

# Celebrity World

*Botswana's Own Magazine*

September 2018



**Meet The Versatile Neo Mokhehi**



**A BLAST OF BOLD, VOLUMIZING MASCARAS!**

**How to stand out when looking for a job**

**Reasons to Teach in a Private School**

# **From 'Flab to Fab'-Jomo**

**Age-By-Age Guide to Feeding Your Toddler**

**Tips To Correct Bad Habits In Your Children**

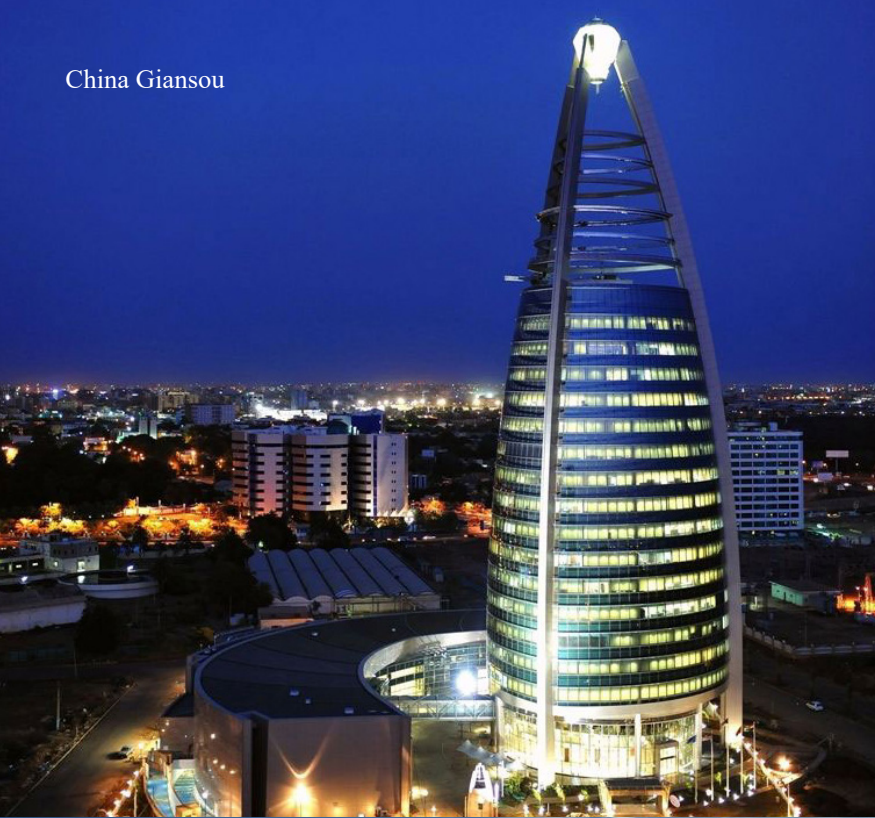
**Get To Know the Voice behind the Legends of Bw**



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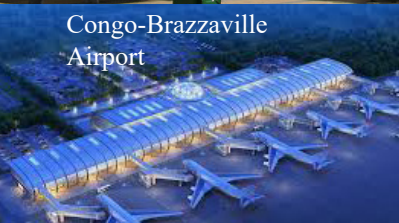
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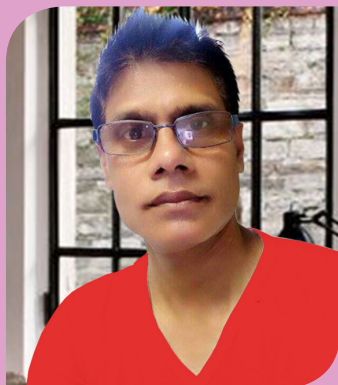
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We hope you enjoyed our previous issue of Celebrity World Magazine. What you will find while you flip in the pages of the Magazine is a collection of inspired articles by Batswana for Batswana. Browse through and learn some delicious recipes and menu ideas from our chef Koketso Sheleni ,we also have tips on fashion, entertainment, Sports activities and interests that provide positive opportunities for children and others.

We have upcoming events to keep you updated on what's hot and what's not. International Gossip, different talents of Batswana and finance are included. Please do take some time to read and get to know our cover the bubbly Jomo John Kgaolo who is also Mr Gaborone 2018. He is well-rounded good looking, fun, smart and outgoing and we hope that his story motivates and inspires you !!!!



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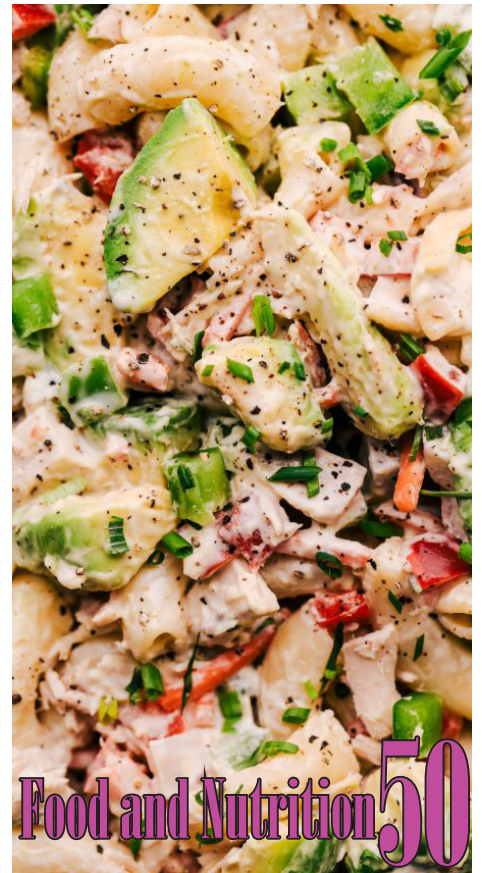
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# Meet The Versatile Neo Mokhethi



**N**eo Mokhethi resides in the townships of Soweto and is currently working on his career in different fields like entrepreneurship, modelling, artist, styling and image consulting. Neo is a self-taught creative designer in the sense that he customizes clothes, alters fabrics, designs bags using recycled materials. "I live, eat and sleep fashion" he added.

Mokhethi's personal sense of style is unique, rare and he considers it to be One of None. He does not have a specific look as he is versatile. "I like to explore into different fashion cultures and create my own look, could it be vintage, street wear/ street formal wear, toyko, Asian style / hobo wear etc. I'm still learning and growing in the fashion world but one day I know I'm going to touch the world with my style, I'm going to influence communities." He concluded.

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# The Denim Sandals You'll Want To Wear All Summer Long

**D**enim has always been one of our favourite go-to summer fabrics. From skinny to wide-legs jeans. Cut off shorts and of course the denim jacket. You can't go wrong with the versatile fabric. So why not wear denim in shoe form too, the perfect unexpected neutral denim sandals made for chic everyday shoes that will go with nearly everything in your summer wardrobe.



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## ROSSI HEELS

Who says you can't wear denim for a sexy night out? These strappy Gianvito Rossi heels instantly take any look to the next level.





### The Nun

**Directed by:** Corin Hardy  
**Release Date:** September 7, 2018

**Produced by:** Peter Safran  
 In Romania, a nun, a Catholic priest and a novice, sent by the Vatican, investigate the mysterious suicidal death of a nun at the Cârța Monastery.



### City of Lies

**Directed by:** Brad Furman  
**Release Date:** September 7, 2018

**Produced by:** Miriam Segal, Paul Brennan, and Stuart Manashil

The film tells the story of American hero and former detective, who is working the murder cases of rappers Tupac Shakur and The Notorious B.I.G. A reporter (based on journalist Randall Sullivan's collaboration with Russell Poole), "Jack" Jackson, teams up with Poole after nearly two decades to find out the truth.

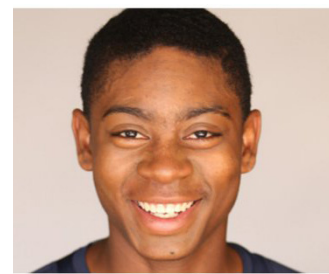


### Peppermint

**Directed by:** Pierre Morel  
**Release Date:** September 7, 2018

**Produced by:** Garru Lucchesi

When Riley North's (Jennifer Garner) husband and daughter are killed in a drive-by, shooting by members of a cartel and the killers walk free owing to corrupt officials on the cartel's payroll, she takes matters into her own hands and seeks justice against those who destroyed her life.



### White Boy Rick

**Directed by:** Yann Demange

**Release Date:** September 14, 2018

**Produced by:** John Lesh, Scot Franklin, Julie Yorn and Darren Aronofsky



### The Predator

**Directed by:** Shane Black  
**Release Date:** September 14, 2018  
**Produced by:** John Davis

A young boy accidentally triggers an alert that brings the Predators back to Earth. The universe's most lethal hunters have genetically upgraded themselves with DNA from other alien species and only a crew of former soldiers along with a disgruntled science teacher can stop the hunters before everybody becomes their prey.



### A Simple Favor

**Directed by:** Paul Feig  
**Release Date:** Sep 14, 2018

**Produced by:** Paul Feig and Jessie Henderson

A Simple Favor centers on three small-town characters: a mom blogger (Anna Kendrick), her best friend (Blake Lively) who disappears suddenly and the latter's husband (Henry Golding). The story includes betrayals and reversals, a dead body and the revolving question of who is duping who.





**Lizzie**

**Directed by:** Craig William Macneill

**Release Date:** September 14, 2018

**Produced by:** Naomi Despress, Chloe Sevigny and Elizabeth Destro

As an unmarried woman of 32, Lizzie is a social outcast trapped under her father's austere and domineering control. When Bridget Sullivan (Stewart), a young maid desperate for work, comes to live with the family, Lizzie finds a sympathetic, kindred spirit and a chance intimacy that blossom into a wicked plan, and a dark, unsettling end.



**The House with a Clock in Its Walls**

**Directed by:** Eli Roth  
**Release Date:** September 21, 2018

**Produced by:** Brad Fischer, Eric Kripke, and James Vanderbilt

... .. B u t the sleepy facade of Lewis' new town jolts to life with a secret world of warlocks and witches when Lewis,

wanting only to make a new friend and impress the popular Tarby Corrigan, attempts to raise the dead in the local cemetery on Halloween and succeeds in accidentally releasing Selena from her tomb. Things quickly go awry as the sorceress' ghost and a horde of fantastical creatures are soon unleashed to wreak destruction on the town...



**Assassination Nation**

**Directed by:** Sam Levinson

**Release Date:** September 21, 2018

**Produced by:** Manu Gargi, Anita Gou, Kervin Turen..

Salem high school senior Lily (Odessa Young) and her pals spend their time in a haze of social media and partying. When the people of Salem are targeted in a malicious data hack, all privacy is destroyed and lives are ruined as deadly secrets are exposed. The small town turns on each other and descends into violent chaos as they hunt for the culprit. Lily and her friends must band together if they want to survive the night in this satirical teen thriller.



**Colette**

**Directed by:** Wash Westmoreland

**Release Date:** September 21, 2018

**Produced by:** Elizabeth Karlsen

Set at the dawn of the modern age, Colette is the story of a woman who has been long denied her voice going to extraordinary lengths to reclaim it. Gabrielle Sidonie Colette, a young woman from a country village, marries a charismatic dominating Parisian, fourteen years her senior, known by the single name, 'Willy.' Through his auspices, she is introduced to bohemian Paris where her creative appetite is sparked. Ever quick to capitalize on talent, Willy convinces his wife to write novels - to be published under his name. The phenomenal success of her "Claudine" series makes Willy well known as a writer and 'Colette and Willy' the first modern celebrity couple...





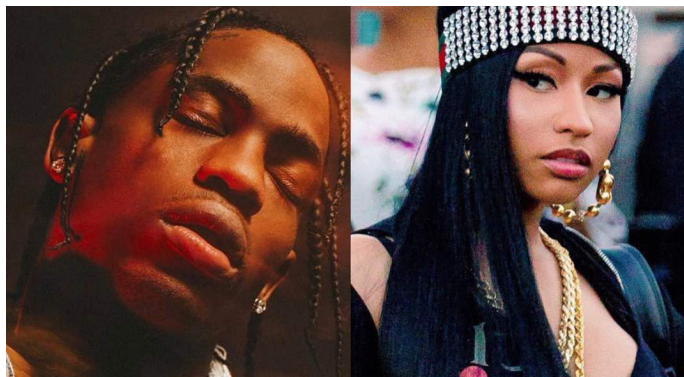
**Johnny Depp claims he 'acted in self-defense' in assault case**

Gregg 'Rocky' Brooks has recently filed court documents, in which he accused the actor of "maliciously and forcefully" punching him twice in his ribs before saying he would pay the location manager \$100,000 for punching him in the face in April 2017. Though the 55-year-old star has not denied lashing out, he argued that any violence brought upon the man was because Johnny "feared for his safety". The Pirates of the Caribbean actor was not only scared for him, but allegedly observed that his director, Brad Furman, also feared for his safety. He believes the alleged assault was in self-defense and the "defense of others", and has asked for the case to be dismissed and his accuser not to receive any compensation.



**Stormy Daniels receives death threats after Donald Trump affair**

Stormy Daniels has a gun and two armed bodyguards because she fears for her life. The 39-year-old porn star occasionally feels "normal" but she is also very concerned about security because she regularly receives "crazy hate mail and death threats" over her claims that she had an affair with President Donald Trump in 2006.



**Travis Scott changed seats at the #VMAs to avoid Nicki Minaj**

Travis Scott was moved to the opposite side of the room at MTV Video Music Awards (VMAs) to avoid a bust-up with Nicki Minaj. The 26-year-old rapper was initially meant to be sitting behind the 'Bang Bang' hitmaker at the glamorous awards ceremony, held at Radio City Music Hall in New York, but organizers made a last-minute change to the seating plan after the brunette beauty slated him on social media. Travis and his girlfriend Kylie Jenner - who has seven-month-old daughter Stormi were still sat together but just away from Nicki. The 35-year-old rapper attacked Travis after her new album 'Queen' landed behind his latest LP 'Astroworld' in the Billboard charts. She also accused him of using the 'Keeping Up with the Kardashians' star and their baby daughter to rake in more sales - putting him at the top spot. Taking to twitter, she ranted in a series of posts: "Travis sold over 50K of these. With no requirement of redeeming the album! With no dates for a tour, etc.



**Chris Watts Cheated On Wife & Claims He Killed Her Because She Was 'Strangling' Their Daughters**

Chris Watts had been "actively involved in an affair with a co-worker" before he allegedly murdered his pregnant wife, Shanann Watts, on Aug. 13. On the same day that the Colorado father was officially charged with nine felony counts, his arrest affidavit was unsealed, revealing his cheating confession and other shocking allegations about what happened the day Shanann and the couple's two daughters, Celeste, 3, and Bella, 4, along with their unborn child, were killed. Chris had previously denied the affair, but eventually admitted to it during an official two-day investigation.



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**Laura Lee 'Deeply Sorry' For Racist Tweets but Feels she's 'Being targeted': 'It Was a Long Time Ago'**

YouTube star Laura Lee is in a world of hurt after fans unearthed some 'ignorant' racist tweets. Though she's apologized for what she said. Beauty YouTube drama is so, so ugly. Laura Lee, 29, found herself under attack from Jeffree Star's stans after they dug up some old tweets where she made some racist statements. She lost over 200,000 subscribers in a week, rocking her world the core.



**Cardi B Teases She May Have Finally Had Sex 6 Weeks After Giving Birth With Raunchy Tweet**

Cardi B took to Twitter on Aug. 21 to post a cryptic tweet that may have indicated she got intimate six weeks to the day since she gave birth to baby Kulture. This isn't the first time Cardi's shared details about her sex life. In a previous response to a fan on Twitter, she mentioned that she was counting down the days until she could have sex again after giving birth. "3 weeks and 4 days Yes b\*\*\*h I'm counting, wassup!" her July 31 tweet read. She also tweeted about wanting to have sex when she was pregnant but complained she quickly ran out of breath when she tried.

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## Sweating It Out With Boineelo

**T**his month CW magazine features Boineelo Pheto, a young qualified IT and Software Engineer from Mochudi who decided to follow her passion in fitness. Boineelo is a wellness coach and Managing Director of Neelo Fitness and Wellness Club based in Phaphane.

Neelo Fitness and Wellness Club started operating in May 2016 and was self-sponsored, but due to challenges in 2017 the business was paused. Boineelo applied for youth funding and succeeded, in April 2018 she reopened it with new improved equipment and new fitness coaches. Boineelo grew up loving fitness and taking care of her health up until she started school in South Africa where she started a bad habit of eating fast food due to school work load and that caught up with her as she started gaining weight. She got a Herbalife wellness coach who guided

her through the importance of healthy eating and exercising. Coming back to Botswana, the only gym in Mochudi didn't have treadmill that she enjoyed. With her savings, she bought simple home-based gym equipment and started a wellness center together with Herbalife wellness coaching trainings.

Asked how her business is doing in the market, Boineelo said "My business is a start-up; it's still at its fragile stage but doing quite well in the market. I have months where am able to break even and I have possible expansion on the fitness and wellness industry in Botswana at large..." She is driven by the passion she has for fitness and wellness each day and she attends seminars monthly, partners with other fitness and wellness experts to make sure that she is ahead of her game. As a wellness coach, most of the time Boineelo do individual trainings; hire professional instructors to do the

group fitness classes in aerobics and weight lifting. She has five years in the network marketing business and has attended numerous workshops that she has passed successfully. Her customer service is fairly good.

Boineelo gives most of her clients' personal development. She said in an interview that she always makes sure that she understands them individually, and sits down with them when discouraged and mentor their wellness. She uses Facebook, expos and person to person referral as techniques to increase her clientele and she aims to make a website that has all materials people need to make their fitness and wellness goals a success. For senior citizens, Boineelo prefers house visits where she normally appoints with them on suitable days to weigh and evaluate them. They are charged at a discount, and given free evaluations once a month to motivate them.





# From 'Flab to Fab' - Jomo

Well-rounded, good looking, fun, smart and outgoing Kanye native Jomo John Kgaolo was recently crowned Mister Gaborone 2018.



Jomo John Kgaolo spent most of his childhood in Francistown. He schooled in Francistown and proceeded to University of Botswana where he studied Diploma in Criminal Justice. John worked for Standard Chartered Bank before going to Botswana Post where he currently works as a Security Officer.

His love for pageantry started way back when he was still a kid, at first, he was a dancer and sporty person but dropped them along the way. He grew up around the time when Miss South Africa was very popular and he used to watch it. There were no platforms for men. He therefore worked with his cousins and friends who were doing pageantry until it was introduced in Botswana.

Jomo competed at Mister University of Botswana twice in 2008 and 2009 placing 3rd and 2nd positions respectively. Kgaolo said he had always wanted to represent Botswana internationally and Mister Gaborone pageant was the right thing to do. He also said Mister Gaborone is a beauty pageant that is for men who are willing to positively empower the life of other people. According to him, this goes in line with his mission as he wants to learn and interact with so many people to help where he possibly can. His campaign will be working with less privileged children, orphanages as well as prisoners who most of the time are neglected.

His mother is the most influential person for him because she has been supportive in everything he does, she always sacrifices so much to make him happy and wanted the good to come out of him.

Kgaolo has been inspired by people like Barak Obama whom he said has broken social barriers and has been the first black person to profile himself well. His other inspiration is Miss World 2014 (Rolene Strauss), whom he said she is doing amazingly well for herself. "...She is young, she is married, she won Miss World, she is a business woman and she has things up and running, which is aspiring," he added. Kgaolo indicated that he is obsessed with her and how she's able to do so much despite having a lot happening in her life.

He advises men to take care of themselves; groom well without being labelled or affiliated with being gay, they want to look good and handsome as well so he works out a lot in order to stay in shape. Asked if he thinks being handsome can take him far in life, Kgaolo said, "There are pecks to being handsome but it won't take you far if you don't have brains to back it up with. It helps one to position himself in small ways as it adds confidence and positivity because when someone is presentable and neat it says a lot about him and people will be attracted to work with such a person.

Kgaolo is not only focusing in pageantry and dreams to have a clothing line, up and running, security manager, to re-locate to Johannesburg and get married but all these will be determined by how he flairs internationally.

"People have to understand that the idea of the mirror image for strength, power, courage and love shouldn't be the sexist thing. There are men who are willing to give more of their time and effort for the benefit of others and entering male pageant shouldn't be something to despise. Participating in these pageants doesn't mean that someone has to have a built-up body only but should have brain and intellectual skills as well," he said.

Jomo who has a strong supportive system from his family, friends, Botswana post and Botswana at large will be representing Botswana at Mister Universal Ambassador in India in November.





# Turning Up The Sparks With Flameboi



The 19-year-old humble and philanthropist Palapye born rapper Walter 'Flameboi' Leshane realized his talent for music when he was 14 years old. At 15 years he was already perfecting his rhymes, participating in the local talent search -My African Dream.

Even though he didn't make it to the finals this search opened ways for him as he was spotted by one of the spectators -Canon Joust; a music producer who recorded Flameboi's first song titled 'Ya Motswako Anthem.' The song was dedicated to the Kasi (streets) in 2015.

He described his music as 'Skanda' and said it is inspired by different things that he experienced in the township.

The song 'Ya Motswako Anthem' didn't sell him well as he expected but Flameboi persevered and released another single 'Fix' which is one of the songs in his album and the only one so far which through it people came to know about him. Flameboi performed for the

first time in 2016 at the 1st Annual Black and White promo in Palapye alongside Fifi Cooper and A.T.I. Leshane is working in a 'Truly Mogote' project which aims at selling 500 CD copies and donate its 20% to charity.

The BUAN student is inspired by A.K.A and Dramaboi. He advices upcoming artists that music industry is a dirty game, there will be someone who will pretend to like you and show interest in helping you but knowing that he wants to use you. If they want to make it in the industry they must be aware of such people so that they don't fall for their deceit. He encourages them not to agree to be signed under any studio, but rather they have to push on their own.



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# Startling Talent From Tswakvellas

Tswak-vellas was formed by two local musicians from Ramotswa. The duo met after recognizing their talent in music in 2014.

They started by doing free shows but right now they are looking for someone to manage them. They perform at different events like parties, school prize giving days, weddings, and baby showers at Ramotswa. They have worked with other local artists like Boikanyo - the My Star 2016 winner. Their album is titled "Vuma" and they are still working on the other song with Wa Sekai titled "Gumba fire" from Vuma album.

The duo, which comprises of Kago Morokane and Goitseone Sammidi with stage names; "Toothboy and Samarmizy" have five singles, Re

ja monate, Lezoti, Khumbulekhaya, Re masisi, and "Madi ko pele". The songs were released between 2014 and 2018. Their genre is "Gubu Rap" (mixture of Motswako and kwaito).

Many people have different ideas when it comes to team work. There are few people who would like to work alone, whereas others prefer to work in teams, though both will be having their own advantages and disadvantages. Goitseone Sammidi sees teamwork as a good idea; he says collaboration helps solve problems within a group. Brainstorming is a good opportunity for the team to exchange ideas and come up with creative ways of doing things. By working together, teams can find the solutions that work best and that way, they chose to work together in music.

The two said they got their inspiration from MMP family since they both do the same genre; they are willing to work with them in future. They promised to provide their fans and followers with a good music and love to request Batswana to learn to support home made things.

"In life it's very difficult to identify your talents, these are things you never get tired of doing, never get tired of failing more, always have that spirit that drives you, that is a way of identifying someone's talent. Even if people try to derail you never get derailed easily".

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**Agency:** Madam Queen  
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# Monkey And Crocodile Story



Once upon a time, a clever monkey lived on a berry tree, on the banks of a river. In the same forest lived a crocodile and his wife. One day, the crocodile wanders deep into the river and comes to rest under the berry tree, on which the monkey lived.

The crocodile, having swum up quite a distance, was tired and hungry. The kind monkey sees that the crocodile is hungry and shares the berries with the crocodile.

The crocodile eats the sweet berries, thanks the monkey, and goes back home.

The crocodile, having enjoyed the sweet berries that the monkey shared, goes back to the tree the next day. The monkey happily shares the fruits from the tree. They spend the entire day talking and eating berries. Soon, the monkey and the crocodile became good friends and began to trust each other.

They started spending more time together, spending their afternoons eating the sweet berries and talking about everything under the sky. One day, the generous monkey sent a few

fresh berries for the crocodile's wife.

The crocodile's wife listened to her husband talk about the monkey and their friendship, as she ate the sweet berries. But she did not like that her husband spent a lot of time with the monkey. She was jealous.

She thought of a wicked plan and said, "The berries are lovely. I'm happy that you shared them with me. Why didn't you tell about it sooner?" And then

**"I want you to bring me the monkey's heart. Get it to me if you want to make me happy"**

she added, "If the berries are so sweet, I wonder how sweet the monkey's heart would be, given

that he eats these berries every day?"

The crocodile was aghast at the thought. His wife, however, was insistent. She said "I want you to bring me the monkey's heart. Get it to me if you want to make me happy". The crocodile, shocked at the idea of killing his friend said, "I cannot do that to my friend. He trusts me. I will get you more berries if you like.

"I don't want more berries! I just want his heart or nothing. And I won't eat

anything until you bring that to me", she insisted. Dejected, the crocodile finds himself in a rather difficult situation. Should I kill my friend to please my wife? Or should I save my friend and face the wrath of my wife? Thinking so, he sets out to the river where the monkey lives.

Pleased, the monkey agrees. Since he cannot swim, the crocodile offers him a ride on his back. Trusting, the monkey hops on to the crocodile's back. Happy to have gained the monkey's trust, the crocodile swims towards his house. He plans to kill the monkey once they reach the middle of the river, where the monkey cannot escape.

The crocodile was happy that he tricked the monkey, and blurted out the real reason for the invitation. The monkey was shocked but did not panic. He thought quickly and said, "Oh, why didn't you say so earlier? I am more than happy to give my heart to your wife, but I usually keep it safely in the burrow of the berry tree. We will have to go back and get it if you want to make your wife happy".

The crocodile foolishly believed the monkey's words and said, "Oh! Okay. Let's go back and get it then!" And, swam back to the berry tree as fast as he could. As soon as they reached the bank, the monkey jumped on to the tree and climbed to the tallest branch, away from the crocodile's grasp.

"How can I keep my heart outside my body? Go back to your wife and tell her that she has married the biggest fool on this earth! And do not come back here ever. You are the worst friend I have ever had", said the monkey. Disappointed and embarrassed at how foolish he was, the crocodile swam back home with empty hands.

One moral is 'Staying calm, and thinking can help you get out any difficult situation'. Another one goes 'Don't underestimate yourself. There are bigger fools in this world'. Our favorite one, though, is 'Quick thinking and intelligence can beat physical strength'.





## Tips To Correct Bad Habits In Your Children

Teaching kids to count is fine, but teaching them what counts is the best. Most of us hate to admit that we have at least one of those irksome bad habits, such as nail biting, nose picking, knuckle cracking, etc. Chances are that our bad habits are almost as old as we are. These unhealthy habits generally find their roots during childhood and succeed to grow and persist throughout our lives.

### 1. Ignoring:

Paying a lot of attention to the bad habit and punishing your child may actually have a negative impact. He/she will be encouraged to repeat the behavior when given attention. Hence initially it is best to avoid paying attention to the annoying habit and let your kid outgrow the habit on his own with time.

### 2. Praising and Rewarding:

Praising and rewarding the kids when they engage in good habits and avoid the bad ones consciously, is an excellent strategy. Letting them know that their good behavior was noticed and appreciated helps boost their moral and gives them a reason to quit the bad habit.

### 3. Educating:

Your child can only avoid the bad behavior if he consciously wants to. It is important to educate and make him understand the reason behind a particular habit being termed unhealthy. With maturity your toddler will understand these reasons and will naturally lose interest in the bad habit and give it up.

### 4. One at A Time, Discreetly:

Kids may develop many bad habits together. One should not try to eliminate all of them together but rather prioritize the most damaging and bothersome habit first and work on the same. Do not rush. Parents should seldom lose their temper with the child. Never embarrass your child in public. Discussing a problem with your kid should be done privately.

### 5. Identifying the Root Cause:

Children generally practice these unwanted behaviour patterns because they are stressed. It is important to talk to the kids, observe and identify the reason causing the stress. Listening to their problem, being patient, showing love and support and helping them deal with these stresses is vital in getting rid of these annoying habits.

Understanding the causes also helps in finding creative alternatives and substitutes thereby helping to deviate the child's mind and help him de-stress.

### 7. Boosting Morale:

Developing a sense of trust in your child, supporting and loving him by being patient and sensitive promotes emotional stability. Give your child the opportunity to take decisions at times, this helps to develop self-confidence and decision-making skills.

Inculcating the sense of what is right and what is wrong, the good and the bad in the kids from their early days helps them to develop the appropriate values, habits and behavior. Patient efforts from you, as a parent, help in breaking bad habits of children. Catching them young is the ideal mantra for the development of your child





# Reasons Why A Baby Hiccups And How You Can Stop Them



**Keep the following points in mind while feeding your little one:**

- Feed your baby small quantities over a longer period of time rather than stuffing him in one sitting. This will help prevent overfeeding that is a cause for hiccups in babies.
- Hold your baby in a vertical position while breast/bottle feeding, at an angle of 35 to 45 degrees, since this will enable smooth flow of the milk through the esophagus.
- If your baby is old enough to sit, then you can bottle feed him in sitting position. Sit behind him to support his back. Feeding while sitting will ensure that gravity plays its part in pulling down just the food and not the air.
- Listen to the sound he makes while feeding. If he is making too much slurping noise, then he is probably ingesting a lot of air. Adjust the nipple in his mouth so that there is little air gap. While breast feeding, ensure that the baby's mouth covers the entire nipple.
- Regularly clean and wash your baby's bottle to prevent the build-up of milk solids on the nipple. An obstruction while feeding can cause the baby to suck more air than milk thus causing hiccups.
- Never let a baby sleep while feeding with the bottle. Unlike breast, where milk only flows on suckling, a bottle provides a constant drip of milk. Apart from increasing the risk of cavities, it can also cause overfeeding, which in turn may lead to hiccups.
- Break your feeding with mini-burping sessions. Place your baby on your shoulder and gently tap his back between his shoulder blades, to induce a burp. Once he burps, give a 20-second break, and then resume the feeding. When feeding from the bottle, wait until the bottle is half empty and then induce a burp. A break for a few seconds will help the milk to completely flow down to the stomach from the esophagus thus mitigating the chances of a hiccup.

**Y**ou stare into your baby's face, admiring his cuteness. And then it comes, and comes again and again.

Hiccups are very common in babies, but they have the power to unnerve a new mother. Their intensity and frequency leave you unsettled and run for help. But before acting on it, learn about the various reasons for hiccups.

## Why Do Babies Get Hiccups?

Hiccups are so common in babies that your little one perhaps hiccupped for the first time when he was still in your womb! Yes, fetuses can hiccup from the second trimester onwards (1). Back then he could have hiccupped as he was swallowing amniotic fluids, but now that cause could be milk or something else.

Gastroesophageal reflux is a condition in which the contents of the stomach move into the esophagus. Reflux occurs as babies have an underdeveloped lower esophageal sphincter, which lies between the esophagus and stomach and prevents the upward movement of the food. The irritation caused by the backflow of food and acid triggers the nerve cells to cause a flutter in the diaphragm, leading to hiccups.

## Overfeeding

Overfeeding your baby, even on breast milk, can cause the stomach to bloat and distend. The sudden expansion of the abdominal cavity stretches the diaphragm, causing it to

go into a spasm. This, in turn, makes your baby hiccup.

## Gulping too much air

If your baby is bottle-fed, he may swallow excessive air since milk flows faster from a bottle than from your breast. The air inflow causes symptoms similar to those of overfeeding, and the swelled stomach will result in hiccups. Overfeeding in combination with air swallowing can cause the baby to break into hiccups and get cranky.

## Allergies

The baby could be allergic to certain proteins found in formula milk or even in breast milk, which in turn causes an inflammation of the esophagus, called Eosinophilic Esophagitis (3). As a reaction to the condition, the diaphragm flutters frequently causing hiccups. In some cases, the allergy could be triggered by a change in the composition of the breast milk due to certain foods consumed by the mother.

## Asthma

If your baby is asthmatic, the bronchial tubes of his lungs get inflamed thus restricting the airflow into the lungs. This causes wheezing due to lack of breath, which in turn leads to spasmodic movement of the diaphragm thus inducing hiccups

## How To Prevent Hiccups In Babies

You can prevent hiccups in your baby if you are careful with his feed.



# Reasons to Teach in a Private School



Teaching in a private school has many advantages over teaching in a public school. Private schools create a climate for serious teaching with the following:

- thin management structure
- small class sizes
- small schools
- ideal teaching conditions

## Thin Management Structure

A private school is its own independent entity. It's not part of a large administrative group of schools, like those in a school district. So you don't have to go up or down through layers of administration to deal with issues.

## Small Class Sizes

This issue goes to the heart of what teachers are all about. Small class sizes allow teachers to teach effectively, to give their students individual attention which they deserve, and to accomplish goals which have been entrusted to them.



## Small Schools

Most private schools have 300-400 students. The largest independent schools top out at only 1100 or so students. Compare that with public schools with 2,000-4,000 students and you can understand why students in private schools are not just numbers. Teachers can get to know all their students as well as others throughout the school community. The community is what private schools are all about.

## Ideal Teaching Conditions

Teachers want to be creative. They want to teach their subject. They want to light the fires of enthusiasm for learning within their young charges.

## Common Goals

Private school students are there because their parents want them to have the best possible education. Parents are paying serious money for that service.



# Age-By-Age Guide to Feeding Your Toddler



- Eagerness to make own food choices

## What to feed

- Low-fat milk
- Other dairy products (diced or grated cheese, low-fat yogurt, cottage cheese, pudding)
- Iron-fortified cereals (oats, barley, wheat, mixed cereals)
- Other grains (whole wheat bread and crackers, bagel pieces, pretzels, ready-to-eat cereal, pasta, rice)
- Fruits (sliced fresh or canned)
- Dried fruit, soaked until soft to prevent choking
- Vegetables (a variety cut in small pieces and cooked well)
- Protein (eggs, beans, thinly spread peanut butter, small pieces of meat, poultry, boneless fish, or tofu)
- Combo foods like macaroni and cheese, casseroles
- 100 percent fruit and vegetable juices

## How much per day

- 1 to 1 1/2 cups milk, or 1 cup yogurt
- 1 cup fruit (fresh, frozen, canned, or dried. Cut fresh fruits into very small pieces.)
- 100 percent fruit juice
- 1 cup vegetables (a variety cut in small pieces and cooked well)
- protein 1/4 cup cooked dry beans or peas, one egg

## Feeding tips

- You shouldn't give a young child eggs, fish, or peanut products because the child might develop a food allergy.
- At this age, children can have strong opinions about food. Let your child have a say in what to eat, while you provide the balance, boundaries, and encouragement to make healthy choices.
- Choking is still a danger.

Use this guide to find out what and how much to feed your child from months 12 to 36. Don't worry if your child eats more or less than the amounts suggested, they're meant as general guidelines. Your child may actually seem to eat less than before, and that's perfectly normal at this stage.

## Age: 12 to 24 months

### Developmental milestones

- Can use a spoon (though proficiency will take a while!)

### What to feed

- Whole milk
- Other dairy products (soft pasteurized cheese, full-fat yogurt and cottage cheese)
- Iron-fortified cereals (oats, barley, wheat, mixed cereals)
- Other grains (whole wheat bread, pasta, rice)
- Fruits (melon, papaya, apricot, grapefruit)
- Vegetables (broccoli and cauliflower "trees," cooked until soft)
- Protein (eggs, beans, thinly spread peanut butter, small pieces of meat, poultry, or boneless fish)
- Juice (100 percent juice, citrus and non-citrus)
- Honey

## Feeding timeline: Your child's development

### How much per day

- 1 to 1 1/2 cups milk, or 1 cup yogurt, cheese
- 3 ounces grains, at least half whole grains
- 1 cup fruit (fresh, frozen, or canned. Cut fresh fruits into very small pieces.)
- 100 percent fruit juice
- 1 cup vegetables (a variety cut in small pieces and cooked well)
- one slice of sandwich meat, about 1/3 of a chicken breast, 1/4 can of tuna, 1/4 cup cooked dry beans, or one egg

### Feeding tips

- You shouldn't give a young child eggs, fish, or peanut products because the child might develop a food allergy. Talk to your child's doctor if you have a family history of food allergies.
- Choking is still a danger.

## 3 essential tips for feeding toddlers

### Age: 24 to 36 months

### Developmental milestones

- Self-feeding





# Is It True That Teething Can Cause A Fever, Diarrhea, Or A Runny Nose?

Some parents say their baby also gets a fever, diarrhea, or a runny nose just before a new tooth arrives. If your child has fever along with other symptoms such as lack of appetite, vomiting, or diarrhea. Check the doctor to rule out anything more serious.

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## The Phases You Need To Cover Before Getting Your Relationship to the Next Level

All couples are not the same, well that is true but all of them have to go through certain phases before taking it to the next level. CW magazine shares with you those phases.

### #1 The Chase:

In this phase, one of them plays hard to get to see how serious the other one is about this relation.

### #2 The Friend Zone:

She will treat you as a friend and will try to avoid getting into commitment. But you cannot give up, hang in there.

### #3 The Confusion:

All of your common friends treat you as a couple, but you guys have never even talked about it.



### #4 The Confrontation:

After a period of time and lots of teases, she might ask you about your feelings about her. That is a very vital situation in any relationship. One wrong move and you might be forever friend zoned or lose the friendship.

### #5 The Acceptation:

Now, both of you know how you feel about each other, you guys will come to a mutual decision, whether if you guys are ready to get into the relationship or not. If yes, then you have reached the next level in your relationship.







# Ask Babu

## I think my son is gay should I come out and ask him directly?

I think you should ask about it. Have a conversation with him. Don't make it a "serious" conversation. Just a general one about how he's doing, what he's thinking, how he's feeling, relating, and how he feels his life is going. Include funny stories from the past, and your love and admiration for him to those. If he doesn't come out with it then, there's a chance he still doesn't feel ready. At the very minimum you won't be perceived as adding pressure, don't be judgmental.

## I think my wife is bisexual, how could I as a husband satisfy her other needs?

Talk to your wife openly and respectfully about your wish to satisfy her needs. Be prepared to listen to her. It may be that you are the only one who sees 'other' needs that 'need' to be filled. Being bisexual means that she is equally attracted to both sexes. It in no way impacts her ability to be faithful; that is a matter of personality not sexuality. Don't make assumptions about her other needs. Ask her what her other needs are. Talk about your needs together.

## For Dads: What to Do, What Not To Do When Your Wife Has POSTPARTUM DEPRESSION

### You just had a baby. Your wife has postpartum depression. Are you making things better or worse?

Depression is a reality according to studies women experience postpartum depression where instead of enjoying the arrival of new baby, they have feelings of sadness, hopelessness and at times thoughts of suicide, new mothers are especially advised to speak to their obstetrician if they are facing these symptoms after birth it may be in weeks or months. Here are some of tips to do as father if you think your wife has PPD

Things you can do

Help around the house always answer the phone when she calls, Order take-out for dinner, Accompany her to doctor's appointments, Educate yourself about PPD, read the books your wife gives you, Write down the concerns and questions you have and taking them to her doctor or therapist. Call her again if she's having a bad day. Encourage her to get as much rest as possible. Listen to her always.

Be patient.

What NOT to do

Do not tell her she should get over this, do not tell her you are tired of her feeling this way, do not tell her this should be the happiest time of her life, do not tell her you liked her better the way she was before.

## Women are often accused of being gold diggers if they are mindful of how financially successful a man is before she dates him. Are those types of women gold diggers or are they smart?

Some women are not wise. Some women go through life counting a man's income but not his expenses. Unless there is financial transparency on both sides, no one knows exactly how much money anyone earns. For example, a man could earn 10 thousand annually; and be 20 thousand in debt. The point is that the amount of money a man may earn has zero relationship to his ability to provide, be emotionally supportive, generous of heart and a great father and community servant.

## Seekers

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,

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.



# 5 Wealth Building Habits Every Woman Needs To Know.



## Take control

Budgeting is a key wealth building habit to help you create a feeling of control over your money. It can be challenging but it is also a wealth habit which can become an automatic part of your life the more it's practiced. Budgeting means making a list of all your expenses. Then going through your expenses and keeping the essentials, while finding places where you can reduce spending. This means that you get to make your money as effective as possible, like inviting a friend for coffee at your house rather than going out to a restaurant or making sandwiches at home, instead of buying food at work. It also means allocating funds for fun activities such as date night or movie night with your friends.

It's important to create a healthy balance of saving while making space to enjoy time out within your budget constraints.

## Think about your money story

Is your story limiting or supporting you? We all tell ourselves stories about ourselves, about the quality of our lives, about what is possible for us to do and to experience and what we can or cannot do.

What are you telling yourself about money? Is there always too much month at the end of your money or do you have enough money to meet your needs? While telling yourself a new and different story will not magically make everything perfect, it

is definitely a starting point in turning your experience of money around, says Lianne.

Think about what you tell yourself about money. Is it easy to earn or is life a struggle? By noticing our story, we become aware of what we are saying to ourselves so that we can decide to replace it with a different, more empowering story.

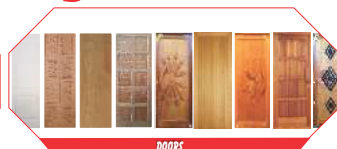
**Know that it's going to be uncomfortable. But most importantly, know you have a choice. The power to choose**

Being in debt can be anxiety provoking, but we encourage people to think beyond the emotional response to the situation:

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Recognize your current financial situation and Decide to get out of debt

### Create a plan: What's the first action you can take to start clearing debt?

Even if this doesn't seem possible to you, start focusing on ways to start getting out of debt. Be proactive such as paying a little extra into your credit card each month. Once you've paid this off, start with paying extra into the next lowest amount, repeating this process.

**Your current comfort zone = debt, so any change or challenge to this status quo is going to be uncomfortable. And this is good!**

### Create a wealth GPS

Two factors are required in order to use a GPS: your starting and ends points. The same applies to achieving financial health.

Ask yourself, where am I financially right at this moment? Write this down — the good, bad and the ugly.

Then ask yourself: Where do I want to be? Set financial goals you want to experience and achieve, then start on your financial planning to achieve this.

Do your own research or get financial advice, advises Lianne, Know the type of savings needed to reach your particular goals:

#### Types of savings include:

Short term savings for close events like a holiday or wedding

Medium term savings for events within 5 years such as a home or a car

Long term savings such as investment in shares, retirement annuity,



education policies for your children.

Having these savings plans in place creates a sense of order and security," explains Lianne. "Be realistic here.

Start building your confidence with a small yet challenging goal which can start to change your current circumstances. Then build on it and create a bigger goal once the initial objective is achieved.

#### Change your mind

One of the foundations to developing financial well-being is to change the focus of your thoughts. Who created Women's Wealth to assist women on a journey to achieve financial independence. While we are not telling anyone to ignore the reality of your financial situation, you need

to counteract this pervasive sense that what you have isn't enough." Override it and start bringing thoughts of abundance into your life: change your mind with positive thoughts of what you want to experience. A lot of wealth creation is a mindset. You cannot have a mindset that is poverty driven and expect to become wealthy. Changing your beliefs, your thoughts and your mindset has to happen in order to create wealth in your life. You cannot have a negative attitude towards money and expect to have a positive outcome.

The trick is to start thinking and focusing on what you want in your life NOT on what you don't want. The thoughts you think and the words you speak are very powerful.

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# Monochrome Interior Decorating



## Chic chevron

Update your home with a little chevron injection, whether it's in your kitchen, living room or bedroom, or just on the table at a dinner party... This oh-so-trendy zigzag print is all the rage when it comes to home décor; and it doesn't seem like it's going anywhere.

items and add them to your current scheme. Don't be afraid of clashing prints... as long as the colors are complementary, you'll usually be surprised by how well they work.

An easy way to introduce the print into your home without committing to too much of a décor change is to bring in some fun new crockery.

Add a little bit of character to your lounge with some funky chevron scatter cushions. Keep it neutral for a subtle style upgrade, or go bright to create the illusion that you've done a much bigger design overhaul.

It's impossible to do a complete redesign every time a fab new print or trend takes over, so rather focus on making it work for you, and not the other way around. Find one or two chevron

At the very least, this fun print can be used to brighten up your outdoor entertainment area. Use it on your table or chairs; either way, you're sure to get a few compliments when you next entertain.

Monochrome interior decorating — it's chic and easy to achieve. We show you how...

it comes to mixing and matching different textures. It's a simple way to make a room look more interesting.

Monochrome is a simple color combination which can be used to create a modern, stylish and tranquil space in your home. Best of all, you can achieve this look in an easy way that looks both effortless and impressive.

Consider low-hanging lighting in your home. It not only provides additional illumination, just where you want it, but it can also be an impressive eye-level décor piece.

Here are some of the tips you can use to create a chic monochrome interior: Add style to your home by being fearless when

We LOVE scatter cushions, and know you do, too. Maximize your mix with muted colors and patterns to add a subtle, but feminine touch. This works well with throws too.





# Inspired Diy Ways To Re-Purpose An Old Pallet



## Bedded Brilliance

Four or more pallets firmly nailed together are the makings of a strong — and pocket-friendly — platform bed base. Go for a single layer if you're after a contemporary futon style bed or stack them if you'd prefer something higher (with the bonus of storage space underneath). Try to find pallets that are in good nick and give them a lick of paint to coordinate with the colors of your cushions and bed linen while, at the same time, offering protection against fungal growth.

## Turning Tables

At once rustic and industrial-chic, pallets are the perfect size to be remodeled into coffee tables, and come with an added advantage of offering storage space for magazines

and books. You'll need to sand your pallet before giving it a coat or two of wood stain or varnish, depending on the look you're after. Top with a sheet of heavy-duty glass cut to size and attach swivel caster wheels if you'd like the flexibility of being able to easily move your table about.

## Head Of The Board

Because pallets need to be sturdy in order to carry the weight of heavy supplies, they are often made of strong, durable wood, such as oak. This means that reclaimed pallet wood is often beautifully rustic — perfect for a personalized headboard. A belt sander will do the job of removing splinters from the boards in two ticks, and you'll need to build a scaffold on which to attach your boards once

sanded. Use a stencil or stick-on vinyl lettering to create the message of your choice, or go freehand with a paintbrush or can of spray paint.



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# Growing Your Own Vegetables From Seeds



If you're planning on growing a vegetable garden this summer, now is the time to sow vegetable seeds in trays. It might feel like the depths of winter (especially if you have to wake up early to go to work), but spring is only a few weeks away!

Growing a vegetable garden from seeds is much cheaper than planting seedlings, but it is a bit more work. If you plant your seeds now, they should be ready to transplant into your garden by mid-September — giving you a head-start on the growing season.

## How To Grow Your Own Vegetables By Sowing Seeds

**Step 1:** Gather the plastic seed trays or pots that you'll be using to grow your seeds. Fill them with potting soil and place two seeds into each compartment.

**Step 2:** Cover the seeds with a thin layer of potting soil and add a little water. Wrap a clear plastic bag over the tray and leave on a window sill or in a light, warm spot (a sheltered, sunny patio is perfect for this). The plastic bag will keep the soil moist and warm — great for germinating seeds.

**Step 3:** If both seeds germinate, once the seedlings are about 3cm tall, pick out the weakest one to make more room. Check the soil every few days to make sure it isn't dry. Ten days later, remove the bag and rotate the tray often, keeping it in the light. When your vegetable seedlings have at least 6 leaves, and the last frosts are over, transplant your seedlings outdoors in a sunny spot.

Tips on how to grow your own vegetables from seed

- Plan your space

before planting. Check how much space the vegetables will need when they're fully grown and use that information to decide what to plant where. Think about what vegetables your family is likely to eat most of, and plant more of those.

- Plant your favourite vegetables in pots placed outside the kitchen for easy picking.
- Make sure the soil in your pot drains well, as no crop will tolerate wet feet.
- Your vegetables will do best if they get plenty of sun. If shade is unavoidable, rather than shadier spots, as they are more adaptable.
- Rotate your crops to ensure there is no build-up of diseases. For example, alternate

between root and leaf crops.

- Prepare the soil in your vegetable garden well. Start by digging it over to about the depth of a fork. Dig in plenty of compost and well-matured manure.
- If the seeds are to be sown in situ (directly in the soil), for best results plant them in shallow drills or furrows spaced about 10 to 15cm apart.
- You'll need to thin out the seedlings once they're about 5cm tall. Check the seed pack for ideal spacing.
- Water your newly planted seeds every day. Once they have become established you can gradually reduce this to every four to five days.





## Garden Fence Ideas To Inspire You To Create A Garden You'll Love

The best garden fence ideas can bring structure, texture, definition and joy to your outdoor space. After a long winter, it's lovely to be able to get out into the garden again. But if you're to enjoy the space at its very best, some work will be involved, whether it's replacing or maintaining a garden fence, weeding and mowing, or redesigning some key features to give

your garden a whole new look. Decorate your garden fence with hurricane lights. Take a garden fence with a trellis top and jazz it up with jam-jar-style tea light holders that look super pretty even during daylight hours. Use secure but unobtrusive nails to hang them so that they look almost like they're floating.

A variety of shades will work well, but clear jam-jar tea lights would also look great. At night, enjoy their warm glow from the comfort of a nearby garden chair – bliss.

### Create A Secluded Dining Area With Willow

Go for a garden fence that is extra high so that it will provide all the privacy you could ever need –

especially if you have curious neighbors. This fence features narrow lengths of willow that create a bamboo-style effect, ideal for screening an existing fence if you don't want to start completely from scratch. Willow screening fence panels can also add height to a short wall or fence, or you could even use it to keep the compost heap hidden from view.

Paint your garden fence to make it colorful and cheery. Let your garden fence stand out from the crowd with a stylish color clash. If you're a brave sort, give your garden furniture a makeover at the same time. This picture shows that there are no rules. You could go for just one bold shade or divide your fence up into multiple panels – make masking tape your friend to achieve a perfectly straight line.

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# Create Your Own Flower Bouquet

It may seem easy to walk into a florist's shop and choose a bunch of flowers in the wink of an eye. But it's easier than you think to create your own equally professional flower bouquet. We show you how.

Choose long stems of foliage that will give height to your arrangement — sword fern leaves work well. Add a few flowers of the same length, then add flowers like roses, proteas and lilies to form focal points. The flowers that you use as fillers will depend on your own taste, the occasion, the space in which they are to be placed and the final container. Small flowers like Michaelmas daisies and baby's breath will give the arrangement a wispy appearance, while chrysanthemums provide more structure.

### You will need:

- 1 bunch cream and 1 bunch rust-coloured chrysanthemums
- 1 bunch foxgloves

- 5 pincushions
- 3 large white chrysanthemums
- raffia
- 2 sheets tissue paper

### Step-by-step guide:

Clean the last two-thirds of the stems. Begin to make your arrangement by placing two flower stems across one another. Add a third stem to cross with these two.

Turn the arrangement slightly in your hand and add a few more stems. Ensure that all the stems cross over in the same direction. The stems will soon form a spiral. Distribute the flowers evenly from the outset. Try to arrange the same flowers at the same level. It will help if you keep a mirror nearby, especially if you're making a large bunch, so that your arrangement is balanced. If you're only using a few large blooms (such as the large white chrysanthemums in this example), leave them until last. You can place

them afterwards. Simply ensure that you place the stems in the same direction as the rest of the bunch. This will make sure the large blooms are evenly spread.

Bind the bunch tightly with raffia and snip the stems to an even length. A good test of balance is if the bunch stands upright after it has been bound. To finish off the arrangement, fold two squares of tissue paper diagonally. Hold the bunch upside down and place the middle of the folded side where the flowers have been bound. Do the same with the second sheet of paper. You could use adhesive tape to glue the sheets together, but if you work correctly all you need is another piece of raffia or a piece of ribbon to tie the paper. And voila! There you have a lovely wrapped gift. You could also use brown paper or plastic instead of tissue paper. A length of lace also makes a lovely alternative to ribbon or raffia.



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# How to make fabric covered files



Looking for ways to keep your life in order? You're not the only one! Our lives could do with a bit more organisation, too, which is why we're showing you how to make fabric covered files.

Don't spend a fortune on buying covered file boxes, it's so simple to do yourself, and then you get to pick exactly what fabric and colours to use. These cost hardly anything to put together, but they look stylish and they make the boring task of filing a WHOLE lot more fun.

If you've got odds and ends of fabric in your craft box, then this is a great way to put them to good use — is there anything worse than having bits and pieces of pretty craft materials lying around without being able to use them?

If you've got children at school or university, then fabric covered files make a lovely, thoughtful gift for them, to help them tidy their desks and keep all their books and papers in one place. If your children are a bit older they could even help you make

their own files, picking their favourite fabrics and trims. Fab!

## What you'll need to make fabric covered files:

- Old box files
- Fabric
- Ribbon
- Glue
- Scissors

## How to make fabric covered files:

- Cut out a piece of fabric big enough to wrap around the front, back and one side of the box file leaving a 5-cm hem. Cut another long piece of fabric, which will wrap around all four narrow edges of the box, leaving a 5-cm hem.
- Iron the hem on each piece of fabric over, so that the fabric is exactly the same size as the box. This hem is where you will glue the fabric to tuck inside the box.
- Glue the long strip of fabric around the edge of the box first, then add the larger piece, ensuring that you tuck in the hem on the opening flap. Cut away any excess fabric, which might prevent the clasp from working. Glue or stitch the ribbon ties to the front edges of the file.



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# DJ TRUU

**Real Names:** Clifford Motshabi

DJ Truu started his career in 2010; he is a humble, loving, young man from Mahalapye. Clifford developed the love of music in 1999 when he was doing his JC level. He loves music. He is a resident Dj at night club where he mixes any music genre but his favourite is electro. He said he is planning to release his debut single this year in December or early 2019.

**Facebook page:** DJ Truu

**Whatsaap:** +26774236742

**Email:**Cliffordmotshabi@yaahoo.com

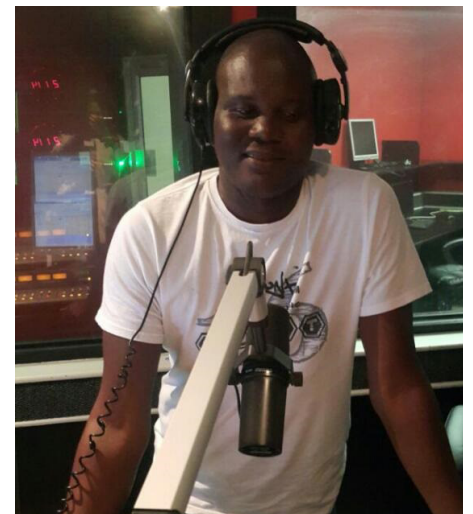
## Get To Know the Voice behind 'the Legends of Bw'



ferences or any sport related events to cover sports news. He presents all sporting codes but focuses mainly in football.

During his time at Lotsane Senior School he was part of a weekly magazine, and he wrote sport stories about school sports teams' performance. His passion in writing has pushed him into broadcasting even though he studied Diploma in AAT. Before joining Duma FM, this young man worked as a Marketing Manager in a motor dealer company, in Francistown. Thabo Osekeng traced and met him; he worked as a newspaper man for Duma FM from 2008 to 2010.

His quote; Neva give up in life, when you are given a task to do whether money is involved or you volunteered, give it all your best.



He is an easy going person, a hard worker; a straight talker who is eager to learn new things every day. This month Monty Motlamedi Gagomokgwa shares his career journey with CW magazine.

Monty presents a three hours show called "The Legends of BW" on YaronaFM every Sunday from 7pm to 10pm. The show is co-presented

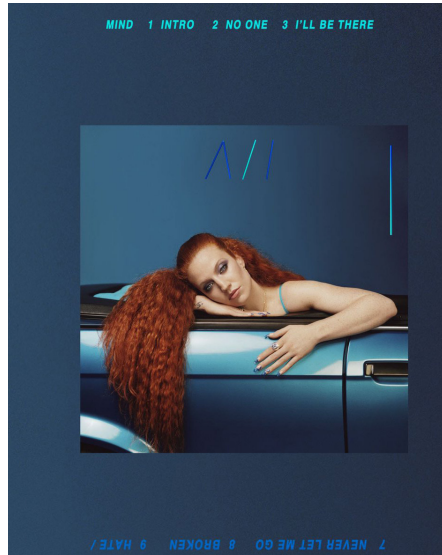
by Kagiso fox patsimo. Monty started the segment in 2013 to date. He also presents "the Botswana Legends from 21:00hours to 21:40 hours. Monty joined the media industry in 2008. He thanks Thabo "The Brand" of Duma FM for playing a vital role in his life as he helped him to join the industry. Monty's work entails interacting with former local football stars through interviews and attending press con-





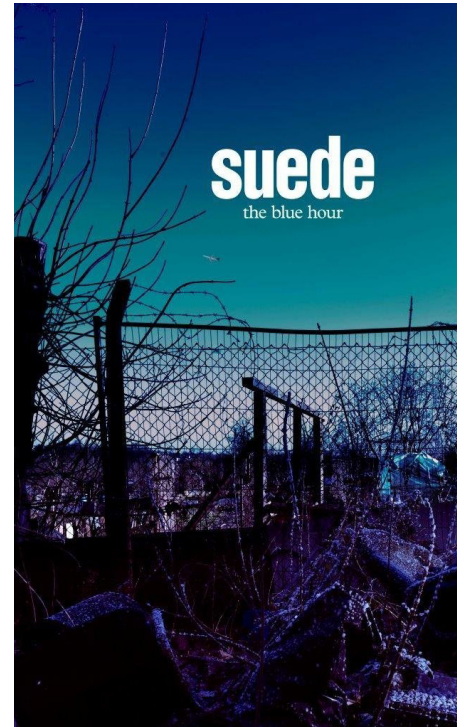
**Clutch**

Album: Book of Bad Decisions  
Release Date: Sept. 7, 2018



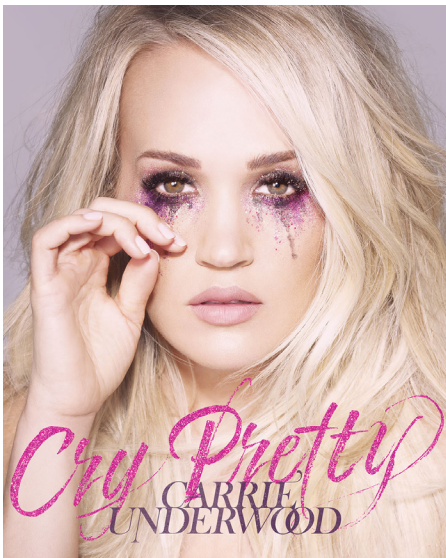
**Jess Glynne**

Album: Always In Between  
Release Date: September 21, 2018



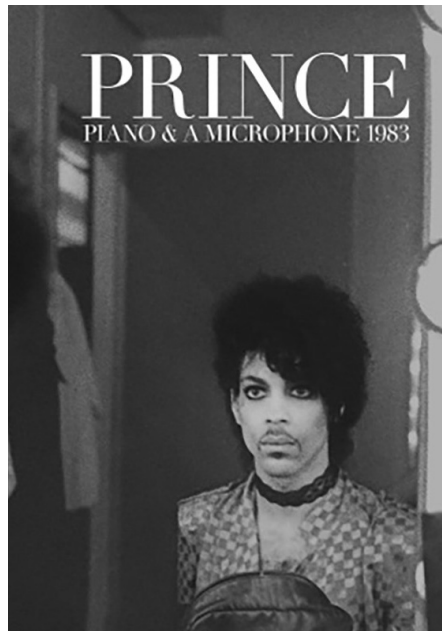
**Suede**

Album: The Blue Hour  
Release Date: September 21, 2018



**Carrie Underwood**

Album: Cry Pretty  
Release Date: September 14, 2018



**Prince**

Album: Piano and a Microphone 1983  
Release Date: September 21, 2018



**Therapy?**

Album: Cleave  
Release Date: September 21, 2018



**Lenny Kravitz**

Album: Raise Vibration  
Release Date: Sept. 7, 2018



**Sigala**

Album: Brighter Days  
Release Date: September 21, 2018



**Say Lou Lou**

Album: Immortelle  
Release Date: September 21, 2018





### Jessica Alba

Film actress Jessica Alba comes from a diverse background, her father is a Mexican-American and her mother has Danish and French roots. As the daughter of a member of the U.S. Air Force, she moved around a lot while growing up, living in California, Mississippi and Texas, before settling back in California. She appeared on the big screen for the first time in the 1994 comedy *Camp Nowhere*. Then she sprang into the spotlight with her role as Max Guevera in James Cameron's short-lived TV series *Dark Angel*. Alba went on to star in two installments of a big screen adaptation of *Fantastic Four*, and collaborated with Robert Rodriguez for multiple films.

She found work as a model and did some commercials. She also landed a recurring role on *The Secret World of Alex Mack*, a popular tween comedy about a girl who develops special powers. Alba took to the water with a short-lived remake of the classic aquatic adventure series *Flipper*, which was filmed in Australia. In 2008, Alba married her longtime boyfriend Cash Warren, whom she met on the set of the *Fantastic Four*. She gave birth to a baby girl same year in June. Haven Garner followed on August 13, 2011, before the couple had their first son, Hayes Alba, on December 2017.



### Trevor Noah

He was born on February 20, 1984 in Johannesburg, South Africa. He is a writer and producer, known for *The Daily Show*, *Black Panther* and *Born a Crime*. His father is white; of Swiss origin. His mother is black; Xhosa and he consider himself a political progressive. George Mason University study found that he made 315 jokes about President Trump's first 100 days in office. Trevor is a huge fan of roller coasters. He is good friend with Seth Meyers, John Oliver, John Legend and his wife Chrissy Teigen. Trevor is a polyglot; he speaks English, Xhosa, Zulu, Sotho, Tswana, Tsonga, Afrikaans and some German. He began his career in comedy when he was out at a bar in South Africa with his cousin and a friend. They were both drunk and began heckling a comedian. When the comedian challenged them to come on stage...they sent Trevor to perform. He went on stage to avoid looking like a "scared cat" and discovered that when he spoke, people laughed. He began his career as a radio host in the show titled "Noah's Ark" aired on Gauteng's youth radio station. When he was young, Trevor was thrown out of a minibus by his mother, because she thought the driver, from another tribe, was trying to kill them.



### Gabourey Sidibe

Gabourey Gabby Sidibe, the star of "Precious" was born in Bedford-Stuyvesant community in Brooklyn, New York in 1983. Her mother is a former special education teacher who gave up her career and became a street performer/singer while her father was a cab driver. Her parents split when she was young. Though she was cast in school plays as a child, Gabby had no interest in acting. She had witnessed her mother's financial struggles as a street singer and wanted the security that education and a desk job would give her. After attending colleges, she pursued a degree in psychology. She was in the middle of exam when she auditioned for Lee Daniels, *Precious* (2009) and was casted. *Precious* opened doors for her as she got a role in *Yelling to the Sky* and *Zoe Kravitz*.





## Angela Evelyn Bassett

She is known for her biographical film roles, most notably her performance as Tina Turner in the biopic *What's Love Got to do with it* (1993), for which she was nominated for the Academy Award for Best Actress and won a corresponding Golden Globe Award. Bassett has additionally portrayed Betty Shabazz in both *Malcolm X* (1992) and *Panther* (1995), Katherine Jackson in *The Jacksons: An American Dream* (1992), Voletta Wallace in *Notorious* (2009), and Coretta Scott King in *Betty & Coretta* (2013). Her other roles include Amanda Waller in *Green Lantern* (2011), Lynne Jacobs in *Olympus Has Fallen* (2013) and *London Has Fallen* (2016), and Ramonda in the Marvel Cinematic Universe film *Black Panther* (2018).



## Janet Louise Hubert

Janet is best known for playing the sassy, witty, outgoing, protective mom on the hit TV sitcom *The Fresh Prince of Bel-Air* (1990). She spent most of her childhood growing up in Momence, IL. She won a scholarship to Juilliard School in New York City. After Juilliard, Janet studied all forms of dance and studied with some of the best teachers including Alvin Ailey and David Howard. She debuted on Broadway in "The First" and went on to do shows such as "Joseph and the Amazing Technicolor Dream coat" and "Dancing", and was a member of the original Broadway cast of "CATS", where she created the role of Tantomile, and was the understudy for Betty Buckley, singing the title role, in New York City. However, her most memorable role came in 1990 when she made her TV debut in "Fresh Prince". Janet has since guest-starred on numerous shows, including *Gilmore Girls* (2000), *Friends* (1994), *The Bernie Mac Show* (2001) and *Tales from the Crypt* (1989). She has also appeared on the Tyler Perry hit *House of Payne* (2006). Janet has been battling osteoporosis and is an ambassador for the National Osteoporosis Foundation. Janet will forever be known as a versatile actress, dancer and singer. She was, to many, a woman who stood her ground, much like that of her character on "Fresh Prince" - the strong-willed yet elegant, original, one and only Vivian Banks.



## Neymar

He is a Brazilian football player, striker of the Catalan club Barcelona and the Brazil national team. Neymar was born in Mogi-das Cruzes, Brazil. At the age of 17, he signed his first professional contract with the club "Santos". Already in the second match for the main team, the young player scored the first goal in big football. His sports career began with Santos winning the main trophy and becoming the champion of São Paulo state, while Neymar himself was recognized as the best player of the championship. In 2011, Neymar was awarded the FIFA award named after Ferenc Puskasha, which got the player who scored the most beautiful goal. In 2011, the 19-year-old was recognized as the best player of Brazil and South America, Neymar was nominated for the "Golden Ball".

In 2012, he was noted for a large number of hat tricks. At the end of the year, the player was awarded the rare award "For an outstanding game". Neymar's other awards include: South American Champion among youth teams 2011, the holder of the Confederations Cup 2013, Olympic champion 2016. As part of "Santos": Winner of the 2010 Brazilian Cup, the owner of the Copa Libertadores 2011, the owner of Recop of South America 2012. In the FC "Barcelona": The winner of the Super Cup of Spain 2013, UEFA Super Cup holder 201, Winner of the UEFA Champions League 2015.



# The Beauty Of Moremi Game Reserve



**M**oremi Game Reserve rests on the eastern side of the Okavango Delta and was named after Chief Moremi of the BaTawana tribe. Moremi was designated as a Game Reserve when it was created. This designation meant local people; the BaSarwa or Bushmen that lived there were allowed to stay in the reserve.

Moremi Game Reserve covers much of the eastern side of the Okavango Delta and combines permanent water with drier areas, which create some startling and unexpected contrasts. Some prominent geographical features of the Reserve are Chiefs Island and the Moremi Tongue. In the Moremi Reserve one can experience excellent views of Savannah game as well as bird-watching on the lagoons. There are also thickly wooded areas, which are home to the Cape wild dog and leopard. To the northeast lies the Chobe National Park which borders the Moremi Game Reserve.

Moremi Game Reserve is a home to variety of bird species (from water birds to forest dwellers), and a vast array of other species of wildlife including Cape buffalo, Angolan giraffe, black rhinoceros, Southwest





African lion, elephant, hippopotamus, zebra, South African cheetah, hyena, jackal, impala, and red lechwe.

The Reserve offers the opportunity to explore not only in 4x4's but on foot and by mokoro - a dug-out canoe, hewn from either ebony or sausage-tree, and poled by your personal guide. Although, today most of the mekoro (plural of mokoro), are made from fibreglass, thus helping to preserve the magnificent, and old, trees of the area.



Game viewing is at its peak from July to October, when seasonal pans dry up and the wildlife concentrates on the permanent water. From October until the start of the rains in late November or early December, the weather can be extremely hot.

Botswana has been able to develop its tourism without the urgent need for revenues that face many other African countries. An eco-tourism policy of high yield, but low impact, has resulted in visitors being able to experience an Africa in its most natural and impressive condition. There are a number of lodges on the outskirts of the Reserve, whose guests visit on daily game drives.





# How to stand out when looking for a job



With such a large job-seeking pool, it's easy to become just a number to a prospective employer or human resource exec. Making a good first impression from the moment you submit your CV to navigating your way through your first interview is so important to ensure you stand out when looking for a job.

**Things to keep in mind include:**

**Do's and don'ts —**

**how not to apply for a job.**

- Look at your CV every time you apply for a different job and make small changes based on the requirements of the position.
- Use any networks at your disposal to make yourself stand out from other applicants.
- Use social media to your advantage — update your LinkedIn profile and if there's anything on your Facebook or Twitter pages you wouldn't want prospective employers to see, make sure your settings are private.

- Always follow up after you've sent in an application. This shows that you're interested and will stop your CV slipping through any bureaucratic cracks.
- Make sure you dress smartly for your interview — and pay attention to details, no scuffed shoes and make-up on your shirt!

**Prepare for your interview by thinking about how you would answer these common questions:**

- Tell me about yourself
- What are your weaknesses?
- What is your greatest accomplishment?
- Why did you leave your previous job?
- Why do you want to work with us?
- Why did you apply for this position?
- What would you like to be doing five years from now?
- Why should I hire you?

**Things to keep in mind during an interview**

If you have the opportunity to ask questions, do! Ask questions that will

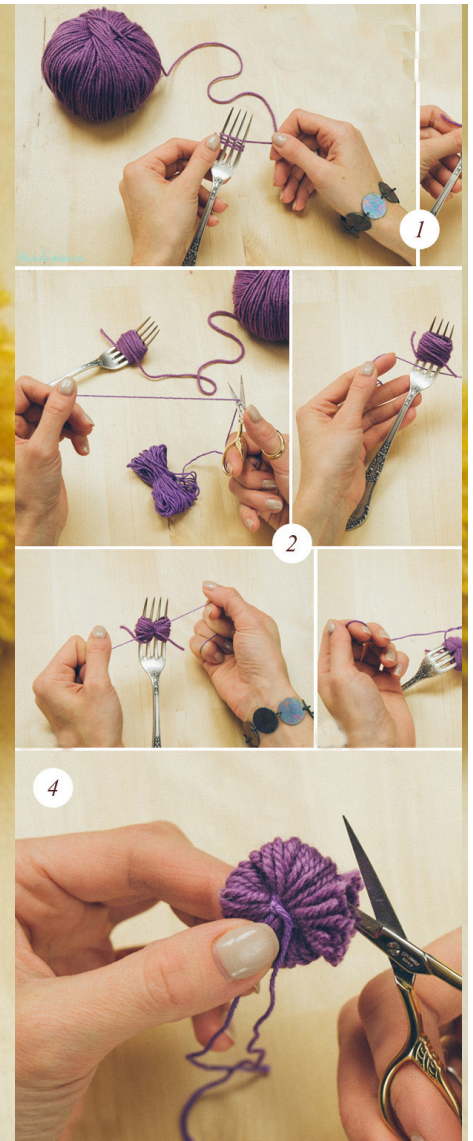
allow you to find out more about the company and its culture. This is also an ideal opportunity for candidates to enquire about the position they've applied for. It's important to show the interviewer that as a candidate, you're serious about the position by asking questions that show you've done your research. This is a great way to make a good first impression and make sure the job meets your expectations.

Another handy tip is to use power statements and be specific during the interview to emphasise the message you're trying to get across and to spark the interviewer's interest. For example, instead of saying 'I'm a loyal hard worker,' say 'I've put in long hours and I've assisted the department in cutting costs by 15%'.

Keeping a clear head and ensuring you're well prepared as a potential candidate, both beforehand and during an interview, is an absolute must. Using facts to highlight your strengths, capabilities and potential will ensure that you stand out for all the right reasons. Good luck!



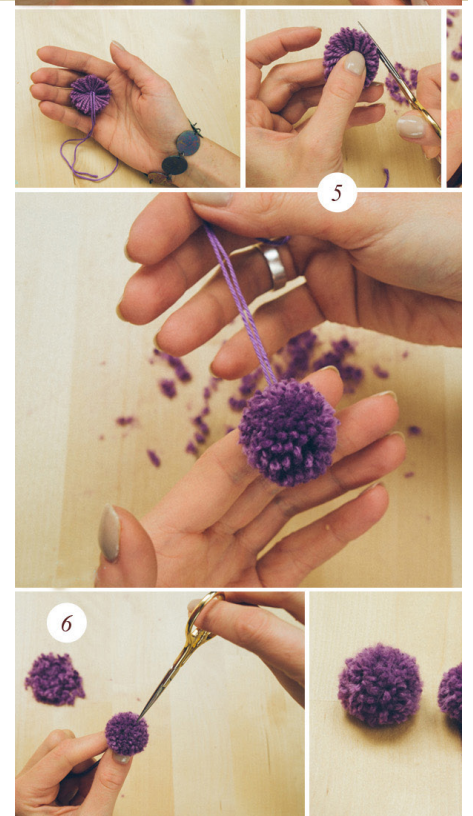
# Technique to Make Pompom in 3 Steps



The pompoms can be used on different occasions and handicraft pieces. You will learn a technique to make pompom of different sizes in just 3 steps. What many people don't know is how easy it is to make a mini pompom or a large piece. With this technique you will never have any trouble making your pompom.

## Step By Step

1. First take the fork and wrap the thicker wool wrapped, as in the picture. The more you turn the fork, the cuddly the pompom. When finished cut.
2. Take the final line and cut a piece of it. Pass in the middle of the fork so that it will embrace the rolled wool and knot it.
3. Turn and give another knot on the other side. Remove from the fork.
4. Take the scissors and cut both sides. Your pompom is already taking shape.
5. Trim the tips so your mini pompom is round.
6. A tip: with the scissors tip undo the ends of the wool of your pompom to make it cuddlier.



## Materials

- Scissors
- Fork
- 2 Rolls of toilet paper
- Balls of wool or yarn (one thicker for pompoms and one thinner for tying the pieces)

To make larger pompoms use the rolls of toilet paper in place of the fork and follow the same steps above.



**Aries**

**(Mar. 21 – Apr. 20)**

You require the help of other people to accomplish your goals. Planetary power is concentrated in the western half of the chart and this will force you to go against your basic nature of aggression. Others are important and their welfare takes precedence your personal interests. You have to be highly flexible and adjust to people and situations to attain your ambitions.

**Taurus**

**(Apr. 20 – May 21)**

Venus is the ruler of your Sun sign and therefore a powerful planet for you this month. Use this period for home improvement and getting closer with the family. Give special attention to the children. The energies of romance and creativity are in the air.

**Gemini**

**(May 21 – Jun. 21)**

What do you need in this regard? It's time to be really honest with yourself so you can achieve the fulfillment you deserve. Emphasis this month is on fourth house affairs: home, family and your emotional self. Things may feel just a bit overwhelming in the first half of the month.

**Cancer**

**(Jun. 21 – Jul. 22)**

The enlightenments or attitude adjustments near the 9th can be turned into action in the second half of the month. September offers great opportunities to make new friends, promote yourself, advertise your business or create an internet presence.

**Leo**

**(Jul. 22 – Aug. 22)**

You feel creatively fertile, ready to give birth to some new talent or aspect of who you are. This is a good time for precisely that as doors

# Libra

Willard Carroll "Will" Smith Jr. was born September 25, 1968

- When a Libra man falls in love, he will see the subject of his affection as a person he is going to marry.
- He can be quite dependent on feeling attractive and loved, but you will know he loves you when he starts talking about marriage.
- This can happen at the beginning of a relationship and a Libra man can move too fast, scaring his partner away with expectations that seem unreal.



are opening in your job or your career field. Don't let your anxiousness get the best of you early in the month.

**Virgo**

**(Aug. 22 – Sept. 22)**

It is a resonance, a frequency of vibration, which you have to nurse, nurture and grow. Feel the power of your passion for life. Your passion represents your sense of Knowing and Truth about who you are and why you are here. The 'plan' you always need will reveal itself. Trust yourself and the Universe.

**Libra**

**(Sept. 22 – Oct. 22)**

Take the pressure off of yourself wherever you can. Do things around the home to make you feel more cozy and special. Your perceptions of yourself and what you value are changing. Enjoy the ride. Finances can show improvement at the end of the month just in time to buy yourself the birthday present you really deserve.

**Scorpio**

**(Oct. 22 – Nov. 21)**

You may find the first days

of September a bit like slogging through mud that's up to your hips. There is lots of energy available so pay particular attention to these areas of your life. You simply cannot change other people. Change the lens through which you view them by adjusting your beliefs about yourself.

**Sagittarius**

**(Nov. 21 – Dec. 21)**

Your usual optimism may be a bit challenged when the month begins. There are some deep issues percolating which require your awareness. Your inspiration and motivation will be piqued soon enough, however. The portal is open if you would like to do some healing or service-related work. This is the time for you to dream things as they could be and say 'Why not?'

**Capricorn**

**(Dec. 21 – Jan. 20)**

A lot of energy can be focused on relationship opportunity. That can mean a chance for romance for those who are actively seeking. You would do well to be more honest about what you need and your vision for the two of you.

Your thoughts would be welcomed. Opportunities for creative expression are at a peak this month. Let your creative talents fly.

**Aquarius**

**(Jan. 20 – Feb. 19)**

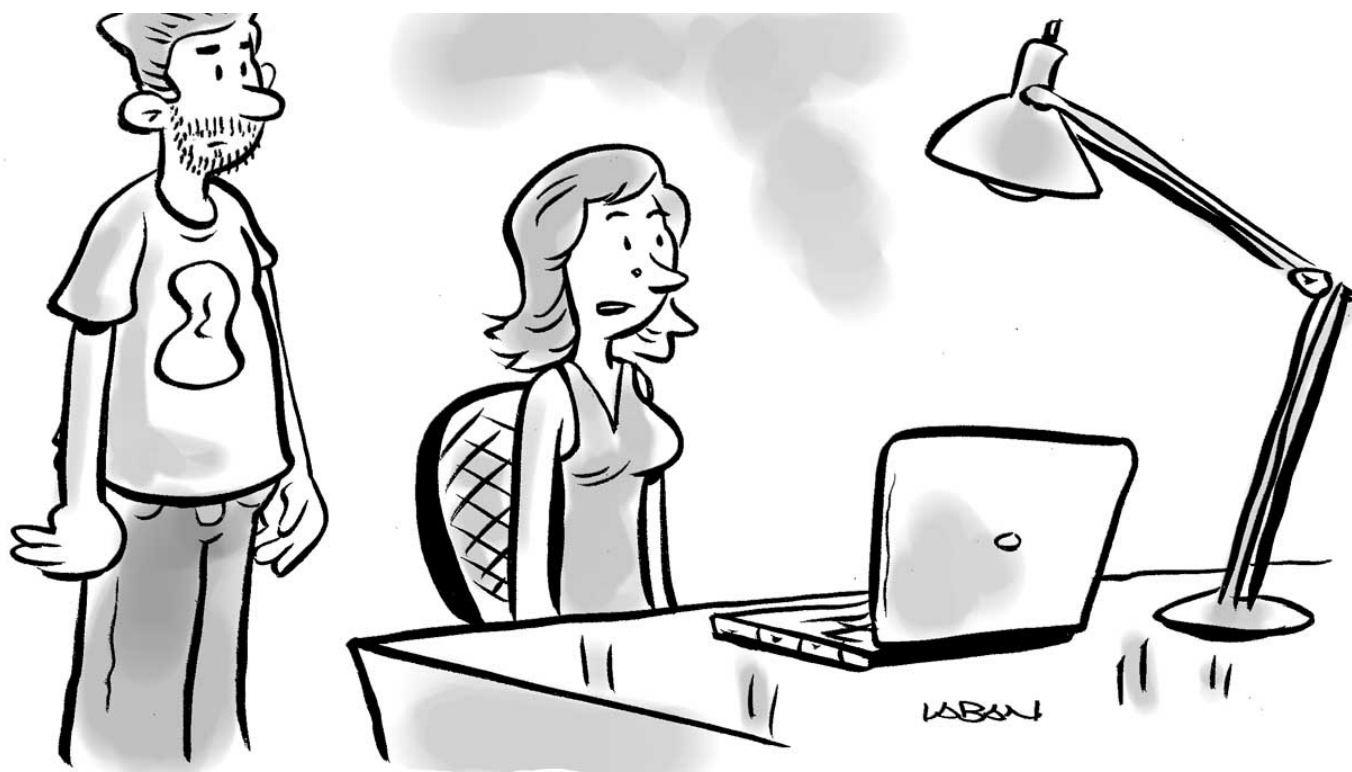
The 14th and 15th will crystallize many things for you. Consider pending possibilities carefully. If you are the overly idealistic ivory tower type of Aquarius, it is time to get your heart and feelings out of cold storage! You are a great catalytic agent for change and reforms so don't keep it to yourself.

**Pisces**

**(Feb. 19 – Mar. 21)**

Your creative energies are looking for just the right avenue for expression. Don't rush the process; take your time to find what feels right for you. There are likely some matters that have been left hanging that require discussion. Clarify with your partner what works for you and what does not and what is negotiable. You have let the ball be in 'their' court long enough this lifetime.





*“Do you think my resumé has too many emoticons?”*

**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 fired!” 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 three 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.

**Father Learns That His Daughter Can Predict The Future. What Follows Next Is Shocking**

A father put his three year old daughter to bed, told her a story and listened to her prayers which she ended by saying “God bless mommy, God bless daddy, and God bless Grandma and goodbye grandpa”. Father said “Why did you goodbye grandpa?” the little girl said “I don’t know daddy; it just seemed like the thing to do.” The next day grandfather died, father thought it was a strong coincidence. Few months later, father the father put the girl to bed, and listened to her prayers which went like this; “God bless mommy, God bless daddy and goodbye my grandma.” The next day her grandma died. “My gosh,” thought the father, “this kid is in contact with the other side.” Several weeks later when the girl was going to bed, the dad heard her

say; “God bless mommy and goodbye daddy.” He practically went into shock and couldn’t sleep all night and got up at the crack of the dawn to go to his office. He was nervous as a cat all day, had lunch sent in and watched the clock he figured if he could get by until midnight he would be ok. He felt safe in the office, instead of going home at the end of the day, he stayed there, drinking coffee looking at his watch, and jumping at every sound. Finally midnight arrived; he breathed a sigh of relief and went home. When he got home his wife said; “I’ve never seen you work so late, what’s the matter? He said, “I don’t want to talk about it. I’ve just spent the worst day of my life.” She said, “You think you had a bad day, you’ll never believe what happened to me. This morning the mailman dropped dead on our porch.”

**Parents Tell Their Kids they’re Getting Divorced but What They Do Next Is Hilarious**

An elderly man in Phoenix

calls his son in New York and says, “I have to ruin your day but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough.” “Pop, what are you talking about?” the son screams. “We can’t stand the sight of each other and I’m sick of talking about this, so you call your sister and tell her,” and he hangs up. Frantic, the son calls his sister who explodes on the phone. “They are not getting divorced if I have anything to do about it,” she shouts, “I’ll take care of this.” She calls Phoenix immediately and screams at the old man. “You are NOT getting divorced. Don’t do a single thing until I get there. I’m calling my brother back and we’ll be both there tomorrow. Until then, don’t do anything, DO YOU HEAR ME?” and hangs up. The old man hangs up his phone and turns to his wife and says, “Okay, they’re coming for Thanksgiving..... now what do we tell them for Christmas?”



# Fishy Pasta Salad-Ks Cooks



**Author:** Keketso Sheleni

This is an AMAZING creamy macaroni salad that is filled with chopped veggies, avocado, and tuna. It is going to impress everyone at your next turn-up; on some holy moly this salad is incredible.

Tuna and avocado goes together like peas and carrots. I eat an avocado at least 3 times a week; it's their season after all. When making this pasta salad, I thought to myself; how amazing would this salad be if I added tuna!? Nothing that beats a good pasta salad dish at a BBQ unless there is a potato salad prepared by KsCooks. I am blowing my horn, it is allowed anyway. When you add fresh avocado and tuna, it takes it to a new and delicious level. I am telling you. This became a favorite with the very first bite!

## WHAT IS IN "SOMETHING FISHY PASTA SALAD?"

- tuna
- avocado
- shredded carrots
- chopped red onion
- chopped red and green pepper
- creamy mayonnaise dressing

## HOW DO YOU MAKE A SIMPLE PASTA SALAD?

To start, bring a large pot of water to boil and add pasta and cook until al dente. Drain and rinse in cold water. In a large mixing bowl, add pasta, chopped veggies, tuna, avocado and creamy mayonnaise dressing until incorporated. Top with fresh cracked pepper and chopped olives if desired.

## WHAT GOES WITH PASTA SALAD FOR DINNER?

Grilled meat always goes well with pasta salad. But you can also include grilled corn, baked sweet potatoes, sliced tomatoes, broccoli or baked beans.



- Prep time 20 mins
- Total time 20 mins

## INGREDIENTS

- 500g elbow macaroni
- \*2 170g light meat shredded tuna in vegetable oil, drained
- ½ cup shredded carrots
- 1 small red onion, diced
- 1 red bell pepper, diced
- 1 green red bell pepper, diced
- 2 avocados, diced
- 1 cup mayonnaise
- 2 Tablespoons cider vinegar
- 1 Tablespoon sugar
- 1 Tablespoon mustard
- salt and pepper to taste

## INSTRUCTIONS

- Bring a large pot to boil and add elbow macaroni. Cook until al dente and then rinse in a colander in cold water.

- In a large bowl add pasta, tuna, carrots, red onion, bell peppers, and avocado. In a small bowl whisk mayonnaise, cider vinegar, sugar and mustard. Pour over pasta and toss to coat. Garnish with fresh cracked salt and pepper and chopped chives or olives if desired. Serve immediately or chilled, but add avocado in right before serving.

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# Train and Workout Regularly!

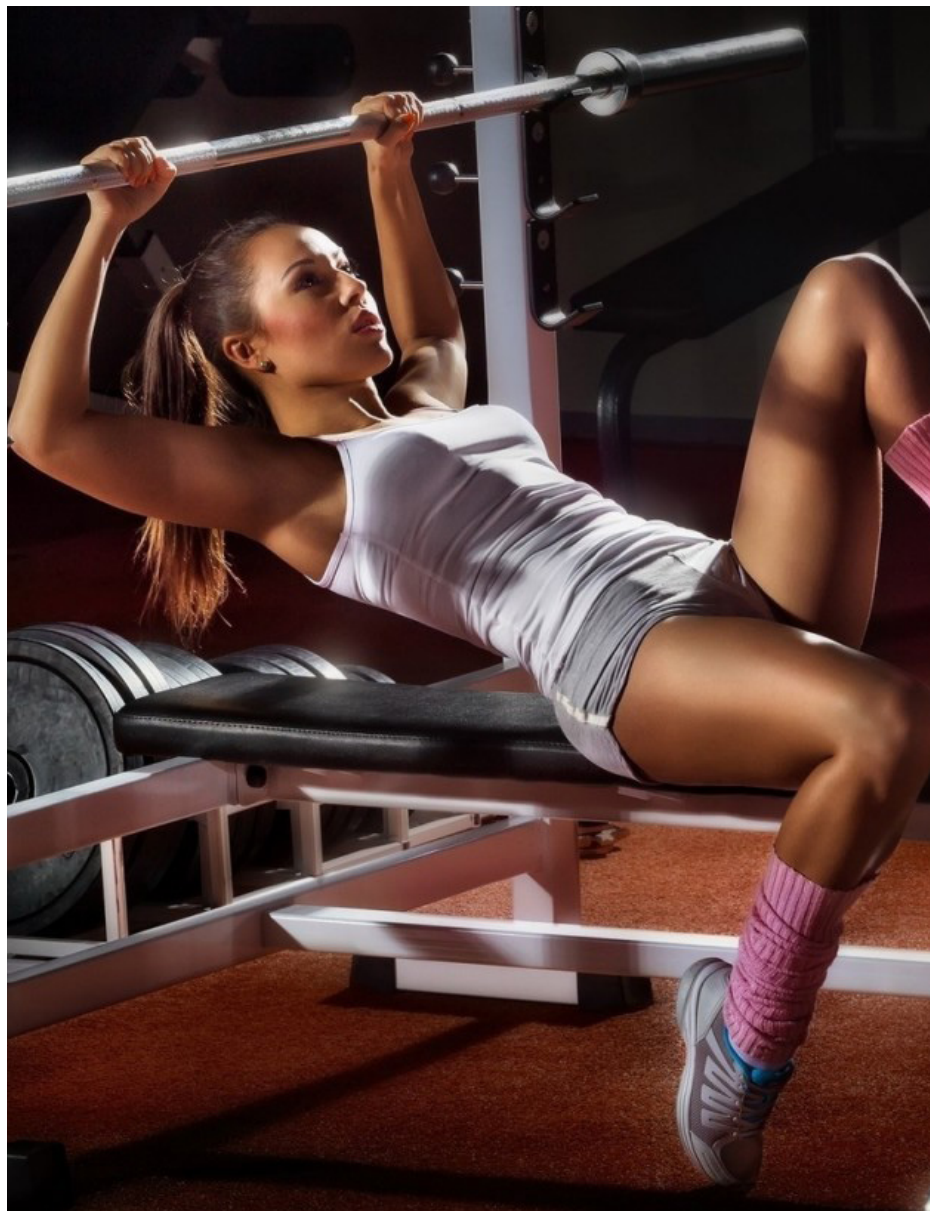


Being physically fit and exercising regularly should be a regular routine in everyone's lives anyway for its health benefits. Your physical fitness and physical appearance has a great deal of effect on how others see you.

At the very minimum you should be going to the gym once or twice per week for at least 1 hour per session. If you need help with your training and fitness goals you can ask for advice from others in our forum or hire a personal trainer for a few sessions. The following daily workout routine should be fast and easy enough for anybody regardless of how busy they are

## Simple 5 minute daily exercises

1. Do 10 slow pushups, 25 sit ups, and 25 squats each morning. Repeat the same in a different order in the evening before you shower and go to bed.
2. It will only take 5 minutes or less each morning and night but the effect it will have will give you at least a decent level of fitness at the very least.
3. This should not be a substitute for your regular gym workout sessions







**Bridges:** great for firm bums

Do 2 sets of 15 to 20 reps. Lie on your back with your knees bent and heels close to your bottom. Your feet should be shoulder-width apart and flat on the floor. Raise your hips up to create a straight line from knees to shoulders. As you come up, tighten your abdominal and buttock muscles. Tip: don't let your knees point outwards.

**Stomach crunches:** great for strong abs

Do 2 sets of 15 to 24 reps. Lie down on your back, knees bent and hands behind your ears. Keeping your lower back pressed into the floor, raise your shoulder blades no more than three inches off the floor and slowly lower down. Tip: don't tuck your neck into your chest as you rise and don't use your hands to pull your neck up.

**Obliques:** great for toning love handles

Do 1 set of 12 to 24 reps on each side. Lie down on your back with your knees bent together, and feet off the floor. Place your right hand behind your right ear and extend the left arm out. Keeping your lower back pressed into the floor, lift your shoulder blades off the floor and curl your upper body diagonally across your chest towards your left knee and lower down.

**Back raises:** great for good posture

Do 2 sets of 15 to 24 reps. Lie down on your chest and place your hands by your temples or extended out in front for more of a challenge. Keeping your legs together and feet on the ground, raise your shoulder off the floor no more than three inches and slowly lower down. Tip: keep a long neck and look down as you perform the exercise.

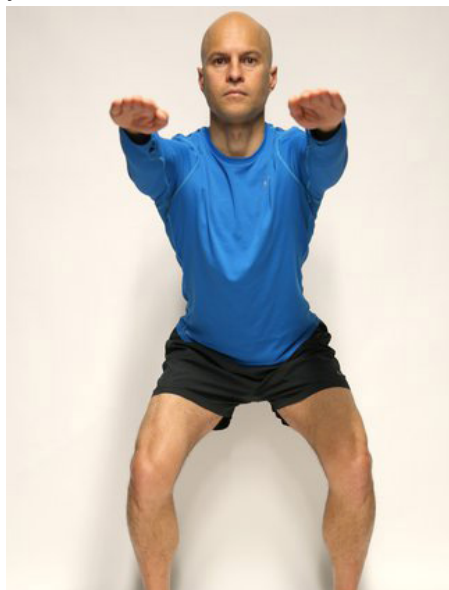


## Legs, Bums and Tums Home Workout

Tone up, firm up and burn fat from your tummy, hips, thighs and bottom with these 10-minute legs, bums and tums (LBT) home workout. This LBT exercise routine counts towards your recommended weekly activity target for strength. Before you begin, warm up with a 6-minute warm-up. After your workout, cool down with a 5-minute stretch.

**Squats:** great for firm bums and thighs

Do 2 sets of 15 to 24 repetitions. Stand with your feet shoulder-width apart and your hands down by your sides or stretched out in front for extra balance. Lower yourself by bending your knees until they are nearly at a right angle, with your thighs parallel to the floor. Tip: keep your back straight and don't let your knees extend over your toes.



**Lunges:** great for firm bums and thighs

Do 1 set of 15 to 24 reps with each leg. Stand in a split stance, with your right leg forward and left leg back. Slowly bend the knees, lowering into a lunge until both legs are nearly at right angles. Keeping the weight on your heels, push back up to starting position. Tip: keep your back straight and don't let your knees extend over your toes.



**Calf raises:** great for shapely legs and calves

Do 2 sets of 15 reps. Slowly move onto your toes, lifting your heels off the ground, and then slowly lower heels back down. Place your hands on a wall or chair for stability. Stand straight, but avoid locking your knees. Tip: for more of a challenge, do these calf raises away from the wall and with a weight in each hand, such as 2 water bottles.



# Simple Ways to Relieve Stress and Anxiety



Stress and anxiety are common experiences for most people. Here are some simple ways to relieve stress and anxiety.

## 1. Exercise

Exercise is one of the most important things you can do to combat stress. It might seem contradictory, but putting physical stress on your body through exercise can help relieve mental stress. The benefits are strongest when you exercise regularly. People who exercise regularly are less likely to experience anxiety than those who don't exercise

**There are a few reasons behind this:**

**Stress hormones:** Exercise lowers your body's stress hormones in the long run, such as cortisol. It also helps release endorphins, which are

chemicals that improve your mood and act as natural painkillers.

**Sleep:** Exercise can also improve your sleep quality, which can be negatively affected by stress and anxiety.

**Confidence:** When you exercise regularly, you may feel more competent and confident in your body, which in turn promotes mental well-being.

## 2. Consider Supplements

Several supplements are used to reduce stress and anxiety. Here is a brief overview of some of the most common ones:

**Lemon balm:** Lemon balm is a member of the mint family that has been studied for its anti-anxiety effects.

**Omega-3 fatty acids:** medical students who received omega-3 supplements experience a reduction in anxiety symptoms.

## 3. Reduce Your Caffeine Intake

Caffeine is a stimulant found in coffee, tea, chocolate and energy drinks. High doses can increase anxiety. People have different thresholds for how much caffeine they can tolerate. If you notice that caffeine makes you jittery or anxious, consider cutting back.

## 4. Chew Gum

For a super easy and quick stress reliever, try chewing a stick of gum. People who chew the gum have a greater sense of well-being and lower stress. Chewing gum causes brain waves similar to those of relaxed people and promotes blood flow to the brain.

## 5. Take a Yoga Class

Yoga has become a popular method of stress relief and exercise among all age groups. While yoga styles differ, most share a common goal, to join your body and mind. Yoga primarily does this by increasing body and breath awareness. Yoga can enhance mood and may even be as effective as antidepressant drugs at treating depression and anxiety. Yoga may help lower blood pressure and heart rate.



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# How to Treat a Cold or Flu When You're Pregnant



When you become pregnant, everything that happens to you can affect not just your body, but that of your unborn child. This realization can make dealing with illness more complicated.

Although medications can relieve your symptoms, you don't want the drug causing problems for the baby. Many medications can be taken while pregnant, so treating a cold or flu during pregnancy doesn't have to be a stressful experience.

## Medications

Talk to your doctor before taking any medication if you're pregnant or trying to get pregnant. Several medications are considered safe after 12 weeks of pregnancy, but you must avoid all-in-one medications that combine ingredients to tackle many symptoms. Instead, choose single medications for the symptoms you're dealing with. You should also avoid the following medications while pregnant unless recommended by your doctor. They increase the risk for problems:

- aspirin
- ibuprofen
- naproxen
- codeine
- Bactrim, an antibiotic

## Home remedies for cold and flu during pregnancy

When you fall ill while pregnant, your first steps should be to:

1. Get plenty of rest.
2. Drink a lot of fluids.
3. Gargle with warm salt water, if you have a sore throat or cough.

## If your symptoms worsen, you might want to try:

- saline nasal drops and sprays to loosen nasal mucus and soothe inflamed nasal tissue
- breathing warm, humid air to help loosen congestion; a facial steamer, hot-mist vaporizer, or even a hot shower can work
- chicken soup, to help relieve inflammation and soothe congestion
- adding honey or lemon to a warm cup of decaffeinated tea to relieve a sore throat
- using hot and cold packs to alleviate sinus pain

## Is it cold or flu?

A cold and the flu share many symptoms, such as a cough and runny nose. However, there are a few differences that will allow you to tell them apart. If your symptoms are generally mild, then you likely have a cold. Also, chills and fatigue are more

commonly associated with the flu.

## When should I call my doctor?

Although most colds do not cause problems for an unborn child, the flu should be taken more seriously. Flu complications increase the risk of premature delivery and birth defects. Get immediate medical help if you experience the following symptoms:

- dizziness
- difficulty breathing
- chest pain or pressure
- vaginal bleeding
- confusion
- severe vomiting
- high fever that isn't reduced by acetaminophen
- decreased fetal movement





# Xiaomi Mi Band 3

After a new cheap fitness tracker, the new Xiaomi Mi Band 3 may be right up your street and be the perfect tracker to place on your wrist. Announced alongside the Xiaomi Mi 8 smartphone range in May 2018, the new fitness tracker has only been officially confirmed for the Chinese market so far but you can now buy it in some other markets too.

It's the follow-up to the Xiaomi Mi Band 2, which currently features in best cheap fitness tracker guide - and despite its super low price comes with fitness tracking, sleep monitoring and a bunch of other features too. The Xiaomi Mi Band 2 came out around the world after a while of being on sale in China. If you liked the look of the Xiaomi Mi Band 2, it's almost certain you'll like the design of the Mi Band 3 as the design is remarkably similar. It's a thin band so it looks more like a fitness tracker than a smartwatch, and the display fits on most of the front of the strap.



That screen is a 0.78-inch OLED panel with a resolution of 128 x 80, which considering the size of this display and what you'll need from a fitness tracker should look great on your wrist. The strap is interchangeable so you'll be able to have a variety of designs, and it's made of a thermoplastic elastomer that should be more

comfortable and friendly for your skin. The exact dimensions of the tracker are 17.9 x 46.9 x 12mm and it should be light on your wrist as it only weighs 20g. Your color choices are currently graphite black, hot orange and deep blue, but there may be extra choices when it comes to other markets.



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# 2019 Vw T-Cross Suv Price, Specs And Release Date



The Volkswagen T-Cross has been spotted wearing no camouflage undergoing road testing in Germany. The T-Cross will sit below the Volkswagen T-Roc in the company's line-up making it an alternative for the likes of the Peugeot 2008 and SEAT Arona.

Despite these latest pictures – which show the T-Cross with a bland, all-black appearance – you can expect the new SUV to be available with a range of customizable options to help it stand out amongst trendy alternatives.

## 2019 Volkswagen T-Cross price and release date

The Volkswagen T-Cross will be based on the SEAT Arona but the VW's nicer interior (it'll likely get higher-quality plastics) and upgraded infotainment systems mean you'll pay a slight premium over the SEAT – so expect the T-Cross price to start from P229, 861.10. That'll easily rise to more than P338, 031.02 if a GTI

model does make production. It'll likely go on sale in early 2019.

## 2019 Volkswagen T-Cross interior

The new VW T-Cross is more than likely to look similar to the interior of the T-Roc and Polo.

A large infotainment screen in the center of the dashboard is expected to be carried over to the new car, and there'll be colored inserts throughout to make it far funkier than the staid dashboards fitted to some of Volkswagen's larger cars. Smartphone mirroring will be included on most versions, but a digital driver's display will cost extra on all but top-spec models – it is a unique option amongst the T-Cross' alternatives.

## 2019 Volkswagen T-Cross engines and driving

The Volkswagen T-Cross will share its engines with the VW Polo.

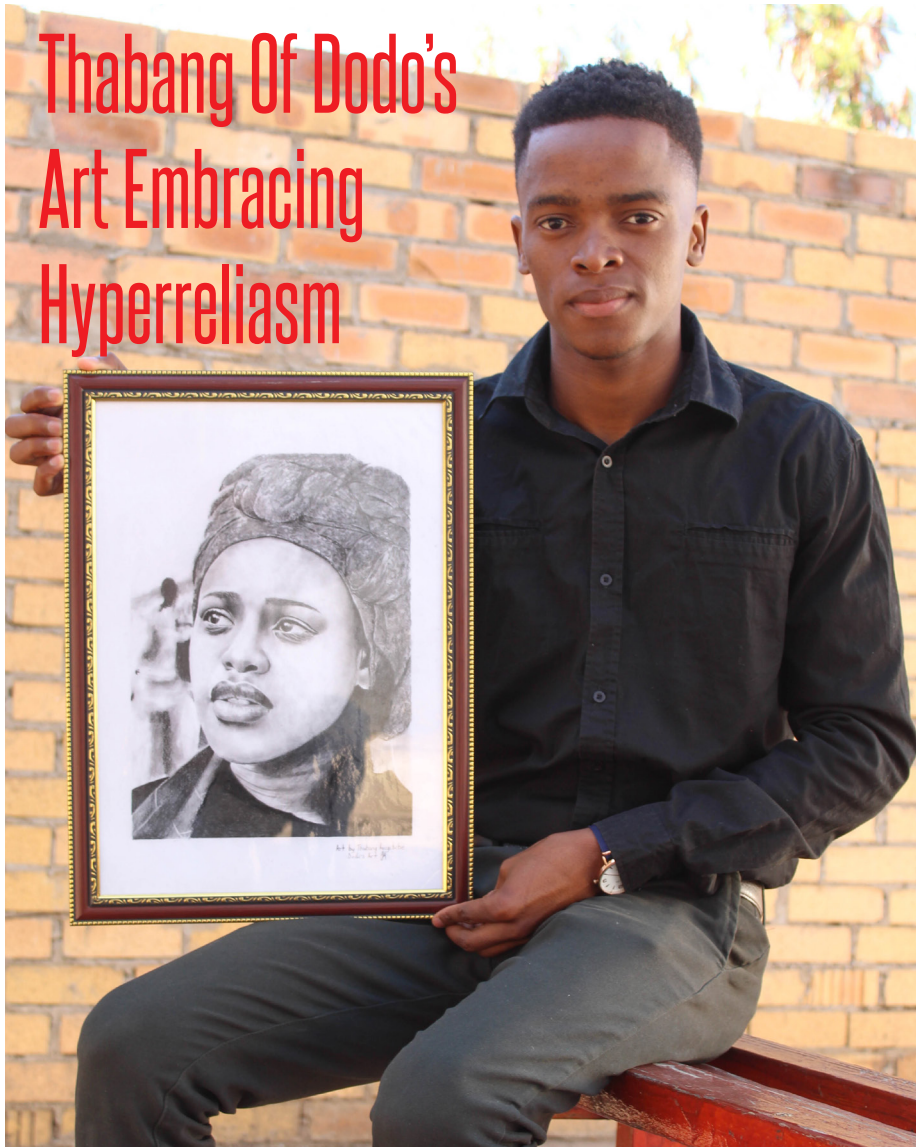
The line-up will likely kick off with a turbocharged 1.0-litre three-cylinder with 95hp or 115hp. It'll provide nippy performance in town and should allow the T-Cross to deliver fuel economy of more than 50mpg in a mixture of driving.

If you'll be spending more time on the motorway – and would rather stick with petrol power – then VW is also likely to offer you a 125hp 1.4-litre petrol model, with clever cylinder-deactivation technology that can rest half the engine when its extra power isn't needed. That'll allow it to be as economical as the 1.0-litre model while giving a sizeable increase in performance.

To eke out the best fuel economy – if you have a very high annual mileage, say – you'll want to go for the 95hp 1.6-litre diesel, which will have decent oomph on the motorway and be capable of more than 70mpg.



# Thabang Of Dodo's Art Embracing Hyperrealism



Not many have pursued this genre of painting as it is described as the most technically challenging art form. It requires much art skill, such that the finished artistic impression or drawing often resembles a high-resolution picture. However, this has not been the case with 22-year-old Thabang Koogotsitse, the Moshupa-born artist who has chosen to pursue painting referred to as Hyperrealism.

### Why art out of other profession?

Drawing pictures comes from deep within and it is in me, it is a gift and there is something in my soul that brings me to draw specific subjects, whether they are drawings of people or a beautiful gift from nature and I really like drawing.

### What is the importance of art?

What I have realized is that art helps in a way, someone can make money out of it as there are no jobs nowadays.

### Describe your art

I chose to do hyper realistic artworks which resembles the quality of ariel picture that will trick one's eye to believe they are looking at an original picture but not a drawing and my art work has allowed me to become acquainted with many of my subjects and their stories, allowing me to speak with people that I wouldn't meet on a regular basis.

### How is it different from others?

I don't make common art, I make art works with emotions and these drawings are done by pencil while other artists prefer using different materials such as colored pencils.

### What materials are you using for your artistic work?

Graphite, pencil and charcoal pencils

### When did you realize that you have the skills for art?

Before I started school, I could draw but as the years went by at primary level I started drawing better as I used

to draw 'super strikers' cartoons. In junior school I started surpassing my teachers drawing better than them and people were impressed by my work.

### What inspires your art?

Mostly are the pieces that shows strong emotions, for I believe art work has to speak on my behalf

### Who inspires you?

The Ghanaian artist, Jeffery Appliatu. He is also a hyperrealist artist. My late teacher, Lodi Sebeo's seriousness has made a difference in my life as well as he inspired me to explore hyperrealist artwork.

### What challenges have you encountered so far?

People like art work, they can even ask me to do one then fail to pay  
How is your art doing in the market?  
2014 lot of people wanted art works but failed to pay, that's demoralized me and I stopped art to focus on my studies up until last year after a well-known radio presenter, Khumo Kgwaadira posted some of my artwork on her Facebook page which has a lot of followers, now people want me to do their art.

### When was your first exhibition?

February this year (2018) at the Sip and Paint event, the second one was at Ave Maria's gala dinner

### Are there other exhibitions you were part of/do you have any upcoming exhibitions?

Sip and Paint event is coming up and I want to do my own exhibition where I will showcase my artwork in various places across Botswana.

### How is the support from Batswana?

Lot of people really love it because is hyper realistic so they want my art work.

### Word of advice to upcoming artists

In the arts industry, one has to be clear about what it was that they were making adding that, once you understand your own work and what you have to offer it is time to start finding the right market for it and as artists you have to work hard and come up with creative and unique ideas to make your drawings more interesting.





**GIMC Jazz festival**

**Date and Time:** Sat Sep 01 2018 at 03:00 pm

**Venue:** Gaborone

5th Annual Gimc Jazz, previously feat Kirk Whalum, Jonathan Butler, Sereetsi & the Natives, Amantle Brown, Elemotho, Ndingo Johwa and more.

6 BRAS EVERY WOMAN  
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**Lingerie showcasing session**

**Date and Time:** Sat Sep 01 2018 at 01:00 pm

**Venue:** Gaborone

Showing our new designs and those of our partners.

**About Organizer:**

Quality and affordable underwear, lingerie. Follow us on Twitter: twitter.com/lingeriebotswana  
<http://www.lingerie-botswana.webs.com>



**Setso Games Tournament 2018**

**Date and Time:** Sat Sep 01 2018 at 10:00 am to 04:00 pm

**Venue:** Gaborone

Setso Games Tournament is an annual competition based on a selection of Botswana's favourite traditional games. This event exists to evolve traditional games into recognized sports. In the wake of globalization local cultures are under threat. Like any other aspect of culture, traditional sports and games become deemed as less worthy when compared to western mainstream culture and sports. Our aim is to restore the dignity of Botswana's traditional sports and games. Putting traditional games and the people who play them on centre stage, giving them the limelight they deserve.

Prizes - To be announced soon  
Games – Mhele, Chama, Batho Safe & Koi

Participation fee - P50 (free for under 12s)

If anyone or any company is interested in supporting or initiative in any way, please get in contact with us.

For more info call 72626036 or email [ken@setso.co.bw](mailto:ken@setso.co.bw)

Pre-event activities

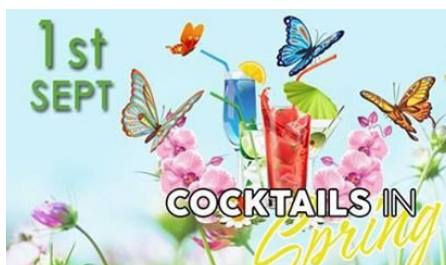
1. Chama-thon
2. Mhele-thon
3. Registration
4. Qualifications/Activations



**TRAshion Show**

**Date and Time:** Sat Sep 01 2018 at 06:00 pm to 11:00 pm

**Venue:** Cresta Presidents Hotel, Main Mall, Gaborone



**Uncle Farah's Cocktails In Spring**

**Date and Time:** Sat Sep 01 2018 at 11:00 am to 11:59 pm

**Venue:** Kumakwane

It's the event you have all been waiting for Cocktails in Spring. It's happening in Kumakwane at Huluna Park. More details coming soon.

**About Organizer:**

A brand that aims to bring creative and entertaining activities to the local market.



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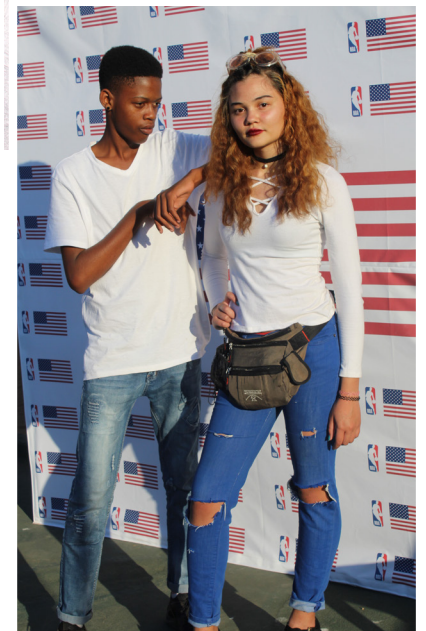
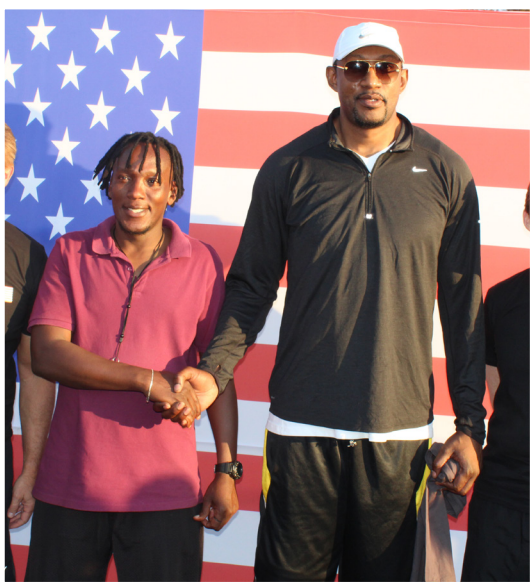


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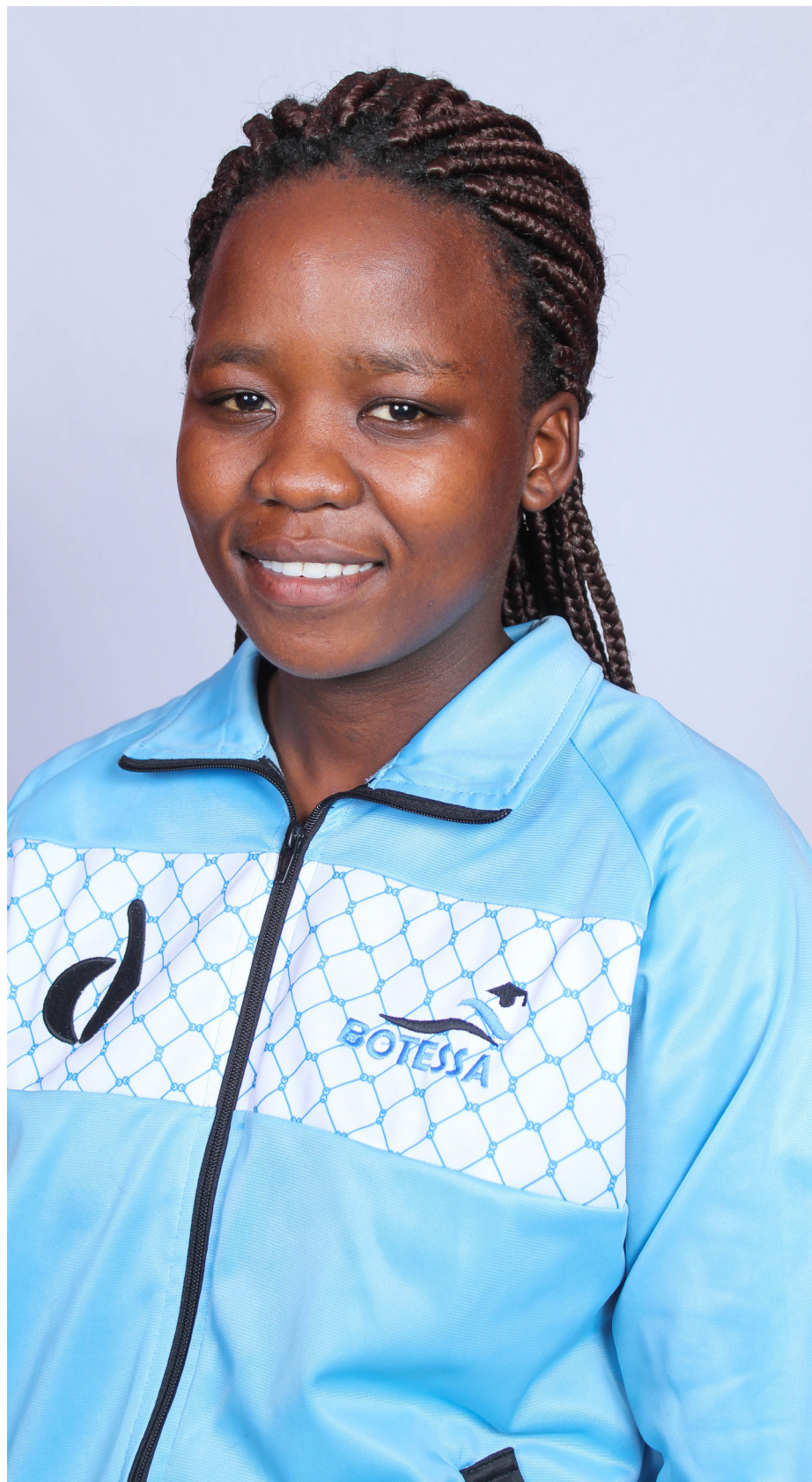


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# Fast, Striking Movement with Oratile



Sarah Gobindlall whom she never gets a chance to win whenever they are battling out. According to Oratile, for someone to become a better player in table tennis s/he has to train regularly because practicing helps one to develop their skills and identify their strengths and weaknesses.

Before moving to table tennis, Oratile played football but quit due to injuries. She said that table tennis improves her concentration level, and with that she can use it in her academic life. The young star also said that she always gets excited when there is a new player in the club because it makes her a vibrant player as she trains them.

The Maun native spent most of her childhood in Kanye; she is currently in tertiary school pursuing diploma in Association of Accounting Technicians at Botswana Accountancy College. Oratile joined table tennis in 2013 while she was doing form two at Tlhomo Community Junior Secondary School in Kanye.

When asked how she balances sports with school she said; "I just make time for everything I don't train daily because some days I have dedicated them to my school work. I also use training as part of refreshment." The 19 year old has won Botswana Integrated Sports Association champion three times, Botswana Tertiary Students Sporting Association champion two times and the 2018 CUCSA champion to mention a few.

## Her advice

**Sports is a good thing as it helps one to refrain from social influences like drug and alcohol abuse as it comes with many consequences. I therefore advice the youth to take part in sports.**

**T**he Botswana rising star that marked her massive experience pathways in Table tennis, Miss Oratile Kedisaleitse had a satisfactory performance after

defeating South Africa with 4-3 at the 2018 Confederation of Universities and Colleges Sports Association Champions which were held in June. Oratile is happy with her win against





**Top Aussie women's soccer team sign Banyana players Jane and Mulaudzi**

Australian women's Premier League club Canberra United confirmed the signing of South African duo Refiloe Jane and Rhoda Mulaudzi. The Banyana Banyana pair is the first South African players to play professionally in Australia. Jane is the current Banyana vice-captain and represented South Africa at the 2012 and 2016 Olympic Games, while Mulaudzi, who was formerly with Mamelodi Sundowns in the Sasol Women's league, has been around the national setup for some time. The two have been involved with the Canberra United winter programme as part of their trial process, and their coach Heather Garriock.



**Usain Bolt still dreaming of playing for Manchester United**

The sprinter is close to becoming a professional footballer and still dreams of playing at Manchester having just started an indefinite training period with Australian club Central Coast Mariners. Usain Bolt is still dreaming of one day playing in England for Manchester United. On his 32nd birthday, the eight-time Olympic gold medalist was put through his paces in a tough first training session with the Mariners - who will offer him an A-League contract should he impress enough over the coming months.



**Barcelona to pounce for Pogba in January**

Barcelona will be patient over signing Paul Pogba and could wait until January to sign the France international, Don Balon states. The Catalans will not sign him before the end of the summer transfer window but are prepared to wait for events at Old Trafford to unfold before swooping in the winter. Pogba's relationship with manager Jose Mourinho is reportedly strained and the Camp Nou side are ready to pounce, just as they did for Philippe Coutinho when they took him from Liverpool in January.



**Maritzburg United sign Yannick Zakri from Mamelodi Sundowns**

The striker has joined the Team of Choice on a two-year deal and has been welcomed by the 2017/18 Nedbank Cup finalists. Maritzburg United has finally announced the signing of Mamelodi Sundowns striker Yannick Zakri, who joins the Team of Choice on a permanent deal. The Cote d'Ivoire attacker was loaned out to Ajax Cape Town last season and returned to the reigning Premier Soccer League (PSL) champions at the end of the 2017/18 PSL term. However, with the Brazilians having bought Lebohlang Maboe from Maritzburg, Keletso Makgalwa and Zakri have gone in the opposite direction, with reports suggesting they were part of the deal.



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