companion, including facing off against the scientists who created him and who will do anything to get him back. Knowing what is at stake if A.X.L. is captured, Miles teams up with a smart, resourceful ally named Sara (Becky G) to protect his new best friend on a timeless, epic adventure for the whole family.



Crazy Rich Asians

Release Date: 15 August 2018

Directed by: Jon M. Chu

Produced by: Nina Jacobson and Brad Simpson of Color Force

Based on the novel by Kevin Kwan, Crazy Rich Asians centers on Chinese American economics professor Rachel Chu, who accompanies her boyfriend to Singapore for his best friend's wedding, only to become thrust into the lives of Asia's rich and famous. She discovers that her boyfriend comes from a very wealthy family with a dark past, and that every woman wants him.



The Other Woman

Author: Sandie Jones

Genre: suspense, thriller, fiction

Expected publication: August 21st 2018

A deliciously disturbing, compulsively readable debut domestic suspense--prepare to meet The Other Woman: there's nothing she won't do to keep you away from her son ...

Emily thinks Adam's perfect; the man she thought she'd never meet. But lurk-

ing in the shadows is a rival; a woman who shares a deep bond with the man she loves. Emily chose Adam, but she didn't choose his mother Pammie. There's nothing a mother wouldn't do for her son, and now Emily is about to find out just how far Pammie will go to get what she wants: Emily gone forever. The Other Woman is an addictive, fast-paced psychological thriller about the destructive relationship between Emily, her boyfriend Adam, and his manipulative mother Pammie.



The Raging Ones (The Raging Ones #1)

Author: Krista Ritchie

Genre: young adult

Expected publication: August 14th 2018

In a freezing world, where everyone knows the day they will die, three teens break all odds. Franny Bluecastle, a tough city teen, dreams of dying in

opulence, to see wealth she's never known. Like the entire world, she believes it's impossible to dodge a death day. Until the day she does. Court Icecastle knows wealth. He also knows pain. Spending five years in Vorkter Prison, a fortress of ice and suffering, he dreams of life beyond the people that haunt him and the world that imprisoned him.....



Jay-Z & Beyonce Get Standing Ovation Leaving Dinner

Jay-Z and Beyonce are doing it big in Europe, and the locals have certainly noticed when they're around ... just ask these folks who got on their feet when the couple left dinner. Bey and Jay were dining at a restaurant called Aurora in Capri, and they got a

standing ovation and major round of applause as they were exiting. The owner saw them out personally, and it looks like she snuck in a hug on Jay. He was clearly going for a high five or handshake, but hey ... shoots your shot, lady. Also, its Italy ... everyone's hugging and kissing each other hello and goodbye all the time.



Is Somizi's fiancé cheating?

The Sunday Sun has reported that Somizi Mhlongo's fiancé, Mohale Motaung has been getting up close and personal with another man.

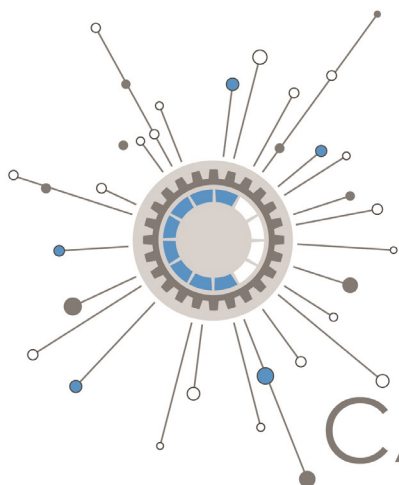
According to the newspaper article, Mohale was seen cosying up to a young man, whom they have identified as Vuyo Pan, during his 24th birthday dinner in Fourways, North of Johannesburg.

Mohale's party was held at the Palazzo Hotel and Somizi, who is 21 years Mohale's senior, was not in attendance. Sources went on record to say that it was Mohale who reportedly made the first move and had set up meetings with the 19-year-old Vuyo that were said to be about business and work opportunities. After being informed of his fiancé's doings, Somizi alleged

sent Vuyo a threatening text message.

The paper stated that Vuyo himself also confirmed this, saying "Mohale invited me to dinner and my fiancé of three years dropped me off there. I was shocked to find out that Somizi wasn't there. After the dinner with his other friends, I started getting threatening messages from Somizi."Vuyo went on to add that he has stopped contacting Mohale and does not understand why he is being attacked when he is not the one making the moves.

Neither Somizi or Mohale have directly commented. However, the Idols SA judge took to Instagram on Sunday, posting a photo of himself and his partner, with a caption: "AND THEN WHAT? NIT VIR DIE DING. HAMONATE JWANG. By the great ROSALIA".



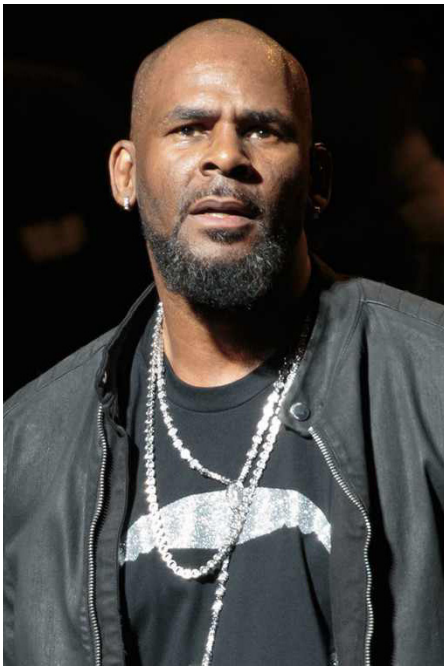
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LISTEN: R Kelly 'Admits' infidelity but denies being a 'paedophile'

R Kelly has responded to a series of sexual assault and abuse allegations in a new 19-minute track called "I Admit." In the lengthy track, the 51-year-old sings about a "damn big conspiracy," an apparent reference to several women's accusations that

he allegedly raped and emotionally abused, to operate a so-called sex cult." "I admit, I'm not perfect. I never said I'm perfect. To say, I abuse these women. Damn, that's absurd sh**," sings R Kelly. "Brainwashed, really? You kidnapped, really? You can not eat, really? Frankly, that sounds ridiculous," sings the 'I believe I Can Fly' hitmaker.

The allegations against the singer were made public in July 2017 in a BuzzFeed report that stated the musician had total control over several women - ordering them on how to dress, when to bathe, when to sleep, and how to engage in sexual encounters that he recorded.

"What is the definition of a cult? What is the definition of a sex slave? Look it up in the dictionary. Let me know, I'll wait here," Kelly sings on his new track. Kelly has also been accused of having sexual relations with minors. "I admit I fu** with all the ladies, that's both older and young ladies (ladies, yeah). Both older and younger ladies. But calling it paedophile. That's crazy," continues Kelly.



Cardi B -Hip-Hop Cops Screwed My Hubby

But Prison Wouldn't Keep Us Apart! Cardi B is joining the chorus in the rap community over Offset's arrest and subsequent gun charges -- calling it a targeted attack from the hip-hop cops ... and vowing to stick with her man no matter what.

She's squarely in her husband's corner regarding his recent Georgia arrest, for which he was booked on two felony gun charges. She's been echoing Offset's lawyer's claim that he was pulled over for doing nothing more than being a rich, successful black rapper.

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Celebrating the Motivated young entrepreneur - Prince Moyo



People like something that is nice and affordable, for example, it's hard to sell big paintings for individuals, rather they prefer to paint their shoes, caps and jackets because it's affordable but otherwise the market is good people are forthcoming and they like the business.

What has been your greatest achievement to date?

To host art exhibition at UB as well as to paint some celebrities of Botswana's jean jackets. For me is a great thing to see an artist performing wearing something I painted for him.

What strategies do you use to keep the business going?

I just annoy people on Facebook, I make the page very loud because if I don't do that people won't know about us and we'll stay in a shell

What is the most difficult part of your business?

People's mindset, its not money because money is readily available, what is not there is people's mind set, like families. They don't give much consideration to art they just treat it as a part time or hobby, so we are struggling to change people's mindset especially Batswana to accept and appreciate art.

What makes you wake up every day to your business?

The response I get from people, in this business patience is required because sometimes I will feel like giving up but when I get positive response from people it makes me to do more.

If you could choose any job anywhere, where would it be?

I already chose my job and I am not going to do anything apart from art because if I were to choose anything else it means I am not going to be satisfied with what I will be doing because art is where my passion is.

Prince Moyo recently completed his BSC in Environmental Health at the University of Botswana. He had passion for art and made it into a business, CW Magazine caught up with him to learn more about his business.

Tell us about your business

I provide art service to people; I paint jean jackets and canvas shoes, even portraits for corporates. I even do mural paintings; painting directly on the wall, ceiling or other permanent surfaces.

When and where did your business start?

It started in 2016, that's when I wanted to make it more professional but art itself goes way back beyond 2016. Still in the same year I managed to open a Facebook page and started the process of opening a company; registered a company name 'Haletlhaba Art Space'.

How are you different from your competitors?

We are building a very strong network and marketing as well because I have realized some of the artists I met don't have Facebook, Instagram, LinkedIn or websites and what is different about us is we make art as an enterprise where we make everything business. We also host art exhibitions of which are not about just pleasing peoples' eyes but to educate the nation. For example, last year we had an exhibition entitled 'Eat to Live' where we educated people about the right food to eat.

How many are you in this business?

I have a business partner Timothy Dike and a promoter/marketing manager and we are a team of three.

How is your business doing in the market?

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***All Hail!!! The Queen
Of Mosakaso***



She is well known in the entertainment circles locally and internationally. Magdeline Lesolebe hails from Lerala, a village located at the south-eastern end of the Tswapong Hills.

Popularly known as “Charma Gal”. Magdeline is a mother of two boys who currently depends on music to sustain herself but working on a business that will last forever she said. Besides that she has special supporters who sell clothes branded with her name.

Earlier before dating her baby daddy “Leshman Resego Matenge”, she was married to her Culture Spears co-singer Kabelo Mogwe. The couple divorced 3 years back after their break-up. She has since re-joined her former group Culture Spears and said her joining the group is now strictly business, no more romance.

The rumours went to all corners of country about her love life, when asked how true are those she said she decided to keep her personal life private and not take everything to the media. She further says bad publicity is just a test that she should pass through ignorance. She is also mentioned that she is a very creative person and even working on a song written in a totally different language and would say it's a surprise. On the Culture Spears side she said they will deliver good music and bring back the love fans and followers

had for the crew.

Her lyrical choice is inspired by what goes on around her; “someone will realize that I talk about real life situations that most people wouldn't talk about”. She said she did not choose music over school; music chose her and she believes it's a calling. It's something that she would do anytime even when someone woke her up from a sad dream.

“I must admit I love Setswana the most. Batswana should expect the best from me this year. My manager is doing a lot of things for me; I just go to the gym and make myself comfortable and free from stress because I think being an artist comes with pressure”. She said when she was asked to take us through a typical schedule for the day.

The 35 year old Mosakaso queen have worked with many different recognised musicians in the industry, both locally and internationally, the likes of Jah Prayzah from Zimbabwe and other countless musicians in Botswana from different genres. Months back she was featured in MMP family new song titled “Choose Day” released in April.

Charma Gal said losing five band members in a road accident 2 years ago was not an easy road on her, she said it was had to deal with all the criticism from people but one thing for sure is that she will always remember them and celebrate them. “May their souls Rest In peace”.

“Strive for what you believe in and enjoy doing to become successful”

Things You Don't Know About

Charma Gal

- She is always laughing
- She is a mother of two
- Her Favourite meal: Samp and stew
- Her favourite car: Benz C200

Dressed by Funky Resy Clothing
Charma gal: Hair by Trueville



Meet The Uprising Trio

More people paid more attention to them after their breakout single song "About you" released on 9th of June that trending in social media and radio stations, Gabz FM, Yarona FM and Flava Dome this year.

It is a crew of three upcoming young musicians and University Of Botswana students on different courses, namely: Austin, Thato and Poloko who are willing to make a music industry better and interesting. It was formed in 2013 at Gaborone senior school where the three met after seeing their different potential in singing. They visited Celebrity World offices and took us through their journey of the music. Austin as "A.U.S", Poloko's Stage name is "Angel". Thato's stage name is "Kensisk". The trio have 7 singles; they came with different talents and combined them to make a new unique

thing. They do Hip Hop Rap, but it depends on their mood, they also said they do not like to limit themselves.

According to Austin Botswana music is not reliable when it comes to sustaining oneself, going back to school is very important, he said holding any qualification is good for someone to use during hard times or when opportunities comes around. Austin also said music is a talent, a gift from God, no one can take it away from you. One should always have two plans to fall on to.

Thato says teamwork is good, as it brings them together. Though sometimes conflict develops between them, but they always come with best solution to solve those issues. Poloko who said working with his crew members helps him as they explore

new ideas exchange, support, explore of new ideas and ability to focus different minds on the same problem. They have worked with other local artists like ATI in their current single titled "About you", the three said they got some inspirations from different artists both locally and internationally. They also write songs for themselves.

Contacts details

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 Poloko - Instagram (Ice_Angelbw), Twitter (salAngel_ice)
 Thato - Instagram and Twitter (Ice_Kensisk)
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A minute with 'Splash Twister' Corporal Tzozo



and it has played in all radio stations including a local television programme called Mokaragana.

Asked if music is something he had always wanted to do, Thuto said that it was his desire to see himself in this industry. He worked with Mkhidos as a backing vocalist for the song 'Lefatshe'. Tzozo wants to bring splash with a vibe that is mixed with Afro-pop. He coordinates an annual event called Artesia Festival and he performs annually at Lerela festivals as well as Chadibe back to school festivals. Tzozo doesn't want to focus only on music he also wants to do something like venturing into business.

Although there are challenges in the music industry that he faces which includes being sidelined by producers, Tzozo outcries that producers don't give the upcoming artists opportunities to get the attention they deserve. "Producers usually undermine us looking at the fact that we didn't produce anything in the past to be sold. Finances are a challenge as well because music is expensive," he said.

His words to upcoming musicians, "This industry is not easy because it needs someone to be at least educated as a back up so that if it doesn't pay off you will have something to put food on the table. Education can also help one to read contracts so that s/he cannot be deceived in the music industry."

Contacts: 75 900 030 / 72 983 529
Facebook: Corporal Tzozo
Instagram: Corporal Tzozo

Thuto Karabo Labakeng a.k.a 'Corporal Tzozo' was born and bred in Artesia. From his early age he used to sing at school and was best in traditional dance. Thuto remembers that his teachers would buy him uniform whenever he didn't have just because he was good.

He joined the music industry in 2008 because he believed that his talent will pay off. Thuto said in an interview that his journey started when one man saw him perform and offered

to record him in studio to see if they can't make something out of it. That's when he released the first album in September 2008. Now he is working on his third album which comprises of splash. Thuto started with house kwasa which didn't do well due to the challenges he faced. He then shifted to splash music and he released a single called 'Lefatshe' which is doing well in the industry. The song is about challenges that he faces in life. The single that is doing very well in the market has attracted a lot of people



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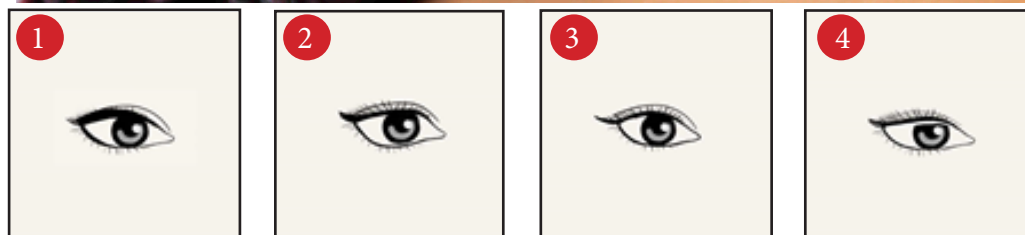
WING IT

How To Achieve The Perfect Line

Eyeliner is not your basic makeup staple. It's the one product that can make or break your entire eye makeup look — transforming it from nice to naughty, subtle to dramatic. It's the one product that can shape-shift your eyes, giving the illusion they're more lifted, wider, smaller, rounder

MakeUp by Janet Mothudi
 Facebook: @janetsmbeautique
 Instagram: @janetmothudi

THE BEST EYELINER TIPS FOR YOUR EYE SHAPE



- 1. ALMOND EYES** - For a soft, smoky look, line your lower lash line as well and smudge both the top and bottom outer corners a bit.
- 2. Hooded Eyes** - Apply a champagne or silvery beige shade into the inner corners of the eyes and the brow bone. Blend out the product so it looks natural.
- 3. Round Eyes** - use the most vivid and intense shades on the top lashline and outer corners.
- 4. Small Eyes** - Make those eyes look large and in charge (even if they're not), by trying a metallic smoky eye that's subtle, yet bold. This will enhance the shape or your eyes.



Common Makeup Mistakes That Age You!



When it comes to makeup, it's easy to fall into the same routine without even realizing it doesn't work for us anymore. As we age, our skin changes but most of all, we change. These are the common makeup mistakes that can make you look older than you are.

CONCEALER

Use concealer that's 1-2 shades lighter than your foundation. Don't conceal the undereye circle without using the corrector first.

POWDER

Set foundation with setting powder. Don't use foundation powder to set make up.

LIP LINERS

Outline your lips using small strokes, don't drag liner in one harsh line.

EYES

Use a warm toned crease colour, don't use glitter in crease

BRUSHES

Clean make up brushes often, don't use dirty brushes

Oily skin foundation



Crushed powder makeup



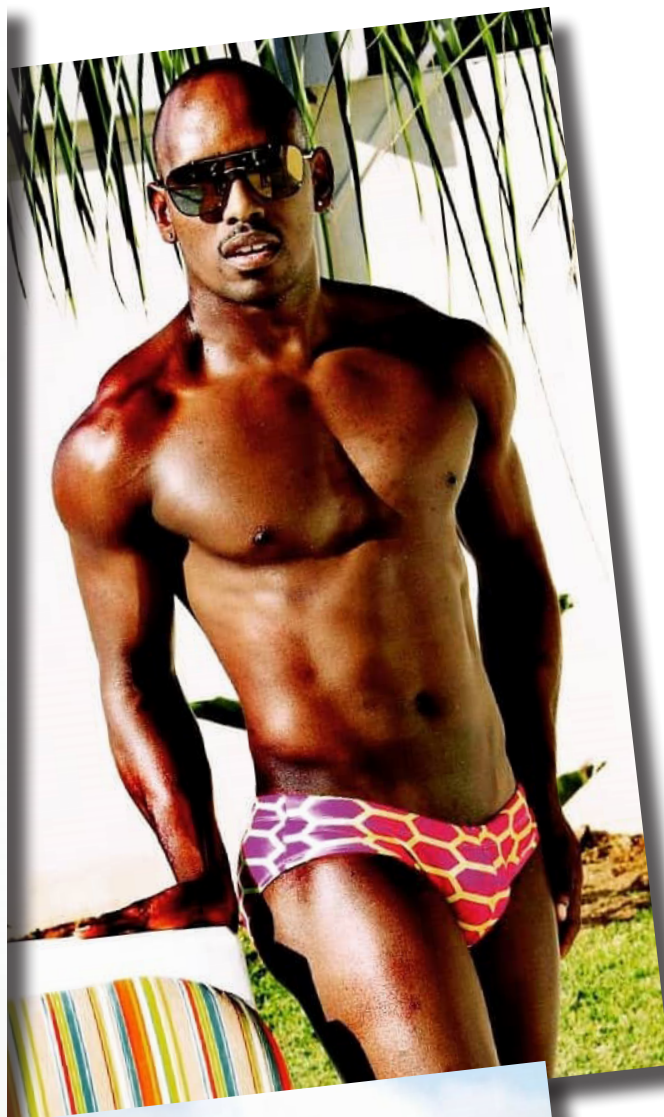
Pressed Powder Foundation



Waterproof cream eyeshadow

Model Name: Rose Sebalo / Age: 24yrs / Aspiration: To be a well known female entrepreneur / Motivation: Females making it in male dominated industries / Occupation: Self Employed / Email: rosesebalo@gmail.com









Pearl, Felicity, Lord T, Tss - From Madam Queen Modeling Agency
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The Lion And The Jackal Story



Once upon a time, there was a clever jackal who was passing through a narrow and rocky mountainous region, looking for food. Before he could find something to eat, he came across a lion. The jackal got scared and stopped in his tracks, thinking of a way out of the situation. He knew that if he didn't think of something quickly, the lion would capture him, and he would have no way to escape. Finally, he came up with a quick plan, and before the lion could approach him, he started crying out for help while looking above at the rocks on the mountainous region. The lion approached him and asked

him what the matter was. The jackal quickly explained that the rocks above them were about to fall any moment, and that they would be crushed under the weight of those heavy and bulky rocks. Before the lion could get a chance to react, the jackal explained how they could save themselves by hiding under another huge rock they found nearby. The foolish lion who was proud about his strength, quickly picked up the rock with both his hands, and asked the jackal to hide underneath it. The jackal quickly ran away on the pretext of fetching a log to hold the rock onto the place, and never came back.

The Moral:

The story of the Lion and the Jackal has many morals for growing children.

Here they are:

Firstly, one should not take pride on his abilities and strengths, as it clouds the judgement and tends to make one take a wrong decision. Secondly, it also teaches one to always find a way out of difficult situations, and use the mind at its best. Lastly, it also teaches one to trust carefully and think twice before acting upon a situation.

3 Learning Activities For 11 Month Old Baby



Don't get impatient with your naughty and hyperactive 11 month old. He still needs your attention at this age. His daily activities now include exploring the world around him. He might land himself in dangerous situations at times, about which you need to be careful. Check out 3 learning activities for 11 month old baby here.

Eating Habits of Your Baby

Your 11 month old baby is now capable of feeding himself with spoon as well as fingers:

Since his diet is mostly comprised of solids by this time, make sure all nutrients are judiciously added. There should be a perfect balance of dairy products, veggies and fruits. You can give snacks in the afternoon and in the morning, to make sure he has sufficient energy to run the whole day. He is fast developing his sense of taste, so keep adding different flavors to make meal times fun for him. Even if he is a fussy eater, moms you should not give up. Never force him to eat though.

Communication Skills of Your Baby

By this time your baby realizes he is unique. He will develop a strong sense of likes and dislikes at this stage. Here is how he communicates at this stage. Keep your cool if he throws temper tantrums to get his favorite toy. He may be firm when he is

saying "no" at this stage. Be prepared to hear this word often. Your baby learns to communicate effectively at this stage. He may respond if you ask him anything even if he doesn't grasp its meaning. His attention spans have improved by this time and he focuses more on an object or game.

Enjoy Reading

Even if your baby is very active, he

will enjoy some reading time sitting on your lap. This is one of the best 11 month old baby activities to try.

- This is a good way to learn to turn pages.
- He may point at pictures.
- Stick his fingers through the holes.
- He may also munch the corners of the books.



How To Deal With A Clingy Toddler



Don't be taken aback if your once adventurous toddler starts wrapping herself around your legs like a baby anaconda and there are tears if you try to leave her. Here's why your toddler's being clingy and how to deal with it.

Do you feel like an intruder sneaking out of your own house every morning as you try to get away from your toddler without having to unwrap her (suddenly very strong) arms from your legs and avoiding the 10-minute meltdown that's bound to follow?

If you do, you're most likely dealing with a clingy toddler. Rest assured – this is a normal part of your toddler's development and usually occurs between the ages of 15 months and two years.

Possible causes for a clingy toddler:

The arrival of a new baby could lead

to your tot becoming clingy. She might feel that she's not the centre of your attention anymore.

While your toddler enjoys exploring now that she's more mobile, the new situations in which she finds herself can be overwhelming. This can trigger a fear mechanism that leads to clinginess.

Separation anxiety could also be behind your tot's sudden clingy behavior. Toddlers adapt to new experiences in their own way and time. If your little one suddenly becomes clingy after a new big adventure, it could be her way of telling you that she is not ready for new places or people without knowing you are close by.

This can be just a phase, where your toddler has anxieties normal for her age and needs to feel reassured by her parents.

3 tips to help you cope with a clingy toddler:

Show your child compassion and understanding. Remember her feelings and fear is real to her.

If you have to leave your child at daycare or with your nanny, give her a hug and ensure her that you will be back to see her later during the day. It's important not to sneak away or to look back once you have said goodbye. Sneaking away will only cause more distrust and anxiety.

Pay attention to how your toddler reacts in a new environment respond appropriately. Be positive to make her feel comfortable.





5 Mistakes to Avoid When Applying to Private School

Applying to private school is an exciting but demanding process. There is a wide range of schools to apply to, and it's hard for the first-time applicant to know how to manage the process. To ensure a smoother process, try to start early, leave time to visit the schools, and look for the school that fits your child best. Here are common pitfalls to avoid when applying to private school:

Mistake #1: Only applying to one school

Parents often become in love with the vision of their children at a very prestigious boarding or day school, and there is no doubt that the top boarding schools have amazing resources and faculties. When looking at schools, consider more than just how the school is ranked, or where many of its graduates attend college. Instead, look at the entire experience for your child. If she loves sports or other extracurricular activities, will she be able to participate in them at that school? Consider how well she is likely to fit into the school, and what her quality of life (and yours) are likely to be at school. Remember, you are not just looking for prestige; you are ideally looking for the right fit between

the school and your child.

Mistake #2: Over-coaching (or under-coaching) Your Child for the Interview

It's beneficial for a child to practice speaking about herself in a poised way, and it helps if the child has researched the school she is applying to and knows something about it and why she might want to attend that school.

Your child shouldn't be scripted and asked to memorize pat responses just to impress the interviewer. That includes coaching the child to say things that aren't really true about her interests or motivations. This type of over-coaching can be detected in the interview, and it will hurt her chances. Finding the right fit is important, and if you're not being genuine, it's going to be hard for the school, and for your child, to know if this is where she needs to be.

Mistake #3: Waiting for the Last Minute

Don't wait to get started with the process, as many schools have deadlines. If you miss these, you might

jeopardize your chances of getting in at all, as the top private schools have limited spaces available for incoming students. While some schools offer rolling admission, not all do.

Mistake #4: Having Someone Else Write the Parent's Statement

Most schools require both older students and parents to write statements. The schools want to know more about your child and you know your child best. Leave time to think and write about your child in a candid, vivid way. Your honesty enhances your chances of finding the right school for your child.

Mistake #5: Not Comparing Financial Aid Packages

If you are applying for financial aid, be sure to compare the financial aid packages at the different schools to which your child is admitted. Often, you can convince a school to match another school's financial aid package or at least get an offer increased slightly. By comparing financial aid packages, you can often manage to attend the school you like best for the best price.



Bad Breath

Healthy children sometimes have bad breath, or halitosis. The most likely culprits:

- **A dry mouth.** If your child is breathing through his mouth because he has a stuffy nose, for example then the bacteria in his mouth are more likely to grow undisturbed.
- **A foreign object.** A pea, bean, a small toy, or another object that your child has put in his nose can cause him to have bad breath. This is especially common in babies and toddlers, who are notorious for putting things where they don't belong.
- **Poor hygiene.** Normal bacteria live in the mouth and interact with leftover food particles between the teeth, at the gum line, on the tongue, or on the surface of the tonsils at the back of your child's throat. This causes bad breath, especially if food is in the mouth for a long time.
- **Cavities, tartar buildup, or a dental abscess.** These can affect children's teeth at any age and cause bad breath.



- **Eating pungent foods.** If your child enjoys foods such as garlic and onions, they can temporarily affect his breath as they work through his system.
- **An illness or condition.** Something like a sinus infection, tonsillitis, or even seasonal allergies can cause bad breath.

In most cases, good oral hygiene is the answer to your child's bad breath. If your child is a baby, try to wipe or brush his gums teeth after each feeding and before bedtime. You can

also gently brush his tongue.

Once your child is past the baby stage, brush his teeth (and eventually teach him to brush his teeth) at least twice a day and again before bedtime. Until he turns 2, use just a dot of toothpaste the size of a grain of rice. After his second birthday, use a pea-size amount, and when he turns 5, use an amount the size of a small bean.

Take your child for regular dental checkups to make sure that his teeth are healthy and clean. If they are and your child still has bad breath, take him to his doctor for a checkup.

How Can I Reduce My Child's Fever Without Using Medicine?

Reducing your child's fever doesn't help to cure the underlying illness or problem. But if a temperature climbs high enough to make your child really uncomfortable or dehydrated, lowering the fever can help.

Here are some methods to try:

- Place a cool, damp wash cloth on your child's forehead while she rests.
- Give your child a lukewarm tub bath or a sponge bath. As the water evaporates from her skin, it will cool her and bring her temperature down. Don't use cold water. It can make her shiver and cause her body temperature to rise.
- Offer your child plenty of fluids and chilled foods, such as ice pops and yogurt, to help cool the body from the inside out and keep her hydrated.
- Use a fan. Again, you don't want your child to be chilled. Keep the fan at a low setting and have it circulate the air around her rather than blow directly on her.
- Remove layers of clothing so your child can lose heat more easily through her skin. Dress her in one light layer. If she's shivering, give her a light blanket until she's warm again.
- Stay indoors in a cool place. Or, if you're outside, stay in the shade.



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Ways Sex Is Different when it's with Someone You Love

Here are just a few ways sex with someone you love differs from casual stuff.

They know what you like

When you've had sex more than a few times, they tend to develop a real sense of the very specific things that get you off. They'll kiss your neck with exactly the right pressure, grab your bum, and do all the other things you always used to wish people would do without having to be directed to do so. It's great.

They know the stuff you don't like, too

Unlike a casual hookup, someone you love will not waste time fumbling around with a technique that's worked on other people but does nothing for you. They've tried it, you loved them enough to say you hated it, and they won't try it again.

They manage to keep it surprising

Even though you've been doing it for a while, it's not predictable. They're always coming up with new ways to make you feel good and discovering little parts to touch that you didn't know would feel so incredible.

You actually find yourself caring more

about their pleasure than your own. Getting them off gets you off.

But they won't be offended if you'd rather just go to sleep immediately after coming

No awkward cuddling afterwards just because you feel like you should.

If you want to roll over and sleep, fine. If you want to watch TV, that's all good. They're even cool with getting you a cup of tea. And that may be the sexiest thing of all.





Ask Babu

Hello Mr Babu my name is Lame! Is it wrong to date my best friend's ex-boyfriend?

Have you asked her how she feels about it? That is the first thing I would do. No one can tell you what is wrong or right here. It is a matter of what you think is right while taking a couple of things into deep consideration. First of all, would you be okay with it if you were in your best-friend's shoes? How would your friend feel about it? and are you okay with doing something that can potentially hurt your best friend? if your best friend doesn't mind and you don't think it's wrong... then to hell with it! Do it.

My ex-partner has changed my kids names with my permission she never asked me to do it is this right?

Much depends upon whether your partner has changed your children's names officially via Deed Poll or unofficially. In order to change the names by Deed Poll, she would have to have your permission if you have parental responsibility of your children. If you are not registered as the father on their birth certificates and do not have PR (Parent Responsibility), then your partner can change their surnames without your permission. Also, she can change them unofficially via school and GP without

your permission. This would mean your name would remain on official documents such as their passport etc, but they would be known through the school through a different name. If she has changed their names fraudulently without your permission, you would have the option to request the names are changed back, or take the matter to court for the court to decide what it thinks is in your children's best interests.

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

Firstly it is really good that you love and support and want to start a family with your girlfriend. Many couples where one is HIV positive and the other is not, continue to have loving relationships. You mention that your girlfriend is taking meds (ARVs). Being on treatment and having an undetectable viral load dramatically reduces the chance of your girlfriend passing HIV onto you. In response to your question, it is possible for you and

your girlfriend to have a baby without you catching HIV. There are a number of options available to couples like you. The simplest and safest option which carries no risk to you is Do-it-yourself artificial insemination (self-insemination) using a plastic syringe. This is a very safe way to protect you from catching HIV. This method involves putting your sperm into your girlfriend's vagina around the time when she is ovulating. Ovulation takes place in the middle of her monthly cycle, about 14 days before her period. Thank you.

How can I deal with my parents' constant fighting and concentrate on my studies instead?

If you cannot focus, as soon as you go home go to your room and close the door, play your favourite music and continue your studies and remember to keep the volume high, if you do have your own room, do not bother just go to their bedroom and close the door and do the same and concentrate on your studies... Either way makes sure to tell them in a straight forward manner. And tell them do you want your fight to spoil my life because you I cannot concentrate on my studies... It will definitely help or sit them down and TALK to them. Tell them that they need to stop fighting. If they cannot, then at least, to not do it when you are around. .

Hi there! I am a 28-year-old woman seeking a man aged 45-78. He must be single and never married. Am a beautiful fun loving person but ready to settle down and have family.

I am looking for a sugar daddy, whether married or not you are welcome. Am a chubby sweet Pet and I am a beautiful loving woman desperately looking for an old man in Gaborone.

I am a 25 year old Motswana lady, now staying in South Africa, looking for a matured loving and caring man. I am a short in height not fat but average body, I love being indoors and watching television, the right person can kindly reply on this page.

I'm a fun and easy to love person,

Seekers

I'm a full time mother at the same time I love to have fun in a descent way. I am easy to talk to and I forgive so easily. I am ready to start life afresh. I am a full figured 40 year old woman looking for a ready to settle 50 year old man.

I have two kids who I love so much and my two nieces who I dare them so much. I live with these four kids. I am therefore looking for a man who is ready to settle down and help me raise these kids. I like going out with friends sometimes, I am a loving and caring person. I am a short lady with a thick body, but beautiful a one. In a relationship I want someone who loves, respects other people and who loves children.

Hello! I am a fun and bouncy, not much to handle young lady looking for a man mature enough to have a relationship with. I am always up for a good time and I just want a man that is fun and open minded. I am part-time employee who works overtime most days and make a comfortable living. My perfect match should reply here. Thank you.

A lonely 47 year old man is desperately looking for a 30-40 year old woman to fall in love with. I am a friendly loving person who just divorced last year. I have three kids but they stay with my ex-wife therefore I would love to have a pretty woman with or without children to have a family with. She must be staying in Gaborone or the surrounding areas.



Investing Money: Where Do I Start?

Investing money often sounds like an expensive and daunting task. However, there are plenty of investment options available that don't require you to have millions.

How much you save depends on what you want and what your goals look like – there are investment and savings options that require even as little as P300 per month.

Start early

Savings accumulate and the interest compounds without taxes, as long as the money is not withdrawn, so it's wise to establish an investment vehicle early.

"Another reason to start saving early is that usually the younger you are, the less likely you are to have

burdensome financial obligations," Lance explains.

"That means you can allocate a small portion of your investment portfolio to higher risk investments, which may return higher yields."

Know your goals

Whether you're saving for a Michael Kors bag or a car, knowing why you'd like to invest your money and how you'd like to see it grow over time are both key to making sure you stay on the right track.

List your goals so you can figure out how much they'll cost, and how you can use investing to achieve them. Once you know what you want you can start planning and saving accordingly.

Research

The best way to learn about investing is to develop your skills through research and the use of virtual portfolios. There are plenty of platforms on the internet that enable you to develop your skills and make mistakes.

Researching enables you to understand the complex financial terms and different investment options available to you before you seek advice from an expert.

Get advice

As much as it's important to get acquainted with the market, there are so many different investment vehicles to choose from like bonds, mutual funds, Exchange Traded Funds, property, stocks and more.

Getting an expert such as a financial advisor to help you make the right decision is important. A good financial advisor takes on the role of helping you reduce your financial stress, and makes the load lighter.

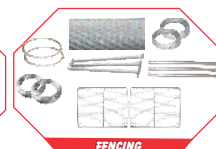
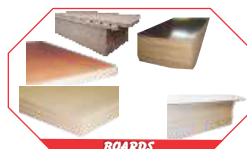
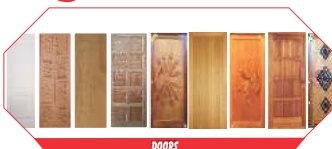
Cut down on your expenses

You probably aren't saving because you think you can't afford to. It's as simple as changing a daily habit, for example, if you buy a P50 lunch during work every day, taking a packed lunch could save you P1 000 a month. There are little things that you can cut back on, that will help you in saving up more money for you to invest. A little goes a long way.



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Petrol Price Hike: 8 Ways To Make A Tank Last Longer



With another petrol price hike coming into effect, and the possibility of more on the horizon, motorists are under even more pressure to make a tank of fuel last longer.

1. Drive smoothly

Ford studies have shown that motorists can slash both their fuel bill and their emissions by as much as 25% by adopting a less aggressive driving style. This means accelerating smoothly, braking softer and earlier, not constantly changing lanes, and not speeding.

2. Slow down

By driving at 90km/h instead of 100km/h, you can improve your fuel efficiency. Also, aim for a constant speed. Pumping the accelerator constantly sends more fuel into the engine, emptying the tank faster.

3. No idling

Start the car and gently drive away. Prolonged idling increases emissions and wastes fuel. Turn the engine off whenever it is safe to do so, when you are stationary for more than 30 seconds.

4. Reduce the load

Reducing the amount of cargo you keep in your boot or back seat can improve your fuel efficiency as less energy is needed for acceleration. Only keep the most important items, like an emergency kit, jumper cables, a small toolset, and a small jack, in your car.

5. Reduce aerodynamic drag

Attaching a huge carrier or bike to the roof adds more wind resistance. If you spend lots of time on the highway or are planning a long trip,

try to transport extra items inside the vehicle or attached to the rear.

6. Combine trips

Many short trips will use more fuel than a single, longer trip. So when you have to drive for errands, try and group as many of them as possible into one trip.

7. Keep your engine tuned

Fixing a vehicle that is noticeably out of tune can improve fuel economy. For example, replacing a malfunctioning oxygen sensor can improve your mileage by as much as 40 per cent.

8. Use the recommended grade of motor oil

Following the manufacturer's recommended grade of motor oil in your Owner's Guide will keep your engine's lubrication system working as efficiently as possible.

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Dressing Table Ideas

Ways To Create The Perfect Beauty Spot

As any girl knows, half – actually, let's face it – most of the fun of going out can be had in getting ready beforehand. That's why we always recommend trying to squeeze in a dedicated area for the ritual. Somewhere to sit and focus on your cleansing and countering, blending and bronzing, with an appropriate amount of good light, and storage for all your lotions and potions.

Keep it simple

A bedroom should be a restful space, so keep things simple with a chic low-key table like this one. As well as a place to apply make up and take it off before bed, it can also serve as a desk.

No space for a table? Try this Ikea hack

Make tangled necklaces and missing earrings a thing of the past with the ultimate jewellery organiser, which can double as a make-up station with the addition of a mirror.

Get more from your chest of drawers Let's be honest, a dressing table is a luxury that often gets the boot in favour of more substantial storage. Like a chest of drawers. But this hard-working piece of furniture can do even more. Choose one at the right height and it can double as a dressing table.

Have a place for everything

Here, a tray has been used to demarcate where scents should sit, and there's a compartmentalised box to keep jewellery organised. Further boxes provide storage for make-up, and everything else can be stashed away in the two drawers below.

Go glam with glass

For full-on Hollywood glamour, you can't go wrong with mirrored bedroom furniture. Up the wow factor even more with a statement mirror – either in a matching look, or framed with film-star bulbs that will help you get your make-up on point!





Living Room Wallpaper Ideas – To Completely Transform Your Space

Want to give your living room an instant update? A new wallpaper is a great way to add colour, pattern and texture.

Looking for living room wallpaper ideas? Over the last few years, we have been led to believe that white walls are the only way to go. A plain and neutral base can indeed be a good starting point from which to build a decorating scheme, but if you ignore the spectrum of colours and patterns available in paint and wallpaper, you could be missing out.

Living room wallpaper ideas

Many brands now produce

both wallpaper and paint, so tricky decisions are often already made for you when it comes to creating perfectly coordinated combinations. Be brave and find colours and looks that work for you. Here are our pick of the best living room wallpaper ideas.

Wallpaper your furniture

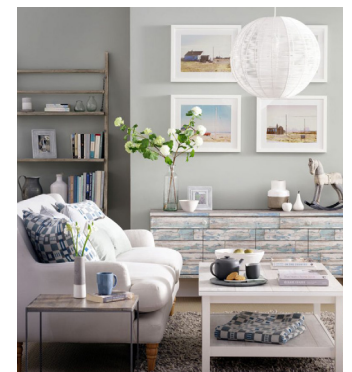
Who says wallpaper needs to go on your walls? Make a striking statement in your living room by wallpapering a key piece of furniture, such as a sideboard. This is also a fantastic way to upcycle an old item that might otherwise end up at the tip. Go for wood or brick-effect wallpaper for an on-trend trompe l'oeil look.

Smarten up with pinstripes

Create a tailored, designerly look in your living room with pinstripes – they look just as smart on your walls as they do on suits. Choose soft greys so the scheme doesn't feel overly masculine, and add a luxe touch with accents of gold in your accessories and soft furnishings. Keep window treatments plain and simple, making the walls the star feature.

Tie the room together

Use an eye-catching wallpaper to unify different living zones in an open-plan space. Here, two separate seating areas are visually drawn together by



a whimsical botanical print running around the entire circumference of the room. Paper from the dado rail upwards to prevent the scheme from becoming too busy – it's a sneaky way to save money on your scheme, too.

Go totally tropical

Transform a plain white room into a tropical paradise with a wallpaper teeming with exotic plants. Continue the colonial jungle feel in the rest of your scheme, with cane furniture, plantation shutters and a cocktail trolley for those early evening gin and tonics. Choose a wallpaper with a white backdrop and your scheme will still feel light and airy, despite the vibrancy of the pattern.



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Homemade Pesticides

These natural recipes are an eco-friendly way to deal with garden pests.

Garlic Spray

Controls mildew, rust and other fungal diseases.

What You'll Need

125g garlic

500ml water

Crush the garlic in the water. Store in an airtight container in the fridge and dilute 1:10 with water when required.

Hot Chilli Spray

Repels caterpillars, maggots and all soft-bodied insects.

What You'll Need

4 hot chillies

1 small onion

1 clove garlic

2l water

Crush the chillies, onion and garlic in the water and bring to the boil.

Steep for two days then strain. Dilute 1 part mixture to 4 parts water and apply to the affected plants. (It can burn plants if it's too strong, so test on a small area before spraying further.)

Icing Sugar And Borax

Borax is a naturally occurring mineral that when consumed by ants, impairs their digestive systems eventually killing them.

What You'll Need

1 part icing sugar

1 part borax

Mix the ingredients together and place in plastic containers, such as old cream cheese tubs, with holes punched in them. Place the containers where you see a lot of ant activity. While borax is less toxic than other insecticides, it's still important to keep it away from children and pets



KEEP YOUR INDOOR PLANTS ALIVE DURING WINTER



Winter can be as hard on indoor plants as it is on outdoor plants. You need to take a few precautions to ensure that your house plants survive the colder season.

Here's everything you need to know to keep your plants alive and thriving as the temperatures dip:

Water: Not too much, not too little, just enough

You still need to water your plants during winter – just less than you usually would.

Overwatering your plant could cause rot and invite pests, and under-watering will ensure a sure and slow death. Make sure you check the requirements for your individual plant, as there are certain plant species that still thrive on lots of water during winter, and some that need none!

Adequate light

Make sure that your plants receive adequate light in winter to keep them going. Because the sun changes its position from summer to winter, you might find

that your plants no longer get enough light, or get too much sun. Observe the sun's movements and then move them closer to a windowsill or into a sunny spot.

Not feeling hot

While it is important to give your plants enough light, ensure that they are not exposed to drafts or extreme cold. Make sure that your floor plants aren't standing on surfaces that are too cold. Certain plants are very sensitive to the cold.

Humidity

Winters in Southern Africa are dry for the most part, and indoor heating also contributes to drying out the air in your home even more. Keep your plants happy by misting them with lukewarm water, placing them near (but not in) water that will evaporate during the day, or if you are very serious, you can even get a humidifier for your plant.

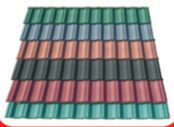
Don't trust dust

Remember to dust the leaves of your plants. Leaves don't work the way they're supposed to when dirt accumulates on them, and grime tends to build up on indoor plants.

Be wise, fertilise

It's a good idea to keep on fertilising your plants in winter, but just a bit less than you would in summer. Your indoor plants still need nutrients but should not be overfed in winter.

Dura Tiles
All Standard Colour



CONCRETE TILES



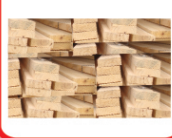
BRANDERING

Branding SAP 38 x 38 4.2 mtr to 6.6 mtr



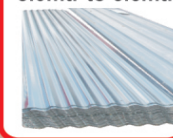
RAFTERS

SAP 38 x 114 4.2 mtr to 6.6 mtr



CORRUGATED IRON

Corr. Iron 3.0mtr to 6.6mtr



I.B.R. 0.58 MM

I.B.R. 0.58mm 3.6 mtr to 6.6 mtr
I.B.R. 0.4mm 3.6 mtr to 6.6 mtr



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Gumpole Treated 2.4 - 50x75

Gumpole Treated 2.4 - 75x100

Gumpole Treated 3.0 - 100x125

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What To Do When Sap Hits Your Glass Surfaces

Sap can be a menace when it attaches to siding or matte paint on plaster walls, your windows or even your car. Fortunately, a little swift action can prevent trouble down the line

Don't leave it!

The longer you leave the sap, the harder it will dry – and ultimately a pressure wash may be your only solution to fix the issue.

Pressurised water works wonders on brick and cement, but can lead to rough

wooden surfaces, chipped vehicle paint or damaged paint, so it's better to act soon rather than let it get to this point.

Start simple

Most 'grease-cutting' cleaning formulas (think dish soap and heavy-duty cleansers) should be up to the task of removing fresh sap.

Use a little gentle elbow grease with a tough – but non-abrasive – sponge or soft-bristled brush.



Do You Have A Kit For That?



When it comes to running a smooth household, one of the best things you can do is make sure you're prepared, no matter what.

some basic thread colours (at the very least black and white), a few needles, a tape measure, thimbles and small sharp scissors.

From a first aid kit to a full on emergency 'bug-out bag', here's the basics no household should be without...

First aid kit
Need we say more? Make sure your safety basics are on hand, and everyone knows where to find them – even the kids.

Sewing kit
Need to sew on a button in a hurry? Stocking just laddered on the way to an interview? No matter how you feel about hand sewing, every house needs to have the basics on hand. Keep spare buttons you receive with shirts, pants and jackets here, as well as

Black-out kit
Candles, matches, a lighter for your gas stove, and a charged torch are the absolute minimum you need to make sure the dark doesn't get you down. Upgrade by adding a small gas light and stove – and spare canisters!



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How To Arrange Scatter Cushions



the patterned wallpaper. The gold has been carried through to the ottoman and tabletop accessories.

Monochrome Magic

Make a monochromatic scheme more exciting with a mix of patterns. The bold stripe and chevron work well together as their designs are more or less the same size. They're offset with a more subtle geometric. Fade- and UV-resistant fabrics are essential when decorating an outdoor living area.

Subtle Interest

In a bedroom, a fun idea is to combine one in a 'hero' pattern with two plains in colors taken from the feature fabric. This arrangement doesn't look too matchy and lends itself to a number of interesting configurations. In this bedroom, the wallpaper already provides a lot of detail so while the effect is decorative, it's not too busy.

Colorful Minimalism

A good look for contemporary interiors is color blocking. On a neutral sofa, introduce and arrange scatter cushions in plain bold colors. Here, green and blue velvet cushions look rich and vibrant, and the overall look is very slick and sophisticated. Depending on the size of your sofa, you can either balance the scatters with two on either side, or to

create some interest, place two on one side and one on the other.

Clean Cut

Pattern on pattern is very on-trend at the moment. The zigzag wallpaper here inspired the use of geometric patterns for the scatter cushions. Choosing the same pattern for all of them prevents the effect from being too busy. If the bed is quite wide, then

instead of a square cushion in the middle, have one made in a rectangular shape, which will be more in proportion to the width.

Going Glam

If it's a glamorous look you're after, black and gold is a classic combo. Here, scatter cushions in fabrics with sheen were chosen to enhance this. Stripes and geometrics in a similar scale work well with



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Dj Bobzin

Age: 24

Sex: male

Bobson Itumeleng Mashomeng Music style is a commercial house music influenced by Dj Chrispin the drama, Dj Latimy Bw, Dj shimza (S.A). He djiyed at Kalamare Club (Botina). He was a resident Dj at Pub 22 in Bokaa and at special events: 2nd annual Makgasa Bash, 1st annual shot pants session. It's been a productive 3 years for him in the music industry. The Bokaa Kgatleng native's journey towards success has been an exciting one, with loads of experiences. Signed with BangGae music Record, he has 5 songs; Sthandwa_sam ft ksb x tpz and

ma eve Umcimbonjani ft Tpz (S.A) Kuka ft BangGae citizens Askies f.t Amanamdos, Ntombi Yam ft Juizee (S.A) which is currently doing well in Botswana.

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Page: DJ BOBZIN Mashomeng Bw

Twitter: Bobzin_09

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The Face behind sport Screens of Maru TV



He is a humble soul and the man behind Maru TV sport show. Solomon Kakuwa who has much respect for what he does graced the doors of Celebrity World to open up about his career.

Solomon has not only been a television sport presenter, but also analyzes sports for RB1 in Sekhutlo program alongside Tiro 'Tyro' Lepotosi who used to be his role model. His love for sport started when he was in primary school as he used to play football. He joined boxing, athletics and even tried other sporting codes.

Though he is making it in the industry his parents were against his thought of doing sports. He wanted to do sport science but ended up settling for media as the course was not offered anywhere in Botswana. He said journalism for him is a beautiful industry as it keeps one informed and alert.

Kakuwa is still a student and he balances his time well with a simple schedule. He attends day classed and goes to work on weekends. "..... As it is in this industry, it demands time to research and be present at

some of the games but I make time for everything. The support that I get from my family and other people helps me to make it as well," he said.

Kakuwa also said that his career demands him to be exemplary everywhere he is. He has to protect his reputation knowing that he is a son, student and an employee.

Asked how he manages to present about all the sporting codes Kakuwa that said he has been playing some and does a lot of research for the ones he doesn't know. He does online courses for some sporting codes like rugby but cricket still gives him a hard time to understand. Solomon is forever thankful to his family as they have always been there for him.

Word of advice to the youngster and parents:

Youngsters be passionate about what you do and allow it to drive you towards your dream. Parents monitor your kids and see what they like doing, support what they do because that shows where the child will be when he grows.

Life besides sport presenting

Solomon likes going to church and enjoys spending time with his family.

Did you know?

Solomon Kakuwa jokes a lot; Loves kids and likes playing with kids Likes dancing but he is not good at it Likes traditional food except beans Likes classic formal wear Likes Benz Amg class



Diesel

Album: 30: The Greatest Hits
Release Date: August 3, 2018



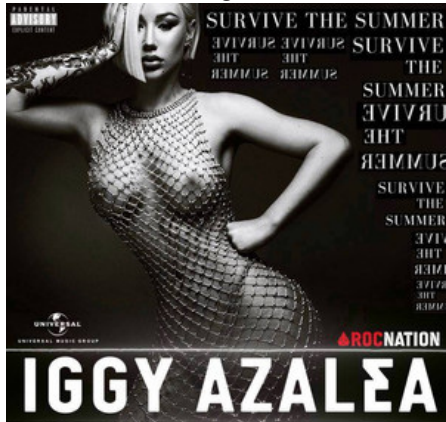
Interpol

Album: Marauder
Release Date: August 24, 2018



Alice in Chains

Album: Rainier Fog
Release Date: August 24, 2018



Iggy Azalea

Album: Survive the Summer
Release Date: August 3, 2018



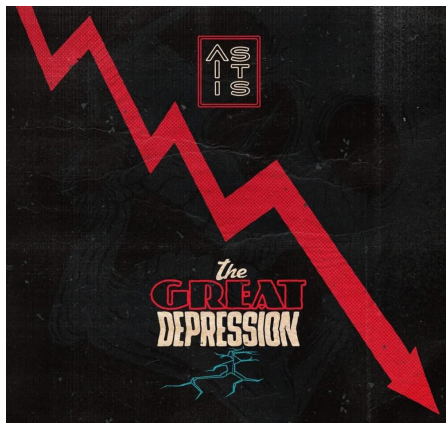
Nicki Minaj

Album: Queen
Release Date: August 10, 2018



Meghan Trainor

Album: Treat Myself
Release Date: August 31, 2018



As It Is

Album: The Great Depression
Release Date: August 10, 2018



Troye Sivan

Album: Bloom
Release Date: August 31, 2018



Jain

Album: Souldier
Release Date: August 24, 2018



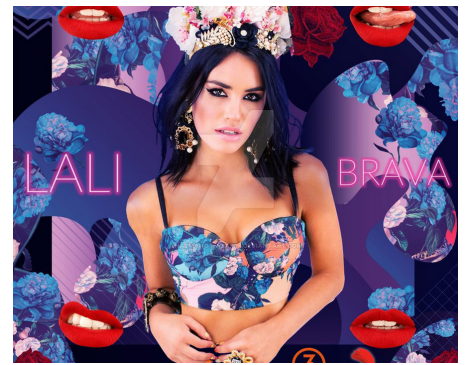
Jake Shears

Album: Jake Shears
Release Date: August 10, 2018



Death Cab for Cutie

Album: Thank You for Today
Release Date: August 17, 2018



Lali

Album: Brava
Release Date: August 10, 2018



Kevin Darnell Hart

Hart was born on July 6, 1979 in Philadelphia. After graduating from George Washington High School, Hart briefly attended the Community College of Philadelphia and moved to New York City. He began pursuing a career in stand-up comedy after performing at an amateur night at a club in Philadelphia. Hart's first gig was at The Laff House in Philadelphia under the name of Lil Kev, which did not go well. His career suffered a slow start, as he was booed off stage several times, once even having a piece of chicken thrown at him. After those initial unsuccessful shows, Hart began entering comedy competitions throughout Massachusetts, and his fortunes soon turned for the better. Hart came to prominence from his guest appearance in *Undeclared*. He made his film debut in the film *Paper Soldiers*. Hart then gained further recognition from his other films such as the *Scary Movie* franchise, *Soul Plane*, *The 40-Year-Old Virgin*, *Death at a Funeral*, and *Little Fockers*....



Tasha Smith

She began her career starring on the NBC comedy series *Boston Common* (1996–97), and later has appeared in numerous movies and television shows. Smith has appeared in films include *The Whole Ten Yards* (2004), *Daddy's Little Girls* (2007), *The Longshots* (2008), *Couples Retreat* (2009), and *Jumping the Broom* (2011). She starred as Angela Williams in the Tyler Perry films *Why Did I Get Married?* (2007), *Why Did I Get Married Too?* (2010), and on the television series based on the movies, *For Better or Worse* (2011–2017). In 2015, she began a recurring role as Carol Holloway on the Fox musical drama series *Empire*. In 2015, Smith made her directorial debut. Smith is involved in some off-screen ventures, such as an organic perfume line titled "US", which she launched in 2011 with Keith Douglas, who, at the time, was her then-husband and manager.



Michaela Angela Davis

A writer on African-American style, race, gender and hip-hop culture in the United States. She is also a fashion expert and an "image activist." Michaela Angela Davis was born in Germany and raised in Washington; D.C. and is of West African, German and Irish descent. Her mother was convinced her next child would be a boy, and after visiting the Sistine Chapel during her pregnancy decided to name him Michael Angelo. When Davis was born, her mother gave her the female version of the name, Michaela Angela.

From an early age, Davis was a student of the arts, especially acting. She began her studies at the Duke Ellington School of the Arts as a National Arts Scholar, and then moved on to New York University, the Stella Adler Acting Conservatory and the Alvin Ailey American Dance Theater. After completing her studies, Davis went to work in 1991 for *Essence* as an associate fashion editor. Her first assignment was the styling of Anita Hill. She was the associate fashion, culture and the executive fashion and beauty editor for *Essence* magazine. She was the founding fashion director for *Vibe* magazine, and she was the last editor-in-chief of *Honey*, a magazine for 18- to 34-year-old black women. Davis has written for many projects such as *Everything But the Burden: What White People are Taking from Black Culture* (ed. Greg Tate; Broadway Books, 2003), and authored *Beloved Baby: A Baby's Scrapbook and Journal* (Pocket Books, 1995). On the issue of colorism within the black community, Davis has said that "Anything that tears us apart as sisters, there's no privilege in, we have equal pain, it's just different and has been processed and presented to us in different ways."



Kiana Haynes

is best known for role as Keisha on the OWN/TBS comedy-drama television series Tyler Perry's *For Better or Worse*. She has also had roles in the films *Bamboozled* (2000), *Nora's Hair Salon* (2004) and *Restraining Order* (2006). Her first acting role was a small part in Spike Lee's *Bamboozled* (2000), which starred Damon Wayans and Jada Pinkett-Smith. She followed that with a small part in the 2004 comedy *Nora's Hair Salon* appearing alongside Jenifer Lewis and Tatyana Ali. Haynes' first break came in 2007 when she landed the lead role of Nicole Lawson in the stage play *The Bachelorette Party* by Donald Welch and in association with Will Smith. She gained other roles for different projects including *Restraining Order* (2006) and *Double Duty* (2009).



Crystle Danae Stewart

Stewart won the Miss Texas USA 2008 title in a state pageant held in Laredo, Texas on July 1, 2007 after competing against 121 other contestants. She represented Texas in the Miss USA 2008 pageant held in April 2008. This was Stewart's fifth attempt at the Miss Texas USA title; she had placed first runner-up in both the 2006 and 2007 events; third runner-up in 2005; and made the semi-finals in 2003. Her first appearance in the state pageant was in 2002 when she made the semi-finals of the Miss Texas USA 2003 pageant competing as Miss Fort Bend County. In 2004, Stewart again competed as Miss Fort Bend County and placed third runner-up to Tyler Willis at Miss Texas USA 2005. The following year she competed in the Miss Houston local pageant and placed first runner-up to Lauren Lanning. She competed at Miss Texas USA 2006 as Miss Harris County, and placed first runner-up to Lanning for the second time. In 2006, she placed first runner-up to Miss Houston for a second time and, in a double repetition, placed first runner-up to Miss Houston, Magen Ellis, in the 2007 state pageant (competing as Miss Southeast Texas). Stewart holds a degree in consumer science and merchandising from the University of Houston. Stewart is represented as a model by Neal Hamil Agency in Houston.



Scott Ramon Seguro Mescudi

Better known by his stage name Kid Cudi first gained major recognition following the release of his first official full-length project, a mixtape titled *A Kid Named Cudi* (2008). The mixtape caught the attention of American rapper-producer Kanye West, who subsequently signed Cudi to his Good Music label imprint in late 2008. Cudi has since gone on to launch his own record label imprints, the now-dissolved Dream On and current independent label, Wicked Awesome Records. As of 2018, Cudi has released six studio albums as a solo artist. In 2008, his debut single "Day 'n' Nite", led him to prominence, reaching the top five of the Billboard charts.

Tsodilo Hills



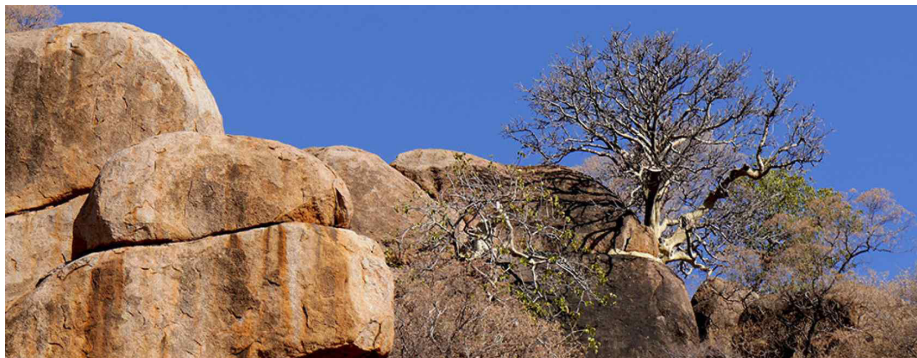
Rising abruptly, and dramatically, from the Kalahari scrub bush the rock face turning a copper colour in the dying sun the magnetic power of Tsodilo Hills both captivates and mystifies. There is an undeniable spiritualism about the Hills that immediately strikes the visitor.

Tsodilo is located in north-western Botswana. It gained its World Heritage Site listing in 2001 because of its unique religious and spiritual significance to local peoples, as well as its unique record of human settlement over many millennia. It contains over 4,500 rock paintings in an area of approximately 10 km² within the Kalahari Desert.

These hills are of great cultural and spiritual significance to the San

peoples of the Kalahari. They believe the hills are a resting place for the spirits of the deceased and that these spirits will cause misfortune and bad luck if anyone hunts or causes death near the hills. The San people believe these hills to be the site of first Creation. Factually, the San people painted more than 4500 rock paintings against the magnificent stone faces of the Tsodilo Hills, making it one of the most historically significant art sites in the world. The San did most of the paintings, although there are few by Bantu-speakers whose style differs from that of the San. The exact age of the paintings is not known although some are thought to be more than 20,000 years old. The hills contain 500 individual sites representing thousands of years of human habitation.

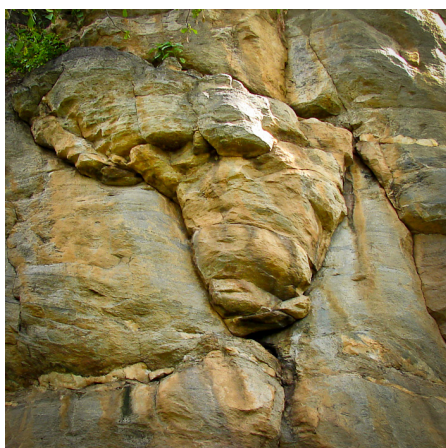
The hills are referred to by human attributes - male, female, child and the male's first wife. The second tallest hill is referred to as the female. The San people believe that the caves and caverns of this hill, the "Female" hill, are the resting places of the deceased and various gods who rule the world from here. The people of Hambukushu believe that their god, Nyambe, originally lowered their tribe and livestock to earth on the female hill. Their supporting evidence is hoof-prints clearly etched into a rock, high on the hill. (The word Tsodilo is derived from the Hambukushu word 'sorile' which means sheer.) In the northwest part of the female hill, some distance up from ground level is an old mine that has filled with water. This water is considered to be holy water and confers good luck on those that wash



their faces with it. The most sacred place is near the top of the “Male” hill, the biggest rock, where it is said that the First Spirit knelt and prayed after creating the world. The San believe that you may still see the impression of the First Spirits’ knees in the rock. The smallest hill is the ‘child’. The fourth hill was the male hill’s first wife, whom he left for a younger woman, and who now prowls in the background.



There are numerous rock art paintings in the Tsodilo Hills. Most of the San rock paintings are found on the “Female” hill, the most famous being the “Whale” painting, “Two Rhinos” and the “Lion” on the Eastern face of the “Father”. Some of the paintings have been dated to be as early as 24,000 years before present. There are numerous paintings, but relatively few on the outlying hills. There are so many paintings in obscure places that it is very unlikely they have all been discovered or documented.



Located in north-west Botswana near the Namibian Border in Okavango Sub-District, the Tsodilo Hills are a small area of massive quartzite rock formations that rise from ancient sand dunes to the east and a dry fossil lake bed to the west in the Kalahari Desert. The Hills have provided shelter and other resources to people for over 100,000 years.

The archaeological record of the site gives a chronological account of human activities and environmental changes over at least 100,000 years, although not continuously. Often large and imposing rock paintings exist in the shelters and caves, and although not accurately dated appear to span from the Stone Age right through to the 19th century. In addition, within the site sediments, there is considerable information pertaining to the paleo-environment. This combination provides an insight into early ways of human life, and how people interacted with their environment both through time and space. The local communities revere Tsodilo as a place of worship and as a home for ancestral spirits. Its water holes and hills are revered as a sacred cultural landscape, by the Hambukushu and San communities.





A Simple Formula for Answering “Tell Me About Yourself”

“So, tell me about yourself.”

What seems like such a simple question can really make you sweat, especially in an interview. What, exactly, should you share—not just to build rapport, but to show that you’re the perfect fit for the job?

Fear not, job seekers: There’s a super-simple formula that will help you answer this question with ease.

How to Answer “Tell Me about Yourself”

So, the first question you’re probably going to get in an interview is, “Tell me about yourself.” Now, this is not an invitation to recite your entire life story or even to go bullet by bullet through your resume. Instead, it’s probably

your first and best chance to pitch the hiring manager on why you’re the right one for the job.

A formula I really like to use is called the Present-Past-Future formula. So, first you start with the present—where you are right now. Then, segue into the past—a little bit about the experiences you’ve had and the skills you gained at the previous position. Finally, finish with the future—why you are really excited for this particular opportunity.

Let me give you an example:

If someone asked, “tell me about yourself,” you could say:

“Well, I’m currently an account executive at Smith, where I handle

our top performing client. Before that, I worked at an agency where I was on three different major national healthcare brands. And while I really enjoyed the work that I did, I’d love the chance to dig in much deeper with one specific healthcare company, which is why I’m so excited about this opportunity with Metro Health Center.”

Remember throughout your answer to focus on the experiences and skills that are going to be most relevant for the hiring manager when they’re thinking about this particular position and this company. And ultimately, don’t be afraid to relax a little bit, tell stories and anecdotes—the hiring manager already has your resume, so they also want to know a little more about you.



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- S/Phikwe : 260 0738 • Francistown : 241 4571 • Jwaneng : 549 0428 • Kasane : 625 0214
- Serowe : 463 3223 • Molepolole : 590 7916 • BMS Francistown : 241 4444 • Moshupa : 549 0428



Replicating Bent Metal Coat Hooks



Step 1: Design

Use a 3/16" x 3/4" steel bar to construct the five hooks. Settle on 3/16" over 1/8" steel for the hooks to be strong enough to hang significant weight from unwanted bending. Purchase a single 3' length of steel bar.

The design of these hooks is quite clever as it allows for two pieces of clothing to be held from each hook. Each hook is made from a 6.5" length of the steel bar. Starting at the bottom, a 45° bend is made 1/2" from the end of the bar. Moving another 1" along the length of the bar, a second bend is made to 90°. The final bend is made to 45° at a distance of 2" from the top end of the bar. Using these dimensions, both the bottom and top hooks protrude approximately the same distance from the surface the hook is mounted to.

Use the following tools for this build:

- Combination square
- Metal cutting band saw
- Sturdy bench vise
- Torch
- Hammer
- Large punch
- Bench grinder and wire wheel
- Drill and metal bits



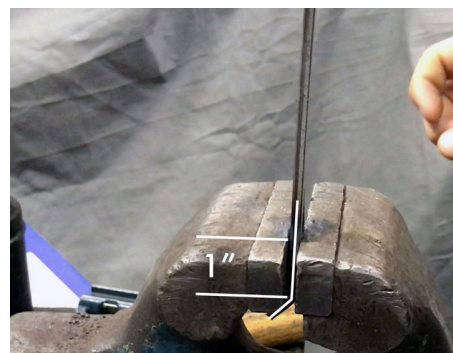
Step 2: Cut the Metal

The steel bar was cut to 6.5" lengths using a metal cutting band saw. If you do not have a metal cutting band saw, a hacksaw or angle grinder would also make quick work of this step. After cutting the metal to length, it was marked at 1/2" and 1.5" from the one end. These marks will be used to make the first two bends.



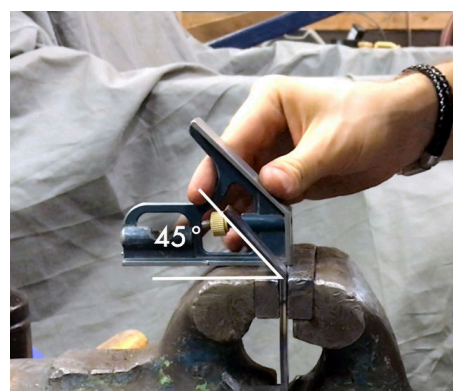
Step 3: The First Bend

To make the first bend, carefully clamp the metal into the vise along the 1/2" mark. Use a combination square to make sure the bar is at a perfect 90° angle to the top of the vise. This is critical to making a square bend. Next, heat the bar along the bend line using a torch. With the bar red hot, use the hammer to bend it to 45°.



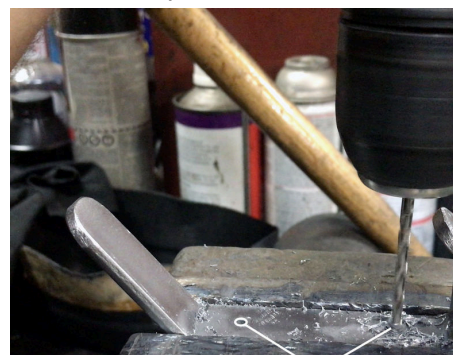
Step 4: The Second Bend

Clamp the bar along the mark 1" from the first bend. When clamping the bar in the vise, the previously bent end should be placed toward the rear of the vise. As with the first bend, the bar is heated along the bend line and bent using the hammer.



Step 5: The Third Bend

The third and final bend was made using the same techniques as the first two bends. After marking the bar at 2" from the unbent end, it was clamped in the vise along this line making sure that the previous bends were positioned away. The bar was heated along the bend line and bent to 45° using the hammer and punch as needed.



Step 6: Clean Them Up

After bending the five hooks, round all of their edges using a bench grinder. This step is important if you don't want to rip any clothes you hang on the hooks. Drill two holes in each hook for mounting. The size you use for these holes will depend on the mounting hardware you would like to use.

Step 7: Enjoy Your Hooks

Aries

(Mar. 21 – Apr. 19)

Going where you've never been before is your thing. Lead, follow or get out of my way is your mantra. Once you've met the challenge, it's on to the next thing. Details and efficiency are usually not your strong point. During this month you'll need to slow down, so you can catch up with yourself.

Taurus

(Apr. 20 – May 20)

You finally have clarity about what you really love, value and appreciate and what brings you pleasure. The sign of communication and new talents in speaking and writing may emerge this month. You'll want to spend time with family and close friends. This is the time to connect with siblings to smooth over any rough spots in your relationships.

Gemini

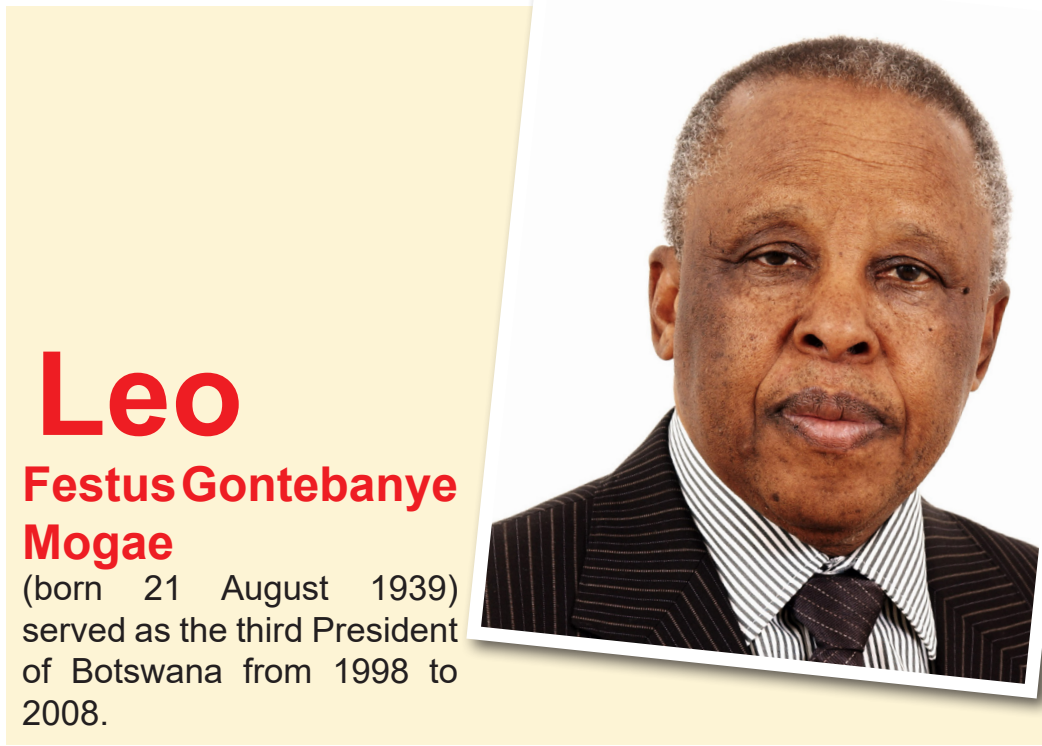
(May 21 – June 20)

Your relationships have turned you every way but loose, you usually prefer to keep things on the light side and digging deep into your partner's mind and feeling the intensity of them wanting more from you is not really comfortable for you. You will have discovered a deeper, more rewarding and meaningful connection in your significant relationships.

Cancer

(Jun. 21 – Jul. 22)

You've been learning a lot about where your true security and safety come from, and that it's high time to be your own very best mommy and daddy. You can learn to love and appreciate your nurturing and sensitive side without feeling that sense of overwhelm that often goes along with a strong emotional nature.



Leo

Festus Gontebanye Mogae

(born 21 August 1939) served as the third President of Botswana from 1998 to 2008.

Leo

(Jul. 23 – Aug. 22)

This is your month to shine. No one knows more about their magical inner child than you. You instinctively know that when you're having fun, your heart is wide open. You're easy to spot in any crowd. It's time to celebrate you and celebrate life.

Virgo

(Aug. 23 – Sept. 22)

You know you can sometimes feel inadequate and that you're not doing it right when despite your every effort, things don't seem to turn out perfectly. This is not one of those times. It's time for you to cash in and reap what you have sown. Believe that everything you touch can turn to gold.

Libra

(Sept. 23 – Oct. 22)

August is a special month for you, its crystal clear now what is important in your relationships, what brings you pleasure and what doesn't. Your deeper understanding of the value of your relationships brings you great joy now.

Scorpio

(Oct. 23 – Nov. 21)

You'll feel the magic of rebirth all through this month. It's time to come out of the cave you've been in since March. This has been a time of healing and regeneration for you. As the month goes on, it should become clearer where you are with true power versus control in your relationships.

Sagittarius

(Nov. 22 – Dec. 21)

It's been a bit challenging for you this year because you prefer the big picture. You're really feeling your oats now and are unstoppable as you become more comfortable with expressing your power. Relationships may have given you quite a run for your money and you have spent six weeks going backwards.

Capricorn

(Dec. 22 – Jan. 19)

Normally you are invulnerable and reserved by nature, now relationships will require you to show your feelings and your sensitivity, it may be a stretch at first but you'll get the hang of it. Just don't take it on as another

obligation, should or have to. And although usually reserved, disciplined and somewhat business-like in nature, you may even like it.

Aquarius

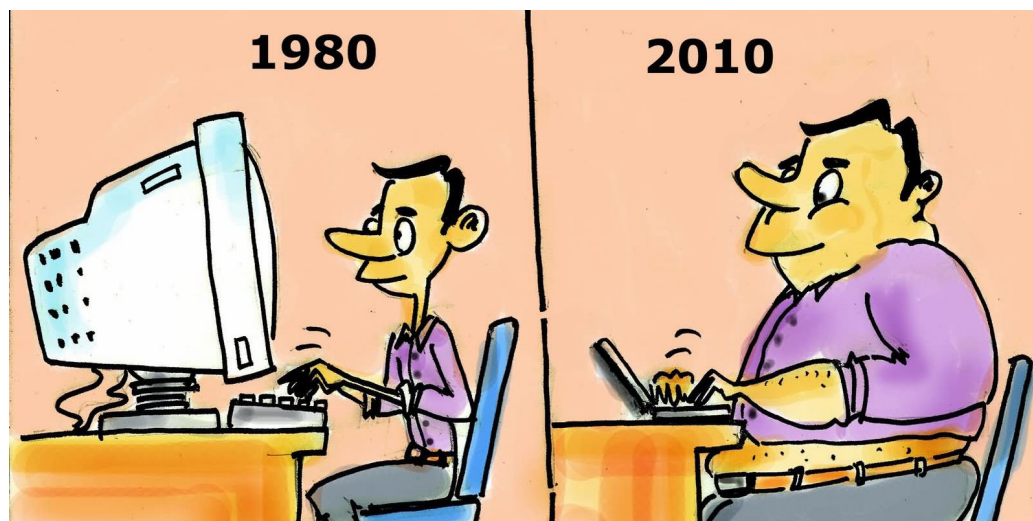
(Jan. 20 – Feb. 18)

The focus is on relationships for you this month. There are probably lots of folks pulling at you and wanting your attention. The important question is, what do you want to create in your relationships now; it is an opportunity to plant the seeds for that which you desire. And as good as that sounds, you may not know exactly what you want now.

Pisces

(Feb. 19 – Mar. 20)

If you know of a workshop or seminar on relationships, sign up for it, because the more you can learn about what really attracts you and why, the happier you'll be. If committed romantic partnership is something you desire, and as an idealistic, romantic Pisces I would be surprised if you didn't, the Universe has heard your call and it's time for you to cash in because you deserve it.



Father is shocked when he discovers this horrifying letter from his son

A father passing by his son's bedroom was astonished to see the bed was nicely made and everything was picked up. Then he saw an envelope, propped up prominently on the pillow. It was addressed, "Dad." With the worst premonition, he opened the envelope and read the letter, with trembling hands... "Dear, Dad. It is with great regret and sorrow that I'm writing to you. I had to elope with my new girlfriend because I wanted to avoid a scene with mom and you. I've been finding real passion with Stacy and she is so nice but I knew you would not approve her because of her piercings, tattoos, and tight motorcycle clothes and because of she is so much older than me. But it's not only the passion, Dad. She is pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children. Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want. In the meantime, we'll pray that science will

find a cure for AIDS, so Stacy can get better. She sure deserves it! Don't worry, Dad. I'm 15 and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren. Love your son, Joshua. P.S Dad, none of the above is true. I am over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table. Call when it is safe for me to come home!"

Woman asks priest to sneak something through customs for her. This is Gold.

A very distinguished lady was on a plane arriving from Switzerland. She found herself seated next to a nice priest whom she asked; "Excuse me Father, could I ask a favour?" "Of course my child, what can I do for you?" "Here is the problem; I bought myself a new sophisticated hair remover gadget for which I paid an enormous sum of money. I have really gone over the declaration limits and I am worried that they will confiscate it at customs. Do you think you could hide it under your cassock?" "Of course I could, my child but you must realize that I cannot lie." "You have such an honest face father, I am sure they will not ask

you any questions", and she gave him the "hair remover". The aircraft arrived at its destination. When the priest presented himself to customs he was asked, "Father, do you have anything to declare?" "From the top of my head to my sash, I have nothing to declare my son," he replied. Finding this reply strange, the customs officer asked, "And from the sash down, what do you have?" The priest replied, "I have there a marvelous little instrument destined for use by women, but which has never been used." Breaking our laughter, the customs officer said, "Go ahead Father. Next!"

Work, Work, Work

A man was going through a forest. He was tired and sat under a tree to rest. Near the tree were some bushes. In the bushes he heard a whistle. The man got up and went to look; he saw a bottle lying under a bush. The whistle was coming from inside the bottle. The man opened the bottle to look inside. Immediately a lot of black smoke came out from the bottle. The smoke rose high in the sky. Then the smoke turned into a ghost, it was a big ghost as tall as a tree. The ghost was red in colour. He had red eyes and large golden earrings in his ears. He roared, "Give me some work or I shall

eat you up." The man was very frightened. "W-what sort of work you want?" he asked the ghost. "Any kind of work," the ghost replied, "You have let me out from the bottle. So you have to give me work to do. I must keep working day and night. The moment you stop giving me work, I shall eat you up." "Take me to my house," the man said. The ghost picked up the man. In half a second he reached the man's house. Again he said, "Give me some work to do or I shall eat you." Sixth Grade Girl Threatens to Get Her Teacher Fired For Asking This Question.

The Teacher's Response Is Perfect

Sixth grade science teacher asks her class; "Who can tell me which organ of the human body expands to 10 times its usual size when stimulated?" Nobody raises a hand, so she calls on the first student to look her way. "Mary can you tell me which organ of the human body expands to 10 times its usual size when stimulated?" Mary stands up, blushing furiously. "How dare you ask such a question?" She says. "I am going to complain to my parents, who will complain to the principal, who will have you failed!" the teacher is shocked by Mary's reaction, but undoubted. She asks the class the question again and this time Sam raises his hand. "Yes Sam?" Says the teacher. "Ma'am, the correct answer is the iris of the human eye." "Very good, Sam. Thank you." The teacher then turns to Mary and says, "Mary, I have 3 things to tell you; first, it's clear that you have not done your homework. Second, you have a dirty mind, and third, I fear one day you are going to be sadly disappointed.



Author: Koketso Sheleni

Grilled Spinach and Herb Stuffed Pork Chops are so easy to make and stuffed with creamy parmesan spinach and herb mixture that takes these delicious and full of flavor pork chops to the next level!

For this recipe, I used Smoked Brown Sugar Pork Chops. We loved the sweet and smoky flavor of these pork chops. These pork chops were taken to the next level of amazing by being stuffed with creamy parmesan spinach and herb. It added a delicious element to these perfectly grilled and tender pork chops and added such great flavor. These were the talk of the dinner table with our family. I know that this recipe will be used again and again at our house and it really is a great addition to your next backyard BBQ!

To start, you simply take the marinated pork chops out of the package. You cut a 3 inch slit with a knife and make a pocket for the creamy parmesan spinach and herb stuffing. Stuff the pork chops with the mixture and fasten sides with a toothpick if desired. Place the pork chops on the grill over the direct heat area and sear, turning once, until it gives nicely grilled marks, 2 to 3 minutes per side. Move the chops to indirect heat and cover the grill and cook until no longer pink. The internal temperature should reach 145 degrees before you remove it from the grill.



Grilled Spinach And Herb Stuffed Faraki Chops



What Can Be Served As A Side To Grilled Faraki Chops? Instructions

- parmesan garlic roasted (or grilled) potatoes
- green beans
- bacon wrapped asparagus
- mashed potatoes
- side salad

Ingredients

- 1 Package Smoked Brown Sugar Flavor Boneless Center Cut Pork Chops
- 410g package cream cheese, softened
- ½ cup shredded parmesan cheese
- 1 cup spinach, chopped
- 3 cloves garlic, minced
- 1 Tablespoon thyme
- 1 Tablespoon oregano
- fresh chopped parsley for garnish

- Preheat your gas grill to medium-high heat and spray with cooking spray. Slice a 3-inch pocket into each of the pork chops.
- In a small bowl, mix the cream cheese, parmesan cheese, spinach, garlic, thyme, and oregano. Stuff each of the pork chops evenly with the stuffing and seal the edges with a toothpick.
- Grill the pork chops in direct heat for 2-3 minutes until each side gets grill marks. Then remove the chops to indirect heat and close the grill. Grill until they get an internal temp of 145 degrees and are no longer pink.
- Garnish with freshly chopped parsley if desired.

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Road Maun
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Fax: +267 6863 840
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Exercises That Will Naturally Increase Breast Size



Wall presses

1. Stand in front of a wall and press your palms flat against it at the same height as your chest.
2. Slowly and with control move forward until your head nearly touches the wall.
3. Return to the original position.
4. Repeat 10 to 15 times.

Arm circles

- Extend your arms out to the side at shoulder level.
- Slowly make small circles backward for one minute.
- Now make small circles forwards for one minute.
- Then pulse your arms up and down, using a small range of motion, for one minute.
- Repeat one or two times with a break in between.

You can add small weights to this exercise to make it more advanced.

Arm presses

1. Sit or stand with your hands extended in front of your chest with your palms together.
2. Open your arms until they're behind your back and make a back bend.
3. Bring your arms back together.
4. Do this for one minute. Use

weights or a resistance band to make it more difficult.

Prayer pose

1. Keep your arms extended and press your palms together for 30 seconds.
2. Bend your elbows at 90 degrees and press your palms in toward each other in front of your chest in prayer pose for 10 seconds and release.
3. Repeat this 15 times.

Horizontal chest press

1. Extend your arms in front of your body and bend them at a 90-degree angle.
2. Open your arms as wide as they will go and bring them together again. Do this for one minute.

Rest at the end of all of these exercises, and repeat at least once more.

Chest press extensions

1. Hold a dumbbell in each hand and bring your hands up so they are in line with your shoulders, keeping your elbows bent.
2. Slowly straighten your arms and extend in front of you. You may wish to extend one arm at a time.
3. Then bring your hand back to

your shoulders and slowly lower your wrists down.

4. Keep your elbows in at your body, and make the movement slow and controlled.
5. Do three sets of 12.

Modified pushups

1. Lie on the ground and put your palms on the outside of your chest.
2. Push your body all the way up until your arms are almost straight, but keep a slight bend in your elbows.
3. Slowly lower your body back down using controlled resistance. Keep your elbows in at your sides.
4. Do three sets of 12.



Simple Training to Do At Home



Pushup - Kneeling and Inclined

Instructions

SET-UP: Find a mat for your knees and a surface to elevate your hands on. With the knees together on the floor and hips up, establish proper upper body posture with a neutral back. Place your hands on the elevated surface at slightly wider than shoulder width - so that the upper arms are tucked at 45-degree angle to the torso - and fingers pointing forward.

LIFT: Press the chest off the elevated surface until the arms are straight, and then return to the starting position. Cue the descent by attempting to 'pull' yourself down to the floor with your shoulder blades.

EMPHASIS: Don't allow the hips or the lower back to sag. Keep the elbows inside - don't let them flare out to the sides. Use a complete range of motion, bringing the chest to the floor. Don't push the head forward to the floor.

Pike Press - Wall Assisted

Instructions

SET-UP: Begin facing a wall, standing tall with a braced core and good posture. Inclining forward at the hips, without flexing or rounding your spine place your hands against the wall at substantially wider than shoulder width.

MOVEMENT: Now lean your weight into your hands until you feel a suitable amount of tension. Slowly lower your body to the wall, keeping your weight on your hands and without standing up at the hips. Push yourself - under control and without momentum - back to the start position.

Hand-Stand Push up - Legs on Box

Instructions

SET-UP: Set-up on a soft surface next to a tall sturdy box or household object on which you can rest your

feet. Place your feet on the box and incline at the hips such that there is a right angle between your legs and your torso. Make sure you have total balance and stability before beginning the movement.

MOVEMENT: Lower yourself as far as you can under complete control, then reverse the movement - using the box for stability at all times.

EMPHASIS: The key to the handstand push up is control - do not exceed a range of motion you can control.

Frog Stand

Instructions

MOVEMENT: Begin with your hands on the floor, and slowly and carefully raise your legs up and around the sides of your arms.

CAUTION: Be careful not to allow your weight to fall forward over your hands, as this could clearly jeopardize the health and beauty of your face.



Ingrown Toenails: Why Do They Happen?



Ingrown toenails occur when the edges or corners of your nails grow into the skin next to the nail. Your big toe is most likely to get an ingrown toenail. Ingrown toenails occur in both men and women. Older people may also be at higher risk because toenails thicken with age.

Many things can cause an ingrown toenail, including:

- Cutting toenails incorrectly (Cut straight across, since angling the sides of the nail can encourage the nail to grow into the skin.)
- Irregular, curved toenails
- Footwear that places a lot of pressure on the big toes, such as socks and stockings that are too tight or shoes those are too tight, narrow, or flat for your feet
- Toenail injury, including stubbing your toe, dropping something heavy on your foot, or kicking a ball repeatedly
- Poor posture
- Improper foot hygiene, such as not keeping your feet clean or dry
- Genetic predisposition

Symptoms

Ingrown toenails can be painful, and they usually worsen in stages.

Early-stage symptoms include:

- skin next to the nail becoming tender, swollen, or hard
- pain when pressure is placed on the toe
- fluid building up around the toe

If your toe becomes infected, symptoms may include:

- red, swollen skin
- pain
- bleeding
- oozing pus
- overgrowth of skin around the toe

Treat your ingrown toenail as soon as possible to avoid worsening symptoms.

Treatment options

Ingrown toenails that aren't infected can normally be treated at home. However, if your toenail has pierced the skin, or there is any sign of infection, seek medical treatment.

Signs of infection include:

- warmth
- pus
- redness and swelling

Home treatment

To treat your ingrown toenail at home, try:

- soaking your feet in warm water for about 15 to 20 minutes three to four times per day (At other times, your shoes and feet should be kept dry.)
- pushing skin away from the toenail edge with a cotton ball soaked in olive oil
- using over-the-counter medicines for the pain

Complications of ingrown toenails

If left untreated, an ingrown toenail infection can cause an infection in the bone in your toe. A toenail infection can also lead to foot ulcers, or open sores, and a loss of blood flow to the infected area. Tissue decay and tissue death at the site of infection are possible.

Preventing ingrown toenails

Ingrown toenails can be prevented by making several lifestyle changes:

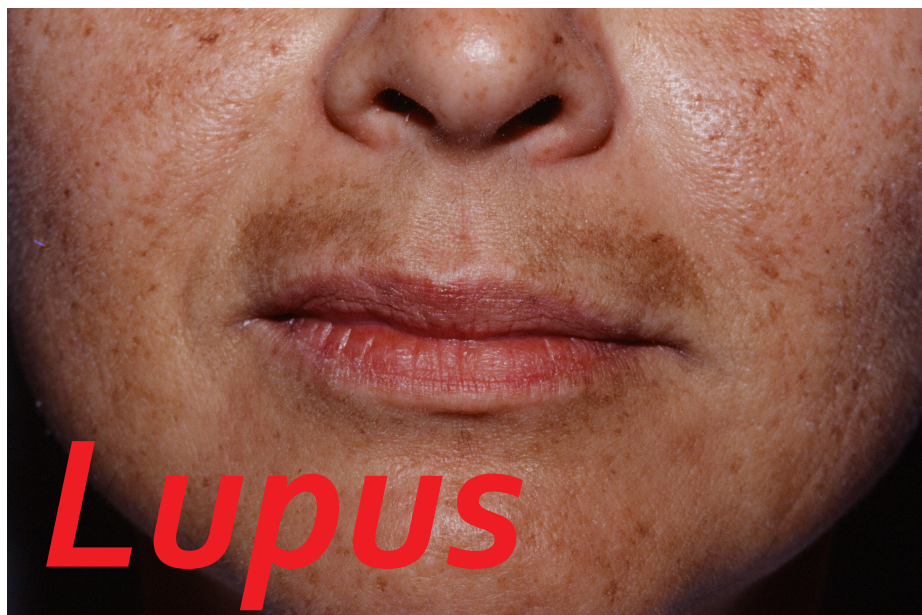
- Trim your toenails straight across and make sure that the edges do not curve in.
- Avoid cutting toenails too short.
- Wear proper fitting shoes, socks, and tights.
- Wear steel-toe boots if you work in hazardous conditions.
- If your toenails are abnormally curved or thick, surgery may be necessary to prevent ingrown nails.



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kidney failure is one of the leading causes of death among people with lupus.

- **Brain and central nervous system.** If your brain is affected by lupus, you may experience headaches, dizziness, behavior changes, vision problems, and even strokes or seizures. Many people with lupus experience memory problems and may have difficulty expressing their thoughts.
- **Blood and blood vessels.** Lupus may lead to blood problems, including anemia and increased risk of bleeding or blood clotting. It can also cause inflammation of the blood vessels.
- **Lungs.** Having lupus increases your chances of developing an inflammation of the chest cavity lining, which can make breathing painful. Bleeding into lungs and pneumonia also are possible.
- **Heart.** Lupus can cause inflammation of your heart muscle, your arteries or heart membrane. The risk of cardiovascular disease and heart attacks increases greatly as well.

Having lupus also increases your risk of:

- **Infection.** People with lupus are more vulnerable to infection because both the disease and its treatments can weaken the immune system.
- **Cancer.** Having lupus appears to increase your risk of cancer; however the risk is small.

Lupus is a systemic autoimmune disease that occurs when your body's immune system attacks your own tissues and organs. Inflammation caused by lupus can affect many different body systems including your joints, skin, kidneys, blood cells, brain, heart and lungs. Lupus can be difficult to diagnose because its signs and symptoms often mimic those of other ailments. The most distinctive sign of lupus a facial rash that resembles the wings of a butterfly unfolding across both cheeks occurs in many but not all cases of lupus.

The most common signs and symptoms include: fatigue, fever, joint pain, stiffness and swelling, butterfly-shaped rash on the face that covers the cheeks and bridge of the nose or rashes elsewhere on the body, skin lesions that appear or worsen with sun exposure, fingers and toes that turn white or blue when exposed to cold or during stressful periods, shortness of breath, chest pain, dry eyes, and headaches, confusion and memory loss.

When to see a doctor

See your doctor if you develop an unexplained rash, ongoing fever, persistent aching or fatigue.

Causes

The cause of lupus in most cases, however, is unknown. Some potential triggers include:

- **Sunlight.** Exposure to the sun may bring on lupus skin lesions or trigger an internal response in susceptible people.

- **Infections.** Having an infection can initiate lupus or cause a relapse in some people.
- **Medications.** Lupus can be triggered by certain types of blood pressure medications, anti-seizure medications and antibiotics. People who have drug-induced lupus usually get better when they stop taking the medication. Rarely, symptoms may persist even after the drug is stopped.

Risk factors

Factors that may increase your risk of lupus include:

- **Your sex.** Lupus is more common in women.
- **Age.** Although lupus affects people of all ages, its most often diagnosed between the ages of 15 and 45.
- **Race.** Lupus is more common in African-Americans, Hispanics and Asian-Americans.



- **Bone tissue death.** This occurs when the blood supply to a bone diminishes; often leading to tiny breaks in the bone and eventually to the bone's collapse.

- **Pregnancy complications.** Women with lupus have an increased risk of miscarriage. Lupus increases the risk of high blood pressure during pregnancy and preterm birth.

Complications

Inflammation caused by lupus can affect many areas of your body, including your:

- **Kidneys.** Lupus can cause serious kidney damage, and

Mi In-Ear Headphones Rose Gold

Metal composite diaphragm, made for the high quality audio systems

Metal composite diaphragm has the apparent advantage in sound transmission and is made for the high quality audio systems. The metal-coated layer of the diaphragm is faster in high frequency transmission which provides multiple details. The whole diaphragm presents excellent performance including powerful bass and stability of sound.

- Metal composite diaphragms (Mi In-Ear Headphones)
- Titanium alloy diaphragms (used in typical high-end headphones)
- Aluminum alloy diaphragms (used in mainstream headphones)
- **Hardness** - Harder diaphragms provide better audio restoration.
- **Speed** - Faster transmission speed reduces audio loss.
- **Weight** - Heavier diaphragms produce more sound distortion.

New dual damping system for purer sound quality

Sound waves produced by the diaphragm are reflected by the wall of the sound chamber back on to the diaphragm, interfering with sound restoration in the headphones. The new dual damping system in Mi In-Ear Headphones disperses the reflected sound waves and reduces their effects on the diaphragm, giving you a purer audio experience.

Mi In-Ear Headphones

Headphones without dual damping system

Classic gift packaging
Headphones come in a classic gift box that never goes out of style. Contains three sets of interchangeable ear buds and a customized cable organizer.

- Gift box and cable organizer
- Interchangeable ear buds in S / M / L sizes

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Baidu's Self-Drive Buses Enter 'Mass Production'

One of China's biggest technology companies has declared it has begun mass production of a self-driving bus. Baidu made the announcement after building its 100th Apolong vehicle at its factory in the country's south-eastern Fujian province. It said the vehicles would initially be put to commercial use within Chinese cities but added it was also targeting foreign markets. The company is one of several competing to sell "level-4 autonomy" buses.

The classification - set by the transport engineering body SAE International - refers to highly automated driving systems that can cope with most driving conditions, even if a human fails to respond appropriately to a request to intervene. It is one step below the maximum level-5 tier, which extends to all driving scenarios, including dirt roads and unusual weather conditions. Baidu's chief executive, Robin Li, detailed its plans at the company's annual artificial intelligence developer conference in Beijing.

The Apolong bus can seat up to 14 people, and has been developed with a local vehicle manufacturer. It has no driver's seat, steering wheel or pedals. It runs on electric power and can travel up to 100km (62 miles) after a two-hour charge, at up to 70km/h. Baidu envisages it being used for "last-mile" drop-offs within enclosed areas, such as airports and tourist sites. The company said partners would soon put it to use in Beijing, Shenzhen, Wuhan and other Chinese cities.



Cayisoh Takes Art to the Next Level

Kagiso 'Cayisoh' Tshitlho was born and bred in Kanye but currently stays in Gabane. He is inspired, not only by his love for painting but by his ethnic heritage and the world around him. Kagiso is able to paint with freedom and a unique brush stroke. He started painting back when he was a student at Lobatse Secondary school.

Why Art and its importance?

For me, art is more than a form of entertainment. It's a form of communication as I can express my feelings, tell a story or capture the very atmosphere in which we dwell through in the many forms of expression.

What materials are you using?

Acrylic on canvas, wood, fabric and Oil on canvas

When did you realize that you have skills for art?

I am fortunate to have discovered my passion for painting at an early age. I realized that I was artistically inclined at a very young age and continued to sketch and draw throughout my teenage years until I joined tertiary level.

Describe your art and how it changed your life?

I paint with unique brush strokes and art has opened the window to my soul

bringing me in closer touch with my inner self. I probably learned more about myself since I became an artist than ever before. When I create something that I am truly proud of, it sticks with me. I can recall the emotions I felt when I was making it; the moment when things clicked and the piece felt complete and the sense of accomplishment when people felt moved or impressed by my work.

What inspires your art?

I am inspired by nature and the human form, light, colour and movement; my paintings are an expression, a distillation of the impressions made on my psyche by the landscapes around me. I am also influenced and inspired by the magnificence and splendor of the natural environment. I seek to stimulate my viewers' emotions through the passion I feel when I am immersed in nature. By capturing light and movement, I lead my viewers to pause and reflect, and to feel as if they are there in the moment.

Who is your mentor?

I currently draw inspiration from different capacitating initiatives at Niyacraft – in Acacia Mall. Niyacraft being a lifestyle concept store allowed me to view my passion for art as a scalable and viable business opportunity.

Niyacraft is always there when I need a boost.

When was your first exhibition?

July 29, 2017 at Gaborone Main Mall. It was open to the public where I partnered with two brothers Letumile and Lenamile Kgogobi who are artists as well. I also exhibited at Thapong Artist of the Year Exhibition, where my artwork was on display for 3 months. I am willing to exhibit anywhere around the world, we are still planning something with my manager; hopefully it will materialize before year end.

What challenges have you encountered so far?

Art is not convenient; to really grow you have to be available to do art or promotions at the oddest times. That makes a regular job a huge problem if you want your art to really grow. So you have to juggle time, money and creative need. That is not always the easiest thing to do but it is so worth it. I don't view the restrictions on my art as obstacles, but as opportunities to express myself in new ways. When I find myself complacent, I find new challenges to grow. I have managed to rebrand myself as a business and through the right networks, opportunities have opened up doors and it's just up to me to walk through them.

Where do you see yourself in future?

I see myself owning an art gallery and a private art school. Art Gallery where I will develop individual exhibitions, concepts and programmes for galleries, artists and organizations. Private art school through learning about the roles and functions of art; they can explore the impact it has had on contemporary life and that of different times and cultures.

What are you doing apart from art?

I am a qualified CIPS Professional Diploma in Procurement and Supply Operations (CIPS Level 6) graduate. On completion I have taken advantage of the Government internship programme and been working as an Assistant Procurement Officer.

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Facebook page: Cayisoh Art

Twitter: @Cayisoh

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Fashion Killers.....All (Swagger)

Date and time: Sat Aug 04 2018 at 09:00 am to 06:00 pm
Venue: Block-8, Gaborone

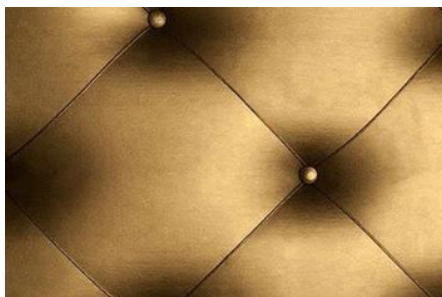
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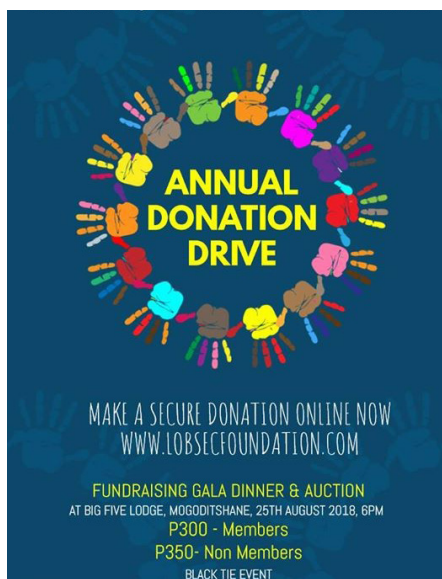
Kingdom Invasion

Date and Time: Thu Aug 02 2018 at 03:30 pm to Mon Aug 06 2018 at 07:30 pm
Venue: Share the Fire Ministries Unit 15, Old Haskins Plaza, Haile Silassie Road, Gaborone
 With Prophet Patrick Ramocha and David Hogan
About Organizer: ONLY ONE OFFICIAL PAGE



Major Moves Comedy Night

Date and Time: Thu Aug 02 2018 at 07:00 pm
Venue: Gaborone
 From the producers of a wide variety of comedy shows such as annual Heavyweight International Comedy Festival (HICOFEST), annual Mafikeng Comedy Jam, Swaziland International Comedy Festival (SICFEST) and the annual Francistown Comedy and Poetry Night, we bring you a night of fresh and refreshing comedy



Lobsec Foundation Fundraising Gala Dinner
Date and Time: Sat Aug 25 2018 at 06:00 pm to 11:00 pm
Venue: The Big Five Lodge, Mogoditshane



The Beauty Pop Up Market Bw

Date And Time: Sat Aug 25 2018 At 10:00 Am
Venue: Gaborone
 Stall Space Is Available At Only P250.
 Entrance To The Event Is Only P40/ Person. Tickets Available Via Our Page Or 74714651. Tickets Are Limited. Free For Children Age 12 And Under. There Will Be A Kids Corner Provided For Them.
 For Further Info And For Stall Bookings: Call/Whatsapp 74714651



Botswana Consumer Fair 2018

Date and Time: Mon Aug 27 2018 at 08:00 am to Sun Sep 02 2018 at 04:00 pm
Venue: Gaborone
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Football Youngster Dreams to Reach Her Destination



two years they both started being supportive till to date. Esalenna takes football as a hobby, but she also looks forward to study her desired course (Electric Engineering) at any university.

According to Esalenna, female football is hardly recognised in Botswana and there is a lot of discrimination as compared to men's football. She said that they mostly lack equipment during training and for lot of activities to be fulfilled. Transport is also a concern, but through determination, patience and confidence they always overcome the challenges. Esalenna also said that although about 60% of Batswana support women football, the support surely grows each time. "It gives us confidence knowing that people are going to come out and support us," she said.

Since their team struggled for almost two years, Esalenna promises to bring a title back to the team. She has been the leading scorer in the past seasons. During her time at primary school, Esalenna scooped best player Under-9 award, gold medal in BISA Competitions (2015), a certificate and trophy for being top goal scorer.

It has been a long and great path for Esalenna Galekhutle in football and it's been six years now since she joined Mexican Girls Football Club as a striker. The Club was formed in 2012. Esalenna developed the love for football while she was at Letlhabile Primary School.

The Serowe native got motivations from his brother who would sometimes come home with awards. She played for under 17 Botswana national team

from 2015 to 2017 before going for under 20 National team last year, where she is the current captain. Having been selected for her vigilantly last year, came as a result of her hard working and cooperation with other teammates.

The talented 17 year old girl said in an interview that at first her mother was against what she was doing, she wanted her to go for girls' sports like netball and volleyball. After about

She advises youngsters who have the love for football, that playing soccer or any sports is a place of recreation, refreshing mind and keeping away from bad habits. She also urges them to take studies seriously in order to have something to fall back on when things don't go well in sports. Esalenna thanks her coach, Mr Oaitse Moeti and her parents Mr and Mrs Galekutle for being supportive to her.

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No appearance of Makwala and Montsho at Africa Championships

Gold Coast Commonwealth Games gold medalists, Isaac Makwala and Amanle Montsho have been omitted from the Confederation of African Athletics (CAA) Africa Senior Championships team which will be held in Asaba, Nigeria due to injuries. Amanle pulled a muscle during training in Europe while Makwala is also suffering from a similar injury, this has a bad impact in the team as Karabo Sibanda is also out due to injury. The exclusion of Makwala and Montsho from the team traveling to Nigeria, automatically rules the two out of the International Association of Athletics Federations (IAAF) Continental Cup, where they would have represented Africa. The Continental Cup takes place in Ostrava, Czechoslovakia on September 9.



Adam Milner Is the One New Face in England's Elite Performance Squad

Castleford's uncapped loose forward Adam Milner has been named England coach Wayne Bennett's latest elite performance squad. Milner is the only new face included in the 25-strong squad of Super League-based players, where there are recalls for Wigan full-back Sam Tomkins and Warrington prop Mike Cooper. However, there is no place for Warrington winger Josh Charnley, who has also been ignored for the England Knights squad. The 14 Super League players that travelled over for the Denver Test have been selected, including Jake Connor and Luke Thompson who were promoted from the England Knights performance squad and proved their commitment and value to the squad.



AC Milan Boss Gennaro Gattuso Has Hinted That Leonardo Bonucci Wants To Leave, Amid Links to Manchester United and Juventus

Bonucci joined Milan from Juventus last summer for £37.45m on a five-year deal... he could be on the way out, with United boss Jose Mourinho keen to bolster his defensive options. Gattuso has held talks with Bonucci, who has been linked with a sensational return to Juventus but has told the central defender he must inform the club if his desire is to leave.



Haas Are Yet To Decide Whether Santino Ferrucci Will Remain As Their Development Driver

The American was given a four-race ban and fined after the stewards ruled he had deliberately crashed into the back of his Trident team-mate Arjun Maini following the F2 Sprint Race at Silverstone and the team gave evidence to say it was premeditated. His future as Haas' development driver remains unclear with the team still gathering information. Haas F1 Team remains committed to gathering all of the facts and having in-person conversations with all the individuals involved in the situation.



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